# Bedford County Pennsylvania Human Services Directory 2019 - 2020

Prepared and Published by Personal Solutions Inc. (PSI)

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# **Bedford County Human Services Directory**

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# Alleghenies United Cerebral Palsy Service Coordination/Case Management

# **Johnstown Office:**

119 Jari Drive

Johnstown, PA 15904 Phone: (814) 619-3398 Toll Free: 844-819-4455 Fax: (814) 262-7174

Website: <a href="www.scalucp.org">www.scalucp.org</a>
E-mail: <a href="mailto:info@scalucp.org">info@scalucp.org</a>

# **Altoona Office:**

115 Union Avenue Altoona, PA 16602 Phone: (814) 619-3398 Toll Free: 844-819-4455

Fax: (814) 262-7174

Website: <a href="www.scalucp.org">www.scalucp.org</a>
E-mail: <a href="mailto:info@scalucp.org">info@scalucp.org</a>

# St. Mary's Office:

207 Stackpole Street St. Mary's, PA 15857 Phone: (814) 619-3398 Toll Free: 844-819-4455 Fax: (814) 262-7174

Website: <a href="www.scalucp.org">www.scalucp.org</a> E-mail: info@scalucp.org

# Alleghenies United Cerebral Palsy Service Coordination/Case Management continued...

# **Hanover Office:**

141 Broadway
Hanover, PA 17731
Phone: (814) 619-3398
Toll Free: 844-819-4455
Fax: (814) 262-7174
Website: www.scalucp.org
E-mail: info@scalucp.org

#### Services Available:

Alleghenies United Cerebral Palsy, a nationally affiliated organization, has been committed to providing quality Service Coordination/Case Management services to individuals with disabilities in our communities. Alleghenies United Cerebral Palsy provides services throughout PA for the Home and Community Based Waiver programs. Our goal is to enhance the quality of life of individuals with any physical disability while promoting their independence.

### **Programs:**

Act 150
Attendant Care Waiver
OBRA Waiver
CommCare Waiver
Independence Waiver
PDA Waiver

# Alleghenies United Cerebral Palsy Service Coordination/Case Management continued...

Nursing Home Transition Contracted with MCO's

#### **Contact Information:**

Tammy Rhoades
Executive Director

Phone: (814) 619-3398 Toll Free: 844-819-4455 Fax: (814) 262-7174

Website: <a href="www.scalucp.org">www.scalucp.org</a>
E-mail: <a href="mailto:trhoades@scalucp.org">trhoades@scalucp.org</a>

#### **Hours:**

Business Office Monday thru Friday 8:00 a.m. to 4:00 p.m.

#### **Counties Served:**

Adams, Allegheny, Armstrong, Beaver, Bedford, Blair, Butler, Bradford, Cambria, Cameron, Centre, Clearfield, Clinton, Clarion, Crawford, Cumberland, Elk, Erie, Fayette, Forrest, Franklin, Greene, Huntingdon, Indiana, Juniata, Jefferson, Lancaster, Lawrence, Lycoming, Northumberland, Mercer, McKean, Mifflin, Perry, Potter, Somerset, Snyder, Sullivan, Tioga, Union, Venango, Washington, Warren, Westmoreland, and York.

# Allegheny Lutheran Social Ministries Bedford/Fulton Head Start & Bedford County Early Head Start

Administrative Office 231 South Juliana Street Bedford, PA 15522 (814) 624-3200 or Toll Free 1-877-ALSM-KID

FAX: (814) 623-8676 E-mail: <u>info@alsm.org</u> Website: <u>www.alsm.org</u>

#### **Services Available:**

Head Start serves ages 3-4 in home based and classroom options. Early Head Start serves pregnant women and children up to the age of 3 in a home based setting. Head Start/Early Head Start is an income eligible, infant/toddler, preschool and family educational program, which also serves the comprehensive needs of children & families. Service delivery includes:

- 1. Classrooms located throughout the county with some on school district campuses.
- 2. Individualized classroom and home visit experiences.
- 3. Parent activities and learning opportunities.
- 4. Assistance with securing medical and dental services for children.
- 5. Services to meet the special needs for children
- 6. Health and developmental screenings.
- 7. School readiness and parenting skills.
- 8. Male involvement activities.

# Bedford/Fulton Head Start & Bedford County Early Head Start continued...

- 9. Healthy snacks and meals.
- 10. Family advocacy and support.
- 11. Assistance in connecting with community resources.
- 12. Volunteer opportunities.
- 13. Year round services provided to Early Head Start children and families.

### **Contact Information:**

Director or Family Services Manager (814) 624-3200 or 1-877-257-6543 E-mail: info@alsm.org

# Hours:

Office: Monday – Friday, 8:00 a.m. – 4:30 p.m., except holidays. Classroom schedule similar to school schedule Flexible scheduling of home visits.

# **Target Population:**

Income eligible families with children ages 0-5 and prenatal. Most families income must be within 130% of the poverty guidelines and a small percentage of over income families may be considered for enrollment if their child(ren) have a special need or come from a high risk family situation.

# Fee for Services:

None

# Allegheny Lutheran Social Ministries Early Learning/Kid Stop Services

Administrative Office 231 South Juliana Street Bedford, PA 15522

(814) 624-3200 or Toll Free 1-877-ALSM KID

FAX: (814) 623-8676

E-mail: <a href="mailto:children@alsm.org">children@alsm.org</a>
Website: <a href="mailto:www.alsm.org">www.alsm.org</a>

# Child Care

# **Growing Years Early Learning Center at Bedford**

106 West Penn Street, Bedford, PA 15522

### **Contact Information:**

Alice Bulger, Center Supervisor (814) 623-2096/(814) 624-3200

#### **Hours:**

Monday - Friday 6:30 a.m. - 6:00 p.m.

# **Eligibility:**

Birth - Kindergarten

### **Services Available:**

Quality child care for children in an atmosphere that is both nurturing and educational. Toddler learning spaces provide "interest areas" where children are offered play choices while acquiring

# ALSM Early Learning/Kid Stop Services, continued...

independence, language, physical, and selfhelp skills. Staff helps nurture child development and sense of belonging by providing a curriculum and daily routine suited to each child's individual needs. Outdoor time is scheduled daily for all age groups.

Emphasis placed on developing the whole child and reflected in a structured environment that fosters language and social skills, problem solving, large and small muscle development, creativity, pre-reading, and math skills. Learning is facilitated through an environment that is relaxed and nurturing where children are encouraged to laugh, play, and express themselves.

Free high quality pre-kindergarten education for eligible 3 and 4 years old is available at Growing Years through the Pennsylvania Pre-K Counts program. Quality Pre-K prepares children for reading and math as well as paying attention, following directions and getting along with others. Pre-Kindergarten gives children an opportunity to learn, become excited about school and be better students. This strong early start means they have a better chance of doing well in school, going on to college or career training, and getting a good job. Early education can open the doors of opportunity for every child to do well in school, in the workforce, and in life.

# ALSM Early Learning/Kid Stop Services, continued...

# "Kid Stop" School-Aged Child Care

# **Bedford Kid Stop**

106 West Penn Street Bedford, PA 15522

Phone: (814) 624-3200/(814) 623-2096

(non-school hours only) Supervisor: Alice Bulger

Ages: Kindergarten – 12 years Hours: Monday - Friday

6:30 a.m. – 8 a.m. 3 p.m. – 6 p.m.

Summer: 6:30 a.m. – 6 p.m.

# **Everett Kid Stop**

**Everett Elementary School** 

165 East First Street

Everett, PA 15537

Supervisor: Alice Bulger Phone: (814) 652-5455 Ages: K – 12 years

Hours: 6:30 a.m. – 8 a.m.

3 p.m. – 6 p.m.

Summer: 6:30 a.m. – 6 p.m.

# ALSM Early Learning/Kid Stop Services, continued...

# **Services Available:**

A program of planned, supervised activities during that part of the day children are not attending school and full days when school is not in session. Kid Stop provides creative art, stories, rest, and outdoor play. Our Kid Stop also offers activities such as arts and crafts, sports and games, enrichment days, and field trips.

# Allegheny Lutheran Social Ministries Counseling Services

Administrative Office 231 South Juliana Street Bedford, PA 15522

Phone: (814) 624-3200 or Toll free: 1-877-257-6543

Fax: (814) 623-8676 E-Mail: <u>info@alsm.org</u>

# **Services Available:**

Counseling-casework and psychological services designed to meet individual and family needs.

# **Contact Information:**

To schedule an appointment call (814) 624-3200 or 1-877-257-6543.

# **Hours:**

Administrative offices: Monday – Friday, 8:30 a.m. – 4:30 p.m.
Counseling sessions: Flexible scheduling available to meet individual and family needs.

# **Target Population:**

Services are available to everyone.

# **Fee for Services:**

Are established on a sliding scale.

# **Eligibility:**

None

# Allegheny Lutheran Social Ministries Family Center of Bedford County

Administrative Office 231 South Juliana Street Bedford, PA 15522

(814) 624-3200

Toll Free: 1-877-ALSM-KID (1-877-257-6543)

Fax: (814) 623-8676

E-mail: <a href="mailto:children@alsm.org">children@alsm.org</a>

#### Services Available:

The Family Center Program provides comprehensive parenting education (Parent as Teachers curriculum) and social support services to families expecting a baby and/or families with children from birth to age five.

Child assessments and family profiling are used to assist parents in choosing and planning learning activities to do with their child(ren) during individualized home visits. Child development information, parenting techniques, health and safety tips and social service information are shared.

Appropriate health and social service referrals are made when needs are identified by parents and staff. Parent support groups, parent-child play groups, parent training, and various special social events are held throughout the year at different locations.

# Family Center continued...

Limited transportation is available for enrolled families to help with medical visits.

A toy, book, and video lending library is also available.

Information and Resource referrals available.

Technical assistance is provided to local planning groups assisting with system reform issues throughout the county.

# **Contact Information:**

Laurie Hollis, Family Center Director or Office Receptionist: (814) 624-3200 or 1-877-ALSM-KID

#### **Hours:**

Administrative Offices: Monday – Friday 8:00 a.m. – 4:00 p.m. Home Visits: Flexible scheduling available to

meet individual family needs.

Site Locations: Office hours vary - contact administrative office or site for more information.

# Family Center, continued...

# **Target Population:**

Bedford County Families who are either pregnant and/or have children birth through school age may be eligible for home visits. Family activities, parent-child play groups, parent trainings, planning committee work and informational/referral services are open to all.

# Fee for Services:

None.

# Allegheny Lutheran Social Ministries Pre-K Counts Program

Administrative Office 231 South Juliana Street Bedford, PA 15522

(814) 624-3200 or Toll Free: 1-877-ALSM-KID

Fax: (814) 623-8676 E-mail: <u>info@alsm.org</u> Website: <u>www.alsm.org</u>

#### **Services Available:**

Classrooms in the Bedford Elementary school and the Tussey Mountain Elementary School. Services for children who are preschool age, 3-5 years old not yet eligible for kindergarten. Program runs with the school district schedule.

