

PLAN of Maryland-D.C., Inc.

Family Resource Guide

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Disclaimer *The purpose of this resource guide is to provide families with a brief introduction to the services and programs available. Please be aware that eligibility requirements and services change frequently and PLAN of Maryland-D.C. Inc. cannot guarantee that the information provided below is correct and accurate. Users of the guide must contact the agency of interest directly to confirm the information provided and to learn more detailed information about services offered and eligibility requirements.

Family Resource Guide

Health insurance and services

Obtaining and paying for quality health care is very burdensome on individuals and families with limited financial resources and inadequate health insurance. Listed below are some needs based and entitlement programs you or your loved one may be qualified to receive.

Medicaid/ Medical Assistance

Medicaid provides medical assistance for individuals who cannot pay for medical care. This insurance resource is limited to low-income individuals and families who meet the eligibility criteria. Medicaid is a state administered program and each state sets its own guidelines in regards to eligibility and services. (Maryland's eligibility criteria are listed below).

Medicaid coverage may be granted to individuals in the following categories:

- Individuals who receive Supplemental Security Income (SSI), Temporary Cash Assistance (TCA), or Foster Care are automatically eligible for Medicaid.

General/initial eligibility requirements:

- Must be at least 65 years old; or
- Disabled; or
- Blind; or
- Under 21 years old; or
- Pregnant

After the initial requirement is satisfied the worker will assess the individual's financial eligibility:

Family Size	Aged, Blind, Disabled and Families and Children Medicaid Medically Needy Maximum Family Income and Assets	
	Countable Monthly Income	Countable Assets
1	\$ 350	\$ 2,500
2	\$ 392	\$ 3,000
3	\$ 434	\$ 3,100
4	\$ 475	\$ 3,200
5	\$ 521	\$ 3,300
6	\$573	\$3,400

Assets are cash, money in checking or savings accounts, credit union accounts, stocks, savings bonds, trusts, annuities, or any other money that you have saved or invested. Assets also include things like boats, trailers, real estate, and life insurance policies or other expensive items you may own.

Services provided under Medical Assistance (Medicaid):

- ambulance and wheelchair van services and emergency medical transportation
- ambulatory surgical center services
- clinic services
- dental services and dentures (for beneficiaries under 21)
- diabetes care services (covered under HealthChoice)
- Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Services (for beneficiaries under 21)
- eye glasses (for beneficiaries under 21)
- family planning services and supplies
- hearing aids (for beneficiaries under 21)
- home and community-based services waiver services for targeted populations of developmentally disabled or mentally retarded individuals, older adults, physically disabled adults, medically fragile children, children with autism spectrum disorder,

and adults with traumatic brain injury

- **home health agency services**
- **hospice care**
- **hospital inpatient and outpatient services (acute, chronic, psychiatric, rehabilitation, specialty)**
- **kidney dialysis services**
- **laboratory and x-ray services**
- **medical day care services**
- **medical equipment and supplies**
- **Medicare premiums, co-payments, and deductibles**
- **mental health treatment, case management, and rehabilitation services**
- **nurse anesthetist, nurse midwife, and nurse practitioner services**
- **nursing facility services (nursing homes)**
- **oxygen services and related respiratory equipment services**
- **personal care services**
- **pharmacy services (for beneficiaries not eligible for Medicare Part D)**
- **physical therapy**
- **physician services (some dental surgery may be included)**
- **podiatry services**
- **private duty nursing (for beneficiaries under 21)**
- **school-based health-related services (for beneficiaries under 21)**
- **Statewide Evaluation and Planning Services (STEPS) through local health departments)**
- **substance abuse treatment services**
- **targeted case management for HIV-infected individuals and other targeted populations**
- **transportation services to Medicaid covered services (through local health departments)**
- **vision care services (eye examination every two years)**

To apply:

Go to your local department of Social Services in your city or county. You can find the local office by calling 1-800-332-6347.

Eligibility for Medicaid is re-determined every 12 months.

Maryland children’s health program (MCHP).

Uninsured children under age 19 are eligible for MCHP medical coverage if their family income is no more than 200 percent of the Federal Poverty Level (FPL). In order to be eligible for benefits under this program, a child applicant may not be currently covered by or voluntarily dropped employer-sponsored group health plan or health insurance coverage within six (6) months before the date of application to the Local Health Department or Local Department of Social Services. Pregnant women and their newborns qualify if their family income does not exceed 250 percent of the FPL. There is no asset test for MCHP.

