AREA OFFICE ON AGING OF NORTHWESTERN OHIO

9TH EDITION

Parenting Smarts

Resource Guide

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Contributor and Advisor:
Area Office on Aging of
Northwestern Ohio, Inc.

Empowering Older Adults and Their Families

What Will Your Student Discover @TPS?

ELEMENTARY

Toledo Public Schools strives to provide elementary school students with a strong educational foundation that will prepare them for high school and beyond.

- Students go to state-of-the-art schools that are in their neighborhood
- Our highly trained, caring teachers support their students and guide them toward academic success
- Students have access to the latest technology
- TPS offers a variety of classes including music, art and gym
- All elementary students receive free breakfast and lunch
- TPS provides free transportation to students who live more than one mile from their home school

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HIGH SCHOOL

Toledo Public Schools strives to ensure high school students are college and career ready when they graduate. Students have access to an array of college prep classes and career tech focused-programs to prepare them for the future.

- Our highly trained, caring teachers support their students and guide them toward academic success
- Students attend state-of-the-art schools and have access to the latest technology and online classes
- TPS offers free transportation to students who live more than one mile from their home school
- With more than 30 career technology programs, students can begin preparing for a career path TPS offers music, art and gym classes, along with numerous extra-curricular activities and sports

TPS PROUD
TOLEDO PUBLIC SCHOOLS

TPS.org
419-671-0001

Facebook.com/TPSProud
Twitter.com/TPSProud

Kinship Navigator Program

Call the Kinship Navigator Program at:
(419) 382-0624 or visit
www.areaofficeonaging.com

Our Mission: To guide grandparents and other relatives who are rearing children in their families to services in the community; specifically through information and ongoing support, education and linkage to community agencies.

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Job and Family Services.

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LEGISLATION

Grandfamilies and Kinship Care Provisions of the Consolidated Appropriations Act of 2021.

On December 27, 2020, the Consolidated Appropriations Act of 2021 (the Act) was signed into law. The Act combines $1.4 trillion to fund the federal government for fiscal year 2021 and a $900 million COVID-19 relief package. The law contains several important provisions that have implications for grandfamilies or kinship families (families in which grandparents, other relatives or close family friends are raising children). In addition to provisions, the Act includes additional investments and expansions in supports and programs that may help eligible grandfamilies, such as childcare, food and nutrition assistance, housing, violence prevention and domestic violence services, mental health services and special supports for children who have experienced trauma.

(Source: Generations United www.grandfamilies.org/Resources/Kinship-Navigator-Programs)

Dear Friends,

In the United States of America there are 8 million children under the age of 18 who live in households headed by grandparents or other relatives. Here in the state of Ohio, there are more than 227,000 children living in such homes.

Due to the COVID-19 pandemic, the needs of Kinship Caregivers and Families have been more challenging than ever. Throughout these unprecedented times, Kinship Caregivers and Families have demonstrated the ability to adjust, withstand adversity, bounce back from difficulty, and meet their many responsibilities with resilience.

Consistent with the theme promoted during this year's Older Americans Month, this edition of the Parenting Smarts Resource Guide contains many facts and tips about resiliency and provides a wealth of information on benefits, services, and community resources available to assist Kinship Families. Please use this guide to reach out to our Kinship Navigator Program and let us know how we can help you in your caregiving journey.

We acknowledge and thank all Kinship Caregivers who are working hard every day to provide safe and loving homes for children.

Sincerely,

Marsha Rose, LSW, Kinship Navigator Program Supervisor Area Office on Aging of NWO, Inc.

Billie Johnson, President/CEO Area Office on Aging of NWO, Inc

Area Office on Aging of Northwestern Ohio, Inc.
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Toledo, OH 43609
Office: 419-382-0624
www.areaofficeonaging.com

What is Kinship Care?

Kinship Care refers to a temporary or permanent arrangement in which a relative - or any non-relative adult who had a long-standing relationship or bond with the child or family - has taken over full-time, substitute care of a child whose parents are unable or unwilling to do so. Reasons for this can include death or chronic illness, substance abuse, incarceration, domestic violence, child abuse or neglect, teenage pregnancy, unemployment, poverty or other problems. Kinship care includes those relationships established through an informal arrangement, a legal custody or guardianship order, a relative foster care placement or a kinship adoption. Regardless of the type of kinship care arrangement, the kinship caregivers' voluntary commitment to devote their lives to the children in their care is a courageous, life-changing decision.

Area Office on Aging-
Kinship Navigator Program **419-382-0624**
www.areaofficeonaging.com
Kinship caregivers who reside in Lucas County Ohio, have access to ongoing information and assistance, community resources, educational workshops, quarterly newsletters, special events, support groups, quarterly kinship club meetings, publications such as the Parenting Smarts Resource Guide, Bi-Monthly E-Blasts, and Evidence-Based Programs. We are here to help kinship caregivers along their caregiving journey.

Ohio Kinship and Adoption Navigator Program (OhioKAN) **1-844-OhioKAN (644-6526)**
www.ohiokan.jfs.ohio.gov
A statewide, flexible, and responsive kinship and adoption navigator program designed to assist children, caregivers, and families. OhioKAN is designed specifically to ensure every kinship and adoptive family who wants support navigating the resources available to them can get it.

❂ THIS IS YOUR GUIDE!

Parenting Smarts™ is a comprehensive listing and explanation of providers and services to assist kinship caregivers. It is designed to work for YOU! Information contained herein has been supplied by the organizations and facilities. While the information has been thoroughly cross-referenced and phone numbers verified as of August, 2021, the Area Office on Aging of Northwestern Ohio, Inc, and Senior Impact Publications, LLC assume no responsibility for omissions or errors. We welcome all updates and corrections.

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Inside the Parenting Smarts™ Resource Guide

The **Parenting Smarts™** Resource Guide lists dozens of Community Agencies that can help you with:

- Legal questions–Types of custody, adoption or guardianship?
- Financial Assistance
- Health Care for Kids
- Managing a Child's Anger and Behavior
- Finding Child Care
- Food and Clothing Resources
- Recreational Resources
- Tutoring
- Information and Enrichment Programs
- Alcohol and Drug Problems

If you know you need assistance but aren't quite sure which service you need or which agency to call, call the Kinship Navigator Program at **(419) 382-0624**

When you call, the Kinship Navigator will:

- Talk with you about your family's situation.
- Determine the services you might want.
- Put a plan together.
- Follow-up to see how the plan is working.
- If needed, suggest other services or agencies you might want to contact.

On these pages, you'll find:

- Services provided by agencies and organizations with phone numbers and websites.
- General information to help you raise children.
- Charts and checklists to help you make decisions about child care, medical care, schools, recreation, enrichment programs, etc.

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Parenting Smarts: A Resource Guide for Grandparents and Relatives Raising Children

9th Edition, August, 2021

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The Value of a Kinship Caregiver

Kinship Caregiving Provides Permanency

When children are placed in out-of-home care, it is paramount that they are in an environment where there is permanency. Grandparents and other relatives raising children ensures safe, long-lasting and positive outcomes for the children.

Kinship Caregiving Provides Stability

A stable, structured home helps a child experience the love and care they need to function in society. A child raised in a stable environment will likely approach life with a strong central core!

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Kinship Caregiving Provides Cultural Identity

A child with a strong cultural identity is more likely to have good mental health and wellbeing. Children with cultural identify connect well with others socially and develop a sense of belonging in their communities, even when the cultures are diverse.

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The Value of Grandparents in the Life of a Child

Sense of History

Grandparents come with immense knowledge of life from their generation and personal history of one's own family. They have lived a life very different from their grandchildren, and have witnessed many changes over time. Conversing with grandparents about their lives, even learning tidbits of information, can provide a child with understanding into the past and with history of their own family background. A child can obtain a sense of where they have come from - a picture of where their own roots lie.

Wisdom that Shapes our Future

Many of our grandparents have lived through war-time days and the Great Depression. They know the challenges of the past, yet are able to pass down the wisdom, inner strength, and determination they used during those challenging times. Our grandparents lived full, eventful and reselient lives.

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Perspective

The lives of grandparents provide us with perspective in knowing that these individuals got through difficult times and yet soared in living productive lives. We are grateful for grandparents because of their hard work, love and care.

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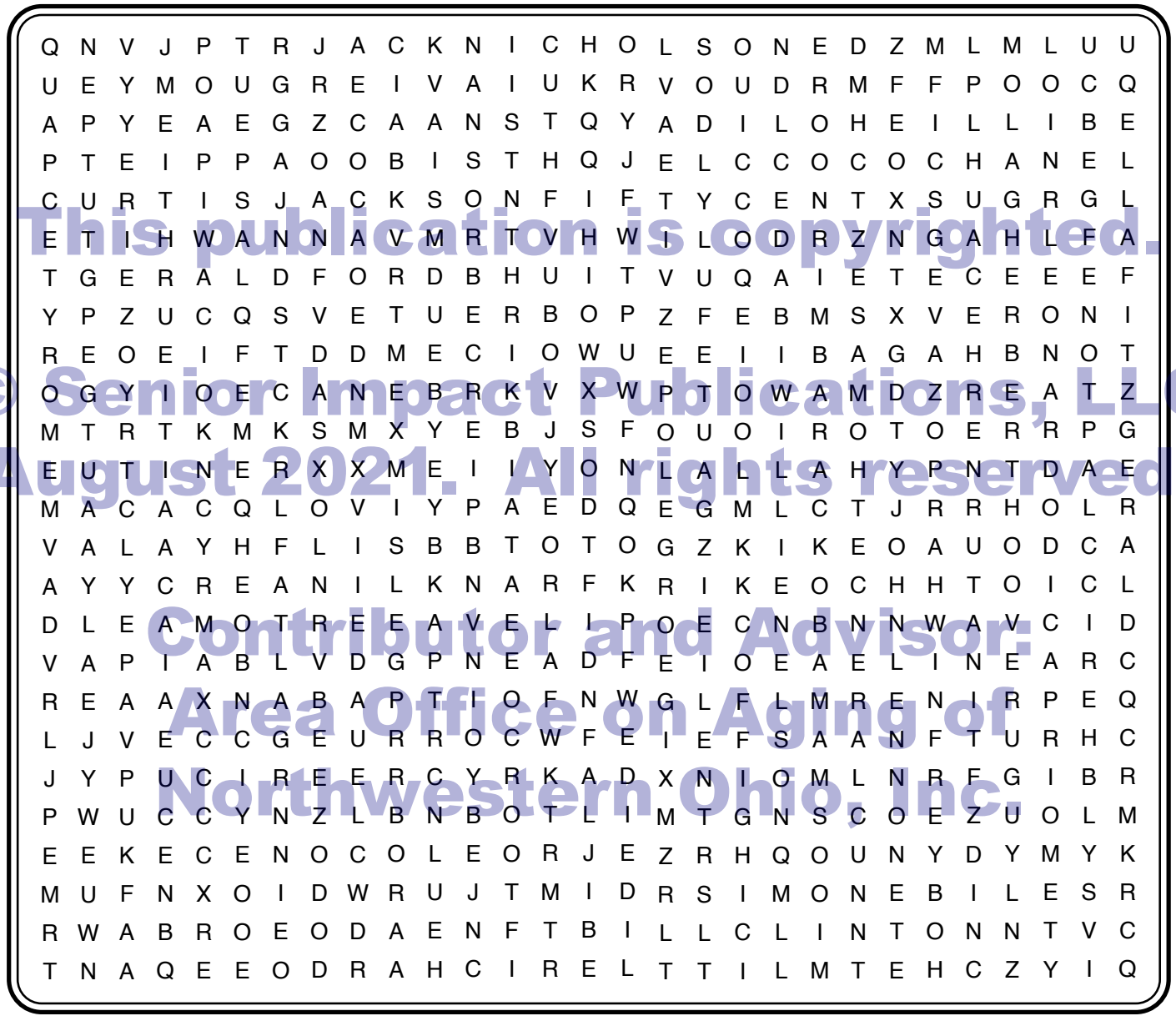
Nurturing and Loving

Grandparents demonstrate a sense of calmness and peace which is beneficial to a child. Being in the presence of a grandparent can provide quality time that can be rewarding for both the grandchild and grandparent; this relationship is irreplaceable! A grandparent's patience and love can have a positive effect on grandchildren. When a child grows up they normally emulate the role models in their lives. The child will in fact implement some of the valuable lessons and traits they have learned from grandparents that will spill into their lives, careers, and relationships

Raised by Grandparents

Name: _____ **Date:** _____

Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.



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Leonardo DiCaprio Clarence Thomas Dylan McDermott Tammy Baldwin Curtis Jackson Fifty Cent
Kellie Pickler Coco Chanel Little Richard Billie Holiday Willie Nelson Vanna White John Lennon
Trent Reznor Richard Pryor Maya Angelou Carol Burnett George Lopez Simone Biles Ella Fitzgerald
Xzibit Herbert Hoover Pierce Brosnan Oprah Winfrey Jack Nicholson Barack Obama Nancy Reagan
Gerald Ford Kirk Franklin Tina Turner Jaime Foxx Eric Clapton Bill Clinton Al Pacino

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Answers found on Page 26.

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KINSHIP NAVIGATOR PROGRAM

2155 Arlington Ave, Toledo, 43609 Phone: 419-382-0624 www.areaofficeonaging.com

QUICK FACTS

OUR MISSION:

TO GUIDE GRANDPARENTS AND OTHER RELATIVES WHO ARE REARING CHILDREN IN THEIR EXTENDED FAMILIES TO SERVICES IN THE COMMUNITY; SPECIFICALLY THROUGH INFORMATION, ONGOING SUPPORT, EDUCATION AND LINKAGE TO COMMUNITY AGENCIES.

THE CHILDREN:

227,862 CHILDREN IN OHIO LIVE IN HOMES WHERE THE HOUSEHOLDERS ARE GRANDPARENTS OR OTHER RELATIVES (8.6% OF THE CHILDREN IN THE STATE).

Programs & Services

- Information and Referral
- Ongoing Assistance
- Monthly Well-Checks
- Evidence-Based Workshops
- Summer Series
- Special Events
- Holiday Assistance
- Quarterly Support Groups
- Wellness Initiative for Senior Education (WISE)
- Biweekly E-Blasts
- Quarterly Newsletters
- Parenting Smarts Resource Guide
- Educational Workshops

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The Grandparents & Other Relatives:

$4 BILLION - THE AMOUNT GRANDPARENTS AND OTHER RELATIVES SAVE TAXPAYERS EACH YEAR BY RAISING CHILDREN AND KEEPING THEM OUT OF FOSTER CARE. 46% OF GRANDPARENTS OR OTHER RELATIVES CARING FOR THEIR KIN HAVE PROVIDED CARE FOR 5 YEARS OR MORE.

Data taken from: GrandFacts Sheets - State Fact Sheets for Grandfamilies (Ohio 2017) www.grandfamilies.org, Generations United - State of Grandfamilies 2020 - Facing a Pandemic - Grandfamilies Living Together During COVID-19 and Thriving Beyond www.gu.org

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Department of Job and Family Services.

About the Kinship Navigator Program

Due to COVID-19 Kinship Club Meetings, Educational Programs, Evidenced- Based Workshops and Events are being held virtually. The Area Office on Aging of Northwestern Ohio will continue to monitor COVID-19 safety protocols in order to determine when a return to in-person programming can safely be resumed.

ADVOCACY, SUPPORT, OUTREACH

The Kinship Navigator Program has touched thousands of Northwest Ohio caregivers by providing access to information, quarterly support groups, evidenced-based workshops, ongoing assistance, quarterly newsletters, bi-monthly email blasts, Parenting Smarts Resource Guides and access to special events.

Support Groups - Quarterly club meetings are hosted by the Kinship Navigator Program.

EDUCATIONAL OPPORTUNTIES AND SPECIAL EVENTS

Summer Series is held annually. Caregivers and their families are invited to participate in "adventure week" where fun and interactive programming is offered. Lunch, transportation, and childcare are provided for in-person programming.

WISE Classes- Wellness Initiative for Senior Education sessions are evidenced based classes held twice a week for three weeks and offered twice a year.

The WISE program offers 6 lessons that cover a variety of topics.

1. Learn about the aging process and how to make healthy lifestyle choices.
2. Celebrate this exciting stage of life and all the benefits that come with it.
3. Discuss risk factors and behaviors you should avoid to stay healthy.
4. Examine how alcohol, prescription medications, and over the counter medications affect seniors differently.
5. Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

Kinship Holiday Distribution. Turkey or ham distribution annually.

BUILD RESILIENCE AT HOME

- Check with friends and family on video chat.
- Write letters to loved ones and mail them.

Mud Hen and Walleye Ticket Distribution
Tickets are distributed to kinship families so they can enjoy moments of entertainment.

Availability of Holiday food distribution and tickets for sporting events is dependent upon donations from private and public donors and when available are offered on a first come first serve basis.

Children and Opioid Epidemic

In the United States, opioid drug abuse has become a national public health crisis. Every day more than 115 people in the US die from opioid overdose. This issue impacts every race, gender, age group and income class. The problem in Ohio is especially alarming. Ohio currently has one of the nation's highest overdose rates – more than 4,000 Ohioans died from opioid drug overdose in 2017.

The users of opioids are not the only victims of the opioid epidemic. Children of opioid abusers are also victims of the epidemic that is destroying families and communities. It is estimated that 25% of children in the United States grow up in homes where substance abuse is present.

According to the county Public Children Services Agencies (PCSAO) Opiate Survey in April 2016, 50% of the children taken into custody in 2015 had parental drug use. At the time of removal, 28% of the children had parents actively using opiates including heroin.

- 70% of infants in child protection custody are in care due to their parent's opiate addiction.

Children are staying in foster care longer due to opiate recovery timelines and relapses.

- Within 1 year of recovery from opiates, 85% will typically relapse.
- Placement costs have increased 20% or $55 million from 2013 to 2016 due to more children in care and their needs being more complex.
- There was also a 62% increase with children in custody being placed with a relative.
- Successfully reunifying children of parents with opioid addiction requires much more intensive casework. Some local agencies report that more children are being placed in permanent custody than returning to parents.

Source: RedTreeHouse.org

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LUCAS COUNTY

Department of
Job & Family Services

Lucas County. . . Responding To Your Needs

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- Child Care for Working Families: Center and Home-based care
- Food Benefits: Providing Essential Nutrition to Families
- Medicaid: Comprehensive Health Care Coverage
- Ohio Works First: Time-limited Cash Assistance for Needy Families
- Prevention, Retention, and Contingency (PRC): Emergency Financial Help for Families
- Workforce Development: Helping Employers Find Skilled Workers Helping Job Seekers Find Gainful Employment
- Adult Protection Services & Elder Care: Investigation and Supportive Services and Help With Keeping Your Relatives at Home

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Lucas County Job & Family Services
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www.lucasjfs.org

Parenting and Child Development

The number of grandparents who are raising their grandchildren continues to rise, due to a myriad of reasons including; substance abuse, death, incarceration, child abuse, neglect, and mental health challenges. This section covers volunteer information, mentoring, and spiritual aspects of youth development. In addition, media literacy resources along with several guidelines for TV viewing, internet safety, and smartphone applications (apps) your child may be using.

PARENTING THE SECOND TIME AROUND

The following have resources in the form information, activities, classes, groups, and professional counselors who want to help you through this difficult time.

Adelante **419-244-8440**
520 Broadway, Toledo 43602
www.adelantetoledo.org/

Big Brothers/Big Sisters of NW Ohio **419-243-4600**
4 Seagate, Ste. #660, Toledo 43604
www.bbbsnwo.org

Catholic Charities **419-244-6711**
1933 Spielbusch Ave., Toledo 43604
www.catholiccharitiesnwo.org
Offers several services including a soup kitchen, food pantry, clothing center, housing assistance, financial assistance, and adoption services.

Family & Child Abuse Prevention Ctr. **419-244-3053**
2460 Cherry St., Toledo 43608
www.fcapc.org
Provides counseling for children and families who have been victims of violence.

Heartbeat of Toledo **419-241-9131**
4041 W. Sylvania, Suite LL4, Toledo 43623
www.heartbeatoftoledo.org
Offers information to women facing pregnancy through Your First Look Women's Center and help families in need through the Heart to Heart Parenting Education Program through free parenting classes, emergency assistance with diapers, wipes, and formula.

Help Me Grow - Lucas County **419-665-3322 or 1-800-755-4769 (GROW)**
2275 Collingwood Blvd., Toledo 43620
www.odh,ohio.gov
A program for Ohio families that provides information on early childhood development and safety to help a child get the very best start in life.

Lutheran Social Services of NWO **419-243-9178**
2149 Collingwood, Toledo 43620
www.lssnwo.org

The Mental Health & Recovery Services Board of Lucas County
Enrollment Center **419-213-4600**
www.lcmhrsb.org
Individual adult and child counseling, marital counseling, parenting classes, stress management, help for severely emotionally disturbed children, life enrichment seminars, and others.

National Alliance on Mental Illness NAMI of Greater Toledo **419-243-1119**
2753 W. Central Ave., Toledo 43606
www.namitoledo.org

Neighborhood Properties Inc. **419-473-2604**
2753 W. Central Ave., Toledo 43606
www.neighborhoodproperties.org

New Concepts **419-531-5544**
111 S. Byrne Rd., Toledo 43615
www.newconceptsiop.org

ProMedica Toledo Children's Hospital Cullen Center **419-291-7919**
2150 W Central Ave., 2nd Fl., Toledo 43606
www.promedica.org
The Cullen Center offers mental health assessments, psychological evaluations, individual and group therapy, and works with schools and other agencies to help children and teens (newborn to 18 years of age) and their caregivers who have experienced any type of traumatic event, including: loss of a parent or family member, witnessing family or community violence, child abuse, sexual abuse or assault, or serious accident or injury.

St. Paul's Community Center **419-255-5520**
230 Thirteenth St., Toledo 43604
www.stpaulscommunitycenter.org/

Swanton Area Community Coalition **419-826-1222**
97 N. Main St., Toledo 43558
www.swantoncoalition.org/

Sylvania Area Family Services **419-882-8415**
5440 Marshall Rd., Toledo 43560
www.sa-fs.org
Counsels individuals and families and provides family life education and enrichment programs.

Sylvania Community Action Team **419-824-8588**
4747 N. Holland-Sylvania Rd., Toledo 43560
www.scatsylvania.org

Treatment Accountability for Safer Communities **419-242-9955**
701 Jefferson Ave., Ste. 101,Toledo 43604
www.lucastasc.org

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Toledo Lucas County Public Library **419-259-5200**
MULTIPLE LOCATIONS
MAIN LIBRARY - 325 MICHIGAN STREET,TOLEDO 43604
www.toledolibary.org

Offers Grandparent Project which offers grandparents (and other caregivers) the opportunity to gain real insights and information from attorneys, judges, social workers and community leaders, breaking down barriers to necessary resources.

NATIONAL ORGANIZATIONS also exist that provide information regarding various programs and services available to relative caregivers.

American Academy of Child and Adolescent Psychiatry **202-966-7300**
www.aacap.org

"Facts for Families" on topics such as discipline, eating disorders, step-parenting, TV violence, grief, autism, substance abuse, sleep problems and mental illness.

Annie E. Casey Foundation **410-547-6600**
www.aecf.org

Provides free resources, tools, and publications on a variety of topics aimed at strengthening families, building stronger communities, and ensuring access to opportunity.

Generations United **202-289-3979**
www.gu.org/

Generations United's mission is to improve the lives of children, youth, and older adults through intergenerational collaboration, public policies and programs for the enduring benefit of all.

The National Parenting Center **818-225-8990**
www.the-parenting-center.com

Guidance from many renowned child-rearing authorities to help expand parenting skills.

