


Nationally
RECOGNIZED
— • —
KINSHIP
NAVIGATOR
PROGRAM
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11TH EDITION
**Parenting
Smarts™**
Resource Guide



KINSHIP NAVIGATOR PROGRAM
Grandparents and Relatives Raising Children

Living at Age 60+ or Caring for an Aging Loved One?
We Can Help You Do It

**BETTER™
LONGER**

To find out how the AOoA can help, call
(419) 382-0624

www.AreaOfficeOnAging.com

Search for ToledoAging on



Kinship Navigator Program

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

Our Mission: To guide grandparents and relatives raising children to needed community resources and services; specifically, through information and referral services, ongoing assistance, and opportunities for education and enrichment.



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.



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, 2025, 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.

Dear Friends,

In the United States of America, about 7.5 million children live in homes where a relative is the head of household. About 2.5 million of these children live with grandparents or other relatives without a parent living in the home. In the state of Ohio, about 238,921 children live in homes where a relative is the head of household, with about 117,000 children being raised by a relative with no parent present.

The AOoA Kinship Navigator Program is nationally and globally recognized and designated as “Exemplary” by the Grandfamilies & Kinship Support Network (A National Technical Assistance Center). We offer a robust menu of services to kinship families, have rich community partnerships, and are a model for best-practice excellence.

This 11th Edition of the Parenting Smarts Resource Guide contains a wealth of content and important community resources to assist kinship and grandfamilies. We hope you find it helpful as a day-to-day reference. Know that our Kinship Navigator Program is here to provide personalized support, connect you with resources, and help you along your caregiving journey.

No matter the relationship, we acknowledge and thank all kinship and grandparent caregivers who voluntarily devote their lives to provide safe and loving homes for children. We appreciate you.

Sincerely,



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



Justin Moor, CEO
Area Office on Aging of NWO, Inc.

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Toledo, OH 43609
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What is Kinship Care?

Kinship Care refers to a temporary or permanent arrangement in which a relative - or any non-relative adult with a long-standing relationship or bond with the child or family - takes over full-time care of a child to raise them when the biological parents are unable or unwilling to do so. Reasons for this may include death or chronic illness, substance abuse, incarceration, domestic violence, abandonment, child abuse or neglect, teenage pregnancy, military deployment, 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 caregiver's voluntary commitment to devote their lives to the children in their care is a courageous and life-changing decision.

**Area Office on Aging-
Kinship Navigator Program** (419) 382-0624
www.areaofficeonaging.com

The Kinship Navigator Program has served kinship caregivers and families in Lucas County, Ohio, for 25 years. We have rich community partnerships, are globally and nationally recognized for best practice excellence, and are designated an **"Exemplary"** kinship program by the Grandfamilies & Kinship Support Network (A National Technical Assistance Center). We support kinship caregivers and families with a robust menu of **FREE** services, including information & referral services that link caregivers to helpful public benefits and community resources, ongoing assistance, support groups, kinship club meetings, caregiver education, Evidence-Based workshops, publications, newsletters, and special events. In addition, we offer our enrolled caregivers convenient and seamless access to the wide array of programs and events available at the Area Office on Aging of Northwestern Ohio, Inc. Our Kinship Navigators are only a phone call or a click away and are ready to offer personalized assistance in your 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 Guide is printed solely and specifically for the Area Office on Aging of Northwestern Ohio, Inc. The information contained in this Guide cannot be reproduced without the express permission of the Area Office on Aging.

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 Resources
- 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, contact 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.

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

11th Edition, August, 2025

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The Value of a Kinship Caregiver



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.



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!



Cultural Identity

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

The Value of Grandparents in the Life of a Child

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



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 resilient lives.

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.

Nurturing



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

About the Kinship Navigator Program

Area Office on Aging- Kinship Navigator Program (419) 382-0624

The AOoA Kinship Navigator Program is **globally and nationally recognized for best practice excellence and is designated an “Exemplary” kinship program by the Grandfamilies & Kinship Support Network (A National Technical Assistance Center).**

The AOoA Kinship Navigator Program serves grandparents, family relatives, and friends raising children when the biological parents are unable or unwilling to do so.

Eligibility:

- **Residency:** Live within Lucas County, Ohio.
- **No Restrictions to Enrollment:** Enrollment is open to all adult age kinship caregivers 18 and up. There are no income requirements, no custody or guardianship requirements, and no past or present involvement with the child welfare system is required.
- **Cost:** There is no cost; all services are **FREE**.

FREE Services:

- **Personalized Services:** Intake Needs Assessments, Follow-Up Assessments, Information and Referral services, ongoing assistance, support groups, kinship club meetings, caregiver educational programs, and bi-annual customer satisfaction surveys.
- **Evidence-Based Workshops:** *Wellness Initiative for Senior Education (WISE)*, the *Child Traumatic Stress Workshop*, and the *Guiding Good Choices Workshop*.
- **Podcasts:** A twice-a-year podcast, *Roots of Resilience: Empowering Kinship Families amid Opioid Recovery*, provides important resources and information to kinship

families impacted by the opioid epidemic. This podcast is produced at WGTE Public Media under AOoA's main podcast, *Better & Longer*, which can be found at <https://www.wgte.org/radio/local-podcasts>

- **Publications:** Parenting Smarts Resource Guide, 11th Edition, Empowering Kinship Families: Resources for Opioid Recovery and Prevention, a quarterly newsletter, and a twice-monthly e-newsletter. Access these publications, the event calendar, and self-subscribe to our e-newsletter at <https://areaofficeonaging.com/programs>
- **Community Events:** Our kinship team is on the community planning committee for the annual “*Superheroes Need Support Too – Grandparent and Caregiver Workshop*” held in September, during National Kinship Month. Additionally, the AOoA hosts an “*Honoring Caregivers*” event annually in November, during National Family Caregivers Month. Once a kinship caregiver is enrolled in the Kinship Navigator Program, they can easily access the AOoA's events throughout the year!
- **Tangible Goods:** Through generous donations from community partners, we offer periodic distributions of tangible goods for enrolled kinship caregivers, such as school supplies, winter coats, memberships, holiday meals, and tickets for local minor league sports events. *Note: The distribution of tangible goods is not guaranteed. The availability of tangible goods depends on donations, is limited, and availability is on a first-come, first-served basis.

To read more about our “Exemplary” designation visit www.gksnetwork.org/resources/kinship-navigator-program-area-office-on-aging-of-northwestern-ohio-aooa/

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

Adopt America Network – OAKS (Ongoing and Kinship Support) Program 419-726-5100 or 419-265-4383

3100 W. CENTRAL AVE., SUITE 225, TOLEDO 43606

OAKS works to ensure the success of adoptive, kinship, and foster families by providing services and support at

no cost. By creating connections and providing resources, we can help you and your family overcome challenges and maintain a successful family life. Services include Resource and Referral, Support Groups, Home-Based Therapy, and Parent Education and Coaching.

Big Brothers/Big Sisters of NW Ohio 419-243-4600

4 SEAGATE, STE. #660, TOLEDO 43604
www.bbbsnwo.org

Catholic Charities 419-214-4869

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.

Family Development Resources 1-800-688-5822
www.nurturingparenting.com

Non-violent parenting practices including the Nurturing Parenting Programs*.

Harbor ACCESS CENTER 419-475-4449
ADMINISTRATIVE OFFICES: 4334 SECOR RD., TOLEDO 43623
www.harbor.org

A community mental health agency with multiple locations in Lucas and Wood County, Ohio. Provides integrated behavioral health and psychiatry services for adults, children, and youth. Offers behavioral health, addiction services, mental health urgent care, and primary care health services. Specialized services for children and youth include infant and early childhood mental health consultation, developmental and behavioral services, an applied behavioral analysis clinic, education on adverse childhood experiences, an intensive behavior treatment program, a new awareness program, STEPS after-school day treatment program, and child-parent therapy. The designated Care Management Entity for OhioRISE in 11 counties of northwestern and central Ohio, including Wood County, Ohio. OhioRISE serves young people who are dealing with behavioral health challenges. These children/youth may need extra support and could be at risk for out-of-home placement or deeper system involvement.

Heartbeat of Toledo 419-241-9131
TEXT 567-455-1223
3950 SUNFOREST CT., STE. 104, 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, baby clothes, wipes, and formula.

Help Me Grow - Lucas County 419-665-3322 or 1-800-755-4769 (GROW)
1946 N. 13TH ST., SUITE 420, TOLEDO 43604
www.helpmegrow.org or www.co.lucas.oh.us/528/Family-Council

A system of supports for pregnant women, caregivers with new babies, and families with young children, and for children with developmental delays and disabilities. Offers Home Visiting, Early Intervention, developmental screenings, and connection to community resources.

Lucas Co. Children Services (LCCS) 419-213-3200
LCCS FAMILY CENTER HELPLINE 419-223-2273
CHILD PROTECTIVE SERVICES –
REPORT ABUSE OR NEGLECT 419-213-2273 (CARE)
301 ADAMS ST., TOLEDO 43604
www.lucaskids.net
LCCS COMMUNITY RESOURCE GUIDE:
www.lucaskids.net/lccs-community-resourceguide/

Lucas County Children Services receives its mandate from Ohio state law. According to the Ohio Revised Code, public children services agencies shall do all of the following:

- Investigate allegations of child abuse, neglect or dependency

- Make reasonable efforts to prevent the removal of children from their homes
 - Accept custody of children from courts with juvenile jurisdiction
 - Provide temporary emergency shelter when necessary
 - Find family foster homes for children
 - Implement a system for assessing risk to children
 - Administer federal adoption assistance funds
- Services include:
- Intake and assessment
 - Ongoing case management
 - Family team meetings
 - Out-of-home (foster or kinship) placement
 - Crossover services
 - Permanency support
 - Kinship support
 - Family search, adoption, and post-adoption services
 - Independent Living and young adult services (BRIDGES)
 - Visitation
 - Protective day care
 - Health/medication monitoring
 - Pre-service and in-service caregiver training
 - Resource referral

Lutheran Social Services of NWO 419-243-9178
2149 COLLINGWOOD BLVD., TOLEDO 43620
www.lssnwo.org

Offers mental health counseling, drug and alcohol counseling, emergency choice food pantry, and re-entry transition services.

Mental Health & Recovery Services Board of Lucas County 419-213-4600
333 N. SUMMIT ST., SUITE 1401, TOLEDO 43604
www.lcmhrsb.oh.gov

Hub of local community mental health and recovery resources, crisis services, and emotional support available in Lucas County. Search for resources on their website.

National Alliance on Mental Illness NAMI of Greater Toledo 419-243-1119
4334 SECOR RD., TOLEDO 43623
www.namitoledo.org

Offers a peer education program for family caregivers of children and adolescents with mental health conditions at no cost. A Family Navigator is available to help locate mental health resources. Provides advocacy education, support groups, information, and resources for mental health.

Neighborhood Health Association 419-255-7883
313 JEFFERSON AVE., TOLEDO 43604
www.nhainc.org

A community health center with multiple Toledo locations. Provides healthcare to individuals of all ages regardless of ability to pay. Offers primary care, pediatrics, women's health, cardiology, podiatry, geriatric care, dental services, social services, and integrated behavioral health.

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
<https://www.newconcepts.org/>

OhioRISE
AETNA BETTER HEALTH 1-833-711-0773
www.aetnabetterhealth.com/ohiorise
OHIO DEPARTMENT OF MEDICAID 1-800-324-8680
www.managedcare.medicaid.ohio.gov/managed-care/ohiorise
UNISON HEALTH (LUCAS COUNTY) 419-214-4673
www.unisonhealth.org/services/ohio-rise/
HARBOR (WOOD COUNTY) 419-352-6033
www.harbor.org/cme-referrals

OhioRISE is a Medicaid program in Ohio designed to help young people with significant behavioral health issues succeed in their schools, homes, and communities. "RISE" stands for "Resilience through Integrated Systems and Excellence," highlighting the program's mission to provide comprehensive care that meets the needs of each unique individual. Young people can be eligible for OhioRISE if they are: Between the ages of 0-20, Eligible for Medicaid, and need significant behavioral health treatment, as measured by the Child and Adolescent Needs and Strengths Assessment (CANS). Children/youth may also be eligible because of certain urgent conditions. For example, if a child/youth is in a hospital for behavioral health reasons.

ProMedica Toledo Children's Hospital Cullen Center 419-291-7919
2150 W. CENTRAL AVE., 2ND FL., TOLEDO 43606
www.promedica.org/locations-and-doctors/location/clinics/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.