# Service Delivery includes:

- 1. Individualized classroom experiences
- 2. Runs with district schedule and utilizes district transportation.
- Promotes school readiness
- 4. Increases reading and math skills
- 5. Increases social/emotional skills
- 6. Parent activities and learning opportunities available

#### **Contact Information:**

Family Services Manager (814) 624-3200 or 1-877-257-6543

E-mail: info@alsm.org

# Pre-K Counts Program, continued...

# **Hours:**

Office: Monday – Friday 8:00 a.m. – 4:30 p.m. except holidays Classroom schedule follows the district schedule

# **Target Population:**

Income eligible families with children 3-5 years old (not yet eligible for kindergarten). Family income must be under 300% of the federal poverty guidelines.

# **Fee for Services:**

None.

# Alternative Community Resource Program, Inc. (ACRP)

# 185 Hospital Drive Everett, PA 15537

#### **Services Available:**

- 1. Psychological Evaluations and reevaluations by licensed clinical psychologist.
- 2. Telepsychiatry services for diagnostic evaluation and medication management.
- 3. Outpatient Therapy: Individual, Family and Group Therapy available for any age.
- Peer Support Program utilizes Certified Peer Specialists who are in recovery from their own Mental Health diagnosis to assist individuals to work toward recovery.
- 5. Behavioral Health and Rehabilitation Services to children and adolescents ages 4-21 with a mental health diagnosis.
- After-school Therapeutic Program for children ages 5-12 with ADHD or similar diagnoses.
- Summer Treatment Activities Program for children ages 5-12 with ADHD or similar diagnosis.
- 8. Family Based Mental Health Services for children who are "at risk" of out of home placement due to a severe emotional or behavioral disorder; or as a stepdown for children returning home to their family following out of home placement.

# Alternative Community Resource Program, Inc. (ACRP), continued...

- 9. Family Support Services for families identified by Children and Youth Services or Probation as "at risk or in crisis".
- 10. Supervised Visits: ACRP staff provide a home-like setting where estranged parents and children can re-establish a relationship under appropriate supervision.

### **Contact Information:**

Dr. Danielle Leighty, Licensed Psychologist Mrs. Holly G. Shaffer, Site Director E-mail: <a href="mailto:hshaffer@acrpkids.org">hshaffer@acrpkids.org</a>

(814) 623-1212

FAX: (814) 285-3023

#### Website:

www.acrpkids.org

#### Hours:

Monday – Friday 8:00 a.m. – 4:00 p.m.

# **Target Population:**

Ages 4 to adult

# Fee for Services:

Medical Access

# Alternative Community Resource Program, Inc. (ACRP), continued...

# **Eligibility:**

Mental Health diagnosis and recommendation by a psychiatrist or licensed psychologist. Eligible for Medical Assistance

# **Alzheimer's Association**

Greater Pennsylvania Chapter 1100 Liberty Avenue Suite E-201 Pittsburgh, PA 15222

# **Services Available:**

- 1. Community, Family & Professional Education
- 2. Support Groups
- 3. Telephone Helpline
- 4. Public Awareness & Advocacy
- 5. Resource Library
- 6. Information & Referral
- 7. Safe Return Program
- 8. Website

# **Contact Information:**

Jennifer McCallay

Administrative Assistant

E-mail: jmccallay@alz.org Phone: (412) 261-5040

Helpline: 1-800–272–3900

Website: www.alz.org

www.alz.org/PA

# **Target Population:**

Seniors and Baby Boomers

# **Fee for Services:**

None with the exception of professional education

# Alzheimer's Association, continued...

# **Eligibility:**

Anyone dealing with Dementia - (persons affected, families, friends, professionals)

# Other Information:

Serving Allegheny, Armstrong, Beaver, Bedford, Butler, Cambria, Fayette, Greene, Indiana, Lawrence, Somerset, Washington, & Westmoreland Counties

# **American Cancer Society**

# 1004 N. Juniata Street Hollidaysburg, PA 16648

#### Services Available:

<u>Road to Recovery</u>: Trained volunteers provide cancer patients free transportation to and from outpatient cancer treatments.

<u>Look Good...Feel Better</u>: A free workshop where trained cosmetologists teach women with cancer how to understand and care for changes in skin and hair that may occur during treatment. Participants receive a kit of skin care/makeup products. Call for dates and locations.

Free Wig Program: Free, brand new wigs and head coverings for cancer patients experiencing hair loss. Two locations are available in Bedford County.

Reach to Recovery: Trained volunteers who are breast cancer survivors offer practical tips on self-care and a listening ear to anyone with a breast cancer diagnosis.

Hope Lodge: A free overnight facility offered to cancer patients and their families needing a place to stay while receiving cancer treatment. There are currently 31 Hope Lodge locations throughout the United States. In Pennsylvania: Hope Lodge of Central PA in Hershey and AstraZeneca Hope Lodge of the ACS in the Philadelphia area.

Guest Room Program: Through a generous nationwide partnership with Extended Stay America, the American Cancer Society will offer free or reduced rate lodging in cities with Extended Stay hotels for those who qualify for the program.

# American Cancer Society, continued...

Cancer Survivors Network: An emotional support system accessible on the internet created by and for cancer survivors and caregivers: www.cancer.org/csn Clinical Trials Matching Service: Accessible through www.cancer.org or at 1.800.303.5691 for those looking for information about clinical trials.

Health Insurance Assistance: The service offers patients a unique, free resource linking them to health insurance specialists at 1.800.227.2345 or www.cancer.org

# **Volunteer Opportunities:**

- 1. Relay For Life
- Making Strides Against Breast Cancer
- Quality of Life volunteers for work with ACS Mission, programs, services and community events.
- Road to Recovery Volunteer Drivers (Drive patients to cancer related medical appointments) and Road to Recovery Volunteer Coordinator (coordinate rides for patients with county volunteers).

#### Phone:

Local: (814) 695-9232

National: 1-800-227-2345 (preferred for

information on patient services)

# American Cancer Society, continued...

# **Hours:**

Local Office:

Monday through Friday

8:00 a.m. – 4:30 p.m. for staff support

National Number:

24 hours a day, 7 days a week

# Website:

www.cancer.org

# **Target Population:**

Any person affected by cancer.

# **Fee for Services:**

None

# **Eligibility:**

Cancer patients and families.

# **American Red Cross**

# 415 Orchard Avenue, Suite 1 Altoona, PA 16601

### Services Available:

- 1. Disaster Relief (Fires, Floods, Weather related storms, Chemical Spills, etc.)
- 2. Armed Forces Emergency Services and Families of the Military.
- 3. Communications and notifications of births, deaths, requests to bring home military for emergencies.
- 4. First Aid and CPR instructions and Water Safety, HIV/AIDS education.
- 5. Youth and Volunteer Services
- 6. International Tracings.

#### **Contact Information:**

814-944-6146 FAX (814) 944-1753

#### Website:

www.redcross.org

#### **Hours:**

By Appointment Only

#### Fee for Services:

All courses i.e., First Aid, CPR, Water Safety, etc. all have a charge for books and certification.

# American Red Cross, continued...

All disaster assistance is a gift from the American people, which is provided by volunteer contributions to the Red Cross. The Red Cross does not receive any state or federal funding, only donations.

# **Appalachia Intermediate Unit 8 (IU8)**

# Educational Programs and Services 4500 Sixth Avenue Altoona, PA 16602

### Services Available:

Special education services for preschool and school age students.

# **Contact Information:**

Amy Woomer Chief Education Officer (814) 940-0223

#### Hours:

Monday - Friday, 8:00 a.m. - 4:00 p.m.

# **Target Population:**

Preschool and School Age eligible children and students

### Fee for Services:

None

# **Eligibility:**

Must be identified as a child with a disability (i.e. developmental delay, intellectual disabilities, learning disabled, social/emotionally disturbed, visually impaired, autistic, hearing impaired, speech/language impaired, physically handicapped)

# **Beacon Counseling Center**

# 321 South Richard Street Bedford, PA 15522

# **Services Available:**

Behavioral Health-Counseling-Individual & Marital

# **Contact Information:**

814-623-2191

# **Hours:**

Monday through Friday, By Appointment

# **Target Population:**

Adult

# **Fee for Services:**

Accept various health insurance plans Self-pay

# **Bedford County Assistance Office** (CAO)

150 North Street Bedford, PA 15522

# **Services Available:**

- 1. Financial (Cash) Assistance Program
- 2. Medical Assistance Program
- 3. Supplemental Nutrition Assistance Program (SNAP); Food Stamp Program
- 4. State Blind Pension Payments
- 5. Financial Payments for Nursing Home Care
- 6. Early Periodic Screening, Diagnosis and Treatment (EPSDT) Program A national health program for eligible persons from birth up to 21 years of age.
- 7. Low Income Home Energy Assistance Program (LIHEAP) A fuel assistance program
- 8. Energy Crisis Assistance Program
- 9. Information and Referral
- 10. Social Services

#### **Contact Information:**

**Executive Director** 

E-mail: c-bedford@state.pa.us

Phone: (814) 623-6127

800-542-8584

Fax: (814) 623-7310

Website: www.dhs.state.pa.us

# Bedford County Assistance Office (CAO), continued...

# How to Apply:

Call or visit CAO to receive application or submit online application at <a href="https://www.compass.state.pa.us">www.compass.state.pa.us</a>. This site provides detailed information on programs available.

# Hours:

Monday – Friday, 8 a.m. – 5 p.m.

# **Target Population:**

**Bedford County** 

# **Fee for Services:**

None

# **Eligibility:**

Eligibility based on Federal and State guidelines as pertains to income, resources, living arrangements, etc.

#### Other Information:

Office located on first floor with easy access for the handicapped. Home visits can be arranged for individuals unable to come into the office because of age, disability, or sickness. Please call to have an application mailed if unable to come to the office.

# Bedford County Children & Youth Services

# 200 South Juliana Street Bedford, PA 15522

# **Services Available:**

- 1. Youth Information and Referral
- 2. Crisis Intervention
- Investigation for Child Abuse and Neglect
- 4. Parenting Services
- 5. Home Management Training
- 6. Intensive Family Preservation Services
- 7. Emergency Shelter Care
- 8. Foster Family Care
- 9. Group Home Care
- 10. Adoption
- 11. Home Studies
- 12. 24-Hour Emergency Services
- 13. Education and Prevention Services

#### Hours:

Monday - Friday, 8:30 a.m. - 4:30 p.m.

# **Contact Information:**

(814) 623-4804 FAX (814) 623-3013 Child Abuse Hotline 800-932-0313

# Bedford County Children & Youth Services, continued...

# Fee for Services:

Social Work – free of charge Placement – sliding fee scale

# **Eligibility:**

Residency in Bedford County Children under 18 years of age

# **Other Information:**

Walk-in and appointments are acceptable. Limited transportation is provided.

# **Bedford County Commissioners**

Bedford County Office of Voter Registration/Elections 200 South Juliana Street 3<sup>rd</sup> Floor Bedford, PA 15522

# Services Available:

- 1. County Government
- 2. All voter registry services: address and name changes; party changes, Election instruction and information

# **Contact Information:**

Josh Lang, Commissioner Chair E-mail: jlang@bedfordcountypa.org

Barry L. Dallara, Commissioner Vice Chair E-mail: <a href="mailto:bdallara@bedfordcountypa.org">bdallara@bedfordcountypa.org</a>

S. Paul Crooks, Commissioner Secretary E-mail: <a href="mailto:pcrooks@bedfordcountypa.org">pcrooks@bedfordcountypa.org</a>

Debra Brown, Director of Elections/Chief Clerk E-mail: <a href="mailto:dbrown@bedfordcountypa.org">dbrown@bedfordcountypa.org</a>

.