Support Blogs Using social media sites such as blogs, email groups, and Facebook pages can be a wonderful way to connect with others within the kinship and adoptive community. These outlets can provide a different perspective on topics and provide support. Here is some available social media resources.

- Adoptive Families Circle www.adoptivefamiliescircle.com/
- Annie E. Casey Foundation www.aecf.org/blog/
- New York State's Kinship Backyard www.nysnavigator.org/pg/blog/
- Ohio KAN www.ohiokan.jfs.ohio.gov/blog
- Step Up Coalition in California www.stepupforkin.org/blog/

TOLEDO COMMUNITY CENTERS

Community Centers serve as focal points in the neighborhoods throughout the Toledo area. Each center offers a unique mix of services to enhance the quality of life for its members. Contact your community center for information on services and membership.

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Area Office on Aging of
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Asian Resource Center **419-841-7542**
7036 Mourning Dove Ct., 43617
Provides services to seniors in the Asian community.

Aurora Gonzalez Community and Family Resource Center **419-244-0666**
1 Aurora Gonzalez Dr., 43609
Offers programs and services to support families regardless of their ethnicity.

Believe Center, Inc. **419-200-2027**
1 Aurora L Gonzalez Dr., 43609
www.believecenter.org
Provides full services to youth and families including youth sports, programs, education, and other activities.

Center of Hope Family Services, Inc. **419-861-4400**
5461 Southwyck Blvd., 43614
www.cohfs.org
Aimed at helping adults, children, and families in urban settings.

East Toledo Family Center **419-691-1429**
1020 Varland Ave., 43605
www.etfc.org
Family resource center with educational, recreational, and social programs and services. Offers a preschool, before and after school programs for elementary school age children, a youth enrichment program, year-round athletics for all ages and teen programs.

Frederick Douglass Community Assn. **419-244-6722**
1001 Indiana Ave., 43607
www.fdcatoledo.org
Family resource center with activities and services for youth, teens, adults, seniors, and families.

Friendly Center **419-243-1289**
1324 N. Superior St., 43604
www.toledotogether.org
Family resource center with activities and services for youth, teens, adults, seniors, and families.

Grace Community Center **419-248-2467**
406 W. Delaware, 43601
www.gcctoledo.org
A family resource center that assists inner-city residents in solving neighborhood problems.

James C. Caldwell Community Center **419-729-4654**
3201 Stickney Ave., 43608
www.caldwellcenter.org
A neighborhood center that provides a licensed preschool and before and after-school programs.

Jewish Federation of Greater Toledo **419-885-4461**
6465 Sylvania Ave., Sylvania 43560
www.jewishtoledo.org
Provides programs and support to children and adults with special needs and their families.

Linques' Neighborhood Center **419-244-3142**
401 N. Hawley St., 43607
A multi-purpose community facility providing a wholesome environment for children, adults, and seniors.

Monroe Street Neighborhood Center **419-473-1167**
3613 Monroe St., 43606
www.monroesnc.org
Works with community members to promote self-sufficiency, strengthen and enrich families and develop ownership of community.

Sylvania Community Center **419-885-4126**
4747 N. Holland Sylvania Rd., 43560
www.scsonline.org
Childcare for school children, pre-school, community education classes for youth, adults, and seniors.

KEEPING KIDS BUSY/VOLUNTEER OPPORTUNITIES

Many factors contribute to a child's healthy self-esteem, which play a major role in the solid foundation of their development. When children are participating in activities they love, they are likely to meet peers that enjoy the same activities. Positive relationships are important in any child's life; active children can develop positive relationships with adults and peers in a safe and structured environment. Being involved in loved activities will establish a path to gain confidence and learn teamwork.

Being socially active isn't always a bad thing because children are learning character skills that will carry them through life. No matter what your child is into, you can find an activity that fits their interest and shows them that learning is fun. It will help them find a passion for activities from a young age. Not to mention avoiding the negative influence of "screen time"! Having busy children means you'll be busy, too – taking them around; but watching them develop is well worth it.

4H Clubs – OSU Extension **419-213-4254**
One Government Center, Ste. 550, 43604
www.lucas.osu.edu/4h/
Programs for youth emphasize "learning by doing." Members work on individual or group projects such as animals, citizenship, cooking, crafts, forestry, gardening, photography, public speaking, and weather.

American Red Cross **419-329-2900**
1111 Research Dr., 43614
www.redcrosstoledo.org
Offers Ohio Leadership Conference where youth realize, explore and develop their leadership potential; and Youth Council, a volunteer program which provides high school students with leadership opportunities.

Big Brothers Big Sisters **419-243-4600**
Four Seagate, Ste. 600, 43604
www.bbsnwo.org
Provides mentoring relationships.

Boy Scouts of America **419-241-7293**
5600 Sylvania Ave., 43623
www.erieshorescouncil.org
Provides character development and citizen training for boys through group activities, education, guidance and leadership by example.

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Boys & Girls Clubs
North Toledo Club, 817 Sherman St., 43608 **419-720-8266**
Carson Family Club, 415 Colburn St., 43609 **419-255-1191**
East Broadway Elementary,
1755 East Broadway, 43605 **419-693-1961**
Homer Hanham Club, 2250 N. Detroit, 43606 **419-241-4258**
www.bgctoledo.org

Keystone Club, Junior Leaders and Torch Club are programs involving youth in the leadership process, with opportunities for planning, decision making, and awareness of their heritage and civic responsibilities.

Fellowship of Christian Athletes **419-724-4420**
2602 Nebraska Ave., 43607
www.fca.org

Provides fellowship, small group bible study, athletic camps, and other opportunities for Christian athletes and coach to develop athletic skills, create influential relationships, and share their faith.

FFA (formerly Future Farmers of America) Programs **1-888-332-2668**
Penta Career Center FFA: 9301 Buck Rd Perrysburg 43551
Oregon-Clay FFA: 5665 Seaman Rd, Oregon 43616
Toledo FFA: 5561 Elmer Dr, 43615
Sylvania FFA: 7225 W Sylvania Ave, Sylvania 43560
Anthony Wayne FFA: 5967 Finzel Rd, Whitehouse 43571
www.ffa.org

A national organization dedicated to preparing members for leadership and careers in the science, business, and technology of agriculture. Local, state, and national activities and programs provide opportunities to apply knowledge and skills acquired through agriculture education in local chapters.

Girl Scouts of Western Ohio Valley Council **419-243-8216 or 1-888-350-5090**
www.gswo.org

Develops girls' self-awareness. Gives girls opportunities to explore values and careers through group activities, camping, troop programs and leadership development.

JLJ Vision Outreach **419-322-5757**
420 Madison Suite 1225
www.jljvisionoutreach.org

Redirects disadvantaged and at-risk youth through life skills, education, and mentoring programs.

Junior Achievement **419-865-5511**
2239 Cheyenne, 43614
www.toledo.ja.org

Develops leadership skills and educates young people to value free enterprise, understand business and economics, and to be workforce-ready.

Leadership Toledo **419-241-7371**
316 Adams St., 43604
www.leadershiptoledo.org

Offers youth programs for high school students who want to become a more confident leader, be more connected to their community, grow stronger in self-awareness, and find and conduct meaningful community service.

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2021 TRIENNIAL UPDATE ON ALL PROPERTIES IN LUCAS COUNTY

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Contacting the Lucas County Auditor's Office is easy!

Check your property information at:
icare.co.lucas.oh.us
Schedule and attend a property review meeting at:
LucasCountyTri.as.me
To review your value and data over the phone, call:
(419) 213-4406
For further assistance, send our office an email at:
Tri@co.lucas.oh.us

Ohio Youth Works Program **419-213-3333**
505 Hamilton St., 43604
Employment training and work program for youth and young adults ages 14-24 who meet set income and family requirements. Program serves eligible Lucas County residents who meet the maximum income threshold of 200% of the Federal Poverty Guideline for Ohio. Eligibility is verified by Pathway staff prior to enrollment in the program.

Promedica Toledo Hospital **419-291-4380**
www.promedica.org/toledo-hospital

The Salvation Army **419-241-1138**
620 N. Erie St., 43604
www.easternusa.salvationarmy.org/northeast-ohio/northwest-ohio
Programs to develop positive social and communication habits, decision making and life skills with character and leadership which are divided by age.

Toledo Humane Society **419-891-0705**
827 Illinois Ave., Maumee, 43537
www.toledohumane.org/volunteering
Provides volunteer opportunities to help care for animals, clean kennels, and teach other responsibilities. The youth must be at least 10 years old and be accompanied by a parent at all times, if under age 16.

Toledo Lucas County Public Library **419-259-5200**
Main Library - 325 Michigan St., 43604
www.toledolibrary.org
20 locations throughout Lucas Co. Provides free access to resources, technology, and information for all ages. Offers tutoring, summer reading program, activities, teen volunteer program, educational workshops and virtual services.

The Toledo Museum of Art **419-255-8000**
2445 Monroe St., 43620
www.toledomuseum.org
Provides free access to fine art and facilitates visual literacy to engage lifelong learners of all ages and providing learning experiences in a variety of formats. Offers virtual and guided tours, art activities in the Family Center, art classes (scholarships available), teen work study programs, and access to educational resources.

The Toledo Repertoire Theatre **419-243-9277**
16 Tenth St., 43604
www.toledorep.org
Classes and theatrical opportunities offered for all ages.

The Toledo Symphony **419-246-8000**
1838 Parkwood, Ste. 310, 43604
www.toledosymphony.com
Classes offered for children and teens from professional musicians. Concerts performed at community locations throughout the year.

The Toledo Zoo **419-385-5721, ext. 2045**
2 Hippo Way, 43614
www.toledozoo.org/volunteer
Teens 13 and up help with animals and Zoo guests.

Toledo Excel - University of Toledo **419-530-3825**
2801 W. Bancroft St., 43606
www.utoledo.edu
A scholarship incentive program that recruits high-achieving, underrepresented 8th grade students in the metropolitan Toledo area. Selected students who fulfill our academic and participation requirements receive a tuition-based scholarship to The University of Toledo upon high school graduation. EXCEL is designed to prepare students, beginning in the 8th grade, for success in college by providing them with academic enrichment services and activities throughout their high school years. EXCEL is also dedicated to making students into conscientious and active members of the local community. Offers a variety of enrichment services and activities that take place on The University of Toledo campus to familiarize them with the university and collegiate expectations.

Toledo-Lucas County Police Athletic League (PAL) **419-214-9022**
1111 E. Manhattan Blvd., 43608
www.toledopal.org
In partnership with the Toledo Police Department, City of Toledo Parks, Recreation and Forestry and community volunteers, Toledo PAL builds character in young people through athletic, academic, and leadership development programs.

Upward Bound
University of Toledo **419-530-3811**
2801 W. Bancroft St., 43606
www.utoledo.edu
Lourdes University **419-824-3864**
6832 Convent Blvd., Sylvania 43560
www.lourdes.edu
Bowling Green State University **419-372-2677**
292 Hayes Hall, Bowling Green 43403
www.bgsu.edu
TRiO Upward Bound is a program funded by the U.S. Department of Education that prepares high school students for post-secondary education. Upward Bound is a challenging, preparatory program for students who demonstrate the ability or desire to attend college. All program services are free for participants. Provides tutoring, counseling, mentoring, cultural enrichment, work-study programs,education, or counseling services designed to improve the financial and economic literacy of students.

Youth Sports
Serves more than 4,500 youth every year, providing many kids with their very first experience with sports and teamwork. Sports include: soccer, t-ball, flag football, basketball, and volleyball, in a supportive and dynamic environment for kids to learn and develop athletic skills.

YMCA and JCC of Greater Toledo **419-729-8135**
1500 N. Superior St., 2nd Fl. 43604
www.ymcatoledo.org
Call or visit YMCA website to find branch locations near you.

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BABYSITTING CHECKLIST

We will be at: _____

Phone number: _____

We should be home around: _____

- Parent: _____
- Parent: _____
- Neighbor: _____
- Other: _____

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In case of emergency: _____

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Reminders

- _____
- _____
- _____
- _____
- _____
- _____

House rules

- _____
- _____
- _____
- _____
- _____
- _____

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Child's name: _____

Age: _____

- Allergies: _____
- Medications: _____

Child's name: _____

Age: _____

- Allergies: _____
- Medications: _____

Child's name: _____

Age: _____

- Allergies: _____
- Medications: _____

Child's name: _____

Age: _____

- Allergies: _____
- Medications: _____

KID to KID THE BEST OF KIDS' RESALE

YWCA **419-241-3235**
1018 Jefferson Ave., 43604
www.ywcanwo.org
A multi-purpose facility with services for women and their families. Child care resources and referrals, training and technical assistance to home and center-based child care providers, and a resource library for parents, providers and other community services.

Volunteens at the Library **419-259-5207**
www.toledolibrary.org
Opportunity to gain work experience while becoming familiar with many Library career opportunities. Contact your nearest branch library location for more information.

SPIRITUAL GROWTH

Spiritual people are gracious, optimistic, compassionate, and self-actualized. Spiritualism, a search for something sacred, is an increasingly important topic to people today. Individuals approach the realm of spirituality through religion, meditation, yoga, and even personal reflection.

Why Be Spiritual? Five Benefits of Spirituality (according to Psychology Today):

- Spiritual people are gracious. Psychology has demonstrated that expressing gratitude is associated with many positive emotions such as optimism, being generous with time and resources, and overall vitality. Spirituality encourages people to be positive, which may be expressed in many of these life practices.
- Spiritual people are compassionate. Experiencing compassion toward others is one of the strongest correlates with living a spiritual life. A variety of positive or pro-social emotions have strong links to spiritualism, including allowing one to feel good about the little things in life and look at the world through empathetic eyes.
- Spiritual people flourish. Spirituality is linked to many important aspects of human functioning—spiritual people have positive relationships, high self-esteem, are optimistic, and have meaning and purpose in life.
- Spiritual people self-actualize. Spiritual individuals strive toward a better life and consider personal growth and fulfillment a central goal. Spirituality can be a path toward self-actualization, because it requires people to focus on their internal values and work on becoming a better individual.
- Spiritual people take time to savor life experiences. Individuals who value spirituality take the time to reflect on their daily activities and ultimately build lasting memories of their experiences. Because spiritual people are more conscious of small, daily activities, they experience positive emotions associated with the smaller pleasures in life.

Resources:

Headspace:	www.headspace.com
The Free Mindfulness Project:	www.freemindfulness.org
Do Yoga With Me:	www.doyogawithme.com
Smiling Mind:	www.smilingmind.com

MORE SUPPORT FOR KIDS

If a child has a problem or needs someone to talk to, a **NATIONAL ORGANIZATION** may offer help and support he/she needs.

Boys Town National Hotline **800-448-3000**
www.boystown.org
Teens can talk to a counselor about any problems or questions they have. Also assists girls.

Teen Line **800-852-8336**
www.teenlineonline.org
Teens helping teens through calls, texts, email, and message boards.

WHAT ARE KIDS WATCHING AND READING?

In our "information age," we need to assure that our children learn the critical thinking skills they need to understand, interpret and evaluate the messages they receive on a daily basis on TV, on-line and at the movies. The following organizations offer information geared to helping parents understand and make decisions about media and children.

Parental Media Guide
www.parentalguide.org
One-stop access to review the parental advisory systems used by the movie, electronic game, music, cable, and television industries to give families information on the content of entertainment products.

Entertainment Software Rating Board
www.esrb.org
Provides standardized ratings for children's interactive entertainment and websites.

Toledo-Lucas County Public Library **419-259-5200**
325 N. Michigan St., 43604
www.toledolibrary.org
Area leader of information and technology. The Main Library and many branch libraries in Lucas County provide the educational and economic foundation for Northwest Ohio. To find your nearest branch and learn more about library programs, call the number above or visit the library's website.
A library card gives you FREE access to computers, books, music, movies, and more. To get a library card, simply take a photo ID to any library location.

COMPUTERS, INTERNET & SOCIAL MEDIA

Computers and tablets can be educational tools, as well as sources of entertainment to challenge children on many levels. Although most experiences children have online are positive, there is a risk of interacting with a harassing or even expletive, person or being exposed to inappropriate material. Blocking software that restricts access to certain sites and the ability to disclose personal information is available. However, it is also important to talk to your child and set firm expectations regarding the use of the internet, social media, and even smartphone applications.

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Family Online Safety Institute **202-775-0158**
www.fosi.org

Tips, tools and rules to confidently navigate the online world with your kids.

FACEBOOK - WHAT IS IT?

Facebook is an online social networking service that allows people to create profiles, post pictures and videos, and to connect with friends and family.

What is the age requirement?
To sign up for Facebook, users must be at least 13 years old.

Where can I learn more?
www.facebook.com

INSTAGRAM - WHAT IS IT?

Instagram is a mobile app that allows users to take pictures and videos and to share them online with followers. Users can also post their Instagram photos on Facebook, Twitter, Tumblr, and Flickr with the option of adding a location tag.

What is the age requirement?
To sign up for Instagram, users must be 13 years of age or older.

Where can I learn more?
www.instagram.com

TWITTER - WHAT IS IT?

Twitter is an online social networking service that allows people to send and read 140 character messages called "tweets".

What is the age requirement?
To sign up for Twitter, users must be 13 years of age or older.

Where can I learn more?
www.twitter.com

SNAPCHAT - WHAT IS IT?

Snapchat is a mobile app that allows users to share photos, videos, or messages known as "snaps" with a list of contacts.

What is the age requirement?
To sign up for Snapchat, users must be 13 years of age or older.

Where can I learn more?
www.snapchat.com

YOUTUBE - WHAT IS IT?

YouTube is an American video-sharing website. It allows users to upload, view, rate, share, add to favorites, report, comment on videos, and subscribe to other users.

What is the age requirement?
Requires account holders to be 18, but a 13-year-old can sign up with a parent's permission.

Where can I learn more?
www.youtube.com

TIK TOK - WHAT IS IT?

TikTok is a short-form, video-sharing app that allows users to create and share 15-second videos on any topic. It offer a wide selection of sounds and song snippets, along with the option to add special effects and filters. You can also add videos created on your phone. The company promotes the app as a video sharing social network.

What is the age requirement?
To sign up for TikTok, you must first pass through an age gate to get you into theright TikTok experience. In the US, if under 13 years old, you will be placed into a TikTok for Younger Users experience which has additional privacy and safety protections designed specifically for this audience.

Where can I learn more?
www.tiktok.com

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Help With Expenses

Raising children is expensive. No matter how much you love the children in your care, you have to be practical. Before the children came to live with you, you probably had a budget which met your needs (or, at least, almost did). Now it may be strained to the breaking point. Help from government programs does exist.

OHIO WORKS FIRST (OWF)

Kinship caregivers and the children in their care can receive OWF, a monthly cash assistance program. In order to be eligible for OWF, you must be related by blood or marriage, or be legal guardian or custodian to the children in your care.

There are two ways that kinship caregivers can receive OWF benefits. The first way is for you to receive income only for the children in your care. In these cases, the County Department of Job and Family Services will not take into account any of your income and will not provide money for you as part of the OWF grant for the children. These are are called child-only cases. You will generally be able to receive this money until the child turns 18 or leaves your home.

Kinship caregivers cannot receive KSP payments and OWF child-only grants at the same time for the same child. However, a kinship caregiver who receives KSP payments may apply for a child-only OWF grant when the KSP payments end if the kinship caregiver chooses not to become the certified foster parent.

If you have a child-only grant, you will not be impacted by many of the OWF requirements that you may have heard about (such as work requirements or time limits). However,

(Continued on Page 18)

in order to receive child-only OWF assistance, you must be willing to cooperate with child support requirements to ensure that the child's parents are held financially responsible. You should call a legal service provider if you have more specific questions about receiving this benefit.

The second way for you to receive OWF for the child(ren) in your care is to be part of the grant yourself. This means that county department of job and family services will look at your income, and if you are eligible for OWF, include you as part of the grant. You will receive more money because the grant will be for both you and the child(ren) in your care. However, the OWF work and time-limit requirements will apply to you. This means you will probably be required to work and will be limited to 3 years of OWF assistance. If you are not sure which type of grant to apply for it is a good idea to consult with a legal service provider. Most kinship caregivers receive child only grants and do not have to worry about work requirements and time limits. One problem many kinship caregivers face during the application process is proving that they are related to the child. You can generally use birth certificates to prove your relationship to the child. In complicated situations, you may need affidavits or other types of proof. If you are having trouble proving your relationship, you should seek help from a legal services provider.

You can apply for Ohio Works First online by going to Benefits.Ohio.gov, or by filling out the "Request for Cash, Food and Medical Assistance" (JFS 7200) form and submitting it to your country department of job and family services. You can get the form at your county agency or at www.odjfs.stats.oh.us/forms/interfind.asp?forumnum=07200.

Source: ODJFS Ohio Resource Guide for Relatives Caring for Children, 04/2021

CHILD ONLY BENEFITS

The assistance is for the child only, and therefore the relative caregivers do not need to provide information about their financial situation. The caregiver is not applying for benefits with the child in this case. Therefore, the caregiver is not required to participate in the work program activities. In addition, there are no time limits on the benefits the child receives through Lucas County Job and Family services. Foster families do not receive OWF benefits because they receive a foster care payment from Children Services.

FOOD ASSISTANCE

If you are eligible, you can use Food Assistance benefits (formerly known as food stamps) instead of cash to buy food at the grocery store. The benefits are approved and placed on a plastic debit card that can be used anywhere in the US. You may use the card by swiping it and entering your personal identification number (PIN). The amount of your purchase will then be automatically deducted from your account.

No sales tax is charged on Food Assistance purchases. These benefits cannot be used to buy non-food items such as soap, diapers, alcohol or tobacco, or hot food purchases that are prepared to be eaten immediately.

TAKE NOTE

You can apply for Ohio Works First at Lucas County Job & Family services. Please call (419) 213-8800 for more information or to request an application.

You can apply for Food Assistance online by going to **Benefits.Ohio.gov**, or by filling out the "Request for Cash, Food and Medical Assistance" (JFS 7200) form and submitting it to your county department of job and family services. You can get the form at your county agency or at http://www/odjfs.state.oh.us/forms/interfind.asp?formum=7200.

Your county department of job and family services will decide whether you are eligible by looking at the gross income and counted liquid assets of everyone in the household. Gross income includes almost all cash income, except things like loans and student financial aid. Counted liquid assets include cash, checking and savings accounts. Resources do not include the value of your home or residence, your vehicle or your furnishings. If you have a child-only OWF grant for the children in your care, your income and assets may be too high for your family to obtain Food Assistance. Still, if you think you might be eligible, you should apply for both programs.

If your household is in a crisis situation, you may be able to get expedited Food Assistance within seven days. You qualify for expedited food stamps if (1) the members of your household have a combined monthly income of $100, (2) your income and resources are not enough to pay the rent or mortgage and utilities this month, or (3) your household is homeless.

