

2017

WYOMING ECONOMIC SUSTAINABILITY RESOURCE GUIDE

*Encouraging Wellness & Positive Outcomes Through
Economic Empowerment and Accessible Resources*



Corporation for
NATIONAL &
COMMUNITY
SERVICE


Serve Wyoming

WCADVSA
Wyoming Coalition Against
Domestic Violence and Sexual Assault

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Financial Sustainability among Victims & Survivors of Interpersonal Violence: Introduction

This toolkit is offered as a resource for domestic violence and sexual assault (DVSA) programs & advocates. Economic issues are a crucial component of both the perpetration of interpersonal violence (IPV), the decision to leave an abuser, and outcomes for survivors; since it plays such a large role in clients' lives, economic matters should also be integrated, with varying degrees, into advocate's every-day dealings with clients. This comprehensive resource covers several key areas that are likely to contribute to the advocate's ability to support a client's journey in becoming financially independent, including:

- 1) Foundational concepts
- 2) Background information on financial insecurity and current statistics on homelessness
- 3) Up-to-date resources with eligibility requirements
- 4) Tools that can be used with clients
- 5) Suggested resources that may contribute to the advocate's ability to understand client situations, work with clients, and work with communities

In addition to providing a list of resources which can be utilized by programs, advocates, and clients, this guide also intends to equip advocates with the knowledge and skills required to become Economic Empowerment Advocates. According to the International Center for Research on Women, Economic Empowerment is defined as the *"...capacity to bring about economic change"* for the self. Crucial in this process is Empowerment, which the Oxford Dictionary defines as *"the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights"*.

According to the Organization for Economic Co-operation and Development, economic empowerment leads to better access to economic resources; including job opportunities, skill development, property and other types of productive assets, and financial services. In addition to linking the client with transitional and emergency financial resources, the economic empowerment advocate encourages and supports the client throughout the process of becoming economically empowered.

Historical Context

Although people have been struggling to find shelter and provide for their families for millennia, it wasn't until the 1600's that communities began to work together to address the issue of poverty; since then, our understanding of financial insecurity has evolved greatly. Once viewed as a moral deficit or character flaw, homelessness and poverty are now seen as complex issues that require in-depth problem solving and collaborative solutions.

Historically, social services such as housing were provided by faith-based organizations, wealthy philanthropists, and local community/family support systems. Until the Great Depression in the 1930's, there was little state or federal law that addressed the issue of poverty. Since then, regulations have increased; today, these laws and acts direct and fund programming, with the intention of providing every American a minimum quality of life, while also encouraging upward mobility.

Although our understanding of these issues has evolved over time, there is much that remains the same. For hundreds of years, jails have been a "revolving door" for those who live on the streets or with insecure housing, and the populations most at risk remain virtually unchanged: veterans, the disabled, youth, single-parent families, and minority communities (such as African Americans, LGBTQ, and women). Attitudes towards the financially insecure, although tempered, still remain judgmental and

prevent many individuals from receiving equal consideration in housing, job, and educational opportunities.

Factors that are generally viewed as contributing to financial insecurity include:

- 1) Specific situations (also referred to as *situational poverty*): Unexpected job loss results in a sudden loss of income, while natural disasters may cause displacement and costly property damage.
- 2) Institutional and social issues: Make it difficult for certain populations to obtain living-wage jobs, affordable housing, adequate nutrition and healthcare, and education that meets profession standards. Demographic factors such as disability status, gender, ethnicity, religion, and sexual preferences might lead to discrimination in hiring practices and job security, while inter-generational poverty may limit access to resources that support mental development, academic achievement, and career planning.
- 3) Multiple factors: All of these variables accumulate, making it extremely difficult for individuals to adequately provide for their families while working towards achieving long-term financial and career goals.

History of DVSA Programs

Domestic violence and sexual assault shelters are a relatively recent development, with the first organized women's shelters appearing in Great Britain in the early 1970's. Before this time, women's shelters may have been informal and less documented, but it is believed that women fleeing abusive relationships and gender violence were assisted by other women in informal networks. Shortly after the first women's shelter opened in England, the U.S. followed suite with a rape crisis center in 1971 and a battered women's shelter in 1973. By 1986, there were 1,200 battered women shelters in America that served 300,000 women and children.

Battered women's shelters evolved separately from other shelters for the homeless due to the special needs of fleeing and abused women and children. Shelters that house the general population usually do not provide advocacy services, may not be confidential, may have faith-based restrictions, and are usually not trauma-informed. Shelters for victims of interpersonal violence (IPV) generally are open to everyone who has experienced IPV - no matter their gender, LGBTQ status, faith, or citizenship; maintains confidentiality with exceptions for mandatory reporting; and provides trauma-informed advocates, who personally work with clients in overcoming emotional, social, and financial barriers that may be related to their IPV experience.

Advocate Roles

An advocate at a DVSA shelter fulfills multiple roles within the program and with each client. Ultimately, the advocate works to keep the agency functioning, while also providing specific services to victims and survivors of IPV, with the intention of improving the life quality of clients and alleviating the emotional and financial burden of surviving trauma that usually results from IPV.

- ◆ **Empowerment:** A direct result of experiencing relationship or sexual violence is the feeling that one has little control in life. Clients may have lost trust in the ability of others to come to their aid, or may believe that they are unworthy of being helped. Some advocate activities seek to empower clients so that the client will become their own advocate in future situations. Helping clients to become financially self-sufficient plays a crucial role in empowerment. Advocates can also empower the client by using encouraging language and focusing on client strengths. The

strategies that advocates use with clients helps to build the three components to empowerment:



Figure 1: Components of Empowerment

- ◆ **Educator and Referrer:** Many clients first contact a shelter because they are unsure of whether they have experienced abuse or sexual violence. Many others know that they have, but do not know what to do about it. In these situations, advocates provide clients with information about different forms of IPV, and different options that exist to leave the relationship or obtain justice. Many clients also come to the shelter not knowing how to access community resources. The advocate then serves as a guide, providing a map of resources which are available to the client, and educating the client on how to access these resources. Advocates may also see the need to educate clients in specific areas such as financial literacy; either the client may directly ask for education in these subjects, or the advocate may suggest to the client that education in these areas may help the client reach financial or professional goals.
- ◆ **Mentor:** A mentor is someone who can illustrate to others how to behave or navigate certain situations, and also serves as a support that one can turn to when difficulties arise. Advocates may serve as mentors to clients when building financial management skills, job-related skills, navigating community resources, and dealing with relationships.
- ◆ **Creating and maintaining community partnerships:** An advocate's ability to fulfil the roles described above is dependent on the program's relationship with other community organizations and resources. These community partnerships require initiative and maintenance by shelters and advocates, which often means that the advocate must educate key players and find common ground on sensitive issues.

The Economic Sustainability Resource Guide can play a crucial role in empowering clients; many of the resources and tools in the guide can help the client grow their belief in support, self-worth, and self-confidence.

Interpersonal Violence and Financial Insecurity

There is often a cyclical relationship between IPV and financial insecurity. Although statistics show that IPV affects all levels of income and education, research shows that it is most likely to be reported by those who live in poverty. It is quite possible that the occurrence of IPV in middle and upper class is underreported, as they are less likely to use community resources, come into contact with mandated reporters, and utilize services such as DVSA programs.

Interpersonal violence increases financial insecurity because it usually leaves the survivor feeling powerless, traumatized, and affected by financial abuse:

- ◆ **Powerless:** When a client feels powerless, they are unlikely to attempt to change things for the better. Why try, when you know it will fail?
- ◆ **Trauma:** Effects from PTSD can severely interfere with a client's ability to attend school, work, or even leave the home, which makes achieving educational, career, and financial goals difficult.
- ◆ **Financial abuse:** Many clients who were in abusive relationships experienced some form of financial abuse. Financial abuse may have left the client with little to no experience in managing money or using bank accounts, and the client might also lack job experience or education.

Financial insecurity is considered a risk factor for experiencing IPV. Homeless youth are very likely to have experienced sexual violence, both from their home life (which may have precipitated leaving the home) and from living on the streets. Those who find it difficult to sustain themselves, by themselves, are also more susceptible to enter into abusive relationships; two incomes, with shared living expenses, is an incentive to getting into relationships fast and ignoring warning signs. Once households have been combined, moving out may seem impossible, because of the financial burden of paying a deposit and first month's rent.

Financial Insecurity and the Decision to Leave

Research has shown that financial factors play a larger role in leaving an abusive partner than psychological factors alone. In a 2003 review of 22 studies on the factors related to women leaving an abusive partner, the authors found overwhelming evidence that underscores the impact of financial variables in this important decision making process:

- ◆ Psychological factors found to be related included:
 - ◆ Commitment level, to the partner or to the relationship
 - ◆ Relationship values and beliefs (traditional v. progressive)
- ◆ Financial factors found to be related included:
 - ◆ Employment status
 - ◆ Level of income
 - ◆ Source of income other than the abuser, including welfare
 - ◆ Access to childcare outside of the home
- ◆ **Key Finding:** Financial variables were most likely to influence women's decisions

The authors found that women, overall, were most likely to leave an abusive relationship if they had the means to independently provide for themselves and children. Interestingly, the authors also found that the more financially independent a woman was, the less commitment she felt to the relationship or the abusive partner (Anderson & Saunders, 2003).

Financial variables may play such an important role in this decision making process because it heavily effects the pros and cons that a current victim might weigh. No matter what the situation, people assign different weights to the importance of certain pros and cons. To advocates, the pros of leaving far outweigh the cons, as illustrated on the right; however, that might be because we assign different weights to these factors. The financial factors will most likely have more weight to victims who are not financially independent, which could tip the scales. This illustration also shows why victims continue to stay with an abusive partner, even when the scales are more even, only to suddenly leave due to a single event which assigns more weight to the



Figure 2: Pros & Cons of Leaving

“physical and emotional safety” factor.

Why might individuals assign less weight to things that others highly value? Maslow’s Hierarchy of Needs suggests that it is difficult to work on emotional and social needs when foundational needs are not being met.

In the context of an abusive relationship where the victim is financially dependent upon the abuser, most of the basic needs are being met relatively consistently, and even some of the psychological needs. The victim might want more for themselves and their family – more safety, freedom to see friends and family, a more fulfilling intimate relationship, and may dream of achieving educational and

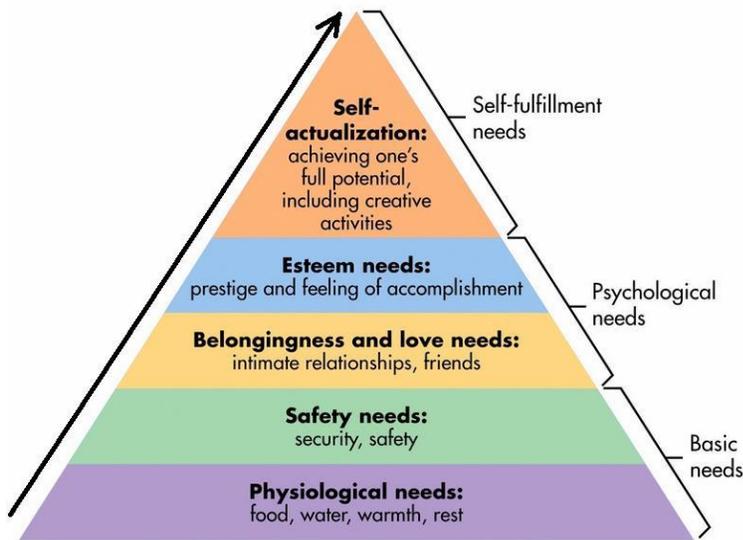


Figure 3: Maslow's Hierarchy of Needs

professional goals. However, the prospect of being unable to meet basic needs might be enough to stop any serious contemplation of leaving, because in order to fulfill psychological and self-fulfillment needs, those basic needs must be met first.

Advocates can help clients work through this decision making process by providing them with information on how to meet those basic needs and by reminding them of the importance of working towards meeting higher needs on the pyramid. In doing so, the client begins to change the weights of certain factors that may be influencing the decision to leave.

Although Maslow’s Hierarchy can be used to help advocates better understand this decision making process, there is some evidence that suggests this hierarchy of needs is not universally

applicable. Higher levels of the pyramid may be different in non-western cultures, where higher goals might be focused on collective achievement (as opposed to self-achievement and maintaining uniqueness); some cultures might have inverted pyramids, or skip between levels. The graphic below depicts a Native American perspective of the hierarchy of needs, and how it is different from the western perspective. There are many different First Nations with individual cultures, as well as different degrees to which the western perspective has been adopted, and so it should not be assumed that this hierarchy of needs represents all First Nations peoples.

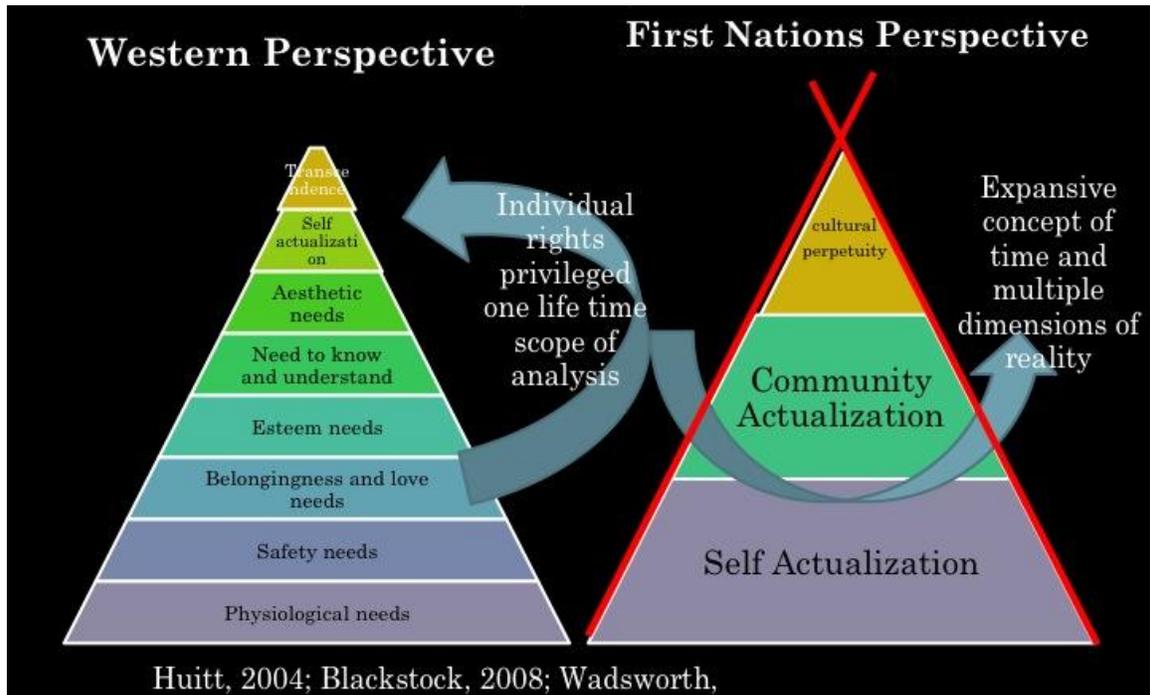


Figure 4: Maslow's Hierarchy of Needs (Informed by Blackfoot Nation)

Financial Abuse in Intimate Relationships – What Happens After?

Financial abuse is a tactic used by abusers to keep victims dependent upon the relationship to fulfill their basic needs. As shown in the previous section, this abusive tactic is quite powerful, and abusers use it with great success, keeping their partners feeling trapped in abusive relationships for years. Other than making it difficult for victims to leave their abuser, financial abuse can have a deep impact on the life of survivors, affecting the ability to maintain financial independence and achieve educational and career goals. Financial abuse also negatively affects beliefs in the self, which is a core component of empowerment. See Appendix A for a full list of the types of financial abuse and the possible affects it may have on survivors.

Reproductive abuse, although not explicitly listed as a form of financial abuse, serves much the same purpose. Many relationships do not turn abusive until pregnancy or birth; although we can only speculate as to the reasons why, it does appear that having children makes a victim more committed to the relationship and also gives a powerful financial incentive to staying in the relationship. Reproductive abuse may enter into the picture when an abuser sabotages contraceptives or gets pregnant on purpose, or coerces/forces the victim into getting pregnant and following through with the pregnancy. For female victims especially, pregnancy and having to raise a child provides a powerful reason for the victim to stay at home and be financially dependent on the abuser.

Even after the client leaves an abusive relationship, having children can draw out financial, physical, and emotional abuse. Trying to obtain child support can be an exhaustive process, and some states have requirements that may make it easier for the abuser to locate the client. The abuser may also continue to financially abuse the client and the children by falsely claiming them as dependents for tax purposes or using their social security numbers to apply for credit cards and loans.

Other Risk Factors for Financial Insecurity

In addition to the variables mentioned above, there are several demographic characteristics that may increase a client's difficulty in establishing financial independence.

The Wage Gap

Populations such as women, minority ethnic groups, LGBTQ individuals, and those with disabilities experience more barriers to economic independence. These groups tend to earn less money than white males, and one way in which this has been evaluated is through measuring the Wage Gap.

The Wage Gap compares how much money groups of people make per hour as compared to other groups. It is measured in cents to the dollar, and seeks to answer the question, "for every dollar that a man makes, how much do other groups make?"

The Wage Gap has been a controversial measure of the difference in earning power. It is easy to be confused about what it measures and what causes the gap in wages. Some argue that certain groups of people choose to pursue certain occupations and careers that pay less, and that if those groups chose the occupations that men pursue, they would be paid just as much. Experts on the wage gap believe that bias, stereotyping, and societal pressures contribute much more to the wage gap than simple choice or lack of hard work.

For an extensive review of the Gender Wage Gap and explanations, see Blau & Kahn (2016), *The Gender Wage Gap: Extent, Trends, and Explanations*. Retrieved from <http://ftp.iza.org/dp9656.pdf>

Parts of the wage gap (an estimated 60%) are explained by occupational differences, education level, differences in hours, and family caregiver status, while the rest (about 40%) remains unexplained:

- ◆ **Occupational Differences:** Certain groups of people are pressured by society to go into certain careers and occupations, which pay different. Careers traditionally held by men tend to pay the most, even the careers that require little education. Women are more likely to go into helping professions, while certain ethnic groups are more likely to hold maintenance positions.
- ◆ Even in occupations that are traditionally held by women (such as the helping professions), men in Wyoming still earn more money than women.
- ◆ This is considered to be the most significant factor in Wyoming's wage gap. "Female" occupations in Wyoming pay below the national average for those jobs, while jobs such as mining and construction (typically held by men) pay above the national average.
- ◆ Those with physical disabilities in Wyoming may find it especially difficult to find well-paying jobs, since many of the well-paying jobs in Wyoming require physical labor.
- ◆ Individuals in the LGBTQ community may also experience occupational segregation, since many of the well-paying jobs in Wyoming are more likely to be dominated by tradition-oriented males, who may not be open to working with those who identify as LGBTQ.
- ◆ **Education Level:** Some groups are more likely to finish high school and pursue a college education. Those who complete these educational milestones are more likely to find stable

employment, and a higher education is linked with higher pay. Although historically men dominated the population of students graduating from colleges and graduate school, women now make up more than 50% of students in college.