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 Prevention Alliance 419-824-8588
4747 N. HOLLAND-SYLVANIA RD., TOLEDO 43560
www.sylvaniaprevention.org

Dedicated to educating the Sylvania community on the latest drug and alcohol prevention and other youth-related topics (e.g., screen time, vaping, stress, mental health). Offers youth leadership, healthy lifestyle

programs, parent information, education, and family support, provides informational materials and prevention tools, holds youth and community events, and drug take back programs.

Treatment Accountability for Safer Communities (TASC) 419-242-9955
3330 GLENDALE AVE., TOLEDO 43614
www.tascnwo.org

Provides assessment, treatment, referral to treatment, case management, and monitoring and reporting services. The TASC model offers an integrated system of care in meeting the needs of the justice system, the treatment system, and, most of all, the client. TASC programs work with courts (including drug and juvenile) and corrections to ensure treatment is available for community-based supervision and institutional aftercare. Participants receive an in-depth interview with qualified staff to determine the nature and extent of their involvement with alcohol and other drugs. Clients are referred to the most appropriate treatment provider based on the results of the assessment process. TASC case managers monitor the individual's progress, provide continued support, and coordinate the delivery of services, including drug testing. TASC keeps referral sources and service providers informed of the client's progress through regular reporting.

Triple P – Positive Parenting Program
www.triplep-parenting.com

Free online parenting classes. Understand what's within your control to change and influence for your child's benefit.

- Create the best environment for your child's development
- Know how to address child behaviors
- Promote new skills and help emotional self-regulation
- Raise happier, more confident and capable children
- Improve your relationship with your children
- Enjoy being a parent more!

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

Unison Health 419-214-4673
1425 STARR AVE., TOLEDO 43605
www.unisonhealth.org

A community mental health agency with multiple locations in Lucas and Wood County, Ohio. Provides integrated behavioral health and psychiatry services for adults, children, and youth. Offers behavioral health, addiction services, recovery housing, and primary care health services. The designated Care Management Entity for OhioRISE in 9 counties of northwestern Ohio, including Lucas County, Ohio. OhioRISE serves young people who are dealing with behavioral health challenges. These children/youth may need extra support and could be at risk for out-of-home placement or deeper system involvement.

Zepf Center**419-841-7701**www.zepfcenter.org

A community mental health agency with multiple locations in Lucas and Wood County, Ohio. Provides integrated behavioral health and psychiatry services for adults, children, and youth. Offers behavioral health, addiction services, recovery housing, gambling treatment, and primary care health services. The designated Crisis Care provider for northwestern Ohio with a 24/7 helpline (419) 904-CARE (2273). Crisis services include a crisis stabilization unit, emergency crisis response team, and adult and youth psychiatric urgent care. Provides mobile response and stabilization services for youth and young adults up to age 21 experiencing difficulties or distress.

NATIONAL AND STATE 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.

Child Welfare Information Gateway 1-800-394-3366www.childwelfare.gov

Your connection to trusted resources on the child welfare continuum. Offers publications, research, and learning tools selected by experts to support thriving children, youth, families, and communities.

Generations United**202-289-3979**

80 F STREET NW, WASHINGTON, D.C. 20001

www.gu.org/

Our 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. Many publications on topic of Grandfamilies.

GRAND Living the Ageful Lifewww.grandmagazine.com/grandparents/

Free online GRAND magazine and website for today's grandparents. Find grandparenting tips and resources for grandparents raising grandchildren.

Grandfamilies & Kinship Support Network: A National Technical Assistance Center 202-289-3979

80 F STREET NW, WASHINGTON, D.C. 20001

www.gksnetwork.org

A project of Generations United, the Grandfamilies

& Kinship Support Network, is the first-ever national



technical assistance center for those who serve grandfamilies and kinship families. The network exists, free of charge, to offer a new way for government agencies and nonprofit organizations in state, tribes and territories to collaborate and work across jurisdictional and systemic boundaries - all to improve supports and services for grandfamilies and kinship families.

Grandfamilies.orgwww.grandfamilies.org

Online resource publications of hot topics for kinship caregivers, including care and custody, education, kinship laws, financial assistance, guardianship assistance, healthcare, housing, kinship foster care and licensing, and adoption.

Groundwork Ohio**614-525-0944**

175 S. 3RD ST., SUITE 420, COLUMBUS 43215

www.groundworkohio.org

Resources and opportunities focused on the time when children's experiences and environments most influence their health, development and life trajectory: from birth to age 5.

Jockey Being Family Foundation**262-653-3151**

PO BOX 1417, KENOSHA, WI 53141

www.jockeybeingfamily.com

Strengthens foster and adoptive families through parent and family education and postadoption support. Free online self-paced library of webinars to educate on parenting, kinship families, foster care, and adoption.

National Parenting Center**614-525-0944**www.nationalparentingcenter.com

Online resource library for parenting support and advice for children of every age.

Ohio Department of Aging**1-800-266-4346**

30 E BROAD ST, 22ND FLOOR, COLUMBUS 43215-3414

www.aging.ohio.gov

Administers programs and services to meet the needs of older Ohioans.



Programs are funded by the federal Older Americans Act, Medicaid, and other sources. ODA is a cabinet-level state agency. Our director is appointed by the governor. Designated by the U.S. Administration for Community Living as Ohio's lead agency for Older Americans Act services. Contracted by the Ohio Department of Medicaid to administer certain Medicaid programs. Most of our programs and services are coordinated locally by contracted Area Agencies on Aging.

BUILD RESILIENCE

Resilience is an important key. Protect the key to your peaceful heart. - Angelica Hopes

Ohio Grandparent/Kinship Coalition (OG/KC)
CAREGIVER HOTLINE **330-737-7121**
www.ohiograndparentkinship.org
Offers education and advocacy for caregivers and agencies regarding local, state and national programs/issues affecting kinship caregivers.

Operation Parent **502-265-9045**
HEADQUARTERS: 209 SOUTH 1ST AVE., LAGRANGE, KY 40031
www.operationparent.org
Free online webinars and a self-paced library of webinars to educate parents and caregivers of children and teens. Provides effective strategies to learn about, manage, and discuss challenging topics of 21st-century technology, prevention of alcohol, nicotine, and drugs, emotional and mental health, and other risky behaviors.

USAgging **202-872-0888**
1100 NEW JERSEY AVE., SE, STE. 350, WASHINGTON, DC 20003
www.usagging.org
National association representing and supporting the network of Area Agencies on Aging and advocating for the Title VI Native American Aging Programs. Our members help older adults and people with disabilities throughout the United States live with optimal health, well-being, independence and dignity in their homes and communities.



ZERO TO THREE **202-638-1144**
2445 M ST. NW, STE. 600, WASHINGTON, DC 20037
www.zerotothree.org
Plays a key role in ensuring that babies and toddlers get a strong start in life by supporting:
- parents with practical resources that help them connect more positively, deeply and continuously with their babies;
- professionals with knowledge and tools that help them support healthy early development; and
- policymakers in advancing comprehensive and coherent policies that support and strengthen families, caregivers and infant toddler professionals.



Support Blogs Using social media sites, blogs and email groups 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. Below are some available social media resources.

- Adoptive Families www.adoptivefamilies.com/
- Annie E. Casey Foundation www.aecf.org/blog/
- OhioKAN www.ohioKAN.ohio.gov/blog

TOLEDO COMMUNITY CENTERS

Community Centers serve as focal points in 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.

Asian Resource Center **419-936-2866**
1865 FINCH ST., TOLDEO 43609
Resource center for all ages from prenatal to seniors. Offers interpretation/translation services and English classes. Senior exercise and enrichment programs.

Believe Center, Inc. **567-200-2027**
1 AURORA L GONZALEZ DR., TOLEDO 43609
www.believecenter.org
Provides services to youth and families including life skills, youth sports and education.

Center of Hope Family Services, Inc. **419-861-4400**
4447 TALMADGE RD., SUITE H, TOLEDO 43623
www.cohfs.org
Aimed at helping adults, children, and families in urban and suburban settings. Offers afterschool education, health and wellness promotion, family education, adult mentoring, and juvenile re-entry and delinquency center.

East Toledo Family Center **419-691-1429**
1020 VARLAND AVE., TOLEDO 43605
www.etfc.org
Family resource center with educational, recreational, and social programs and services. Offers a preschool, a youth enrichment program, year-round athletics for all ages, and a variety of teen programs.

Frederick Douglass Community Assn. **419-244-6722**
1001 INDIANA AVE., TOLEDO 43607
www.thedoug419.org
Family resource center with activities and services for youth, teens, adults, seniors, and families. Offers open gyms, afterschool program, food assistance, GED program.

Friendly Center of Toledo **419-243-1289**
1324 N. SUPERIOR ST., TOLEDO 43604
www.friendlycentertoledo.com
Family resource center with activities and services for youth, teens, adults, seniors, and families. After school programs, youth sports, infant mortality classes, and summer camps. Food pantry and on site lunch dining.

Grace Community Center **419-248-2467**
406 W. DELAWARE, TOLEDO 43601
www.gcctoledo.org
A family resource center that assists inner-city residents in solving neighborhood problems. Offers Grace Garden Co-Op, savy seniors club, food pantry, STEM Summer Learning and Math in the Garden programs, after school tutoring, youth athletics, and youth and adult mentoring programs.

Jewish Federation of Greater Toledo **419-885-4461**
6465 SYLVANIA AVE., SYLVANIA 43560
www.jewishtoledo.org
Offers community programming and services for the Jewish community of Northwest Ohio and parts of Southeast Michigan. Provides programs and services to enhance the health, welfare, education, and increase cultural awareness.

Linques' Neighborhood Center 419-244-3142

401 N. HAWLEY ST., TOLEDO 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., TOLEDO 43606

www.monroestumc.com

Works with community members to promote self-sufficiency, strengthen and enrich families and develop ownership of community. Food pantry, clothing, exercise classes and help with state ID's and birth certificates. Offers free health services in coordination with the UT Mobile Health Unit.

ProMedica Ebeid Center 567-585-0469

1806 MADISON AVE., TOLEDO 43604

www.facebook.com/groups/EbeidCenter/

Provides a wide array of programs and activities to promote a healthy lifestyle and address social determinants of health for people of all ages: access to healthy and affordable foods, cooking healthy meals, financial counseling, physical health, wellness, and neighborhood improvement. The Ebeid Center houses "Market on the Green" which is a full-service grocery market offering fresh and affordable healthy food choices to a designated food desert. At the market, you'll find fresh, local produce and foods, as well as fresh meat, dairy, locally baked goods, and frozen foods. You'll also find everyday necessities, such as toiletries and pet food.

Providence Center -**Leading Families Home****419-244-0666**

1205 BROADWAY ST., TOLEDO 43609

www.lfhtoledo.org

Offers programs and services to support families regardless of their ethnicity. Offers men's domestic violence perpetrator's group, women who use violence group, anger management, parent education, and Parenting Plus and Parenting Support classes designed around the age of the child.

Sylvania Community Center 419-885-4126

4747 N. HOLLAND SYLVANIA RD., TOLEDO 43560

www.sylvaniacommunityservices.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, TOLEDO 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

709 MADISON AVE., TOLEDO 43604

www.bbsnwo.org

Provides mentoring relationships.

Boy Scouts of America - Erie Shores Council**419-241-7293**

5600 SYLVANIA AVE., TOLEDO 43623

www.erieshorescouncil.org

Character development and citizen training for boys through group activities, education, guidance and leadership by example.

Boys & Girls Clubs of Toledo 419-241-4258

MULTIPLE LOCATIONS

Programs involving youth in the leadership process, with opportunities for planning, decision making, and awareness of their heritage and civic responsibilities. Offers a wide array of programs such as arts and crafts, education, and sports and fitness for children and youth.

Fellowship of Christian Athletes 419-779-8036

PO BOX 167154, OREGON 43616

www.nwohiofca.org

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

BUILD RESILIENCE

Life throws challenges but with patience and resilience, you can convert every challenge into a new opportunity to grow. - Amit Ray

Ohio FFA **614-466-3076**
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.ohioffa.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. District 1 State Supervisor: Jena Kemmerer, jena.kemmerer@aducation.orhio.gov

Girl Scouts of Western Ohio Valley Council **419-243-8216 or 1-888-350-5090**
www.gswvo.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, TOLEDO 43604
www.jljvisionoutreach.org

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

Junior Achievement of NWO **419-865-5511**
1645 INDIAN WOOD CR., STE. 104, MAUMEE 43537
www.janwo.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**
604 MARKET ST., TOLEDO 43694
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.

Ohio Youth Works Program **419-242-7304**
505 HAMILTON ST., TOLEDO 43604
www.pathwaytoldo.org

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.

