



Self-Sufficiency Programs & Services

April 5, 2023

Introductions

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Oregon Department of Human Services

ODHS Vision:

Safety, health and independence for all Oregonians.

ODHS Umbrella



- Aging and People with Disabilities
- Developmental Disabilities
- Child Welfare
- Self-Sufficiency*
- Vocational Rehabilitation

Our focus today is on
Self-Sufficiency Programs (SSP).

Self-Sufficiency Programs (SSP)

SNAP: Supplemental Nutrition Assistance Program

[Food Assistance](#)

TANF: Temporary Assistance for Needy Families

[Cash Assistance](#)

OHP: Oregon Health Plan

[Health Coverage](#)

ERDC: Employment Related Day Care

[Child Care Assistance](#)

REF: Refugee Program

[Cash & Medical Assistance for Refugees](#)

TA-DVS: Temporary Assistance for Domestic Violence Survivors

[Domestic Violence Survivor Services](#)

Spread the word:
HEALTHY food
is within reach

**SUPPLEMENTAL NUTRITION
ASSISTANCE PROGRAM**



SNAP

- Assistance to purchase food
- Eligibility for this assistance is based on income and the number of eligible people in a household.
- The income limit is 200% Federal Poverty Level (FPL).
- Undocumented noncitizens are ineligible for SNAP, but other household members may be eligible.



ERDC

- Assists working families and non-working students with childcare costs including registration fees (200% FPL)
- Each family pays a copay determined by their income/household size
- Adults applying for this program do not have to meet specific citizenship requirements, but children must meet certain qualifying factors as a noncitizen.



OHP

- Oregon's Medicaid program provides health coverage for Oregonians from all walks of life. This includes working families, children, pregnant adults, single adults, and seniors.
- As of July 1, 2023, more adults are now eligible for full OHP benefits and other services & supports, regardless of their immigration status.
[Healthier Oregon Program](#)



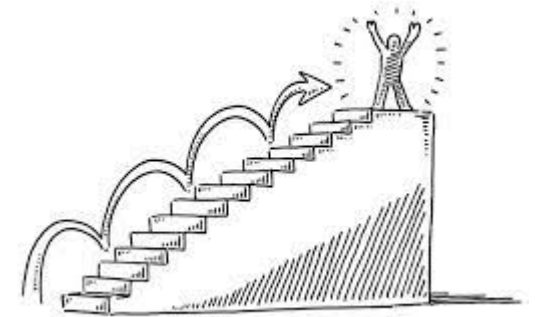
TANF

- Commonly referred to as Welfare or Cash Assistance.
- Grant and case management for families (approx. 38% FPL) with dependent children, to assist with family stabilization.
- Cash assistance is intended to meet a family's basic needs.
- Noncitizens (including undocumented noncitizens) who do not meet qualifying factors for TANF, may still be eligible for qualified children under their care.

The **JOBS program** assists families receiving TANF with employment. The assistance can include work experience, supported work, and short-term training. They may also receive other support services such as transportation and childcare.

TANF and SNAP Support Services

- Support Services are available for TANF recipients and some SNAP-only recipients who volunteer for the STEP program
- Support services include working with community partners on life skills, parenting, housing, job seeking and more
- Support Services can help with common job seeker needs:
 - Transportation (gas money, bus passes)
 - Clothing for interviewing or work
 - Identification (birth certificate, driver license, etc.)
 - Tools for work
 - School costs such as fees and books





TA-DVS

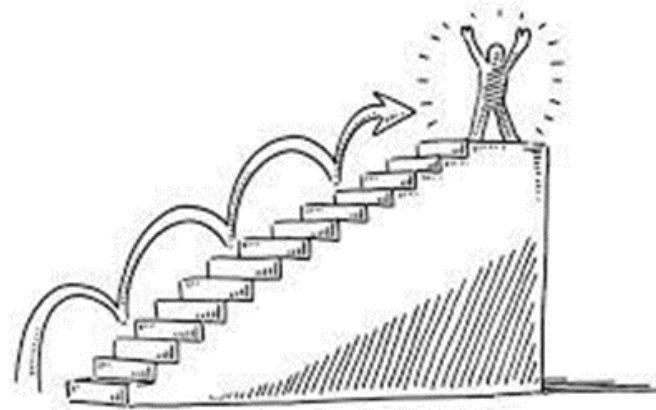
- Provides temporary assistance for domestic violence survivors with children or who are pregnant
 - For example: funding for housing, relocating costs, emergency shelter, changing the locks in the house, etc.
- The income limit is the same as TANF (about 38% FPL). Income is determined by what is available to the survivor.
- We partner with DVRC to provide support and safety planning.
- The main goal: survivor safety.