- ◆ In Wyoming, 40% of women have a Bachelor’s degree, while 35% of men do, and 8% of both men and women in Wyoming have a graduate degree.
- ◆ Despite the gains in educational attainment made for women, men with just a high school diploma earn much more than women with a Bachelor’s degree.
- ◆ **Leadership & Supervision Roles:** Men are more likely to be “groomed” for leadership roles by family, teachers, coworkers, and employers, and so they are more likely to pursue those roles, which is translated into increased job stability and higher pay.
- ◆ **The Homemaker:** Individuals who “pause” their career in order to raise children have an employment gap, which means they lose out on promotions, pay raises, and a stable work history, which makes it more difficult to find a well-paying job once they decide to enter the workforce again. In addition, homemakers tend to work less paid hours and are more likely to be employed part-time.
- ◆ Women in Wyoming are almost 2x as likely to not have a job as men, and are twice as likely to be employed part-time.
- ◆ **Discrimination:** Certain groups of people may be less likely to be hired for certain jobs, despite having the same qualifications as white men. Even when they are hired, they are less likely to receive pay raises and promotions, and are more likely to be on the receiving end of harassment and have to put up with a negative work environment. They have more barriers to getting jobs, advancing in their place of work, and finding a positive and constructive work environment.
- ◆ Women in Wyoming who choose to pursue male-dominated careers often find themselves having to work extra hard to prove they “belong”, and often find themselves dealing with sexual harassment from supervisors and coworkers.
- ◆ Discrimination is also a very real barrier for those with disabilities and individuals in the LGBTQ community.
- ◆ Discrimination against certain ethnic groups prevents them from getting very far in the hiring process. Even having an “ethnic” sounding name can make it less likely that a person will get a call after submitting their application & resume.
- ◆ **Self-Advocacy:** White men may be more likely to ask for higher starting pay and pay raises than other populations. This might be because other groups are not taught to advocate for themselves and do not know how to negotiate for a salary or benefits.
- ◆ A survey of recent graduating professionals found that only 7% of women attempted to negotiate the initial salary offer, compared to 57% of men.
- ◆ Some evidence indicates that women who attempt to negotiate their initial salary may experience “backlash”.
- ◆ A 2016 study found that the following had ever asked for a raise:
 - ◆ 75.4% of White American men
 - ◆ 49.6% of White American women
 - ◆ 59.4% of Hispanic men
 - ◆ 64.9% of African American men
 - ◆ 51.8% of Asian-American men
 - ◆ The least likely to ask for raises were African American women (47.4%) and Asian-American women (40.8%)

Differences in Earnings by Group

Gender & Ethnicity: In 2016, the national gender wage gap was 79¢, while Wyoming’s gender wage gap was 69¢, the 49th largest gap – this means that Wyoming’s gender wage gap is bigger than almost all the other U.S. States. American Indians (both men and women) in Wyoming earn 55¢ to every \$1 a man makes, while African Americans earn 65¢ and Latinos earn 53¢.

LGBTQ: Research indicates that gay and bisexual men earn between 11- 27% less than their heterosexual counterparts in both private and public sector occupations. Transgender individuals, in particular female transgender workers, are likely to experience a significant decrease in earnings (potentially a 33% drop) following their gender transition. Same-sex couple families have an average household income that is 20% less than heterosexual couples, and are more likely to live in poverty.

Individuals in the LGBTQ community may face challenges throughout the lifespan that contribute to decreased earnings. Due to discrimination by family members and communities, they are more likely to become homeless during their youth, which can make it difficult to receive an education and stable employment. They may also experience discrimination in hiring, as well as harassment at the workplace.

Disabled: Findings from the 2011 U.S. Census Bureau’s American Community Survey show that those without disabilities are more than 2x more likely to be employed than those with disabilities, and that those with disabilities earn 63¢ for every \$1 earned by those who are not disabled. Even though 30% of disabled workers have a high-school diploma (or equivalent), compared with just 20% of non-disabled workers, disabled workers with a high school diploma earn an estimated \$10,000 less per year than non-disabled workers with a high school diploma. Among workers with a bachelor’s degree, those who are disabled get paid about \$20,000 less per year than those who are not disabled. That gap almost doubles when comparing workers with graduate degrees.

Single Parent Families: The current economy does not make it easy to support children on a single income, which makes it difficult for single parents to find and maintain economic self-sufficiency. In addition, 82.2% of single parents are female, which means they are trying to support their family with a lower income than single fathers. Single mothers and their children are almost twice as likely to live in poverty as single fathers, and are more than twice as likely to receive some form of government assistance.

The Wyoming Women’s Self-Sufficiency Standard is a very useful tool for exploring how much money a single woman with children requires to be self-sufficient and the impact of receiving government assistance. According to the Self-Sufficiency Report, the risk of inadequate income more than doubles for families with children, and is more likely to occur when children require daycare. Single mothers in Wyoming are 58% likely to experience income inadequacy, as compared with 24% of single fathers; while 21% of married couples with children experience income inadequacy. According to the Report,

“The very high rates of income inadequacy for single mothers compared to single fathers suggests that a combination of gender and the presence of children – being a woman with children – is associated with the highest rates of income inadequacy.” (The Self-Sufficiency Standard for WY 2016, page 17)

Homelessness in Wyoming

Many people believe that homelessness does not exist in Wyoming. Homelessness does exist in the state, although it may look different than in more urban areas, because rural homelessness may not be as visible.

Rural Homelessness

About 7% of the homeless population live in rural areas. For every 10,000 persons in rural areas, there are an estimated 14 homeless people, as compared to about 29 homeless persons per 10,000 in urban areas. Although urban areas may have more homeless persons per capita, rural areas in general tend to have higher rates of poverty. Experts believe that the homeless population in rural areas is undercounted, because they are less visible and more difficult to find.

Structural factors – such as the lack of affordable housing and inadequate income – contribute to both rural and urban homelessness. Rural homeless, however, is complicated by a lack of accessible services that can provide quick and comprehensive care to those in need. The lack of easily accessible services is caused by difficulties in transportation, a limited amount of affordable housing, and the tendency for most federal funding to be funneled to urban areas.

Current State of Homelessness in Wyoming

Those who are homeless in areas such as Wyoming tend to be hidden, and are therefore hard to reach and help. The harsh Wyoming winters also make it difficult for those who are homeless to live out of vehicles, on the streets, or out of tents; in addition, Wyoming only has a few homeless shelters, which leaves almost no options for the homeless population in Wyoming.

Every January, the U.S. Department of Housing and Urban Development (HUD) requires states to conduct a “Point-in-Time Count”. The Point-in-Time Count (PTC) occurs at all the homeless shelters and transitional housing, and also attempts to count those who are living on the streets. The logic of doing the count in January is that those who lack shelter are more likely to use homeless shelters and transitional housing during harsh weather. It is most likely not an accurate measurement of the homeless population in Wyoming, since many homeless individuals cannot get to the homeless shelters that are available, and many end up staying with friends or in motels during those times of the year when it is too cold to sleep in vehicles or camp.

In 2015, Wyoming counted 798 people as homeless; in 2016, that number had grown to 857 people. The number of those who are homeless has increased almost 50% since 2010. In 2016, most of the homeless population was not in shelters, and most were households without children. Households with children were much more likely to be using transitional housing services.

In 2016, 171 homeless persons identified as victims of domestic violence; 91 experienced chronic homeless; 128 were severely mentally ill; 64 were chronic substance abusers; and 87 were veterans. Minority ethnic and racial groups in Wyoming (except for African Americans and Asians) made up a greater percentage of the homeless population than the state population, which indicates they are more likely to experience homelessness.

Ethnicity/Race	% of Wyoming Residents	% of Homeless Population
White	92.1%	77%
Black or African American	0.8%	4.5%
American Indian/Alaska Native	2.3%	14.9%
Asian	0.6%	0.2%
Multiple Races	1.8%	3.3%

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FAQ

A link doesn't work anymore. How can I find that webpage?

Answer: Try googling the name of the organization/agency and the specific program you are trying to find. If you are looking for specific information about that program, try searching for the program name and the type of information (such as “eligibility”, “locations”, or “application”). You can also try searching in the agency’s website – sometimes they have their own search engine.

If you can't find the website, google search the agency's location, and call someone at the office. They should be able to provide the updated website link.

These income guidelines are outdated. How do I find the current ones?

Answer: The quickest and easiest way to find the current income guidelines is to contact the agency and request it to be emailed. You can also try google searching the name of the program and “income guidelines”.

I don't understand the Federal Poverty Level.

Answer: You are not alone. The Federal Poverty Level is explained in [Appendix G: Federal Poverty Guidelines FAQ](#)

Housing Resources

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Emergency Housing Assistance

This type of assistance can be used on short notice and with little planning. Since these types of programs usually provide assistance to those in crisis situations, or those who experience chronic homelessness, income limits might not be used to determine eligibility. This is because it is difficult to prove income (or identity) without documentation. The eligibility for these programs is usually very inclusive, since it would be difficult to provide emergency (same day) shelter to someone if the application process was complicated. Emergency shelter services can provide short-term housing anywhere from a single night to a couple years, although most programs provide housing for less than a few months.

Emergency housing programs oftentimes have requirements for those who use services. These requirements differ for each program, but in general they might include:

- ◆ Restrictions on the age of unaccompanied minors
- ◆ Restrictions on pets and animals
- ◆ Restricting drug or alcohol use
- ◆ A curfew
- ◆ Participation in other services (such as looking for employment or other housing)

Domestic Violence & Sexual Assault Shelters

Emergency shelter can be found at most of the Domestic Violence/Sexual Assault (DVSA) programs throughout Wyoming. Some DVSA programs have their own shelter, while others do not. The programs that do not have their own shelter, or those that have full shelters with no available room, have vouchers for motel rooms. For more information, go to the section [Domestic Violence & Sexual Assault Programs](#)

Homeless Shelters

Wyoming only has a few homeless shelters. Check with each shelter for availability and restrictions.

To search for homeless shelters in Wyoming, visit:

<http://www.homelessshelterdirectory.org/wyoming.html>

Rental Assistance

This type of housing assistance can provide long-term funding for safe and consistent housing. Rental assistance programs almost always have income limits, and applying for assistance can be complicated. When in doubt, speak with a caseworker or intake agent at the program. Before applying for rental assistance, make sure that short-term housing is taken care of, since it can be a few weeks or even months until assistance comes through.

Domestic Violence & Sexual Assault (DVSA) Programs

All DVSA programs can provide financial assistance to victims & survivors of domestic violence, stalking, and sexual assault. This financial assistance can help with relocation, deposits, utility assistance, short-term sustainable housing, or long-term housing while working towards financial independence. For more information, go to the section [Domestic Violence & Sexual Assault Programs](#).

Section 8 and Public Housing

These programs are run by local Public Housing Agencies (PHA) and are federally funded by the U.S. Department of Housing and Urban Development (HUD). Some PHAs have several locations throughout the state in multiple counties, while others operate in single locations. At some PHA locations, only one program may be available. The guidelines for eligibility should stay the same as this is a federally funded program, but caseworkers still have most of the decision making power when it comes to approving applications for assistance.

Section 8 v. Public Housing

◆ *Section 8*

- * The participant finds a private landlord, and receives vouchers from the PHA to pay rent. The property must meet specific qualifications and the landlord has to be part of the application process. For more information (benefits, eligibility, income and rent calculations) visit:
https://portal.hud.gov/hudportal/HUD?src=/topics/housing_choice_voucher_program_section_8

◆ *Public Housing*

- * The participant rents a unit owned by the PHA. For more information (benefits, eligibility, income and rent calculations) visit:
https://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance/phprog

Outline of Benefits

◆ *Section 8*

- * The applicant generally pays no more than 30% of their family's adjusted gross monthly income.

◆ *Public Housing*

- * The total rent that the applicant pays is the highest amount of three calculations:
- * 30% of the monthly adjusted income. (Monthly Adjusted Income is annual income less deductions allowed by the regulations);
- * 10% of monthly income
- * Welfare rent, if applicable
- * A \$25 minimum rent or higher amount (up to \$50) set by the PHA

Cheyenne Housing Authority

The Cheyenne Housing Authority has several locations in Wyoming, and has both Section 8 and Public Housing.

- ◆ For information on how to apply, visit: <http://cheyennehousing.org/housing/how-to-apply>
- ◆ For income limits, application forms, and types of documentation required, visit: <http://cheyennehousing.org/housing/cha-reports--documents>
- ◆ For a list of Statewide Intake Agents, visit: http://cheyennehousing.org/img/site_specific/uploads/Intake_List.pdf

Casper Housing Authority

The Casper Housing Authority has several housing programs, including:

Note: To apply to any of these programs, visit: <https://www.chaoffice.org/services>

Descriptions of Casper Housing Authority Programs quoted from the website.

- ◆ *Section 8 – The Housing Choice Voucher Program*
 - * The Housing Choice Voucher Program (which is also known as Section 8) issues vouchers that pay a portion of the monthly rent for privately owned units. Casper Housing Authority provides eligible households with a voucher (also known as a housing subsidy). Vouchers may be used to rent a unit from any landlord in Casper eligible to participate in the program.
 - * Households in this program earn 30 percent of area median income or less to qualify, and pay the portion of rent and utilities not covered by the voucher—typically 30 to 40 percent of monthly income.
 - * The program does not place exact limits on the amount of rent a landlord can charge, but rents must be comparable to rents for similar units in the same area.
 - * Please note that the eligibility requirements for the Housing Choice Voucher program differ from those of other programs.
- ◆ *Public Housing*
 - * The Casper Housing Authority owns 75 housing units under the Public Housing program. They include apartments and multi-family buildings located in North Casper and the Provence Court area and single family homes located throughout the City of Casper. They come in a range of bedroom sizes and accessibility accommodations.
 - * Households in this program earn 80 percent of area median income or less to qualify, and typically pay 30 percent of monthly income for rent and utilities.
 - * Please note that the eligibility requirements and application procedures for Low Income Public Housing are different than those of other programs.
- ◆ *VASH (Veterans Affairs Supportive Housing)*
 - * The HUD-Veterans Affairs Supportive Housing (HUD-VASH) program combines Housing Choice Voucher (HCV) rental assistance for homeless Veterans with case management and clinical services provided by the Department of Veterans Affairs (VA).
 - * The Sheridan VA provides these services for participating Veterans at VA Medical Centers (VAMCs) and community-based outreach clinics, in their Wyoming Service Area. The Casper Housing Authority accepts referrals through the Casper community-based outreach clinic.
 - * The HUD-VASH program is a partnership between HUD and the VA and is the only Permanent Supportive Housing project in Casper. Based on the Housing First Model, this program has been managed through the partnership between the Sheridan VA and the Casper Housing Authority for over 5 years.

- ◆ *Home Share and Group Homes (for elderly/disabled persons, including mentally disabled)*
 - * There are 18 project based vouchers for elderly and/or disabled persons located in two shared housing unit. Each unit has 8 bedrooms and a one bedroom apartment. Elk, in central Casper, is operated by the Central Wyoming Counseling Center as a Group Home, for persons with a Mental/Behavioral Health diagnosis. Columbine, in Paradise Valley, is operated by Casper Housing Authority, for independent persons in a Home Share environment. All tenants must be able to live independently and have a documented disability.
- ◆ *Mod Rehab and Group Homes*
 - * There are 16 efficiency units for persons who are single. Occupancy preference is given to Homeless individuals.
- ◆ *Housing First, SRO, and Life Steps Campus Housing*
 - * The Life Steps Campus is owned by the City of Casper and currently managed by the Casper Housing Authority. Multiple agencies have programs on the Campus, including Early Head Start, Health Care for the Homeless, Transitional Housing, Wyoming Housing Network and Casper Housing Authority.
 - * Casper Housing Authority's Housing First program, based on HUD's Housing First model, currently operates on the Campus and is one of the new programs slated for expansion in 2015-2016. Operating as a Single Room Occupancy facility the Life Steps Campus programs are a beacon of hope to the Homeless.
 - * Applicants must meet HUD's definition of Homeless and qualify under the Section 8 HCV income standards. To apply, go to any online applications tab and add Home First or SRO to your application.

Eligibility Criteria

All PHAs throughout the state should have similar eligibility criteria for Section 8 and Public Housing. Income limits may differ according to the cost of living. Eligibility criteria for other programs offered at local PHAs differ.

- ◆ Must be either a U.S. citizen or eligible immigrant
- ◆ Additional qualifications are needed for specific PHA housing programs for the elderly or disabled populations
- ◆ Family size: Both individuals and families qualify, but the income limits are adjusted for the size of the family
- ◆ Yearly Gross Income: Check [Appendix A: Office of Housing and Urban Development \(HUD\) Income Guidelines](#) for PHA income limits.
 - * Income limits differ according to county/large city area, as well as family size.
 - * In order to qualify for both types of programs, gross income cannot be more than "very low income".
 - * Income limits are generally higher than the Federal Poverty Level.

Application Process

- ◆ Calculate the annual & monthly income. This will be used to determine qualification for assistance, as well as the amount of money that the applicant will pay for rent and utilities.
 - * Annual income is defined as follows:
 - All amounts, monetary or not, that go to or are received on behalf of the family head, spouse or co-head (even if the family member is temporarily absent), or any other family member; or

- All amounts anticipated to be received from a source outside the family during the 12-month period following admission or annual recertification effective date.
- For more information on calculating income, visit (For owners of Section 8 rentals but has good information, including examples):
https://portal.hud.gov/hudportal/documents/huddoc?id=DOC_35649.pdf
- ◆ Check the income guidelines to see if the applicant qualifies. If there is any doubt, speak with a PHA caseworker.
- ◆ Visit the PHA website for forms & application information. If the local PHA does not have a website, call the location and speak with a case manager.
- ◆ Collect the necessary documentation for income, family composition, and any other required status (such as disabled or veteran).
- ◆ Fill out the application to the best of the applicant's ability, and speak with a PHA caseworker if there are any questions.
- ◆ Submit the application to the PHA. Ask the PHA caseworker if it should be faxed, mailed, delivered in person, or if it can be emailed.
- ◆ Wait to hear if the applicant is approved. Check in with the caseworker in a couple weeks if the applicant hasn't heard back.
- ◆ If the applicant is approved, he/she may be put on a waitlist. Check with the caseworker to find out how long the waitlist is, and how the applicant can check their spot on the waitlist.
- ◆ **Do not rely on the caseworker to contact the applicant** if there are problems with the application, on the status of the application, or the applicant's spot on the waitlist. The caseworkers usually have lots of applications to keep track of, and paperwork sometimes gets lost.
- ◆ Additional procedures are required for Section 8, especially if it is a rental that has not used Section 8 recently.

Waiting List

Once you have submitted your application and you are approved, you are put on a waiting list for your area. The waiting list time differs for areas across the state. Some preferences are given for the following qualifications (documentation must be provided at the time of application). *Preferences* (gives applicant 100 points on the wait list):

- ◆ Elderly (62 or older), disabled or handicapped for Section 8.
- ◆ Elderly (50 or older), disabled or handicapped for Public Housing.
- ◆ (For Public Housing applicants only) Applicants with an adult family member enrolled in an employment training program currently working 20 hours a week, or attending school on a full-time basis. This preference is also extended equally to all elderly, handicapped and disabled families.
- ◆ Homelessness - referred to the agency by a case manager or appropriate agency.
- ◆ Violence Against Women Act (VAWA) - victims of Domestic Abuse (documentation can include referral from Domestic Violence/Sexual Assault program).
- ◆ Residency - serves those who live and work in the service areas.
- ◆ Involuntary Displacement - A household who has been displaced by governmental action, or a person whose dwelling has been extensively damaged or destroyed as a result of a declared disaster or otherwise formally recognized pursuant to Federal disaster relief laws.

