

Topeka Resource Checklist

April 2023

Name _____ Date _____

Agency _____ Worker _____

This is a list of possible resources to help you stretch your dollars and avoid economic emergencies. Please place a check beside the ones you are using or have used.

Managing Your Income

_____ Do you receive Supplemental Security Income (SSI) or Social Security Disability Income (SSDI)? Call the Social Security Office at 1-888-327-1271 for more information.

_____ If yes, are you using a Representative Payee Program? Call the *Social Security Office*, 1-888-327-1271 for more info.

_____ Receive a FREE Financial Counsel with a HUD certified counselor by contacting *Housing and Credit Counseling, Inc. (HCCI)* at 785-234-0217 or hcci@HousingAndCredit.org

_____ Have you received **free** budget counseling through Housing and Credit Counseling or another organization? Call *Housing and Credit Counseling (HCCI)* at 234-0217 & stay on the line to request a **free** appointment for financial counseling. <https://housingandcredit.org/what-we-do/> Or hcci@HousingAndCredit.org

_____ Cash assistance (Temporary Assistance to Needy Families) and Child Care assistance. Call toll free (877) 653-9522

_____ **Kansas Loan Pool Project.** Catholic Charities of Northeast Kansas, in conjunction with community banking partners offers a payday/title loan refinancing program. For more information or to inquire about the application process please contact: (913) 433-2050 for the Shawnee County Area.

Managing Housing Costs

_____ Section 8 Rental Housing- *Topeka Housing Authority, 2010 SE California, 357-8842*

_____ Public Housing- *Topeka Housing Authority, 2010 SE California, 357-8842*

_____ Apartment or townhouse with utilities included in the rent. Obtain information from the *Kansas Housing Resources Corporation's Rental Listings* at <http://www.kshousingcorp.org/find-an-apartment>.

_____ Affordable Housing Directory – City Dept. of Neighborhood Relations, 368-4490

_____ Weatherization Program- *Community Action, 836-4500*

- _____ Home Emergency Repair, Handicapped Accessibility, Rental Rehab, Major Rehab, Demolition Programs, Property Maintenance Rehab and Weatherization.
City of Topeka, Division of Housing Services (DHS), 368-3711
- _____ Topeka Habitat for Humanity. We have repair and accessibility funds for those over 55.
Call for more information (785) 234-4322.
- _____ Free smoke detector/installation *City of Topeka, Fire Department, 368-4000*
- _____ Level Pay Utility Agreement or utility pay agreement - *Contact your utility provider*
- _____ Tenant/Landlord Counseling- Call Housing and Credit Counseling, Inc. (HCCI), 234-0217
<https://housingandcredit.org/what-we-do/counseling/tenant-landlord/tenants/>
or request **free** counseling at
<https://housingandcredit.org/what-we-do/counseling/tenant-landlord/tenants/request-for-counsel/>
- _____ Shawnee County Landlord’s Association, 266-4818

Managing Food Costs

- _____ For the most current information on food pantries, food banks and meals in the Topeka area ask the agency for the most current Food List or contact the City of Topeka, Division of Housing Services (DHS), 368-4490.
- _____ For the most current Harvesters information on food pantries and distribution, *go to www.harvesters.org, and click “Get Help” or call (877) 653-9519.*
- _____ Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) Call toll free (877) 653-9522 or email snap@harvesters.org. Harvesters’ SNAP Coordinator can help with questions about eligibility, assist with completing & submitting the application.
DCF Topeka Area Office, 500 SW VanBuren, (785)296-2500
- _____ Commodity Supplemental Food Program (785) 368-8120 *(60 yrs. or older)*
- _____ The Emergency Food Assistance Program (TEFAP) (785) 368-8120 *(must be income eligible)*
- _____ Meals on Wheels Dining Centers (lunch served to those Age 60 and older at 11:30 am),
Call (785) 295-3980 for locations and reservations. Kansas Benefit Cards are accepted.
- _____ Meals on Wheels Home-Delivery Program (Lunch meal for those 60 and older)
Call (785) 295-3980 for more information. Vision Cards are accepted.
- _____ Do you have school-age children?
If yes, are they participating in the Free/Reduced Price Lunch program?
- _____ Are you pregnant or have children under the age of five years?
If yes, are your children enrolled in the Women, Infant, and Children (WIC) program?
Call 251-5607, if you would like more information.