BUILD RESILIENCE

Most people give up just when they're about to achieve success. They quit on the one-yard line. They give up at the last minute of the game, one foot from a winning touchdown. - H. Ross Perot

Pauda Center **419-241-6465**
1416 NEBRASKA AVE., TOLEDO 43607
www.paudacenter.org

Offers mentoring program, Emerging Young Ladies and Grooming Great Gentlemen, after school tutoring, summer camps, intergenerational gardening, and adaptive playground.

Promedica Toledo Hospital **419-291-4000**
2142 N. COVE BLVD., TOLEDO 43606
www.promedica.org/volunteering

Teen volunteers must be at least 16 years old and have a written statement from their family physician verifying their physical and mental well-being. Some departments may not accept volunteers under age 18.

The Salvation Army **419-241-1138**
620 N. ERIE ST., TOLEDO 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. Offers various opportunities for youth, including one-time events like serving meals or ringing bells, as well as ongoing opportunities like working with youth programs, using professional skills, or assisting during disasters.

Toledo Excel - University of Toledo **419-530-3825**
2801 W. BANCROFT ST., TOLEDO 43606
www.utoledo.edu/success/excel

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 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 Humane Society **419-891-0705**
827 ILLINOIS AVE., MAUMEE, 43537
www.toledohumane.org/volunteer

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 Police Athletic League (PAL) 419-214-9022
1111 E. MANHATTAN BLVD., TOLEDO 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.

Toledo Lucas County Public Library 419-259-5200
MAIN LIBRARY - 325 MICHIGAN ST., TOLEDO 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 (ages 13-17), educational workshops and virtual services.

Toledo Museum of Art 419-255-8000
2445 MONROE ST., TOLEDO 43620
www.toledomuseum.org

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, free art activities in the Family Center, art classes (scholarships available), teen work study programs, and access to educational resources.

Toledo Repertoire Theatre 419-243-9277
16 TENTH ST., TOLEDO 43604
www.toledorep.org
Classes and theatrical opportunities offered for all ages.

Toledo Symphony 419-246-8000
1838 PARKWOOD, STE. 310, TOLEDO 43604
www.artstoleado.com
Classes offered for children and teens from professional musicians.

Toledo Zoo 419-385-5721, ext. 2045
2 HIPPO WAY, TOLEDO 43614
www.toledozoo.org/volunteer
Teens 13 and up help with animals and Zoo guests.

Upward Bound
UNIVERSITY OF TOLEDO 419-530-3811
2801 W. BANCROFT ST., TOLEDO 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.

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

YMCA and JCC of Greater Toledo 419-729-8135
1500 N. SUPERIOR ST., 2ND FL., TOLEDO 43604
www.ymcatoledo.org
Call or visit YMCA website to find branch locations near you.

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

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.

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

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
TEXT VOICE TO 20121
www.boystown.org
Has counselors to address issues affecting boys and girls, ranging from bullying and family problems to substance abuse and suicidal thoughts. The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors accredited by the American Association of Suicidology (AAS).

Teen Line

800-852-8336

TEXT TEEN TO 839863

www.teenline.org

Provides support for teens struggling with anything from a fight with a friend to thoughts of suicide. Contact can be anonymous. Talk things out with a trained teen who will listen without judgment and provide resources to help. Provides resources for caregivers to understand and support teens' mental health and promote overall well-being.

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.

Common Sense Media

www.common sense media.org

Recommends age-appropriate media that kids can enjoy and families and teachers can feel good about: Movies and books with diverse characters, made by diverse creators. Apps and games that don't collect kids' personal data. Online learning activities. Uses ratings based on research and child development guidelines.

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., TOLEDO 43604

www.toledolibrary.org

Area leader of information and technology. The Main Library and 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.

TAKE NOTE

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

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.

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

X - WHAT IS IT?

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

What is the age requirement?

To sign up for X, users must be 13 years of age or older.

Where can I learn more?

www.x.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 up to 10 minute videos on any topic. It offers 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 the right 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

Supporting relatives caring for kin.



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

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.

The Ohio Department of Children & Youth publishes a comprehensive “Ohio Resource Guide for Relatives Caring for Children”. This publication can be viewed online at the following link:
www.odjfs.state.oh.us/forms/num/DCY08146/pdf/

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 public children services agency (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.

Eligible kinship caregivers will receive KSP payments on a monthly basis for up to six months. The kinship caregiver is no longer eligible for KSP payments as soon as one of the following occurs:

- The child is no longer placed in the kinship caregiver's home;
- The PCSA no longer has custody of the child;
- The caregiver has become a certified foster caregiver; or
- The caregiver has received the maximum of six months of KSP payments.

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

To become a foster parent for the children in their home, kinship caregivers may 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 home study process. For more information about beginning the process to become a foster parent, please visit the following website:
<https://fosterandadopt.ohio.gov/wps/portal/gov/ofc/foster-care/becoming-a-fosterparent>

Source: “Ohio Resource Guide for Relatives Caring for Children.” DCY 08146 (Rev. 9/2024)

KINSHIP PERMANENCY INCENTIVE PROGRAM

The Kinship Permanency Incentive (KPI) program provides temporary financial support for minor children in the legal and physical custody of grandparents, relatives, or other kinship caregivers. The KPI program is designed to promote permanent commitments by kinship caregivers, by helping defray some of the costs of caring for children.

KPI provides incentive payments to families caring for their kin. Eligible kinship caregivers will receive an initial payment to help defray the costs of initial placement and may receive subsequent payments at six-month intervals to support the stability of the child's placement in the home. The maximum incentive may not exceed eight payments. Participation in this program does not preclude these families from also receiving childonly Ohio Works First benefits. To apply, eligible kinship caregivers should fill out an application at their local public children service agency.

To be eligible for the Kinship Permanency Incentive, the following conditions must be met:

- A court must have awarded the kinship caregiver legal custody or guardianship of the child.
- A public children services agency must have conducted a home assessment and approved the child's placement.
- The gross income of the caregiver's family, including the child, may not exceed 300% of the federal poverty guidelines.

Source: “Ohio Resource Guide for Relatives Caring for Children,” DCY 08146 (Rev. 9/2024)

KINSHIP GUARDIANSHIP ASSISTANCE PROGRAM (KGAP)

The Kinship Guardianship Assistance Program (KGAP) is available to kinship caregivers who become legal custodians or guardians after caring for children at least six consecutive months as foster parents. Families eligible for KGAP receive a monthly subsidy. Family income is not considered when calculating this subsidy. Children receiving this benefit may be entitled to other assistance, as well, including Medicaid coverage.

You may be eligible for the Kinship Guardianship Assistance Program if you meet these criteria:

- The child was placed in your home by a children services agency that holds custody.
- You and the child have a strong attachment and you are committed to caring for this child.
- You are willing to become a licensed foster parent, or you are already a licensed foster parent.
- You are willing to take legal custody of the child and are not interested in adoption.

Please contact your county public children services agency (PCSA) for more information.

Source: "Ohio Resource Guide for Relatives Caring for Children." DCY 08146 (Rev. 9/2024) and "Kinship Guardianship Assistance Program (Rack Card)," DCY 00152 (Rev. 8/2024)

OHIO WORKS FIRST (OWF)

Kinship caregivers and the children in their care can apply for monthly cash assistance through the Ohio Works First (OWF) program. To be eligible for OWF, you must be related by blood or marriage, or be a legal guardian or custodian to the children in your care. There are two ways kinship caregivers can receive OWF benefits. The first 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 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 Kinship Support Program (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 a 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, 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 the 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 that you will probably be required to work and will be limited to three 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 or 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 on line 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 www.odjfs.state.oh.us/forms/numJFS%2007200/.

Source: "Ohio Resource Guide for Relatives Caring for Children," DCY 08146 (Rev. 9/2024)

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. 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 www.odjfs.state.oh.us/forms/num/JFS%2007200/.

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. You can apply for cash, food, or medical assistance by contacting your county department of job and family services.

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.

Continued on Page 18

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 no more than \$150 and resources of \$100 or less, (2) your income and resources are not enough to pay the rent or mortgage and utilities this month, or (3) your household members are destitute migrant or seasonal farm workers who have resources of \$100 or less.

**Note: For expedited Food Assistance, only identification is required for verification. If you anticipate having trouble with the application 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: “Ohio Resource Guide for Relatives Caring for Children,” DCY 08146 (Rev. 9/2024)

CHILD SUPPORT

The Ohio child support program provides services that help to ensure that children receive the financial and medical support they are legally entitled to and deserve. To be eligible to receive child support, a caregiver must have physical custody of the child. This means that the child must live with and be cared for full-time by the caregiver. The amount of child support that the child’s parents will be ordered to pay depends on both their ability to pay and the needs of the child. If the caregiver already receives OWF for the child, child support will be paid directly to the county department of job and family services.

Every county has a child support enforcement agency (CSEA) that provides services to obtain and maintain child support. A CSEA can help order child support wage withholding from a parent’s paycheck, intercept tax refunds, help to locate an absent parent and/or establish paternity.

Source: “Ohio Resource Guide for Relatives Caring for Children,” DCY 08146 (Rev. 9/2024)

HEALTH INSURANCE ASSISTANCE

Area Office on Aging of Northwest Ohio, Inc. - Ohio Senior Health Insurance Information Program (OSHIIP) **419-382-0624**

2155 ARLINGTON AVE., TOLEDO 43609
www.areaofficeonaging.com

Provides free Medicare and insurance counseling to individuals age 60 and over.

BUILD RESILIENCE

Turn your wounds into wisdom. - Oprah Winfrey

Toledo/Lucas County CareNet **1-833-628-4467**

3550 EXECUTIVE PARKWAY, SUITE 7105, TOLEDO 43606

www.toledocarenet.org/navigators

- CareNet employs licensed and certified navigators to provide free assistance with enrollment in the federal Health Insurance Marketplace or Medicaid health plans. Navigators help to connect low-income residents to medical care and social services, including food, housing, transportation, and other basic needs. For more information on **CareNet Navigators**, call **1-833-628-4467** or visit **www.toledocarenet.org/navigators**
- CareNet employs community health workers (CHWs), who work one-on-one with low income clients to get connected to medical care and social services. CHWs assist clients who are pregnant, of childbearing age, adults with chronic conditions, and other vulnerable populations. CareNet’s CHWs work through the Northwest Ohio Pathways HUB, a community-wide care coordination system. For more information on CareNet **Community Health Workers**, visit **www.toledocarenet.org/community-health-workers**.
- CareNet coordinates a non-profit partnership that operates a charity care network. This network helps qualifying low-income residents of Lucas County access free or reducedcost medical care and services. To enroll in CareNet’s charity care network, members must be residents of Lucas County for at least six months and cooperate with the application process. Additionally, CareNet members must be ineligible for government healthcare assistance and have no access to affordable private coverage. They must also have a household income up to 200% of the Federal Poverty Guidelines. For more information on the **CareNet charity care network**, call **419-820-0161** or visit **www.toledocarenet.org/charity-care-network**

Lucas County Department of Job and Family Services - Medicaid **419-213-8800**

3737 W. SYLVANIA AVE., TOLEDO 43623

www.co.lucas.oh.us/858/Job-and-Family-Services

Provides programs and services to individuals in Ohio with low-income, pregnant women, infants, children, older adults, and Individuals with disabilities. Services: TANF (Temporary Assistance for Needy Families), SNAP (Supplemental Nutrition Assistance Program), Medicaid (Health Insurance), Subsidized Child Care, APS (Adult Protective Services), and the PRC (Prevention, Retention & Contingency) Program.

Northwest Ohio Pathways HUB – Hospital Council of NW Ohio **419-842-0800**

3231 CENTRAL PARK WEST DR., SUITE 200, TOLEDO 43617

www.hcno.org/regional-programs/northwest-ohio-pathways-hub/

Regional care coordination system that connects low-income residents to needed medical and social services, including insurance coverage, food, housing, transportation, and medical homes.

Ohio Medicaid Consumer Hotline **1-800-324-8680**

■ Ohio Medicaid Managed Care Organizations

AmeriHealth Caritas Ohio 1-833-764-7700

www.amerihealthcaritasoh.com

Anthem Blue Cross and Blue Shield Ohio 1-844-912-0938

www.anthem.com/oh/medicaid

Buckeye Health Plan 1-866-246-4358

www.buckeyehealthplan.com

CareSource 1-800-488-0134

www.caresource.com/oh/plans/medicaid/

Humana Healthy Horizons in Ohio 1-877-856-5701

www.humana.com/medicaid/ohio

Molina Healthcare of Ohio, Inc. 1-866-481-5994

www.meetmolina.com/oh-medicaid#

United Healthcare Community Plan of Ohio 1-800-895-2017

www.uhc.com/communityplan/ohio

■ Other Health Insurance Assistance

Federal Health Insurance Marketplace 1-800-318-2596

www.healthcare.gov

If you don't have health insurance through a job, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source that provides qualifying health coverage, you can find coverage through the Marketplace.