* *Note: For expedited Food Assistance, only identification is required for verification. If you anticipate having trouble with the applications process or getting to the store to use your benefits, you can designate an "authorized representative" to act on your behalf. In that case, the authorized representative also must present identification.*

Source: ODJFS Ohio Resource Guide for Relatives Caring for Children, 04/2021

AREA FOOD PANTRIES

Assumption Outreach Center **(419) 243-9213**
219 Page Street, 43620

Augsburg Lutheran Church **(419) 478-2374**
1342 Sylvania Avenue, 43612

Bethlehem Baptist Church **(419) 241-9360**
1430 W Bancroft Street, 43606

Central Residents Council (CRC) **(419) 246-3188**
642 Division Street, 43604

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Christ the King Church (419) 475-4348
4100 Harvest Lane, 43623

Christian Community Church (419) 536-8357
2500 Nebraska Avenue, 43607

Church Women United Thrift Shop (419) 865-2300
631 S Crissey Road, 43528

Crossroads Family Resource Center (419) 475-3258
4543 Douglas Road, 43613

Emmanuel Baptist Church (419) 473-3280
4207 Laskey Road, 43623

Epiphany Lutheran Church (419) 536-5986
915 N Reynolds Road, 43615

Equitas Healthcare for All (419) 241-9444
3450 W. Central Avenue, Ste. 104, 43606

Fairgreen Presbyterian Church (419) 475-4436
3220 Laskey Road, 43613

Faith Lutheran (419) 385-7459
2440 South Avenue, 43609

Food for Thought (419) 972-1338
3540 Seaman Road, 43616

Freedom Point (419) 865-6502
9300 Maumee Western Road, 43542

Friendly Center (419) 243-1289
1324 N Superior Street, 43604

Friendship New Vision (419) 534-5437
5301 Nebraska, 43615

Helping Hands of St. Louis Church (419) 691-0613
443 Sixth Street, 43605

Historic Church of St. Patrick (419) 243-6452
130 Avondale, 43604

Jewish Family Service of Toledo (419) 885-4461
6465 Sylvania Ave., 43560

Lutheran Social Services of NWO (419) 243-9178
2149 Collingwood Boulevard, 43620

Martin Luther King Kitchen for the Poor (419) 241-2596
650 Vance Street, 43604

Martin Luther Lutheran Church (419) 691-8097
601 Nevada Street, 43605

Monroe Street Neighborhood Ctr. (419) 473-1167
3613 Monroe Street, 43606

Mustard Seed Outreach Ministries (419) 727-1800
5420 302nd Street, 43611

Nightengales Harvest (419) 725-1190
Our Savior Lutheran Church, 2820 W. Alexis 43613
For families with a comfirmed diagnosis of cancer from their healthcare team.

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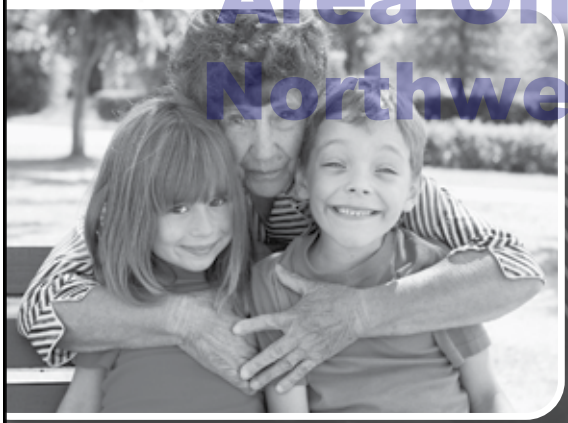
Supporting relatives caring for kin.



LUCAS COUNTY CHILDREN SERVICES

Leading the community in the protection of children.
For information or assistance,
call **419-213-2273** or visit **www.lucaskids.net**

Olivet Lutheran Church **(419) 882-2077**
5840 Monroe St., 43560

Open Dorr Family Resource Center **(419) 867-1838**
1205 King Road, 43617

Pilgrim Church **(419) 478-6012**
1375 W Sylvania Avenue, 43612

Redeemer Lutheran Church **(419) 536-3781**
1702 Upton Avenue, 43607

St. Francis De Sales **(419) 243-4242**
501 Cherry Street, 43604

St. Martin De Porres Social Concerns **(419) 241-4544**
1119 W Bancroft, 43606

St. Paul's United Methodist Church **(419) 243-8284**
1201 Madison Avenue, 43604

Salem Lutheran (North) **(419) 243-2345**
1127 N Huron Street, 43604

Salvation Army NWO **(419) 241-1138**
620 N Erie Street, 43697

Southside Life Station **(419) 242-3340**
402 South Avenue, 43609

Sylvania Area Family Services **(419) 882-8415**
5440 Marshall Rd., 43560

Toledo Northwestern Ohio Food Bank **(419) 242-5000**
24 E. Woodruff Ave., 43604
www.toledofoodbank.org

Toledo Seagate Food Bank **(419) 244-6996**
526 High St., 43609
www.theseagatefoodbank.org

Trilby United Methodist Church **(419) 472-2103**
5918 Secor Road, 43623

Trinity Faith Outreach Center **(419) 246-9747**
1312 N Huron Street, 43604

United Missionary Baptist Church **(419) 242-1455**
2705 Monroe Street, 43606

Wesley United Methodist (North) **(419) 726-4160**
2934 Stickney Avenue, 43608

PUBLIC CHILD SUPPORT AGENCIES

Lucas County Children Services **419-213-3200**
705 Adams St., 43604
www.lucaskids.net

Post Adoption Special Services Subsidy (PASSS): offers eligible families financial assistance to help pay for the treatment of a child's physical, developmental, mental or emotional condition - most often, mental health, respite care and counseling services. Ohio has been nationally recognized for this innovative program. Please contact your county PSCA for more information.

Adoption Assistance: The Adoption Assistance program provides federal funds to states to facilitate the timely placement of children whose special needs or circumstances would otherwise make it difficult to place them with adoptive families. Families eligible for Adoption Assistance receive a monthly subsidy; each subsidy is paid for with a combination of federal, state and, in some instances, local funds. Children receiving this benefit may be entitled to other assistance as well, including MEdicaid coverage. Please contact your county PCSA for more information.

State Adoption Assistance Program: Is a state of Ohio financial assistance program that provides monthly maintenance subsidies to families who adopt children with special needs who are ineligible for the federal Adoption assistance program. Children who qualify for the State Adoption Subsidy Program may also be eligible for Medicaid coverage. Public children services agencies are responsible for determining eligiblility for the State Adoption Subsidy Program, and for administering it. The family's income is taken into consideration when determining eligibility for this program.

Source: ODJFS Ohio Resource Guide for Relatives Caring for Children, 04/2021

Lucas County Child Support Enforcement Agency **419-213-3001**
701 Adams St., 43604
www.co.lucas.oh.us/633/Child-Support-Enforcement-Agency
Can help order child support wage withholding from a parent's paycheck, intercept tax refunds, help locate an absent parent and establish paternity.

STABLE ACCOUNTS

What is a STABLE Account?
A STABLE Account is an investment account available to eligible individuals with disabilities. STABLE Accounts are made possible by the federal Achieving a Better Life Experience ("ABLE") Act. STABLE Accounts allow individuals with disabilities to save and invest money without losing eligibility for certain public benefits programs, like Medicaid or SSI. Earnings in your STABLE Account are not subject to federal income tax, so long as you spend them on "Qualified Disability Expenses."

STABLE Accounts have some similar features to normal bank accounts, but they are not checking or savings accounts. STABLE Accounts are investment accounts, similar to 529 college savings accounts or 401(k) retirement accounts. When you deposit money into your STABLE Account, your money will be invested in different options that you choose. While you can still withdraw and spend your money whenever you need it, a STABLE Account also allows you to grow your money and to save long-term for disability expenses.

BUILD RESILIENCE AT HOME

- Have an attitude of gratitude!

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UTILITY ASSISTANCE

Area Office on Aging of NW Ohio - Non-Emergency Home Energy Assistance Program (HEAP) **419-382-0624**
2155 Arlington Ave., 43609
www.areaofficeonaging.com
Call the Area Office on Aging for assistance with filling out the HEAP application.

City of Toledo Senior Water Discount **419-245-1800**
420 Madison, Ste. 100, 43604
Lucas County **419-213-2926**
Maumee **419-897-7125**
Oregon **419-698-7039**
Small discount on water bills for income eligible seniors who reside in the city of Toledo and age 65+ enrolled in the Homestead Exemption Program.

Helping Hands of St. Louis **419-691-0613**
443 Sixth St., Toledo 43605
www.catholiccharitiesnwo.org/helping-hands-of-st-louis/
Assistance to residents east of Maumee River.

Lifeline Support for Affordable Communications **1-888-641-8722**
www.lifelinesupport.org
Provides a discount on monthly phone service to those who qualify.

Lutheran Social Services of Northwestern Ohio **419-243-9178**
2149 Collingwood Blvd., 43620
The Family Stabilization Program can provide temporary rent or utility assistance to those who qualify following an interview with a clinician and after meeting all eligibility requirements.

Mustard Seed Outreach Ministries **419-727-1800**
5420 302nd St., 43611
Serves 43611 zip code with slight utility assistance.

Ohio Consumer's Counsel **1-877-742-5622**
www.occ.ohio.gov
Residential utility consumer advocate. Takes utility complaints.

Pathway - Home Energy Assistance Program (HEAP) **419-242-7304**
Lucas County: 505 Hamilton St., 43604
www.pathwaytoledo.org
Assistance with HEAP applications home repair, air conditioners, and appliances. Helps those facing utility shut off, already disconnected or having less than 10 day fuel supply.

Public Utilities Commission of Ohio **1-800-686-7826**
TDD/TTY **1-800-686-1570**
180 E. Broad St., Columbus 43215
www.puco.ohio.gov
Helps with utility-related questions and concerns.

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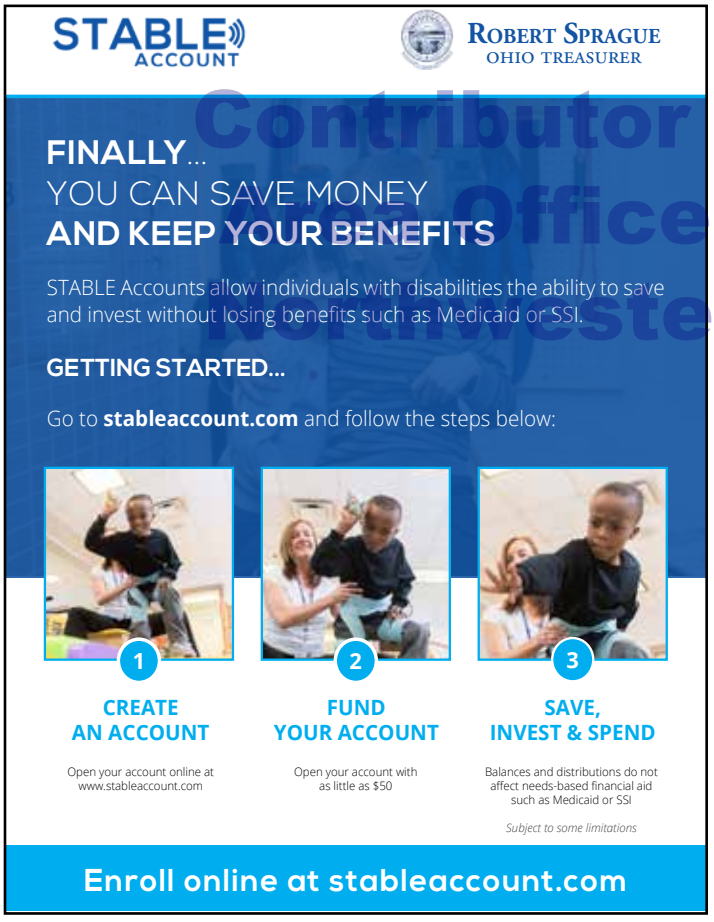

Safelink Wireless **1-800-977-3768**
9700 NW 112th Ave., Miami, FL 33178
Lucas County **419-260-0029**
www.safelink.com
Free cell phone program through Lifeline.

Salvation Army NWO **419-241-1138**
620 N. Erie St., 43604
May offer limited crisis intervention and utility assistance to stop disconnection of utility services or the start of utility services for low income families.

St. Vincent's Marguerite D'Youville Program **419-251-2632**
2213 Cherry St., Toledo 43608
Assistance for current or former patients of St. Vincent's Hospital (within last 6 months).

TELEPHONE ASSISTANCE/LIFELINE AND LINK-UP
Lifeline is a government program that offers qualified people a discount on their phone bill. Eligibility criteria may differ by state. To find out more about Lifeline, contact one of the phone service providers below.

AT&T Ohio.....1-888-985-1728
CenturyLink 1-855-954-6546
Verizon.....1-800-417-3849

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HOME WEATHERIZATION

Home Weatherization Assistance Program is designed to create more affordable housing by reducing energy use. Services include improved insulation, and heating system repair or replacement.

NeighborWorks Toledo Region **419-691-2900**
704 Second St., P.O. Box 8125, 43605
www.nwtoledo.org
Must call for application and show proof of income. Follows HEAP eligibility guidelines.

HOUSING DISCRIMINATION ASSISTANCE

Fair Housing Center **419-243-6163**
432 N. Superior, Toledo 43604
www.toledofhc.org
Investigates fair housing rights.

Housing & Urban Development **1-800-669-9777**
451 7th S. SW, Washington, DC 20410
www.hud.gov
Complaint intake line.

Multi-family Housing Complaint Line **1-800-685-8470**
451 7th S. SW, Washington, DC 20410
www.hud.gov
Housing rights and complaint intake services.

Office of Fair Housing Enforcement **312-353-6236**
77 West Jackson Blvd., Chicago, IL 60604
www.hud.gov

Ohio Civil Rights Commission (OCR) **419-245-2900 or 1-800-278-7101**
1 Government Center, RM. 936, Toledo 43604
www.crc.ohio.gov
Provides legal and civil housing right services.

HOUSING RESOURCES

Area Office on Aging of Northwestern Ohio, Inc. **419-382-0624**
2155 Arlington Ave., 43609
www.areaofficeonaging.com
Housing Department provides information and referral to housing of all varieties.

Area Office on Aging - Long Term Care Consultation **419-382-0624 or 1-800-472-7277**
2155 Arlington Ave., 43609
www.areaofficeonaging.com
Free in-home consultation about long term care options and community-based services that can help keep you or a loved one at home. A professional will help you assess your needs and available services, discuss eligibility requirements, determine financial resources required and create a care plan.

Homestead Property Tax Exemption - Lucas County Auditor **419-213-4406**
One Government Center, Ste. 770, 43604
www.co.lucas.oh.us/356/Homestead-Exemption-Program
Offers tax breaks to residents age 65+ or disabled, who own and occupy their own home. Call for applications. Renewal forms are sent to those in the program.

Legal Aid of Western Ohio (LAWO)- Advocates for Basic Legal Equality (ABLE) **1-888-534-1432**
525 W. Jefferson Ave., Suite 300
Provides legal information and assistance related to landlord tenant issues, and other legal matters, to individuals with low income.

Lucas Metropolitan Housing Authority **419-259-9492**
211 S. Byrne Rd. 43615
www.lucasmha.org
Rents and manages property for persons woth low income.

Neighborhood Properties, Inc. (NPI) **419-473-2604**
2753 W. Central Ave., 43606
www.neighborhoodproperties.org
Offers supportive housing for persons with serious mental illnesses and addiction disorders.

Ohio Housing Finance Agency (OHFA) **1-888-362-6432 or 614-466-7970**
57 E. Main St., Columbus 43215
www.ohiohome.org
Offers affordable housing opportunities for Ohioans.

Ohio Rental Housing Locator **1-877-428-8844**
www.ohiohousinglocator.org
Can search for available rental housing by zip code, city, county or statewide.

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Area Office on Aging of Northwestern Ohio, Inc.

Pathway **419-242-7304**
505 Hamilton St., 43604
www.pathwaytoledo.org
Helps people with low-income achieve self-sufficiency through programs that empower, encourage, and provide supportive services.

Preferred Properties, Inc. **419-244-9609**
5555 Airport Hwy., Suite 145, Toledo 43615
www.preferred-properties.org
Properties for persons with a disability.

St. Frances de Sales **419-243-4242**
501 Cherry St., 43604
Serves anyone in 43604 zip code.

St. Martin de Porres Social Concerns **419-241-4544**
1119 W. Bancroft, 43606
Serves anyone in 43606 and 43607 zip codes.

St. Vincent de Paul Society **419-531-5268**
5562 Dorr St., 43615
www.tolsvdp.org
Provides help with utility bills, mortgage or rent payments, food, medical bills, transportation and more.

United Way **2-1-1 or 419-248-2424**
www.unitedwaytoledo.org
United Way 2-1-1 is a free, confidential and anonymous, non-emergency information and referral service available 24 hours a day, 7 days a week as well as during disasters.

Veteran's Administration Outpatient Clinic **419-259-2000**
1200 S. Detroit Ave., Toledo 43614
www.va.gov

Volunteers of America **419-248-3733**
701 Jefferson Ave., Toledo 43604
www.voa.org
Housing services for the elderly.

HEAP Home Energy Assistance Program

Area Office on Aging of Northwestern Ohio, Inc.

Over Three Decades of Growing to Meet the Needs of Older Adults

Are you in need of Home Energy Assistance for your Winter Heating or Summer Cooling?

Assistance is available for Ohioans with a household income at or below 175% of the Federal Poverty Guidelines.

For more information, please contact the Area Office on Aging of Northwestern Ohio, Inc.

Monday – Friday
8:30 AM – 5:00 PM
419-382-0624

HEAP is available for those who qualify.

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Early Childhood Education

Contributor and Advisor: Area Office on Aging of Northwestern Ohio, Inc.

Quality early childhood education programs help prepare children for subsequent success. Programs should be child-centered or "developmental," emphasizing learning through play and activities.

Early childhood education programs are operated in many settings. Some programs are run by local schools; others are operated by non-profit groups such as churches and charitable organizations; still others are provided by employers or are privately owned.

Often full-day programs are called child care, while part-time programs are called preschools or nursery schools.

If you're planning to enroll your child in an early childhood education program, be sure to evaluate the program's affiliations and the credentials of the teachers, ask other parents for references and use the following checklist to help you make an informed decision.

- Is the facility licensed by the state for health and safety?
- Do the content and materials of the preschool program reflect cultural diversity and nonsexist attitudes?
- Do the goals address all areas of a child's development, including social, emotional, intellectual and physical?
- What is the student-teacher ratio? Are the teachers trained in early childhood education? Do they express warmth, interest and respect for each child?
- How are disciplinary problems handled?
- Is parental input welcome and encouraged?
- Does the staff communicate regularly with parents
- Is there an outdoor area for safe, vigorous activities?
- Are children always supervised when outdoors?

As noted previously throughout this section, the YWCA Child Care Resource and Referral Center can assist in locating and choosing child care opportunities.

There are many agencies, facilities and independent providers that offer childcare programs and services. Information and resources are available to help locate and choose a quality head start program, pre-school, early childhood educational program, school age program or childcare for a child in your care. The following agencies offer assistance:

(Continued on Page 26)

Visiting an Early Childhood Center

Once you have narrowed down your search for an early childhood center and are ready to make on-site visits, refer to the following points to evaluate your perceptions of the center and the quality of care your child may receive there. Although developed for centers, many of these on-site guidelines are appropriate for evaluating other types of child care, such as a family home care setting.

Program

- ❑ Is there a daily balance of outdoor play and quiet indoor play? _____
- ❑ Do free play and small group activities dominate? _____
- ❑ Are most individual and small group activities child-initiated as opposed to teacher-directed? _____
- ❑ Do staff members encourage language development by speaking to the children in a way that encourages them to respond? _____
- ❑ Are nutritious meals served? _____

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Staff

- ❑ Do caregivers seem to genuinely like children? Are the children at ease with the caregivers? _____
- ❑ When speaking to the children, do the caregivers get down on their eye level? _____
- ❑ Are children greeted when they arrive? _____
- ❑ Are children comforted when they need to be? Are children's needs quickly met, even during busy times? _____

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Atmosphere

- ❑ Are the surroundings bright and pleasant? _____
- ❑ Is there a fenced-in outdoor play area with a variety of safe equipment? _____
- ❑ Does it look clean and well-organized? _____
- ❑ Is artwork by the children displayed? _____
- ❑ Does the center feel like a happy place? _____

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Safety

- ❑ Are medicine and cleaning products locked away? _____
- ❑ Do electrical outlets have plastic covers? _____
- ❑ Are emergency phone numbers posted near the phone? _____
- ❑ Does the center have working smoke alarms, fire extinguishers, a posted emergency exit plan and accessible exits? _____
- ❑ Do the indoor and outdoor play areas have impact-absorbing surfaces to prevent injuries? _____
- ❑ Can staff members see the entire playground at all times? _____
- ❑ Are paper towels, soap and running water readily available? _____
- ❑ Is hot water from the sink 110° F or cooler to prevent burns? _____
- ❑ Are warm foods eaten immediately after heating and cold foods stored in the refrigerator until ready to eat? _____
- ❑ Do staff members wash hands after diapering, wiping noses and before preparing food? _____
- ❑ Are there guards on the windows to prevent them from being opened more than five inches? _____
- ❑ Are stairs blocked off by safety gates? _____

Selecting an Early Childhood Center

Before deciding on which facility is best for your child, call each early childhood center you are considering. The following questions may be helpful to use as a guide to selecting appropriate centers before you make on-site visits. (Although developed for centers, many of these guidelines are appropriate for evaluating other types of child care, such as a family home care setting.)

Program

- ❑ Is the program licensed? _____
- ❑ Is the center accredited by the National Association for Education of Young Children? _____
- ❑ What age children does the center serve? _____
- ❑ Are siblings of a current participant automatically accepted? _____
- ❑ What are the center's operating hours? _____
- ❑ How much of the daily schedule is very structured? How much for individualized play? _____
- ❑ Is there a planned curriculum? Does it focus on individual children? _____
- ❑ Is there a fenced outdoor play area? _____
- ❑ Are field trips part of the program? _____
- ❑ What does the program cost? Are rates based on a sliding scale, according to income? _____
- ❑ What are the policies for sick care? _____
- ❑ What are the program's practices regarding parent participation and ideas? _____
- ❑ Are unannounced visits by parents encouraged? _____
- ❑ Will the child care provider give you names of parents whose children are currently enrolled, as well as parents who no longer use the center's services? _____
- ❑ What are the center's discipline practices? _____
- ❑ Does the center offer supplemental support to parents such as child development and parenting information? _____

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Staff

- ❑ What education and experience in early childhood development do caregivers have? _____
- ❑ Are caregivers involved in continuing education programs? _____
- ❑ What is the staff turnover rate? _____
- ❑ What is the caregiver to child ratio? _____
- ❑ How will caregivers tell you what your child has learned each day or any developmental strides he has made? _____

Health & Safety

- ❑ Are bathrooms and toys sanitized daily? _____
- ❑ Are caregivers trained in CPR, first aid and communicable disease? _____
- ❑ Does the center maintain up-to-date medical records and emergency information for each child and staff member? _____
- ❑ Are healthy meals and snacks offered to the children? _____

The Administration for Children and Families: Office of Child Care
WASHINGTON, DC 20201
www.childcare.gov

Offers an abundance of information and resources to locate childcare programs in your area and tools to research provider Step Up to Quality Ratings, licensing status, and inspection reports. Provides information on regulatory requirements for childcare programs.

YWCA of Northwest Ohio **419-241-3235**
1018 JEFFERSON AVE. 43604
www.ywcanwo.org

Designated Child Care Resource and Referral Agency for Lucas County and Northwest Ohio region supporting quality care and education for parents, professionals, and the community. Technical Assistance Specialists provide support related to Step Up to Quality, developmentally appropriate practices, optimal learning environments, program and child assessments and curriculums.

VROOM is a free app that gives parents ideas for turning shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds.
www.vroom.org/

HEAD START FOR PRESCHOOLERS

When a preschool age child comes to live with you, many questions come to mind. How can I be sure the child gets a good start mentally and physically? How do I care for a toddler properly without wearing myself out? How can I prepare this child for elementary school? Enrolling a child in Head Start may be the answer to these and other questions.

Head Start is a federal program for preschool children from low-income families and/or with disabilities. The program receives its funding from the Department of Health and Human Services. Head Start enrollment is open to 3 and 4 year old children and 5 year old children not yet eligible for kindergarten. Children who attend Head Start participate in a variety of educational activities. They have healthy meals and snacks and may also receive free medical and dental care. Services for children with special needs include speech and language therapy, individual services, and hearing screenings.