Locations

The HUD website provides an updated list of Public Housing Agency's in Wyoming:

https://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/pha/contacts/wy (last checked May 2017)

City & Contact	Address	Type of Public Housing Program
Buffalo Phone: (307)637-8218 Fax: (307)637-4663	351 S Cedar Street Buffalo WY 82834	Low-Rent
Casper Phone: (307) 266-1388 Fax: (307) 237-4869 info@chaoffice.org	145 N. Durbin Street Casper WY 82601	Section-8 & Low Rent
Cheyenne Phone: (307) 633-8320 Fax: (307) 637-4663	3304 Sheridan Street Cheyenne WY 82009	Section-8 & Low Rent
Douglas Phone: (307)358-2440 Fax: (307)358-2961	120 S 5th Street Douglas WY 82633	Low-Rent
Evanston Phone: (307)789-2381 Fax: (307)789-2084	155 Apache Drive Suite A Evanston WY 82930	Section-8 & Low Rent
Hanna Phone: (307)325-9054 Fax: (307)325-6826	2021 Beryl Ct Hanna WY 82327	Low-Rent
Lusk Phone: (307)334-3224 Fax: (307)334-2751	PO Box 117 Lusk WY 82225	Low-Rent
Rock Springs Phone: (307)352-1471 Fax: (307)352-1474	233 C Street Rock Springs WY 82901	Section-8 & Low Rent

The Cheyenne Housing Authority lists the following for their Statewide Intake Agents (last checked May 2017):

KARI MARTINEZ and
RENEE GARNER
Cheyenne Housing Authority
3304 Sheridan Street
Cheyenne, WY 82009
Laramie County
PHONE: 307-633-8333
FAX: 307-633-8315
Jurisdiction:
Laramie County

SANDRA MALONE
Cheyenne Housing Authority
1264 North 4th Street
Laramie, WY 82072
Albany County
PHONE: 307-745-4409
FAX: 307-745-7606
Jurisdiction:
City of Laramie

SHERRI HAYNES
Council of Community
Services
114 4-J Road
Gillette, WY 82716
Campbell County
PHONE: 307-686-2730
FAX: 307-682-4018
Jurisdiction:
Gillette & Wright Counties

RICHARD TREMBLEY
Manager
351 South Cedar
Buffalo, WY 82834
Johnson County
PHONE: 307-684-2860
FAX: 307-684-2860
Jurisdiction:
City of Buffalo

SUSAN JEIDE
607 Ave E
Powell, WY 82435
Park County
PHONE: 307-754-9280
FAX: 307-754-9280
Jurisdiction:
Cities of Cody & Powell

SHERI SHILLINGER
City of Rawlins
P.O. Box 953
Rawlins, WY 82301
Carbon County
PHONE: 307-328-4515
FAX: 307-328-4580
Jurisdiction:
City of Rawlins

GWEN BURGESS
Senior Center
211 Smith
Sheridan, WY 82801
Sheridan County
PHONE: 307-674-9343
FAX: 307-674-9866
Jurisdiction:
Sheridan County

BRENDA WORTMAN
Lander Senior Services
205 South 10th
Lander, WY 82520
Fremont County
PHONE: 307-332-2746
FAX: 307-332-0322
Jurisdiction:
Cities of Lander & Riverton

Utilities & Weatherizing Assistance

Programs that assist with utilities can help pay for the monthly cost of electricity and gas, provide a one-time payment that can help with back pay or utility deposits, or help pay the fee required to get utilities turned back on after they have been turned off. Weatherizing assistance provides low or no cost products or home improvements that can help your home retain more heat in the winter, which reduces the cost of heating the home. Other utility programs can provide information and financial assistance with decreasing the energy usage of the home with appliance upgrades and other home improvements that increases energy efficiency.

Sometimes, financial assistance for utilities is included in rental assistance benefits. If you are applying for or are already receiving rental assistance, ask your caseworker about assistance with utilities.

Low Income Energy Assistance (LIEAP)

This program is federally funded, and state run through the Wyoming Department of Family Services. For more information, go to [Department of Family Services](#).

Wyoming Energy Savers Program

This program provides loans to address the need for essential, cost effective energy efficiency home improvements on existing residential single family homes. Home improvements can help bring down the cost of heat and electricity. This program is run by the Wyoming Community Development Authority. For more information, visit: <http://www.wyomingcda.com/index.php/homeowners/C71>

Benefits

- ◆ The minimum loan amount is \$1,000.
- ◆ The maximum loan amount is \$15,000.
- ◆ Loan interest rate is either 3% (deferred loans) or 4% (amortized loan).
- ◆ The loan can cover the cost of the following:
 - * Health and Safety repairs must be submitted in detail to WCDA. WCDA's Construction Management Department will inspect prior to determine eligibility of repairs.
 - * New Energy Star rated furnace / heating system and any repairs that are necessary to complete these improvements according to the International Residential Code (2006).
 - * Insulation, caulking, weather stripping
 - * Programmable thermostats
 - * Exterior storm windows, exterior doors (including storm doors and patio doors).
 - * New exterior windows are not allowed for cosmetic purposes. Exterior windows may be allowed in circumstances where the existing windows are extremely inefficient. WCDA will only allow exterior window replacement with approval from a WCDA inspector. If allowed, the replacement windows must be Energy Star qualified for the Northern Climate Zone.
 - * Hot Water Heater (must be Energy Star rated), blanket, and/or pipe wrapping (tankless Hot Water Heaters are not allowed)
 - * Energy saving, noise reducing, blackout curtains
 - * An Energy Audit not to exceed \$450 is an acceptable cost.
 - * Radon inspection and mitigation is also eligible under this loan program.

Eligibility Criteria

- ◆ The applicant has to be living in the home.
- ◆ No credit requirements.
- ◆ Must be current on monthly mortgage payment, real estate taxes, and property insurance.
- ◆ Must meet income limits using HUD's area median income by family size [see [Appendix A: Office of Housing and Urban Development \(HUD\) Income Guidelines](#)]. Calculated using the total gross annual family income.
 - * At or below 50% of the median area income by family size: Qualify for both Deferred Loans (3% interest) & Amortized Loans (4% interest).
 - * Between 51% and 80% of the median area income by family size: Qualify for only amortized loans (4% interest).

Locations & Application Information

- ◆ Contact the Wyoming Community Development Authority at (307) 253-1084 or LoanReview@wyomingcda.com
- ◆ Contact participating Wyoming Energy Savers Lenders:
 - * First Interstate Bank
 - * 1st Bank (was First National Bank & Trust- Northwest area)
 - * First Bank (was First National Bank- Rock Springs area)
 - * First Northern (was FNB Buffalo)
 - * Hilltop National Bank
 - * Pinnacle Bank- Wyoming
 - * RSNB (was Rock Springs National Bank)

Energy Share of Wyoming

Energy Share of Wyoming is a private, non-profit agency that assists people with utility bills when no other resources are available to them. It is funded by individuals, organizations, and grants.

For more information, visit: <http://www.energyshareofwyoming.org/>

Benefits

- ◆ One time expenditure to cover energy bills (gas, electric)
- ◆ The limit per household per year is \$400

Eligibility Criteria

- ◆ Require assistance with energy bills
- ◆ All other sources of assistance have been exhausted (this can also mean that the applicant does not qualify for other sources of assistance)
- ◆ Special consideration given to senior citizens and those who are disabled

Locations

- ◆ The Salvation Army is the local representative for Energy Share and is responsible for assessing need and determining eligibility for Energy Share assistance.
- ◆ To apply or to locate your local Salvation Army field representative, call toll-free 1-877-461-5719.

The following lists the Salvation Armies in Wyoming and the counties that they oversee (last checked May 2017):

Casper
(307)234-2002
PO Box 2948
Casper, WY 82602

Converse
Fremont
Hot Springs
Natrona
Park
Sublette
Teton
Washakie

Cheyenne
(307) 634-2769
PO BOX 385
Cheyenne, WY 82003

Goshen
 Laramie
 Niobrara
 Platte

Laramie
(307) 742-5414
100 S 2ND STREET
Laramie, WY 82070

Albany
 Carbon
 Lincoln
 Sweetwater
 Uinta

SHERIDAN (307) 682-2444
PO BOX 2011
Sheridan, WY 82801

Big Horn
 Campbell
 Crook
 Johnson
 Sheridan
 Weston

Homeownership & Homebuyer Assistance

Federally funded, state-run programs can provide assistance to some populations to help them to buy homes, maintain homes, and avoid foreclosure. Categories of assistance can include:

- ◆ Education & access to services
- ◆ Financial assistance
- ◆ Help in securing loans for buying or maintaining a home

U.S. Department of Housing and Urban Development

The U.S. Department of Housing and Urban Development has resources and assistance for those who are looking to buy a home or need help with mortgage payments or foreclosure. Not all resources may be available in the state of Wyoming. Most of the assistance is obtained through other state programs that receive funding from HUD, but there are some helpful resources on the HUD website which can provide information on the programs, eligibility, and how to get access to the resources.

For more information, visit:

<https://portal.hud.gov/hudportal/HUD?src=/states/wyoming/homeownership>

Resources

- ◆ *Home Buying & Ownership Education*
 - * Information on services that can help navigate the process of buying a home, as well as defaulting on home loans, foreclosures, credit issues, and reverse mortgages. Also has education on how to buy and maintain a home, and how to avoid predatory lenders.
- ◆ *Resources and Assistance for Home Buyers*
 - * Includes resources that can help you to buy and maintain your home; a search of HUD homes for sale; and homeownership vouchers through the Housing Choice Voucher Homeownership Program.
- ◆ *Owning and Maintaining a Home*
 - * Includes financial assistance programs for making home improvements and repairs, information on energy efficiency, and how to avoid foreclosure.
- ◆ *Indian Homeownership*
 - * HUD offers two programs which can help Native Americans gain access to private mortgage financing and loan guarantees. More info, including eligibility criteria and a list of lenders to apply through, at: https://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/ih/homeownership
- ◆ *List of HUD Approved Housing Counseling Agencies*
 - * List of trusted counseling agencies around the state that can provide assistance in a variety of homeownership & home buying issues. For a list of approved agencies in Wyoming, visit: <https://www.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?webListAction=search&searchstate=WY>

U.S. Department of Agriculture Rural Development

The U.S. Department of Agriculture (USDA) has several programs that aim to increase development in rural areas. While the USDA also has funding for business and agricultural development in rural areas, only housing programs are listed here.

For more information about the USDA's rural programs in Wyoming, visit: <https://www.rd.usda.gov/wy>
To check an address for "rural" eligibility, visit:
<https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do?pageAction=sfp&NavKey=property@11>

Housing Programs in Wyoming (descriptions quoted from the website):

- ◆ *Single Family Housing Direct Home Loans*
 - * Also known as the Section 502 Direct Loan Program, this program assists low- and very-low-income applicants obtain decent, safe and sanitary housing in eligible rural areas by providing payment assistance to increase an applicant's repayment ability. Payment assistance is a type of subsidy that reduces the mortgage payment for a short time. The amount of assistance is determined by the adjusted family income.
 - * For information on participant requirements, eligibility, benefits, and how to apply, visit: <https://www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/wy>
- ◆ *Single Family Housing Guaranteed Loan Program*
 - * This program assists approved lenders in providing low- and moderate-income households the opportunity to own adequate, modest, decent, safe and sanitary dwellings as their primary residence in eligible rural areas. Eligible applicants may build, rehabilitate, improve or relocate a dwelling in an eligible rural area. The program provides a 90% loan note guarantee to approved lenders in order to reduce the risk of extending 100% loans to eligible rural homebuyers.
 - * For eligibility requirements, benefits, and how to apply, visit: <https://www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program/wy>

Application and Contact Information

- ◆ Check family eligibility and property eligibility online
- ◆ Submit application through the state Rural Development Office
 - * Wyoming State Rural Development Office

Dick Cheney Federal Building
Post Office Box 11005
100 East B Street, Room 1005
Casper, WY 82601
Voice: (307) 233-6700
Fax: (855) 415-3411

- ◆ Contact the program director for questions and updates
 - * Ann Stoeger, Director for Single & Multi-Family Housing Programs
Phone: 307-856-7524, ext. 4
Fax Number: 855-415-3413
ann.stoeger@wy.usda.gov

Wyoming Community Development Authority (WCDA)

A state run agency that uses HUD funds to provide:

- ◆ Low-interest single family mortgages
- ◆ Education on buying, maintaining, and retaining homes
- ◆ Down payment assistance program
- ◆ Homebuyer education & counseling

For more information on programs, eligibility, and application process, visit:

<http://www.wyomingcda.com/index.php/homebuyers/C131>

For income limits, see [Appendix C: Wyoming Community Development Income Guidelines](#).

Programs

- ◆ *First-Time Homebuyer Program*
- ◆ *Home Again*
 - * A slightly lower interest rate offered to those who meet the First-time Homebuyer Program requirements who are purchasing a WCDA-owned property.
 - * For a list of WCDA “Home Again” properties, visit: <http://www.wyomingcda.com/index.php/properties/C119>
- ◆ *Spruce Up Wyoming I & II*
 - * Loan programs that finance both the purchase and rehabilitation of the home in one loan. Has fewer closing costs. Spruce Up Wyoming I is available for those who meet the WCDA First-time homebuyer program requirements, while Spruce Up II has no first-time homebuyer requirement; a family income limit of \$85,000 in all WY counties; and the home must be at least 20 years old.
- ◆ *WCDA Down Payment Assistance Loan (Amortizing)*
 - * Provides assistance with down payment and closing costs for borrower’s utilizing WCDA’s Advantage and HFA Preferred products.
- ◆ *Home\$stretch Loan Program*
 - * Provides assistance with down payment and closing costs for borrower’s utilizing the Standard First Time Homebuyer Program.
- ◆ *WCDA Advantage Program*
 - * A home purchase or refinance FHA mortgage loan program that is available to previous and current homeowners and first-time homebuyers. This program offers affordable interest rates with a 30-year fixed rate mortgage. WCDA Advantage is the perfect solution for borrowers who have a slightly higher income than our Standard Program Requirement. Benefits & requirements include:
 - FHA or Rural Development insured/guaranteed loan type
 - 30-year fixed rate mortgage
 - No purchase price limit
 - You must be purchasing a home on six (6) acres or less
 - Not subject to the Federal Recapture Tax provision
 - May be used in conjunction with the WCDA MCC Program
- ◆ *Mortgage Credit Certificate (MCC) Program*
 - * A tax credit program for first-time³ homebuyers

- ◆ *HFA Preferred with Mortgage Insurance*
 - * Conventional mortgage loan financing requiring private mortgage insurance for a loan-to-value (LTV) above 80%
- ◆ *HFA Preferred with No Mortgage Insurance*
 - * Conventional mortgage loan financing, without mortgage insurance. Interest rates on this program are slightly higher than the HFA Preferred with MI Program. However, since this conventional mortgage loan program does not require private mortgage insurance, the total payment is lower than the HFA Preferred with MI.
- ◆ *Wyoming Rehabilitation & Acquisition Program (WRAP)*
 - * This program purchases qualified properties, rehabilitates properties, and then sells the properties to qualified, income eligible households.
 - * As a general rule, households must be at or below 80% AMI to qualify for the program.
 - * Occasionally specific properties will be made available to households up to 120% AMI.
 - Contact WCDA for a list of the specific properties
 - Interest rate is lower for low-income households
 - For a list of WRAP properties for sale, visit: <http://www.wyomingcda.com/index.php/properties/C118>

Habitat for Humanity

Receives HUD funds to provide assistance for homebuyers. The process of becoming a homeowner through Habitat for Humanity is very involved for the applicant, and requires active, dedicated participation. Habitat for Humanity is known for building affordable and sustainable housing all over the world, but they also repair and renovate existing housing. Participants who buy a home through Habitat for Humanity may either buy an existing home or help to construct their home.

For more information about Habitat for Humanity, visit: <https://www.habitat.org/>

Participant Benefits

- ◆ An affordable mortgage for an existing home or a newly constructed home
- ◆ Microloans for home improvement

Eligibility Criteria

- ◆ *In need of better housing*
 - * Poorly built, unhealthy, damaged or inadequate housing
 - * Struggling with affordable rent or mortgage
 - * Living in a home that is inaccessible for your disabilities
 - * Living in a home that was damaged by a natural disaster
- ◆ *Willing to partner with Habitat for Humanity*
 - * Participants are required to put in hundreds of hours of “sweat equity” which means they help build their own home and the homes of others in the Habitat for Humanity house building program, or volunteer at a Habitat ReStore. These prerequisite hours may also include classes in personal finances, home maintenance and other relevant topics to help ensure capability for the demands of owning a home.
- ◆ *Able to pay an affordable mortgage*
 - * Habitat offers homebuyers an affordable mortgage. Those payments are then cycled back into the community to help build more affordable homes.

Application Process

- ◆ Contact your local Habitat for Humanity or call 1-800-HABITAT (1-800-422-4828)

Locations

For National and International listings, visit: <https://www.habitat.org/volunteer/near-you/find-your-local-habitat>

Wyoming Locations (last checked May 2017)

Johnson County
PO Box 721
Buffalo, WY 82834-0721
(307) 684-5220
hfhjc1@gmail.com

Laramie County
PO Box 2809
Cheyenne, WY 82003-2809
cheyennehabitat.org
(307) 637-8067
kate@cheyennehfh.org

Teton Area
PO Box 4194
Jackson, WY 83001-4194
www.tetonhabitat.org
(307) 734-0828
kendra@tetonhabitat.org

Wind River Country, Inc.
PO Box 1543
Riverton, WY 82501-1543
www.windriverhabitat.org
(307) 857-2997
ed4wrc@gmail.com

Heart of Wyoming
145 N Durbin St Ste 243
Casper, WY 82601
heartofwyoming.org
(307) 234-1348
heartofwyoming@gmail.com

Energy Capital
PO Box 3633
Gillette, WY 82717-3633
(307) 670-1225
energycapitalhabitat@gmail.com

Mountain Spirit
509 Gtwy Dr
Powell, WY 82435
www.mshfh.org
(307) 254-7005
edirector@mshfh.org

Eastern Bighorns
PO Box 6196
Sheridan, WY 82801-6196
www.SheridanHabitat.org
(307) 672-3848
matt@sheridanhabitat.org

Additional Housing Resources

How to Find Local Assistance

- ◆ Call 211 and ask about rent/utility assistance, homeless shelters, and relocation assistance.
- ◆ Check with local food banks, churches, temples, and other non-profit organizations. Oftentimes, they can provide financial assistance for rental deposits and utility bills.
- ◆ Check with the local city or county government; they might offer programs that are not state-wide.
- ◆ Check if your area has transitional sober housing or halfway houses. These houses offer supportive housing along with drug and alcohol treatment for some locations.
- ◆ Check with the local law enforcement agency. Local police and sheriff departments sometimes give out vouchers for motel rooms to those who are homeless or traveling through the area. Contact your local law enforcement agency to check if this is an option.
- ◆ Wyoming 211: Search online listings around the state
<https://211wyoming.communityos.org/zf/profile/search>
- ◆ Affordable Housing Online: Has information on affordable apartment complexes in the United States & Wyoming. Many of these apartments are only available to those who meet certain low-income restrictions. It also lists Section 8 apartments.
- ◆ <https://affordablehousingonline.com/housing-search/Wyoming>
- ◆ Search for transitional housing or halfway houses: www.halfwayhouses.us or www.transitionalhousing.org
- ◆ Low Income Housing Search: Find low income apartments in Wyoming along with non-profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.
<http://www.lowincomehousing.us/>
- ◆ Department of Housing & Urban Development (HUD): Provides information on HUD's rental assistance programs. https://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance
- ◆ HUD's Affordable Apartment Search for Wyoming: A quick way to search for apartments that are subsidized. <https://www.hud.gov/apps/section8/step2.cfm?state=WY%2CWyoming>
- ◆ HUD's Rental Help for Wyoming: Has information on HUD programs in Wyoming and location information for Public Housing Authorities in Wyoming.
<https://portal.hud.gov/hudportal/HUD?src=/states/wyoming/renting>
- ◆ HUD Resource Locator: Uses your location to show you on a map where several categories of resources are located (including affordable housing, Public Housing Authorities, shelters, and HUD offices. <https://resources.hud.gov/>
- ◆ Wyoming's USDA Rural Development Website: <https://www.rd.usda.gov/wy>
- ◆ Wyoming's HUD Website: <https://portal.hud.gov/hudportal/HUD?src=/states/wyoming>
- ◆ HUD Homes for Sale: <https://www.hudhomestore.com/Home/Index.aspx>
- ◆ Seniors can visit the AARP Foundation's Benefits QuickLINK to find information about services and whether you qualify: https://www.benefitscheckup.org/cf/index.cfm?partner_id=22

Nutritional Resources

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Wyoming WIC

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides low-income women, infants, & children up to age 5 with nutritional assistance and referrals to healthcare. WIC is a federal program, administered statewide by the Wyoming Department of Health.

For more information about Wyoming WIC, including eligibility guidelines, how to apply, and other online resources (such as the WIC shopping guide), visit: <https://health.wyo.gov/publichealth/wic/>

Benefits

- ◆ *Nutrition counseling and education*
 - * WIC gives families the chance to learn about lots of healthy topics. Contact your local WIC Clinic to discuss things like:
 - How to get great nutrition during pregnancy.
 - How to reach your breastfeeding goals.
 - Ways to encourage your children to eat healthy – including picky eaters!
 - How to make time for physical activity.
- ◆ *Breastfeeding promotion and support*
 - * Staff and breastfeeding peer counselors offer breastfeeding education and support. WIC staff can help answer feeding questions even before the baby is born.
- ◆ *Health screening*
- ◆ *Medical and social service referrals*
- ◆ *Monthly supplemental food packages*
 - * Financial assistance (in the form of vouchers or an electronic card) for nutritious foods that provide good sources of vitamins, minerals, and protein that are often missing in the diets of women, infants, and young children.