Medicare 1-800-633-4227

www.medicare.gov

Medicare is health insurance for people 65 or older.

You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease). You can sign up for Medicare by contacting the Social Security Administration at 1 (800) 772-1213.

Ohio Benefits Long Term Services and Supports (OBLTSS) 1-844-644-6582

www.ohiohelps.org

A network in Ohio that connects individuals to information, resources, and community-based long-term services and supports.

Ohio Home and Community-Based Services Medicaid Waiver Programs

www.medicaid.ohio.gov/families-and-individuals/citizen-programs-and-initiatives/hcbs/waivers/

Allows Ohioans covered by Medicaid to obtain healthcare services and support in their own home or community instead of a nursing home, hospital, or other long-term care facility.

Long-Term Care Waivers:

Area Office on Aging of NW Ohio 419-382-0624

Assisted Living Waiver serves individuals aged 21 and older who live in an Ohio Department of Aging certified licensed residential care facility.

MyCare Ohio serves individuals aged 18+ who meet a hospital or nursing level of care. Managed care plans provide these services. MyCare Ohio is in certain counties only.

Ohio Home Care Waiver serves individuals aged 0-59 with physical disabilities in the home.

PASSPORT serves people aged 65 and older and people with physical disabilities aged 60-64. Services are provided in the home instead of a nursing home.

Developmental Disabilities Waivers:

Lucas County Board of Developmental Disabilities 419-380-4000

Individual Options Waiver serves individuals who need the support of many different services.

Level One Waiver serves people who do not need many paid support staff to provide services.

Self-Empowered Life Funding (SELF) serves individuals who want to self-direct their services.

OhioRISE Waiver:

AETNA BETTER HEALTH OF OHIO (OHIORISE

MEMBER SERVICES) 1-833-711-0773

LUCAS COUNTY – UNISON HEALTH 419-214-4673

WOOD COUNTY – HARBOR 419-352-6033

Medicaid Consumer Hotline 1-800-324-8680

Or contact the child or youth's Medicaid managed care organization.

OhioRISE Waiver is a specialized waiver service system for youth with complex behavioral health and multi-system needs. An individual needs to meet the following levels of care:

- Age 0-20 at the time of enrollment.
- Have a Serious Emotional Disturbance diagnosis.
- Have documented Functional Limitations.
- Functional intervention needed, as assessed by the Child and Adolescent Needs and Strengths tool.

Ohio Senior Health Insurance Information Program (OSHIIP) 1-800-686-1578

www.insurance.ohio.gov/about-us/divisions/oshiip

Provides Medicare beneficiaries with free, objective, health insurance information and 1:1 counseling. Assistance with Medicare counseling in Lucas County is available through the **Area Office on Aging at (419) 382-0624**.

Railroad Retirement Board 1-877-772-5772

Administered by the Railroad Retirement Board (RRB), it is a separate system from Social Security, offering retirement, disability, and survivor benefits to railroad workers and their families.

U.S. Department of Veterans Affairs 1-877-222-8387

www.va.gov/service-member-benefits/

AREA FOOD PANTRIES

Food pantries each have different requirements, specific dates and times, and may have specific service areas or zip codes. It is recommended that you call before visiting.

**Agape Community Center
(Food for Thought)** **419-972-0022**

225 SOUTH IRWIN RD., HOLLAND 43528

**Anthony Wayne Community
Food Ministry** **1-844-643-6637**

8217 DUTCH RD., WATERTVILLE, 43566

Ashland Church **419-720-1995**

2350 STARR AVE., OREGON 43616

Bethlehem Baptist Church **419-241-9360**

1430 W. BANCROFT ST., TOLEDO 43606

Canaan Outreach Center **419-244-5700**

1333 WESTERN AVE., TOLEDO 43609

Cherry St. Mission Ministries **419-242-0068**

1919 MADISON AVE., TOLEDO 43604

Christ the King Church **419-475-4348**

4100 HARVEST LN., TOLEDO 43623

Church of Grace **419-242-9321**

2730 FULTON ST. TOLEDO 43610

Church Women United **419-865-2300**

631 S. CRISSEY RD., HOLLAND 43528

Emmanuel Baptist Church **419-473-3280**

4207 LASKEY RD., TOLEDO 43623

**Epiphany Lutheran
Church (Feed Your Neighbor)** **419-536-5986**

915 N REYNOLDS RD., TOLEDO 43615

Equality Toledo **419-540-8424**

440 FLOYD ST., UNIT C, TOLEDO 43620

Fairgreen Presbyterian Church **419-475-4436**

3220 WEST LASKEY RD., TOLEDO 43613

**Faith Community Church
(Food for Thought)** **419-972-0022**

1201 S. BYRNE RD., TOLEDO 43614

**Faith Lutheran Church
(Feed Your Neighbor)** **419-385-7459**

2440 SOUTH AVE., TOLEDO 43609

Flanders Road Church of Christ **419-882-8188**

5130 FLANDERS RD., TOLEDO 43623

Food for Thought **419-654-0235**

3350 HILL AVE., TOLEDO 43607

Multiple locations and mobile food pantry.

FOP Charities **419-578-7800**

255 GRADOLPH ST., TOLEDO 43612

Frederick Douglass Community Assn. **419-244-6722**

1001 INDIANA AVE., TOLEDO 43607

Friendly Center **419-243-1289**

1324 N SUPERIOR ST. TOLEDO 43604

Friendship New Vision **419-534-5437**

5301 NEBRASKA AVE., TOLEDO 43615

**God's Instruments Outreach and
Food Pantry** **419-214-2684**

1705 TRACY ST., TOLEDO 43605

Grace Community Center **419-248-2467**

406 W. DELAWARE AVE., TOLEDO 43610

Grand Lodge Food Pantry **419-810-0993**

1947 FRANKLIN AVE., TOLEDO 43604

Greater Grace Christian Church **419-214-6900**

3342 MONROE ST., TOLEDO 43606

Helping Hands of St. Louis Church **419-691-0613**

443 6TH ST., TOLEDO 43605

Historic Church of St. Patrick **419-243-6452**

130 AVONDALE, TOLEDO 43604

**Indiana Ave. Baptist Church
(Food for Thought)** **419-972-0022**

640 INDIANA AVE., TOLEDO 43604

J Frank Troy Senior Center **419-255-6206**

545 INDIANA AVE., TOLEDO 43604

Jewish Family Service of Toledo **419-885-4461**

6465 SYLVANIA AVE., SYLVANIA 43560

Little Flower Parish **419-537-6655**

5822 DORR ST., HOLLAND 43528

Lutheran Social Services of NWO **419-243-9178**

2149 COLLINGWOOD BLVD., TOLEDO 43620

Living Faith United Methodist **419-865-3943**

1240 COLUMBUS DR., HOLLAND 43528

Lott Industries (Food for Thought) **419-972-0022**

3350 HILL AVE., TOLEDO, OH 43607

Marketplace Community Church **567-694-2699**

5055 JACKMAN RD., SUITE A, TOLEDO 43613

Martin Luther King Kitchen for the Poor **419-241-2596**

650 VANCE ST., TOLEDO 43604

Monroe Street Neighborhood Ctr. **419-473-1167**

3613 MONROE ST., TOLEDO 43606

Mosaic Ministries **419-344-5844**

2 AURORA L. GONZALEZ DR., TOLEDO 43607

**Mustard Seed Outreach
Ministries (Feed Your Neighbor)** **419-727-1800**

5420 302ND ST., TOLEDO 43611

New Life House of Faith **419-214-0772**

3274 UPTON AVE., TOLEDO 43613

Nightengales Harvest 419-725-1190
OUR SAVIOR LUTHERAN CHURCH, 2820 W. ALEXIS RD.,
TOLEDO 43613
For families with a confirmed diagnosis of cancer from
their healthcare team.

Nova Faith (Food for Thought) info@nova-faith.com
5105 GLENDALE AVE., TOLEDO 43614

Nuestra Gente 567-702-0040
1411 BROADWAY ST., TOLEDO 43609

Olivet Lutheran Church 419-882-2077
5840 MONROE ST., SYLVANIA 43560

Our Lady of Lourdes Hospitality Kitchen 419-865-2345
6149 HILL AVE., TOLEDO 43615

**Outreach of Immaculate
Conception Parish** 419-243-1829
434 WESTERN AVE., TOLEDO 43609

Pilgrim Church 419-478-6012
1375 W SYLVANIA AVE., TOLEDO 43612

Pinewood Tabernacle 419-255-8487
531 PINWOOD AVE., TOLEDO 43604

Providence Ctr. (Feed Your Neighbor) 419-244-0666
1205 BROADWAY ST., TOLEDO 43609

Providence Lutheran Church 419-865-4548
8131 AIRPORT HWY., HOLLAND 43528

Redeemer Lutheran Church 419-536-3781
1702 UPTON AVE., TOLEDO 43607

River of Life Church 419-380-9357
3611 UPTON AVE., TOLEDO 43613

Salem UMC of East Toledo 419-693-6118
602 FEDERAL ST., TOLEDO 43605

Salem Lutheran (North) 419-243-2345
1127 N HURON ST., TOLEDO 43604

Salvation Army NWO 419-241-1138
620 N ERIE ST., TOLEDO 43697

Southside Life Station 419-242-3340
402 SOUTH AVE., TOLEDO 43609

State Line Community Church 419-705-0484
6202 N. DETROIT AVE., TOLEDO 43612

St. Francis De Sales 419-243-4242
501 CHERRY ST., TOLEDO 43604



St. Joan of Arc 419-866-6181
5856 HEATHERDOWNS BLVD., TOLEDO 43614

St. Lucas Lutheran Church 419-724-5280
745 WALBRIDGE AVE., TOLEDO 43609

St. Martin De Porres Social Concerns 419-241-4544
1119 W BANCROFT, TOLEDO 43606

St. Patrick's of Heatherdowns (419) 381-9835
4201 HEATHERDOWNS RD., TOLEDO 43614

St. Patrick's Historic Catholic Church 419-243-6452
130 AVONDALE ST., TOLEDO 43614





FINALLY... YOU CAN SAVE MONEY AND KEEP YOUR BENEFITS

STABLE Accounts allow individuals with disabilities the ability to save and invest without losing benefits such as Medicaid or SSI.

GETTING STARTED...


Go to stableaccount.com and follow the steps below:



1

**CREATE
AN ACCOUNT**


Open your account online at www.stableaccount.com



2

**FUND
YOUR ACCOUNT**

Open your account with as little as \$50



3

**SAVE,
INVEST & SPEND**

Balances and distributions do not affect needs-based financial aid such as Medicaid or SSI
Subject to some limitations

Enroll online at stableaccount.com



For more information, visit stableaccount.com or call 1-800-439-1653

THE STABLE CARD

Participants can request their own STABLE Card that can be used to spend STABLE funds and track qualified expenses.



ELIGIBILITY

Individuals who developed disabilities before the age of 26 may be eligible to open an account.

Take our **Eligibility Quiz** on stableaccount.com to see if you or someone you know qualifies.

SAVING AND INVESTING

DIVERSE CHOICES
You can put your money in up to five different saving and investment options, including four mutual fund based options and a FDIC-insured savings option.

TAX-FREE EARNINGS
Investment earnings are tax-free when used to pay for qualified expenses.

EASY ONLINE ACCESS
Monitor your investments, make contributions, and request withdrawals all online.

QUALIFIED EXPENSES

Use the money in your STABLE account to pay for disability-related expenses.













STABLE Accounts are not guaranteed or insured by the Ohio Treasurer's Office, the State of Ohio, any state agency or subdivision thereof, or their authorized agents or affiliates. You could lose money by investing in a STABLE Account. Consider investment objectives, risks, charges and expenses before investing. Non-Ohio taxpayers or residents should consider whether their home state plan offers any benefits not available through STABLE Account. Before you open an account, you should carefully read and understand the STABLE Account Plan Disclosure Statement and Participation Agreement.