Refugee Assistance

- The Refugee program provides up to twelve months of cash and medical assistance to newly arriving refugees (single or married adults without children).
- Refugees may be potentially eligible for benefits such as SNAP, TANF, and ERDC.
- The Beaverton SSP branch is the refugee point branch for Washington County ODHS Self-Sufficiency (SSP) and has a special team of Family Coaches that work with refugees eligible for the Refugee Program.

Employment and Training Programs

- TANF Work Experience
- JOBS Plus
- STEP
- ABAWD



TANF Work Experience & JOBS Plus

WE

- Unpaid, part-time positions at real employer work sites
- Hours are limited (20 hours or less depending on benefit amount)
- No time limit - Generally 2-4 months long
- ODHS covers workers compensation

JO

- TANF participants who are work ready are eligible for a JOBS Plus placement
- Full time positions (30 hours or more) at actual employer sites
- TANF & SNAP benefits are suspended as the worker makes actual wages (at least Oregon minimum wage)
- JOBS Plus positions are subsidized, with the employer receiving partial wage and payroll tax reimbursements

SNAP Training and Employment Program (STEP)

- *Voluntary* Employment and Training Program for SNAP recipients (Families receiving TANF cannot participate in STEP)

- **Example providers:**

- Portland Community College
- WorkSource
- IRCO
- Centro Cultural
- Oregon Employment Department and more

- **Components vary depending on the provider, but can include:**

- Case managed job search
- Job search training
- Vocational training
- Adult Basic Education (GED, literacy, numeracy, ELA)
- Job retention

SNAP recipients age 16+ can self-refer to the STEP program by emailing ODHS-SSP-D16.SNAPNavigators@odhsoha.oregon.gov

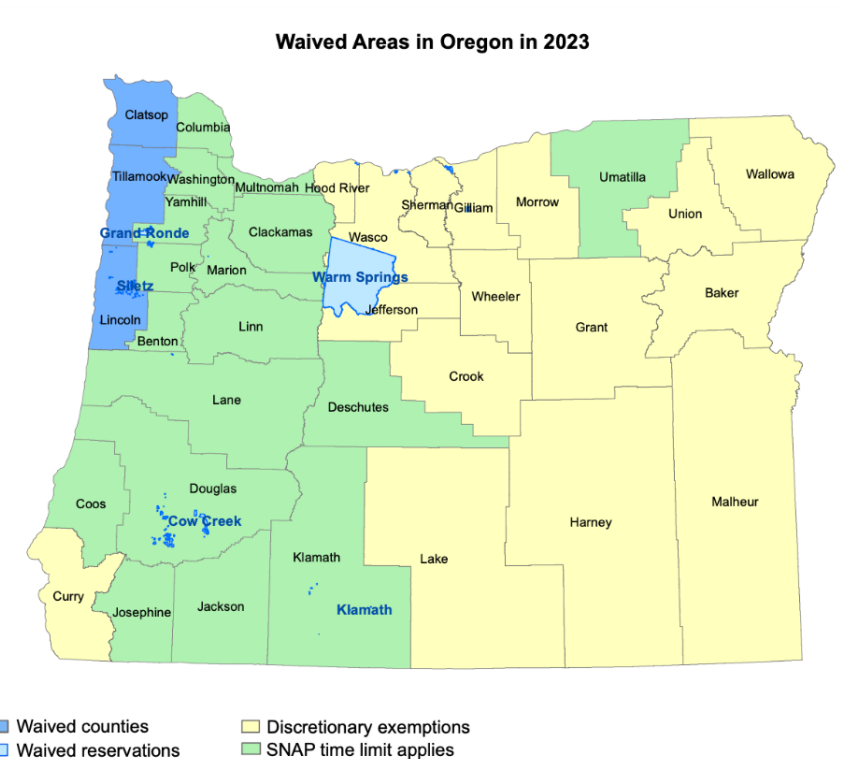
ABAWD

Federal rules limit SNAP benefits to three months in a three-year period for individuals with an Able Bodied Adults Without Dependents (ABAWD) status.