Eligibility Criteria

- ◆ Resident of Wyoming
- ◆ Pregnant, breastfeeding, or postpartum woman
- ◆ Infant for child up to 5 years of age
- ◆ Have a health risk factor based on (determined by a healthcare professional):
 - * Height & weight measurements
 - * Blood test for low iron
 - * Health history
 - * Diet history
- ◆ Meet annual household income requirements (see [Appendix D: WIC Income Guidelines](#))
- ◆ If the applicant already participates in certain other benefit programs, such as SNAP, Medicaid, or TANF/POWER, then that applicant already meets the income eligibility requirement.

Application Process

◆ Check eligibility: The following is a WIC pre-screening tool:
<https://wic.fns.usda.gov/wps/pages/start.jsf>

◆ Gather the following for your first visit to WIC:

* Proof of identity for each family member applying, such as:

- | | | |
|-----------------------------|---|-----------------------------|
| ▪ Current driver's license | ▪ Hospital documentation | ▪ Passport/US government ID |
| ▪ Military or tribal ID | ▪ Immunization record | ▪ Work/School ID |
| ▪ Wyoming ID card | ▪ Original or certified copy of birth certificate | ▪ Mexican Consulate Card |
| ▪ Foster child legal papers | ▪ Original Social Security Card | ▪ Mexican Electoral Card |
| ▪ WY WIC | | |

* Proof of current income for everyone living in the household, such as:

- | | | |
|-----------------------------------|---|---|
| ▪ Check stubs | ▪ Foster placement/award letter | ▪ Student aid award letter |
| ▪ Child support/alimony | ▪ Military Leave and Earnings Statement (LES) | ▪ TANF award letter |
| ▪ WY Medicaid verification | ▪ Savings/Checking/CD account(s) | ▪ Unemployment letter/notice |
| ▪ Disability Assistance (SSI) | ▪ Self-employment documentation | ▪ Verification of WIC certification/VOC |
| ▪ Written statement from employer | | ▪ SNAP eligibility notice |
| ▪ W-2 form or tax returns | | |

* Proof of physical address, such as:

- | | | |
|-------------------------------|---|---|
| ▪ Bank statement with address | ▪ Utility or other bill | ▪ Rent or mortgage receipts |
| ▪ Car registration/insurance | ▪ Government mail with current postmark | ▪ SNAP eligibility notice |
| ▪ Rental agreement | ▪ W-2 or tax return | ▪ Written statement from employer or landlord |

* Applicant's children (up to age 5) must be physically present

* Blood work results (Hematocrit or Hemoglobin) if available

- * WIC **does not** require proof of citizenship or alien status
- * Medical documentation, if applicable (this is needed for participants to get specialty formulas and medical foods)
 - For more information about medical documentation, physician authorization, and the forms needed, visit: <https://health.wyo.gov/publichealth/wic/medicaldocumentation/>
- ◆ Call your local WIC location to confirm the days and times they are open. There are many locations throughout the state, and their hours of operation are different. Some locations are only open certain days of the month or of the year, and may only be open for appointments.
- ◆ Apply in person at a WIC clinic (with some exceptions, each person applying must be physically present at the time of the application)

WIC Locations (last checked May 2017)

Address & Contact	City	Days & Hours
NORTH LINCOLN COUNTY WIC OFFICE 421 Jefferson Street, Suite 401-B Afton, WY 83110 Phone (307) 885-9071	Afton	Tuesday & Wednesday 8:00 am to 5:00 pm
SHERIDAN COUNTY WIC OFFICE 963 Fort Street, Door #6 Buffalo, WY 82834 Phone (307) 672-5174	Buffalo	First and Last Monday of the Month 9:00 am to 3:00 pm
LARAMIE COUNTY WIC OFFICE 1307 Crook Avenue Cheyenne, WY 82001 Phone (307) 634-6180	Cheyenne	Monday – Thursday 8:00 am to 6:30 pm; Friday 8:00 am to 5:00 pm
Courthouse 1002 Sheridan Avenue Cody, WY 82414 Phone (307) 527-8580	Cody	Tuesday By Appointment Only Thursday 9:00 am to 4:00 pm
CONVERSE COUNTY WIC OFFICE Gantre Building 117 South 2nd, Suite 2 Douglas, WY 82633 Phone (307) 358-4003	Douglas	Wednesday 8:00 am to 5:00 pm; Thursday 8:00 am to 12:00 pm
UINTA COUNTY WIC OFFICE 350 City View Drive, Suite 100 Evanston, WY 82930 Phone (307) 789-8943	Evanston	Monday – Wednesday & Friday 8:00 am to 5:00 pm
NATRONA COUNTY WIC OFFICE 740 Luker Lane Evansville, WY 82636 Phone (307) 265-6408	Evansville	Monday – Friday 8:00 am to 5:00 pm
F.E. WARREN WIC OFFICE 7601 Randall Avenue, Building 207 F.E. Warren AFB, WY 82005 Phone (307) 773-3963	F.E. Warren AFB	Tuesday – Thursday 8:00 am to 5:00 pm

Address & Contact	City	Days & Hours
CAMPBELL COUNTY WIC OFFICE 2301 South 4-J Gillette, WY 82718 Phone (307) 686-8560	Gillette	Monday – Friday 8:00 am to 5:00 pm
CONVERSE COUNTY WIC OFFICE 929 West Birch Glenrock, WY 82637 Phone (307) 358-4003	Glenrock	3rd Thursday of Odd Months 9:00 am to 4:00 pm
WASHAKIE COUNTY WIC OFFICE Big Horn County Public Health 417 South 2nd Street Greybull, WY 82426 Phone (307) 765-2371 (PHN)	Greybull	Thursday (except for the 4th & 5th Thurs. of the month) 9:00 am to 4:00 pm
CARBON COUNTY WIC OFFICE Energy Basin Clinic 1008 Feldspar Court Hanna, WY 82327 Phone (307) 325-6398	Hanna	In the months of March, June, Sept, Dec 1st Wednesday of the Month 9:00 am to 4:00 pm
WESTON COUNTY WIC OFFICE Greater Hulett Community Center 401 Sager Street Hulett, WY 82720 Phone (307) 290-2105	Hulett	In the months of March, June, Sept, Dec 2nd Thursday of the Month 9:30 am to 1:00 pm
TETON COUNTY WIC OFFICE 460 East Pearl, Suite 3 Jackson, WY 83001 Phone (307) 734-1060	Jackson	Monday, Wednesday, and Thursday 8:00 am to 5:00 pm 1st and 5th Tuesday of the month 8:00 am to 5:00 pm
UNITA COUNTY WIC OFFICE 1100 Pine, Suite 1-F Kemmerer, WY 83101 Phone (307) 877-1195	Kenmerer	Every Other Thursday 9:30 am to 3:30 pm
FREMONT COUNTY WIC OFFICE 450 N 2nd Street, Room 160 Lander, WY 82520 Phone (307) 332-1034	Lander	Monday & Tuesday 8:00 am to 4:00 pm
ALBANY COUNTY WIC OFFICE 609 South 2nd Laramie, WY 82070 Phone (307) 721-2535	Laramie	Monday & Thursday 8:00 am to 5:00 pm Tuesday 8:00 am to 6:00 pm Wednesday 8:00 am to 4:00 pm
PARK-BIG HORN COUNTY WIC OFFICE 213 East 3rd Street Lovell, WY 82431 Phone (307) 548-6591	Lovell	By Appointment Only, Wednesday 9:00 am to 4:00 pm

Address & Contact	City	Days & Hours
GOSHEN COUNTY WIC OFFICE 611 East 6th Street Lusk, WY 82225 Phone (307) 334-2561	Lusk	1st Wednesday of every month 9:30 am to 3:30 pm
UINTA COUNTY WIC OFFICE 128 East Owen Lyman, WY 82937 Phone (307) 787-3435	Lyman	Every Other Thursday 9:00 am to 4:00 pm
TETON COUNTY WIC OFFICE Marbleton Senior Center 429 East 1st Street Marbleton, WY 83113 Phone (307) 734-1060 (Jackson Office)	Marbleton	4th Tuesday of the Month 10:00 am to 3:00 pm
WESTON COUNTY WIC OFFICE 400 Stampede Street, Suite A Newcastle, WY 82701 Phone (307) 746-2677	Newcastle	Wednesday & Thursday 9:00 am to 3:00 pm
TETON COUNTY WIC OFFICE Sublette County Public Health Nursing 619 East Hennick Pinedale, WY 82941 Phone (307) 734-1060 (Jackson Office)	Pinedale	2nd and 3rd Tuesday of the Month 9:45 am to 3:00 pm
PARK-BIG HORN COUNTY WIC OFFICE 109 West 14th Powell, WY 82435 Phone 866-655-4348 or (307) 754-8880	Powell	Monday, Tuesday, Friday 8:00 am to 5:00 pm
CARBON COUNTY WIC OFFICE Carbon Building 215 West Buffalo, Room 384 Rawlins, WY 82301 Phone (307) 328-2606	Rawlins	Tuesday – Thursday 8:00 am to 5:00 pm
FREMONT COUNTY WIC OFFICE Energy Building 877 North 8th West, Suite 1 Riverton, WY 82501 Phone (307) 857-3199	Riverton	Wednesday & Thursday 8:00 am to 5:00 pm; Friday By Appointment Only
SWEETWATER COUNTY WIC OFFICE 2620 Commercial Way, Suite 40 Rock Springs, WY 82901 Phone (307) 352-6783	Rock Springs	Monday – Thursday 8:00 am to 5:00 pm; Friday By Appointment Only
CARBON COUNTY WIC OFFICE Carbon County PHN Service 201 South River Saratoga, WY 82331 Phone (307) 326-5371	Saratoga	In the months of Jan, April, July, Oct 1st Wednesday of the Month 9:00 am to 4:00 pm

Address & Contact	City	Days & Hours
SHERIDAN COUNTY WIC OFFICE 1309 Coffeen, Suite A Sheridan, WY 82801	Sheridan	Monday – Thursday 8:00 am to 5:00 pm; Friday By Appointment Only
WESTON COUNTY WIC OFFICE Crook County PHN Service 420 1/2 East Main Street Sundance, WY 82729 Phone (307) 290-2105	Sundance	1st Thursday of the Month 9:00 am to 1:30 pm
WASHAKIE COUNTY WIC OFFICE Hot Springs County PHN 117 North 4th Street Thermopolis, WY 82443 Phone (307) 864-3311	Thermopolis	2nd and 4th Tuesday of Each Month 9:00 am to 4:00 pm
GOSHEN COUNTY WIC OFFICE 2025 Campbell Drive, Suite 2 Torrington, WY 82240 Phone (307) 532-5881	Torrington	Tuesday – Thursday 8:00 am to 5:00 pm
WESTON COUNTY WIC OFFICE Weston County Children’s Center 629 Sheridan Upton, WY 82730 Phone (307) 290-2105	Upton	In the months of Jan, Feb, April, May 2nd Thursday of the Month 9:00 am to 1:00 pm
PLATTE COUNTY WIC OFFICE 851 Spruce Street Wheatland, WY 82201 Phone (307) 322-3732	Wheatland	Monday 8:00 am to 4:00 pm Tuesday 8:00 am to 5:00 pm
WASHAKIE COUNTY WIC OFFICE 2010 Robertson Avenue Worland, WY 82401 Phone (307) 347-9249	Worland	<ol style="list-style-type: none"> 1. Monday By appointment only 1st, 3rd, 5th Tuesday of the month 8:30 am to 4:30 pm 2. Wednesday 8:30 am to 4:30 pm 4th & 5th Thursday of the month 8:30 am to 4:30 pm

SNAP

The Supplemental Nutrition Assistance Program (SNAP) provides financial assistance for individuals and families to buy groceries. It is federally funded and run by the Wyoming Department of Family Services. For more information, go to [Department of Family Services](#).

TEFAP

TEFAP works with the Wyoming Department of Family Services to get food to soup kitchens, food banks or other organizations helping low-income people. Food is collected at a distribution center in Casper and taken to more than 40 organizations statewide to help needy people.

For additional information, please contact Kelly Merritt at (307) 886-9232, Extension 23 or e-mail him at kelly.merritt@wyo.gov.

Benefits

- ◆ Easily accessible food with little wait time or documentation needed
- ◆ Services may differ according to type of program:
 - * Food banks: Provide food for individuals to take home and cook/eat when needed
 - * Soup kitchens: Cook and provide meals at meal times
 - * Some agencies may provide both services

Application

- ◆ Emergency food assistance is generally available to anyone who shows a need, even if the applicant cannot show proof of residency, income, or family size.
- ◆ Call the local program to ask about specific services that are provided.

Locations

(last checked May 2017)

Name	Address	City	Phone No.	County
Star Valley Senior Center	540 Washington Street	Afton	307 885-3780	Lincoln
Big Piney Food Closet	111 Rakestraw	Big Piney	307 749-0279	Sublette
Buffalo Senior Center	671 W. Fetterman	Buffalo	307 684-9551	Johnson
Holy Cross Center Inc	1030 N Lincoln	Casper	307 577-1041	Natrona
Salvation Army Hope Cntr	441 S Center Street	Casper	307 234-2002	Natrona
Needs Inc	900 Central Ave	Cheyenne	307 632-4132	Laramie
Salvation Army Cheyenne	1401 E Lincolnway	Cheyenne		Laramie
St Joseph's Church	321 East 6th Street	Cheyenne	307 634-4625	Laramie
Manna House	2343 Mountain View Drive	Cody	307 587-0700	Park
Grace Bapt Church Cody	4 South Fork Road	Cody	307 221-3059	Park
Douglas Snr Citizen Cntr	340 1st Street West	Douglas	307 358-4348	Converse
St Thomas Church	9 South First Street	Dubois	307 455-2313	Fremont
Lord's Storehouse	50 Yellow Creek Rd.	Evanston	307 679-2628	Uinta
Council of Comm Gillette	114 South 4J Road	Gillette	307 686-2730	Campbell
Glenrock Comm. Services	615 West Deer	Glenrock	307 436-9442	Converse
F.B. Sweetwatr-Grn Rvr	550 Uinta, Suite F	Green River	307 382-7332	Sweetwater
Good Samaritan Mission	285 W. Pearl	Jackson	307 733-3165	Teton

Name	Address	City	Phone No.	County
South Lincoln HRC	506 Cedar Avenue	Kemmerer	307 877-6363	Lincoln
Lander Care & Share FB	281 Garfield Street	Lander	307 332-7364	Fremont
Interfaith Good Samaritan	710 E. Garfield St. Room 127	Laramie	307 742-4240	Albany
St John's Lutheran Chrch	70 East Fifth Street	Lovell	307 548-7127	Big Horn
Niobrara Senior Center	611 E 6th Street	Lusk	307 334-2561	Niobrara
B.R.E.A.D. - USDA	627 Pine	Newcastle	307 746-3542	Weston
South Big Horn Food Pntr	1263 Lane 39	Otto	307 250-6163	Big Horn
Powell American Legion	143 S. Clark Street	Powell	307 754-3411	Park
Fremont Cnty Samaritan	921 E. Washington Ave.	Riverton	307 856-5435	Fremont
F.B. Sweetwater Rock Spring	90 Center Street	Rock Springs	307 382-7332	Sweetwater
Salvation Army-Sheridan	150 South Tschirgi	Sheridan	307 672-2444 ext 102	Sheridan
Baptist Youth Mission	400 Lincoln Ave	Sinclair	307 324-4800	Carbon
Council of County Services	108 N. 8th St.	Sundance	307 283-1245	Crook
NOWCAP	317 South 6th Street	Thermopolis	307 864-5544	Hot Springs
Land of Goshen Ministries	801 W Valley Road	Torrington	307 532-3884	Goshen
Land of Goshen Ministries	801 W. Valley Rd.	Torrington	307 532-3884	Goshen
Upton Community Food Bank	821 Holly	Upton	307 468-2444	Weston
From The Heart Ministries	2507 N. Street Hwy 414	Urie	307 780-6227	Uinta
First Christian Church	95 19th St.	Wheatland	307 699-7010	Park
Bethany Fellowship Church	160 Pleasant View Lane	Worland	307 272-8712	Washakie
Wright Community Assist	265 Rochelle Drive	Wright	307 464-1544	Campbell

WY Department of Health's Nutrition Program

The Nutrition Program provides hot nutritious meals to elderly or disabled persons. These meals are available at community focal points or they are delivered to an individual's home if they are unable to attend a congregate meal site.

For more information, visit: <https://health.wyo.gov/aging/communityliving/nutrition/>

Benefits

- ◆ *Congregate Nutrition Services*
 - * Meals available at a community focal point.
- ◆ *Home Delivered Services*
 - * Meals delivered to an individual's home.

Eligibility Criteria

- ◆ At least 60 years of age or a spouse of an individual over 60 years of age, or a disabled person living in senior housing attached to a congregate meals site.

Application Process and Locations

- ◆ For more information on locations and how to apply, contact:
Debbie Walter, Program Manager
307-777-5048
Toll free: 800-442-2766

USDA Nutrition Programs

The USDA provides funding for several nutrition programs. These programs help fight hunger and obesity by reimbursing organizations such as schools, child care centers, and after-school programs for providing healthy meals to children. These programs are administered at the state level by the Wyoming Department of Education.

For more information about these programs, visit: <https://edu.wyoming.gov/beyond-the-classroom/nutrition/>

Programs

- ◆ *Wyoming School Breakfast & Lunch Programs*
 - * Provides nutritious meals to children & teens in public and private schools and residential child care institutions.
- ◆ *Summer Food Service Program*
 - * Helps children get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school.
- ◆ *Child & Adult Care Food Program*
 - * Provides reimbursement for nutritious meals and snacks served to eligible children in child care centers, family day care homes, as well as to eligible adults in adult care centers.
- ◆ *Fresh Fruit & Vegetables*
 - * Provides all children in participating elementary schools with a variety of free fresh fruits and vegetables at designated snack times throughout the school day.

Benefits

- ◆ Reduced or no-cost meals and snacks

Eligibility

- ◆ Enrollment in an institution that participates in the program.
- ◆ If the institution does not participate, those who meet certain income guidelines may be able to still receive benefits.
- ◆ Meet income guidelines (contact the school district for these guidelines)
- ◆ May be automatically eligible if receiving other public benefits such as WIC, SNAP, TANF/POWER, or Medicaid.

Application Process

- ◆ When the child is enrolled in some participating institutions, there is no extra application process.
- ◆ For other locations – including most schools in the state – there may be an additional application needed.
- ◆ Find your school district at: <https://edu.wyoming.gov/resources/school-links/>
- ◆ Contact your school district to find information about applying for reduced or free meals.

Locations

- ◆ To find institutions near you, call 211. The hotline operates Monday-Friday, 8a.m. to 6 p.m., and is closed on all major holidays.

Cent\$ible Nutrition Program

A free cooking and nutrition education program in Wyoming. Offers classes for both adults and children. Lessons are about helping participants make healthy choices on a limited income. All lessons are free and include a Cent\$ible Nutrition cookbook, kitchen tools, a menu planner, and a year-long subscription to the newsletter. The classes can also provide an opportunity to make friends and have fun.

For more information, visit the Cent\$ible Nutrition Program website at: www.uwyo.edu/cnp

Benefits

- ◆ Free, hands-on cooking lessons for children and adults
- ◆ Educational topics include:
 - * Cooking
 - * Saving
 - * Nutrition
 - * Smart shopping
 - * Physical activity
 - * Meal planning
 - * Food preparation
 - * Food safety
 - * Food storage
 - * Well-being for you and your family
- ◆ Free cookbook, kitchen tools, and menu planner (for those that do not participate in the lessons, the cookbook can be bought for a small fee)
- ◆ An opportunity to make friends and have fun
- ◆ Learn how to eat healthier for less money

Eligibility Criteria

- ◆ Free for those who use or are eligible for SNAP or WIC
- ◆ Meet SNAP/WIC income guidelines (see [Appendix D: WIC Income Guidelines](#))

Application Process

- ◆ Either call your local Cent\$ible Nutrition representative or visit <http://www.uwyo.edu/cnp/counties/self%20referral.html> to fill out an online self-referral form (an educator in your county will follow up with you).