The Early Head Start program in Lucas County began in 2014 through the Lucas County Head Start Collaborative. The program allows the youngest of the County's at risk children to receive services as early as birth and to prepare them for a transition into preschool or the traditional Head Start program at age 3.

Early Head Start provides support to families including health and developmental screenings, medical and dental services, parent education, and family goal-setting. We believe – and research supports -- that if quality, comprehensive services start early and continue through preschool, children will be better prepared for school and parents will be better prepared to guide their children's everyday learning.

You can also call 419-725-6176 for more information and a Family Advocate will contact you to set up an appointment to complete enrollment or visit www.co.lucas.oh.us/2756/Early-Head-Start

Brightside Academy **1-866-313-9864**
1218 CITY PARK AVE., 43604
545 WOODVILLE RD., 43605
2300 LAGRANGE ST., 43608
www.brightsideacademy.com

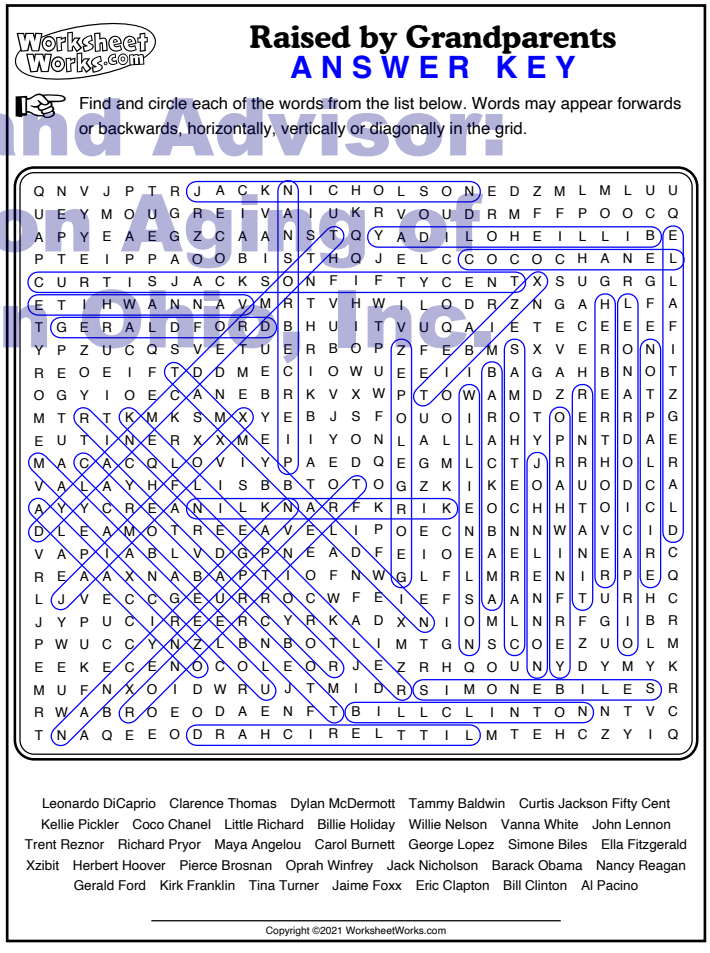
Toledo Public Schools **419-671-9100**
1500 N. SUPERIOR ST., 43604
www.tps.org

Administers Head Start services for Lucas County.

GLCAP Preschool Centers:
BANCROFT EARLY CHILDHOOD CENTER **419-841-4116**
6701 W. BANCROFT ST., 43615
HOLLAND EARLY CHILDHOOD CENTER **419-865-3820**
6605 ANGOLA ROAD HOLLAND 43528
SYLVANIA EARLY CHILDHOOD CENTER **419-824-8751**
3840 NORTH HOLLAND-SYLVANIA ROAD 43615
www.glcap.org

MONTESSORI

Montessori is a philosophy of education that was founded by Maria Montessori. Children are placed in interactive, multi-age classrooms. They develop practical and intellectual abilities through individual discovery and



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exploration of language, math, geometry, art, and music. Contact the following Montessori schools in the area to inquire about their programs.

Cardan Montessori **419-389-9259**
5559 W. Bancroft St., 43615
www.cardanmontessori.com

Montessori Day School **419-537-7011**
5559 W. Bancroft St., 43615
www.montessorischooltoledo.com

West Side Montessori Center
Toledo: 7115 Bancroft St., 43615 **419-866-1931**
Perrysburg: 13587 Roachton Rd., 43551 **419-874-9385**
www.montessoritoledo.org

SCHOOL AGE CHILD CARE

Because school-age children spend so much of their time outside school, children ages 5-13 whose parents work outside of the home are in need of some type of supervision after school, and sometimes before school, on holidays, and during school vacations. Many solutions for this type of care that can be found in settings such as child care centers, family child care homes, schools, churches, recreation centers, and other community agencies. In addition, many organizations sponsor a before and after school program for their students.

SELF-CARE FOR KIDS

Many youngsters are classified as "latchkey" children who let themselves into their own homes after school when parents or caregivers are not yet home from work. Ohio has no law that establishes a specific age at which it's okay to leave a child alone. There are many issues and potential risks involved with a child staying on his own, so you should consider if a child has demonstrated an appropriate level of maturity and past evidence of responsible behavior and good judgement before deciding that this is appropriate. If possible, begin self –care on a trial basis and increase the child's alone time gradually. Following are some suggestions to help make self-care successful.

- Clearly write and post the following:
  Rules and responsibilities during self-care (homework, household chores, snack preparation, and answering the phone and door).
  Emergency phone numbers
  Telephone number of a neighborhood adult
- If the child is to care for another child, clearly explain the roles and responsibilities of each child.
- Role play with your child using potentially difficult situations (someone at the door, fire, an injury, lost key, etc.) and allow your child to practice what to do. This gives you an opportunity to help educate your child about appropriate choices and actions.
- Talk about your child's fears about self-care.
- Provide activities and materials for your child to use during self-care to eliminate boredom. Address the use of television, the computer, tablet, etc.

SCHOOL-AGE PROGRAMS

School-age child care programs are often offered in centers as part of a larger child care program, or may exist as a stand-alone program. Good school-age care requires essentially the same criteria as preschool child care – a safe, secure, and comfortable environment is needed where children have contact with caring, well-trained adults who address and nurture their needs and interests. Stimulating activities and opportunities for quiet time should be offered. Children should look forward to attending the program, which should feel more like home than school.

When looking for a program be sure to ask about policies on holidays and sick children. Also ask if the program is licensed and/or accredited. When seeking a school-age child care program, inquire at your child's school and child care center, as well as your community center. Several local programs provide tutoring for elementary and high school students.

East Toledo Family Center **419-691-1429**
1020 Varland Ave., 43605
www.etfc.org
Family resource center with educational, recreational, and social programs and services. Preschool, before and after school programs for elementary school age children, a youth enrichment program, year-round athletics for all ages and teen programs.

Frederick Douglass Community Assoc. **419-244-6722**
1001 Indiana Ave., 43607
www.fdcatoledo.org
After school tutorial and recreation, homework assistance and computer training.

Friendly Center **419-243-1289**
1324 N. Superior 43604
www.etfc.org
Family resource center with activities and services for youth, teens, adults, seniors, and families.

Linques Neighborhood Center **419-244-3142**
401 N. Hawley St., 43607
A multi-purpose community facility providing a wholesome environment for children, adults and seniors.

Sylvania Area Family Center **419-882-8415**
5440 Marshall Rd., 43560
www.sa-fs.org
Youth recreation and tutoring programs available for students in grades 1–8 and is a location of a Head Start classroom.

YMCA/JCC Child Development Dept. **419-729-6035**
1500 N. Superior St., 43604
www.ymcatoledo.org/main/child-care/
Offers infant and toddler care, preschool, and before and after school programs.

FINANCIAL ASSISTANCE

Lucas Co. Job & Family Services **419-213-8000**
Child Care for kinship caregivers is subject to the same regulations as other working families who are eligible for subsidized care services.

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Babysitting and Occasional Care

As with all types of child care, you should be cautious when choosing a babysitter for the occasional care of children. Choose a sitter who has training in child care and first aid (including CPR) from a qualified source. Ask friends and neighbors for recommendations, and always check references before hiring a babysitter. Use a babysitter checklist to relay important information to your babysitter. See page 15 for an example babysitter checklist.

BABYSITTER TRAINING

American Red Cross **419-329-2900**
1111 Research Dr., 43614
www.redcross.org/

The nation's leader in babysitting classes and child care training. With online and classroom options for all ages, The American Red Cross offers child care education that's not only convenient, but valuable to you, and the families you care for. Certification classes include a free digital certificate, valid for 2 years, plus free access to digital learning materials.

RESPITE CARE

Respite care is designed to ease the burden on families who care for a person in need of extensive physical, behavioral, mental and/or medical attention. Agencies providing short-term relief from the stresses of caregiving have specific requirements for this service. Call the Agency for details.

Courageous Community Services **419-875-6828**
12701 Waterville-Swanton Rd., 43571
www.ccsohio.org

Provides respite services to the parents/guardians of campers, which allows time for a brief, but much-needed rest. Gives opportunities for campers to experience new activities, socialize with others and build memories to last a lifetime.

Salvation Army, NWO
Summer **330-735-2671**
Sept.-May **216-861-8185**
5037 Edgewood Rd. SE, Carrollton 44615
www.easternusa.salvationarmy.org/northeast-ohio/camp-neosa/

A residential summer camp operated by the Salvation Army. They host sessions throughout the summer that kids from all over northern Ohio attend. Most sessions are for 6-12 year olds. Fees based on a sliding scale.

YMCA Storer Camps **517-536-8607**
6941 Stony Lake Rd. Jackson, MI 49201
www.ymcastorercamps.org

Residential summer overnight and day camps offered by the YMCA for youth and teens ages 7-17.

SICK CHILD CARE

When children are sick enough to stay home from childcare or school, but adults are unable to stay home and care for them, options for child care are limited.

YWCA Child Care Resouce and Referral **419-241-3235 or 1-800-632-3052**
1018 Jefferson Ave., 43604
www.ywcanwo.org

The YWCA Child Care Resource and Referral is a non-profit child care resource and referral program that can refer parents and caregivers to child care providers who will care for sick children.

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Education

This section includes information on your involvement in your child's education. It discusses the Toledo Public Schools, as well as special education assistance and programs, plus how to find help with educational services.

HELP YOUR CHILD SUCCEED AT SCHOOL

Parental involvement in a child's education is critical. Research consistently reveals that high student achievement and self-esteem are closely related to positive parental participation in education.

You can be involved in your child's education many ways such as joining the PTA, PTO or school council, volunteering in classrooms, insisting on regular school attendance and helping with homework. Most importantly, be your child's first teacher by spending time with them and reading to them. Talk to your child's teacher and contact these resources for ideas and guidance on how to get involved.

Kahn Academy
Khan Academy is a non-profit educational organization created in 2006 by educator Salman Khan with a goal of creating a set of online tools that help educate students. The organization produces short lessons in the form of YouTube videos. Its website also includes supplementary practice exercises and materials for educators. All resources are available to users of the website. The website and its content are provided mainly in English, but the content is also available in other languages, including Spanish, Portuguese, Hebrew, Italian, Russian, Chinese, Turkish, French, Bengali, Hindi, and German.
www.kahnacademy.org

TEST PREP

STARS Student testing and Academic Resource Services was founded in 2003 by Greg Owens, a Yale University educated educational consultant, and Mona

McGhee, a counselor and educator for more than 30 years. Our goal is to help students and parents alleviate the stress that can sometimes be associated with academics, standardized tests, and the college admission process by providing quality supplemental educational services. For over a decade, STARS has been instrumental in helping thousands of students attain their educational goals, including admission to some of our nation's most prestigious colleges and universities.
www.starsprep.net
5151 Monroe St., Ste. 100, Toledo 43623 **419-870-8384**

Sylvan Learning Center of Toledo **419-491-4001**
1566 Spring Meadows Dr., Holland 43528
www.sylvanlearning.com
Focused on building academic confidence, igniting intellectual curiosity and inspiring a love for learning.

EDUCATION TIPS FROM TPS

Elementary:

- Ask your child to read a story or book aloud to you while you are preparing dinner.
- Tackle a recipe together. Practice math skills by showing your child how to double the recipe. Add science to the lesson by showing your child how different ingredients change the outcome. For example, how adding baking soda makes muffins rise
- Take a walk in the woods. See how many different leaf shapes you can find.
- Count anything and everything: how many steps, how many carrots in the bag, how many days until the next holiday.
- Work on sorting skills over the laundry basket.
- Give your child an alarm clock. You'll go a long way toward building responsibility if you put your child in charge of getting up in the morning.
- Buy a family calendar. Write down due dates for homework and big tests. Your child can look at the calendar to decide how to spend his/her time to get everything done.

Secondary:

- Talk to your child about current events. Ask questions. Even better, ask for his/her opinions.
- Subscribe to magazines (or find them at the library) that relate to his/her special interests. For example: sports, videogames, or fashion.
- Make sure your pre-teen/teen gets enough sleep and healthy foods. At this age they're tempted to stay up too late and eat too much junk food, both of which can affect learning.
- Discuss finances. If your student has a job, help him/her establish a budget that includes some savings. Open savings and checking accounts for your child.
- Be alert to any drastic changes in mood, behavior, friends, and /or grades. Such changes could indicate drug or alcohol use. Seek help, including from your child's school.
- Praise your child as often as possible. This will ultimately help him/her function well in a complex and demanding world.

Foster Grandparents Program **419-242-9511**
Senior Centers, Inc., 2308 Jefferson Ave., 43604
www.seniorcentersinc.org
Provides mentoring for elementary school children in the schools and other community agencies..

Ohio Department of Education **1-877-644-6338**
25 South Front St., Columbus, Ohio 43215
www.education.ohio.gov

OSU Extension **419-213-4254**
One Government Center, Ste. 550, 43604
lucas.osu.edu
Offers programs such as 4-H, Family & Consumer Science and Expanded Food Nutrition Education Program (EFNEP).

Parent Teacher Association **1-800-307-4782**
www.pta.org
Offers resources and information to promote parental involvement in education, make schools parent friendly, and focus on the needs of children. The PTA of each school is self-governing. Each is linked through membership to the state and national PTA.

PUBLIC SCHOOLS

The state of Ohio is working to raise expectations and accountability in its public schools. The Ohio Department of Education is required to issue "report cards" to school districts in Ohio. This report card provides a performance accountability rating based on standards such as proficiency test results, student attendance rates, and dropout rates. Call your school district or the Department of Education Hotline for information on how well your local schools are doing. You can receive detailed information about the district's overall results (including report cards for individual schools within the district), strategies that are planned for improving performance, and ways you can become involved in those efforts.

Toledo Public Schools **419-671-0001**
1609 N. Summit Street, Toledo 43604
www.tps.org
Toledo Public Schools' mission is to produce competitive college and career ready graduates through a rigorous curriculum across all grade levels by implementing Ohio's New Learning Standards with fidelity. TPS is made up of local elementary schools, high schools, Head Start & preschools, and a Career Tech program.

EXCEPTIONAL LEARNERS

Exceptional students differ from average or normal children in physical, mental, learning, emotional, or social characteristics and abilities and may need special educational programs or services. They include students with physical or mental handicaps, communications disorders, learning disabilities and emotional disturbance, as well as gifted students. Because of family problems, many children being raised by grandparents are exceptional children.

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The Individuals with Disabilities Education Act (IDEA) is a federal law that requires a free, appropriate education for children with disabilities. An important right you have is participation in the development of your child's Individualized Education Plan (IEP) or, in the case of a child under school-age, an Individualized Family Service Plan (IFSP). The IEP and the IFSP are written statements of the educational program designed to meet your child's unique needs. For more information, call the Ohio Dept. of Education, Division of Special Education, at 614-466-2650 or toll free at 877-644-6338.

Ability Center of Greater Toledo **419-885-5733**
5605 Monroe St., 43560

Assists and advocates for families with free, up-to-date information on regulations and procedures related to education. Help for caregivers in understanding what the schools will provide; works for the best interest of the child.

Bright Horizons Advocacy & Consulting **567-218-0943**
6020 W. Bancroft St. #351414, Toledo 43635
www.brighthorizonsadvcon.com

Best choice in Ohio and SE Michigan for Special Education and Youth Transition guidance as well as benefits advocacy for people of all ages.

Ohio Coalition for the Education of Children with Disabilities (OCECD) **740-382-5452**
www.ocecd.org

Statewide nonprofit organization that serves families of infants, toddlers, children and youth with disabilities in Ohio, educators and agencies who provide services to them.

SPECIAL ED RESOURCE CENTERS

Special Education Regional Resource Centers provide assistance to Grandparents, Kinship Caregivers and school personnel by:

- Assisting school district personnel in providing appropriate services to children with disabilities, including behavior concerns, through technical assistance and cooperative planning.
- Providing regular and special education teachers, support personnel, administrators, and parents with resources designed to improve the quality of instruction for children with disabilities, through the delivery of instructional materials and methods designed to meet the individual needs of children with special needs.
- Providing staff development to local school district personnel and parents, on an individual and team basis, to improve the quality of instruction for children with disabilities.

BUILD RESILIENCE AT HOME

- Start a family book club.
- Tour a National Park virtually.
- Learn a new language, like American Sign Language.

The Regional Resource Centers play an essential role in statewide networking activities, support and training to families, schools, and community agencies on behalf of students with disabilities, and distributing state and national outreach information. The Resource Center serving Lucas County is:

State Support Team
Region 1 **1-800-346-8495 or 419-720-8999**
2275 Collingwood Blvd., Ste. C, 43620
www.sstr1.org

Grandparents and other relative caregivers may find that the child in their care faces challenging educational experiences. They must, therefore, understand the rights and protections available to children in the public schools. Your child, because of genetic make-up, life experiences and/or self-image, may struggle with traditional educational settings and goals. If they exhibit learning, behavior, and/or social problems they may qualify for federally mandated identification and individualized services. Once identified, these children are eligible to receive appropriate instruction, interventions, and other related services. The Individuals with Disabilities Education Act (IDEA) guarantees children with disabilities, from ages three to 21, free and appropriate public education (FAPE) designed to meet their specific needs.

Grandparents and other relative caregivers can effectively seek school intervention by writing a request for intervention support or an evaluation. This letter should be mailed to your child's school principal and to the special education administrator of the district. Once received, the school district must act upon the request. Under The Individuals with Disabilities Education Act, school districts must complete action within 90 days after receipt of the request. Testing must be completed, reported and if eligible, a special education plan developed within that timeframe. To be eligible for the Individuals with Disabilities Education Act, the child must fall into one of the designated categories:

- Mental retardation
- Hearing impairments
- Speech or language impairment
- Visual impairment
- Serious emotional disturbance
- Orthopedic treatment
- Autism
- Traumatic brain injury
- Specific learning disabilities
- Developmental delay for children 3 to 9
- Other health impairments

LEARNING DIFFERENCES

If your child is of average or above intelligence but displays a discrepancy between his potential and actual performance in school and has difficulty with math concepts, listening skills, retaining information or reading comprehension, he may have a learning disability. A learning disability occurs because of problems with the way the brain handles

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information, which hinders the normal learning process. Having a learning disability means that learning is difficult despite a child's best attempts, and it often causes the child to suffer low self-esteem in the face of repeated failure.

There are many types of learning disabilities including dyslexia (problems with reading), dysgraphia (problems with writing), dyscalculia (problems doing math) and auditory memory and processing disabilities (problems understanding and remembering words and sounds).

Double ARC **419-890-1290**
www.doublarc.org
Equip parents, educators, health care providers and social service professionals to support children with Fetal Alcohol Spectrum Disorders (FASD).

Ohio Board of Education, Department of Special Education **614-466-2650**
25 S. Front Street, Mail Stop 409, Columbus 43215
www.education.ohio.gov/Topics/Special-Education

Toledo Public Schools Special Education Department **419-671-0001**
420 E. Manhattan Blvd., 43608
www.tps.org
The Toledo Public School System, Special Education Department, provides services as follows:
For learning disabled: Combines self-contained classroom, resource room and tutored instructions relative to learning needs. Physical, neurological, and educational evaluations are required. Classes are small with individualized instruction and run from preschool through high school.
For seriously emotionally disturbed children: Provides small classes with psychological and social services; severe disabilities may get home tutoring if recommended by psychologist and/or physician. An educational and medical evaluation is required. Classes are offered for preschool through high school. Psychological services, psychological and educational assessment provided following referral procedures. Placement in Special Education classes must be preceded by a multi-factored assessment. Transportation provided where necessary.

NATIONAL ORGANIZATIONS that offer assistance and information include:

Learning Disabilities Association **412-341-1515**
www.ldaamerica.org

National Center for Learning Disabilities
www.ncld.org

GIFTED AND TALENTED

Children with exceptional ability to perform at high levels are described as "gifted and talented" and include those with general intellectual aptitude, specific academic aptitude, creative or divergent thinking, and talents in the visual and performing arts.

If you think your child may have special abilities, contact the Toledo Public School Gifted Program at 419-671-8935.

Other organizations that offer assistance and information include:

National Assn. for Gifted Children **202-785-4268**
www.nagc.org

Ohio Association for Gifted Children **614-337-0386**
www.oagc.com

GENERAL EDUCATION DEVELOPMENT

General Education Development Certificate (or GED) serves as the equivalent of a high school diploma. Programs are available to individuals over the age of 18 who have not completed high school.

Pathway **419-242-7304**
www.pathwaytoledo.org
The GED program is a partnership between Owens Community College and Pathway. Individuals who wish to complete their high school education can sign up for the GED class and work to master the coursework necessary to pass the GED standardized test.

Penta Career Center **419-661-6555**
www.pentacareercenter.org
Penta's Adult Basic Education program is a student-centered learning opportunity for adults who desire to improve their learning and earning opportunities. These classes provide an opportunity to improve reading, writing and math skills. Also offers GED test preparation. For more information on services and locations visit website above.

SCHOLARSHIPS

Children in foster care and other low income children can qualify for government grants, scholarships and low interest loans to help support the cost of college or other post secondary education. Contact the Ohio Board of Regents State Grants and Scholarships Department at **(614) 466-6000** or www.ohiohighered.org/sgs for more information.

There are hundreds of additional grants and scholarship programs that exist in the U.S. today which don't fall under a state of Ohio, federal, or institutional umbrella. Call the OhioHigherEd College Access Information Hotline to learn more about these scholarship opportunities: **1-800-AFFORD-IT (233-6734)**.

The Autism Scholarship Program (ASP) **1-877-644-6338**
www.education.ohio.gov
Gives parents of children with autism who qualify for a scholarship the choice to send the child to a special education program other than the one operated by the school district of residence to receive education and services outlined in the child's Individualized Education Program (IEP).

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Impact Resilience

- Push kids gently to the edges of their intellectual, emotional, social, and physical comfort zones.
- Encourage them to make sustained commitments to activities of their own choice – community service, sports, music, art, and other after-school activities.
- Give youth encouragement and support as they learn to take risks, overcome challenges, and grow from failure.
- Praise them for their initiative, persistence, and grit.
- Let kids know you believe in them and their abilities.

Impact Integrity

- Treat children and teens with respect and dignity.
- Listen to their feelings and concerns without judgment.
- Help kids identify their own strengths of character by praising them for their courage, honesty, and fairness — not just for grades and external accomplishments.
- Model internal strengths, like integrity, humility, and open-mindedness.
- Discuss the traits of heroes and heroines in movies, TV, and books —and the consequences of their actions.