Telephone: (814) 623-4807

#### Website:

www.bedfordcountypa.org

# **Bedford County Commissioners,** continued...

# **Hours:**

Monday – Friday 8:30 a.m. – 4:30 p.m.

# **Target Population:**

Entire County

# **Fee for Services:**

Only applicable when filing petitions for certain offices.

# **Bedford County Drug and Alcohol Prevention Partnership**

145 Clark Building Road, Suite 5 Bedford, PA 15522

#### **Services Available:**

A multi-system partnership committed to the reduction of substance use, with a primary focus on reducing youth substance use.

#### **Contact Information:**

814-623-5009

E-mail: <u>bcdapp@personalsolutionsinc.org</u>

#### Website:

www.bcdapp.org

### **Target Population:**

**Bedford County Youth** 

### **Bedford County Housing Authority**

201 South Richard Street, Suite 414 Bedford, PA 15522

#### Services Available:

Rental Assistance Program

#### **Contact Information:**

Cindy Ritchey Section 8 Coordinator (814) 623-1477 E-mail: bcha05@yahoo.com

#### **Hours:**

Monday – Friday, 8:30 a.m. – 12 p.m. 1 p.m. – 4:30 p.m.

### **Target Population:**

**Bedford County** 

#### **Fee for Services:**

None

### **Eligibility:**

Very low income families, elderly and handicapped

### **Bedford County Veterans Affairs**

## Courthouse Annex Bedford, PA 15522

#### **Services Available:**

- Assists veterans and or family members in presenting compensation and pension claims for disabled veterans or their surviving family members.
- 2. Explanation for education and training programs available to the veteran and/or family member.
- Provide information and assist family members in filing for benefits upon the death of the veteran.
- 4. Information for home loans.
- 5. Request for military records and awards from the national personnel center.
- 6. Assist veterans apply for veterans temporary assistance VTA.
- 7. Assist 100% service-connected wartime veterans or eligible family members to apply for real estate tax exemption.
- 8. Assist veterans to apply to the Commonwealth of Pennsylvania for blind or paralyzed veterans pension.
- 9. Order flags and markers for graves.
- 10. Provide and assist with VA Healthcare application.

# Bedford County Veterans Affairs, continued...

- 11. Advise eligible wartime 100% disabled veterans on obtaining free hunting and fishing license.
- 12. Advise veterans and family members of availability of benefits from the Veterans Affairs Office, Commonwealth of Pennsylvania and Bedford County.

#### **Contact Information:**

(814) 623-4848 FAX (814) 623- 7431

#### Hours:

Monday – Friday 8:30 a.m. – 4:30 p.m.

#### Fee for Services:

None

#### **Eligibility:**

Veterans and Family Members

# Bedford-Somerset Developmental and Behavioral Health Services (DBHS) and Cornerstone Community Services

1243 Shed Road Bedford, PA 15522

#### Mission Statement:

Developmental and Behavioral Health Services of Bedford and Somerset Counties and Cornerstone Community Services are dedicated to ensuring local access to a comprehensive array of quality behavioral health and developmental services necessary to help individuals and their families lead more fulfilled lives in their communities. As a behavioral health care delivery system, DBHS and Cornerstone will strive to effectively manage and remain responsive to a dynamic and changing health care environment.

#### **Services Available:**

#### **County Provided Services (DBHS)**

 Administrative Case Management – The Administrative Case Management (ACM) of DBHS provides Case Management services for adults and children of all ages who reside in Bedford and Somerset Counties and are in need of mental health services. Services provided

include phone assessments, referral to appropriate service providers, scheduling registration appointments and ongoing service coordination.

- Student Assistance Program DBHS
  believes in and is an active participant in the
  Student Assistance Program (SAP). Through
  the combined efforts of Drug and Alcohol staff,
  school district personnel as well as mental
  health professionals, students in area schools
  can receive the help they need to remove
  barriers that interfere with their ability to learn
  and to function productively in school.
- Children and Adolescent System Program (CASSP)- CASSP focuses on the need for interagency collaboration and coordination across systems in delivering multiple services to seriously emotionally disturbed children/youth and their families.
- Crisis Intervention The Crisis Intervention Program operates 24 hours a day, 365 days a year to provide rapid response to individuals in crisis and for persons seeking assistance for others in crisis. Services include a telephone "hot-line" (1-866-611-6467), walk-in services and mobile crisis services. Mental health crisis

intervention includes intervention, assessment, counseling, screening and disposition services.

## <u>Behavioral Health Services (Cornerstone Community Services):</u>

- **Blended Case Management** Blended Case Management assists adults, children and adolescents (including the family) with serious and persistent mental illness in gaining access to needed medical, social, and educational services to achieve success in their mental health recovery. BCM staff ensure access to services that focus on independence of living (family integration for children), vocational/educational participation, adequate social supports and reduced hospitalization or out of home placement. Case Manager also assist individuals with exploring local community options for transportation.
- Supportive Housing Program (SHP) –
  Supportive Housing offers voluntary, flexible
  supports and case management to adults with a
  primary diagnosis of a serious mental illness.
  The objective is to assist in helping the
  individual maintain decent, safe, and affordable
  housing that is integrated into the community.

- Outpatient/Clinical Services The Clinical Service Unit provides quality mental health care for individuals of all ages and backgrounds. Services include individual and group (Enhanced Outpatient) counseling, family and couple counseling, psychiatric evaluations and medication monitoring. Outpatient staff work closely with community resources and other service providers to coordinate an individual's care.
- Psychiatric Rehabilitation Program The Psychiatric Rehabilitation Program is a recovery program for individuals 18 and older who are living with a mental illness. Individuals learn skills and receive support to enhance the quality of their life. Psych Rehab staff assist individuals in pursuing personally valued roles in their living, learning, working and social environments. Services are provided on-site, in the home and in the community.

Phone: 814-623-8481

 Long Term Structured Residence – The Long Term Structured Residence (LTSR) is a highly structured 24 hour care therapeutic residential mental health treatment facility for adults (18 and older) with serious and persistent mental

illness. The program provides an alternative treatment to individuals at risk of hospitalization. Residents receive individual and group counseling, psychiatric services, support services, and psychosocial rehabilitation skills training.

#### **Developmental Services:**

- Intellectual Disability/Autism (ID/A) Program

   Intellectual Disability/Autism (ID/A) Program of DBHS supports individuals with an intellectual disability and/or autism and their families, ensuring individuals receive needed home and community based services and are afforded choice and preference so that they may fully participate in the community and live the life they choose.
  - Services and Supports Support Coordination
  - Consultation and Education
  - Planning
  - Housing and Vocational Advocates
- Early Intervention Program The Early Intervention Program (EI) of DBHS supports families of children who experience delays in their development. EI builds upon natural learning occurring from birth to age three and

provides free developmental screenings and evaluations to all children age birth to three yrs. Free services and supports can be provided to eligible children who have a developmental delay or who have a diagnosis with a high probability of a delay. Services and supports are provided in the child's natural environment. Services and Support include Service Coordination, physical therapy. occupational therapy, speech therapy, special instruction, social work, hearing services, vision services, and nutrition education. provides consultation, education and assists with planning.

#### **Contact Information:**

DBHS/Cornerstone Community Services – (814) 623-5166 or Toll Free 877-814-5166 Crisis Intervention – 1-866-611-6467 24 hours a day/7 days a week/365 days a year

#### Website:

www.dbhs.co

#### **Hours:**

Monday – Friday 8:00 a.m. – 4:00 p.m. \*Evening hours by appointment

#### Fee for Services:

Medical Assistance, Medicare and other insurances are accepted as payment for health services provided. If an individual does not have medial assistance or other insurance coverage, the cost will be determined by the individual's ability to pay based on their income. Thereby, services may be provided at no charge, or at a reduced charge. Some services are provided free of charge.

### **Blair Family Solutions**

## 220 South Thomas Street Bedford, PA 15522

#### **Services Available:**

Outpatient Family Based

#### **Contact Information:**

Jamie Banks 814-946-5286 jamiebanks@blairfamilysolutions.com

Jennifer O. 814-944-9970 ext. 220 jennifero@blairfamilysolutions.com

#### Website:

www.blairfamilysolutionsinc.org

#### **Hours:**

Monday – Friday 8:00 a.m. – 7:00 p.m. \*Evening hours & weekends as needed

### **Broad Top Area Medical Center**

4133 Medical Center Drive Broad Top, PA 16621-9001 Telephone: (814) 635-2916

FAX: (814) 635-2918

#### **Services Available:**

Comprehensive Primary Health Care:

**Chronic Disease Management** 

Routine Care

Illness/Injury Care

Well-Woman Care

Gynecological

Wellness Exams

**Immunization** 

**Laboratory Services** 

Radiology Services

**Patient Care Coordination** 

Insurance Enrollment Assistance

Women, Infants and Children (WIC) Program

#### **Contact Information:**

Melissa Walls, CEO (814) 635-7351 ext. 1401

#### Hours:

7:00 a.m. to 5:30 p.m. M-F

#### **Target Population:**

Residents of Huntingdon, Bedford, Blair, Fulton and Mifflin Counties.

# Broad Top Area Medical Center, Inc., continued...

#### Other Information:

Broad Top Area Medical Center offers a 340B Discount Drug and Sliding Fee Program to patients of the medical center. These programs help eligible patients received discounted prescription drugs and office visits. Walk-in and same day office visits are available.

# Broad Top Area Medical Center WIC Program

## 4142 Medical Center Drive Broad Top, PA 16621

#### Services Available:

- 1. Supplemental Nutritious Foods
- 2. Nutrition Education for individual needs
- 3. Referrals to other Health Agencies
- 4. Breastfeeding Support

#### **Contact Information:**

Main Office
Melissa Mobley, WIC Director
(814) 643-4491
Bedford Office
134 Upper Snake Spring, Suite 2
Everett, PA 15537
(814) 623-6571

#### Hours:

Monday – Friday, 8 a.m. – 4 p.m.

#### **Target Population:**

Bedford, Fulton, Huntingdon Counties

- 1. Pregnant and breastfeeding women and post partum up to 6 months.
- 2. Infants to one year of age
- 3. Children under age 5

# Broad Top Area Medical Center WIC Program, continued...

#### Fee for Services:

None

### **Eligibility:**

- 1. Reside in Pennsylvania.
- 2. Show economic need according to State approved standards.
- 3. Be determined to be in nutritional need by competent professional authority (CPA).

# Center for Community Action Coordinated Entry Access Site

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

When entering a homeless program, individuals/families have to complete an assessment and be placed onto what is called the community que. At each Access Site, trained Coordinated Entry Specialists provide pre-screening, assessment, and referral to any household in crisis as needed and appropriate.

#### **Contact Information:**

Sundareen, Jaimie, or Tiffany J. (814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday - Friday - 8:00 a.m. - 3:00 p.m.

#### **Target Population:**

Homeless individuals/families

#### Fee for Services:

Free of charge

# Center for Community Action Food Bank Program

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Food Bank program provides a monthly distribution of food to our clients who are financially eligible for the service under the Department of Agriculture guidelines.

#### **Contact Information:**

Jaimie Bulger (814) 623-9129 or 1-800-323-9997 E-mail: <u>jbulger@ccaofpa.org</u>

#### Website:

www.ccaofpa.org

#### **Hours:**

Monday - Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Bedford County residents that need assistance feeding themselves and their families.