MCHP Income Guidelines

	Maximum Family Income Limit, Effective March 1, 2007	
Family Size	Children	Pregnant Women
1	\$ 20,420	\$ 25,525
2	\$ 27,380	\$ 34,225
3	\$ 34,340	\$ 42,925
4	\$ 41,300	\$ 51,625
5	\$ 48,260	\$ 60,325
For each additional family member add	\$ 6,960	\$ 8,700

MCHP eligibles receive the full range of Medicaid covered services and are enrolled in the Maryland Managed Health Care Program, HealthChoice.

Children	Pregnant Women
Doctor Visits (well and sick care)	Prenatal and Post-Partum Doctor Visits
Hospital Care	Hospital Delivery Bill
	Doctors Visits not relating to Pregnancy
Lab Work and Tests	Lab Work and Tests
Dental Care	Dental Care

Vision Care	Vision Care
Prescription Medicines	Prescription Medicines (including vitamins)
Transportation to Medical Appointments	Transportation to Medical Appointments
Mental Health Services	Mental Health Services
Substance Abuse Treatment	Substances Abuse Services
Immunizations (shots)	After delivery, family planning services

Maryland Primary Adult Care Program (Formerly the Maryland Pharmacy Assistance Program).

Persons who are not Medicare beneficiaries and are not eligible for full Medicaid benefits may qualify for coverage of pharmacy benefits through the Primary Adult Care program (PAC). PAC helps low-income individuals, age 19 and older, pay for the full range of pharmacy services covered under the Medical Assistance Program. The PAC program also covers basic health services provided by one of the managed care organizations selected through HealthChoice.

Eligibility:

- 19 or older
- Not eligible and do not have Medicare
- Assets are less than \$4,000 (\$6,000 for families)
- Applicants are required to join a Managed Care Organization

How to apply:

Call 1-800-226-2142 for application form. Or go to the PAC website and print application @ <http://www.dhmh.state.md.us/mma/pac/index.htm>.

Mail completed application to
PAC Program Application
P.O.Box 386
Baltimore, MD 21203-0386

*Determination of eligibility takes 45 days and individuals will be notified by mail. Once approved individuals will have to reapply each year.

Services include:

- Free visits to Primary Care Provider (no doctor co-pays)
- Free outpatient visits to a counselor or psychiatrist for mental health services

- Lower-priced or no-cost prescription drugs. You may need to pay a co-pay for some prescriptions.

For more information about Maryland Primary Adult Care (PAC) eligibility and enrollment, please call 1-800-226-2142 or visit online <http://www.dhmh.state.md.us/mma/pac/index.htm>

Maryland Health Insurance Plan (MHIP)

MHIP is a state administered health insurance program for Maryland residents who do not have access to health insurance. These plans are administered by CareFirst Blue Cross and Blue Shield and CareFirst Blue Choice, Inc.

The plans:

1. HMO Plan
2. PPO Plan with \$500 medical deductible
3. PPO Plan with \$1,000 medical deductible
4. High Deductible Health Plan with \$2,600 combined medical and pharmacy deductible

You may be eligible for the Maryland Health Insurance Plan if you are a resident of Maryland and:

- Are not eligible for group health coverage, COBRA, Maryland Medical Assistance (Medicaid) or Children's Health Programs, Medicare or any other government-sponsored health insurance program;
- Have exhausted all available group coverage or moved into Maryland from another state's high-risk pool (individuals considered medically uninsurable);
- Have, or have been offered, health insurance that provides limited or restricted coverage, or that excludes coverage for a specific medical condition or conditions;
- Are receiving income support or unemployment benefits under the Trade Adjustment Assistance program, or receiving pension payments from the Pension Benefit Guaranty Corporation; or
- Have been refused individual health insurance for medical reasons or have a specified medical condition.

How to apply:

Step 1: Review the MHIP Application Booklet and Premium Rate Card for information on Plan costs and benefits. Contact 1-888-444-9016 M-F: 8 a.m.– 5 p.m. for MHIP

Application Booklet or get it online @
<http://www.marylandhealthinsuranceplan.net/mhip/html/HowtoEnroll.html>

Step 2: Print the Enrollment Application.

Step 3: Read the MHIP Application Booklet which explains the Plan, the eligibility criteria and the documentation that must be submitted with your application. Each section of the Enrollment Application is explained.

Step 4: Complete the Enrollment Application.

Note: If the enrollment application is not complete, it will be returned to you. This will delay your enrollment in the plan.

Step 5: Attach the residency and eligibility documentation required for the eligibility category for which you qualify.