An ABAWD can receive SNAP longer than three months if they participate in verified work- or work-related activities.

ABAWD is defined as any person receiving SNAP benefits who:

- Is at least 18 but not yet 50 years of age
- Doesn't have a child under the age of 18 receiving SNAP with them
- Exemptions can be applied
 - Unable to work due to mental, behavioral, or physical health issues
 - Enrolled in school at least half-time
 - Participating in an Alcohol or Drug Treatment Program
 - Responsible for caring for a person who requires assistance in caring for themselves



Oregon will be required to re-implement this rule beginning July 1, 2023

Ways to Apply

- Create an account and apply online: one.oregon.gov
- Call **1-800-699-9075** Monday-Friday 7:00am-6:00pm
- In Person: [Visit a local office](#) Monday-Friday 8:00am-5:00pm
 - [Tips for Applying / \(Español\)](#)
 - [Information to have when applying](#)
 - [How to use the ONE Applicant Portal](#)



Assistance with Applications

Alternate Formats: All applications and notices can be delivered in alternate formats that include audio, Braille, electronic formats, large print or oral presentation (over the phone or in person)

Community Partners: OHP-certified Community Partners can help clients understand health coverage options and help them complete eligibility & enrolment forms

Interpreters: ODHS employs bilingual employees and contracts with Language Link to provide language-appropriate services to all individuals

Translations: Written documents used by applicants and individuals are also translated and available in Bosnian, Hmong, Laotian, Mien, Romanian, Russian, Simplified Chinese, Somali, Spanish and Vietnamese

For additional help completing an application or applying for benefits, applicants can call the ONE Customer Service Center (1-800-699-9075) or come into a local office.

Recent & Upcoming Changes

- SNAP Emergency Allotments (EA) benefits tied to COVID-19 ended February 2023. March 2023 was the first month since April 2020 SNAP recipients will receive their regular benefit amount.
- Oregon issued retroactive PEBT benefits for 2022 beginning in mid-March 2023 to eligible children.
- OHP benefit renewals begin in April 2023 and will continue into mid-2024.
- Work requirements resume for SNAP recipients who meet the criteria for Able-Bodied Adults Without Dependents (ABAWD) status starting July 1, 2023.



[End of Public Health Emergency Info & Resources](#)

ODHS Now Sends Texts

ODHS now sends text messages as a way to reach people about their benefits. ODHS is sending texts to the Head of Household for:

- Renewal Reminders
- Appointment Reminders
- Requests for Information (RFIs)
- Returned Mail Notifications



Applicant Portal Mobile App

Phase I launches April 27, 2023!

Individuals with a ONE account will be able to view case-related information including:

- Case and program status
- Next renewal/periodic report due date for all programs
- Notices and Requests for Information (RFI)
- Take pictures of supporting docs and attach them as a response to RFI
- Change password, email
- View their information in English or Spanish



Discounts & Benefits for SSP Recipients

- **ACP Program**: This is an FCC benefit program that helps ensure households can afford the broadband they need for work, school, healthcare and more.
- **PCC Class Fee Waivers**: SNAP and/or OHP recipients may qualify for a Class Fee Waiver for certain PCC programs and classes (GED Prep, ESOL levels 1-6).
- **TriMet Reduced Fare HOP Pass**: TriMet offers a reduced fare for riders who qualify based on income. Monthly passes available for \$28/mo or \$1.25 for 2.5 hours of rides.
- **Oregon Lifeline Program**: This is a federal and state government program that provides a monthly discount on phone or broadband services for qualifying low-income Oregon households.

Discounts & Benefits for SSP Recipients (continued)

- **Amazon Prime Access**: Qualifying government assistance recipients can access all of Prime for \$6.99/mo.
- **Arts for All**: Show your Oregon Trail Card and buy \$5 tickets to many of Portland's best arts and culture events. Attractions include OMSI, Portland Japanese Garden, and many more!
- **Oregon Zoo**: Discounted admission tickets for people receiving SNAP, TANF, or OHP

Additional Food Support – NEEDFOOD.OREGON.GOV

NEEDFOOD.OREGON.GOV

NEED FOOD?