Enroll online at stableaccount.com

St. Paul's Episcopal Church (Food for Thought) 310 ELIZABETH ST., MAUMEE 43537	419-893-3381
St. Mark Lutheran Church 611 WOODVILLE RD. TOLEDO 43605	419-691-3597
St. Paul's United Methodist Church 1201 MADISON AVE., TOLEDO 43604	419-243-8284
St. Vincent's Marguerite d'Youville Program 2213 CHERRY ST., TOLEDO 43608 Must be a patient of St. V's Clinics for 6 months or more.	419-251-2632
Sylvania Area Family Services 5440 MARSHALL RD., SYLVANIA 43560	419-882-8415
Tabernacle Church 531 PINWOOD AVE., TOLEDO 43604	419-255-8478
That Neighborhood Church 1501 N. ONTARIO ST., TOLEDO 43604	419-244-8672
Toledo Northwestern Ohio Food Bank 24 E. WOODRUFF AVE., TOLEDO 43604 www.toledofoodbank.org	419-242-5000
Toledo Seagate Food Bank 526 HIGH ST., TOLEDO 43609 www.theseagatefoodbank.org	419-244-6996
Trinity Episcopal Church 1312 N. HURON ST., MAUMEE 43537	419-243-1231
Trinity Faith Outreach Center 531 PINWOOD AVE., TOLEDO 43604	419-340-6253
United Missionary Baptist Church 2705 MONROE ST., TOLEDO 43606	419-242-1455
Vision Ministries Assembly of God 1630 BROADWAY ST., TOLEDO 43609	419-242-0140
Waite High School (Food for Thought) 301 MORRISON DR., TOLEDO 43605	419-972-0022
Wesley United Methodist (North) 2934 STICKNEY AVE., TOLEDO 43608	419-726-4160

MEALS FOR KIDS

Connecting Kids to Meals 1501 MONROE ST., TOLEDO 43604 www.connectingkidstomeals.org Provides hot, nutritious meals at no cost to kids in low-income and underserved areas throughout the year. Partners with community locations where kids gather during the summer months and throughout the academic year.	419-720-1106
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PUBLIC CHILD SUPPORT AGENCIES

Lucas County Children Services 301 ADAMS ST., TOLEDO 43604 www.lucaskids.net	419-213-3200
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Post Adoption Special Services Subsidy (PASSS):

The 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. For more information regarding the PASSS program, please contact your region's OhioKAN representative or visit ohiokan.ohio.gov.

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. Family income is not considered when calculating this subsidy. 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: The SAMS program provides financial assistance to families based on children's special needs at the time of the adoptive placement. To be eligible for SAMS, the adoptive family's gross income must not exceed 120 percent of the median income of a family of the same size. A child who is eligible to receive Title IV-E Adoption Assistance is not eligible to receive SAMS. Please contact your county PCSA for more information.

Source: "Ohio Resource Guide for Relatives Caring for Children", DCY 08146 (Rev.9/2024)

Lucas County Child Support Enforcement Agency 3737 W. SYLVANIA AVE., TOLEDO 43623 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.	419-213-3000
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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 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.

UTILITY ASSISTANCE

**Area Office on Aging of Northwestern Ohio, Inc. -
Non-Emergency Home Energy
Assistance Program (HEAP)**

419-382-0624

2155 ARLINGTON AVE., TOLEDO 43609

www.areaofficeonaging.com

Call for assistance filling out the HEAP application.

City of Toledo Senior Water Discount

419-245-1800

420 MADISON, STE. 100, TOLEDO 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 or 1-800-234-9473

www.lifelinesupport.org

Discount on monthly phone service to those who qualify.

**Lutheran Social Services of
Northwestern Ohio**

419-243-9178

2149 COLLINGWOOD BLVD., TOLEDO 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., TOLEDO 43611

Serves 43611 and some 43604 zip codes 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., TOLEDO 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.



The Home Energy Assistance Program (HEAP) provides eligible Ohioans assistance with their heating in the winter. The Summer Crisis Program also provides assistance during the summer months with electric bills, fans, and air conditioners for adults 60 years and older, those who have medical conditions and who financially qualify.

For more information on the AOoA HEAP Program call us today!

 **419-382-0624** or  **AreaOfficeOnAging.com**



Public Utilities Commission of Ohio 1-800-686-7826
180 E. BROAD ST., COLUMBUS 43215
www.puco.ohio.gov
Helps with utility-related questions and concerns.

Safelink Wireless 1-800-Safelink (1-800-723-3546)
9700 NW 112TH AVE., MIAMI, FL 33178
www.safelinkwireless.com
Free cell phone program through Lifeline.

Salvation Army NWO 419-241-1138
620 N. ERIE ST., TOLEDO 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 419-251-2153
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.

Lifeline Support Center.....1-800-417-3849
or LifelineSupport@usac.org

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, TOLEDO 43605
www.nwtoledo.org
Must call for application and show proof of income.
Follows HEAP eligibility guidelines.

HOUSING DISCRIMINATION ASSISTANCE

City of Toledo - Landlord Tenant Resources
toledo.oh.gov/residents/landlord-tenant-resources/

Fair Housing Center 419-243-6163
326 N. ERIE ST., 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.civ.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., TOLEDO 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., TOLEDO 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. 600, TOLEDO 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) 1-877-894-4599
525 W. JEFFERSON AVE., SUITE 300, TOLEDO 43604
Provides legal information and assistance related to landlord tenant issues, and other legal matters, to individuals with low income.

Lucas Metropolitan Housing Authority 419-259-9400
424 JACKSON ST., TOLEDO 43604
www.lucasmha.org

Rents and manages property for persons with low income.

Neighborhood Properties, Inc. (NPI) 419-473-2604
2753 W. CENTRAL AVE., TOLEDO 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
2600 CORPORATE EXCHANGE DR., STE. 300, COLUMBUS 43231
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.

Pathway, Inc. 419-242-7304
505 HAMILTON ST., TOLEDO 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. Francis de Sales Church & Outreach Center 419-243-4242
501 CHERRY ST., TOLEDO 43604
Serves anyone in 43604 zip code.

FINANCIAL ASSISTANCE

Lucas Co. Job & Family Services 419-213-8800
3737 W. Sylvania Ave., Toledo 43623
Child Care for kinship caregivers is subject to the same regulations as other working families who are eligible for subsidized care services.

Early Childhood Education

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 checklists on Pages to help you make an informed decision.

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



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

St. Vincent de Paul Society 419-531-5268
5522 DORR ST., TOLEDO 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
1001 MADISON AVE., TOLEDO 43604
www.unitedwaytoledo.org
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 or 567-806-5120
1323 CHAMPLAIN, TOLEDO 43604
www.voa.org
Housing services for the elderly.

program or childcare for a child in your care. The following agencies offer assistance:

The Administration for Children and Families: Office of Child Care (202) 690-6782
330 C STREET SW, 4TH FL., WASHINGTON, DC 20201
www.childcare.gov

Offers 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. TOLEDO 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 **419-725-6175** 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**

Clever Bee Academy **1-866-313-9864**
1218 CITY PARK AVE., TOLEDO 43604 **419-243-5286**
545 WOODVILLE RD., TOLEDO 43605 **419-698-8556**
2300 LAGRANGE ST., TOLEDO 43608 **419-243-3046**
www.cleverbeeacademy.com

Educare Academy **419-704-2009**
www.educareacademy.com/early-head-start/
10 locations in the Toledo area. Partners with both Lucas County Family Council and GLCAP to offer Early Head Start to the county's at-risk children under age 3.

Great Lakes Community Action Partnership - GLCAP Preschool Centers: **1-800-775-9767**
BANCROFT EARLY CHILDHOOD CENTER **419-841-4116**
2151 N. MCCORD RD., TOLEDO 43615
SYLVANIA EARLY CHILDHOOD CENTER **419-865-3820**
7240 ERIE ST., SYLVANIA 43560
www.glcap.org

Lucas County Family and Children First Council

419-725-6175

1946 N. 13TH ST., STE. 420, TOLEDO 43604 - 7264
www.lucascountyfamilycouncil.org

Early Head Start provides support to families, including health and developmental screenings, medical and dental services, parent education, and family goal-setting. Family Advocates help with enrollment.

Ohio Department of Children & Youth – Early Care and Education

headstart@childrenandyouth.ohio.gov

Head Start is a federally funded school readiness program for children from prenatal to age 5. It provides services to eligible children and families in the areas of early learning, health, and family well-being, while engaging parents and guardians as partners every step of the way. Head Start includes preschool programs for children ages 3 to 5, as well as Early Head Start programs for infants, toddlers, and pregnant women.

Toledo Public Schools - Head Start **419-671-9100**

1500 N. SUPERIOR ST., TOLEDO 43604
www.tps.org/departments/early-childhood
Administers Head Start services for Lucas County.

US Department of Health and Human Services- Administration for Children and Families

1-866-763-6481

www.headstart.gov

Administers grant funding and oversight to the agencies that provide Head Start services. Provides a searchable database to find a Head Start Program near you.

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 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 or 419-787-7376**
1555 S. BYRNE RD., STE. 100, TOLEDO 43614
www.cardanmontessori.com

Montessori Day School **419-537-7011**
5559 W. BANCROFT ST., TOLEDO 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.montessoritoleado.org

BUILD RESILIENCE

You are never too old to set another goal or dream a new dream. - C.S. Lewis

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 programs 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.

Art Tatum Zone

567-698-9402

531 PINWOOD AVE., TOLEDO 43604
www.arttatumzone.org

Empowering individuals from early childhood, youth, to adulthood through programs in education, job readiness, health, and leadership.

Believe Center

567-200-2027

1 AURORA L. GONZALEZ DR., TOLEDO 43609
www.believecenter.org

Offers sports, enrichment programs, education, and other activities for children and youth. Provides opportunities to develop leadership skills.

Boys and Girls Clubs of Toledo

419-241-4258

ADMINISTRATIVE CTR.: 2250 N. DETROIT AVE., TOLEDO 43606
www.bgctoledo.org

9 locations in the Toledo area. Offers structured programming for children and youth in the arts, education, sports, fitness, and opportunities to build their leadership skills.

City of Toledo – Parks and Youth Services

419-936-2875

2201 OTTAWA DR., TOLEDO 43606

www.toledo.oh.gov/residents/parks/after-school-programs

Offers an array of enriching after-school programs right in your neighborhood. From arts and sports to tech and tutoring, there’s something for every young explorer.

East Toledo Family Center

419-691-1429

1020 VARLAND AVE., TOLEDO 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 Center

419-244-6722

1001 INDIANA AVE., TOLEDO 43607

www.thedoug419.org

After school tutorial and recreation, homework assistance and computer training.

Friendly Center

419-243-1289

1324 N. SUPERIOR, TOLEDO 43604

www.friendlycentertoledo.com

Family resource center with activities and services for youth, teens, adults, seniors, and families.

Grace Community Center 419-248-2467
406 W. DELAWARE AVE. TOLEDO 43610
Offers year-round education, recreation, social development, and leadership opportunities for children and youth.

Sylvania Area Family Center 419-882-8415
5440 MARSHALL RD., TOLEDO 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.

Toledo Museum of Art - Family Center 419- 255-8000, ext. 7411
2445 MONROE ST., TOLEDO 43620
www.toledomuseum.org/learn/family-center
Designed for young children and their grown-ups to explore art together. Each workshop session includes all the supplies needed to create a unique work of art inspired by the art and artists in TMA's collections and special exhibitions. No experience is necessary, just come for the fun! Family Center is always free, but advanced registration is required.

Toledo PAL (Police Athletic League) 419-276-4764
1111 E. MANHATTAN BLVD., TOLEDO 43608
www.toledopal.org
In partnership with the Toledo Police Department, City of Parks, Recreation and Forestry, and community volunteers, Toledo PAL builds character in young people through athletic, academic, and leadership development programs.

YMCA/JCC Child Development Dept. 419-724-0440 or 419-729-8135
6465 W. SYLVANIA AVE., SYLVANIA 43560
www.ymcatoledo.org/main/child-care/
Offers infant and toddler care, preschool, and before and after school programs.

YMCA of Greater Toledo HEADQUARTERS: 419-729-8135
1111 E. MANHATTAN BLVD., TOLEDO 43608
www.ymcatoledo.org
Multiple locations in Lucas County. Offers programs and opportunities that nurture the potential of children and youth, and promote healthy living and fosters a sense of social responsibility.

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.

BABYSITTER TRAINING

American Red Cross 419-329-2900
1111 RESEARCH DR., TOLEDO 43614
www.redcross.org/
Offers online and classroom babysitting classes and child care training. Certification classes include a free digital certificate, valid for 2 years, plus free access to digital learning materials.

RESPIRE 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., WHITEHOUSE 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.campneasa.org
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 Resource and Referral 419-255-5519
1018 JEFFERSON AVE., TOLEDO 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.