Impact Resourcefulness

- Help kids see themselves as strategic thinkers and achievers who accomplish goals through hard work.
- Ask them to rephrase problems as questions, and then seek to discover possible answers.
- Involve youth in communities, doing research, sharing ideas, and contributing to decision making.
- Set high expectations and support children's abilities to accomplish goals.
- Teach them to be adaptable, to live without rigid rules or preconceived ideas.

Impact Creativity

- Give children plenty of unstructured play time.
- Foster a relationship with nature and the outdoors.
- Engage kids in music, the arts, and reading.
- Praise them when they think outside the box, take risks, and show curiosity. Ask, "How might you…?"
- Encourage youth to express themselves through writing, poetry, acting, photography, and digital media.

Eight Pathways to

Children and adults discover heart-felt meaning and direction
guidance system is formed during childhood and adolescence
evolve throughout life. Explore the eight points of the compas
impact the development of these abilities in children and teen

Empa

*Ability to recogn
respond to the
suffering of othe
compassion, kin
mindedness.*

Creativity

Ability to generate & communicate original ideas & appreciate the nature of beauty. Includes aesthetics, imagination, playfulness.

Resourcefulness

Ability to find and use available resources to achieve goals, problem-solve, & shape the future. Includes decision-making, organizing, planning.

Integrity

Ability to act in ways consistent with the values, beliefs, and moral principles we claim to hold. Includes courage, honesty, authenticity.

Self-Awa

*Ability to exami
understand who
relative to the w
us. Includes self-
mindfulness, gra*

Questions

How do our families, schools, and community organizations h
we facilitate learning in each of these core areas? How can we

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Every Child's Success

in life when they develop strong internal compasses. This , through relationships and life experiences — and continues to ss below. Then, use the adjacent columns as examples of how to ns.

THY

ize, feel, and eeds & rs. Includes dness, civic-

CURIOSITY

Ability to seek and acquire new knowledge, skills, and ways of understanding the world. Includes critical thinking, reasoning, love of learning.

SOCIABILITY

Ability to understand & express feelings & behaviors that facilitate positive relationships. Includes active listening, self-regulation, communication skills.

RESILIENCE

Ability to meet and overcome challenges in ways that maintain or promote well-being. Includes perseverance, initiative, self-confidence.

ARENESS

ne and we are orld around reflection, titude.

TO CONSIDER

elp young people cultivate these abilities? What other ways do e do better?

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www.RootsOfAction.com

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IMPACT CURIOSITY

- Help children identify questions that pique their curiosity.
- Allow them to struggle and experience setbacks.
- Teach young people to be skeptics, to require more evidence before accepting someone's claims as true.
- Praise them for effort, critical thinking, and an ability to engage their values when making decisions.
- Help children see how parts connect and influence the whole of society — that learning occurs through relationships, collaboration, and flexibility.

IMPACT SOCIABILITY

- Help kids understand that the words they choose make a difference to the relationships they create.
- Talk with young people about their motivations and mental states so they can articulate them to others.
- Help children avoid negative first impulses by thinking through alternative reactions to difficult situations.
- Encourage youth to role play uncomfortable social situations to improve adaptability and self-confidence.
- Check for understanding when talking with kids and encourage them to do the same with others.

IMPACT EMPATHY

- Create emotional attachments with children and teens, ensuring they are seen, felt, and understood.
- Provide opportunities for kids to know people with different worldviews and life experiences.
- Introduce young children to service, helping them understand their roles in helping others.
- Encourage teens to push their emotional boundaries through more challenging volunteer service.
- Talk with kids about the meaning that results when they put empathy and compassion into action.

IMPACT SELF-AWARENESS

- Help kids recognize, differentiate, and attend to their intellectual, emotional, social, and physical selves.
- Engage them in conversations about values, beliefs, attitudes, and moral dilemmas.
- Bring meaning to kids' lives by helping them reflect about whom they are and what they care about.
- Encourage habits of mindfulness, like meditation, yoga, and other practices that involve body awareness.
- Foster young people's abilities to connect self-awareness to action in the world.

The Educational Choice Scholarship (EdChoice) **1-877-644-6338**
www.education.ohio.gov

Provides students from underperforming public schools the opportunity to attend participating private schools.

The Jon Peterson Special Needs (JPSN) Scholarship Program **1-877-644-6338**
www.education.ohio.gov

Program scholarships to students who are eligible to attend kindergarten through 12th grade and have an Individualized Education Plan (IEP) from their district.

Northwest Ohio Scholarship Fund **419-720-7048**
www.nosf.org

We provide scholarships to needy families throughout NW Ohio. Students who receive this tuition assistance attend the area private K-8 schools of their choice—there are even homeschooling scholarships available.

Scholly Scholarship Search Tool and College Scholarships
www.myscholly.com

If you're a high school senior, current undergraduate, or graduate student in the U.S., or an international student coming to study in the U.S., our patented scholarship-matching platform will help you find free money for college by delivering a smarter, targeted list of scholarships that are uniquely suited to you.

EDUCATIONAL OPTIONS

School Choice Ohio **614-223-1555**
1335 Dublin Rd., Suite 50A, Columbus 43215
www.scohio.org

Makes sure that families across the state know about the education options available for children. Advocates for the expansion of quality options for every child.

RED FLAGS

- Child being held back a grade
- Failing grades
- Expressed dislike of school
- Multiple behavior problems in school or in-school suspensions
- Out-of-school suspension or expulsion
- More than normal disorganization
- A medical or mental health problem giving rise to school related problems (attention deficit disorder, depression, anxiety, and obsessive compulsive disorder).

Remember, if the child in your care is experiencing difficulty in school, you should contact your school principal or your district superintendent's office for more information.

Source: Relatives Caring for Children, Ohio Resource Guide, ODJFS

LITERACY

Reading is an important skill for children to learn. It encourages language development, and to a large degree, determines school success. There are many ways that you can encourage a love of reading in your child:

- Read to preschool children at least 20 minutes each day (or have older children read to you).
- Set a good example by letting children see you read.
- If you have difficulty reading, tell your child stories.
- Keep good books, newspapers and magazines in your home.
- Help your child get a library card and use it!

Libraries and book stores also help promote a love of reading through free programs for children such as story time, author readings, illustrator workshops and other activities.

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Understanding Legal Issues and Help

This section provides valuable information related to the many legal issues facing grandparents and caregivers. It also gives helpful information for seniors to better understand legal issues surrounding their own health and well-being.

ADVOCACY & SELF-EMPOWERMENT

Senior advocacy organizations represent special interests and issues affecting older adults in state and national legislation. Some offer printed materials and educational programs.

AARP **1-888-687-2277**
www.aarp.org

Print materials available for older adults. Chapters hold regular meetings for recreation, education and information about volunteer and employment opportunities. Offers help with insurance forms and income tax, defensive driving programs and discounts on prescription drugs and consumer goods and services.

LEGAL RESOURCES

Advocates for Basic Legal Equality (ABLE) **1-800-837-0814 or 419-255-0814**
525 Jefferson Ave., Ste. 300, 43604
www.ablelaw.org

Free legal assistance in civil matters to low income individuals in northwest Ohio. ABLE has several projects to help people who face unique barriers, such as migrant farmworkers, people with mental and physical disabilities, senior citizens and the homeless.

Lawyer Referral Service - Toledo Bar Association **419-242-2000**
www.toledobar.org

Legal issues can be confusing when you don't understand the system. How do you find an attorney to suit your needs? Can a community agency help? Where do you go for the right attorney for your

unique situation? The Toledo Bar Association Lawyer Referral Service will help you answer those questions.

Legal Aid Line **1-888-534-1432**
www.legalaidonline.lawolaw.org
Legal Aid Line provides free legal information, advice, and referrals to eligible, low-income residents of northwest and west central Ohio. All applicants must meet income guidelines to receive services.

Legal Aid of Western Ohio **419-724-0030 or 1-877-894-4599**
525 Jefferson Ave., Ste. 3400, 43604
www.lawolaw.org
Provides legal assistance in civil matters to low income individuals in NW Ohio. Full range of legal services. Special projects serve people with disabilities, victims of domestic violence, senior citizens and migrant farmworkers. Affiliated with Advocates for Basic Legal Equality (ABLE), Legal Services and has offices in Toledo.

Legal Hotline for Older Ohioans **1-800-488-6070**
www.proseniors.org
Provides free legal information, advice, and referral for residents of Ohio age 60 and over, regardless of income or resources. Appointments are scheduled in 30-minute blocks for callers to talk to one of twelve licensed attorneys who handle Legal Hotline calls. They will work with clients until the case is closed, which means it has been resolved, or the case has been referred to a staff attorney, another Pro Seniors' program, or an outside attorney for, typically, a reduced rate.

Lucas County Domestic Relations Court **419-213-6850**
429 N. Michigan St., 43604
Deals with issues surrounding custody and visitation of children in divorce cases. Provides evaluation, counseling and mediation of children's issues.

Lucas County Juvenile Court **419-213-6722**
1801 Speilbusch, 43604
Deals with custody and visitation issues of parents not married and relative caregivers.

Ohio Attorney General Help Center **1-800-282-0515**
Can assist consumer with filing a consumer complaint. Can refer consumer to legal assistance.

Toledo Bar Association - Pro Bono (Free) Legal Services **419-242-9363**
311 N. Superior St., 43604
www.toledobar.org
Provides free legal assistance to low income eligible residents of Lucas County in areas such as family law probate and legal assistance to the elderly. Also has lawyer referral service.

Lucas County Domestic Relations Court
~ Families Matter ~
Judge David Lewandowski
Judge Lisa D. McGowan
Lucas County
429 N. Michigan Street Toledo, Ohio 43604
419•213•6850
www.co.lucas.oh.us/DomesticRelations

Lucas County Juvenile Court
Care | Guidance | Treatment | Protection
www.co.lucas.oh.us/Juvenile
Email lcjcinfo@co.lucas.oh.us
Phone (419) 213-6722
Faxline (419) 213-6898
1801 Spielbusch Avenue Toledo, Ohio 43604

Judge Jack R. Puffenberger

Lucas County Probate Court
700 Adams St. Ste 200
Toledo, Ohio 43604
419-213-4775
www.lucas-co-probate-ct.org

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UNDERSTANDING LEGAL TERMS

When a child comes to live with you... When an adult, other than a parent, assumes responsibility for a child, many legal relationships are created. Each one carries certain privileges, benefits, rights and responsibilities. You will no doubt want to consult an attorney at some point to help you sort out what course of action you will take regarding the child and yourself. **Understanding the following legal terms and relationships will help to get you started.**

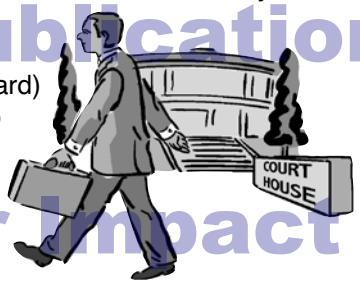
(Continued on Page 36)

■ PHYSICAL POSSESSION

The child or children simply come to live with you – it's an informal arrangement. No legal arrangements are made to transfer custody from the birth parent or legal guardian and no agency has officially placed the child with you or others. The biological parent is still the decision maker for the child.

■ GUARDIANSHIP

Guardianship can only be granted by the courts. It is an action that can only be filed in the Probate Court. The Court can award guardianship for any length of time, from a few months to an indefinite period. The guardianship can be over the person, virtually the same as custody, or it can be only over the estate having the guardianship of the money of the minor child or both. A guardianship requires the posting of a bond, the amount is determined by the Court, and usually requires yearly accountings to be filed detailing how the money of the minor child (ward) has been spent. The kinship caregiver, as the guardian, would have the right to make most decisions. A change or termination of a guardianship would have to be granted by a Court.



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■ LEGAL CUSTODY

Custody can only be granted by the Courts. Usually it is the juvenile court, but other courts also can award custody. The Court can award custody for any length of time, from a few months to several years. Legal custody is an arrangement that gives the caregiver rights to make most decisions and allows stability for the child. When someone has legal custody they can also be called the "custodial parents" or "custodian." If a court grants legal custody, then only the court can change custody.

■ PERMANENT CUSTODY

Permanent custody may be granted to Lucas County Children Services by the court when all other suitable relative resources have been exhausted. Rarely does the court grant permanent custody to a kinship caregiver. Often times, kinship caregivers will believe they have permanent custody. Or a caregiver may just have *legal custody* and think they have *permanent custody.* When Children Services has permanent custody, the birth parents have lost all rights to the child. Children Services can also place the child for adoption. Childrens Services and the foster parents are the legal decision makers for the child.

■ ADOPTION

Adoption is another permanent custodial transfer. By adopting, the Kinship caregiver becomes the legal parent and is fully responsible for the child. The adoptive parent obtains the same rights and responsibilities as a natural parent. At this point, all obligations and rights of the birth parents are severed, and the adoptive parents are the decision makers for the child.

WHAT IS LEGAL CUSTODY?

If you are an adult kinship caregiver, court-ordered legal custody can give you certain rights and responsibilities with respect to the child you are raising. Legal custody will allow you to:

- Provide emotional support for the child.
- Determine where and with whom the child will live.
- Make many of the major decisions regarding the child' care, upbringing,education and medical needs.
- Provide food, shelter, education and ordinary medical care for the child.
- Protect and discipline the child.

Legal custody is not limited to parents and blood relatives. If it is best for the emotional and physical well-being of the child, the court may award legal custody to an unrelated person who has demonstrated a willingness and ability to raise the child.

When a child is born, the mother automatically has legal custody - and so does the father, if they are married. Kinship caregivers, however, must go to a court to get legal custody of the children in their care.

■ TYPES OF LEGAL CUSTODY

A Custody Order. If a judge issues you a custody order, this means you will be responsible for the child's day-to-day care but the parents will continue to have a legal relationship with the child. They will have a right to visit (unless the judge says the cannot) and could someday ask a judge to return custody to them.

Guardianship. If you are appointed the child's legal guardian, this means you will be given day-to-day responsibility for the child, while the parents keep some rights. The main difference between a custody order and guardianship is that guardianship is usually granted in the probate court, with different rules.

Adoption. If you adopt the child, you will become the child's legal parent in every way. The legal relationship between the child and the child's birth parents will end, and you will decide if and when they will visit. The birth parents will never again have the right to ask a judge to send the children back to them, except in extremely rare situations during the first year after an adoption decree is issued.

■ TWO OTHER OPTIONS

If you are a grandparent currently caring for your grandchild, but you do not have legal custody or guardianship and are unable to make decisions about and access educational and medical services for your grandchild, there are two other ways you can obtain "care, physical custody and control": a Power of Attorney or a Child Caretaker Authorization Affidavit.

❂ IMPORTANT DOCUMENTS

Grandparents raising grandchildren need to have detailed records of their financial status, as well as that of their grandchildren for a number of important reasons.

Insurance

- ❑ Medicare card
- ❑ Secondary health
- ❑ Life
- ❑ Special care
- ❑ Long term care
- ❑ Catastrophic illness
- ❑ Auto
- ❑ Home
- ❑ Other

Legal

- ❑ Auto title
- ❑ Deeds
- ❑ Living will
- ❑ Living trust
- ❑ Power of attorney
- ❑ Power of attorney for health
- ❑ Trust papers
- ❑ Will

Child Care

- ❑ Adoption certificate
- ❑ Baptismal certificate
- ❑ Social Security card
- ❑ Immunization record
- ❑ Child and family medical histories
- ❑ Dental records
- ❑ Consent for medical treatment
- ❑ School records/ report cards
- ❑ Letters of recommendation
- ❑ Work permit
- ❑ Paternity and/or custody papers
- ❑ Driver's license
- ❑ Financial aid forms
- ❑ Recent photographs and fingerprints of child

It is important to make a list of where these documents are kept. You should also make a copy of this list and give it to a trusted family member and/or friend.

For Kinship Caregivers, it is equally important to document the legal status of custody for children in their care and to state who is best able to assume child rearing should they (the caregivers) become incapacitated or die.

REVIEW THIS LIST ANNUALLY!

Power of Attorney (POA)

Allows you to:

- Authorize your grandchild's enrollment in school.
- Access educational information.
- Be involved in the child's educational planning.
- Provide consent for educational activities.
- Arrange for the child's routine and emergency medical, dental and psychological treatment.

To obtain Power of Attorney for your grandchild, you must:

- Fill out the appropriate form. (Refer to the appendix.)
- Understand and agree to the terms regarding Power of Attorney.
- Provide the signature of the consenting parent, yourself and the official notary.
- File the form with your local juvenile court within five days of signing.

A Power of Attorney does not give you authority over your grandchild's adoption, marriage or custody arrangements. If you have questions about obtaining a Power of Attorney, call the Ohio Department of Job and Family Services' Kinship Program Coordinator at **(614) 466-1213.**

POA form can be found on page 56 of the Appendix.

Caretaker Authorization Affidavit (CAA)

If you have tried but failed to locate your grandchild's parents after making reasonable efforts to do so, you may obtain a Child Caretaker Authorization Affidavit.

The Child Caretaker Authorization Affidavit allows you temporarily to:

- Authorize your grandchild's enrollment in school.
- Access educational information.
- Be involved in the child's educational planning.
- Provide consent for educational activities.
- Arrange for the child's routine and emergency medical, dental and psychological treatment.

To obtain a Child Caretaker Authorization Affidavit, you must:

- Fill out the appropriate form. (Refer to the appendix.)
- Understand and agree to the terms regarding the Child Caretaker Authorization Affidavit.
- Provide your signature and that of an official notary.
- File the form with your local juvenile court within five days of signing it.

A Child Caretaker Authorization Affidavit does not give you authority over your grandchild's adoption, marriage of custody arrangements. If you have questions about obtaining a Caretaker Authorization Affidavit, call the Ohio Department of Job and Family Services' Kinship Program Coordinator at **(614) 466-1213**.

CAA form can be found on page 60 of the Appendix.

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■ WHAT IS FOSTER CARE

Foster Care is a federally mandated program administered by pubic children services agencies and supervised by the Ohio Department of Job and Family Services. The purpose of foster care is to provide a sage environment for children and youth who temporarily cannot live with their families. The goal of foster care is to safely return the child to the parents or, when that is not possible, move the child into an adoptive or permanent home. In cases where a court has found a child to be abused or neglected, the court may certify a related caregiver or family friend as the foster parent.

Once a child is formally placed with a relative or friend who has been officially approved and licensed as a foster parent, the public children services agency (not the caregiver) maintains legal custody over the child. In the eyes of the law, the public children services agency is considered the legal custodian of the child and has ultimate control over all decisions concerning the child, including the decision to keep or not to keep the child in the caregiver's home. While the foster caregiver does not have legal authority unless legal custody, guardianship or adoption is pursued.

■ PERMANENT CUSTODY

Permanent custody is usually granted to Children Services by the court when the birth parents will not be reunited with the child. Lucas County Children Services staff is the legal decision-maker for the child(ren).

■ KINSHIP SUPPORT PROGRAM

The Kinship Support Program (KSP) was signed into law on December 29, 2020. The purpose of the program is to provide payments to eligible kinship caregivers who care for children placed in their home. The payments will be provided for several months, to allow time for the caregiver to become certified as a foster parent if they choose. Once certified, the caregiver will receive foster care per diem payments for the child placed in their care. Kinship caregivers are eligible for KSP payments when:

- The child is in the temporary, permanent or legal custody of the PCSA;
- The PCSA places the child in the home of the kinship caregiver, as a kinship placement; and
- The kinship caregiver is not already certified as a foster caregiver.

As of January, 2021, eligible kinship caregivers will initially receive a payment of $10.20 per day per child. This amount will change every January based on the cost-of-living adjustment. Kinship caregivers may receive these payments for the length of time specified below, depending on when the child was placed in their home:

- For not more than nine months if the child was placed in the home on or before December 29, 2020.
- For not more than nine months if the child was placed in the home between December 29, 2020 and September 29, 2021.
- For not more than six months if the child was placed in the home on or after September 30, 2021.

Kinship caregivers will receive KSP payments until they become certified foster parents, until the child is no longer placed in the home, or until the timeframe described above has ended, whichever happens first.

To become a foster parent for the children in their home, kinship caregivers ma be able to receive waivers of non-safety-related foster care requirements. This may include training classes or other requirements that may be a barrier to certification. A representative from the foster care agency can discuss non-safety waivers with the caregiver during the homestudy process. For more information about beginning the process to become a foster parent, please visit the following website: https://fosterandadopt.jfs.ohio.gov/wps/portal/gov/ofc/foster-care/becoming-a-foster-parent.

Source: ODJFS Ohio Resource Guide for Relatives Raising Children 04/2021.

LEGAL NOTE

If there is no form of legal custody established, kinship caregivers need a legal power of attorney to obtain medical care for children in their care.

CHILD SUPPORT

A child has the legal right to financial support and benefits (such as insurance, Social Security, inheritance) from both parents. A child support obligation includes child, medical and spousal support. In Ohio, each county has a Child Support Enforcement Agency (CSEA). Any parent or custodian with minor children who needs or is owed child support can get help from CSEA, regardless of income. The following services are available from CSEA:

- Collecting child support
- Helping establish support and medical insurance orders
- Disbursing child support checks
- Establishing paternity in cases of out-of-wedlock birth
- Enforcing child support orders
- Locating absent parents and their assets
- Conducting Administrative hearings to review child support orders
- Submitting names and locations of chronic non-paying parents to the county prosecutor for further action
- Providing certain services to alimony-only cases

If a child is born to unmarried parents, establishing paternity is vital to protecting the child's claim to his/her father's assets. If paternity has not been voluntarily

BUILDING RESILIENCE IN CHILDREN AND TEENS

All children are capable of working through challenges and coping with stress, Instead of rushing to solve problems, give kids time to work things out for themselves. If your child cannot find a solution to a problem, use gentle questioning to guide them towards it.

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established, an administrative hearing can be conducted by a hearing officer at the CSEA. Once paternity is legally established, the court can issue an order for child support. Child support continues until the child is 18 and has graduated from high school. A state-mandated formula is used to calculate the amount of support.

Support can be withheld from wages or taken directly from the parent's bank account. The court or the CSEA can also make arrangements to withhold from other sources, such as Workers Compensation, certain Social Security benefits, pensions or annuities.

If the non-custodial parent fails to supply the support required, the CSEA can take any of the following actions:

- Report non-payment to the Credit Bureau
- Require the IRS to seize federal/state income tax refunds
- A lien can be placed on property of the parent
- The non-supporting parent can be put in jail

As an alternative to the efforts of CSEA, you may also hire a private attorney to work on enforcement of child support orders. Some collection agencies will also perform these services, usually for a percentage of what they collect. If you are considering these options, understand exactly what the fee structure is—what will be charged and for what results. If you need to locate a missing parent, sometimes hiring a private investigator for a flat fee is the least expensive option.

(Continued on Page 40)

TAKE NOTE

You are now able to track parents who don't pay child support. The Ohio Department of Job and Family Services has a computerized collection system. The computer allows county CSEAs to communicate about how much money is owed, how much has been paid and where the parent works and lives. The system also processes checks.

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CUSTODY REFERENCE CHART

WHO DECIDES WHERE TO PLACE THE CHILD	RIGHTS AND RESPONSIBILITIES OF BIRTH PARENTS
Informal Arrangement	
Birth parent decides.	Birth parent retains legal responsibility
Legal Custody	
Court awards custody. Children Services involvement not necessary. Relative may petition for custody. Only court can change custody. If Children Services files for custody, reunification plan must be developed (see Foster Placement below).	Visitation based on court order. Birth parent kept informed of child's medical condition, legal proceedings, and placement moves. Birth parent responsible for child support
Guardianship	
Probate Court awards guardianship and approves the guardian.	Visitation based on court order or arrangement with guardian. Birth parent receives notice of legal actions involving the child, is informed of placement and may be responsible for child support
Foster Placement	
Children Services places child in foster home based on case plan. Usually done when all kinship resources are exhausted. Birth parent can get child back if progress on reunification plan made.	Birth parent has right to visit based on "best interest of child," determined by Children Services or the court. Birth parent contacted about health matters and pays child support.
Permanent Custody	
Court awards custody to Children Services., who decides course of action, subject to court's approval. Rare that kinship caregiver gets permanent custody. Birth parents' rights severed and they have no right to visitation.	Children Services removes the child from birth parents. Seeks permanent custody, because reunification efforts have not been successful, and court agrees. Birth parent no longer pays child support nor has rights to the child.
Adoption	
Court determines if placement and adoption are in the child's best interest.	Birth parents' rights terminated. They have no obligation to pay support nor have they rights to visit the child.

