## Health Insurance/Coverage Eligibility

### Health Insurance for Children

**Med-Cal**
- Must be a California resident
- Must have adequate immigration status
- Up to 250% of FPL for all ages
- Up to 300% FPL in San Mateo County

**CHDP**
- Eligible regardless of immigration status
- Up to 200% of FPL for children 21 and under
- Immediately enroll children in Med-Cal for 2 mois

### Healthy Kids
- Must reside in a county with a HK program Eligible regardless of immigration status
- Covers children birth to 19 years old
- Up to 300% FPL in San Mateo County

### CCS
- Must be a California resident
- Eligible regardless of immigration status
- State program for children with certain diseases or health problems ages birth to 21

### Health Insurance for Adults

**Medi-Cal**
- Must have income to program
- Regardless of immigration status, eligible for emergency pregnancy coverage
- Up to 200% of FPL for pregnant women

**AIM**
- Must be pregnant California resident
- Must have satisfactory immigration status
- Between 200% and 300% FPL

### Adult residents of San Mateo County

**ACE/DHC**
- Eligibility regardless of immigration status
- ACE covers up to 200%, DHC up to 400% FPL

**MCE**
- Covers adults with qualified immigration status
- Available 0-133% FPL

### Adult residents of Santa Clara County

**Ability to Eligibility**
- Regardless of immigration status
- Covers up to 300% FPL

### Resources

#### "Core Service Agencies" and an Emergency Agency
- Provide emergency support to families, including immediate food, transportation, shelter referrals, clothing and housing assistance.

**San Mateo County**
- Coastside Hope (Moss Beach, Moss Beach, CA): (650) 752-9071
- Fair Oaks Community Center (Redwood City, North Fair Oaks, Atherton, Woodside, Portola Valley): (650) 783-7500
- Daly City Community Services Center (Daly City, Colma, and Broadmoor): (650) 991-8007
- Eucumenical Hunger Program (Palo Alto, Menlo Park, East Palo Alto): (650) 323-7778
- El Concilio of San Mateo County (East Palo Alto, Menlo Park): (650) 330-7432 or (650) 373-1080
- North Peninsula Neighborhood Services Center (South San Francisco, San Bruno, Brisbane): (650) 383-3373
- Tides Pacifica Resource Center (Paciﬁca): (650) 738-7470
- Samaritan House (Milpitas, Burlingame, Hillsborough, San Mateo, Foster City, Belmont, San Carlos): (650) 347-3648
- Salvation Army (San Mateo, Foster City, Belmont, San Carlos): (650) 347-1200
- Catholic Charities (San Mateo, Foster City, Belmont, San Carlos): (650) 347-1200

#### Child Care Coordination Council (4C's)
- Free referral service to child care centers

**San Mateo County**
- (650) 655-6770
- (650) 847-0747

#### Child Care Information/Special Needs (SSI)
- California Child Care Information System

**San Mateo County**
- (650) 573-2502

#### Early Head Start
- Developmental services for infants and toddlers

**San Mateo County**
- (650) 871-5613
- (650) 820-8182

#### Head Start
- Free development and educational programs

**San Mateo County**
- (650) 578-3440
- (650) 820-8182

## Food Stamp Eligibility

- Families may be eligible for Food Stamps if they have at least one citizen or LPR family member and their household income is at or below 200% of the FPL.
- Even if parents are undocumented, their children can receive Food Stamps.
- To apply, call the California Food Stamps Hotline: 1-877-847-FOOD or go to a local agency (see Food Assistance).
Food Assistance (sufficiency services, home equity conversion programs, Medi-Insurance)

Community Health Advocate Hot resources in their local area

Second Harvest Food Bank

Food Stamps: Benefits to help low-income households buy food

Second Harvest Food Bank connects callers with food resources in their local area (800) 984-3636

Health Insurance/Coverage (see Health Insurance Box)

Community Healthline: Screen for Med. Cal, Healthy Families, Healthy Kids, and County Indigent Care program eligibility and helps families enroll in the right program. Call to find local places to apply for all health insurance/coverage programs once.