#### **Fee for Services:**

Free of Charge

# Center for Community Action Early Learning Resource Center, Region 6

195 Drive In Lane Everett, PA 15537

#### Services Available:

Early Learning Resource Center provides funding to help pay your child day care bills. Subsidized childcare funding is available to eligible families. Parents must be PA residents and be working at least 20 hours per week or 10 hours of work and 10 hours of approved training.

Child Care Family Support Services provides help in finding quality childcare providers, childcare counseling, child safety information and child development information.

#### **Contact Information:**

Wanda or Amy (814) 623-9129 or 1-800-323-9997 E-mail: info@ccaofpa.org

Website:

www.ccaofpa.org

**Hours:** 

Monday – Friday - 8:00 a.m. – 5:00 p.m.

# Early Learning Resource Center, continued...

### **Target Population:**

Bedford, Blair, Cambria, Franklin, Fulton, Huntingdon and Somerset County residents

### **Fee for Services:**

Free of Charge

### **Eligibility:**

# Center for Community Action Employment, Advancement, Retention Network and Work Ready

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

EARN and WR provides assessment, counseling, job search, self-development and training to individuals referred by the Department of Public Welfare.

#### **Contact Information:**

Stacey

(814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### **Hours:**

Monday - Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Bedford, Fulton and Huntingdon County residents

#### Fee for Services:

Free of charge

# Employment, Advancement, Retention Network and Work Ready, continued...

### **Eligibility:**

Must be referred by Department of Public Welfare

# Center for Community Action Financial Literacy Workshops

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Financial literacy workshops are offered in topics such as: borrowing basics and budgeting, checking and savings accounts, credit cards, avoiding scams and identify protection, loans, and home ownership.

#### **Contact Information:**

Rob or Sundareen (814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### **Hours:**

Monday - Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Bedford, Fulton and Huntingdon County residents

#### **Fee for Services:**

Free of Charge

#### **Eligibility:**

# Center for Community Action GED/HiSet Tutoring

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Instruction is available to prepare individuals to take the GED or HiSet test. Minimal to intensive instruction is given by a Pennsylvania State Certified Instructor. Testing is completed to determine an individual's grade level and need.

#### **Contact Information:**

Rob

(814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

#### **Target Population:**

Low income residents of Bedford, Fulton and Huntingdon Counties

#### Fee for Services:

Free of Charge

#### **Eligibility:**

# Center for Community Action GPU and West Penn Power Programs

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Energy conservation measures are installed to the home for utility customers experiencing high kilowatt usage. Energy education services are provided.

#### **Contact Information:**

Melissa, Beth or Brenda (814) 623-9129 or 1-800-323-9997 E-mail: info@ccaofpa.org

Website:

www.ccaofpa.org

**Hours:** 

Monday - Friday - 8:00 a.m. - 4:30 p.m.

**Target Population:** 

GPU and West Penn Power Customers

Fee for Services:

Free of Charge

**Eligibility:** 

# Center for Community Action Group Services

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Group instruction for transitioning youth in a classroom setting. Curriculum includes: Workplace Readiness, Self-Advocacy, and Life Skills.

#### **Contact Information:**

Trenton Clark, OVR Program Coordinator (814) 623-4202

E-mail: tclark@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday - Friday - 8:00 a.m. - 3:30 p.m.

#### **Target Population:**

Youth with an IEP ages 14-21

#### **Fee for Services:**

None

#### **Eligibility:**

Referral from school district

# Center for Community Action HiSET Testing

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

HiSET Testing: Hiset is a PA Department of Education approved High School Equivalency Test. It is similar to the GED, but is offered as a paper test. Tests are scheduled monthly or as needed. Please check the CCA website for more details on testing dates.

#### **Contact Information:**

Janet

1-800-323-9997

E-mail: jsnyder@ccaofpa.org

#### Website:

www.ccaofpa.org

#### **Hours:**

Scheduled monthly or by appointment

#### **Target Population:**

People without a High School Diploma

#### **Fee for Services:**

\$18.00 for each of the five test sections. Scholarships available for income eligible individuals.

# Center for Community Action Homeless Assistance and Homeless Prevention Programs

195 Drive In Lane Everett, PA 15537

#### Services Available:

Rental assistance, case management, and financial literacy classes are available for individuals/families who are literally homeless, according to HUD's definition.

Rental assistance, case management, and financial literacy classes are available to individuals/families whom are imminent risk of homelessness, such as facing eviction and electric shut-off notices.

#### **Contact Information:**

Sundareen, Jaimie, or Tiffany J. (814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday - Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Bedford, Huntingdon, Fulton, Franklin and Adams County residents

# Center for Community Action Homeless Assistance and Homeless Prevention Programs, continued...

**Fee for Services:** 

Free of charge

**Eligibility:** 

# Center for Community Action Human Services Development Fund

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

The Human Services Development Fund, through subcontracted agreement, provides homemaker services, and transportation services.

#### **Contact Information:**

Penny (814) 623-9129 or 1-800-323-9997 E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday-Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Bedford and Huntingdon County residents

#### **Fee for Services:**

Free of Charge

#### **Eligibility:**

# Center for Community Action Medical Assistance Transportation

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Medical Assistance Transportation provides reimbursement to Bedford County residents for transportation to and from medical related appointments when an ACCESS card is used for the services.

#### **Contact Information:**

Penny

(814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

#### **Target Population:**

Bedford County residents who have a valid ACCESS card.

#### Fee for Services:

Free of Charge

# Medical Assistance Transportation, continued...

## **Eligibility:**

Call for eligibility information. <u>Eligibility must be</u> determined prior to provision of service.

# Center for Community Action Owner Occupied Housing Rehab Services

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Housing rehab services are available to income eligible residents of Bedford and Fulton County and Everett Borough homeowners. This is an owner occupied rehab program that provides major repairs to homes in order to bring the home up to HUD's Section 8 housing standards for health and safety Applicants applying for rehab services must have lived in the home at least 2 years. Applicants receiving these services will have a lien placed on their property for 5 years, after which the lien will be lifted.

#### **Contact Information:**

Brenda, Melissa or Beth (814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday - Friday - 8:00 a.m. - 4:30 p.m.

# Center for Community Action Owner Occupied Housing Rehab Services, continued...

### **Target Population:**

Home owners in Bedford and Fulton Counties

#### **Fee for Services:**

Free of Charge

### **Eligibility:**

## Center for Community Action Persons with Disabilities (PWD)

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

PWD allows individuals with disabilities, as defined by the Americans with Disabilities Act, to access shared ride service by paying co-pay similar to senior citizens without restriction to income or trip purpose.

#### **Contact Information:**

Penny

(814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

#### **Target Population:**

Residents of Bedford County who are disabled and have a transportation need.

#### Fee for Services:

Co-pay

#### **Eligibility:**

## Center for Community Action Raystown Village Apartments

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Raystown Village Apartments offers subsidized housing for seniors age 62 and older and for handicapped individuals. One bedroom apartments and two bedroom townhouses are available.

#### **Contact Information:**

Melissa

(814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday – Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Seniors age 62 and older and handicapped individuals

#### Fee for Services:

Free of Charge

#### **Eligibility:**

# Center for Community Action Representative Payee

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Representative Payee Program assists the most vulnerable members of society who are not capable of managing or directing someone else to manage their Social Security benefits. A Representative Payee acts on behalf of the beneficiary and is responsible for things related to benefits and payments that the beneficiary would ordinarily do for him/herself.

#### **Contact Information:**

Glenda

(814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### **Hours:**

Monday - Friday - 8:00 a.m. - 4:30 p.m.

#### **Target Population:**

Bedford, Fulton and Huntingdon Counties Other counties on a case by case basis

#### **Eligibility:**

Self-referral and/or referral from Social Security Administration

# Center for Community Action Weatherization

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

Provides energy conservation measures installed to houses and mobile homes in order to reduce heating/cooling and utility costs. Measures may include attic insulation, floor insulation, furnace testing, weather stripping, door sweeps, caulking, hot water heater and pipe wrap, faucet aerators, low flow showerheads and energy education.

#### **Contact Information:**

Brenda, Melissa or Beth (814) 623-9129 or 1-800-323-9997

E-mail: info@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

#### **Target Population:**

Handicapped, elderly and individuals on fixed incomes

## Weatherization, continued...

**Fee for Services:** 

Free of Charge

Eligibility:
Call for eligibility information

# Center for Community Action Work Based Learning Experience

195 Drive In Lane Everett, PA 15537

#### **Services Available:**

WBLE is a program designed to give youth with disabilities an opportunity to experience competitive employment while being supported one-on-one with a job coach in their career field of interest.

#### **Contact Information:**

Trenton Clark, OVR Program Coordinator (814) 623-4202

E-mail: tclark@ccaofpa.org

#### Website:

www.ccaofpa.org

#### Hours:

Monday – Friday - 8:00 a.m. – 3:30 p.m.

#### **Target Population:**

Youth with disabilities ages 14-21

#### **Fee for Services:**

None

#### **Eligibility:**

Referral from an Office of Vocational Rehabilitation Counselor

# Center for Independent Living of South Central Pennsylvania

3013 Beale Avenue, Suite B102 Altoona, PA 16601

#### **Services Available:**

Advocacy (Personal and Systems)
Information and Referral
Housing Data Referral
Technical Assistance
Peer Counseling (Individual and Family)
Independent Living Skills Training
Accessibility Consultation
Service Coordination
Blair County Emergency Preparedness
Enrollment
Voter Registration

The Center has access to information on attendant care, housing, transportation, special equipment, financial assistance and community-wide service programs. The Center works with individuals or with any referring agency.

More than an information source, the Center is a teaching agency, providing services and programs, which help people with disabilities take control of their own lives.

The Center is a non-profit, tax exempt, community based organization and non-

## Center for Independent Living of South Central Pennsylvania, continued...

residential in nature. All programs are consumer-controlled and focused on the individual. The Center provides services in Bedford, Blair, Cambria, Fulton, Huntingdon, Indiana, and Somerset counties.

Regional Action Teams are groups comprised of people with disabilities, their friends, family members and concerned individuals from the community working together to find solutions to issues which prevent a person with a disability from living and moving about independently in the community.

#### **Contact Information:**

George A. Palmer III, Executive Director (814) 949-1905 (voice/tty) (814) 949-1912 (tty) 1-800-237-9009 (Toll Free) (814) 949-1909 (FAX)

E-mail: <a href="mailto:cilscpa@cilscpa.org">cilscpa.org</a> Website: <a href="mailto:www.cilscpa.org">www.cilscpa.org</a>

#### **Hours:**

Monday – Thursday, 8:00 a.m. – 4:00 p.m.

#### **Target Population:**

People with disabilities within our seven county service area.

# Center for Independent Living of South Central Pennsylvania, continued...

#### **Fee for Services:**

None

## **Eligibility:**

Individual with a disability or a family member of a person with a disability.

## Children's Behavioral Health, Inc.

608 East Pitt Street Bedford, PA 15522

**Services Available:** 

BHRS (TSS,BSC/MT)

**Contact Information:** 

Susan Conrath

Phone: 814-623-1051

E-mail: <a href="mailto:susan.conrath@pathways.com">susan.conrath@pathways.com</a>

Website:

www.pathwaysofpa.com

Hours:

Monday - Friday - 8:00 a.m. - 4:30 p.m.

**Target Population:** 

Kids up to the age 21

Fee for Services:

Must have ACCESS card (Medical Assistance)

**Eligibility:** 

Must have mental health diagnosis and must be found medically necessary.