Managing Health and Prescription Costs

- _____ Cover Kansas – www.getcoveredkansas.org or toll-free 866-826-8375
Helping uninsured Kansans with Marketplace Health Insurance as well as answering questions about coverage terms and options.
- _____ KanCare/Kansas Medicaid for children - Customer service line 1-800-792-4884
- _____ KanCare/Kansas Medicaid for children health insurance - KDHE, (800) 792-4884
- _____ KanCare for children’s health insurance (if not covered by Medicaid) 1-800-792-4884
- _____ KanCare Ombudsman – helps with problems with KanCare/Kansas Medicaid – 1-855-642-8180
- _____ East Topeka Sr. Center for rides to medical appointments. Must be age 60 or over or disabled (of any age). To reserve rides call 785-251-2988. For more info call 785-232-7765.
- _____ People with Medicaid cards can get free transportation to medical appointments by calling:
Their MCO (Managed Care Organization)
AETNA 1-855-221-5656 Sunflower 1-877-644-4623 United 1-877-542-9238
- _____ The Shawnee County Health Department – (785) 251-5600 provides Immunizations, Communicable Disease, STD Clinic, Home Visitation for pregnant women and young children, Daycare Licensing and Environmental Health Programs.
- _____ GraceMed Health Clinics – for appointments and locations call (785) 861-8800. Medical, dental, vision and behavioral health services available. Open to everyone, with or without insurance coverage. Discounted services available based on household income assessment. Medicaid/KanCare, Medicare and private insurance plans accepted.
- _____ Topeka Dental Clinic, 2037 SE 29th, 267-9500 (for children with Medicaid)
- _____ Marian Dental Clinic, 3164 SE 6th St., call 233-2800 dental care for all ages. Private and public insurance accepted. Sliding Fee schedule available for those who are income eligible.
- _____ Health Access Enrollment Card (for persons who are uninsured) (785) 235-0996
- _____ Do you use some prescription medications regularly?
_____ If yes, do you use generic drugs?
- _____ If yes, have you applied for a free Prescription Drug Program (PDP) through the manufacture? For more info call Health Access, 235-0996.
- _____ Do you receive Medicare? If yes you may qualify for prescription help under Part D or you may qualify for Low Income Subsidy to help pay your Medicare Part A, B and D costs. Contact Jayhawk Area on Aging (JAAA) 235-1367
- _____ Senior Health Insurance Counseling for Kansas (SHICK), JAAA (785) 235-1367
- _____ Lifeline Pregnancy Center 2041 McAlister Avenue (785) 249-6130
- _____ Birthright of Topeka, 512 SW 7th St, 234-0701
- _____ Let’s Help, 200 S. Kansas Ave. – Resources for prescriptions & dental extractions. Call for more information (785) 234.6208.

Increasing your Income

- _____ Low Income Energy Assistance Payment (LIEAP) 1-800-432-0043
- _____ Project Deserve for EVERGY Customers 316-219-4070 or 1-888-765-9058
- _____ Earned Income Tax Credit
- _____ Franchise Fee Utility Rebate/Credit Program - Community Resources Council 233-1365
- _____ Child Tax Credit
- _____ Homestead Tax Credit – Homeowners only
- _____ Do you use a free tax preparation service?
February through April 15th call the Tax Assistance Center 368-8222 or Community Resource Council, 233-1365.
- _____ Child Support Call center. 1-888-757-2445

Education / Employment

- _____ AO-K at Washburn Tech co-enrollment GED and Tuition Free Technical Training, 670-2248
- _____ Community Action - Ages 0-5, income based program (785) 836-4500
- _____ Competitive employment opportunities for the severe and persistently mentally ill.
VALEO Services for Employment Success 357-0580
- _____ English Language classes for Spanish speaking adults – Call Community Action, 836-4500
- _____ GED Preparation - Let's Help - 785.234.6208
- _____ GED Preparation – Washburn Tech Education, 670-2248
- _____ GED Testing – Washburn Tech Pearson Vue Testing Center, 228-6455
- _____ High School Diploma for adults- High School Diploma Program:
 - Orion Diploma Completion
 - 5331 SW 22nd Place
 - (Inside Fairlawn Plaza Mall)
 - Topeka, Ks 66614
 - (785) 228-2336
 - www.OrionDiplomaCompletion.org
- _____ Mirror Work for Success, helps unemployed or underemployed families with minor children with job readiness training, healthy relationships, and parenting classes. We can also help youth between the ages of 18-24 who were in the custody of the State of Kansas, either in foster care or in the juvenile justice system, while they were 14-18 years old. Customized employment services are also available to anyone unemployed who is receiving DCF assistance. (785) 246-5737.
- _____ Older Kansans' Employment program at Let's Help offers basic computer skills and job readiness training for individuals 55 and older. (785) 234-6208.