Locations (last checked May 2017)

Albany County Sandra Biller 307-721-2571	Big Horn County Kristy Michaels 307-765-2868	Campbell County Beth Chapell 307-682-7281
Carbon County Fio Wailes 307-328-2642	Converse County Tammy Ware 307-358-2417	Fremont County - Lander Becky Green 307-332-2694
Fremont County - Riverton Marilou Vaughn 307-857-3660	Goshen County Mary Evans 307-532-2436	Hot Springs County Cindy Aguilar 307-864-3421
Laramie County Jill Person, Kelsi Goldfarb, & Rita Lemly 307-633-4383	Lincoln County-Afton Vacant 307-885-3132	Lincoln-Kemmerer Beth Barker 307-783-0570
Natrona County Crystal McFadden, Karla Case, Krista Brown, & Michelle Hans 307-235-9400	Niobrara County Tammy Ware 307-334-3534	Platte County Mary Evans 307-322-3667
Sheridan County Sandy Koltiska 307-674-2980	Sweetwater County Wendy Nielson 307-352-6775	Uinta County Beth Barker 307-783-0570
Washakie County Cindy Aguilar 307-347-3431	Wind River Indian Reservation Kelly Pingree & Nan Craft 307-335-2872	

Additional Nutritional Resources

Local Assistance

- ◆ Call 211 and ask about nutritional resources in your area, including food banks/pantries and soup kitchens.
- ◆ Contact your local city government and ask about emergency or long-term nutrition assistance.
- ◆ Contact local churches and temples; oftentimes, they have food banks or soup kitchens.
- ◆ Oftentimes, homeless shelters and other emergency housing (including domestic violence & sexual assault programs) provide meals.

Websites

- ◆ Wyoming 2-1-1: Online search to information about health and human services available in Wyoming. Use the online search using keywords such as “soup kitchen”, “food bank”, “food pantry”, “food”, “meals” <https://211wyoming.communityos.org/zf/profile/search>
- ◆ Google keywords such as “food pantry”, “food bank”, “soup kitchen” and your location to find local assistance. For example:
“Food banks in Casper, WY”
- ◆ Seniors can visit the AARP Foundation’s Benefits QuickLINK to find information about services and whether you qualify: https://www.benefitscheckup.org/cf/index.cfm?partner_id=22

Physical & Mental Health

These resources can help individuals afford health insurance and find affordable physical and mental healthcare around the state.

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Medicaid & Medicare - General

Medicaid helps pay for healthcare services for children, pregnant women, families with children, and individuals who are aged, blind or disabled who qualify based on citizenship, residency, family income, and sometimes resources and healthcare needs. Different programs are available for different levels of income.

If you need health insurance and do not qualify for Medicaid or Medicare, go to www.healthcare.gov to check insurance plans. **Note:** *this website does not give state & federally funded health insurance options.*

Medicaid v. Medicare

	Medicare	Medicaid
What is it?	Helps certain populations pay health care costs	Helps certain populations pay health care costs
Who is it for?	<ul style="list-style-type: none"> Individuals aged 65 or older Individuals under age 65 with certain disabilities (and on social security disability for at least 24 months) Of any age and have End Stage Renal Disease or ALS Some disabilities qualify before the 24 month waiting period 	<ul style="list-style-type: none"> Children and pregnant women with limited income and resources Medicaid expansion allows coverage for individuals (men and women) with a higher income Wyoming does not have Medicaid expansion
Who governs it?	Federal Government	State Government
What does it cover?	<p>Depends on the coverage you choose and may include:</p> <ul style="list-style-type: none"> Care and services received as an inpatient in a hospital or skilled nursing facility (Part A) Doctor visits, care and services received as an outpatient, and some preventive care (Part B) Prescription drugs (Part D) <p><i>Note:</i> Medicare Advantage plans (Part C) combine Part A and Part B coverage, and often include drug coverage (Part D) as well - all in one plan.</p>	<p>Each state creates its own Medicaid programs, following federal guidelines. There are mandatory benefits and optional benefits. Mandatory benefits include, in part:</p> <ul style="list-style-type: none"> Care and services received in a hospital or skilled nursing facility Care and services received in a federally-qualified health center, rural health clinic or freestanding birth center (licensed or recognized by your state) Doctor, nurse midwife, and certified pediatric and family nurse practitioner services And more

Medicaid: How to Apply

The application process is generally the same for all these programs (unless otherwise noted).

- ◆ Check eligibility and income (see [Appendix F: Federal Poverty Guidelines](#))
- ◆ Complete the Medicaid Application in English or Spanish
 - * You may call the Wyoming Department of Health Customer Service Center at 1-855-294-2127 to apply over the phone.
 - * You may also apply online at www.wesystem.wyo.gov
 - * You can apply by completing a paper application in-person or by mailing/faxing it to:

WDH - Customer Service Center
2232 Dell Range Blvd.,
Suite 300
Cheyenne, WY 82009
Fax: 1-855-329-5205
- ◆ Apply for Presumptive Eligibility, if applicable (Temporary Medicaid)
- ◆ It can take up to 45 days to process applications

Medicare: How to Apply

- ◆ Visit the Social Security's website on how to apply for Medicare:
<https://www.ssa.gov/medicare/>
- ◆ If enrolled in any kind of social security benefits: Automatic enrollment on 65 birthday
- ◆ If enrolled in social security disability (before age 65): Automatic enrollment on the 25th month of being on SS disability
- ◆ If the Medicare card was never received, not automatically enrolled, or want to change benefits:
 - * Call 1-800-856-4398 (Monday-Friday, 7 am – 4 pm)
 - * Specially trained Medicare Counselors can answer questions and walk through the application
 - * If in possession of the Medicare Card, instructions are on the back for changing benefits
- ◆ Apply at the local Social Security Office or over the phone
 - * Find your local Social Security Office: <https://secure.ssa.gov/ICON/main.jsp>
 - * Call 800-772-1213 (TTY 800-325-0778) (Monday -Friday, 7 am -7 pm)
- ◆ Apply online (it can take just 10 minutes) if you are at least 64 years and 9 months old (3 months shy of 65th birthday), want to sign up for Medicare and do not have any other Medicare coverage, do not want to start receiving Social Security benefits at this time, and are not currently receiving Social Security retirement, disability, or survivors benefits

Medicaid Programs for Children

Kid Care Chip

The Children's Health Insurance Program (CHIP) serves uninsured children up to age 19 in families with incomes too high to qualify them for Medicaid. States have broad discretion in setting their income eligibility standards, and eligibility varies across states. Provides affordable health coverage for the children of working parents in Wyoming.

Benefits

- ◆ No monthly premium with a small copay, depending on family income level:

Family Income Level	Office Visits	Inpatient Services	Prescription Drugs
124-150% FPL	\$5	\$30	\$3-5
151-200% FPL	\$10	\$50	\$5-\$10

- ◆ Small yearly enrollment fee is based on family size and income
- ◆ 12 month continuous eligibility
- ◆ General medical and dental benefits
- ◆ Inpatient and outpatient behavioral health services
- ◆ Vision exams and corrective lenses
- ◆ Hearing exams
- ◆ Physical and occupational therapy
- ◆ Services for speech, hearing, and language disorders
- ◆ Durable medical equipment
- ◆ More benefits may be available

Eligibility Criteria

- ◆ Available to children of parents' whose income lies below 200% of the federal poverty level
- ◆ Not eligible for Medicaid
- ◆ Under the age of 19
- ◆ Have not had health insurance for the past 30 days or longer (some exceptions apply)
- ◆ <https://health.wyo.gov/healthcarefin/chip/doesmychildqualify/>

Medicaid for Children

Comprehensive health coverage for children provided at no cost.

Benefits

- ◆ Healthcare provided at no cost
- ◆ Dentist visits, cleanings, and fillings
- ◆ Eye exams and glasses
- ◆ Choice of doctors, regular checkups, and office visits
- ◆ Prescription drugs and vaccines
- ◆ Access to medical specialists and mental health care
- ◆ Hospital care and services
- ◆ Medical supplies, X-rays, and lab tests
- ◆ Treatment of special health needs

- ◆ Treatment of pre-existing conditions

Eligibility Criteria

- ◆ Age 0-18
- ◆ Residency in Wyoming
- ◆ U.S. citizenship or lawful permanent address in the U.S. for at least 5 years
- ◆ Income eligible for child MAGI (modified adjusted gross income)
 - * Children ages 0-5: Family income at or below 154% of FPL
 - * Children ages 6-18: Family income at or below 133% of FPL

Children's Mental Health Waiver

A short-term home and community-based program that uses an intensive care coordination model designed to provide a community-based alternative for youth with serious emotional disturbance who might otherwise be hospitalized and whose parents may be required to relinquish custody of their child for them to receive needed mental health treatment and services.

Benefits

- ◆ Prevent custody relinquishment for youth to receive mental health treatment
- ◆ Prevent or reduce the length of costly psychiatric hospital stays
- ◆ Mental health support services to youth with serious emotional disturbance and their families
- ◆ Not a long-term care waiver

Eligibility Criteria

- ◆ Call the Medicaid application phone line to ask about eligibility

Medicaid Programs for Pregnant Women

Presumptive Eligibility for Pregnant Women

A Medicaid option designed to improve an applicant's access to temporary Medicaid while their eligibility for full Medicaid benefits is being determined. If determined eligible for PE, a client will receive full Medicaid benefits (Pregnant Women are limited to outpatient services) through a Medicaid provider until a determination is made on the full Medicaid application or the last day of the next month if a full Medicaid application is not received.

Benefits

- ◆ Access to Medicaid health insurance while Medicaid application is being processed

Eligibility Criteria

- ◆ Pregnant
- ◆ U.S. citizen or lawfully present in the U.S.
- ◆ Wyoming resident
- ◆ Income eligible at or below 154% of FPL

Application Process

- ◆ Visit a local Public Health Nursing Office/Qualified Provider

Locations

Qualified Providers in Wyoming (Last checked May 2017)

Program	City/Area	Address & Contact
Lincoln County Public Health	Afton	421 Jefferson Suite 401 Afton WY 83110 307-855-9598
Indian Health Services	Arapahoe	14 Great Plains Road Arapahoe, WY 82510 307-855-2986
Johnson County Public Health	Buffalo	85 Klondike Dr Buffalo WY 82834 30-684-2564
Community Health Center Of Central Wyoming	Casper	1522 East A St Casper WY 82601 307-233-6000
Casper Natrona Co Health Dept	Casper	475 S Spruce Casper WY 82601 307-235-9340
True Care Women's Resource Ctr	Casper	1746 S Poplar Street Casper WY 82602 307-472-2810
University of WY Family Medicine	Casper	1522 East A Street Casper WY 82601 307-234-6161

Program	City/Area	Address & Contact
Cheyenne Laramie County Health Department	Cheyenne	100 Central Ave Cheyenne WY 82007 307-633-4008
Park County Public Health	Cody	1002 Sheridan Ave Cody WY 82414 307-527-8570
Uinta County Public Health	Evanston	350 City View Dr Suite 101 Evanston WY 82930 307-789-7267
PHS Indian Health Service	Ft Washakie	29 Black Coal Dr Ft Washakie WY 82514 307-332-7300
PHS Indian Health Service	Ft Washakie	29 Black Coal Dr Ft Washakie WY 82514 307-332-7300
Campbell County Public Health	Gillette	2301 S 4J Rd Gillette WY 82717 307-682-7275
Community Nursing Services	Green River	550 Uinta Dr Suite E Green River WY 82935 307-872-6320
Big Horn County Public Health	Greybull	417 SO 2nd St Greybull WY 82425 307-765-2371
Teton County Public Health	Jackson	460 E Pearl Jackson WY 83001 307-733-6401
Lincoln County Public Health	Kemmerer	925 Sage Ave Kemmerer WY 83101 307-877-3780
Fremont County Public Health	Lander	450 N 2nd Room 350 Lander WY 82520 307-332-1073
Popo Agie Women's Clinic	Lander	1460 Mail Street Lander WY 82520 307-332-2223
Albany County Public Health	Laramie	609 S 2nd St Laramie, WY 82070 307- 721-2561
Laramie Reproductive Health	Laramie	413 S 21st Laramie WY 82070 307-745-5364

Program	City/Area	Address & Contact
Big Horn County Public Health - Lovell Office	Lovell	757 Great Western Ave Lovell WY 82431 307-548-6591
Uinta County Public Health	Lyman	128 E Owen St Lyman WY 82937 307-787-3800
Carbon County Public Health	Rawlins	215 W Buffalo RM 136 Rawlins WY 82301 307-328-2607
Wind River Clinic	Riverton	1005 College View Dr Riverton WY 2501 307-857-5248
Fremont County Public Health	Riverton	322 N 8th West Riverton WY 82501 307-856-6979
Community Nursing Services	Rock Springs	731 C St Suite 315 Rock Springs WY 82901 307-922-5390
Wyoming Health Initiative	Rock Springs	3000 College DR Rock Springs WY 82901 307-382-3060
Crook County Public Health	Sundance	420 ½ E Main St Sundance WY 82729 307-283-1142
Hot Spring County Public Health	Thermopolis	328 ½ Arapahoe St Thermopolis WY 82443 307-864-3311
Goshen Co Public Health	Torrington	2025 Campbell Dr Torrington WY 82240 307-532-4069
Platte Co Public Health	Wheatland	718 9th St Wheatland WY 82201 307-322-2540
Washakie County Public Health	Worland	1007 Robertson Ave Worland WY 82401 307-347-3278

Medicaid for Pregnant Women

Provides health coverage for eligible pregnant women for up to 60 days post-partum. Pregnant women with income below the family care income guidelines must cooperate with Child Support Enforcement once the baby is born to continue eligibility.

Benefits

- ◆ Continue Medicare coverage for up to 60 days after the baby is born

Eligibility Criteria

- ◆ Pregnant
- ◆ Income eligible at or below 154% of the FPL
- ◆ A U.S. citizen or lawfully present in the U.S
- ◆ A Wyoming resident

Pregnant by Choice Program

Provides pregnancy planning services to women who have received Medicaid benefits through the Pregnant Women program.

Benefits

- ◆ Pregnancy planning services

Eligibility Criteria

- ◆ In the 60 days post-partum period and on Wyoming Medicaid's Pregnant Women program
- ◆ Income eligible at or below 159% of the FPL
- ◆ U.S. citizen or lawful permanent resident who have lived in the U.S. for at least five years
- ◆ A Wyoming resident

Medicaid & Medicare Assistance Programs for the Elderly

Nursing Home/Swing Bed and Inpatient Hospital Care

The Institutional programs are an option for those individuals who are waiting for or need Long Term Care and are unable to continue to live in the community. This would include Nursing Home Care and Inpatient Hospital Care.

Benefits

- ◆ Affordable institutional care while waiting for other long-term care programs to kick in.
- ◆ A client is responsible to contribute to the cost of his or her care. This payment, often referred to as a patient contribution, is payable to the facility. The patient contribution is calculated using the individual's total income less the following allowable deductions:
 - * \$50.00 for personal needs
 - * Court ordered garnished child support
 - * Spousal maintenance allowance
 - * Medical expenses not covered by Medicaid, Medicare, private insurance, or a third party
 - * Medicare premium may be deducted for the first two months of eligibility
 - * Health insurance premium

Eligibility Criteria

- ◆ A U.S. Citizen or a lawful permanent resident who has lived in the U.S. for at least five years
- ◆ A Wyoming resident
- ◆ Age 65 or older, blind or disabled
- ◆ Medically eligible based on needs assessment completed by a public health nurse (nursing home only)
- ◆ Hospitalized for 30 days (remain in an institution for at least 30 consecutive days) or verified as SSI eligible
- ◆ Income eligible
 - * Gross monthly income limit is \$2,199
 - * Individuals with income above \$2,199 may qualify by establishing an Income Trust
- ◆ Resource eligible – limits are:
 - * Individual: \$2,000
 - * Couple: \$3,000, when both are applying
 - * Couple: \$119,220 when one is applying
 - * Medicaid does not count as resources the home you live in (if the value is under \$552,000), one vehicle or personal property (e.g., clothing, furnishings)

Assisted Living Facility and Long Term Care Waiver

Offers specialized services to those who need nursing home level of care that could delay or prevent admission to a nursing home.

Benefits

- ◆ *Assisted Living Facility Waiver*
 - * Offers an option for individuals who need nursing home level of care but wish to remain in the community in an assisted living facility and receive specialized services that may delay or prevent admission to a nursing home. The recipient is responsible for paying room and board costs.

◆ *Long Term Care Waiver*

- * Offers an option for individuals who need nursing home level of care but wish to remain in their home and receive specialized services that could delay or prevent admission to a nursing home. The recipient may be responsible for copayments of services.

Eligibility Criteria

- ◆ A U.S. Citizen or a lawful permanent resident who has lived in the U.S. for at least five years
- ◆ A Wyoming resident
- ◆ Age 65 or older, blind or disabled
- ◆ Medically eligible based on a needs assessment completed by a public health nurse
- ◆ Income eligible
 - * Gross monthly income limit is \$2,199
 - * Individuals with income above \$2,199 may qualify by establishing an Income Trust
- ◆ Resource eligible – limits are:
 - * Individual: \$2,000
 - * Couple: \$3,000, when both are applying
 - * Couple: \$119,220 when one is applying
- ◆ Medicaid does not count as resources the home you live in (if the value is under \$552,000), one vehicle or personal property (e.g., clothing, furnishings)

Medicare Savings Programs

The Qualified Medicare Beneficiary (QMB) and Specified Low-Income Medicare Beneficiary (SLMB) are Medicare Savings programs.

Benefits

- ◆ Assistance in paying Medicare premiums, Medicare co-insurance, and deductibles.

Eligibility Criteria

- ◆ A Wyoming resident
- ◆ A U.S. citizen or a lawful permanent resident who has lived in the U.S. for at least five years
- ◆ Entitled to Part A and Part B Medicare Insurance
- ◆ Income eligible at or below 135% of the FPL
- ◆ Resource eligible
- ◆ Individual \$7,280
- ◆ Married Couple \$10,930

Extra Help with Medicare Prescription Costs

Financial assistance for paying Medicare prescription drug plan costs.

For more information, visit: www.ssa.gov/medicare/prescriptionhelp

Benefits

- ◆ Estimated to give about \$4,000 in prescription drug aid per year
- ◆ Help in paying monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug Program (Medicare Part D)

Eligibility Criteria

- ◆ Must be receiving Medicare Part D
- ◆ Limited resources and income
- ◆ Reside in one of the 50 states or the District of Columbia

Application Process

- ◆ Apply on the Social Security website: <https://secure.ssa.gov/i1020/start>
- ◆ For help with applying, call: (800) 772-1213 (TTY 1-800-325-0778)
- ◆ Once the applicant is submitted, the Social Security Office will send the application information to the state, who will contact the applicant to finish the process.

General Health

Wyoming Telehealth Network

Through the Telehealth Network, Wyoming residents can receive quality care from specialists without the need to travel outside of their community. This program is run by the Wyoming Institute for Disabilities, but the network is available to all Wyoming residents. For more information, see the section [Wyoming Telehealth Network](#).

Wyoming Health & Wellness Fairs

Monthly and weekly blood screening events around the state that provide a convenient way to get health and wellness screenings and meet local health providers.

For more information, including a calendar of events available around the state, visit: www.wyominghealthfairs.com

Benefits

- ◆ Receive accurate and timely results of blood tests
- ◆ Pay significantly less for screenings
- ◆ Easy to understand test descriptions and results
- ◆ Seasonal flu shots are also offered

Application Process

- ◆ Visit the website to learn about the location, dates, and times of events

Public Health Nursing

A specialty health practice within nursing and public health. Provides a variety of preventative services and treatment options.

Benefits

- ◆ Reproductive health & family planning services
- ◆ Chronic disease prevention
- ◆ Immunizations
- ◆ Low-cost or no-cost services

Locations

To find a Public Health Nursing location visit: <https://health.wyo.gov/publichealth/nursing/phn-co-offices/>

Quit WYO

The Wyoming Department of Health's smoking cessation program.