## Children's Behavioral Health, Inc., continued...

#### Other Information:

We provide services in the home/community and school settings. Please call us if you have any questions. These services are solely for behavioral and emotional needs.

We serve both Bedford and Fulton Counties.

## **Colonial Courtyard at Bedford**

220 Donahue Manor Road Bedford, PA 15522

#### **Services Available:**

Personal care

#### **Contact Information:**

Bobbi Howsare – Community Relations Coordinator (814) 624-0100

## **Domestic Relations**

Court House Annex 200 South Juliana Street, Suite 203 Bedford, PA 15522

#### Services Available:

1. Establishment and Collection of Court ordered child/spousal support obligations.

#### **Contact Information:**

Michael D. Faupel (814) 623-4813

#### **Hours:**

Monday – Friday, 8:30 a.m. – 12 p.m., 1 p.m. – 4:30 p.m.

#### **Target Population:**

**Bedford County** 

#### Fee for Services:

\$1.00 application/filing fee may be required Court costs as determined by Prothonotary/Clerk of Court.

## **Donahoe Manor**

## 136 Donahoe Manor Road Bedford, PA 15522

## **Services Available:**

Skilled Nursing Inpatient/Outpatient Rehab Long Term Care

#### **Contact Information:**

(814) 623-9075

Administrator: Owen Larkin Admissions: Kim Logue DON: Nancy Lingenfelter

#### Website:

hcr-manorcare.com

#### **Hours:**

24/7

## **Family Behavioral Resources**

9528 Lincoln Highway, Suite 1 Bedford, PA 15522

#### **Services Available:**

Behavioral Health Rehabilitative Services (BHRS) – Levels of service include; Behavioral Specialist Consultant (BSC), Mobile Therapist (MT), and Therapeutic Support Staff (TSS)

Outpatient Mental Health Services – Services include individual, family, couples, and group therapy

**BHRS** focuses on skill development to support emotional and behavioral issues for children birth to 21 years of age through a childcentered, strengths based approach.

Outpatient Mental Health Services are delivered in an office or school setting and utilize the latest approaches to alleviate symptoms, behavioral challenges and stress related disorders.

#### **Contact Information:**

(814) 623-5077 Fax: 814-623-5405

Website: www.familybehavioralresources.com

## Family Behavioral Resources, continued...

#### **Hours:**

Monday – Friday 8:00 a.m. – 5:00 p.m.

#### **Fee for Services:**

We accept all consumers with the MA card and will assist in the process of obtaining the MA card to those without. Provide referral resources when needed and applicable. We also accept many insurances, including UPMC.

### **First Choice In Home Care**

## 126 East Pitt Street #8 Bedford, PA 15522

#### Services Available:

- 1. Experienced and dependable caregivers can help with personal care, meal preparation, transportation, housekeeping, laundry, medicine reminding, and pet care.
- 2. Services can be temporary or long term.
- 3. Services are non-medical and can be arranged for a couple of hours each week up to 24 hours per day if staff is available.

#### **Contact Information:**

Karen Everhart (814) 623 – 7772 or 800 – 916 –7717 E-mail: <u>1stchoicehome@earthlink.net</u> Website: <u>bedfordhomecare.org</u>

#### Hours:

Services available 24 hours per day, 7 days a week

#### **Target Population:**

Seniors, Disabled

#### Other Information:

A free initial consultation is completed with the customer and/or family members.

## **Griswold Home Care**

### 203 Allegheny Street Hollidaysburg, PA 16648

#### Services Available:

Non-Medical Home Care Personal Care Meal Preparation Light Housekeeping Transportation Companionship

#### **Contract Information:**

Blair County Office (814) 696-9100 888-662-9100

FAX: 814-696-9120

E-mail: <u>blaircounty@griswoldhomecare.com</u>
Website: www.griswoldhomecare.com

#### **Hours:**

Office hours: Monday-Friday, 8:00 a.m. – 4:30 p.m. On Call 24hrs/day

### **Target Population:**

Elderly Disabled

## Griswold Home Care, continued...

#### **Fee for Services:**

\$13.50/hour \$83.00 overnight

## Eligibility:

Private pay Long Term Care Insurance VA

## **Healthsouth Rehabilitation Hospital**

## 2005 Valley View Boulevard Altoona, PA 16602

#### **Services Available:**

- Rehabilitation Services
- Inpatient & Outpatient
- Outpatient Services available in Bedford at 5 Corporate Drive, Suite 103 Bedford, PA 15522

#### **Contact Information:**

Donna Gibbs, RN, BSN (814) 944-3535

FAX: 814-944-4567

E-mail: <u>Donna.Gibbs@healthsouth.com</u>

Website: healthsouthaltoona.com

#### Hours:

Inpatient – 24 Hours Outpatient – open at 8:00 a.m. with flexible hours

#### **Target Population:**

Anyone in need of Rehab

#### Fee for Services:

Participates in Medicare, Medicaid and Managed Care Re-Imbursement.

#### **Eligibility:**

Patients in need of Physical, Occupational and Speech rehabilitation.

## **Heartland Hospice**

1590 North Center Avenue Somerset, PA 15501

#### **Services Available:**

**Hospice Services** 

#### **Contact Information:**

Kathy Norris

Patient Care Coordinator

814-443-6450

FAX: 814-445-4191

E-mail: Kathryn.norris@hcr-manorcare.com

#### **Hours:**

24/7

## **Target Population:**

Senior

#### **Fee for Services:**

None

## **Highmark Caring Place**

620 Stanwix Street Pittsburgh, PA 15222

#### **Services Available:**

Highmark Caring Place – Free peer group support for all children, adolescents and their families who are grieving the death of a close loved one (family member).

#### **Contact Information:**

Andrea Lurier Manager (412) 544-1691 FAX: (412) 544-1686

E-mail: <u>andrea.lurier@highmark.com</u>
Website: www.highmarkcaringplace.com

#### Hours:

Customer Service
Monday – Friday, 8:30 a.m. – 4:45 p.m.

1-888-224-4673, message services after hours
Highmark Caring Place toll free

#### **Target Population:**

Grieving children, adolescents, and their families.

## Highmark Caring Place, continued...

#### Other Information:

To Qualify:

For Highmark Caring Place:

These grieving services are available to all children, adolescents, and their families who are grieving the death of a family member. The free peer group sessions are held in Pittsburgh, as well as in facilities in Erie, Warrendale, and outside Harrisburg. Dinner and parking is paid for.

# Home Nursing Agency In-home Services

227 Hospital Drive, Suite 2 Everett, PA 15537

#### Services Available:

- 1. Visiting Nurses
- 2. Physical, occupational, speech therapy
- 3. Homemakers/Home health aides
- 4. Medical Social service
- 5. Nutrition counseling and medication management
- 6. IV Therapy
- 7. DVT Therapy
- 8. Telehealth and wound videography
- 9. Cardiac, wound, diabetes specialists
- 10. Private duty services including nursing, assistance with personal care, homemaker services.

#### **Contact Personnel and Telephone:**

(814) 623-1937

Toll Free 1-800-445-6262

Website: www.homenursingagency.com

#### **Hours:**

24 hr/day; 7 days/week

## Home Nursing Agency In-home Services, continued...

## **Target Population:**

Individuals needing assistance with personal care, medication, health management; those recovering from illness, injury, or surgery; or anyone who desires to remain independent at home but needs assistance.

## **Home Nursing Agency Hospice**

#### 227 Hospital Drive, Suite 2 Everett, PA 15537

#### **Services Available:**

- 1. Visiting Nurses
- 1. Physical, occupational, speech therapy
- 2. Homemakers/Home health aides
- 3. Medical Social Service
- 4. Nutrition counseling and medication management
- 5. Spiritual counseling/clergy as requested
- 6. Volunteers
- 7. Physicians
- 8. Bereavement services and grief counseling

#### **Contact Information:**

(814) 623-1937

Toll Free 1-800-445-6262

Website: <a href="https://www.homenursingagency.com">www.homenursingagency.com</a>

#### Hours:

24 hrs/day; 7 days/week; on-call

#### **Target Population:**

Individuals with chronic health conditions or lifelimiting illnesses who wish to focus on symptom management; comfort measures and quality of life.

# Home Nursing Agency Adult Day Services

227 Hospital Drive, Suite 2 Everett, PA 15537

#### **Services Available:**

- 1. Nursing
- 2. Nutrition
- 3. Nutrition Management
- 4. Exercise
- 5. Cognitive Activities

#### **Hours:**

Monday – Friday 8:00 a.m. – 4:00 p.m.

## **Target Population:**

People who are socially isolated, have behavior management issues, need supervision due to safety issues, or cognitive deficits due to stroke, dementia, or alzheimers.

# Home Nursing Agency Adult Day Services, continued...

## **Target Population:**

Adults who would benefit from assistance, activity, and socialization during the day.

# Home Nursing Agency AIDS Intervention Project

501 Howard Avenue Suite B201 Altoona, PA 16601

#### **Services Available:**

- 1. Advocacy
- 2. Housing and funding
- 3. Community Education
- 4. Clinical services/medication adherence
- 5. Risk reduction/prevention

#### **Contact Information:**

Jerry Rice, Manager (814) 944-2982

E-mail: ricejd@upmc.edu

#### Website:

www.homenursingagency.com

#### **Target Population:**

People living with HIV/Aids. Individuals seeking education about HIV/Aids.

## **Homewood at Spring House Estates**

150 Victoria Avenue Everett, PA 15537

#### **Services Available:**

**Retirement Community** 

#### **Contact Information:**

Mary Grattan, Executive Director (814) 623-0349

E-mail: mcgrattan@hmwd.org

#### Website:

www.homewood.com

#### **Target Population:**

55 plus

#### Other Information:

Full service retirement community offering apartments and large cottage-style homes. The Community features, fitness facility, library with computer stations, barber/beauty shop, game room, café style dining room, large meeting/activity room, saltwater pool and spa.

# Huntingdon-Bedford-Fulton Area Agency on Aging

240 Wood Street, P.O. Box 46 Bedford, PA 15522

Designed for advocacy, the Huntingdon-Bedford-Fulton Area Agency on Aging is a public Agency which provides a combination of direct and subcontracted services to older individuals and serves as the focal point of providing for long term care programs for the frail and chronically ill older person.

#### **Services Available:**

Pre-Admission Assessment, Personal Care, Care Management, Domiciliary Care, Respite Care, Home Support, Home Delivered Meals, Family Caregiver Support Program, Guardianships, Congregate Meals and Center Services, Transportation, Protective Service, Counseling. Apprise, Long Term Care Ombudsman and Legal Assistance, Service Coordination, as well as assistance in completing applications for the Rent & Property Tax Rebate program and the Pharmaceutical Assistance Contract for the Elderly (PACE).

## Huntingdon-Bedford-Fulton Area Agency on Aging, continued...

### Bedford County

Bedford – 205 South Richard Street (814) 623-5140
Chaneysville – 3932 Chaneysville Road (Wednesday & Thursday) (814) 784-3215
Everett – 101 West Main Street (814) 652-5621
Hopewell – Community Building (814) 928-5111
Hyndman – 164 Market Street (814) 842-6675
Saxton – 702 Main Street (814) 635-3122

### Satellite Centers

Woodbury – Community Center\* Manns Choice Community Center\* Breezewood Fire Hall\* \*Wednesday meals only

### **Transportation:**

1-800-333-9004 or 814-635-3653

#### **Contact Information:**

(814) 623-8148 or 1-800-892-7903

E-mail: <a href="mailto:hbfaaa.org">hbfaaa.org</a>

## Huntingdon-Bedford-Fulton Area Agency on Aging, continued...

#### Website:

www.hbfaaa.org

#### Hours:

Monday – Friday, 8:00 a.m. – 4:00 p.m.