Step 6: Mail the Enrollment Application and the required documentation to:

Maryland Health Insurance Plan
Enrollment and Billing
10455 Mill Run Circle, RR-291
Owings Mills, MD 21117-9685

Please note that MHIP applications **may not be faxed.**

Health Services for low-income adults

The following list of resources contains providers in Montgomery and Prince Georges counties who deliver or arrange for delivery of primary care services and some specialty care for adults on a sliding fee scale or reduced charge basis. **Patients should call the provider first to set up an appointment date and get information on what documentation is needed to prove the need for a sliding fee.** Starred items (*) indicate organizations that screen & refer to direct service providers.

Montgomery County

Community Clinic Inc. (FQHC)

Appts. Call 1-866-877-7258

3 Sites:

17 E. North Summit Ave.
Gaithersburg, MD 20877
301-216-0880

8210 Colonial Lane
Silver Spring, MD 20910
301-585-1250

7676 New Hampshire Avenue
Suite 200
Takoma Park, MD 20912
301-431-2972

Governor's Wellmobile Program

8720 Carroll Avenue
Silver Spring, MD
Vanessa Roberts
1-866-228-9668 or
410-706-0249
Every Wednesday

Holy Cross Hospital Center

7987 Georgia Avenue
Silver Spring, MD 20910
301-562-5600

**Johns Hopkins Community Physicians
@ Montgomery Grove**

15201 Shady Grove Road, Suite 202
Rockville, MD 20850
301-990-3190
410-338-3713 (Sliding fee coordinator)

Mercy Health Clinic

12900 Middlebrook Road
Germantown, MD 20874
301-916-4499

Mobile Medical Care, Inc.

Appts. Call 301-493-2400
9309 Old Georgetown Road
Bethesda, MD
7 Sites:
Bethesda Library Parking Lot
7400 Arlington Road
Bethesda, MD 20814

Shepherd's Table/Progress Place
8210-A Colonial Lane
Silver Spring, MD 20910

Gaithersburg Ascension House
202 South Summit Avenue
Gaithersburg, MD 20877

Longbranch Community Center
8700 Piney Branch Road
Silver Spring, MD 20903

Twinbrook Recreation Center

12920 Twinbrook Parkway
Rockville, MD 20851

Lincoln Park Community Center
357 Frederick Avenue
Rockville, MD 20850
Gude Drive Men's Shelter
600 East Gude Drive
Rockville, MD 20850

People's Community Wellness Center

3300 Briggs Cheney Road
Silver Spring, MD 20910
301-847-1172

Project Salud

2424 Reedie Drive
Wheaton, MD 20902
301-962-6173

Spanish Catholic Center

1015 University Blvd., East
Silver Spring, MD 20903
301-434-8003

Teen Connection of Tacoma

(women up to 24 years old)
7005 Carroll Avenue
Takoma Park, MD 20912
301-891-0977

Muslim Community Center

15200 New Hampshire Avenue
Silver Spring, MD 20910
(walk-in)

Prince George's County

Community Clinic, Inc. (FQHC)

3 Sites:
Gaithersburg Health Center
17 E North Summit Avenue
Gaithersburg, MD
301-216-0880

Hyattsville Health Center
7676 New Hampshire Avenue
Hyattsville, MD

301-431-2972

(First Thursday of every month)

Silver Spring Health Center

8210 Colonial Lane
Silver Spring, MD
301-585-1250

Dimensions Health Care Systems

Senior Health Center

3601 Taylor Street
Brentwood, MD 21108
301-927-4987 (55 years of age & over)

Governor's Wellmobile Program

3 Sites:

1-866-228-9668 or 410-706-0249

13000 Laurel-Bowie Road
Laurel, MD 20708
(Every Monday)

8910 Riggs Road
Adelphi, MD
(Every Tuesday)

4915 Annapolis Road
Bladensburg, MD 20710

Greater Baden Medical Services
(FQHCC)

3 Sites:

Brandywine Health Center

13605 Baden Westwood Road
Brandywine, MD 20613
301-888-2233

Glen Arden Health Center

3028 Brightseat Road
Suite 104
Glen Arden, MD 20706
410-772-6905

Walker Mill Health Center

1458 Addison Road S.
Capital Heights, MD 20743
301-324-1500

Johns Hopkins Community Physicians @ Laurel

13960 Baltimore Boulevard
Laurel MD 20707
301-604-5254
410-338-3713 (Sliding fee coordinator)

Food Assistance programs

There are multiple meal and food pantry programs available to Montgomery County residents who are in need. Below you will find contact information to local programs sponsored by the Capital Area Food Bank .