Benefits

- ◆ Quit smoking
- ◆ Free support services
- ◆ Trained quit coaches
- ◆ Gum & patches
- ◆ 24/7 tools & support

- ◆ Personalized quit plan

How to apply

- ◆ Visit www.quitwyo.org to enroll online
- ◆ Call (800) QUIT NOW to apply over the phone

Wyoming Integrated Cancer Services Program

The Wyoming Department of Health's cancer screenings program.

Benefits

- ◆ Free cancer screenings
- ◆ Education on cancer prevention and screening

Application Process

- ◆ Visit the website to apply online: <https://health.wyo.gov/publichealth/prevention/cancer/>
- ◆ For questions, call: (800) 264-1296

Chronic Disease Prevention Program

Provides education and resources with the goal of preventing chronic disease.

To access the online resources, visit:

<https://health.wyo.gov/publichealth/prevention/chronicdisease/resources/>

Benefits

- ◆ Online resources for parents that provide education on food & nutrition
- ◆ Online questionnaires that can evaluate risk factors for heart disease & stroke, and diabetes
- ◆ Resource guide for individuals who have diabetes

Wyoming Health Centers

Provide a variety of health services at low or no cost. Call the health center for information on services offered.

For locations, visit: <http://www.wypca.org/healthcenters.aspx>

Lions Club of Wyoming

Can provide financial assistance for eye/sight & hearing related issues.

Benefits

- ◆ Eye surgery
- ◆ Eye exams
- ◆ Hearing aids
- ◆ Other vision/hearing related issue

Application Process

- ◆ Locate the nearest Lions Club on the Wyoming Lions Club website: <http://www.lionsofwyoming.org/club-locator.html>

- ◆ Once you have found the nearest club, find the contact information in the Lions Club Directory:
<http://www.lionsofwyoming.org/club-directory-a-g-1.html>
- ◆ Contact the closest Lions Club and ask about services and how to apply

Locations

- ◆ Lions Clubs are located throughout Wyoming (check the website)

Reproductive Health & Family Planning

La Leche League

Provides help to parents worldwide on the topic of breastfeeding. Services are offered through mother-to-mother support, encouragement, information, and education. The mission of the La Leche League is to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and parent.

For more information, visit the La Leche League of Colorado & Wyoming's website at <http://www.llcoloradowyoming.org/home.html>

Benefits

◆ *Personal Help*

- * If you have questions about breastfeeding, whether before your baby's birth, during the first few days, or later, help is available via phone counseling.
- * Phonenumber: (303)-779-6722

◆ *Group Meetings*

- * All pregnant people and nursing parents are invited to participate in the informal monthly meetings. Establishing a network of support in your decision to breastfeed your baby is an important element of successful breastfeeding. Babies are always welcome at La Leche League meetings!
- * For information on meetings, visit the main website or call the phonenumber.

Public Nursing Program

This program has many reproductive health services. For more information, go to [Public Health Nursing](#)

Wyoming Health Council's Family Planning Clinics

These clinics offer reproductive health screenings, family planning assistance, and contraception options and little to no cost.

For a list of locations, visit: <http://www.wyhc.org/wyoming-clinics/>

Wyoming Children's Society

Wyoming and Colorado Children's Society has provided permanent, loving families to over 6,000 children since it was established in 1911, and has served thousands of women who have faced unintended, crisis pregnancies.

For more information on options and services, visit www.wyomingcs.org

Benefits

- ◆ Information, support, and options for those who face an unexpected pregnancy
- ◆ Adoption coordination and placement with families in Wyoming and Colorado
- ◆ Free pregnancy services (even for women who have not made a decision or do not want to give up the baby for adoption):
 - * The opportunity to connect with other women who have made this decision
 - * Individual counseling and support
 - * Support and understanding 24 hours/day

- * Financial assistance for housing, food, transportation and prenatal care
- * Information and resources for each of your options

Locations & Contact

◆ 24/7 phonelines & email:

Kristi: kroberts@wyomingcs.org, 307-631-7399Carol: carollindly@wyomingcs.org, 307-421-8059

◆ Wyoming office:

314 East 21st Street
Cheyenne, Wyoming 82001
307-632-7619
wyomingcs@wyomingCS.org

The Wyoming Maternal, Infant and Early Childhood Visiting Program

A program that provides support to Wyoming parents that helps young children grow up healthy, safe, and ready to learn through evidence-based home visiting programs.

For more information about home visitation programs, locations, and parenting resources, visit www.wyparents.org

Benefits

- ◆ Programming is delivered at the parents' home, or in other convenient locations
- ◆ Consistent, high-quality services that best fit individual needs and preferences
- ◆ Services can include parental support, health and developmental screenings, group and community connections, referrals to resources, perinatal services for expecting & new mothers, and in-home nursing services.

Locations

- ◆ Programs are located throughout the state. For a list of locations and programs, visit <https://wyparents.org/programs/>

Disabilities, Mental Health, and Substance Abuse Treatment

The Wyoming Institute for Disabilities (WIND)

WIND is an academic unit in the College of Health Sciences and a University Centers for Excellence in Developmental Disabilities (UCEDD). WIND works to assist individuals with developmental disabilities, their families, professionals, and University of Wyoming students through education, training, community services, and early intervention.

For more information about WIND, visit www.uwyo.edu/wind or call/visit WIND at the University of Wyoming:

Dept. 4298; 1000 E. University Ave.
Laramie, WY 82071
Phone: (307) 766-2761
Toll Free: (888) 989-9463
TeleType: (800) 908-7011
Fax: (307) 766-2763

Programs

- ◆ *Wyoming Assistive Technology Resources (WATR):*
 - * A resource for all assistive technology (AT) needs in Wyoming. AT may be a device or solution that enhances an individual's ability to live, play, or work independently. AT can take the form of a device, tool, or adaptation that supports a person when participating in everyday activities and settings. Services include:
- ◆ *Short-Term Device Loans*
 - * AT devices can be loaned out for no charge for up to 6 weeks. The trial period can help the individual to decide whether to buy the device.
- ◆ *Technical Assistance & Training*
 - * WATR provides training to professionals on the use of AT, as well as demo days and open labs to individuals. Video conferencing may be available. For more information about these trainings and to see the schedule, visit <http://www.uwyo.edu/wind/watr/training/index.html>.
- ◆ *WYTAP Financial Assistance*
 - * A loan program that offers interest buy-down for individuals who want to purchase assistive technology. To receive an application packet, please contact WIND, Celine Fowler at (307) 266-6956 or E-mail cfowler@wilr.org.
- ◆ *Assistive Technology Reuse Program*
 - * The Reuse Program is an opportunity to buy, sell, or donate lightly-used assistive technology at affordable prices. The available devices are generally listed at low or no-cost.
- ◆ *Wyoming Accessibility Center (WAC) Assessments & Technical Assistance*
 - * Fee-for-service assessments & assistance that can help identify and set up technologies that can improve a person's performance, access, participation, and independence.
- ◆ *AT Online Library*
 - * Online database for AT devices in Wyoming. Includes devices available for short-term loans (through WIND), reuse devices for purchase, and long-term loans through the Anna Maria Weston Therapeutic Equipment Center.
www.wy.AT4all.com
 - * For more information, contact WATR at:
 - * Phone: (307) 766-6187

- * Toll Free: 1-888-989-9463
- * Email: watr@uwyo.edu
- ◆ *Wyoming Telehealth Network (WyTN)*
 - * WyTN leverages telecommunication technology to link patients, providers and specialists to deliver positive healthcare outcomes for Wyoming residents. Through the Telehealth Network, Wyoming residents can receive quality care from specialists without the need to travel outside of their community. Access to the network is available for all Wyoming residents, regardless of disability status. Contact the healthcare provider for information about fees. Healthcare specialties include (but are not limited to):
 - Mental Healthcare (Medication management, behavioral health, couples counseling)
 - General Physical Health & Disease Prevention
 - Neurology
 - Diabetes
 - Sleep Disorders
 - Weight Management
 - * For a full list of providers & their specialties in the network, visit <http://www.uwyo.edu/wind/wytn/telehealth%20provider.html> or contact WyTN at:
(307) 766-2948
Email: Wy-telehealth@uwyo.edu

Developmental Disabilities Program

The Wyoming Department of Health's information and resource program for those with disabilities and their caretakers. The website offers help in navigating statewide resources, applying for waivers, and filing complaints.

For more information and access to these resources, visit: <https://health.wyo.gov/behavioralhealth/dd/>

Wyoming Life Resource Center

A residential community with therapeutic and medical support services for adults located in Lander. WLRC provides the least restrictive, most appropriate, most integrated environment possible with informed choice.

For more information on services and application process, visit:
<https://health.wyo.gov/behavioralhealth/wlrc/>

Programs

- ◆ *Canyons Intermediate Care Facility*
 - * Provides 24-hour care, 365 days a year for adults who have intellectual disabilities.
- ◆ *Visions – Acquired Brain Injury Program*
 - * Provides 24-hour care, 365 days a year for adults who have acquired brain injuries.
- ◆ *Horizons Healthcare Center*
 - * An array of health services are offered at WLRC, including both inpatient and outpatient care. The inpatient Unit is used for patients requiring observation or significant medical care.
- ◆ *Rothwell Training Center*
 - * Provides a full curriculum of training for caregivers and professionals who provide services to persons with disabilities.

The Anna Maria Weston Therapeutic Equipment Center

Assistance with obtaining and maintaining therapeutic equipment. Part of the Wyoming Live Resource Center.

For more information on services and how to apply, visit:

<https://health.wyo.gov/behavioralhealth/wlrc/therapeutic-services-information/>

- ◆ ***Equipment Lending***

- * A lending library of therapeutic equipment and assistive technology. May be borrowed at no charge by anyone living in Wyoming.

- ◆ ***Community Wheelchair and Equipment Clinics***

- * Monthly wheelchair and equipment repair/maintenance clinics around the state for individuals served by the Comprehensive and Supports and Acquired Brain Injury Waivers.

Court Supervised Treatment Program

Assists participants in breaking the cycle of substance abuse and the crimes committed as a result thereof. CST programs provide sentencing alternatives for the judicial system in cases stemming from substance abuse.

For more information on eligibility and programs around the state, visit:

<https://health.wyo.gov/behavioralhealth/mhsa/cst/>

Benefits

- ◆ Break the cycle of substance abuse and crime
- ◆ Focuses on treating the drug addiction rather than punishment for the crime
- ◆ Wrap around services include involvement from several systems, including judiciary, prosecution, defense, probation, law enforcement, treatment, mental health, social services, and child protection
- ◆ Supervision and treatment programs, including substance abuse treatment, individual and family counseling, and educational opportunities
- ◆ Four types of programs: Adult, Juvenile, Tribal, and DUI

Eligibility Criteria

- ◆ Participants are normally non-violent adult or juvenile offenders
- ◆ Must be admitted to the CST program
- ◆ Must either enter an admission, or a guilty or nolo contendere plea or a guilty plea, or be on parole

Directory of Mental Health and Substance Use Treatment Services and Providers

To locate mental health & substance use treatment services around the state, visit:

<https://health.wyo.gov/behavioralhealth/mhsa/treatment/>

Other Resources

How to Find Local Assistance

- ◆ Visit the Wyoming Association of Mental Health & Substance Abuse Centers website to locate a community mental health or substance abuse treatment center: <http://www.wamhsac.org/>
- ◆ Visit the Wyoming Department of Health’s website to search for mental health and substance abuse treatment providers: <https://health.wyo.gov/behavioralhealth/mhsa/treatment/>
- ◆ Find a hospital in Wyoming: <http://www.wyohospitals.com/find-a-hospital/>
- ◆ Find urgent care in Wyoming: Google “Urgent Care in Wyoming”
- ◆ Find providers in your health insurance network: Call the phone number on the back of your health insurance card
- ◆ Call Wyoming 2-1-1 to get information on local physical & mental health providers, hospitals, and urgent care
- ◆ Visit the AARP Foundation’s Benefits QuickLINK to find information about services and whether you qualify: https://www.benefitscheckup.org/cf/index.cfm?partner_id=22

Financial Management

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Many of these resources can help individuals and families to plan for the future and begin to maintain financial independence. Remember to check the websites & programs with multiple resources if you don't find what you're looking for.

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Financial Literacy

Allstate's Moving Ahead through Financial Management Curriculum

Created by a partnership between the National Network to End Domestic Violence & Allstate's Purple Purse Foundation. A comprehensive package of tools and information designed to empower victims to be self-sufficient with their finances. This curriculum was specifically designed for female victims and survivors of domestic violence, but it has been used successfully with other populations, including men and those who are not victims and survivors. The curriculum covers many topics that are common in financial literacy, but is different in that it goes over financial abuse and financial safety in a lot of detail.

For more information about the Allstate's Purple Purse Foundation and the Curriculum, visit:

www.purplepurse.com

Topics covered include:

- ◆ Strategies for addressing the complex financial and safety challenges of ending a relationship with an abusive partner.
- ◆ Information on how to protect personal and financial safety in an abusive relationship and after leaving an abusive relationship.
- ◆ Methods for dealing with the misuse of financial records.
- ◆ Tools to help people of all incomes and earning power work toward long-term financial empowerment, including budgeting tools, step-by-step planners and more.
- ◆ For more information about the curriculum, visit the Purple Purse website and click "Get Resources", and go to "Financial Tools".

Accessing the Curriculum

The curriculum can be found in several ways, and it is always free.

- ◆ *Guided Online Curriculum*
 - * Web-based version that can be watched.
 - * In the Financial Tools section of the Purple Purse website, navigate to "Online Financial Curriculum"
- ◆ *Download (English & Spanish)*
 - * A PDF or IBook version of the curriculum.
 - * Download from the Financial Tools section of the website under "Financial Empowerment Curriculum".
- ◆ *Hard Copy (English & Spanish)*
 - * Hard copies of the modules can be found at any Domestic Violence and Sexual Assault program in the state, as well as from the National Coalition Against Domestic Violence and Sexual Assault.
 - * Go to [Domestic Violence & Sexual Assault Programs](#) for a list of locations.
- ◆ *Curriculum Assistance*
 - * Some Domestic Violence and Sexual Assault programs have advocates trained in delivering the curriculum.

CashCourse

Online personal finance tools to help college students build real-life-ready financial skills. Students at more than 800 schools across the country use CashCourse.

For more information and access to the course, visit: www.cashgcourse.org

Benefits

- ◆ It's easy to use. CashCourse offers a customizable set of tools to fit any life style.
- ◆ It's free from commercial ties. You can trust that the information on CashCourse is independent and noncommercial, and that we'll never try to advertise any products or services.
- ◆ It's 100% FREE. We're independently funded by the National Endowment for Financial Education® (NEFE®), so CashCourse won't cost you a penny—ever.

Taxes

Reviews.com – Best Free Tax Software

Every year, this website releases a blog that goes over the options available to self-prepare taxes, and gives them reviews.

For the 2017 reviews, visit: <http://www.reviews.com/online-tax-software/>

USA.gov's Free Income Tax Return Preparation Help

Free income tax return preparation help provided by the IRS.

To get access to these resources, visit: www.usa.gov/help-with-taxes

Resources

- ◆ Forms and instructions
- ◆ Tools
- ◆ Help and resource center
- ◆ Locations of tax preparers
- ◆ Free resources for seniors & retirees, and individuals with disabilities

Special Programs for Eligible Taxpayers

- ◆ *Volunteer Income Tax Assistance (VITA)*
 - * Offers free tax help to people who generally make \$54,000 or less; persons with disabilities; the elderly; and taxpayers with limited English. IRS-certified volunteers provide information about tax credits and prepare a basic tax return with electronic filing.
- ◆ *Tax Counseling for the Elderly (TCE)*
 - * Offers free tax help to all taxpayers. They offer specialized help to those who are 60 years and older, and have pension or retirement questions. IRS-certified volunteers specialize in questions about pensions and retirement-related issues unique to seniors.

Worksheets & Tools

The Wyoming Self-Sufficiency Calculator

This online tool uses information from the 2016 Wyoming Self-Sufficiency Standard to calculate a budget based on family composition and geographical area. The full report (information can be found at [The Self-Sufficiency Standard for WY 2016](#)) provides great information on the potential positive impact of governmental assistance in helping individuals to become self-sufficient.

Visit: <http://wywf.org/self-sufficiency-calculator/>

The Institute for Financial Literacy

A non-profit organization with the mission to promote effective financial education and counseling. Has downloadable forms and interactive worksheets.

To get access to this resource, visit: <https://financiallit.org/resources/budgeting-tools/>

NADA Car Payment and Affordability Calculator

An online resource for calculating monthly payments on vehicles and making an informed decision on how much to spend on a vehicle.

To get access to this resource, visit: <http://www.nadaguides.com/Cars/Payment-Calculator>

MyMoneyCheckup

Online financial self-assessment tool.

To get access to this resource, visit: <https://www.mymoneycheckup.org/>

Credit Monitoring, Building, Repair, & Bankruptcy

MyFico

This organization provides credit check and monitoring from all three credit reporting agencies at a price. However, the “Learn about Scores” section provides comprehensive information about credit scores and reporting.

To get access to this resource, visit: <http://www.myfico.com/credit-education/credit-report-credit-score-articles/>

Credit Union Lookup

A website with an online database of credit unions.

To get access to this resource, visit: www.culookup.com

The National Association of Consumer Bankruptcy Attorney’s Consumer Resources

Guide to Bankruptcy and Bankruptcy Attorney Locator.

To get access to these resources, visit: <https://www.nacba.org/what-we-do/consumer-assistance/>

Financial Incentives/Matching Programs & Individual Development Accounts

Allstate's Matched Savings Programs

The Allstate Foundation provides grant money for microloans and Individual Development Accounts for victims and survivors of domestic violence. These resources can be used to help learn how to save money, and to save money for bigger purchases, such as a vehicle or a home.

For more information on these programs and to apply, contact the Wyoming Coalition Against Domestic Violence and Sexual Assault:

Call: 307-755-5481 (Toll Free: 1-844-264-8080)

E-Mail: info@wyomingdvsa.org

Identity Theft & Fraud

IdentityTheft.gov

The Federal Government's one-stop resource for identity theft victims.

To get access to this resource, visit: <https://www.identitytheft.gov/>

Websites & Programs with Multiple Resources

American Association of Retired Person (AARP)

A variety of resources and services for retired and elderly persons. Some benefits require a subscription, but not all; the ones listed here are available to everyone.

Visit www.AARP.com for more information and access to resources.

Financial Management Programs Include:

- ◆ *AARP's Finances 50+*
 - * A financial literacy curriculum
 - * Visit: <http://www.aarp.org/aarp-foundation/our-work/income/finances-50-plus-financial-capability/financial-resources/>
- ◆ *AARP Foundation Tax-Aide*
 - * Tax help and financial aid.
 - * Visit: http://www.aarp.org/money/taxes/info-2004/about_aarp_taxaide.html
- ◆ *AARP's Money Tools*
 - * Visit: http://www.aarp.org/money/money_tools/

Schwab MoneyWise

Information and resources for money management.

To get access to these resources, visit: www.schwabmoneywise.com

Highlights Include:

- ◆ *Essentials Section*
 - * The “essential” information on a variety of topics, including goals & budgeting, credit, types of accounts, saving money, investing, taxes and insurance, and estate planning.
- ◆ *Teaching Kids Section*
 - * Information & tips on teaching kids about money
- ◆ *My Life Section*
 - * Information on a variety of financial issues, including getting married, starting a family, divorce, and retirement.
- ◆ *Tools & Resources Section*
 - * Calculators, worksheets, quizzes, surveys, documents & forms, a financial glossary, and other tools such as a spending tracker.

The Consumer Financial Protection Bureau

The U.S. government agency that makes sure banks, lenders, and other financial agencies treat consumers fairly. The website provides consumers with a variety of tools and resources about finances, financial institutions, and consumer rights.

Highlights Include:

- ◆ *Consumer Tools:*
 - * Financial management tools and worksheets.
 - * <https://www.consumerfinance.gov/>

◆ *CFPB Your Money, Your Goals*

- * A comprehensive financial literacy curriculum that offers a great selection of worksheets and hands-on activities. It also has companion guides for Native American communities and justice-involved individuals.
- * For more information and access to the curriculum (in English & Spanish), visit: <https://www.consumerfinance.gov/your-money-your-goals/>

Save and Invest.org

A website with lots of financial management and financial safety resources for multiple populations.