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.

Khan Academy

www.khanacademy.org

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 includes supplementary practice exercises and materials for educators. All resources are available to website users. The website and its content are provided in English, but the content is available in Spanish, Portuguese, Hebrew, Italian, Russian, Chinese, Turkish, French, Bengali, Hindi, and German.

TEST PREP

STARS Student Testing and Academic Resource Services

419-870-8384

5151 MONROE ST., STE. 100, TOLEDO 43623

www.starsprep.net

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.

Sylvan Learning Center of Toledo

419-491-3140

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.

Educational Service Center of Lake Erie West

(419) 245-4150

2275 COLLINGWOOD BLVD., TOLEDO 43620

www.eslakeeriewest.org

State Support Team Region 1 - Provides resources, services and opportunities that meet the unique needs of the educational community.

Foster Grandparents Program

419-242-9511

SENIOR CENTERS, INC., 2308 JEFFERSON AVE., TOLEDO 43604

www.seniorcentersinc.org

Provides mentoring for elementary school children in the schools and other community agencies.

Continued on Page 32

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? _____

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? _____

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? _____

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? _____

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? _____

Ohio Department of Education 1-877-644-6338
25 SOUTH FRONT ST., COLUMBUS 43215
www.education.ohio.gov

OSU Extension 419-213-4254
5403 ELMER DR., TOLEDO 43615
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 or 703-518-1200
1250 N. PITT ST., ALEXANDRIA, VA 22304
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.

Anthony Wayne Local School District 419-877-5377
9565 BUCHER RD., WHITEHOUSE 43571
AWLS is comprised of one high school, two elementary schools and three primary schools.

Maumee City School District 419-893-3200
716 ASKIN ST., MAUMEE 43537
Maumee City Schools is a public school district in Northwest Ohio, serving the city of Maumee and parts of Toledo. The district comprises five schools: Fairfield and Fort Miami Elementary (K-3), Maumee Intermediate (4-5), Maumee Middle (6-8), and Maumee High School (9-12).

Oregon City School District 419-693-0661
5721 SEAMAN ST., OREGON 43616
Develops and cares for the whole student, in partnership with families and community, through rigorous, tailored educational offerings, customized services, and a culture of excellence and growth resulting in prepared, adaptable and engaged citizens. OCS D has one high school, two junior highs and three primaries.

Ottawa Hills Local School District 419-536-6371
3600 INDIAN RD., TOLEDO 43606
OHLSD has one high school, one junior high and one elementary.

Springfield Local School District 419-867 5600
600 HALL ST., HOLLAND 43528
SLSD has three elementary schools, one middle and one high school.

Swanton Local School District 419-826-7085
108 NORTH MAIN ST., SWANTON 43558
SLSD has one high school, middle school and elementary school.

Sylvania City School District 419-824-8501
4747 NORTH HOLLAND SYLVANIA RD., SYLVANIA 43560
The district has two high schools, three junior high schools, seven elementary schools, a preschool, and a virtual academy.

Toledo Public Schools - TPS Proud 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.

Washington Local School District 419-473-8220
3505 WEST LINCOLNSHIRE BLVD., TOLEDO 43606
The Washington Local School District covers 17 square miles in Toledo, serving approximately 7,000 students at eight elementary schools, two single-grade junior highs and a comprehensive high school campus.

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.

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 Department of Education and Workforce, 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., TOLEDO 43560

www.abilitycenter.org

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.

Compass Rose Disability Advocates 419-688-5922

MAILING ADDRESS: PO BOX 13166, DAYTON 45413

www.compassroseadvocates.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) 1-844-382-5452 or 740-382-5452

125 EXECUTIVE DR., #200, MARION 43302

www.oecd.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.

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, TOLEDO 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 their potential and actual performance in school and has difficulty with math concepts, listening skills, retaining information or reading comprehension, they may have a learning disability. A learning disability occurs because of problems with the way the brain handles 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.

Continued on Page 34

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).

**Ohio Department of Education and Workforce -
Special Education 1-877-644-6338 or 614-466-2650**

25 S. FRONT STREET, MAIL STOP 409, COLUMBUS 43215
www.education.ohio.gov/Topics/Special-Education

Ohio Guidestone 419-479-3060

885 COMMERCE DR., PERRYSBURG 43551

www.ohioguidestone.org

Equip parents, educators, health care providers and social service professionals to support children with Fetal Alcohol Spectrum Disorders (FASD).

**Toledo Public Schools Special
Education Department 419-671-0001**

1609 N. SUMMIT ST., TOLEDO 43604

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
of America 412-341-1515**

4068 MT. ROYAL BLVD., ALLISON PARK, PA 15101

www.ldaamerica.org

**National Center for
Learning Disabilities 301-966-2234**

1220 L STREET NW, STE. 100, BOX #168, WASHINGTON, DC 20005

www.nclld.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:

National Assn. for Gifted Children 202-785-4268

1300 I STREET NW, STE. 400E, WASHINGTON, DC 43230

www.nagc.org

Ohio Association for Gifted Children 614-337-0386

104 MILL ST., STE. H-1, GAHANNA 43230

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.

RED FLAGS

What are the symptoms of learning disorders?

Please note that the generally common signs included here are for informational purposes only; the information is not intended to screen for learning disabilities in general or for a specific type of learning disability.

At times, all children have trouble learning and using academic skills. But when the symptoms last for at least six months and don't get better with help from adults, a child might have a learning disorder.

The symptoms of a learning disorder in a child can include:

- Not being able to master skills in reading, spelling, writing or math at or near the expected age and grade levels.
- Trouble understanding and following instructions.
- Problems remembering what someone just said.
- Lacking coordination while walking, playing sports or doing things that use small muscles, such as holding a pencil.
- Easily losing homework, schoolbooks or other items.
- Trouble completing homework and assignments on time.
- Acting out or having defiant, angry or large emotional reactions at school. Or, acting any of these ways while doing academic tasks such as homework or reading.

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: Mayo Clinic (www.mayoclinic.org/healthy-lifestyle/childrens-health/indepth/learning-disorders/art-20046105)

**Owens Community College - Aspire
College and Career Readiness Center 567-661-2227**
30335 OREGON RD., PERRYSBURG 43551
www.owens.edu/ccr/enroll/

No cost, high-quality instruction to adult learners who want to obtain a High School Equivalency or improve basic skills to prepare for college or employment.

Pathway Toledo 419-242-7304
505 HAMILTON ST., TOLEDO 43604
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 419-661-6182 or 419-491-8433
9301 BUCK RD., PERRYSBURG 43551
www.pentacareercenter.org/ASPIRE.aspx

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.

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)**.

**Autism Scholarship
Program (ASP) 1-877-644-6338 or 614-728-3480**
25 S. FRONT ST., MAIL STOP 310, COLUMBUS 43215
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).

**Educational Choice Scholarship
(EdChoice) 1-877-644-6338 or 614-728-2743**
www.education.ohio.gov

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

Greater Toledo Community Foundation 419-241-5049
300 MADISON AVE., SUITE 1300, TOLEDO 43604
www.toledocf.org/scholarships
Email: Scholarships@toledocf.org

Through the generosity of the region's philanthropic community, the Foundation has established multiple scholarship opportunities for graduating high school seniors and current college students in northwest Ohio and southeast Michigan. Most scholarship opportunities are managed through a single, universal application, which matches applicants with over 50 scholarships. All scholarship opportunities included on the universal application have a deadline of February 11. Other scholarship deadlines are listed separately in the Scholarship Portal and on the Scholarship Opportunities page.

**Jon Peterson Special Needs (JPSN)
Scholarship Program 1-877-644-6338 or 614-728-3480**
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
5800 MONROE ST., #15, SYLVANIA 43560
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

Patented scholarship-matching platform helps you find free money for college by delivering a smarter, targeted list of scholarships uniquely suited to you.

EDUCATIONAL OPTIONS

School Choice Ohio 614-223-1555
1335 DUBLIN RD., SUITE 50A, COLUMBUS 43215
www.schoio.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.

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.

Toledo Tomorrow **419-697-9696**

425 JEFFERSON AVE., SUITE 905, TOLEDO 43604

www.toledotomorrow.org

A nonprofit organization dedicated to helping students and adult learners afford college or career technical education. They assist individuals in navigating the FAFSA application process, provide information on scholarships, and key deadlines and events that make college more affordable. Their mission is to ensure that all who desire higher education can achieve it as close to debt-free as possible.

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

BUILDING RESILIENCE

It's your reaction to adversity, not adversity itself, that determines how your life's story will develop. - Dieter F. Uchtdorf

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. 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, TOLEDO 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 of Western Ohio - LAWO **419-724-0030 or 1-877-894-4599**

525 JEFFERSON AVE., STE. 300, TOLEDO 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.

ProSeniors - Legal Helpline **1-800-488-6070 or 513-345-4160**

7162 READING RD., #1150, CINCINNATI 45237

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 an attorney who handles Legal Helpline calls. Legal Helpline Intake Hours: Monday – Friday, 9 A.M. – 3 P.M.

Lucas County Domestic Relations Court **419-213-6850**

429 N. MICHIGAN ST., TOLEDO 43604

www.co.lucas.oh.us/163/domestic-relations-court.com

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, TOLEDO 43604

www.co.lucas.oh.us/204/juvenile-court.com

Deals with custody and visitation issues of parents not married and relative caregivers.

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!
Ohio Attorney General Help Center 1-800-282-0515www.ohioattorneygeneral.gov

Can assist consumers with filing a consumer complaint.
Can refer consumer to legal assistance.

Ohio Justice Bus

A mobile legal aid office and technology hotspot that allows legal aid and pro bono attorneys to travel to and provide legal services to Ohioans at no cost to clients. Helps Ohioans access free legal services. Provides technology to address legal needs in rural or underserved areas. Solves legal challenges to help improve financial security, health, and safety. Partners with community organizations across the state. Access the Justice Bus schedule at www.ohiojusticefoundation.org/grantees/ohio-justice-bus/. For additional information on a variety of legal issues, visit www.ohiolegalhelp.org.

**Toledo Bar Association -
Pro Bono (Free) Legal Services**
419-242-9363
 311 N. SUPERIOR ST., TOLEDO 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.

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.**

■ 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

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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.

■ 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’s care, upbringing, education and medical needs.
- Protect and discipline the child.
- Provide food, shelter, education and ordinary medical care for 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 they 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 Caretaker Authorization Affidavit.

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.

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.

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 Caretaker Authorization Affidavit. The 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 Caretaker Authorization Affidavit, you must:

- Fill out the appropriate form. (Refer to the appendix.)
- Understand and agree to the terms regarding the 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 Caretaker Authorization Affidavit does not give you authority over your grandchild's adoption, marriage or 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 61 of the Appendix.

■ WHAT IS FOSTER CARE

Foster Care is a federally mandated program administered by public children services agencies and supervised by the Ohio Department of Job and Family Services. The purpose of foster care is to provide a safe 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).

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.

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JUDGE PUFFENBERGER



**LUCAS COUNTY
PROBATE COURT**

700 Adams St. Ste 200
Toledo, Ohio 43604
419-213-4775

www.lucasprobate.org

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 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.

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.

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.

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.

Lucas County Division of Child

Support Services 1-800-466-6393 or 419-213-3001

3737 W. SYLVANIA AVE., TOLEDO 43623

www.co.lucas.oh.us/633/Child-Support-Enforcement-Agency

Serves 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

3737 W. SYLVANIA AVE., TOLEDO 43623

www.lucasjfs.org

Lucas County Children Services

419-213-3200

301 ADAMS ST., TOLEDO 43604

www.Lucaskids.net

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.

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 for advice on what best fits your needs. Be sure to find an attorney who is experienced in these matters, and with one whom you feel comfortable. A good starting point is the local Bar Association or Legal Aid Society.

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., TOLEDO 43623
www.toledoacademyofmedicine.org

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:

Halim Clinic

567-318-4609

4646 NANTUCKETT DR., SUITE D, TOLEDO 43623
(TEMPORARY LOCATION)

www.halimclinic.org/home

Healthcare, pharmacy, and dental services for the uninsured or underinsured. Dental clinic hours are Saturdays, 9 A.M. – 1 P.M. Due to high demand, the dental clinic has a waitlist and does not accept walk-ins. Provides dental exams, x-rays, restorations, extractions, cleanings, denture adjustments, root canals, and oral cancer screenings.