Immigrant and Refugee Assistance

Immigrant Hotline of the Services, Immigrant Rights, and Education Network (SIREN) of Santa Clara County: Citizenship application assistance; immigration education.

Asian Law Alliance (Santa Clara County): Immigration consultations and legal representation. (408) 287-9710

Mental Health and Counseling

San Francisco Community Health Access Team: Information, referral and assessment for mental health services. (800) 686-0101, East Palo Alto and Menlo Park: (650) 363-5420.

Santa Clara County Mental Health Call Center: Information, referrals, crisis intervention. (800) 704-0900

Youth Service Bureau (San Mateo County): Individual, group, family counseling, education, and violence prevention programs. (650) 326-6576

StarVista Counseling Center (San Mateo County): Individual, family, and children's counseling services. (650) 326-6576

Mental Health Association (San Mateo County): Homeless shelter for mentally ill and substance abuse. (650) 368-3345

Parenting and Custody Issues

StarVista: Provides counseling, prevention, early intervention, education, residential services, crisis intervention, and suicide prevention. (San Mateo County) 24-hour information and Hotline: (650) 579-0350

Family Law Facilitator

Family and Children Services: Parenting classes only. (650) 326-6576

Kinship Support Services (San Mateo County):

homeless families. (650) 685-5800 ex. 211

Emergency Housing Consortium (Santa Clara County): Shelter, housing opportunities and supportive services for homeless families. (408) 294-2100

Community Action Agency (San Mateo County): Home weatherization services, supplemental payment of energy heating costs, appliance replacements, emergency food. Leave a message with: (650) 595-1342

Physicians: McGovern Family and Children's Center: Indigent Care Fee Assistance. (650) 368-0600 Ext 7

Rape Trauma Services: 24-hr hotline: (650) 692-7273

StarVista, Healthy Homes Project: (See Child Abuse) (650) 579-0350 Ext. 111

Food Assistance (see also Core Service Agencies and Emergency Services)

WIC: Supplemental nutrition program for women, infants, and children, food vouchers, nutrition education, referrals.

San Mateo County: (650) 573-2168

Santa Clara County: (408) 792-5101

Food Stamps: Benefits to help low-income households buy food

San Mateo County: East Palo Alto: (650) 363-4218, Daly City: (650) 310-3265, Belmont: (650) 852-5018, South SF: (650) 877-5068

Santa Clara County: Mountain View: (650) 898-6100, San Jose: (408) 817-6000

Second Harvest Food Bank connects callers with food resources in their local area (800) 984-3636

Health Insurance/Coverage (see Health Insurance Box)

Community Healthline: Screen for Med. Cal, Healthy Families, Healthy Kids, and County Indigent Care program eligibility and helps families enroll in the right program. Call to find local places to apply for all health insurance/coverage programs once.

San Mateo County: (650) 616-2002

Santa Clara County: (888) 244-5222

Medi-Cal: California's health insurance program that provides health insurance coverage for low-income families and elderly or disabled individuals.

San Mateo County: (650) 802-6470, East Palo Alto and Menlo Park: (650) 363-4175

Santa Clara County: (408) 817-6000

Indigent Care: Low cost medical services for adults without health insurance at County clinics and hospitals

San Mateo County: SanMateoDHC or MCE/(650)616-2002

Housing (see Housing Box above)

County Housing Authority offices: Rental subsidies, low income housing provision (Section 8, Public Housing)

San Mateo County: (650) 339-3300

Santa Clara County: (408) 275-8770

Mid-Peninsula Housing Management: Provides affordable housing in San Mateo and Santa Clara. (650) 356-2900

HIP Housing (San Mateo County): Home sharing, self-sufficiency services, home equity conversion programs, temporary affordable housing. (650) 348-6660

Shelter Network: Housing and support services for youth

Support Network for Battered Women (San Clara County): Services for victims of domestic violence and their children. 24-hour hotline: (800) 572-2782

Restraining Order Counseling (San Mateo County): Help with Temporary Restraining Orders: (650) 358-0745

Family Court Restraining Order Self Help Center (Santa Clara County): Help with Temporary Restraining Orders: (408) 534-5600 Ext 7

Sexual and Reproductive Health

Access for Infants and Mothers (AIM): Low-cost health coverage for pregnant women who don’t have health insurance. Must apply before 30th week of pregnancy. 1-800 AIM. (650) 948-0807

Family PACT: Free family planning services for low-income women, men, and teens. 1-800-942-1054

Planned Parenthood: Counseling and health care for contraceptive needs.