Manna Food Center

614 Lofstrand Lane, Rockville, MD 20850
301-424-1130
info@mannafood.org

301-424-1130 Angela Whitmal, Administrative Director and Volunteer Coordinator

Adventist Community Services 501 Sligo Avenue Silver Spring, Maryland 20910	301-585-6556
Community Multi-Service 1010 Wayne Ave Suite 300 Silver Spring, Maryland 20910	301-588-5220
Community Bridges Inc 817 Silver Spring Ave Suite 306 Silver Spring, Maryland 20910	301-585-7155
Gospel Clinic Food Pantry 8115 Fenton St Suite301 Silver Spring, Maryland 20910	301-587-0036
Liberian Village of Hope Inc 609 Potomac Ave Silver Spring , Maryland 20910	301-528-1539
Silver Spring Church of God 2106 Linden Lane Silver Spring, Maryland 20910	301-608-9597
Silver Spring Community Vision 8210 Colonial Lane Silver Spring, Maryland 20910	301-585-4471

The Shepherd's Table
8210-A Colonial Lane
Silver Spring, Maryland 20910

301-585-6463

Hunger Lifeline

(202) 639-9770

An information and referral service that links those in need of emergency services to agencies in their area that can assist them.

Housing programs

Threshold Services

Threshold's mission is to provide services to individuals with mental illness or co-occurring mental illness and substance use disorders to lead fulfilling lives by providing treatment, rehabilitation and housing, and by promoting a caring community through advocacy and education.

Programs include:

- Case management, supportive counseling, benefits coordination, and skill development.
- Psycho-educational day program.
- Residential rehabilitation program
- Supportive employment program

Criteria for entering program:

Contact (301) 754-1102, ext. 13 to receive a referral packet or complete the referral request form from link <http://www.thresholdservices.org/programs/referral.php>. Individuals would then need to Contact MHP for authorization for a Rehabilitation Assessment for PRP services @: 1-800-888-1965.

Referrals for residential program are contingent upon Montgomery County Core Service Agency 240-777-1400. All residential referrals must go through the Core Service Agency.

Contact # for Threshold: 301-754-1102 also; you can visit them on the web @:

<http://www.thresholdservices.org>

Mar-Lyn

Mar-Lyn was founded in 1963 as a provider of comprehensive behavioral health services and today provides a therapeutic residential environment for adults, ages 18 and older, suffering from severe and persistent mental illness. They have two locations one in Rockville and the other in Baltimore.

General Services include:

- Daily contact with residential rehabilitation program staff and have access to on call crisis care – 24 hours per day.
- Medication monitoring.
- Three meals per day.
- Mar-Lyn staff works closely with outside therapists and related professionals to develop individual rehabilitation plans for residents.
- On-going collaboration with the treatment team.
- Monitoring of mental health and medical appointments where necessary.

More intensive services include:

- In excess of 40 hours of supervision per week – up to 24 hours per day on-site.
- Required sign in and out when residents are going off site.
- Staff monitoring of resident presence every two hours.
- Staff monitoring of all medications, including PRN medications given during the night.
- Skills training focused on activities of daily living.

Criteria for admission:

- The applicant must be 18 years old or older.
- Residents must be able to care for their physical needs and personal hygiene.
- Applicants, if appropriate, must have a specific plan for the gainful use of their daytime hours.

- Applicants must have an outside treatment team who agree to be responsible for primary treatment.
- Applicants must agree to the terms and conditions of the program.

For fees and other details please contact the links below:

Rockville Area Referrals:
301-251-4702 ext. 3239
Mar-Lyn_Rockville@cbhhealth.com

Baltimore Area Referrals:
410-628-1628
Mar-Lyn_Baltimore@cbhhealth.com

Social groups

Relationships and interactions with others are essential for the emotional and mental well being of all individuals. Social interactions can initially be difficult but are very therapeutic and rewarding for individuals and families. Listed below are some local activities available to individuals and families.

The Bethesda Beatniks

The Bethesda Beatniks is a dinner club that consists of mental health consumers, their families, and friends. They meet at the Alfio's Trattoria Italian restaurant in Friendship Heights, Maryland every second and fourth Wednesday nights of each month for dinner, conversation, and prominent after-dinner speakers. The Beatniks also stage visual arts and music festivals throughout the year

How to join: There are no dues but there is an initial \$40 new member fee but individuals are able to attend 1 dinner before being asked to pay one time new member fee.