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Child Support Enforcement Agency **1-800-466-6393 or 419-213-3001**
701 Adams St., 43624

Committed to serving the families in our community by providing quality child support services through establishing parentage, enforcing support orders and collecting and disbursing child support. Strives to ensure that families receive the financial support to which they are entitled.

Lucas County Department of Job & Family Services **888-245-8999 or 419-213-8800**
3210 Monroe St., 43606
www.lucasjfs.org

Lucas County Children Services **419-213-3200**
705 Adams St., 43604
www.Lucaskids.net

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WILLS AND TRUSTS

Legal experts recommend that everyone, and especially those with minor children, have a legal will. A Will is a document which declares how you want your assets distributed after your death. It also establishes who will care for your children. It is especially important for grandparents raising grandchildren, and essential if you have adopted any grandchildren. Many older adults made wills several years ago but have not updated them. When grandparents assume responsibility for a grandchild, it is important that arrangements are made to take care of the child after their death. The choice of an executor needs to be made. An Executor is the individual who will be in charge of carrying out the wishes in your will.

If you have minor children, you should always name a Guardian of their persons and property. You should also name alternate guardians. It is important to inform the guardian(s) of their prospective status before you actually name them in a will. Guardians are not legally obligated to provide for the children out of their own pockets.

TAKE NOTE

If you are making arrangements to adopt, make sure that you clearly understand what services are or are not provided, or are provided at additional costs in your adoption agreement. Make sure that you understand the payment requirements, including non-refundable fees. Adoption is a life-long commitment. Consultation with an attorney who specializes in adoption case law is likely to be a wise investment.

A Living Will allows a person with a terminal illness to have some control over the kind of medical treatment he/she will receive. It is a written document stating a person's preference regarding the use of extraordinary measures to extend life when there is no hope of recovery. It becomes active with the loss of a person's mental competence and/or the ability to communicate due to disease or injury. It provides the opportunity to state conditions under which you wish medical treatment given or withheld and the type of treatment to be considered.

Another consideration is to set up a Trust. A trust provides a means of managing money for children who may not have the maturity or financial responsibility to handle an inheritance. Trusts, though, are not for everyone. Funding a trust means transferring assets such as your home, car, or bank accounts into the legal entity— trust—from your own name. Assets are then owned by the trust, not you, although you can still keep control over them by naming yourself the trustee. Upon your death, a named successor will take over management of the trust on terms you can specify. There are both changeable and non-changeable (revocable and non-revocable) trusts, each of which have differing effects on taxes and government benefits.

Remember that, although most of these documents can be done personally, you should still consult with an attorney prior for advice on what best fits your needs. Be sure to find an attorney who is experienced in these matters, and with one who you feel comfortable. A good starting point is the local Bar Association or Legal Aid Society.

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IF YOU CAN'T AFFORD AN ATTORNEY

Legal Services: Also known as Legal Aid, these law offices help low income people with legal problems. The lawyers tend to be overworked, but may know a lot about your kind of case.

Law School Clinics: Law schools may have a clinic that represents kinship caregivers in child welfare or custody cases. A law student will work with you, supervised by an experienced lawyer. Contact a law school in your community to see if services are available.

A Pro Bono Lawyer: Sometimes private lawyers will work for free, or for a reduced fee, if a case will help more than just one family. If you are trying to change an unfair law or challenge an unfair state policy, you might find an interested lawyer. Call the **Ohio Bar Association** at 614-487-2050 or the **Toledo Bar Association** at 419-242-9363 to see if a pro bono attorney is available and willing to discuss your case.

Medical Services and Wellness

This section contains information and resources about physical and mental health. Did you know that taking care of your mental/emotional health is just as important to a long healthy life as taking care of your physical health? Did you know that it is just as important for the doctor to do a mental status exam as it is to do a physical status exam? Just like physical health, mental health can effect motivation, energy level and other tasks related to daily functioning.

CHOOSING A DOCTOR

Regular visits with a doctor are key to preventing health problems in children, so it's important to establish a positive relationship between doctor, parent and child. Before choosing a doctor for your child, consider developing a list of candidates and calling each for a get-acquainted interview.

Family physicians: Specially trained to provide continuing and comprehensive medical care, health maintenance and preventative services to each member of the family. A family physician is a specialist who serves as your advocate in all health-related matters, including the appropriate use of consultants, health services and community resources.

Pediatricians: Trained to manage and prevent health problems in infants, children, adolescents and young adults. Pediatric training requires specialized education after medical school that enables a pediatrician to serve a child's needs from growth and development to nutrition and physical fitness to illnesses and injuries.

Check with your health insurance plan to see if you are required to choose an in-network provider from their approved list. The resource that follows may also help in your search.

Academy of Medicine of Toledo and Lucas County **419-473-3200**
4428 Secor Rd., 43623
www.toledoacademyofmedicine.org

Members can obtain contact information for doctors and dentists in Lucas County who accept payment from Medicaid or managed Medicare plans:

Aetna Better Health of Ohio **1-855-364-0974**
www.aetnabetterhealth.com

Medicaid Customer Service Hotline **1-800-324-8680**
www.medicaid.ohio.gov/contact

Buckeye Health Plan **1-866-246-4356**
3130 Executive Pkwy., 43606
www.buckeyehealthplan.com

CareSource **1-800-488-0134**
www.caresource.com

Molina Healthcare of Ohio **1-800-642-4168**
www.molinahealthcare.com

Paramount Advantage **1-800-462-3589 or 419-887-2500**
1901 Indian Wood Circle, Maumee 43537
www.paremounthealthcare.com

United Healthcare Community Plan **1-800-895-2017**
www.buckeyehealthplan.com

DENTAL CARE

Healthy teeth and gums for children is more important than most people think. Healthy baby teeth help your child learn to speak as well as learn to chew and swallow food. Cavities in baby teeth can be painful and can lead to malnutrition, delayed growth, and lower scores on school work. A child should begin going to the dentist by their first birthday and every 6 months afterwards. Children are more likely to develop good dental hygiene habits if they see the adults in their family taking care of their teeth too. It is important to find a Dental Home for the entire family. Regular dental care along with daily home care are the best ways to have a lifetime of healthy smiles.

Numerous dentists will provide dental care to children. The insurance companies will provide lists of in network dentists to members. Dental care is also provided at:

Children's Dental Center – Toledo/Lucas County Health Department **419-213-4266**
635 N. Erie, 43624
www.lucascountyhealth.com
For children age 18 and under.

Dental Center of Northwest Ohio **419-241-6215**
2138 Madison Ave., 43624
www.dentelcenternwo.org

WELL CHILD CARE AND IMMUNIZATIONS

Well child care involves a regular schedule of visits to the doctor to check a child's physical and developmental progress and administer immunizations. Usually a child is seen by a doctor several times within the first couple months after birth, then every three months until 2 years of age, then annually. Talk to your doctor about the appropriate schedule for your child.

Regular checkups by the doctor are an important part of preventive health care as the doctor tracks your child's growth and development and identifies physical problems before they become serious. These visits also allow your child to establish a relationship with his/her health care provider and gives you a chance to discuss issues or ask questions at your child's different developmental points.

Your child will also receive immunizations at these regular checkups with his doctor. These vaccines help children develop immunity against potentially deadly or disabling diseases and also reduce the risk of spreading disease to others.

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Health Departments and other organizations offer low-cost or free shots. No one is turned away because of the inability to pay. Many offer well child care clinics or assist with securing prenatal and well child care for infants. Call for clinic days and times.

Toledo/Lucas County Health Department **419-213-4100**
635 N. Erie, 43624
www.lucascountyhealth.com

Neighborhood Health Association
430 Nebraska Ave., 43607 **419-255-7883**
732 South Ave., 43609 **419-241-6106**
117 Main St., 43605 **419-691-1322**
923 N. Huron, 43604 **419-242-6028**
1415 Jefferson, 43604 **419-241-1554**
www.nhainc.org
Medical care on a sliding fee scale based on income.

HOSPITALS

Hospitals now provide a wide range of services including emergency assistance, health screening and monitoring programs, rehabilitation, home health care and aides, physician referral and family and pastoral counseling. Neighborhood locations, mobile units, specific disease assessment and treatment centers, as well as hospital ownership of nursing agencies, in-home hospice care, medical equipment and continuing care living facilities warrants the more accurate description of "health care system."

Bay Park Community Hospital **419-690-7900**
2801 Bay Park Dr., Oregon 43616
www.promedica.org

Flower Hospital **419-824-1444 or 1-800-866-1827**
5200 Harroun Rd., 43560
www.promedica.org

Mercy St. Anne Hospital **419-407-2663**
3404 West Sylvania, 43623
www.mercy.com

Mercy St. Charles Hospital **419-696-7200**
2600 Navarre Ave., Oregon 43616
www.mercy.com

Mercy St. Vincent Medical Center **419-251-3232**
One Call For Health **419-251-1000**
2213 Cherry St., 43608
www.mercy.com

St. Luke's McLaren Hospital **419-893-5911**
5901 Monclova Rd., Maumee 43537
www.mclaren.com

The Toledo Hospital & Toledo Children's Hospital **419-291-4000**
2142 N. Cove Blvd., 43606
www.promedica.org

University of Toledo Medical Center **419-383-4000 or 1-800-321-8383**
3000 Arlington Ave., 43614
www.utmc.utoledo.edu

DISABILITIES & SPECIAL NEEDS

"Special needs" is a general term that describes children with a variety of chronic health-related conditions such as cystic fibrosis, sickle cell, diabetes, asthma, or a developmental or behavioral disability.

A developmental disability is a mental or physical impairment, or a combination of both, that first appears during a person's developmental years, before age 22. It usually lasts a lifetime.

Examples of conditions that are developmental disabilities are epilepsy, cerebral palsy, mental retardation, spina bifida, specific learning disability, sensory impairments (visual and hearing), autism and Tourette syndrome. These may be caused by a genetic defect, or damage to the brain or central nervous system. Other causes are unknown.

Children with special needs may be assisted by medical treatments and technology for short periods or a lifetime. Following are resources that provide evaluation, treatment and other interventions for children with disabilities.

Ability Center of Greater Toledo V/TTY **419-885-5733**
5605 Monroe St., Sylvania 43560
www.abilitycenter.org
Assists people with disabilities to live, work and socialize in the community.

Americans with Disabilities Act (ADA) Information Line
Voice **1-800-514-0301**
TTY **1-800-514-0383**
www.ada.gov

Anne Grady Services **419-866-6500**
1525 Eber Rd., Holland 43528
www.annegrady.org

Bureau for Children with Medical Handicaps
Northwest Ohio Region **419-245-2840 or 1-800-755-4769**
www.odh.ohio.gov

Epilepsy Center of NW Ohio, Inc. **419-867-5950 or 1-800-589-5958**
1701 Holland Rd. Ste. B, Maumee 43537
www.epilepsycenter.org

Equitas Health AIDS Support **419-241-9444**
3450 West Central Ave. Ste. 104, 43606
www.equitashealth.com

Lucas County Board of Developmental Disabilities **419-380-4000**
1154 Larc Ln., 43614
www.lucasdd.info

Lucas County Help Me Grow
Information Line **419-665-3322**
2275 Collingwood Blvd., Rm. 117, 43624

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Opportunities for Ohioans with Disabilities 419-866-5811
Bureau of Vocational Rehabilitation (BVR)&
Bureau of Services for the Visually Impaired (BSVI)
5241 Southwyck Blvd # 200, 43614
www.odd.ohio.gov

Sunshine Residential and Support Services 419-865-0251
7223 Maumee Western Road, 43537
www.sunshine.org

Greater Toledo Community Resource Guide for People with Disabilities and Special Needs 419.291-1563
www.promedica.org/toledo-childrens-hospital/Pages/specialty-services/chronic-careconnection.aspx
Families can call to order a free hard copy or view the Greater Toledo Community Resource Guide for People with Disabilities online at the above website.

ADVOCACY, INFORMATION & SUPPORT

Autism Society of NW Ohio 419-578-2766
6629 Central Ave. #1, 43617
www.asno.org
Provides support, education and advocacy to individuals parents and family members and professionals affected by autism across the life span and the entire autism spectrum.

Americans with Disabilities Act (ADA) Information Line Voice **1-800-514-0301**
TTY **1-800-514-0383**
www.ada.gov
Answers questions about Americans with Disabilities Act.

Disabled Children's Relief Fund 240-929-4281
www.disabled-child.org
Assistance to obtain wheelchairs, orthopedic braces, walkers, hearing aids, eyeglasses, medical equipment, therapy, and surgery to qualifying children with disabilities (primarily those without health insurance).

Disability Rights Ohio 1-800-282-9181 or (614) 466-7264
www.disabilityrightsohio.org
Protects and advocates human and legal rights of those with disabilities and mental illness and is independent of any agency providing treatment or services. Reviews complaints to determine if rights were violated; provides advocates, information about rights and benefits and self-advocacy training.

National Association of Councils on Developmental Disabilities 1-202-506-5813
www.nacdd.org
National association for the 56 Councils on Developmental Disabilities (DD) across the U.S. The DD Councils receive federal funding to support programs that promote self-determination, integration, and inclusion for all people in the U.S. with developmental disabilities.

BUILD RESILIENCE - STAY HEALTHY

Ensure your kids are eating well, exercising and getting enough sleep. Also, children often model their parents' behavior, so make sure you are taking care of yourself, too!

National Autism Society - Helpline 1-800-328-8476
6110 Executive Boulevard, Suite 305, Rockville, MD 20852
www.autism-society.org

SPEECH AND HEARING

Typical language development in a child includes the following verbal milestones:
- By age 1: Children should begin to master words for things in their world (dog, milk, mama, daddy, hug)
- By age 2: Children should combine several words into sentences with meaning and be able to follow simple instructions.
- By age 3: Children should be able to carry on a conversation and use sentences of five to 10 words.
- By age 3, children should have a vocabulary of about 900 words, growing to 2,000 words by 5–6 years.

Although they speak clearly, children may have problems with pronunciation and stuttering. These problems are usually temporary and a normal part of development. If you have concerns, talk to your child's doctor.

Deaf Services Center Serving Northwest Ohio 419-720-3935
1002 Garden Lake Pkwy.,Toledo 43614
www.dsc.org/nw-ohio/

Hear Now - Starkey Hearing Foundation 1-800-328-8602
6700 Washington Ave. South, Eden Prairie, MN 55344
www.starkeyhearingfoundation.org
National non-profit program committed to helping hard of hearing and deaf individuals.

Hearing Loss Assn. of America 1-301-657-2248
6116 Executive Boulevard, Suite 320, Rockville, MD 20852
www.hearingloss.org
The nation's leading advocacy and membership organization for people with hearing loss.

Hyman Hearing and Speech Center 419-865-7500
5950 Airport Highway, Suite 17, 43615
www.hymanhearingspeechctr.com

BUILD RESILIENCE AT HOME IDEAS

- Take a nature walk.
- Try out yoga.
- Meditate.
- Exercise.

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Opportunities for Ohioans with Disabilities **419-866-5811**
Bureau of Vocational Rehabilitation (BVR)
5241 Southwyck Blvd. # 200, 43614
www.odd.ohio.gov

Sertoma **1-816-333-8300**
1912 East Meyer Boulevard, Kansas City, MO 64132
www.sertoma.org
Strives o improve the quality of life for those at risk or impacted by hearing loss through education and support.

Speech and Hearing Clinic, Bowling Green State University **419-372-2515**
Rm. 200, Health Center, 43403-0149
www.bgsu.edu

St Luke's McLaren Hospital **419-893-5911**
5901 Monclova Rd., 43537
www.mclaren.org

Toledo Children's Hospital **419-824-1392**
2142 N. Cove Blvd., 43606
www.promedica.org

VISION

The best way to find out if your child's vision is normal is through regular eye exams—shortly after birth, at six months of age, before starting school (age 4–5) and periodically as he grows.

If your baby can't make steady eye contact by two to three months of age, you should contact your child's doctor. Some vision warning signs for kids of all ages include eyes turning inward (crossing) or outward, squinting or fluttering eyes, dizziness or headaches, blurred or double vision, watery or red eyes, a white, grayish-white or yellow pupil, droopy eye-lids or sensitivity to light. If you need assistance, contact the following:

Opportunities for Ohioand with Disabilities - Bureau of Services for the Visually Impaired (BSVI) **419-866-5811**
5241 Southwyck, Ste. 200, 43614
www.odd.ohio.gov

National Federation of The Blind **410-659-9314**
www.nfb.org

Prevent Blindness America–Ohio **1-800-301-2020**
www.preventblindness.org/Ohio/

The Sight Center **419-720-3937 or 1-800-624-8378**
1002 Garden Lake Pkwy., 43614
www.sightcentertoledo.org
A low vision exam by a specially trained optometrist can be provided and, if necessary, training with low vision devices (magnifiers, spectacles, telescopes, closed circuit television systems). In addition, assessment and instruction in daily living skills are available for children with visual impairments.

MENTAL HEALTH

What Is Mental/Emotional Health?
Mental or emotional health refers to your overall psychological well-being. It can include the way you feel about yourself, the quality of your relationships and your ability to manage your feelings and deal with difficulties.

Mental health and physical health are very closely connected. Mental health plays a major role in your ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect your ability to participate in healthy behaviors. This can result in problems with physical health, such as chronic diseases, and can decrease a person's ability to participate in treatment and recovery.

Issues with mental health can have many different symptoms, just like issues with physical health. Questions can be asked, and tests can be done to help assess mental health, the same as with physical health. For physical problems, most people go to the doctor and get a check-up. They have their blood pressure, temperature and weight measured. They have blood drawn to check for issues with cholesterol, blood sugars, thyroid, iron levels, electrolytes, and other measures. However, most people don't go to a mental health professional for a mental health exam. In many cases, people only seek out a mental health professional after a crisis has occurred.

Maintaining good family relationships sometimes requires a lot of effort. Family conflict can result from developmental problems, stressful life situations or difficulties with the child's or parent's temperament. Also, severe family problems, such as physical, emotional or sexual abuse, usually require professional guidance to work through.

Behavioral and emotional problems with children are often categorized as conduct disorders. Children with conduct problems may act aggressively toward people and animals, destroy property, lie or steal and/or commit other serious violations of rules and laws. Many factors may lead to a child developing conduct disorders, including brain damage, child abuse, defects in growth, school failure and negative family and social experiences.

Without treatment, many of these youngsters are unable to adapt to the demands of adulthood and continue to have difficulty throughout their lives.

If you are concerned about your child's emotions or behavior, consult with your child's doctor. The following mental health resources may prove helpful. If experiencing a mental health emergency 911 should be called.

A Renewed Mind **419-720-9247 or 1-877-515-5505**
1946 N. Thirteenth St., 43604
www.arenewedmindservices.org/

Arrowhead Behavioral Health **419-891-9333**
1725 Timberline Rd., Maumee 43537
www.arrowheadbehavioral.com/

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Beyond Healthcare **833-698-0453**
3110 W. Central Ave., Suite A, 43606
www.beyondhctoledo.com

Crisis Care Helpline -
A Division of Zepf Center **419-904-2273**
24-hour mental health crisis line for individuals in Northwest Ohio.

Empowered for Excellence **567-316-7253**
3170 W. Central Ave. 43606
www.efebhoh.org

Harbor Behavioral Healthcare **419-475-4449**
3909 Woodley Rd. 43606
www.harbor.org

Helping Young People Excel (HYPE)
of Lucas **419-724-4973**
4333 Monroe St. Suite F & G, 43606
www.hypeoflucas.org

Lutheran Social Service **419-243-9178**
2149 Collingwood Blvd. 43620
www.lssnwo.org

Mental Health and Recovery Services Board of
Lucas County
Enrollment Center **419-213-4600**
701 Adams, Ste. 800, 43604
www.lcmhrsb.oh.gov

NAMI Toledo **419-243-1119**
2753 W. Central, 43606
Website: www.namitoledo.org

New Concepts **419-531-5544**
5301 N. Nebraska Avenue 43615
www.newconceptsiop.org

Northwest Ohio Psychiatric Hospital **419-381-1881**
930 S. Detroit, 43614
www.mha.ohio.gov

ProMedica Pediatric &
Adolescent Psychiatry **419-291-4681**
Toledo Children's Hospital Harris
McIntosh Tower, 2142 N. Cove Blvd., 43606
www.promedica.org

ProMedica Toledo Children's Hospital -
The Cullen Center **419-291-7919**
2150 W Central Ave., 43606
www.promedica.org/cullencenter

RFS Behavioral Health- TACKLE **419-693-9600**
830 N. Summit St. Suite 2, 43604
www.rfstackle.com

Thomas M. Wernert Center **419-242-3000**
208 W. Woodruff Ave., 43604
www.wernertcenter.org

Treatment Alternatives
To Street Crime (TASC) **419-242-9955**
Lucas County TASC, Inc., 701 Jefferson Ave., Ste. 101, 43604
www.lucastasc.org

UMADAOP Lucas County **419-255-4444**
244 Nebraska Avenue 43607
www.umadaop.org

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ODI Ohio Department of Insurance

Are you Medicare ready?

Think Again.

Call the Department's Ohio Senior Health Insurance Information Program (OSHIIP) division for answers to your Medicare questions.

THE OHIO DEPARTMENT OF INSURANCE OSHIIP JILLIAN FROMENT, DIRECTOR

1-800-686-1578

Jillian Froment, Director

The Ohio Senior Health Insurance Information Program (OSHIIP) is a free service of the Ohio Department of Insurance.
oshiipmail@insurance.ohio.gov | facebook.com/OSHIIP | www.insurance.ohio.gov

Call 24/7 to Connect to Mental Health and Addiction Treatment

RECOVERY HELPLINE LUCAS COUNTY 419-255-3125

The Mental Health & Recovery Services Board of Lucas County
701 Adams St., Suite 800
Toledo, OH 43604
www.lcmhrsb.oh.gov

Unison Behavioral Health Group **419-693-0631**
1425 Starr Avenue
www.unisonbhg.org

Kobacker Center University of Toledo Medical Ctr.
Inpatient and Outpatient Services **419-383-5472**
Partial Hospitalization Service **419-383-5695**
www.utmc.utoledo.edu/depts/kobacker

Zepf Center **419-841-7701**
6606 W. Central Ave. 43617
www.zepfcenter.org

The National Childhood Traumatic Stress Network (NCTSN)
www.nctsn.org

NCTSN is a national organization devoted to helping children and their families deal with the emotional and behavioral issues that may be the result of experiencing one or more traumas. There are several resources for caregivers. For more information or assistance using this website you may contact the Toledo Children's Hospital Cullen Center (an NCTSN affiliate organization, in Toledo Ohio).

ATTENTION DEFICIT DISORDER

Attention Deficit Disorder (ADD) is a neurobiological disability that interferes with a person's ability to sustain attention or focus on a task and to delay impulsive behavior. It is not a learning disability, but a behavioral problem. Children with Attention Deficit Disorder are not unable to learn, but they do have difficulty performing in school due to poor organization, impulsivity and inattention. However, some children with Attention Deficit Disorder also have a learning disability, further complicating identification and treatment.