Neighborhood Health Association – Nexus Health Care

419-255-7883

www.nhainc.org/dental/

Nexus Health Care, part of the Neighborhood Health Association, offers a range of dental services. The overall health of your teeth and gums affects your total health and wellness. Good oral health will help you stay healthy. Accepts Medicaid, Medicare, and a sliding fee scale available for uninsured.

Owens Community College Dental Hygiene Program

567-661-7294

HEALTHCARE EDUCATION CENTER-

7450 CHAMPIONSHIP DRIVE WEST, PERRYSBURG 43551
www.owens.edu

Safe, quality, preventative dental services at a reasonable cost. Offers oral assessment, x-rays, cleanings, fluoride treatments, and patient instruction.

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

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 -
Sots for Tots and Teens** **419-213-4100**

635 N. ERIE, TOLEDO 43604
www.lucascountyhealth.com

Neighborhood Health Association

313 JEFFERSON BLVD., TOLEDO 43604 **419-720-7883**
615 DIVISION ST., TOLEDO 43604 **419-255-7883**
732 SOUTH AVE., TOLEDO 43609 **419-241-6106**
117 MAIN ST., TOLEDO 43605 **419-691-1322**
923 N. HURON, TOLEDO 43604 **419-242-6028**
1415 JEFFERSON, TOLEDO 43604 **419-241-1554**
www.nhainc.org

Medical and dental 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, physician referral, and family and pastoral counseling.

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., SYLVANIA 43560
www.promedica.org

Mercy St. Anne Hospital **419-407-2663**

3404 WEST SYLVANIA, TOLEDO 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**

2213 CHERRY ST., TOLEDO 43608
www.mercy.com

**Toledo Hospital & Russell J. Ebeid
Children's Hospital**

419-291-4000

2142 N. COVE BLVD., TOLEDO 43606
www.promedica.org

University of Toledo

Medical Center **419-383-4000 or 1-800-321-8383**

3000 ARLINGTON AVE., TOLEDO 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 **1-866-885-5733 or 419-885-5733**

5605 MONROE ST., SYLVANIA 43560
www.abilitycenter.org

Assists people with disabilities to live, work, and socialize.
Info and referral, education, home accessibility, and equipment loan closet.

**Americans with Disabilities Act (ADA) Information
Line**

VOICE **1-800-514-0301**
TTY **1-833-610-1264**
www.ada.gov

Anne Grady Services

419-866-6500

1525 EBER RD., HOLLAND 43528
www.annegrady.org

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, TOLEDO 43606
www.equitashealth.com

Lucas County Board of Developmental Disabilities 419-380-4000
1154 LARC LN., TOLEDO 43614
www.lucasdd.info

Lucas County Help Me Grow
INFORMATION LINE 419-665-3322 or 1-800-755-GROW
1946 N. 13TH ST., STE. 420, TOLEDO 43604
www.co.lucas.oh.us/2755/Help-Me-Grow

Ohio Department of Health - Complex Medical Help
NORTHWEST OHIO REGION 419-213-4167 or 1-800-755-4769
odh.ohio.gov/know-our-programs/complex-medical-help/
complex-medical-help

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, TOLEDO 43614
www.ood.ohio.gov

Sunshine Residential and Support Svcs. 419-868-6011
7223 MAUMEE WESTERN ROAD, MAUMEE 43537
www.sunshine.org

ADVOCACY, INFORMATION & SUPPORT

Americans with Disabilities Act (ADA)
Information Line VOICE 1-800-514-0301
TTY 1-833-610-1264
www.ada.gov

Answers questions about Americans with Disabilities Act.

Autism Society of NW Ohio 419-578-2766
7140 PORT SYLVANIA, TOLEDO 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.

Children's Relief Fund 843-681-7668
www.thechildrensrelieffund.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).

Compass Rose Disability Advocates LLC 419-688-5922
www.compassroseadvocates.com

Advocacy for special education Pre-K to 12th grade,
college accommodation, and employment. Help applying
for Social Security benefits and community programs.
Disability awareness training.

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.

National Autism Society - Helpline 1-800-328-8476
6110 EXECUTIVE BOULEVARD, SUITE 305, ROCKVILLE, MD 20852
www.autismsociety.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 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 4, 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 419-368-2627
1002 GARDEN LAKE PKWY., TOLEDO 43614
www.dsc.org/locations/toledo

Hear Now - Starkey Hearing Foundation 1-866-354-3254
PO BOX 41514, MINNEAPOLIS, MN 55341
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
Advocacy and membership organization for people with
hearing loss.

Hyman Hearing and Speech Center **419-865-7500**
5950 AIRPORT HIGHWAY, SUITE 17, TOLEDO 43615
www.hymanhearingspeechctr.com

Ohio State School for the Deaf **614-728-4030**
500 MORSE RD., COLUMBUS 43214
www.osd.ohio.gov/about

The Ohio School for the Deaf (OSD) is one of the oldest continuously open public deaf schools in the United States. We welcome approximately 150 Deaf and hard of hearing students to campus each year from around Ohio. We use Expanded Common Core in our classrooms and offer students opportunities to learn and grow socially and emotionally in a safe environment through extra-curricular activities.

Opportunities for Ohioans with Disabilities **419-866-5811**
BUREAU OF VOCATIONAL REHABILITATION (BVR)
5241 SOUTHWYCK BLVD. # 200, TOLEDO 43614
www.ood.ohio.gov

Sertoma **1-816-333-8300**
720 MAIN ST., FL. 1, KANSAS CITY, MO 64105
www.sertoma.org
Strives to 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, BOWLING GREEN 43403-0149
www.bgsu.edu

**ProMedica Russell J. Ebeid
Children's Hospital** **419-291-4000**
2142 N. COVE BLVD., TOLEDO 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 they grow.

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:

BUILD RESILIENCE

It's your reaction to adversity, not adversity itself, that determines how your life's story will develop. - Dieter F. Uchtorf

Ohio State School for the Blind **1-800-310-3317**
5220 N. HIGH ST., COLUMBUS 43214
www.ossb.ohio.gov/about

The first public school in the United States for the education of Blind and Visually Impaired students, OSSB welcomes more than 100 students each year to our campus in Columbus, Ohio. We use Expanded Core Curriculum in our classrooms and offer students opportunities to learn and grow socially and emotionally in a safe environment through extra-curricular activities.

**Opportunities for Ohioans with Disabilities -
Bureau of Services for the Visually
Impaired (BSVI)** **419-866-5811**
5241 SOUTHWYCK, STE. 200, TOLEDO 43614
www.ood.ohio.gov

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

Prevent Blindness America—Ohio **419-329-2020**
2200 JEFFERSON AVE., TOLEDO 43604
www.ohio.preventblindness.org

The Sight Center **419-720-3937 or 1-800-624-8378**
1002 GARDEN LAKE PKWY., TOLEDO 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

Continued on Page 46

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.

ABLE – A Better Life 2 Embrace **419-531-2408**
3450 W. CENTRAL AVE., SUITE 126, TOLEDO 43606
www.abetterlife2embrace.com

Anchored in Hope Counseling, LLC **419-491-0420**
1690 WOODLANDS DR. SUITE 200, MAUMEE 43537
www.anchoredinhopecounseling.org

Arrowhead Behavioral Health **419-891-9333**
1725 TIMBERLINE RD., MAUMEE 43537
www.arrowheadbehavioral.com/

Attain Behavioral Health **1-888-442-2323**
3231 CENTRAL PARK WEST #106, TOLEDO 43617
www.attainbh.com

Beyond Healthcare **1-888-380-1592**
3110 W. CENTRAL AVE., SUITE A, TOLEDO 43606
www.beyondhctoledo.com

Central Behavioral Healthcare **419-882-5678**
5965 RENAISSANCE PL., # 1, TOLEDO 43623
www.centralbehavioralhealthcare.com

Community Teaching Homes **419-868-1178**
6715 DORR ST., TOLEDO 43615
www.cthohio.org

Comprehensive Behavioral Health Services **419-794-0567**
2770 CENTENNIAL RD., BLDG. 7, TOLEDO 43617
www.comprehensivebehavioralhealth.com

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



Crisis Text Line **Text HOME to 741741**
www.crisistextline.org
Free 24/7 high quality text based mental health support and crisis intervention by a community of trained volunteers to support people in their moments of need.

Drescher & Associates **567-218-0185**
615 KINGSBURY ST., MAUMEE 43517 (MULTIPLE LOCATIONS)
www.dreschertherapy.com

Empowered for Excellence **567-316-7253**
3170 W. CENTRAL AVE. TOLEDO 43606
www.efebhoh.org

Evolve Mental Health and Wellness **419-314-9535**
5330 HEATHERDOWNS BLVD., SUITE 207, TOLEDO 43614
www.evolvewellness419.com

Fresh Attitude Adolescent Substance Use Program **1-866-720-3784**
525 HAMILTON ST., SUITE 102, TOLEDO 43602
www.drug-rehab-headquarters.com
Offers a variety of mental health and addiction services for adolescents and families.

Glass City Behavioral Healthcare **419-721-4432**
1825 GLENDALE AVE., TOLEDO 43614
www.glasscitybh.com

Good Grief of Northwest Ohio **419-360-4939**
440 S. REYNOLDS RD., SUITE D, TOLEDO 43615
www.goodgriefnwo.org

Harbor **419-475-4449**
3909 WOODLEY RD. TOLEDO 43606
www.harbor.org
Multiple locations.

Helping Young People Excel (HYPE) of Lucas **419-724-4973**
4333 MONROE ST. SUITE F & G, TOLEDO 43606
www.hypeoflucas.com

Inspiring Wellness Counseling

1627 HENTHORNE DR., STE. C, MAUMEE 43537 **419-705-8597**
5726 SOUTHWYCK, STE. 201, TOLEDO, 43614 **419-410-1860**
www.inspiringwellnesscounseling.org

Ironwood Center

2211 RIVER RD., MAUMEE 43537
www.ironwoodcenter.com

Lucas County Emotional Support Line

419-904-CARE (2273)

Local resource that helps people deal with mental health during isolation. Available for calls from 8am - midnight.

Lutheran Social Services

419-243-9178

2149 COLLINGWOOD BLVD. TOLEDO 43620
www.lssnwo.org

Mental Health and Recovery Services Board of Lucas County

419-213-4600

333 N. SUMMIT ST., STE. 1401, TOLEDO 43604
www.lcmhrsb.oh.gov

Mindful Behavioral Care

419-210-3597

4428 SECOR RD., SUITE 201, TOLEDO 43623
www.mindfulbehavioralcare.org

Mindfully Therapy & Psychiatry Toledo

567-399-2900

3000 REGENCY CT., #207, TOLEDO 43623
www.mindfully.com

Monarch Grief Center

567-331-8601

314 LOUISIANA AVE., PERRYSBURG 43551
www.monarchgriefcenter.org

NAMI Toledo

419-243-1119

4334 SECOR RD., TOLEDO 43623
Website: www.namitoledo.org

New Concepts

419-531-5544

111 S. BYRNE, TOLEDO 43615
www.newconcepts.org/

New Perspectives Counseling

419-460-0621

3131 EXECUTIVE PARKWAY, SUITE 205, TOLEDO 43616
www.nperspectives.org

Northwest Ohio Psychiatric Hospital

419-381-1881

930 S. DETROIT, TOLEDO 43614
www.mha.ohio.gov

Ohio Department of Mental Health and

Addiction Services

1-877-275-6364 or 614-466-2596

30 E. BROAD ST., 36TH FLOOR, COLUMBUS 43215
www.mha.ohio.gov

Strives to end suffering from mental illness, substance use disorders, and problem gambling for all Ohioans.

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

Ohio Guidestone

419-720-9247 or 1-877-515-5505

1832 ADAMS ST., TOLEDO 43604
www.ohioguidestone.org/

OhioRISE (Resilience through Integrated Systems and Excellence)

1-833-711-0773

www.managedcare.medicaid.ohio.gov/managed-care/ohiorise

OhioRISE aims to shift the system of care and keep more kids and families together by creating new access to in-home and community-based services for children with the most complex behavioral health challenges. The OhioRISE program's child and family-centric delivery system recognizes the need to specialize services and support for this unique group of children and families. Aetna Better Health of Ohio (the OhioRISE plan) is partnering with Ohio Department of Medicaid (ODM), partner state agencies, providers, families, and other stakeholders to develop and implement new and enhanced services,

- In addition to all the mental health and substance use disorder services currently covered by Ohio Medicaid, new and improved services under the OhioRISE plan include:
 - Moderate and Intensive Care Coordination
 - Mobile Response and Stabilization Service (MRSS)
 - Intensive Home-Based Treatment (IHBT)
 - Psychiatric Residential Treatment Facility (PRTF)
 - Behavioral Health Short- Term Temporary Respite
 - Primary Flex Funds
- Children or youth who may be eligible for OhioRISE:
 - Are eligible for Ohio Medicaid (either managed care or fee-for-service),
 - Are age 0-20,
 - Are not enrolled in a MyCare Ohio plan,
 - Require significant behavioral health treatment needs, measured using the Ohio Child and Adolescent Needs and Strengths (CANS) assessment.
 - Children and youth may also be eligible for OhioRISE due to certain urgent conditions. For example, if a child or youth is in a hospital for behavioral health reasons or is admitted into a Psychiatric Residential Treatment Facility (PRTF).
 - If a youth is enrolled in a MyCare Ohio plan and has qualifying needs for OhioRISE services, they can still get access to the care they need. The Medicaid Consumer Hotline can assist with discussing options.