_____ Jobs for Young Adults - Job Hunt and Soft Skills Training for 16-25 year olds.
Contact JobCoach@topekayouthproject.com or 785.273.4141

_____ Sheldon Head Start - Ages 3-4, income based program (785) 438-4530

_____ Topeka Workforce Center assists customers in finding a job or better job to include job search assistance, resume writing, interview preparation, Veterans services and occupational training. (785) 235-5627.

_____ VALEO Supported Education Program (SEP) assists persons with psychiatric disabilities in pursuing educational goals. Participants are given individualized assistance in all phases of the educational process, from exploration to enrollment and success in the classroom. We assist individuals who are interested in attending college, technical school, GED programs or formalized educational opportunities. For further information please contact Terra Harris at 785-357-0580 ex 2419 or Pat Vega 785-357-0580 Ex 2149.

_____ Washburn Rural Alternative High School
Call 339-4900, Diploma program open to out of district students

Have you used the following?

_____ Topeka and Shawnee County Public Library, 1515 SW 10th – 580-4400
(Classes are free, call for a time or you can view the schedule on the library's website www.tscpl.org under Events)

Senior Information & Assistance

_____ Information and referral services, case management, nutrition program, in-home services, caregiver support services, physical fitness programs. Jayhawk Area on Aging (JAAA) 2910 SW Topeka Blvd. 235-1367.

_____ Aging & Disability Resource Center provides information & referral services to all ages, all incomes and all ability levels. Provides Options Counseling regarding services & supports available in the community. Completes assessments for the Physical Disability & Traumatic Brain Injury and Frail Elderly Medicaid HCBS waivers as well as assessments for Nursing Facility entry. *Jayhawk Area on Aging (JAAA) 2910 SW Topeka Blvd. 235-1367.*

_____ Older Kansans' Employment program at Let's Help offers basic computer skills and job readiness training for individuals 55 and older. (785) 234-6208.

_____ Papan's Landing Senior Center
619 NW Paramore Street, Topeka, Kansas 66608
785.232.1968

Activities such as games, arts and crafts, exercise, and educational opportunities.
Transportation to the Center and home, and to business or medical appointments.
Telephone reassurance for people aged 60 and up.
We are a drop-off location for Meals on Wheels.

_____ Volunteer in schools within your community as a Foster Grandparent. Since 1965, the AmeriCorps Seniors Foster Grandparent Program (FGP) has provided one-on-one mentoring,

nurturing, and support to children with special or exceptional needs, or who are in circumstances that limit their academic, social, or emotional development. AmeriCorps Senior volunteers in FGP serve from 15 to 40 hours a week and receive hourly stipends. Volunteers must be age 55 or older and meet established low-income eligibility guidelines to participate as a Foster Grandparent.

Obtaining Free government phones / discounts:

- _____ Telephone Lifeline Program visit website: <http://www qlinkwireless.com>
- _____ Assurance Wireless (888) 898-4888
- _____ ReachOut Wireless (877) 870-9444
- _____ AT&T (800) 288-2020
- _____ COX – Home Internet for Students (855) 222-3252
Web Site: Connect2Compete.org/Cox
<https://www.cox.com/aboutus/cox-in-the-community/connect2compete.html>

Substance Abuse Services

_____ Family Service & Guidance Center, 327 S.W. Frazier Ave., 785.232.5005, provides assessments, referrals and outpatient treatment for children and teens as well as youth with co-occurring substance use disorders and mental health challenges. By summer 2023, FSGC will offer in-patient treatment to youth for whom it is appropriate. FSGC accepts all insurance, including KanCare (Kansas Medicaid). www.FSGCtopeka.com

_____ Mirror of Topeka Residential and Outpatient Treatment Center – 2201 SE 25th St, Topeka. KS 66605. Providing assessments, referrals, adult residential treatment, adult reintegration treatment, and family sessions. Outpatient Treatment, Continuing Care, ADIS Classes, and housing case management services. State block grant funding, Medicaid, most insurances, SB 123, SB67, and private pay accepted. www.mirrorinc.org