Attention Deficit Disorder is much more common in boys than in girls. Characteristics are chronic, with an onset before age 7. Some children have Attention Deficit Disorder without hyperactivity and may appear sluggish, unmotivated and are often labeled lazy.
Contact the following **National Organizations** for more information about diagnosis and treatment of this complex disorder.

Attention Deficit Disorder Action Group **212-769-2457**
www.addgroup.org/

Provides information on alternative treatments for attention deficit disorder, learning differences, hyperactivity, dyslexia and autism.

Children and Adults with Attention Deficit Disorder Association **1-800-233-4050**
www.chadd.org

Provides family support and advocacy, public and professional education and encouragement of scientific and educational research.

EATING DISORDERS

Eating disorders occur when people have an irrational fear of being fat. Their behaviors accommodate an unrealistic self-image, which often stems from low self-esteem and other psychological problems. The two most common eating disorders are anorexia nervosa and bulimia nervosa. Anorexia is self-starvation. Bulimia is a disorder in which a person eats large amounts of food (binging) and then rids the body of that food before it can be absorbed (purging).
Although many teenagers are successful in hiding these serious and sometimes fatal disorders, warning signs include:

- Severe dieting with dramatic weight fluctuations
- Use of diuretics and/or laxatives to keep weight off.
- Running water while spending long periods of time in the bathroom (to hide signs of vomiting).

If you suspect your child has an eating disorder, seek medical advice. The following **Local and National Organizations** can also provide information about eating disorders.

National Eating Disorders Association
Helpline **1-800-931-2237**
www.nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders **1-847-831-3438**
Helpline **630-577-1330**
www.anad.org

All services are free. M-F 9 a.m.-5 p.m. central time.

Toledo Center for Eating Disorders **419-885-8800**
www.toledocenter.com

Treats individuals with eating disorders such as anorexia, bulimia, binge eating, compulsive exercise, purging and mental health co-occurring conditions such as depression, anxiety, self-injury, impulsivity issues, bipolar disorder, and trauma. Agency's goal is to serve clients and their families with compassionate, individualized, high quality clinical care rendered by fully credentialed professional staff.

SUBSTANCE USE AND ABUSE

There is wide use of alcohol and other drugs by teenagers. Many youth will "experiment" as a rite of passage. Others will continue to use alcohol and drugs and could develop a dependency and be destructive to

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themselves and others. Children are pressured to try drugs at younger ages than ever before. Other lethal and illegal substances are abused. However, the drug most commonly overlooked is the one most commonly abused—alcohol.

Alcohol is a so-called "gateway drug" through which children first experience intoxication. Many young people drink to escape problems. Others use alcohol as a way to fit in with their peer group or to reduce their social uneasiness.

Marijuana continues to be popular among many young people, who falsely consider it a "safe drug." Because of the substances found in marijuana, it not only clouds judgement, it can also have health effects on the brain, heart, lungs, immune system and sexual organs.

Inhalants are chemicals and poisons that are voluntarily inhaled ("sniffed" and "huffed"). They are often the substances of choice to abuse by preteens because they are inexpensive and readily available.

Hallucinogens (LSD, mushrooms, peyote), stimulants (crack, cocaine), depressants (barbiturates, tranquilizers) and narcotic analgesics (morphine, codeine, heroin) are mind-altering drug s that are abused to produce a variety of effects.

The following organizations provide services and support:

A Renewed Mind **419-720-9247**
1946 N. Thirteenth St., 43604
www.arenewedmindservices.org

Adelante, Inc. **419-244-8440**
520 Broadway St., 43602
www.adelantetoledo.org/

Adult Children of Alcoholics
www.adultchildren.org
Helpful information for kinship caregivers can be found on this web site.

Arrowhead Behavioral Health **419-891-9333**
1725 Timberline Rd., Maumee 43537
www.arowheadbehavioral.com

Al-Anon/Alateen Literature Distribution Center **419-382-5513**
5755 Gay St., 43613
www.toledoal-anon.org
Has 24-hour answering service.

Beyond Healthcare **833-698-0453**
www.beyondhctoledo.com
Provides holistic mental health care to children, teens, and their families.

Empowered for Excellence **567-316-7253**
3170 W Central Ave., 43606
www.efebhoh.org

Fresh Attitude Adolescent Substance Use Program **419-244-4081**
525 Hamilton St., Suite 102, 43602
www.drug-rehab-headquarters.com

Harbor Behavioral Healthcare **419-475-4449**
6629 W. Central Avenue, 43617
www.harbor.org
Multiple locations.

Helping Young People Excel (HYPE) of Lucas **419-724-4973**
4333 Monroe St., Suite F & G, 43606
www.hypeoflucas.org

Lucas County Treatment Alternatives to Street Crime (TASC) **419-242-9955**
701 Jefferson Ave., Suite 101, 43604
www.lucastasc.org

Mental Health and Recovery Services Board of Lucas County **419-213-4600**
701 Adams St., Ste. 800, 43604
www.lcmhrsb.oh.gov

New Concepts **419-531-5544**
5301 Nebraska Ave., 43615
www.newconceptsiop.org

Team Recovery – Fighting Heroin **419-561- 5433**
www.theteamrecovery.org

Unison Behavioral Group **419-693-0631**
1425 Staff Ave., 43605
www.unisonbhg.org
Multiple locations.

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Urban Minority Alcoholism and Drug Abuse Outreach Program **419-255-4444**
2447 Nebraska Ave., 43607
www.umadaop.org

Zepf Center **419-841-7701**
6606 W. Central Ave., 43617
www.zepfcenter.org
Multiple locations.

■ **Talking to a parent or adult about substance use. Convincing a Parent to Seek Treatment**
www.americanaddictioncenters.org

Talking to a parent about getting help for substance abuse can be extremely intimidating. To some kids, addressing the problem seems like a betrayal of the parent's trust; to others, it might be a frightening violation of authority. One of the most important things to remember about addiction is that it can distort the user's sense of reality, hiding the true impact of the disease. Many parents may not be aware of the effects of their drug use on their kids. They may be so deep in denial that they don't realize how chaotic their children's world has become.

Listed below are seven steps you can take to make a conversation with your parent more successful, whether you're a young person who's still dependent on your parent or the independent adult child of an addicted person.

■ **7 steps to Talking With a Parent About Substance Abuse**

1. Write down your feelings first. Before you approach someone about the topic of addiction, it's best to clarify your own feelings in writing. People with substance abuse problems are likely to get angry, defensive, or manipulative when they're confronted. They might yell or cry, and blame you for their problem. When you have your feelings set down in writing, you can turn back to those words when things get tough.
2. Get help from someone with experience in interventions. There are a lot of professionals who have experience at talking with people who are abusing alcohol or drugs. This kind of conversation is often known as an intervention. You probably have someone in your life who could help you arrange an intervention: a counselor, school nurse, coach, priest, or rabbi who can help you set up a meeting with a parent or refer you to someone who can act as an intervention leader.
3. Ask other relatives or concerned persons to participate. If someone in your life is abusing substances, it's likely that other people are affected too. These people might include siblings, aunts or uncles, neighbors, or employers. Any of these people could help you state your case when you talk with a parent; remember, there's strength in numbers.
4. Arrange a time when your parent will be sober. When you approach a parent about drinking or drug use, it's best to talk to them when they are clearheaded and sober. Talking to someone who's high, drunk, or hungover probably will not be productive.
5. Keep the conversation calm. It's hard not to get angry, upset, or emotional when you're talking with someone about the damage they're doing to themselves and to the rest of your family. But if you can stay reasonably calm and avoid outbursts of emotion, you'll be able to express your feelings more clearly, and in the end, you'll be more persuasive.
6. State your expectations clearly and in writing. Before you talk with a parent about substance abuse, make sure you know what your goals and expectations are. Do you want them to go to rehab? Go to an Alcoholics Anonymous meeting? You can work on these goals with the person you chose to help you in Step 2, then write them down in the form of a recovery plan or agreement. Other people in your life, such as relatives, employers, or spiritual leaders, can help you set these goals.
7. Get help making sure your parent follows through. People who are confronted about their substance abuse may promise to get clean and sober, and a lot of times, they mean it. But addiction is a powerful disease, and it's easy to fall back into old habits, especially where intoxicating drugs are concerned. You'll need at least one strong person to help you make sure your parent goes through with the promise to go to detox or rehab, and to follow up with them on a regular basis.

■ **Approaching the Problem**
americanaddictioncenters.org

It's never easy to bring up the subject of substance abuse with a family member, but in most cases, the person with the problem will not be the one to initiate this conversation. Whether your loved one is your child, parent, or partner, there are certain techniques you can use that will help to make this difficult discussion a little easier and less painful. By the same token, there are approaches and attitudes that should be avoided in order to reach your goal of getting help for your loved one.

LGBTQI+ RESOURCES

The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersexed (LGBTQI*) community represents a diverse range of identities and expressions of gender and sexual orientation. In addition to these identities, members of the community are diverse in terms of race, religion, ethnicity, nationality, and socioeconomic class. This intersectionality — the combined and overlapping aspects of a person's identity —brings diversity of thought, perspective, understanding and experience. This complexity is important to understand as a unique and valuable aspect of the LGBTQI community that can result in a strong sense of pride and resiliency.

While belonging to the LGBTQI community can be a source of strength, it also brings unique challenges. For those who identify as LGBTQI, it is important to recognize how your experience of sexual orientation and gender identity relates to your mental health.

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Although the full range of LGBTQI identities are not commonly included in large-scale studies of mental health, there is strong evidence from recent research that members of this community are at a higher risk for experiencing mental health conditions — especially depression and anxiety disorders. LGBTQI adults are more than twice as likely as heterosexual adults to experience a mental health condition. Transgender individuals are nearly four times as likely as cisgender individuals (people whose gender identity corresponds with their birth sex) to experience a mental health condition. LGBTQI youth experience greater risk for mental health conditions and suicidality. LGB youth are more than twice as likely to report experiencing persistent feelings of sadness or hopelessness than their heterosexual peers. Transgender youth face further disparities as they are twice as likely to experience depressive symptoms, seriously consider suicide, and attempt suicide compared to cisgender lesbian, gay, bisexual, queer, and questioning youth.

For many LGBTQI people, socioeconomic and cultural conditions negatively impact mental health conditions. Many in the LGBTQI community face discrimination, prejudice, denial of civil and human rights, harassment, and family rejection, which can lead to new or worsened symptoms, particularly for those with intersecting racial or socioeconomic identities.

Source: National Alliance on Mental Illness (NAMI) www.nami.org

Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling of Ohio (ALGBTICO)
www.algbtico.com

LGBT National Help Center **1-888-843-4564**
www.glbthotline.org

Safe space that is anonymous and confidential where callers can speak on many issues and concerns including, byt limited to, coming out issues, gender and/or sexuality idenities, relationshp concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide and much more.

The Trans Lifeline
United States **1-877-565-8860**
www.translifeline.org

TransOhio
www.transohio.org

Includes community, state and general resources, legal and medical clinics, as well as cultural competency training.

The TREVOR Project **1-866-488-7386 or text START to 678678**
www.thetrevorproject.org

Founded in 1998 by creators of Academy Award winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lessbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under age 25. Trained counselors are here to support you 24/7. Available for young people in cresis, feeling suicidal, or in need of a safe and judgement-free place to talk.

SUICIDE PREVENTION RESOURCES

Crisis Care Helpline - A Division of Zepf Center **419-904-2273**

24-hour mental health crisis line for individuals in Northwest Ohio.

National Suicide Prevention Lifeline **1-800-273-TALK (8255)**
TTY: Use your preferred relay service or dial **711 then 1-800-273-8255**
www.suicidepreventionlifeline.org

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices.

HELPLINES

■ **Child Sexual Abuse:**
Stop It Now! **1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org

Prevents sexual abuse of children by mobilizing adults, families, and communities to take actions that protect children before they are harmed. Provides direct help to individuals with questions or concerns about child sexual abuse. We offer help for specific situations through a confidential national prevention Helpline.

■ **Crime Victims:**
National Center for Victims of Crime **1-855-4VICTIM (1-855-484-2846)**
www.victimsofcrime.org

Nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues. After more than 35 years, remains the most comprehensive national resource committed to advancing victims' rights and helping victims of crime rebuild their lives.

■ **Dating Abuse:**
Love is Respect **1-866-331-9474**
TTY: **1-866-331-8453 or Text LOVEIS TO 22522**
www.loveisrespect.org

A project of the National Domestic Violence Hotline, love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Provides support to concerned friends and family members, teachers, counselors, and other service providers through the same free and confidential services via phone, text, and live chat.

■ **Disasters:**
Disaster Distress Helpline **1-800-985-5990**
www.samhsa.gov/find-help/disaster-distress-helpline

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

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■ **Domestic Violence:**

National Domestic Violence Hotline **1-800-799-SAFE (1-800-799-7233)**

TTY: **1-800-787-3224or Text START to 1-800-799-7233**

www.thehotline.org

Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse 24 hours a day, seven days a week, 365 days a year. Contacts to The Hotline can expect highly trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services.

■ **Missing and Abducted Children:**

Child Find of America, Inc. **1-800-I-AM-LOST (1-800-426-5678)**

www.childfindofamerica.org

National non-profit organization that provides professional services to prevent and resolve child abduction and the family conflicts that can lead to abduction and abuse. Case Managers answer calls for help from searching and/or abducting parents, parents in conflict, family members, law enforcement, child welfare and other allied agencies, atrisk youth, and educators. Each year, Child Find positively impacts the lives of thousands of children and directly assists several hundred more in complex issues involving locating, returning, or remaining in safe environments.

National Center for Missing & Exploited Children **1-800-THE-LOST (1-800-843-5678)**

www.missingkids.org

The National Center for Missing & Exploited Children is a private, non-profit whose mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization. Works with families, victims, private industry, law enforcement, and the public to assist with preventing child abductions, recovering missing children, and providing services to deter and combat child sexual exploitation.

■ **Rape and Sexual Abuse:**

Rape, Abuse & Incest National Network **1-800-656-HOPE (1-800-656-4673)**

www.rainn.org

Nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the county. Carries out programs to prevent sexual violence, help survivors, and ensure perpetrators are brought to justice. If experiencing an immediate emergency, callers should dial 911.

■ **Runaway and Homeless Youth:**

National Runaway Safeline

1-800-RUNAWAY (1-800-786-2929) or Text to 66008

www.1800runaway.org

Keeping America's runaway, homeless and at-risk youth safe and off the streets.

■ **Suicide Prevention:**

National Suicide Prevention Lifeline **1-800-273-TALK (1-800-273-8255)**

TTY: **1-800-799 4889**

www.suicidepreventionlifeline.org

National network of local crisis centers that provide free and confidential emotionalsupport to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

Crisis Text Line **Text TALK to 741741**

www.crisistextline.org

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Approaches to Talking to Loved Ones about Addiction

PRODUCTIVE

- Ask sensitive questions. "How do you feel about your life these days? I've noticed you're drinking more than usual."
- Use the pronouns "I" or "we." "I feel frustrated and sad when I can't talk to you after you've been drinking."
- Have a clear treatment plan ready. "We've found a good rehab program close to home; we want you to get outside help."
- Stay calm and compassionate. "I know this is hard. I'm here for you."
- Seek support from others. "Your brothers and sisters are here for you too, and we've found a counselor who can help all of us."

COUNTERPRODUCTIVE

- Make angry accusations. "You never spend any time with the kids anymore; you're too busy getting high."
- Use the pronoun "you." "You don't listen to me when you're drunk!"
- Make bargains that allow substance use to continue. "If you cut off your drinking by 7 p.m., I'll give you one more chance."
- Act judgmental or outraged. "You're being weak and inconsiderate; using meth is a crime, you could stop if you really wanted to!"
- Try to tackle the problem alone. "I can't handle this by myself. You and your drugs are too much for me to deal with."

For many families, the prospect of approaching substance abuse is so daunting that they would rather hide the problem than confront their loved one. It's important to remember that while it may be uncomfortable, facing the problem actually provides a path to healing and reconciliation. Denial only sets up further barriers to recovery.

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LGBT National Help Center **1-888-843-4564**
www.glbthotline.org

Safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide and much more.

The Trevor Project **1-866-488-7386 or Text START to 678678**
www.thetrevorproject.org

Founded in 1998 by creators of Academy Award winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under age 25. Trained counselors are here to support you 24/7. Available for young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

SAMHSA's National Helpline **1-800-662-HELP (4357)**
TTY: **1-800-487-4889**
www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery.

Veterans Crisis Line **1-800-273-8255 or Text to 838255**
www.veteranscrisisline.net

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

Vets4Warriors **1-855-838-8255**
www.vets4warriors.com

Provides sustained, confidential peer support to any veteran, service member, family member, or caregiver whenever they have an issue, wherever they are in the world. We help before challenges turn into crises.

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Recreation

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This section covers organizations and facilities that provide recreational, educational and developmental opportunities for children of all ages and their caregivers…it's about community fun and adventure.

OUTDOOR FUN

he Toledo area offers a range of cultural and community activities to educate and entertain. Check out the newspaper for announcements of family-friendly community events, special fairs, festivals and celebrations held throughout the year. You can also use Toledo.com, a website that provides community-based information and is accessible 24 hours a day. It features local events in a calendar format for easy review and scheduling.

Toledo.com **419-776-7000**
3250 Levis Commons Blvd., Perrysburg 43551
Web site: www.toledo.com

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METROPARKS OF TOLEDO

The Toledo Metroparks are safe, clean, close-to-home areas where natural wonders can be discovered in what is virtually your own back yard. They are metropolitan Toledo's remaining "wild places"—sand dunes, prairies, upland woods, swamp forests, floodplains, meadows, ponds and streams—where nature is preserved much as our early settlers found it.

BUILD RESILIENCE AT HOME - IDEAS

- Go Bowling in you backyard.
- Step outside your comfort zone.
- Build a fairy garden.

Metroparks offer places for grandparents/kinship caregivers and their children to escape from the hustle and rattle of the world. Pick a park and enjoy a pleasant walk or an invigorating jog, a picnic, program, or just relax a while on a park bench. And don't forget to consider cross-country skiing, snowshoeing, ice skating, fishing, hiking, nature photography, and canoeing, to name a few more activities.

METROPARKS TOLEDO

Metroparks of the Toledo Area **419-407-9700**
5100 W. Central Ave., Toledo 43615
www.metroparkstoledo.com/explore-your-parks/
Use this number weekdays, 9 a.m. to 5 p.m. to:

- Contact any Metropark
- Make reservations for a program
- Reserve a rental facility
- Speak with someone in administration
- Park Hours - Open 7 a.m. to dark, every day.
- Admission - Free. Programs and attractions may have a fee.

Encompasses over 22 natural area parks. Each Metropark has something all its own to enjoy. Together they provide residents with a wealth of opportunities for enjoying the outdoors. Every Metropark offers natural areas with walking trails and picnic facilities, including many with play equipment and shelters. Many Metroparks have trails with improved surfaces ideal for bicycling and jogging. Two hiking trails—the Towpath Trail along the Maumee River and the 17-mile Trail in Oak Openings Preserve—take a day or more to complete. In winter, when snow conditions permit, some Metroparks remain open beyond normal closing time to allow night skating; a special phone line is established each winter for callers to obtain information.

Toledo Grows **419-720-8714**
900 Oneida St., Toledo 43608

Toledo GROWs is the community gardening outreach program of Toledo Botanical Garden. GROWs is a grassroots nonprofit organization dedicated to the continued growth and success of community-based gardens in the city of Toledo and throughout NW Ohio.

The Toledo Zoo & Aquarium **419-385-5721**
Main Entrance: 2 Hippo Way, Toledo 43609
www.toledozoo.org

A visit to The Toledo Zoo is a great adventure for children of all ages. There are many specialized programs for preschoolers, school-aged, and homeschool children. Programs feature fun and learning about our many animal residents at the Zoo. Classes and camps are offered year round during the weekdays, weekend, and evenings. Each day Nature's Neighborhood, the Zoo's year-round children's zoo where kids learn through play, has great opportunities for fun, learning, and exploration!

ARTS, CULTURE AND SCIENCE

Creative activities, such as art, history, music, theater, and the visual arts, are important to the development and growth of all children. Educators agree that involving children in such activities helps them learn about the world and about themselves. A wealth of long-established cultural institutions and arts organizations exist in the Toledo area. Give your children the chance to develop a lifelong love of the arts by exposing them to these enriching activities.

Toledo Museum of Art **419-255-8000**
2445 Monroe St., Toledo 43620
www.toledomuseum.org

Admission to the Museum is free at all times. Special exhibitions or events may require purchased tickets. The Museum galleries are fully accessible. Wheelchairs and strollers are available free of charge at each entrance. Backpacks are not allowed in the Museum. There is a Museum Store on the gallery level featuring a wide variety of art books, including specific artists and eras, and basic art instructional titles. The Museum offers Young Artists classes in a number of areas. These programs often include the art supplies needed by the children.

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The Toledo Symphony **419-246-8000**
1838 Parkwood, Ste. 310, Toledo 43604
Provides many opportunities for area youth, ranging from the Young People's Concert series, which is attended by approximately 19,000 children annually, to side-by-side concerts, where members of the Toledo Youth Orchestra perform a concert along with the members of the Symphony. The Symphony offers extensive opportunities for economically challenged youth through music appreciation classes.

Imagination Station **419-244-2674**
1 Discovery Way, 43604 (Summit and Adams Sts.)
www.imaginationstationtoledo.org
With hundreds of interactive exhibits and demonstrations, Imagination Station delivers a multi-sensory experience that's as fun as it is educational. Imagination Station provides a critical layer of science enrichment by serving as an educational partner for educators, schools, parents and the community. It's with a thoughtful blend of exhibits, experiences, education and excitement that Imagination Station inspires visitors to pursue Science, Technology, Engineering and Math (STEM) in NW Ohio.

Arts Council Lake Erie West - Common Space Center for Creativity **419-531-2046**
1700 N. Reynolds 43615
Art classes, workshops, and summer camps for kids.

Children's Theatre Workshop **419-244-5061**
2417 Collingwood Blvd., 43620
www.ctwtoledo.org

The Toledo Repertoire Theatre **419-243-9277**
16 Tenth St., 43624
www.toledorep.org
Classes and theatrical opportunities offered for children, teens and adults.

SPORTS AND FITNESS

It only makes sense to encourage good health in children through physical fitness. Physical activity strengthens bones, relieves stress, wards off heart disease and high blood pressure and helps children maintain an appropriate weight. By participating in sports, kids also learn teamwork, cooperation, discipline and self-esteem; spend time with friends and meet new ones; and have fun.
In addition to the local sources identified at the beginning of this section, **NATIONAL ORGANIZATIONS** include:

BUILD RESILIENCE IN CHILDREN AND TEENS

Don't be afraid of failure. When children experience failure or disappointment, praise their effort, and encourage them to try again. Also, acknowledge your own mistakes to teach kids that mistakes are essential to growth and learning.

www.ableplay.org
AblePlay™ is a toy rating system and website that provides comprehensive information on toys for children with special needs. AblePlay was created so parents, special educators, therapists and others can make the best decisions when purchasing products for children with disabilities.

National Alliance for Youth Sports **1-800-729-2057**
www.nays.org
America's leading advocate for positive and safe sports and activities for children. NAYS offers programs and services for everyone involved in youth sports experiences, including professional administrators, volunteer administrators, volunteer coaches, officials, parents and young athletes. The goal is to make sports and activities safe and positive by providing programs and services that add value to youth sports.

Family Development Resources **1-800-688-5822**
www.nurturingparenting.com
The Nurturing Parenting Programs® are published by Family Development Resources, Inc. (FDR) which is headquartered in Asheville, NC and has been promoting non-violent parenting practices since 1983.