## **Target Population:**

Persons 60 years of age and older (18+ for domiciliary care)

#### Fee for Services:

Donations requested for non cost sharing services.

Cost Sharing – Seniors are asked to share in the cost of their in-home services based on income. Transportation co-pay for riders.

#### **Eligibility:**

Transportation - Income eligibility required for services for 18-59 age group.

Domiciliary Care – Program eligibility requirements apply

Waiver – Program and Income eligibility requirements apply

Home Delivered Meals – Program eligibility requirements apply.

## **Hyndman Area Health Center**

144 Fifth Avenue P.O. Box 706 Hyndman, PA 15545

#### **Services Available:**

Medical and Dental

#### **Contact Information:**

(814) 842-3206

#### Hours:

Monday – Friday – 8:00 a.m. – 6:00 p.m.

#### **Target Population:**

No limitations

#### Fee for Services:

Per procedure – accept Medicare, Medical Assistance, and private insurances

Offers sliding fee scale – discounts available; may be eligible for discount based on total family income and size.

## **Eligibility:**

No limitations

#### Other Information:

Handicapped access; walk-ins appointment.

#### Website:

www.hyndmanhealth.org

## **IN Counseling**

163 Lakemont Park Blvd. Altoona, PA 16602

#### **Services Available:**

Compassionate analysis/sensible solutions individual, marriage, and family Specializing: Christian Counseling

#### **Contact Information:**

James R. Brady, Ph.D. (814) 942-9999

#### Other Information:

Private and Confidential

## **Individual and Family Solutions**

**203 East Pitt Street, Suite 201 Bedford, PA 15522-1361** 

#### Services Available:

Counseling Services for: Depression, Anxiety, Mood Disorders, Bipolar Disorder, Post Traumatic Stress Disorder, Marital Issues, Parenting Issues, ADHD, Oppositional Defiant Disorder, Panic Attacks, and more.

Modalities include: Child-Centered Play Therapy, Certified Family Trauma Therapist, Rational Emotive Behavioral Therapy, Cognitive Behavior Therapy, and Family Systems and Dynamics.

#### **Contact Information:**

Rhonda J. Clark, LPC, LLC (814) 624-2451

E-mail: psyclark@embargmail.com

#### Website:

<u>Psychology Today; www.RhondaJClark.com</u> <u>www.individualandfamilysolutions.com</u>

#### **Hours:**

Monday – 1:00 p.m. to 7:00 p.m. Tuesday – 10:00 a.m. to 7:00 p.m. Wednesday – 10:00 a.m. to 5:00 p.m. Thursday – 10:00 a.m. to 7:00 p.m. Friday – 10:00 a.m. – to 5:00 p.m.

## Individual and Family Solutions, continued...

## **Target Population:**

Adults, Families, Teens and Children

#### Fee for Services:

Most insurances accepted Accepting fee for service

## **Eligibility:**

TriCare members need a doctor referral All others may self-refer for services

#### Other Information:

Co-pays, deductible, co-insurance, etc. apply

# Love, INC. (<u>I</u>n the <u>N</u>ame of <u>C</u>hrist) of Bedford County

80 State Street Everett, PA 15537

#### Services Available:

Love INC. provides individuals from local churches with the heart, skill, and time to help those in need. Any request is considered and verified before referrals are made. There are times when a request may not be met because there is no available resource or it is beyond the expertise of our volunteers.

Love INC. is not a welfare program, so we do not have money in hand to help with financial requests. We make referrals to an existing agency for financial assistance. Referrals may be made by a service provider, clergy, family, friend, care giver or by the individual seeking help.

#### **Contact Information:**

Bev Patten - Executive Program Director

Aimee Steed - Clearinghouse Coordinator

Monty Bulger - Ministry Center Assistant

Trisha Morse - God's Harbor Home Program Coor'd

# Love, INC. (In the Name of Christ) of Bedford County, continued...

Business Line: (814) 652-0025

FAX: (814) 652-0021

Email: 4him@loveincofbedfordcounty.org

#### Hours:

For a client requesting help:

Monday, Wednesday, Friday 9 a.m. – 3 p.m.

HELP LINE: (814) 652-0020

**Business Office Hours:** 

Monday - Friday, 8:30 a.m. - 4:30 p.m.

#### **Target Population:**

**Bedford County** 

### **Eligibility:**

Bedford County resident with a specific need that may be met by a volunteer. There are no limitations due to age, color, race, economic status, or creed.

# **Meadow View Nursing Center**

1404 Hay Street Berlin, PA 15530

#### **Services Available:**

Long Term Care Short Term Rehabilitation Alzheimer/Dementia Secure Unit Independent Living Suites

#### **Contact Information:**

Tammy Leister, NHA
Business Development Specialist
Sally McClintock

Office: (814) 267-4212 Cell: (814) 279-1173

E-mail: <a href="marketing@meadowview.care">marketing@meadowview.care</a> Website: <a href="marketing@meadowview.care">www.meadowview.net</a>

#### Hours:

24/7

#### **Target Population:**

Seniors/Disabled

#### Fee for Service:

Call for daily rates

#### **Eligibility:**

Medicare/Medicaid Certified

#### Other Information:

Tours are available

# **MidPenn Legal Services**

#### 232 East Pitt Street Bedford, PA 15522

#### Services Available:

We provide advice and civil legal representation to victims of domestic violence and low-income individuals facing emergency legal problems. We handle areas of the law including Consumer, the Elderly, Employment, Family, Housing, Public Benefits, and Utilities. We do not provide services for criminal cases.

#### **Contact Information:**

(814) 623-6189 (800) 326 – 9177 FAX: (814) 623-6180

#### Website:

www.midpenn.org

#### Hours:

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Monday – Friday
8:30 a.m. – 4:30 p.m.
(closed for lunch from 12:00 – 1:00)
To apply for services, call: 1-800-326-9177
(8:30 a.m. – 3:30 p.m.)
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#### **Target Population:**

Low-income persons and victims of domestic violence.

# MidPenn Legal Services, continued...

### **Fee for Services:**

None, although some court-related costs may be applicable.

### **Eligibility:**

Based on income guidelines. There is no income restriction for victims of domestic violence.

### **Other Information:**

By appointment.

# Nulton Diagnostic and Treatment Center, P.C.

608 East Pitt Street Bedford, PA 15522

#### Services Available:

- Psychiatric Care/Medication management (Children and Adults)
- 2. Telepsychiatry (Children and Adults)
- 3. Comprehensive Psychological Evaluations (Adults and Children)
- 4. Partial Hospitalization Programming for Children and Adolescents (grades K-12)
- 5. Functional Family Therapy (in home, ages 10-18)
- 6. Brief Treatment Program (in home, grades K-12)
- 7. Office-based Outpatient Counseling (Children, Adults, Families)
- 8. School-based Outpatient Counseling (Call for school listing)
- 9. Mobile Mental Health Treatment (Adults 21 and over)

#### **Contact Information:**

Dr. Larry J. Nulton, President Johnstown: (814) 262-0025 Bedford: (814) 624-3121 Toll Free: 888-918-5465 E-mail: info@nulton.com Website: www.nulton.com

# Nulton Diagnostic and Treatment Center, P.C., continued...

#### Hours:

8:00 a.m. – 4:00 p.m. Monday – Friday Saturday and Evening hours by appointment

#### **Target Population:**

Children, Adolescents, Adults, & Older Adults

#### Fee for Services:

We bill most major insurances such as:

- 1. Medical Assistance/Access (All Ages)
- 2. Medicare
- 3. Blue Cross/Blue Shield
- 4. United Behavioral Health
- 5. PerformCare
- 6. VBH
- 7. CCBH
- 8. Self Pay
- 9. Call for other insurances accepted or payment options

#### **Eligibility:**

Please call the office for any possible limitations regarding eligibility.

# PA CareerLink® Bedford County

# One Corporate Drive, Suite 103 Bedford, PA 15522

#### Job Seeker Services Available:

- Online and in-person access to PA CareerLink® services.
- 2. Skill assessment and aptitude testing
- 3. Resume building and interview skills
- 4. Career advisement and planning
- 5. Job search and placement assistance
- 6. Occupational skills training
- 7. Pre-vocational services
- 8. Financial aid information

#### **Employer Services Available:**

- Online and in-person access to PA CareerLink® services.
- 2. Orientation to PA CareerLink® services
- 3. Free and unlimited job postings
- 4. Pre-screening of applicants
- 5. Coordinated job fairs
- 6. On-site recruitment
- 7. Facilities for interviewing

#### **Contact Information:**

Phone: (814) 623-6107 TTY: (814) 623-6029 FAX: (814) 623-5598

Website: www.pacareerlink.pa.gov

# PA CareerLink® Bedford County, continued...

#### Hours:

Monday, Tuesday, Wednesday & Friday 8:00 a.m. to 4:30 p.m. Thursday – 9:00 a.m. to 4:30 p.m.

#### **Target Population:**

Bedford County Job Seekers and Employers

#### Other Information:

PA CareerLink® Bedford County partnering agencies include:

- Bureau of Workforce Partnership & Operations
- Goodwill of the Southern Alleghenies
- Veterans Services
- Office of Vocational Rehabilitation
- Bedford County Assistance Office
- Adult Basic Education through Somerset County Technology Center
- Unemployment Compensation
- UC Board of Review

# Pennknoll Village Rehabilitation and Nursing Services

208 Pennknoll Road Everett, PA 15537

#### **Services Available:**

- Physical and Occupational Therapy
- Speech Therapy
- Wound Care
- IV Antibiotic Therapy
- Skilled Nursing Services
- Dietary Services
- Long Term Care Option

#### **Contact Information:**

Susan Koontz, Director of Admissions (814) 623-3211 or (814) 623-3200 FAX: (814) 623-8581

#### Hours:

24 Hours/day 7 days/week

### **Penn State Cooperative Extension**

120 West John Street Suite #2 Bedford, PA 15522

#### Services Available:

Educational Programs and Information on:

- 1. Agriculture & Natural Resources
- 2. Community Development
- 3. Family and Consumer Science
- 4. 4-H and Youth Programs

#### Program Focus includes:

Penn State Cooperative Extension is an educational network that links research, science, and technology to the needs of the people where they live and work.

#### Services and Resources:

- 1. Circulars/Educational Information
- 2. For Sale Publications
- 3. Plant Disease Identification
- 4. Insect Identification
- 5. Soil Test Kits
- 6. Plant Analysis Kits
- 7. Manure Analysis Kits

# Penn State Cooperative Extension, continued...

#### **Contact Information:**

(814) 623-4800 Fax: (814) 623-0318

E-mail: <u>bedfordext@psu.edu</u> Website: extension.psu.edu

#### Hours:

Monday – Friday, 8:30 a.m. – 4:30 p.m.

### **Target Population:**

Bedford County Residents 4-H (Youth 8-19 years of age)

#### **Fee for Services:**

Meetings and workshops are generally free except where certain expenses must be recovered through a registration fee.