For more information and to get access to these resources, visit: www.saveandinvest.org

◆ *Tools and Resources*

- * Has several tools that can be helpful in preventing fraud, managing finances, and assessing financial situation, including:
 - Research tools: Look up an investment professional's background or professional designation, understand your fraud risk and more before you invest.
 - Calculators and worksheets
 - Games & Quizzes
 - How-to Videos

◆ *For the Military*

- * Financial management and planning information for military service members.

◆ *Protect Your Money*

- * Information about protecting money, how to report fraud, and other information.

Nerd Wallet

Has a variety of online resources, including:

- ◆ Free credit check
- ◆ Details and reviews of credit cards in every category
- ◆ Details and reviews of banks and types of bank accounts
- ◆ Information on credit cards, banking investing, mortgages, loans, and insurance
- ◆ For more information and to get access to these resources, visit: www.nerdwallet.com

The National Foundation for Credit Counseling

Education, tools, and resources for financial management and credit counseling.

For more information and access to these resources, visit: www.nfcc.org/tools-and-education/

Highlighted Resources

- ◆ Money management tips
- ◆ Tools & worksheets
- ◆ Online budget calculator
- ◆ Online budget planner
- ◆ Credit Counseling Location Services
 - * Call 800.388.2227 to locate nearest one or to speak to a counselor on the phone

Smart About Money

The National Endowment for Financial Education's free online financial management courses & tools. Has a variety of financial management courses, tools, and quizzes.

For more information and to get access, visit: www.smartaboutmoney.org

My Retirement Paycheck

Information and tools in planning for retirement.

To get access to this resource, visit: www.myretirementpaycheck.org

Highlights

- ◆ How to use the value of the house during retirement
- ◆ When and how to use social security
- ◆ Medical and life insurance
- ◆ How to use employer retirement plans
- ◆ How to manage and leverage savings and other assets
- ◆ How to deal with debt
- ◆ How to detect and protect against scams and fraud

The National Endowment for Financial Education – Financial Workshop Kits

Free resources for teaching money management skills.

To get access to these resources, visit: www.financialworkshopkits.org

- ◆ *Educational Kits*
 - * A large database of financial workshops for unique audiences and challenges. Can be customizable based on income level, state of life, and unique situations.
- ◆ *NEFE Tools*
 - * A list of the NEFE programs and tools
 - * Including CashCourse, My Retirement Paycheck, and Smart About Money, among others
- ◆ *Khan Academy Tutorials*
 - * Short videos that explain the basics behind several personal finance topics.
- ◆ *Case Management Tools*
 - * Support and tips for those who financially empower others.

The Federal Trade Commission's Consumer Information Website

Financial education and tools with a focus on preventing financial victimization.

To get access to these resources, visit: <https://www.consumer.ftc.gov/>

Wyoming Women's Business Center

Provides multiple resources to Wyoming women that encourage women's employment and women-owned businesses. For more information, go to the section *

For more information on any of these services:

Call: (307) 460-3943

Email: wwbc@uwyo.edu

Visit: www.wyomingwomen.org

Financial Services

- ◆ *WiseUp*
 - * An online education program that focuses on financial security.
- ◆ *Credit Report*
 - * For a nominal fee, conduct a credit check from all three bureaus.
- ◆ *Loan Counselor*
 - * Provides assistance through every step of the business loan process.
- ◆ *Individual Development Accounts*
 - * Matched savings accounts that can assist in starting or expanding a business, purchasing or repairing a home, or continuing education which can assist in starting or improving a business.
- ◆ *MicroLoan Program*
 - * A business loan program for women who are unable to get loans through traditional means.
 - Loans between \$500 to \$25,000 for business start-ups
 - Loans up to \$50,000 for business expansions
 - Eligibility: Wyoming resident, and business must be located and registered within the state of Wyoming.

Education & Employment

Many of the resources in this section will be websites. The Wyoming Department of Workforce Services is a great resource for individuals with varying levels of income, education, and job experience. Workforce Services can assist with job seeking and career exploration, and some programs offer cash assistance.

Note: The Federal government provides employers with incentives to hire employees that may have difficulty finding employment. These incentives are in the form of tax breaks and insurance bonds. Can you qualify your employer for an incentive? If you can, include that information on a resume or bring it up during the interview. For more information about these programs visit the sections

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Career Development Tips

There are several things to consider when planning a successful career, including:

- ◆ Prospective job market (also called occupational outlook)
- ◆ Required training & education (also include considerations of length of time and cost)
- ◆ Passions and interests
- ◆ Income and costs of living, as well as desired lifestyle
- ◆ Available job seeker & job development resources
- ◆ Personal characteristics (including spoken languages, preferences, skills and abilities, veteran or ex-offender status, etc.)
- ◆ Workplace & employment rights

Prospective Job Market

Occupational outlook information should be taken into consideration when thinking about which career to pursue. Job market information can be found in the section [Career Exploration Tools & Assessments](#).

Information that can be provided includes:

- ◆ Job growth over a certain amount of years (usually as short-term or long-term)
- ◆ Expected amount of employees to fill positions, and whether there will be either 1) too many job seekers for the number of jobs available or 2) whether there are not enough job seekers for the number of jobs available
- ◆ Expected starting pay and average salary

This information is important for several reasons:

- ◆ You want to make sure that you have a good chance at getting a job once you are done with training or education, and that you haven't put in all of this time and effort, only to struggle with finding a job!
- ◆ You want to make sure that you will have job security over the long-term.
- ◆ Occupational demand and the number of qualified job seekers also affects pay, employee benefits, and long-term job stability.
 - * When workers are in high demand, the job seeker is more likely to find a job, start at a higher pay, and get better job benefits. Once hired, as long as the workers are still in high demand, the employee is less likely to be laid off.
 - * When workers are not in high demand, job seekers have less bargaining power for job benefits and salary, have more competition for jobs, and are more likely to be laid off in the future.

Required Training & Education

You can explore training & education resources in the sections [Career Exploration Tools & Assessments](#), [Education & College Exploration](#), and [Websites & Programs with Multiple Resources](#). It is also a good idea to speak with a career or academic counselor. Important questions to consider are:

- ◆ What training does this occupation require? Will I need more than the "required" education or licensure in order to compete for a job?
- ◆ What will this job development cost financially? Financial costs include tuition & other fees directly associated with receiving an education or licensure, as well as living expenses.
- ◆ How long will the job development take?
- ◆ Is the required training & education a good investment of my money and time? Will this result in a salary that will allow me to achieve financial independence and maintain long-term job stability? Will this job development prepare me for the occupation that I desire?

Passions and Interests

Since you will be spending a good deal of your time doing job development and working in the future, it is important that you have some interest in what you will be doing. Passion and interest will provide motivation to get through the tough & tedious parts of job development and employment, and provide inspiration that makes you shine as an employee.

Income and Costs of Living

Although many of us spend a great deal of time thinking about how much money we want to make, most of us rarely think about how much money it takes to remain financially independent & stable while supporting a family or a certain lifestyle. For more resources on budgeting and financial planning see the section [Financial Management](#). Occupational outlooks (see above) can provide salary information.

Below are some examples of things which should be considered:

- ◆ If you and your partner would like there to be a stay at home parent, the parent who works will have to have a large enough income to provide for the entire family.
- ◆ If you and your partner know that you will not be having children, passion for your work may be more of a priority than making a lot of money.
- ◆ If you and your partner have certain spending goals for the future, that should be discussed and considered when pursuing job development and employment.
- ◆ What income (either single or combined) will cover:
 - * Your future family's basic living expenses (Housing, food, clothing)
 - * Entertainment
 - * Education
 - * Healthcare
 - * Travel
 - * Life insurance
 - * Retirement
 - * Emergency expenses
 - * Caregiving for parents or other family members
 - * Holiday & birthday gifts

Available Job Seeker & Job Development Resources

These resources may be available through the internet, on the phone, or in person. Resources may be specifically offered and tailored for populations such as parents, veterans, women, and the disabled. These resources can be found in the sections [Job Training and Placement Programs](#), [Wyoming Department of Workforce Services](#), and [Websites & Programs with Multiple Resources](#). Job seeker & job development resources for specific populations can also be found in the section [Resources for Specific Populations](#).

Personal Characteristics (Including Spoken Languages, Preferences, Skills And Abilities, Veteran Or Ex-Offender Status, Etc.)

Your personal characteristics contribute to your passions, your ability to learn and development new skills, your job qualifications, your employability, and your compatibility with different places of work.

- ◆ *Languages*
 - * Many employers specifically look for employees that speak certain languages. In these instances, speaking multiple languages can make it much more likely that an applicant gets the job.

◆ *Preferences*

- * Likes and dislikes affects things such as your career choice, flexibility, who you get along with, and where you want to work.

◆ *Skills & abilities*

- * Some of these may be natural skills, while others may have been learned. These should be highlighted on a resume and during job interviews. They should also be taken into account when considering job development. What skills and abilities do you already have that provide a good foundation for the career you are thinking of pursuing? What about skills that will help you to complete job development?

◆ *Other (such as ethnicity/race, religion, ex-offender, veteran, disabled, victim/survivor)*

- * Your personal characteristics will also allow you to access specific resources that may be especially useful during your job development & job search.
- * Visit <https://www.doleta.gov/business/incentives/opptax/> to see whether you belong to a population that would qualify an employer to a Work Opportunity Tax Credit. If you do, make sure to include this incentive in a resume or during the job interview.

Workplace & Employment Rights

It is important to know your rights as an employee and in the workplace in order to protect yourself and others from either accidental or intentional discrimination and harm. Workplace & employment rights can help you to receive a fair wage, employee benefits, and family leave; and protection from discrimination and harassment. These rights do not begin as an employee – certain rights apply during the hiring process, including what they can ask on applications and during interviews. Becoming familiar with your rights, and how to respond to interview questions that legally shouldn't be asked, could mean that you get the job you desire. To review your rights go to the section [Employment Rights](#).

Career Development Curriculums

Allstate Career Empowerment Curriculum

The curriculum was designed by Women Employed and The Allstate Foundation particularly for survivors of domestic violence. The curriculum helps them feel safe and confident throughout the process of getting a job, to help them elevate their thinking from “just getting a job” to “starting a career” and to do so in a way that fully acknowledges the particular challenges that survivors often face. The curriculum refers to many different career types, such as blue collar and white collar, and is relevant for survivors with any skill set.

To download the curriculum for free (English & Spanish), visit www.purplepurse.com, click on “Get Resources”, go to “Financial Tools”, and then “Career Empowerment Curriculum”.

The curriculum covers five key topics:

- ◆ Being Safe During the Job Search and at Work
- ◆ Choosing and Planning for the Career You Want
- ◆ Getting Started in Your Career
- ◆ Preparing for Your Job Search
- ◆ Sharing Information and Communicating throughout the Job Search and at Work

Strategies for Success in Career Development

Womenemployed.org’s career development curriculum and career coach guide.

To download the PDF, visit:

<https://womenemployed.org/sites/default/files/resources/StratForSuccessFullCurriculum2008.pdf>

Career Exploration Tools & Assessments

Online Holland Occupational Themes Test

To take the test, visit: <http://personality-testing.info/tests/RIASEC/>

My Next Move

Browse and search for your dream career, or answer a few questions to get some suggestions.

Visit: <https://www.mynextmove.org/>

High 5 Test – Strengths Finder

To take the test, visit: <http://high5test.com/>

Military.com

Learn about joining the various branches of the military.

Visit: <http://www.military.com/join-armed-forces>

Wyoming Occupational Statistics

The Bureau of Labor Statistics website with information on the occupations and pay in Wyoming.

Visit: https://www.bls.gov/oes/current/oes_wy.htm

Wyoming 2014 Guide to Licensed Occupations

A comprehensive guide to licensed occupations in Wyoming, including descriptions, education requirements, restrictions, pay range, and licensing board information. *Note: Restrictions on criminal history may be negotiable. Contact the licensing board to ask about criminal history restrictions.*

Visit: https://doe.state.wy.us/lmi/dir_lic/lic-occs-2014.pdf

Wyoming Occupational Projections, 2010 to 2020

Occupational projections are an estimate of job growth in specific job categories. This information can help career explorers to choose careers in areas of job growth, which is more likely to result in job stability.

Visit: http://doe.state.wy.us/LMI/projections/WY_Occ_Proj_2010_2020.pdf

For projections information and explanations visit: <http://doe.state.wy.us/LMI/projections.htm>

The U.S. Occupational Outlook Handbook

The information in this handbook is provided by the U.S. Department of Labor, the Bureau of Labor Statistics. For 2024 projections visit www.bls.gov/ooh

State Projections

This website allows the user to search occupational projections in each state. For 2018 and 2024 projections visit www.projectionscentral.com.

Job Training and Placement Programs

Wyoming Women's Business Center

Provides employment training, business counseling, and financial assistance to women business owners in Wyoming. For information on business counseling and financial assistance, go to the [Wyoming Women's Business Center](#).

Visit: www.wyomingwomen.org

Call: (307) 460-3943

Email: wwbc@uwyo.edu

Wind River Job Corps Center

Located in Riverton, the Job Corps Center provides a variety of education, job development, and career services to Wyoming residents. While participating, the students receive a stipend and either live onsite or offsite. Job Corps helps low-income individuals receive quality job training.

For more information, visit: <http://windriver.jobcorps.gov/about.aspx>

Programs

◆ *Academics*

- * All Job Corps participants will leave with at least their GED or High School Diploma. There is also the opportunity to learn English at the English Language Learning Program. The Center is currently finalizing a partnership with Central Wyoming College to deliver college courses at the Center.

◆ *Vocational Training*

- * Education in several vocational careers.

Benefits

◆ *Bi-Weekly Pay*

- * Students receive between \$25-\$35 every 2 weeks, depending on the amount of time they have been in the program.

◆ *Dependent Child Allotment*

- * For students with dependent children, money can be deducted from the bi-weekly pay and sent to the child's caregiver. Job Corps will match that deduction 5 times and send that amount. For example, if the student sends \$5 every 2 weeks, the Center will contribute \$25, and the child's caregiver will receive \$30.

◆ *Clothing Allowance*

- * After the student has been at the Center for 30 to 90 days, the student becomes eligible for a clothing allowance of \$100. After that, within 90 days of graduation, the student can receive an additional \$125. Students who enroll in Advanced Training are eligible for an additional \$100.

◆ *Housing*

- * The center is contracted for 300 students who reside both on site, in dormitories, and off-site as non-residents. Dormitories are brand new, and equipped with modern amenities. They are designed with four person rooms, each dormitory has bathroom and shower facilities, laundry facilities, TV rooms, and large lounge areas.

◆ *Meals*

- * The students are provided three nutritious meals each day at no cost in one of the best cafeteria facilities in Job Corps. On weekends, students receive two full nutritious meals consisting of brunch and dinner.

◆ *Wellness Center*

- * The wellness center is open Monday-Friday for basic medical, dental, and optometrist services which are provided free to our students. The wellness center also provides 24-hour emergency medical services. Weight management, smoking cessation, pregnancy prevention, and other health-related programs are also available.

◆ *Graduate Benefits*

- * A transition allowance of up to \$1000 to assist you with transportation and housing
- * Job placement assistance for up to nine months
- * Career counseling
- * Relocation counseling services
- * Students will receive initial placement services for up to nine months following separation.
- * Students will receive career transition services for 12 months following initial placement.
- * Services shall not exceed 21 months from separation.

How to Apply

Contact an admissions representative: Call (800) 733 – 5627

Apprenticeships

Apprenticeships provide paid, on the job training, and may be enticing for many populations. Although Unions are uncommon in Wyoming, there are still apprenticeships throughout the state.

Apprenticeships can be found at a variety of places, although most are at Registered Sponsors. When searching for apprenticeships, it might be useful to check with Registered Sponsors in addition to checking current apprenticeship openings.

Apprenticeship Information & Exploration

- ◆ List of Registered Apprenticeship Occupations: <https://www.doleta.gov/OA/occupations.cfm>
- ◆ CareerOneStop.org
 - * Using keywords from the above website, search CareerOneStop for occupation information.
 - * Go to the CareerOneStop's Apprenticeship Finder and expand the list of occupations to explore.

Find Apprenticeship Programs

- ◆ The U.S. Department of Labor
 - * Search for advertised apprenticeship jobs by location: www.dol.gov/apprenticeship/
 - * Search for apprenticeship sponsors by location & occupation type (may not have open positions): <https://oa.doleta.gov/bat.cfm>
- ◆ CareerOneStop's Apprenticeship Finder: <https://www.careeronestop.org/Toolkit/Training/find-apprenticeships.aspx?newsearch=true>

Climb Wyoming

A 4-6 month job development program for single mothers in Wyoming.

For more information on how to apply and locations throughout Wyoming, visit:
www.climbwyoming.org

Program Components

- ◆ 100% Free
- ◆ Career Development
- ◆ Parent Skills
- ◆ Financial Planning
- ◆ Parenting & Career Support
- ◆ Job Placement
- ◆ On average, Climb graduates more than double their monthly income

Business & Nonprofit Ownership/Startup

USDA Programs

The USDA provides funding opportunities for community & nonprofit services, as well as businesses, in rural areas.

Community Services & Nonprofits

- ◆ To explore the programs available and to check eligibility, visit:
<https://www.rd.usda.gov/programs-services/programs-services-communities-nonprofits>

Business Development

- ◆ Funding opportunities for rural small businesses through loans, loan guarantees, and grants.
- ◆ To explore the programs available and to check eligibility, visit:
<https://www.rd.usda.gov/programs-services/programs-services-businesses>

For more information on programs in Wyoming, visit the Wyoming's USDA Rural Development website at:

<https://www.rd.usda.gov/wy>

Contact Information

◆ Address

USDA Rural Development
100 East B St. Rm 1005
Casper, WY 82601
Phone: 307-233-6700

◆ Phone numbers

- * State Director's Office: 307-233-6700
- * Business Programs: 307-233-6706
- * Community Programs: 307-233-6710
- * Community Economic Development: 307-233-6714

Wyoming Women's Business Center

Provides multiple resources to Wyoming women that encourage women's employment and women-owned businesses. For more information, go to the section *

For more information on any of these services:

Call: (307) 460-3943
Email: wwbc@uwyo.edu
Visit: www.wyomingwomen.org

Financial Services

◆ *WiseUp*

- * An online education program that focuses on financial security.

◆ *Credit Report: For a nominal fee, conduct a credit check from all three bureaus.*

◆ *Loan Counselor*

- * Provides assistance through every step of the business loan process.

◆ *Individual Development Accounts*

- * Matched savings accounts that can assist in starting or expanding a business, purchasing or repairing a home, or continuing education which can assist in starting or improving a business.

◆ *MicroLoan Program*

- * A business loan program for women who are unable to get loans through traditional means.
- * Loans between \$500 to \$25,000 for business start-ups
- * Loans up to \$50,000 for business expansions

◆ *Eligibility*

- * Wyoming resident, and business must be located and registered within the state of Wyoming.

[Www.Grants.gov](http://www.Grants.gov)

Online search engine and application for government grants. Grants can be filtered in the search engine by the type of organization. Grants are available for all types of organizations, include nonprofits, large businesses, and small business (among others). Also includes information and guidance on how to apply for grants.

Networking

LinkedIn

A tool for connecting with other professionals in social networks. Can be used to open doors to jobs and get information about possible career choices.

Visit: www.linkedin.com

Resume & Interviewing Tools/Guides

LiveCareer

An online resume builder.

Visit: www.livecareer.com

Job Search Tools

Indeed

National job search website.

Visit: www.indeed.com

Monster

National job search website.

Visit: www.monster.com

The Work Opportunity Tax Credit Program

This program offers an incentive to employers to hire applicants from certain populations; for more information visit <https://www.doleta.gov/business/incentives/opptax/>. Populations that qualify include:

- ◆ Unemployed Veterans (including disabled veterans)
- ◆ Temporary Assistance for Needy Families (TANF) Recipients
- ◆ Food Stamp (SNAP) Recipients
- ◆ Designated Community Residents (living in Empowerment Zones or Rural Renewal Counties)
- ◆ Vocational Rehabilitation Referred Individuals
- ◆ Ex-Felons
- ◆ Supplemental Security Income Recipients
- ◆ Summer Youth Employees (living in Empowerment Zones)
- ◆ Qualified Long-Term Unemployment Recipient

The Federal Bonding Program

This program provides employers that hire certain employees with insurance bonds. These bonds last up to 6 months and cover damage and theft caused by the bonded employee. For more information visit www.bonds4jobs.com or call (877) 872-5627. Populations that qualify include:

- ◆ Justice-involved men, women and youth
- ◆ Individuals in recovery from substance abuse

- ◆ TANF recipients
- ◆ Individuals with poor credit records
- ◆ Economically disadvantaged youth and adults with little or no work histories
- ◆ Individuals dishonorably discharged from the military

GovernmentJobs.com

A website to search for government jobs, which usually pay well and offer great employee benefits.