One Me to Be 2714 NEBRASKA AVE., TOLEDO 43607 www.onemetobe.com	419-318-8847	The Mental Health Collaborative 419- 504-5624 4041 W. SYLVANIA AVE., STE. 202, TOLEDO 43623 www.thementalhealthcollaborative.com
ProMedica Russell J. Ebeid Children's Hospital TOLEDO CHILDREN'S HOSPITAL HARRIS McINTOSH TOWER, 2142 N. COVE BLVD., TOLEDO 43606 www.promedica.org	419-281-4681	Thomas M. Wernert Center 419-242-3000 208 W. WOODRUFF AVE., TOLEDO 43604 www.wernertcenter.org
ProMedica Toledo Children's Hospital - The Cullen Center 2150 W CENTRAL AVE., TOLEDO 43606 www.promedica.org/cullencenter	419-291-7919	Toledo Counseling and Mental Health 419-318-8533 3454 OAK ALLEY CT., STE. 504, TOLEDO 43606 4169 N. HOLLAND-SYLVANIA RD., STE. 203, TOLEDO 43623 www.toledocmh.com
Psychological Resources of Toledo, Ltd. 419-475-2535 4841 MONROE ST., STE. 301, TOLEDO 43623 www.psychresources.com		Tomorrow Begins Today Counseling of Ohio 419-517-6564 4159 N. HOLLAND-SYLVANIA RD., STE. 205, TOLEDO 43623 www.sylvaniatherapist.com
Revitalized Behavioral Healthcare 419-214-1770 5577 AIRPORT HWY., STE. 102, 201, TOLEDO 43615 www.rbh-care.com		Treatment Accountability for Safer Communities(TASC) 419-242-9955 3330 GLENDALE AVE., TOLEDO 43614 www.tascnwo.org
RFS Behavioral Health- TACKLE 419-693-9600 830 N. SUMMIT ST. SUITE 2, TOLEDO 43604 www.rfstackle.com		Turning Point Behavioral Health Services 419-843-0008 5950 W. CENTRAL AVE., STE. B1, TOLEDO 43617 www.turningpointbh.com
Sophia Counseling Center 419-882-4529 5335 SILICA DRIVE, SYLVANIA 43560 www.sophia.center Offers full spectrum of therapeutic services that provide an integrated and holistic approach to achieving inner health and well-being through counseling and testing.		Unison Health 419-214-HOPE (4673) 1425 STARR AVE., TOLEDO 45605 www.unisonhealth.org Multiple locations.
Sound Mind Behavioral Wellness 1-419-214-1766 5726 SOUTHWYCK BLVD., STE. 200, TOLEDO, 43614 www.soundmindbw.com		Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP) 419-255-4444 2447 NEBRASKA AVE., TOLEDO 43607 www.umadaop.org Offers a variety of mental health and addiction services for adults, youth, and families.
Substance Abuse and Mental Health Services Administration 1-800-662-HELP (4357) TTY: 1-800-487-4889 5600 FISHERS LANE, ROCKVILLE, MD 20852 www.samhsa.gov SAMHSA provides leadership, support programs, and services, and devotes resources to helping the United States act on the knowledge that behavioral health is essential to health, prevention works, treatment is effective, and people recover. Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.		Kobacker Center University of Toledo Medical Ctr. PARTIAL HOSPITALIZATION SERVICE 419-383-5695 www.health.utoledo.edu/depts/kobacker/index.html
Talbot Health Services 1-833-762-1013 732 MAIN ST., TOLEDO 43605 www.talbotservices.com		Vital Health 419-740-3022 111 CLINTON ST., MAUMEE 43537 www.vitalhcare.com
Team Recovery 1-844-561-5433 4352 W. SYLVANIA AVE., TOLEDO 43623 www.theteamrecovery.org		Wildwood Counseling Center 419-405-1000 3454 OAK ALLEY CT., STE. 209, TOLEDO 43606 www.wildwoodcounselingservices.com
		Willow Center 419-720-5800 5565 AIRPORT HWY., STE. 100 & 203, TOLEDO 43615 715 S. COY RD.. STE. C, OREGON 43616 www.willowcenter.com

Zepf Center

6605 W. CENTRAL AVE. TOLEDO 43617

www.zepfcenter.org

Multiple locations.

The National Childhood Traumatic Stress Network (NCTSN)

www.nctsn.org

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.

Children and Adults with Attention Deficit Disorder Association

1-866-200-8098

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).

419-841-7701

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 212-575-6200
www.nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders 1-888-375-7767
www.anad.org

All services are free. M-F 9 A.M.-9 P.M. central time.

Toledo Center for Eating Disorders 1-866-862-8386
5465 MAIN ST., SYLVANIA 43560
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 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.

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BUILD RESILIENCE

Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up. - Mary Holloway

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 drugs that are abused to produce a variety of effects.

The following organizations provide services and support:

Adult Children of Alcoholics 310-534-1815

www.adultchildren.org

Helpful information for kinship caregivers can be found on this web site.

Al-Anon/Alateen 1-888-425-2666 (1-888-4AL-ANON)

www.toledoal-anon.org

Has 24-hour answering service.

**Mental Health and Recovery Services
Board of Lucas County 419-213-4600**

333 N. SUMMIT ST., STE. 1401, TOLEDO 43604

www.lcmhrsboh.gov

**Treatment Accessibility for
Safer Communities (TASC) 419-242-9955**

3530 GLENDALE AVE., TOLEDO 43614

www.tascnw.org

For additional substance use & abuse resources, see Mental Health on Pages 45-48.

■ **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.

Learn more at www.americanaddictioncenters.org

BUILD RESILIENCE

Life doesn’t get easier or more forgiving; we get stronger and more resilient. - Steve Maraboli

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.

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

SAIGE of Ohio

www.saigeohio.org

Promotes greater awareness and understanding of lesbian, gay, bisexual, and transgender (LGBT) issues among members of the counseling profession, students, the clients they serve, and related helping occupations.

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

Safe space that is anonymous and confidential where callers can speak on many issues and concerns including, but not 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 Trans Lifeline

UNITED STATES

1-877-565-8860www.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 678-678**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 (LGBTQI) 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 judgement-free place to talk.

SUICIDE PREVENTION RESOURCES**Crisis Care Helpline -****A Division of Zepf Center****419-904-2273**www.zepfcenter.org/crisis-care-services/

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

National Suicide Prevention Lifeline

CALL OR TEXT

988 or chat 988lifeline.org

TTY: USE YOUR PREFERRED RELAY SERVICE

OR DIAL

711 then 988www.988lifeline.org

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 National Prevention Helpline: Stop It Now!**

HELPLINE

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 1-855-484-2846**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 22522www.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.

■ Domestic Violence:**LGBT National Help Center****1-888-843-4564**www.lgbthotline.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.

National Domestic Violence

Hotline 1-800-799-SAFE (1-800-799-7233)

TTY: 1-800-787-3224 or 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 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, at risk 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

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 country. 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 runaway, homeless and at-risk youth safe and off the streets.

■ Suicide Prevention:

Crisis Text Line

Text HOME 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.

Lucas County Emotional

Support Line

419-904-CARE (2273)

Local resource that helps people deal with mental health during isolation. Available for calls 24/7, 365 days a year.

National Suicide Prevention Lifeline

CALL OR TEXT

988 or chat 988lifeline.org

TTY:

711 then 988

www.988lifeline.org

National network of local crisis centers that provide free and confidential emotional support 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.

The Trevor Project

212-695-8650

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 (LGBTQI) 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

988, then press 1 or Text to 838255

TTY:

Dial 711 then 988

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.

Recreation

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

The 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 **419-776-7001**
211 MECHANIC ST., WATERVILLE 43566
www.toledo.com

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.



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 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. (may be fees for programs and attractions).

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
www.toledogrows.org

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.

Arts Council Lake Erie West - Common Space Center for Creativity **419-531-2046**
1700 N. REYNOLDS, TOLEDO 43615
www.artsclv.org

Art classes, workshops, and summer camps for kids.

Children's Theatre Workshop **419-244-5061**
2417 COLLINGWOOD BLVD., TOLEDO 43620
www.ctwtoledo.org

Imagination Station 419-244-2674

1 DISCOVERY WAY, TOLEDO 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.

Toledo Ballet 419-471-0049

4747 HEATHERDOWNS BLVD., TOLEDO 43614

www.toledoballet.org

Classes in ballet, jazz, tap, and hip-hop are available for children ages 3 and up. Scholarships are available. Discounted student tickets for performances. Adaptive dance program for individuals with Down Syndrome or on Autism Spectrum for a low cost.

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.

Toledo Repertoire Theatre 419-243-9277

16 TENTH ST., TOLEDO 43604

www.toledorep.org

Classes and theatrical opportunities offered for children, teens and adults.

Toledo Symphony 419-246-8000

4747 HEATHERDOWNS BLVD., TOLEDO 43614

www.artstoledo.com/toledosymphony/

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.

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.

LOCAL and NATIONAL ORGANIZATIONS include:

Safe Kids Greater Toledo 419-291-5412

2142 N. COVE BLVD., HMT SUITE 940, TOLEDO 43606

www.safekids.org/coalition/safe-kids-greater-toledo

Implements evidence-based programs, such as car-seat checkups, bike safety checkups, safety workshops, and sports clinics, that help parents and caregivers prevent childhood injuries.

National Alliance for Youth Sports 1-800-688-5437

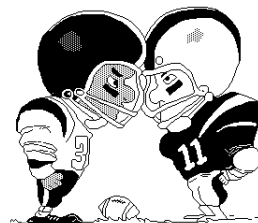
www.nays.org

America's leading advocate for positive and safe sports and activities for children. 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.

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.

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.

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;
- (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.

- (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.

- (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;
- (2) The child ceases to reside with the grandparent designated as attorney in fact;
- (3) This POWER OF ATTORNEY is terminated by court order;
- (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.

Witness my hand this _____ day of _____, _____

Grandparent designated as attorney in fact

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

Parenting Smarts Resource Guide...11th Edition

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.
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:
 - 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;
 - 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.
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.
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.

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.
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.
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 designated 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.

**CARETAKER AUTHORIZATION AFFIDAVIT
(Ohio Revised Code 3109.66)**

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 school-related 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 parent 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.

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.

I declare that the foregoing is true and correct:

Grandparent's Signature

Date

STATE OF OHIO

COUNTY OF _____

Sworn to or affirmed and subscribed before me by _____ on this date
of _____, _____.

Signature of Notary Public

(Affix seal here)

Title or Rank of Notary Public

Commission Expiration Date: _____

NOTICES

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 within 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.
6. 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:

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.
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.
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;
 - (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.
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.

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.
2. The decision of a grandparent, based on a CARETAKER AUTHORIZATION AFFIDAVIT, shall be honored by a health care facility or practitioner or educational facility 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.



**Area Office on Aging
of Northwestern Ohio, Inc.**

KINSHIP NAVIGATOR PROGRAM

Grandparents & Relatives
Raising Children



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Exemplary Designation
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- ✓ TWICE MONTHLY E-NEWSLETTER
- ✓ PARENTING SMARTS RESOURCE GUIDE
- ✓ ACCESS TO AOOA PROGRAMS & EVENTS

KINSHIP QUICK FACTS

2.5 million children in the US live with grandparents or other relatives without parents in the home.

238,921 children in Ohio live in homes where the head of household is a grandparent or other relative (9.3% of children in the state).

For every **1 child** being raised by kin in foster care, there are **19 children** being raised by kin outside of foster care.

\$4 Billion – The amount grandparents & other relatives save taxpayers each year by raising children & keeping them out of foster care.

*Source: Generations United
2024 State of Grandfamilies Report*



2155 Arlington Ave. Toledo, OH 43609



www.AreaOfficeOnAging.com



419-382-0624

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