_____ New Dawn Wellness & Recovery, 4015 SW 21st St. (785) 266-0202, provides assessments and referrals, intensive outpatient treatment, outpatient treatment, continuing care, advanced recovery groups, gender specific groups, services for adolescents, Third time or more DUI treatment, 8 hour alcohol and drug education classes, housing case management. Funding includes: State funding is possible, if funds are available and income eligibility requirements are met, Medicaid, Medicare, SB123, SB67, BCBS and most commercial insurances. Also offered is state funded problem gambling counseling for client and concerned others. www.newdawnrecovery.org

_____ Prevention and Resiliency Services (PARS) offers information and resources related to substance abuse, prevention, addiction, and other addiction-related behaviors. PARS provides a variety of workshops and presentations focused on prevention of substance abuse including alcohol, tobacco, prescription drugs, opioids, illicit drugs, etc.. We also offer Alcohol and Drug Information School (ADIS) for those mandated to participate in that class. PARS has a Licensed Master Addictions Counselor on staff for youth and/or adult evaluation services and

referrals. Contact PARS at (785) 266-8666 or visit online at www.parstopeka.org. PARS ofrece también servicios en español.

_____ Sims-Kemper Clinical Counseling and Recovery Services, 1701 SW Medford Ave., (785) 233-0666. Providing assessments, intensive outpatient treatment, outpatient treatment, relapse prevention, individual, group, family sessions, education and peer mentoring for adolescents and adults. Income-based State funding, Medicaid, most insurances, SB 123, SB 67 accepted. No out-of-pocket cost for Problem Gambling Assessment/Care. www.sims-kemper.com

_____ VALEO serves adults, and accepts most insurance, Medicaid, and offers a sliding scale fee for individuals with limited financial resources for the following services: detoxification, inpatient, outpatient, reintegration and relapse prevention, as well as evaluation and drug testing. 330 SW Oakley M-F 8-5p.m. call (785) 233-1730 and ask for admissions. Afterhours call (785) 234-3448 or go to the southeast entrance for assistance.

Domestic Violence Assistance

_____ YWCA Northeast Kansas - Center for Safety & Empowerment: 24/7 Hotline # 1.888.822.2983. (YWCA CSE) provides free and confidential services to victims/survivors of domestic violence, sexual assault, stalking, and human trafficking in Shawnee, Brown, Jackson, and Wabaunsee Counties. YWCA CSE's services include: a 24-hour hotline; crisis counseling; support groups; emergency shelter; assistance in the filing of protection orders; public education programs; Day Center drop-in services; case management; advocacy within the courts and social service systems; medical advocacy; and law enforcement advocacy.

Infant, Toddler and Child Resources

_____ Catholic Charities of Northeast Kansas- Pregnancy Maintenance Incentive- 234 S Kansas Ave, Topeka, KS 66603 913-433-2063-Help moms that are pregnant, until the baby is 6 months of age. Link families to information and community resources, assisting in scheduling doctors' appointments, and providing baby items. Monthly visits

_____ Catholic Charities of Northeast Kansas Adoption Program- 234 S Kansas Ave, Topeka, KS 66603 913-433-2063- Helping ladies explore placing their baby for adoption. Licensed Child placing agency with the state. We assist with giving information about adoption, open adoption, legal risks, etc. We are with the expectant mother throughout the pregnancy, adoption, and indefinitely. Contemplating your options, contact us.

_____ Intellectual Disability Services: Shawnee County Community Developmental Disability Services (785) 232-5083

_____ Family Service & Guidance Center (FSGC), 327 S.W. Frazier Ave. is a nonprofit community mental health center that specializes in meeting the unique needs of children up to 18 years old. FSGC offers a range of services, including crises services available 24/7/365 by calling 785.232.5005 for kids threatening to harm themselves or others or find themselves in a crisis situation. Other services include outpatient individual, family and group therapy; child and adolescent psychiatry; anxiety treatment; therapeutic groups for preschool-age children; community-based services, including case management; substance use disorder assessment and

treatment; group program for school-age children and teens; Transitions to Adulthood Program for young adults with mental illness; and the popular Happy Bear abuse prevention program. www.FSGCtopeka.com

_____ Successful Connections, Jane Redger, 1100 SW Wanamaker Rd., Suite 201, Topeka Ks. 66604. (785) 440-4509. Help moms that are pregnant and or have children to age 5 link to information and community resource, including child care.