There are resources available to help meet your essential needs.



Need food right now?

Free meals are available over the summer. Children 18 years and younger may receive free meals and snacks through the Summer Food Service Program (SFSP) and Seamless Summer Option (SSO). To find a summer meals site nearest to you visit www.summerfoodoregon.org, text "Food" or "Comida" to 304-304, or call 2-1-1.



SNAP (formerly food stamps) helps you buy groceries. Apply today. Find all the information you need at benefits.oregon.gov where you can apply for SNAP, cash, insurance, childcare and domestic violence assistance all in one place. Dial **211** or call your [local ODHS office](#) with questions. Receive food assistance while waiting for your unemployment insurance.



Food pantries, pick-up sites and delivery options: Oregon Food Bank's network of 1,400+ partner pantries and food assistance sites are open across Oregon and Southwest Washington. Many offer drive/walk-up or direct delivery options. Visit oregonfoodfinder.org for local locations, or call **2-1-1** for help.



WIC offers healthy food and nutrition and breastfeeding support for families with kids under age 5 and for pregnant women. Go to healthoregon.org/wic and click the WIC Interest Form button. You can also call **2-1-1** and ask to speak with a maternal and child health specialist. New participants are welcome!



Need meals if you're 60+ or live with a disability?

The Aging and Disability Resource Connection (ADRC) of Oregon's Older Adult Meals Program ("Meals on Wheels") provides meals for people across Oregon. Anyone 60+ can receive these meals. There are no income requirements and no charge for meals. The ADRC can also help connect people with disabilities, regardless of age, to food resources. Visit adrcforegon.org or call **1-855-673-2372**.



Need more information on resources?

You can contact 2-1-1 info by calling **2-1-1**, texting your ZIP code to **898211**, or visiting 211info.org.

You can also contact the Aging and Disability Resource Connection of Oregon at **1-855-673-2372** or visit adrcforegon.org.

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- [English Flyer](#)
- [Spanish Flyer](#)
- [Arabic Flyer](#)
- [Simplified Chinese Flyer](#)
- [Traditional Chinese Flyer](#)
- [Russian Flyer](#)
- [Somali Flyer](#)
- [Vietnamese Flyer](#)



Additional Food Support – Double Up Food Bucks

HOW IT WORKS

- 1 GO** Go to your farmers market information tent 
- 2 SWIPE** Swipe your EBT card for tokens to buy SNAP eligible foods 
- 3 MATCH** We match up to **\$20 a day** with Double Up Food Bucks for fruits and vegetables 
- 4 SHOP** Shop for fresh fruits and vegetables at the market! 

This program doubles the value of SNAP benefits at local participating farmers markets so shoppers can bring home more fresh fruits and vegetables.

For every \$2 of SNAP benefits you choose to spend at the market, you'll get a dollar for dollar match of up to \$20 in Double Up that you can spend on fruits and vegetables.

[Double Up Food Bucks Oregon](#)

Additional Food Support – Free Food Markets



Free Food Market

where?

Hillsboro Self
Sufficiency
5300 NE Elam Young
Pkwy, Hillsboro OR
97124

when?

1:30pm–3:30pm

Every 2nd Tuesday of the
month

who?

Open to any one

Shopping at Free Food Market is
simple:

- *This food is **free** and **anybody** is welcome*
- *No ID, name, or address needed.*
- *Please bring bags or boxes*

Visit us on the 2nd Tuesday of each
month to access **free**, fresh, and healthy
fruits and vegetables and pantry staples
for you and your family.



Free Food Market

Where?

Tigard Self-Sufficiency
10777 SW Cascade AVE
Tigard OR 97223

When?

1:30 PM–3:30 PM

- **Every 4th Monday of the month**

Who?

Open to anyone!

Shopping at the Free Food Market is
simple:

- *The food is **free** and **anybody** is welcome*
- *No ID, name, or address needed*
- *Please bring bags or boxes*

- **Visit us on the 4th Monday of each month** to access **free**, fresh, and healthy fruits and vegetables and pantry staples for you and your family!

Questions?





Thank you!

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