San Mateo County: (650) 948-0807

Santa Clara County: (408) 795-3600

Family Health Services Resource Line: Free or low-cost clinics. Call the Prenatal to Three Initiative to find a clinic or a home visit: (888) 840-0889

California Youth Crisis Hotline: (800) 843-5200

NationalSTD/AIDS Hotline: (800) CDC-INFO

Substance Abuse

Alcoholics Anonymous 24-hour hotline

San Mateo County: (650) 577-1310

Santa Clara County: (408) 374-8511

Alcohol and Other Drugs Helpline (AOD) (24 Hour): (650) 579-7575

Project 90: Residential alcohol/drug recovery services. (650) 579-7881

National and Alcohol Treatment Referral Routing Service: (800) 662-4357

California Smokers' Helpline: (800) 662-8887

Teen Resources

The National Runaway Safeline (NRS): (1-800) RUNAWAY

California Youth Crisis Hotline: (800) 843-5200

Suicide Prevention Center: (650) 579-0350

National Gay, Lesbian, Bisexual, Transgender Youth Hotline: 1-800-247-TEEN

National Drug and Alcohol Treatment Referral (800) 662-4357

California Smokers' Helpline: (800) 662-8887

Utility and Fuel Assistance

Low Income Home Energy Assistance Program (LIHEAP): Utility assistance, service priority, energy assistance.

Pays (650) PGE-CARE. (866) 743-2273

PG&E Medical Baseline program: Discounts for customers with certain medical conditions. (800) 743-5000

Sacred Heart Trinilangle Family Services: 50% discount on local phone service for low-income customers. (666) 999-6181

Tips for Immigrant Families

1. Receipt of Food Stamps, health insurance, public housing, WIC and other NON-CASH benefits should not affect an immigrant's ability to write a card.

2. Receipt of CASH benefits - SSI and welfare (CaWORKs) may render that immigrant a "Public Charge" and interfere with his/her ability to become an LPR.

3. Encourage families to open Food Stamps, WIC, health insurance, and public housing.

4. Encourage families to get legal advice before filing any Immigration forms.

The Peninsula Family Advocacy Program

Advocacy Code Card

General Advocacy Tips to Help Patients

1. Ask questions about your patients’ home environment and family life.

2. Document patients' needs for services or your concerns about their home lives in their charts to create a written record.

3. Help de-stigmatize the use of government benefits such as Food Stamps by encouraging patients to use them.

4. Encourage patient families to reapply or appeal if they were denied services or benefits they need.

5. Help families think about maximizing income by using alternative sources of income (Food Stamps, childcare vouchers, etc.).

6. Write referrals to resources on the back of your business card.

I-HHELP

1. INCOME – Jobs, childcare, trouble paying rent or utility bills, uninsured family members, public benefits, transportation?

2. HOUSING – Living arrangements, rent or own, housing stability, lead exposure, smokers, or other environmental concerns?

3. EDUCATION – Headstart, preschool or other early childhood enrichment programs, concerns about school performance or behavior, school violence?

4. LEGAL STATUS – Questions about immigration status?

5. LITERACY – Do you read to your child daily? Are you happy with your child’s reading?

6. PERSONAL SAFETY – Do you feel safe in your home/neighborhood? How do you and your partner work out arguments? Do your partner treat you and the children? Do you feel safe in your relationship? Have you or anyone who lives with you ever been threatened or hurt by a family member or partner?

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