Rules: No one who habitually uses hard street drugs will be asked back. No one who is a practicing alcoholic will be asked back, although do allow and have some recovered alcoholics. Consumers are asked to rely on their doctors' treatment plan for them, which is based on the honor system.

Contact info: Beatnik Pete Warner 301-279-2578 to stay tuned to upcoming events and also on the web @ www.bethesdabeatniks.org. To receive regular alerts email your contact information to peterwarner2@mac.com.

Studio Downstairs

Studio Downstairs is a special project of Create Arts Center and provides psychological/social support to adults who might otherwise be too vulnerable to attend school or vocational programs.

How to join/requirements: Mail or fax the initial application form and they will call you to schedule a time to meet. There is an initial 3 month commitment to being a member. Individuals are required to attend regularly and to have respect for others and their working environment as well as take responsibility for cleaning up their materials and workspace.

Fees: Are sliding scale and are determined on an individual basis. Health insurance may cover part of the costs. *In special circumstances, the minimum fee may be adjusted.

Contact information: Sally Brucker LCSW-C, ATR Director email:
sbrucker@studiodownstairs.org phone #: 301-588-ARTS (2787) x 2 816 Thayer Avenue Silver Spring, MD20910

Support Groups

When a mental illness is diagnosed there are ranges of confusing, stressful, and isolating feelings, which could arise. There are no conditions, situations, or feelings that have not been diagnosed, experienced, or felt in some way shape or form by other individuals or families. Listed below are some support groups where individuals can give of themselves or take from others knowledge and encouraging words.

NAMI (National Alliance on Mental Illness)

Founded in 1979 NAMI is the nation's largest grassroots mental health organization. NAMI is dedicated to improving the lives of persons living with serious mental illness and their families.

Montgomery County

Washington D.C.

Maryland

301-949-5852

(202) 546-0646

(800) 467-0075

www.namimc.orgwww.nami.org/about/namidcwww.md.nami.org

NAMI local support groups			
Group Name	Location	Time	Contact Person
Metro Washington Borderline Personality Disorder education and support group.	Unknown	Unknown	Diane 301-469-6101
Depression and Bipolar support Alliance.	Christ Lutheran Church 8011 Old Georgetown Rd. Bethesda MD, 20814	Every other Wednesday @ 7 p.m.	Richard Lewis 240-401-2764
Mutual support group for individuals facing the challenges of recovering from any serious mental illness.	Silver Spring Drop-in Center 7961 Eastern Avenue 1st Floor Silver Spring MD, 20910	2nd and 4th Saturday of the month @ 3:00 p.m.	Miriam Yarmolinsky 301-589-2303
Mutual support group for individuals facing the challenges of recovering from any serious mental illness.	St. Mark Presbyterian Church 10701 Old Georgetown Road Room 109 Rockville MD, 20852	1st and 3rd Thursday of the month @ 6:30 p.m.	Sarah Karney 301-949-5852
Child and Adolescent family support group.	Suburban Hosp 8600 Old Georgetown Road Rm CR 8 Bethesda MD, 20814	3rd Tuesday of the month @ 7:30 p.m.	Emily Novick 301-949-5852
Support group for families and friends of anyone experiencing a mood disorder such as bipolar, depression, or schizo affective disorders.	Holy Cross Hospital 1500 Forest Glen Road PDR #2 Silver Spring MD, 20910	2nd Tuesday @ 7 p.m.	ED Smith 301-680-0981

Family support group comprised of adults (caregivers, relatives, friends, etc.) who are concerned about loved ones who suffer from mental illness. Group shares ideas and discuss ways and means in order to help loved ones and each other.	Montgomery General Hosp 18101 Prince Phillip Drive Conference Room C Olney MD, 20832	2nd Saturday of the month @ 9:30 a.m.	Cathy 301-774-2075 Or Karen 301-253-4526
Family support group-En Espanol for friends and families of anyone experiencing mental illness.	Charles W. Gilchrest Center 11319 Elkin Street Wheaton MD, 20902	4th Wednesday of the month @ 7 p.m.	NAMI office 301-949-5852
Spouse support group.	NAMI MC Office 10730 Connecticut Avenue Kensington MD, 20985	3rd Friday of the month @ 6:30 p.m.	WEI 301-827-1789
Obsessive Compulsive Disorder			Nancy 301-340-1452
Obsessive Compulsive Disorder	2424 Reedie Drive Room 223 Wheaton MD, 20902	2nd and 4th Tuesday of the month @ 7:30 p.m.	Bruce 301-497-1589