# Pennsylvania Office of Vocational Rehabilitation

1130 12<sup>th</sup> Avenue, Suite 500 Altoona, PA 16601

#### **Services Available:**

- 1. Diagnostic Services
- 2. Vocational Evaluation
- 3. Counseling
- 4. Physical and Mental Restoration Services
- 5. Job Training
- 6. Job Placement
- 7. Support Services

### **Contact Information:**

Call (814) 946-7240 or Toll Free 1-800-442-6343

Apply online: www.pacareerlink.pa.gov

#### **Hours:**

Monday – Friday 8:00 a.m. – 4:30 p.m.

#### **Target Population:**

Persons with disabilities in need of assistance to prepare for, enter, engage in or retain gainful employment.

# Pennsylvania Office of Vocational Rehabilitation, continued...

#### Fee for Services:

Does not cost anything to apply for services. Diagnostic, vocational evaluation, counseling and job placement is free. Other services may be contributory depending upon income.

#### **Eligibility:**

You can apply for OVR if you are a person whose disability results in a substantial impediment to employment and you can benefit in terms of employment outcome from services provided. Vocational rehabilitation services are required for you to prepare for, enter, engage in or retain gainful employment.

#### **PerformCare**

203 East Pitt Street, Suite 103 Bedford, PA 15522

#### Services Available:

PerformCare manages behavioral health services for recipients of Medical Assistance; PerformCare works in conjunction with the county Mental Health and Drug and Alcohol systems.

#### **Contact Information:**

Allison Krause or Brian Gannon 1-866-773-7891

E-mail: akrause@performcare.org or

bgannon@performcare.org
Website: www.performcare.org

#### Hours:

Monday – Friday 8:00 a.m. – 4:30 p.m.

#### **Target Population:**

Medical Assistance recipients needing behavioral health services

#### Fee for Services:

None

#### **Eligibility:**

Active MA

# Personal Solutions Inc. (PSI) Addiction Services

# 145 Clark Building Road, Suite # 5 Bedford, PA 15522

#### Services Available:

- Drug & Alcohol Education/Prevention Programs
- 2. Drug & Alcohol Assessments
- 3. Student Assistance Programming
- 4. Case Management Services
- 5. Treatment Authorization and Referral
- 6. Tobacco Education/Cessation Services
- 7. Gambling Education/Prevention

#### **Contact Information:**

(814) 623-5009

FAX: (814) 623-5217

E-mail: info@personalsolutionsinc.org

#### Website:

www.personalsolutionsinc.org

#### Hours:

Monday – Friday, 8:30 a.m. – 4:30 p.m. Non-traditional hours as needed.

#### **Target Population:**

**Bedford County** 

# Personal Solutions Inc. (PSI), continued...

#### **Fee for Services:**

If Medicare, Medical Assistance, Private Insurance, and MCO's do not cover needed services, cost of service is based on a person's ability to pay.

# **Precious Life of Bedford County**

# 215 South Juliana Street Bedford, PA 15522

#### **Services Available:**

- 1. Free Pregnancy Tests
- 2. Confidential Counseling
- 3. Post Abortion Counseling
- 4. 24 Hour Helpline
- 5. Adoption Counseling
- 6. Material Needs
- 7. Housing
- 8. Referral Resource Center

#### **Contact Information:**

(814) 494-0069

Website: www.plinc.org

#### Hours:

Appointments may be made for the convenience of the client.

#### **Target Population:**

Women who are pregnant, single, or married; young or old; people who are concerned about a pregnant woman.

#### Fee for Services:

Most Services Provided - Free of Charge

# Precious Life of Bedford County, continued...

# **Eligibility:**

Our services are provided without regard to an individual's race, creed, national origin, age or handicap.

# Prepared Childbirth Classes of UPMC Bedford Memorial

Blackburn Conference Room or Cafeteria 10455 Lincoln Highway Everett, PA 15537

#### **Services Available:**

Prepared Childbirth Classes

Sibling Classes

**Breast Feeding Classes** 

#### **Contact Information:**

Call Bedford OB/GYN Associates at 814-623-9712 to register.

#### Website:

www.upmc.com/locations/hospitals/bedford/pages/default.aspx

### **Professional Family Care Services**

937 Menoher Boulevard Johnstown, PA 15937 Website: www.pfcs.org

#### **Services Available:**

- 1. Foster Care
- 2. Adoption Services
- 3. Adoption Post Permanency Services; respite, advocacy and support group for any adoptive family in PA
- 4. Family Group Decision Making
- 5. Early Intervention
- 6. Early Head Start
- 7. Ages & Stages screenings

#### **Contact Information:**

Lynette Ponchione Gruca, Program Director (814) 255 – 9559 ext. 103 E-mail: lpgruca@pfcs.org

If interested in becoming a foster parent call 1 – 800 – 7FOSTER

#### Hours:

8:30 a.m. - 4:30 p.m.

# Recovery Concepts Addiction Counseling Services, Inc.

233 East Pitt Street, Suite #1 Bedford, PA 15522

#### **Services Available:**

- 1. Evaluations
- 2. Individual Counseling
- 1. Intensive Outpatient
- 2. Drug Screens
- 3. DUI Services
- 4. Group Therapy
- 5. Substance Abuse Services
- 6. Co-dependency Counseling
- 7. Family Intervention Services

#### **Contact Information:**

Lisa J. Bassi 814-623-7370

Fax: 814-623-7375

E-Mail: recovery-concepts@hotmail.com

#### Website:

www.recoveryconceptsaddiction.com

#### Hours:

9:00 a.m. – 5:00 p.m.

Evening hours by appointment only

# Recovery Concepts Addiction Counseling Services, Inc., continued...

#### **Target Population:**

Bedford County residents and those from surrounding counties ages 12 & up with substance abuse history or concerns. We do primarily individual counseling.

#### Fee for Services:

We accept the following Payment sources for Outpatient Treatment:

- PerformCare (Bedford County Medical Assistance with Behavioral Health Benefits)
- Community Care Behavioral Health CCBH (Blair County Medical Assistance with Behavioral Health Benefits)
- UPMC Commercial (Private Insurance)
- Highmark Blue Cross/Blue Shield (Other plans may offer an extended Network or (OON) Out of Network Benefits. Check with your Blue Cross Provider to determine if they will pay for Outpatient Treatment Services at Recovery Concepts.
- Personal Solutions Inc. (SCA County Funding)
- Self Pay

\*\*We do NOT accept MEDICARE. If you have an additional Medicare Policy that you pay a monthly premium for, it will not pay for your treatment at Recovery Concepts. You must choose a treatment provider that is In-Network with Medicare.

# Recovery Concepts Addiction Counseling Services, Inc., continued...

# **Eligibility:**

Any person age 12 or older with drug and alcohol or other substance related issues. We do not counsel individuals with eating disorders as a primary diagnosis.

### Skills

### 651East Pitt Street Bedford, PA 15522

#### **Services Available:**

Skills of Central Pennsylvania, Inc. is committed to creating opportunities, providing choice and support and promoting recovery to enhance all aspects of people's lives.

#### **Contact Information:**

Rachael Yost, Manager 814-310-2016

E-mail: ryost@skillsgroup.org

#### **Hours:**

8:00 a.m. - 4:00 p.m.

### **Eligibility:**

Waiver

#### Other Information:

We also provide transportation

# **Social Security Administration**

### 303 Cayuga Avenue Altoona, PA 16602

#### Services Available:

- Provides information and applications for Social Security and Supplemental Security income (SSI) payments.
- Provides application for Medicare health insurance and assistance with resolving claims and coverage problems.
- 3. Issues original and replacement Social Security number cards, and provides information on evidence required.
- Updates name, address, marital status and other pertinent information on Social Security Number records, Social Security, Medicare, and Supplemental Security Income beneficiary records.
- Arranges direct deposit of Social Security or Supplemental Security Income benefit payments.
- Assists in the correction of earnings posted to the Social Security Number records of lifetime earnings.
- 7. Provides application for help with Medicare Prescription Drug Plan costs.

#### **Contact Information:**

District Manager 1-866-592-3622

National Toll-Free Number: 1-800-772-1213

Website: <u>www.socialsecurity.gov</u>

#### Social Security Administration, continued...

#### Hours:

Monday – Friday, 9 a.m. – 4 p.m. except national holidays.

Toll-free telephone service is available from 7 a.m. until 7 p.m. Monday – Friday, except for national holidays, by dialing 1-800-772-1213.

#### **Target Population:**

Residents of Bedford, Blair, and Huntingdon Counties

#### Fee for Services:

None for routine matters

#### **Eligibility:**

- 1. Retirement benefits: Age 62 or older and qualifying work under Social Security.
- Survivor's benefits: Wage earner deceased after sufficient qualifying work under Social Security. Widow/ers age 60 and older, widow/ers under age 60 with children under 16 in care, children under 18 (19 if in high school), unmarried children of any age who became disabled prior to age 22.
- Disability benefits: Disabled at any age and sufficient qualifying work under Social Security.
- 4. Supplemental Security Income: over 65, blind, or disabled and able to meet income and asset limits.

# Social Security Administration, continued...

5. Medicare: Over 65 or disabled and receiving Social Security or Railroad disability benefits for 25 months.

#### Other Information:

Call first to learn what proofs will be required for particular claims/actions. Most business can be conducted by telephone. <u>Appointments are encouraged.</u>

#### **South Central Blind Association**

# 202 South Juliana Street Bedford, PA 15522

#### **Services Available:**

- 1. Provides Equipment talking book machines and large print books for persons with a visual or physical handicap.
- Serves as an advocate between clients, the Library for the Blind and Physically Handicapped and other agencies.
- 3. May provide transportation for essential tasks when not otherwise available.
- 4. May provide chore services and shopping assistance.
- 5. Provides Monthly Support Groups and Lifeskills Classes.
- Treasures In Sight Programs to all 1<sup>st</sup> Graders.
- Vision Screening Preschool Screenings, Macular Degeneration and Color Blindness.
- 8. Transportation/Escort Service:
  Transportation and assistance to Dr.
  Appointments, Banking, Shopping to
  grocery stores and department stores,
  Chiropractor, hospitals for tests, Mamma
  grams, Blood work, MRI's, the Assistance
  Office, Lawyers Offices, Laundromats,
  Dentists, Low Vision Specialists,
  Podiatrists, Social Security Office, MH/MR,
  Area Agency on Aging, visits to nursing

# South Central Blind Association, continued...

homes for client to visit spouse, Red Cross, Love Inc., to local utility companies, VA Hospital.

- Support Services: Reading and sorting mail, making shopping lists, taking care of correspondence, organizing and paying bills, budgeting, filling out applications, labeling and organizing items in cupboards, etc.
- 10. Quality of Life: Information and education to help individuals adjust to vision loss and remain independent. Delivering CCTV's, magnifiers, talking watches, talking clocks, check writer guides, 20/20 pens, large print tablets and calendars, large print telephones and calculators.
- 11. Support Groups: A forum of sharing ideas, exchange feelings and practical experiences and information. Our goal is to promote self-confidence, independence and success through peer support. Monthly group meetings to help build self-esteem and education to help clients adjust to vision loss. Clients come together and discuss everyday problems and share ideas how to overcome them.

#### **Contact Information:**

Abby Dively, Director Telephone: (814) 623-8214

# South Central Blind Association, continued...

FAX: (814) 623-8214

E-mail: scblind@embargmail.com

#### **Hours:**

Monday – Friday 8:00 a.m. – 3:00 p.m.

