



# Self-Sufficiency Programs & Services

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January 3, 2024

# Introductions

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Oregon Department of Human Services

Self-Sufficiency Programs

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# Local ODHS Self-Sufficiency Offices

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- **Hillsboro:** 5300 NE Elam Young Pkwy, Hillsboro, OR 97124
  - Phone: (503) 693-4555
- **Beaverton:** 15425 NW Greenbrier Pkwy, Beaverton, OR 97006
  - Phone: (503) 646-9952
- **Tigard:** 10777 SW Cascade Ave, Tigard, OR 97223
  - Phone: (503) 670-9711

**Offices are open Monday – Friday 8am-5pm.  
EBT window closes at 4:30pm daily.**



***ODHS Vision:***

*Safety, health and independence for all Oregonians.*



***Self-Sufficiency Mission:***

- *To provide a safety net, family stability and a connection to careers that guide individuals and families out of poverty.*

# ODHS Umbrella

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- 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

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- **FOOD**: Supplemental Nutrition Assistance Program (SNAP) – for assistance purchasing food.
- **CASH**: Temporary Assistance for Needy Families (TANF) – for pregnant women and families with low income.
- **DAY CARE**: Employment Related Day Care (ERDC) – helps low-income families pay for childcare.
- **HEALTHCARE**: Oregon Health Plan (OHP) – Oregon’s Medicaid program. Provides free/low-cost health coverage.
- **SAFETY**: Temporary Assistance for Domestic Violence Survivors (TADVS) – provides safety planning and connections to service providers.
- **REFUGEE**: Refugee Cash Assistance (RCA) – provides case management, connections to services, and coordination of case planning.

# SNAP

Spread the word:  
**HEALTHY** food  
is within reach

SUPPLEMENTAL NUTRITION  
ASSISTANCE PROGRAM



The Supplemental Nutrition Assistance Program (SNAP) provides monthly food benefits to help you buy healthy food. SNAP helps you stretch your food budget but may not meet all your food needs.

- Eligibility for this assistance is based on income and the number of eligible people in a household.
- The income limit is 200% Federal Poverty Limit (FPL).
- Undocumented noncitizens are ineligible for SNAP, but other household members may be eligible.
- If you are 18 to 52 with an able-bodied adult without dependents (ABAWD) status, there may be [time limits](#) for how long you can get SNAP benefits.



# SNAP

## Current Income Guidelines for SNAP as of January 2024

People in family	Annual Income Limit	Monthly Income Limit	Weekly Income Limit
1	\$29,160	\$2,430	\$565
2	\$39,444	\$3,287	\$764
3	\$49,728	\$4,144	\$964
4	\$60,000	\$5,000	\$1163
5	\$70,284	\$5,857	\$1,362
6	\$80,568	\$6,714	\$1,561

*ODHS SSP programs use gross income when determining eligibility.*

# SNAP & ABAWD

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**ABAWD stands for Able-Bodied Adults without Dependents. People age 18-52 who don't have any children under 18 on their SNAP case have an "ABAWD status" unless they are approved for an exemption. Because of federal rules, people with an ABAWD status can usually only get three months of SNAP benefits in a 3-year period unless they meet work requirements or have an exemption.**

If you have an ABAWD status, you can keep your SNAP benefits for longer than three months if:

- You participate in verified work or work-related activities, or
- You contact us and get approved for an exemption

**Note:** The ABAWD status age range will increase starting October 1, 2024, to include people who are 53 and 54 years old without children under 18 in their SNAP case. There's no action needed right now. Impacted Oregonians will receive a notice closer to this date if you need to meet work requirements.

# SNAP & ABAWD continued...

## Examples of Exemptions:

- You are experiencing homelessness. This includes staying at someone else's home for 90 days or less.
- You can't work for health reasons (physical, behavioral, or mental health).
- You are a veteran.
- You are pregnant.
- You are attending an alcohol or drug treatment program (does not include AA or NA support groups).
- You are caring for a person with a disability, and this prevents you from working.

To view the full list of exemptions and more information about ABAWD, visit [SNAP Time Limits](#).