Animal Resources

_____ Capitol Area Animal Response Team (CAART) (785) 925-3678
c/o Topeka Community Foundation, 5431 SW 29th Street, Suite 300
Crisis sheltering services; disaster response. www.shawneecaart.org

_____ Cat Association of Topeka (CAT) 1719 SW Gage Blvd. (785) 272-4735
No-kill cat shelter, has emergency foster homes.

_____ Critter Care, PO Box 67341 (785) 478-9985
Provides low or no-cost spay-neuter for dogs and cats.

_____ Helping Hands Humane Society, 5720 SW 21st Street Topeka, KS 66604 (785) 233-7325
Educational programs, cruelty investigations, sheltering for homeless and unwanted pets, pet adoptions, spaying and neutering, emergency animal rescue, lost and found programs.

_____ PANT (Pet Assistance Network of Topeka, Inc.) c/o Topeka Community Found 5431 SW 29th (785) 270-8104, provides a temporary placement for pets belonging to people who are temporarily homeless or fleeing from a battering situation. Pets are cared for until the owners' lives improve and they can be reunited with their pets (there are some requirements for individuals) www.topekapant.org

_____ Topeka Animal Control, 320 S. Ks Ave #100 Topeka, KS 66603 (785) 368-9484. The officers of this Unit are responsible for enforcing various city ordinances regarding animals, including the leash law, vaccination and licensing requirements, the cruelty ordinance, and checking on neglected or abused animals.

Homeless Shelter

_____ Topeka Rescue Mission – 354-1744 600 N. Kansas Ave.

Neighborhood Services

_____ Safe Streets is a program of Prevention and Resiliency Services (PARS) which offers information and resources to educate and promote a healthier community through prevention efforts. Safe Streets can help your neighborhood organize for the safety and wellbeing of its residents, assist in coordinating City resources, and provide educational programs. We can also help your neighborhood

host the annual National Night Out celebration. Contact Safe Streets at (785) 266-8666 or find more information online at www.parstopeka.org . Safe Streets ofrece también servicios en español.

_____ Topeka Habitat for Humanity Tool Bus- A mobile tool lending library that can go into the neighborhood for clean-up days and events. Call 234-4322 for more information.

Family Recreational Opportunities

Shawnee County Parks +Recreation, 1800 Se 21st Topeka Ks, 251-2600

Day Camps, Trails, Fitness, Sports, Classes, After School Activities, scholarships available.

Monthly Living Costs/Budget

\$_____ Rent or mortgage	\$_____ Diapers
\$_____ Electric bill	\$_____ Car payment
\$_____ Natural gas/Propane bill	\$_____ Car insurance
\$_____ Phone bill	\$_____ Auto Repair/Maintenance
\$_____ Cell phone costs	\$_____ Gas
\$_____ Cable television/satellite/internet	\$_____ Taxi rides or bus rides
\$_____ Water and Trash	\$_____ Food cooked at home
\$_____ Homeowners or Renters Insurance	\$_____ Dining out
\$_____ Monthly rental furniture	\$_____ Child care or Preschool
\$_____ Laundry	\$_____ Child support payment
\$_____ School costs	\$_____ Hair Salon
\$_____ Medical bills	\$_____ Nail Salon
\$_____ Prescription Drugs	\$_____ Pet food and veterinary care
\$_____ Life Insurance	\$_____ Entertainment
\$_____ Bankruptcy fees	\$_____ Internet connection
\$_____ Checking account overdraft charges	\$_____ Internet gambling
\$_____ Payday loan payments	\$_____ Lottery tickets
\$_____ Loans to or from family or friends	\$_____ Bingo
\$_____ Court costs and fines	\$_____ Casino gambling
\$_____ Credit card payments	\$_____ Cigarettes – monthly amount
\$_____ Credit counseling payments	\$_____ Alcohol – monthly amount
\$_____ Clothing and shoes	\$_____ Health Insurance
\$_____ Soap, shampoo, deodorant, etc.	\$_____ Other

\$_____ Other

\$_____ Other

\$_____ **Total Monthly Living Cost**

Monthly Income (take-home)

\$_____ Monthly Income from Jobs

\$_____ Government assistance

\$_____ Food Assistance

\$_____ Income Tax Return

\$_____ Child Support

\$_____ Alimony/Spousal Maintenance

\$_____ Other Income

\$_____ **Total Monthly Income**

Signature: _____

Date: _____