### **Target Population:**

**Bedford/Fulton Counties** 

#### Fee for Services:

None – We are a non-profit organization depending almost entirely on charitable contributions.

#### **Eligibility:**

Blind or Visually Impaired

#### Other Information:

Visitations are made to clients' homes, retirement and personal care homes, nursing homes, schools, etc.

#### **Fee for Vision Screening**

Pre-School - Free

### State Health Center—Bedford County

# 130 Vondersmith Avenue, Suite A Bedford, PA 15522

#### Services Available:

- Immunizations for uninsured and underinsured adults
- Immunizations for children birth through 18 years of age who are:
  - Uninsured or underinsured;
  - o American Indian or Alaska Native; or
  - Enrolled in Medicaid
- Tuberculosis testing, treatment, and contact investigations
- Confidential testing and counseling for the human immunodeficiency virus (HIV)
- Confidential testing, counseling, and treatment for sexually transmitted diseases (STDs)
- STD and HIV partner notification, referral, and treatment
- Communicable and vaccine-preventable disease investigations
- Reportable disease and outbreak investigations
- Animal bit and rabid animal investigations
- Case management of infants and children with elevated lead levels
- Case management of pregnant women who are positive for the hepatitis B virus and their babies
- Family education and blood testing of infants and children who have phenylketonuria (PKU)
- Blood pressure screenings

# State Health Center—Bedford County, continued...

- Educational presentations on: communicable and vaccine-preventable diseases, chronic diseases, Lyme disease, STD/HIV, immunizations, maternal child health, injury prevention, tobacco use prevention and cessation, environmental health, public health preparedness, and a variety of other public health topics
- Technical support for school nurses
- Client referral to other state and local resources dependent on need

#### **Contact Information:**

Phone: (814) 623-2001 Fax: (814) 624-0998

Website: www.health.pa.gov

#### Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

#### **Target Population:**

**Bedford County** 

#### Fee for Services:

No fee.

#### **Eligibility:**

Certain programs are for children only.

# Twin Lakes Center for Drug & Alcohol Rehabilitation

Residential Unit 224 Twin Lakes Road Somerset, PA 15501-0909

Bedford Outpatient 9457 Lincoln Highway, Suite 105 Bedford, PA 15522

#### Services Available:

- 1. Detoxification Services Inpatient Adult
- 2. Residential Treatment Inpatient Adult
- Outpatient and Intensive Outpatient Counseling for Drug & Alcohol

#### **Contact Information:**

Brooke McKenzie
Executive Director
brookemckenzie@twinlakescenter.org
David Knisely
Outpatient Supervisor
davidknisely@twinlakescenter.org
(800) 452-0218
Website: www.twinlakescenter.org

#### Hours:

Somerset Business Office – 8:00 a.m. – 5:00 p.m.; Monday – Friday Counseling: By appointment Accessline – 24 hours - 1-800-452-0218 Bedford Office – Mon –Fri, By appointment

# Twin Lakes Center for Drug & Alcohol Rehabilitation continued...

#### **Target Population:**

Chemically dependent adults and adolescents

#### Fee for Services:

Fee may be covered by major insurance carrier or Access Card. Some county funding may be available.

### **Eligibility:**

Any person with drug or alcohol related problems.

#### Other Information:

Evaluations by appointment Outpatient by appointment

# Unified Family Services Systems (UFSS) of Bedford County

195 Pennknoll Road Everett, PA 15537

#### **Contact Information:**

(814) 624-4810

E-mail: <u>director@ufssbedford.org</u>
Website: <u>www.ufssbedford.org</u>

#### **Hours:**

8:00 a.m. to 4:00 p.m. Monday through Friday and by appointment

### **Target Population:**

Bedford County children and families

### **UPMC Bedford Memorial**

10455 Lincoln Highway
Everett, PA 15537-7046
(Located midway between Everett and Bedford, Pennknoll Road Exit, Route 30)

#### **Services Available:**

- Outpatient facilities: Laboratory, Digital Radiology, Nuclear Medicine, CT Scanning, MRI, Ultrasound, Dexascan, Physical Therapy, Cardiopulmonary Services, Telemedicine Teleconsult Center, and 24 hour observation in outpatient setting (HFO).
- 2. Outpatient Surgical Unit includes minor surgery, blood transfusions, and endoscopy.
- 3. Care Management Department available to help with transfers and post-hospital care.
- Inpatient facilities include: Medical, Surgical, Intensive Care Unit plus Telemetry Unit, Cardiopulmonary Rehab Department, and Full time Hospitalist Program.
- 5. Surgery: Inpatient and Same Day
- In-house physician coverage in Emergency Room 24 hours a day
- 7. In addition to Obstetric/Gynecology(off site facility only), Family Practice, General Surgery, Internal Medicine, Pediatrics, Radiology, Anesthesiology and Pathology, other

specialist physicians, full and part-time include: Allergy, Urology, Ear-Nose and Throat, Medical Oncology, Orthopedic Surgery, Neurology, Oral Surgery, Dentistry, Vascular Surgery, Ophthalmology, Gastroenterology, Cardiology, Rehabilitative and Physical Medicine, Podiatry, Pulmonology, Nephrology, and Plastic Surgery

- 8. Dietary consultation for diabetes, weight control, and special diet instructions.
- Speech Therapy, Audiology Testing, Sleep Studies, Aqua Therapy, Occupational Therapy, Vestibular Therapy, Sensory Integration Program and Lymphedema Care Center.
- 10. Occupational Health Services are offered at Specialty Service Area, which also accommodates specialists from out of the area who see patients here on a regular basis. Call 814-623-3513 for listing or to make an appointment.
- 11. Medical Referral and Information Hotline 814-623-3513

#### **Contact Information:**

Gerald Murray President 814-623-6161

#### Hours:

24 hours a day

#### **Target Population:**

Residents of and visitors to Bedford County

#### Fee for Services:

Hospital will bill most third party insurances, managed care providers, and government payors (Medicare and Medicaid). Direct pay and credit cards accepted.

#### **Eligibility:**

The hospital provides care for anyone in need, regardless of race, age, sex, color, national origin, religious creed, handicap, sexual preference or ability to pay – the hospital is an equal opportunity employer.

#### Other Information:

The hospital has a **Community Awareness Program** providing free health-oriented programs and support groups. Also provides speakers, material, and a meeting place for support groups needed in the community. Watch newspaper for advertisement of topics and meeting times.

**Multiphasic Lab Screening** are held in various areas of Bedford County annually. Screenings will be advertised locally.

A structured volunteer program operates in the hospital and welcomes new members.

**Hospital volunteers** do hands-on tasks. Contact Volunteer Director at (814) 623-3588. This is in addition to the Auxiliary and RSVP volunteers.

An annual **Free Community Health Fair** provides residents an opportunity to talk with specialty physicians and skilled clinicians, and receive free or low cost services, test and screenings at more than 20 fair exhibits. The date and location of the fair will be advertised locally.

#### **Support Groups:**

- Alzheimer Family Caregiver Support Group meets at Bedford United Methodist Church.
  - Third Thursday of each month.
  - Facilitator: Karen Everhart 814-623-7772
- American Cancer Society, 888-227-5445
- Cancer Support Contact the American Cancer Society Office at 814-623-8819 for materials or help.
- Bereavement Programs are scheduled as needed through Home Nursing Agency, 800-445-6262.
- Childbirth Classes held throughout the year. Contact the OB Office at 814-623-9712.
- Sibling Classes held periodically.
  Contact the OB Office at 814-623-9712.

 Diabetes Self Management Education Classes

Individual Sessions Facilitator: Tammie Payne 814-623-4315

- Lymphedema services are available by appointment by contacting Scott Weyant at 814-623-3838.
- Ostomy Support Group
   Usually meets 3<sup>rd</sup> Sunday of each month Facilitator: Bev Albright, 814-793-2793
- Overeaters Anonymous Support Group meets every Tuesday at 7 p.m.
   Vreeland Conference Room Facilitator: Sally Van Why, 814-623-1557
- Smoking Cessation Program, for information on class schedule and the program, contact Personal Solutions Inc., 814-623-5009.
- TOPS Bedford 444 Group meets every Thursday in the Vreeland Conference Room. Weigh-in 5:30 p.m. and meeting at 6:00 p.m. Facilitator: Karen, 814-652-5416.

# UPMC Altoona Women's Health and Wellness & Tele-Health – Bedford Office

195 Memorial Drive, Suite 4 Everett, PA 15537

#### Services Available:

Women's Health Services PAP Contraception

#### **Contact Information:**

814-623-6849

#### Hours:

8:00 a.m - 4:00 p.m.

### **Target Population:**

Women

#### Fee for Services:

Sliding Scale

### **Eligibility:**

PA Resident for sliding scale Full fee for non-residents

### Your "Safe Haven" Inc.

# 220 South Thomas Street Bedford, PA 15522

#### **Services Available:**

- 1. 24 hour hotline
- 2. Information and referral
- 3. Emergency shelter
- Accompaniment to hospital, police and court facilities
- Individual counseling to adults and children
- 6. Court preparation
- 7. Advocacy
- 8. Domestic violence and sexual assault prevention programs to area schools
- 9. Training to systems professionals
- 10. Community education
- 11. Speakers bureau
- 12. Volunteer training
- 13. Assistance in filing Crime Victims' Compensation Claims
- Sexual Assault Nurse Examiner/Sexual Assault Response Team (SANE/SART)
- Assistance with filing Protection From Abuse Order
- 16. Staff Attorney for eligible clients

#### **Contact Information:**

(814) 623-7664 or 1-800-555-5671

FAX: (814) 623-7187

E-mail: bhickey@yoursafehaven.org

### Your "Safe Haven" Inc., continued...

#### Website:

www.yoursafehaven.org

#### **Hours:**

24 Hours/Day - 7 Days/Week

#### **Target Population:**

Adults and children who become victims of any type of crime including, but not limited to, domestic violence, sexual assault, burglaries, teen dating violence, robberies, assault, families of homicide victims, stalking, etc.

#### Fee for Services:

Free of charge

### **Eligibility:**

Adult and/or child victim/witness of domestic violence, sexual assault or other serious crimes.

### **Youth Advocate Programs**

451 Stoystown Road, Suite 103

Somerset, PA 15501 Phone: 443-3956 Fax: 443-3957

9503 Lincoln Highway

Suite 103

Bedford, PA 15522 Phone: 624-0000 Fax: 624-0002

#### Services Available:

Wrap Around - TSS, BSC, MT

Services for individuals with Intellectual

Disabilities

Advocacy

**Autism Services** 

**Adult Autism Waiver Services** 

Respite

#### **Contact Information:**

Somerset Office:

Trisha Carmo, Program Director E-mail: TCarmo@yapinc.org

Bedford Office:

Trisha Carmo, Program Director E-mail: TCarmo@yapinc.org

#### Website:

www.yapinc.org

### Youth Advocate Programs, continued...

#### Hours:

Monday – Friday; 8:30 a.m. – 5:00 p.m. Closed Major Holidays.

### **Target Population:**

Preschool through Adult

#### **Fee for Services:**

Services covered through Medical Assistance

### **Eligibility:**

Active MA number and/or referral from various sources; school, MH/MR, CYS, Probation or self-referrals.

#### Other Information:

Youth Advocate Programs is an international program and in the business of "changing biographies."