## How to contact the ABAWD Team:

- By Phone: 833-947-1694
  - Phone hours are 8am-5pm Monday – Friday
  - Language interpreters are available
- By Email: [snap.abawdteam@odhs.Oregon.gov](mailto:snap.abawdteam@odhs.Oregon.gov).
  - Include:
    - Full name
    - SNAP case number
    - Contact information
    - A list of exemptions you think you might meet, work activities you are currently participating in, and proof of these if necessary.

# SNAP Employment & Training

## SNAP

### Employment and Training Program

Let us help you navigate your passion!

STEP is a package of services that includes participant assessment, employment and training activities, and supportive services.

Ask to connect with an  
E&T Navigator!

For more information send us an email:  
[ODHS-SSP-D16-SNAPNavigators@odhs.oregon.gov](mailto:ODHS-SSP-D16-SNAPNavigators@odhs.oregon.gov)

\*TANF participants should contact their Family Coach.

It's a beautiful thing when passion and work come together!



DRESS FOR SUCCESS  
OREGON



CENTRAL CITY CONCERN  
HOMES HEALTH JOBS



**STEP is the SNAP Training and Employment program. This *voluntary* program is for people age 16 or older who have SNAP benefits, and who don't also have TANF cash benefits.**

Through community partners, the STEP program can help you overcome barriers and get the skills you need for the job you want *and* may be able to cover the cost of training, textbooks, gas, bus tickets, housing and utility costs, childcare, and work clothes.

To get connected or learn more,  
email [ODHS-SSP-D16-SNAPNavigators@odhs.Oregon.gov](mailto:ODHS-SSP-D16-SNAPNavigators@odhs.Oregon.gov).



Funding provided by the United States Department of Agriculture.  
USDA is an equal opportunity employer provider and lender.



# Oregon Health Plan (OHP)

The Oregon Health Plan (OHP) is Oregon's Medicaid and Children's Health Insurance Program. It provides health coverage for people from all walks of life, including working families, children, pregnant adults, single adults, and seniors.

## OHP Plus covers most health care services including:

- Medical
- Dental
- Behavioral health (mental health and substance use disorder treatment)
- Vision
- Prescription Coverage



For more information and a full list of OHP benefits, visit <https://www.oregon.gov/oha/HSD/OHP/Pages/Benefits.aspx>.



# How to Apply + Tips & Tricks

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- ONLINE: [one.oregon.gov](http://one.oregon.gov)
- CALL: 1-800-699-9075
- IN PERSON: **Local SSP offices are open. Drop boxes are located outside of each SSP office and available 24/7**
- Collect documents ahead of time
- Customer Service Center (800-699-9075) is open M-F **7am-6pm**. Hold times are currently lowest in the morning from 7am-8am.
- **Download the “Oregon ONE Mobile” app to report changes and view benefit letters.**



# Manage Benefits Online!

Download the  
“Oregon ONE Mobile App”

or

Set up an account  
in the ONE Applicant Portal  
[one.oregon.gov](https://one.oregon.gov)



Having trouble creating an online account or using the app?  
Contact the Applicant Portal Tech Team at 1-833-978-1073 for support.

# Hillsboro ODHS Free Food Market



## 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.

Next Market: January 9<sup>th</sup> 1:30-3:30pm

Every 2<sup>nd</sup> Tuesday of the month



# Tigard ODHS Free Food Market



## 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!

**Next Market: January 22<sup>nd</sup> 1:30-3:30pm**

**Every 4<sup>th</sup> Monday of the month**

# Resource Collections

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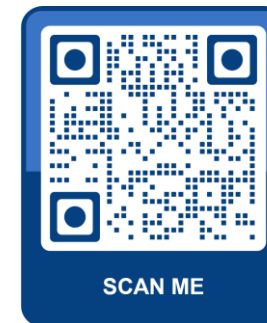
## •Upcoming Events!



## •Online Resource Collections



## •Slideshow of Community Resources in WA County



# Questions?

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The seal of the State of Oregon is a large, light-blue circular emblem in the background. It features an eagle with wings spread at the top, a ship on the water in the center, a plow and sheaf of wheat at the bottom, and a banner that reads "THE UNION". The words "STATE OF OREGON" are written around the perimeter, and "1859" is at the bottom. Small stars are scattered within the inner circle.

**Thank you!**

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