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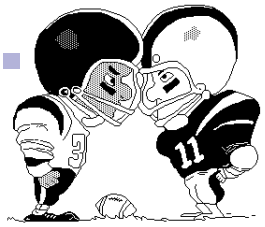
SPORTS SAFETY

Traditional sports have never been more popular and more children are participating in new sports every day. With all this activity, injuries, many preventable, can occur. Here are some steps Grandparents and other Kinship caregivers can take to help keep your child safe:

- Get involved. Check qualifications of coaches and athletic trainers. Pay attention to your child's medical needs and never pressure kids to play a sport they don't like.
- Get a pre-season check-up. This allows a doctor to spot medical problems early and may prevent new ones.
- Train the right way. Athletes should always warm-up and cool-down and an endurance-building program should progress gradually and be modified for different climates. Remember to drink plenty of fluids.
- Use the right equipment and facilities. Inspect playing surfaces, be sure clothing and equipment fits properly.
- Play by the rules. Make sure athletes know the rules of their sports. Encourage teamwork and sportsmanship so that competitors have fun and stay safe.



A NATIONAL ORGANIZATION that provides good information is:

National Youth Sports Health and Safety Institute
www.nyshsi.org
Sponsors Sports Safety Awareness Week in April. Sports safety guides for athletes, coaches and parents.

STABLE ACCOUNT

Instructions

1. Complete this form to designate a person to act as your Agent relative to your STABLE Account. Upon completion of this form, your Agent will be able to open a STABLE Account on your behalf, make contributions to that STABLE Account, authorize distributions from that STABLE Account, access information about that STABLE Account, and make investment decisions for that STABLE Account.
2. This form must be signed by the STABLE Account Beneficiary and notarized in Section 3.
3. This form must be signed by the Agent in Section 4.
4. Keep this form on file in your records. You may be asked to provide proof of your Agency at a later date.

Notice to Person Signing this Form

1. This is a legally binding document that authorizes another person, known as your Agent, to act on your behalf and without any further consent from you with respect to your STABLE Account.
2. This document is effective immediately and terminates only upon your written revocation, your death, the closure of your STABLE Account, or entry of judgment by an appropriate court.
3. If you have any questions about this form please consult an attorney before signing.

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Section 1: Beneficiary Information

Name: _____

Residence Address: _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

Social Security Number: _____

Date of Birth: _____

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Section 2: Agent Information

Name: _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

Section 3: Authority Granted and Beneficiary Signature

I, the Beneficiary listed in Section 1 of this limited power of attorney, appoint the person listed in Section 2 of this limited power of attorney as my attorney-in-fact (my "Agent"). I grant my Agent the power and authority to:

1. Complete any necessary documentation or enrollment process to open a STABLE Account on my behalf.
2. Assign, convey, and transfer all or any part of my assets to my STABLE Account on my behalf.
3. Access, request, and receive information about my STABLE Account, including account statements and tax reporting information.
4. Make investment allocation decisions about my STABLE Account.
5. Authorize distributions from my STABLE Account.
6. Request and use a STABLE Card in connection with my STABLE Account.

STABLE ACCOUNT

7. Grant third parties access to information about my STABLE Account.
8. Change the beneficiary of my STABLE Account to an eligible sibling, as provided for by law and in the STABLE Account Plan Disclosure Statement.
9. Access and monitor my STABLE Account online and over the phone.
10. Perform any other account maintenance, monitoring, or paperwork, and make any other account-related decisions necessary for the proper and efficient administration of my STABLE Account.

This limited power of attorney is durable and will not be affected or terminated by my incapacity or by lapse of time.

I agree that any third party who receives a copy of this limited power of attorney may act under it. Revocation or termination of this limited power of attorney due to my written revocation, my death, a court determination, or any other reason, is not effective as to a third party until the third party receives written notice of the revocation or termination and the third party has a reasonable time to act on such notice or revocation or termination.

I, for myself, and on behalf of my heirs, executors, legal representatives, and assigns, agree to indemnify any third party acting under this limited power of attorney, the State of Ohio, the Office of the Ohio Treasurer, and any of their respective agencies, subdivisions, authorized agents, employees and affiliates, for any claims that arise against them because of reliance on this limited power of attorney.

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_____
Signature of Beneficiary

STATE OF _____

COUNTY OF _____

The foregoing limited power of attorney was acknowledged before me this _____ day of _____ by

_____
Print Name of Beneficiary

Contributor and Advisor:
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Northwestern Ohio, Inc.

_____
Signature of Notary

Place Notary Seal Here

Section 4: Acceptance by Agent

I, the Agent listed in Section 2 of this limited power of attorney, accept the appointment as Agent for the Beneficiary listed in Section 1 of this limited power of attorney. I acknowledge that as Agent I owe the Beneficiary a duty of loyalty, a duty to avoid conflicts of interest, a duty to use ordinary skill and prudence in the exercise of my authority as Agent, and a duty to keep the Beneficiary informed of actions taken in my capacity as Agent. I agree to exercise all power and authority granted in this limited power of attorney for the sole and exclusive best interests of the Beneficiary.

_____
Signature of Agent

POWER OF ATTORNEY
AUTHORIZED BY SECTIONS 3109.57 to 3109.62 OF THE OHIO REVISED CODE

I, the undersigned, residing at , _____ in the county of _____, state of _____, hereby appoint the child's grandparent, _____, residing at _____ _____, in the county of _____, in the state of Ohio, with whom the child of whom I am the parent, guardian, or custodian is residing, my attorney in fact to exercise any and all of my rights and responsibilities regarding the care, physical custody, and control of the child, _____, born _____, having social security number (optional) _____, except my authority to consent to marriage or adoption of the child , and to perform all acts necessary in the execution of the rights and responsibilities hereby granted, as fully as I might do if personally present. The rights I am transferring under this power of attorney include the ability to enroll the child in school, to obtain from the school district educational and behavioral information about the child, to consent to all school-related matters regarding the child, and to consent to medical, psychological, or dental treatment for the child. This transfer does not affect my rights in any future proceedings concerning the custody of the child or the allocation of the parental rights and responsibilities for the care of the child and does not give the attorney in fact legal custody of the child. This transfer does not terminate my right to have regular contact with the child.

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I hereby certify that I am transferring the rights and responsibilities designated in this power of attorney because one of the following circumstances exists:

(1) I am:
- a. Seriously ill, incarcerated or about to be incarcerated,
- b. Temporarily unable to provide financial support or parental guidance to the child,
- c. Temporarily unable to provide adequate care and supervision of the child because of my physical or mental condition,
- d. Homeless or without a residence because the current residence is destroyed or otherwise uninhabitable, or
- e. In or about to enter a residential treatment program for substance abuse;

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(2) I am a parent of the child, the child's other parent is deceased, and I have authority to execute the power of attorney; or

(3) I have a well-founded belief that the power of attorney is in the child's best interest.

I hereby certify that I am not transferring my rights and responsibilities regarding the child for the purpose of enrolling the child in a school or school district so that the child may participate in the academic or interscholastic athletic programs provided by that school or district.

I understand that this document does not authorize a child support enforcement agency to redirect child support payments to the grandparent designated as attorney in fact. I further understand that to have an existing child supportorder modified or a new child support order issued, administrative or judicial proceedings must be initiated. If a court order names me the residential parent and legal custodian of the child who is the subject of this power of attorney, and I am the sole parent signing this document, I hereby certify that one of the following is the case:

(1) I have made reasonable efforts to locate and provide notice of the creation of this power of attorney to the other parent and have been unable to locate that parent;

(2) The other parent is prohibited from receiving a notice of relocation; or

(3) The parental rights of the other parent have been terminated by order of a juvenile court.

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This POWER OF ATTORNEY is valid until the occurrence of whichever of the following events occurs first:

(1) I revoke this POWER OF ATTORNEY in writing and give notice of the revocation to the grandparent designated as attorney in fact and the juvenile court with which this power of attorney was filed;

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(2) The child ceases to reside with the grandparent designated as attorney in fact;

(3) This POWER OF ATTORNEY is terminated by court order;

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(4) The death of the child who is the subject of the power of attorney; or

(5) The death of the grandparent designated as the attorney in fact.

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WARNING: DO NOT EXECUTE THIS POWER OF ATTORNEY IF ANY STATEMENT MADE IN THIS INSTRUMENT IS UNTRUE. FALSIFICATION IS A CRIME UNDER SECTION 2921.13 OF THE REVISED CODE, PUNISHABLE BY THE SANCTIONS UNDER CHAPTER 2929. OF THE REVISED CODE, INCLUDING A TERM OF IMPRISONMENT OF UP TO 6 MONTHS, A FINE OF UP TO $1,000, OR BOTH.

Witness my hand this _____ day of _____, _____

Parent/Custodian/Guardian's signature

_____

Parent's signature

_____

Grandparent designated as attorney in fact

_____

State of Ohio)

) ss: _____

County of _____)

Subscribed, sworn to, and acknowledged before me this _____ day of _____,

Notary Public

_____

NOTICES REGARDING POWER OF ATTORNEY

1. A power of attorney may be executed only if one of the following circumstances exists:
    a. The parent, guardian, or custodian of the child is:
        i.Seriously ill, incarcerated or about to be incarcerated;
        ii. Temporarily unable to provide financial support or parental guidance to the child;
        iii.Temporarily unable to provide adequate care and supervision of the child because of the parent's, guardian's, or custodian's physical or mental condition;
        iv. Homeless or without a residence because the current residence is destroyed or otherwise uninhabitable; or
        v. In or about to enter a residential treatment program for substance abuse;
    b. One of the child's parents is deceased and the other parent, with authority to do so, seeks to execute a power of attorney; or
    c. The parent, guardian, or custodian has a well-founded belief that the power of attorney is in the child's best interest.

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2. The signatures of the parent, guardian, or custodian of the child and the grandparent designated as the attorney in fact must be notarized by an Ohio notary public.

3. A parent, guardian, or custodian who creates a power of attorney must notify the parent of the child who is not the residential parent and legal custodian of the child unless one of the following circumstances applies:

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    a. The parent is prohibited from receiving a notice of relocation in accordance with section 3109.051 of the Revised Code of the creation of the power of attorney;

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    b.The parent's parental rights have been terminated by order of a juvenile court pursuant to Chapter 2151. of the Revised Code;
    c. The parent cannot be located with reasonable efforts;
    d. Both parents are executing the power of attorney.

The notice must be sent by certified mail not later than five days after the power of attorney is created and must state the name and address of the person designated as the attorney in fact.

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4. A parent, guardian, or custodian who creates a power of attorney must file it with the juvenile court of the county in which the attorney in fact resides, or any other court that has jurisdiction over the child under a previously filed motion or proceeding. The power of attorney must be filed not later than five days after the date it is created and be accompanied by a receipt showing that the notice of creation of the power of attorney was sent to the parent who is not the residential parent and legal custodian by certified mail.

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5. This power of attorney does not affect the rights of the child's parents, guardian, or custodian regarding any future proceedings concerning the custody of the child or the allocation of the parental rights and responsibilities for the care of the child and does not give the attorney in fact legal custody of the child.

6. A person or entity that relies on this power of attorney, in good faith, has no obligation to make any further inquiry or investigation.

7. This power of attorney terminates on the occurrence of whichever of the following occurs first:
    a. The power of attorney is revoked in writing by the person who created it and that person gives written notice of the revocation to the grandparent who is the attorney in fact and the juvenile court with which the power of attorney was filed;
    b. The child ceases to live with the grandparent who is the attorney in fact;
    c. The power of attorney is terminated by court order;
    d. The death of the child who is the subject of the power of attorney; or

e. The death of the grandparent designated as the attorney in fact.

If this power of attorney terminates other than by the death of the attorney in fact, the grandparent who served as the attorney in fact shall notify, in writing, all of the following:

a. Any schools, health care providers, or health insurance coverage provider with which the child has been involved through the grandparent;
b. Any other person or entity that has an ongoing relationship with the child or grandparent such that the other person or entity would reasonably rely on the power of attorney unless notified of the termination;
c. The court in which the power of attorney was filed after its creation; and
d. The parent who is not the residential parent and legal custodian of the child who is required to be given notice of its creation. The grandparent shall make the notifications not later than one week after the date the power of attorney terminates.

8. If this power of attorney is terminated by written revocation of the person who created it, or the revocation is regarding a second or subsequent power of attorney, a copy of the revocation must be filed with the court with which that power of attorney was filed.

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ADDITIONAL INFORMATION:

To the grandparent designated as attorney in fact:

1. If the child stops living with you, you are required to notify, in writing, any school, health care provider, or health care insurance provider to which you have given this power of attorney. You are also required to notify, in writing, any other person or entity that has an ongoing relationship with you or the child such that the person or entity would reasonably rely on the power of attorney unless notified. The notification must be made not later than one week after the child stops living with you.

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2. You must include with the power of attorney the following information:
   a. The child's present address, the addresses of the places where the child has lived within the last five years, and the name and present address of each person with whom the child has lived during that period;
   b. Whether you have participated as a party, a witness, or in any other capacity in any other litigation, in this state or any other state, that concerned the allocation, between the parents of the same child, of parental rights and responsibilities for the care of the child and the designation of the residential parent and legal custodian of the child or that otherwise concerned the custody of the same child;
   c. Whether you have information of any parenting proceeding concerning the child pending in a court of this or any other state;
   d. Whether you know of any person who has physical custody of the child or claims to be a parent of the child who is designated the residential parent and legal custodian of the child or to have parenting time rights with respect to the child or to be a person other than a parent of the child who has custody or visitation rights with respect to the child;
   e. Whether you previously have been convicted of or pleaded guilty to any criminal offense involving any act that resulted in a child's being an abused child or a neglected child or previously have been determined, in a case in which a child has been adjudicated an abused child or a neglected child, to be the perpetrator of the abusive or neglectful act that was the basis of the adjudication.

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3. If you receive written notice of revocation of the power of attorney or the parent, custodian, or guardian removes the child from your home and if you believe that the revocation or removal is not in the best interest of the child, you may, within fourteen days, file a complaint in the juvenile court to seek custody. You may retain physical custody of the child until the fourteen day period elapses or, if you file a complaint, until the court orders otherwise.

To school officials:

1. Except as provided in section 3313.649 of the Revised Code, this power of attorney, properly completed and notarized, authorizes the child in question to attend school in the district in which the grandparent designa ed as attorney in fact resides and that grandparent is authorized to provide consent in all school-related matters and to obtain from the school district educational and behavioral information about the child. This power of attorney does not preclude the parent, guardian, or custodian of the child from having access to all school records pertinent to the child.

2. The school district may require additional reasonable evidence that the grandparent lives in the school district.

3. A school district or school official that reasonably and in good faith relies on this power of attorney has no obligation to make any further inquiry or investigation.

To health care providers:

1. A person or entity that acts in good faith reliance on a power of attorney to provide medical, psychological, or dental treatment, without actual knowledge of facts contrary to those stated in the power of attorney, is not subject to criminal liability or to civil liability to any person or entity, and is not subject to professional disciplinary action, solely for such reliance if the power of attorney is completed and the signatures of the parent, guardian, or custodian of the child and the grandparent designated as attorney in fact are notarized.

2. The decision of a grandparent designated as attorney in fact, based on a power of attorney, shall be honored by a health care facility or practitioner, school district, or school official.

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CARETAKER AUTHORIZATION AFFIDAVIT

USE OF THIS AFFIDAVIT IS AUTHORIZED BY SECTIONS 3109.65 to 3109.73 OF THE OHIO REVISED CODE. Completion of items 1-7 and the signing and notarization of this affidavit is sufficient to authorize the grandparent signing to exercise care, physical custody, and control of the child who is its subject, including authority to enroll the child in school, to discuss with the school district the child's educational progress, to consent to all schoolrelated matters regarding the child, and to consent to medical, psychological, or dental treatment for the child.

The child named below lives in my home, I am 18 years of age or older, and I am the child's grandparent.

(1) Name of child: _____

(2) Child's date and year of birth: _____

(3) Child's social security number (optional): _____

(4) My name: _____

(5) My home address: _____

(6) My date and year of birth: _____

(7) My Ohio driver's license number or identification card number: _____

(8) Despite having made reasonable attempts, I am either:

a. Unable to locate or contact the child's parents, or the child's guardian or custodian; or

b. I am unable to locate or contact one of the child's parents and I am not required to contact the other parent because paternity has not been established; or

c. I am unable to locate or contact one of the child's parents and I am not required to contact the other parent because there is a custody order regarding the child and one of the following is the case:

i. The parent has been prohibited from receiving notice of a relocation; or

ii. The parental rights of the parent have been terminated.

(9) I hereby certify that this affidavit is not being executed for the purpose of enrolling the child in a school or school district so that the child may participate in the academic or interscholastic athletic programs provided by that school or district. I understand that this document does not authorize a child support enforcement agency to redirect child support payments. I further understand that to have an existing child support order modified or a new child support order issued administrative or judicial proceedings must be initiated.

WARNING: DO NOT SIGN THIS FORM IF ANY OF THE ABOVE STATEMENTS ARE INCORRECT. FALSIFICATION IS A CRIME UNDER SECTION 2921.13 OF THE REVISED CODE, PUNISHABLE BY THE SANCTIONS UNDER CHAPTER 2929. OF THE REVISED CODE, INCLUDING A TERM OF IMPRISONMENT OF UP TO 6 MONTHS, A FINE OF UP TO $1,000, OR BOTH.

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I declare that the foregoing is true and correct:

Signed: _____ Date: _____

Grandparent

State of Ohio)

) ss:

County of _____)

Subscribed, sworn to, and acknowledged before me this _____ day of _____,

Notary Public

NOTICES REGARDING CARETAKER AUTHORIZATION

1. The grandparent's signature must be notarized by an Ohio notary public.

2. The grandparent who executed this affidavit must file it with the juvenile court of the county in which the grandparent resides or any other court that has jurisdiction over the child under a previously filed motion or proceeding not later than five days after the date it is executed.

3. This affidavit does not affect the rights of the child's parents, guardian, or custodian regarding the care, physical custody, and control of the child, and does not give the grandparent legal custody of the child.

4. A person or entity that relies on this affidavit, in good faith, has no obligation to make any further inquiry or investigation.

5. This affidavit terminates on the occurrence of whichever of the following occurs first:

   (1) The child ceases to live with the grandparent who signs this form;

   (2) The parent, guardian, or custodian of the child acts to negate, reverse, or otherwise disapprove an action or decision of the grandparent who signed this affidavit; and the grandparent either voluntarily returns the child to the physical custody of the parent, guardian, or custodian or fails to file a complaint to seek custody with fourteen days;

   (3) The affidavit is terminated by court order;

   (4) The death of the child who is the subject of the affidavit; or

   (5) The death of the grandparent who executed the affidavit.

A parent, guardian, or custodian may negate, reverse, or disapprove a grandparent's action or decision only by delivering written notice of negation, reversal, or disapproval to the grandparent and the person acting on the grandparent's action or decision in reliance on this affidavit.

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If this affidavit terminates other than by the death of the grandparent, the grandparent who signed this affidavit shall notify, in writing, all of the following:

(a) Any schools, health care providers, or health insurance coverage provider with which the child has been involved through the grandparent;

(b) Any other person or entity that has an ongoing relationship with the child or grandparent such that the person or entity would reasonably rely on the affidavit unless notified of the termination;

(c) The court in which the affidavit was filed after its creation.

The grandparent shall make the notifications not later than one week after the date the affidavit terminates.

7. The decision of a grandparent to consent to or to refuse medical treatment or school enrollment for a child is superseded by a contrary decision of a parent, custodian, or guardian of the child, unless the decision of the parent, guardian, or custodian would jeopardize the life, health, or safety of the child.

ADDITIONAL INFORMATION:

To caretakers:

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1. If the child stops living with you, you are required to notify, in writing, any school, health care provider, or health care insurance provider to which you have given this affidavit. You are also required to notify, in writing, any other person or entity that has an ongoing relationship with you or the child such that the person or entity would reasonably rely on the affidavit unless notified. The notifications must be made not later than one week after the child stops living with you.

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2. If you do not have the information requested in item 7 (Ohio driver's license or identification card), provide another form of identification such as your social security number or Medicaid number.

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3. You must include with the caretaker authorization affidavit the following information:

(a) The child's present address, the addresses of the places where the child has lived within the last five years, and the name and present address of each person with whom the child has lived during that period;

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(b) Whether you have participated as a party, a witness, or in any other capacity in any other litigation, in this state or any other state, that concerned the allocation, between the parents of the same child, of parental rights and responsibilities for the care of the child and the designation of the residential parent and legal custodian of the child or that otherwise concerned the custody of the same child;

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(c) Whether you have information of any parenting proceeding concerning the child pending in a court of this or any other state;

(d) Whether you know of any person who has physical custody of the child or claims to be a parent of the child who is designated the residential parent and legal custodian of the child or to have parentingtime rights with respect to the child or to be a person other than a parent of the child who has custody or visitation rights with respect to the child;

(e) Whether you previously have been convicted of or pleaded guilty to any criminal offense involving any act that resulted in a child being an abused child or a neglected child or previously have been determined, in a case in which a child has been adjudicated an abused child or a neglected child, to be the perpetrator of the abusive or neglectful act that was the basis of the adjudication.

4. If the child's parent, guardian, or custodian acts to terminate the caretaker authorization affidavit by delivering a written notice of negation, reversal, or disapproval of an action or decision of yours or removes the child from your home and if you believe that the termination or removal is not in the best interest of the child, you may, within fourteen days, file a complaint in the juvenile court to seek custody. You may retain physical custody of the child until the fourteen-day period elapses or if you file a complaint, until the court orders otherwise.

To school officials:

1. This affidavit, properly completed and notarized, authorizes the child in question to attend school in the district in which the grandparent who signed this affidavit resides and the grandparent is authorized to provide consent in all school-related matters and to discuss with the school district the child's educational progress. This affidavit does not preclude the parent, guardian, or custodian of the child from having access to all school records pertinent to the child.

2. The school district may require additional reasonable evidence that the grandparent lives at the address provided in item 5 of the affidavit.

3. A school district or school official that reasonably and in good faith relies on this affidavit has no obligation to make any further inquiry or investigation.

4. The act of a parent, guardian, or custodian of the child to negate, reverse, or otherwise disapprove an action or decision of the grandparent who signed this affidavit constitutes termination of this affidavit. A parent, guardian, or custodian may negate, reverse, or disapprove a grandparent's action or decision only by delivering written notice of negation, reversal, or disapproval to the grandparent and the person acting on the grandparent's action or decision in reliance on this affidavit.

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To health care providers:

1. A person or entity that acts in good faith reliance on a CARETAKER AUTHORIZATION AFFIDAVIT to provide medical, psychological, or dental treatment, without actual knowledge of facts contrary to those stated in the affidavit, is not subject to criminal liability or to civil liability to any person or entity, and is not subject to professional disciplinary action, solely for such reliance if the applicable portions of the form are completed and the grandparent's signature is notarized.

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2. The decision of a grandparent, based on a CARETAKER AUTHORIZATION AFFIDAVIT, shall be honored by a health care facility or practitioner, school district, or school official unless the health care facility or practitioner or educational facility or official has actual knowledge that a parent, guardian, or custodian of a child has made a contravening decision to consent to or to refuse medical treatment for the child.

3. The act of a parent, guardian, or custodian of the child to negate, reverse, or otherwise disapprove an action or decision of the grandparent who signed this affidavit constitutes termination of this affidavit. A parent, guardian, or custodian may negate, reverse, or disapprove a grandparent's action or decision only by delivering written notice of negation, reversal, or disapproval to the grandparent and the person acting on the grandparent's action or decision in reliance on this affidavit.

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