Visit: <https://www.governmentjobs.com/careers/wyoming>

Employment Rights

Note: Some employment rights for specific populations are located in section [Resources for Specific Populations](#).

The U.S. Equal Employment Opportunity Commission

Information on employment rights and how to file claims.

Visit: <https://www.eeoc.gov/employees/>

WomenEmployed.org's Fact Sheets on Job Rights

Great information for female employees about employment rights.

Visit: <https://womenemployed.org/your-rights-job>

Wyoming's Department of Workforce Services: Labor Rights & Wage Information

Information on employment and wage rights in Wyoming.

Visit: <http://www.wyomingworkforce.org/workers/labor/rights/>

Workplace Fairness – Domestic Violence Victimization and Workplace Rights

Information on employment rights for victims and survivors of domestic violence.

Visit: <http://www.workplacefairness.org/domestic-violence-workplace>

Wyoming Department of Workforce Services

For more information on services, programs, and locations, visit: www.wyomingworkforce.org

General Job Seeker Services

Delivered in one of three modes including self-service, facilitated self-help services and staff assisted service delivery approaches through Employment & Training's Management Information System or wyomingatwork.com

Benefits

- ◆ Skill Level Assessment Assistance
- ◆ Career Guidance
- ◆ Job Search Assistance/Workshops
- ◆ Placement Assistance
- ◆ Re-Employment Assistance to UI Claimants
- ◆ Resume Writing Assistance
- ◆ Labor Market Information

Eligibility Criteria

- ◆ None. This program is open to all individuals and business customers at no cost.

Dads Making a Difference

A training-to-work program for low income custodial and non-custodial fathers who are experiencing multiple barriers to self-sufficiency.

Benefits

- ◆ Job training in high growth, high demand occupations
- ◆ Job placement assistance in high paying jobs
- ◆ Life skills training: Topics include parenting skills, healthy relationships, financial literacy, credit recovery, job seeking skills and techniques, employment retention, resource development, problem solving, and more.
- ◆ Individual and group counseling

Eligibility Criteria

- ◆ A custodial or non-custodial father
- ◆ Low-income and struggling to make enough money to support the self and family
- ◆ At least 18 years old
- ◆ Drug-free
- ◆ Motivated to make a change
- ◆ Able to be dedicated to a comprehensive and time intensive career program

Application Process

- ◆ Pick up an application at the Dads Making a Difference Office:
1510 East Pershing Blvd, West Entrance
Cheyenne, WY, 82002
(307) 777-3717
(307) 777-3639
- ◆ Download and print the application: (bottom of page)
<http://www.wyomingworkforce.org/workers/employment/dads/>
- ◆ Turn in the application to the Dads Making a Difference Office
- ◆ Once the application has been reviewed, the applicant will be contacted by a staff member, and an informational meeting will be set up.

SNAP Employment & Training Program

Promotes self-sufficiency through employment for those who receive SNAP benefits.

Benefits

- ◆ Job readiness
- ◆ Job search
- ◆ Job retention
- ◆ Job training funding

Locations

- ◆ Natrona County
- ◆ Campbell County

Veteran's Program

Veterans and eligible spouses qualify for Priority of Service, and receive precedence to general services, open position notifications, and referrals to job training.

Eligibility Criteria

- ◆ *Veteran*
 - * A person who served in the active military, naval or air service, and who was discharged or released from there under conditions other than dishonorable. Active service includes full-time duty in the National Guard or a Reserve component, other than full-time duty for training purposes.
- ◆ *Eligible Spouse*
 - * The spouse of any of the following:
 - Any veteran who died of a service-connected disability
 - Any member of the Armed Forces serving on active duty who, at the time of application for the Priority, is listed in one or more of the following categories and has been so listed for a total of more than 90 days.
 - Missing in action
 - Captured in line of duty by a hostile force
 - Forcibly detained or interned in line of duty by a foreign government or power
 - Any veteran who has a total disability resulting from a service-connected disability, as evaluated by the Department of Veterans Affairs
 - Any veteran who died while a disability was in existence

Application Process

- ◆ Register with Wyoming Workforce and at Wyoming At Work for job placement services.
- ◆ Speak with a receptionist at the Workforce center and ask them about the Veterans Program.

Workforce Innovation & Opportunity Act

Provides opportunities to help youth and adults prepare for a successful working career.

Services Offered

- ◆ Assessment of skill levels, aptitudes, abilities, interests, and service needs
- ◆ Development of an individual employment plan to identify short and long term employment goals
- ◆ Implementation of a plan to achieve employment goal
- ◆ Work experience assistance
- ◆ Occupational skills training
- ◆ On-the-job training
- ◆ Training in high demand, high growth occupations that pay a self-sufficient wage

Training Opportunities

- ◆ Healthcare/Healthcare Technology
- ◆ Construction/Trades
- ◆ Transportation/CDL Licenses
- ◆ Environmental Technology
- ◆ Administrative Office Technology
- ◆ Particular focus on occupations that have higher projected growth potential
- ◆ Careers outside of these industries may also be considered

Vocational Rehabilitation

Program that assists individuals with disabilities to establish and reach vocational goals.

Benefits

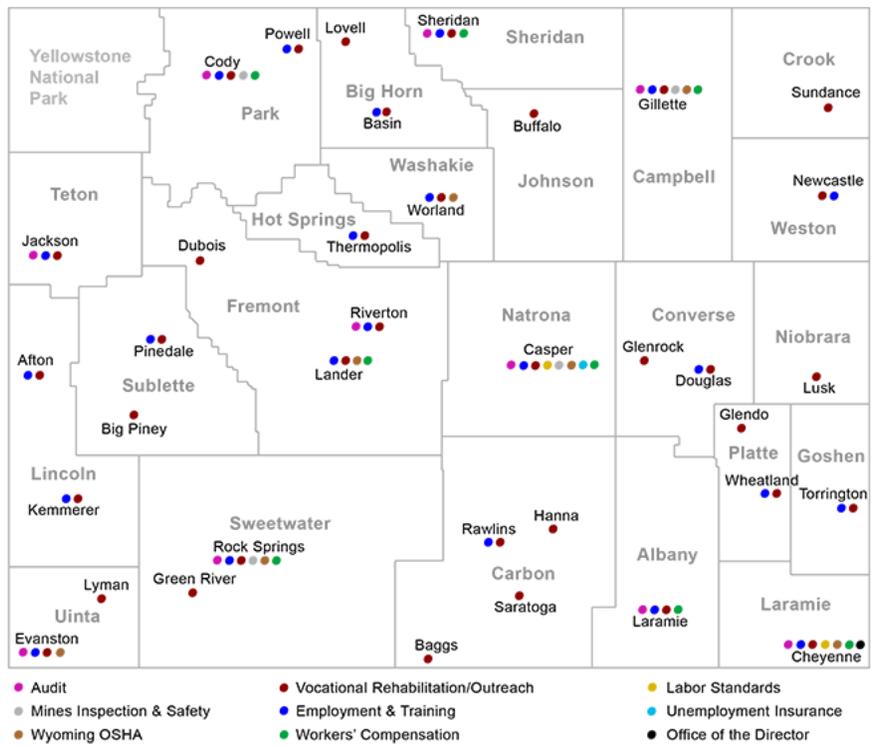
- ◆ Eligibility Assessment
- ◆ Counseling and Guidance
- ◆ Referral Services
- ◆ Job Search and Placement Assistance
- ◆ Job Retention and Career Follow-Up
- ◆ Vocational and Other Training Services
- ◆ Facilitation of diagnosis and treatment of physical and mental impairments
- ◆ Transportation Services
- ◆ Personal Assistance Services
- ◆ Deaf and Blind Interpretive Services
- ◆ Rehabilitation Teaching Services
- ◆ Occupational Licenses, Tools and Equipment
- ◆ Self-Employment Opportunities
- ◆ Rehabilitation Technology Services
- ◆ Transition Services (from school-to-work)
- ◆ Supported Employment Services

Eligibility Criteria

- ◆ Physical or mental impairment
- ◆ The impairment constitutes or results in a substantial impediment to employment;
- ◆ The individual shall be presumed to be able to benefit in terms of an employment outcome from the provision of Vocational Rehabilitation services unless there is clear and convincing evidence that the applicant is incapable of benefiting in terms of an employment outcome from Vocational Rehabilitation services; and
- ◆ The applicant requires services to prepare for, enter into, engage in, regain or retain gainful employment consistent with the applicant's strengths, concerns, abilities, capabilities and informed choice

Workforce Center Locations

For locations, visit: <http://www.wyomingworkforce.org/contact/all/>



Funding for Education

Federal Student Aid Application

Information about the FAFSA, which is required for any federal financial aid.

Visit: www.fafsa.ed.gov

Studentaid.ed.gov

Information on Federal Student Aid and how to prepare for college.

Visit: www.studentaid.ed.gov/sa/

FastWeb

Search for scholarships, colleges, financial aid, and more. You can search for scholarships based on identity and population characteristics easily by going to the bottom of the page and clicking on any of the “scholarship directories” links (just click on any of them). This will show you a list of scholarships for the group you clicked on, but on the right of the page is an extensive directory list that you can use to filter results that may apply to you. The website also provides information and guidance about all types of financial aid and how to successfully win scholarships.

Visit: www.fastweb.com

Scholarship Directories

◆ *Military*

- * Disabled Veterans
- * Veterans

◆ *Ethnicity*

- * Chinese Students
- * Filipino Students
- * German Students
- * Irish Students
- * Italian Students
- * Jewish Students
- * Korean Students
- * Mexican Students
- * Polish Students
- * Puerto Rican Students
- * Russian Students

◆ *Honor*

- * National Honor Society (NHS) Members
- * Salutatorians
- * Valedictorians

◆ *Race*

- * African American Students
- * Asian or Pacific Islander Students
- * Hispanic Students

- ◆ *Unique Situation*
 - * Adopted Students
 - * Bilingual Students
 - * LGBTQ Students
 - * Orphan / Parentless Students
 - * Single Parents
 - * Students From a Small Town
 - * Students who Received Foster Care
- ◆ *School Year*
 - * College Freshman
 - * College Juniors
 - * College Seniors
 - * College Sophomores
 - * First-Year Graduate Students
 - * High School Juniors
 - * High School Seniors

Scholarships for Women.net

Search for scholarships for women.

Visit: www.scholarshipsforwomen.net

Jeannette Rankin Women's Scholarship Fund

Scholarships for low-income women 35 and older. Other eligibility criteria apply.

Visit: www.rankinfoundation.org/students/eligibility

Patsy Takemoto Education Foundation

Limited scholarships are available for low-income women with minor children who are pursuing post-secondary education.

Visit: www.patsyminkfoundation.org

The National Center on Domestic & Sexual Violence (NCDSV) Scholarship List

Includes a list of scholarships that victims & survivors of violence may qualify for. Many of these scholarships do not require the applicant to be a victim; eligibility may depend on other things, such as belonging to a marginalized population or being a single parent.

For more information, visit www.ncdsv.org/ncd_linksfunding.html#scholarships and scroll down to "Grants...for Individuals".

Education & College Exploration

TradeSchools.net – Trade & Vocational Program Information

Search and explore trade and vocational programs, and locate trade & vocational schools around the U.S.

Visit: www.trade-schools.net

PassGED

Information about high school credentials in Wyoming and practice tests.

Visit: www.passged.com/state/wyoming

GED Testing Service

Information about the GED, preparation resources, and GED testing locations.

Visit: www.gedtestingservice.com/testers/wyoming

HiSET

Information about the HiSET.

Visit: <https://hiset.ets.org/requirements/state/wy>

CollegeStats

Information about colleges and degree programs offered.

Visit: www.collegestats.org

Campus Pride Index – National Listing of LGBTQ-Friendly Schools

Information about LGBTQ-friendly schools.

Visit: www.campusprideindex.org

Websites & Programs with Multiple Resources

CareerOneStop

The U.S. Department of Labor's one-stop-shop for all things related to finding jobs. This is a comprehensive website with many tools.

Visit: www.careeronestop.org

Highlights

- ◆ Online Career Toolkit
- ◆ Career Exploration
- ◆ Networking
- ◆ Resumes & Applications
- ◆ Interview & Negotiate

Wyoming at Work

Wyoming's online job search network. Also has other information about Wyoming's job market, employment, and wage.

Visit: www.wyomingatwork.com

Highlights

- ◆ *Search for jobs*
- ◆ *Labor Market Information*
 - * On the main page, click "Labor Market Analysis" in the top upper right
- ◆ *Job Seeker Services*
 - * On the main page, click "Services for Individuals" on the top middle

University of Wyoming

- ◆ *University of Wyoming's 2016-2017 Career Guide*
 - * Visit: www.uwyo.edu/aces/files/documents/2016careerguide.pdf
- ◆ *UW's Scholarships Website*
 - * Visit: www.uwyo.edu/sfa/scholarships
- ◆ *Nontraditional Student Scholarships at UW*
 - * Visit: www.uwyo.edu/ntscenter/scholarships-and-opportunities-ntscenter/index.html
- ◆ *Women's Scholarships at UW*
 - * Visit: www.uwyo.edu/womensprograms/scholarships

BigFuture

Lots of resources for individuals planning on attending college, including tools to find colleges, explore careers, pay college, and apply for college.

Visit: www.bigfuture.collegeboard.org

Economic Empowerment Advocacy Resources

Ethical & funding guidelines require that social service programs use Evidence Based Practice (EBP) – this makes it more likely that services are both effective and efficient. Services that use EBP always start with the knowledge base: theory, statistics, and research on the effects of services provided.

This list of resources was compiled to help in the process of becoming knowledgeable on subjects related to the economic empowerment of interpersonal violence (IPV) survivors. Some of these resources are directly related to survivors of IPV, while others are not, and can be used to assist in the economic empowerment of other populations.

Institute for Women’s Policy Research (IWPR)

Click on “Publications” and under “Issue Area”, choose a topic. This section has lots of articles, briefs, and toolkits that may be very useful in assessing, advocating for, and empowering clients.

www.iwpr.org

Recommended

- ◆ The “Violence & Safety” topic has many good resources for information about the intersection of economic issues and intimate partner violence.
 - * Many of these articles, briefs, and toolkits may be very useful in assessing, advocating for, and empowering clients. The following pieces in particular should be read to gain a greater understanding of the role that economic security plays in victims’ and survivors’ lives:
 - Economic Abuses Fact Sheet
 - Intersections of Domestic Violence and Economic Security
 - Intersections of Sexual Violence and Economic Security
 - Intersections of Stalking and Economic Security
 - Rural Survivors and Economic Security

The Corporation for Enterprise Development’s Resource Directory

An extensive library of the latest tools, research and resources on asset building and expanding economic opportunity.

Recommended

- ◆ *Household Financial Security Framework*
 - * In addition to describing the connections between learning, earning, saving, investing and protecting, the Framework highlights the critical importance of delivering essential services to households and how those services, such as public benefits, child care, affordable housing or matched savings, contribute to the overall financial well-being of the household.
 - * http://cfed.org/knowledge_center/household_financial_security_framework/
- ◆ *Meeting People Where They Are, Part 1 of 6 of Increasing Financial Well-Being Through Integration*
 - * This introductory brief covers (1) the state of households’ finances, (2) the impact of financial insecurity on families, (3) the financial challenges experienced by households beyond lack of income and wealth, (4) the definition of financial capability and integration, (5) the federal government’s investment in innovation and cross-agency dialogue regarding

integration and financial capability and (6) the framework for future policy recommendation.

- * http://cfed.org/knowledge_center/resource_directory/cfed_publications/directory/meeting_people_where_they_are

Safe Housing Partnerships

Has information and resources on safe housing for advocates and domestic violence & sexual assault survivors.

www.safehousingpartnerships.org

Recommended

- ◆ *Understanding the Intersections*
 - * Up to date statistics and information about the connection between housing and DV/SA.
- ◆ *Employing Key Approaches -> Survivor Centered Services*
 - * Resources and tools for economic empowerment advocates.

National Alliance to End Homelessness

Has a large online database/library with many topic areas. Has statistics, tools, and recommendations for practice when addressing issues related to homelessness.

www.endhomelessness.org

Allstate's Purple Purse Foundation

This website provides information about economic abuse and online resources that can help survivors gain financial literacy and work on career development (the Financial Management and Career Development curriculums). This website also contains information gathered from the Financial Abuse Survey and useful facts about domestic violence and economic abuse.

www.purplepurse.com

The Center for Survivor Agency and Justice

Has a database with lots of information about the intersections between economic justice and IPV, including infographics, toolkits, and factsheets.

www.csaj.org

Wyoming Women's Foundation

This organization makes grants and spearheads initiatives that benefit women and girls and entire communities.

Wyoming Wage Gap

- ◆ Up-to-date information about the wage gaps in Wyoming.
- ◆ Visit: www.wywf.org/status-of-wy-working-women
- ◆ Full Report

- * <http://wywf.org/wp-content/uploads/2016/06/Wyoming-Wage-Gap-Report-2015.pdf>
- ◆ Fact Sheet
- * <http://www.nationalpartnership.org/research-library/workplace-fairness/fair-pay/4-2016-wy-wage-gap.pdf>

The Self-Sufficiency Standard for WY 2016

A full report on the demographics of people in Wyoming living below the Self-Sufficiency Standard. Has great information about household demographics and tables that show the impact of government assistance. For Wyoming's Self-Sufficiency Standard, visit: www.wywf.org/economic-self-sufficiency-study

- ◆ Self-sufficiency standards also exist for other states, although many are outdated. The University of Washington's Center for Women's Welfare creates and houses the Self-Sufficiency Standards.
 - * For the self-sufficiency standards of other states, visit: www.selfsufficiencystandard.org/self-sufficiency-standard-state

Taking Action: An Advocate's Guide to Assisting Victims of Financial Fraud

Goes over topics such as:

- ◆ How to use the guide
- ◆ What financial fraud looks like, who does it, and who it effects
- ◆ The advocate's role
- ◆ Actions that can be taken by the type of fraud

Visit: www.saveandinvest.org/file/document/taking-action-advocates-guide-assisting-victims-financial-fraud

Workplace Fairness – Domestic Violence and the Workplace

Information on rights in the workplace for victims of IPV and possible solutions for those experiencing difficulty at work.

Visit: www.workplacefairness.org/domestic-violence-workplace

The Corporate Alliance to End Partner Violence

A national nonprofit organization dedicated to reducing the costs and consequences of IPV at work. A great source for information, materials, and advice.

Visit: www.caepv.org

Partnership for Prevention – Domestic Violence and the Workplace

A guide and study that explores the issue of IPV in the workplace and how to engage employers in domestic violence prevention.

- ◆ Visit: [http://www.caepv.org/membercenter/files/Partnership%20For%20Prevention%20briefing%20\(confidential%20document\).pdf](http://www.caepv.org/membercenter/files/Partnership%20For%20Prevention%20briefing%20(confidential%20document).pdf)

The Battered Women's Justice Project (BWJP)

BWJP is the national resource center on civil and criminal justice responses to intimate partner violence. It provides training and technical assistance , and has a large online resource database filled with free webinar recordings , toolkits, reports, policy briefs, research & statistics, and information on laws and regulations. To get access to the free resources visit www.bwjp.org and go to "Resource Center".

Suggested Resource Categories

- ◆ Child Custody & Family Court
- ◆ Protection Orders & Enforcement
- ◆ Sexual Violence

Tips for Exploring Resources

- ◆ *Filter by category*
 - * Suggested categories include: Child Custody & Family Court; Protection Orders & Enforcement; Sexual Violence
- ◆ *Filter by keyword*
 - * Suggested keywords include: Children, Economic, Financial, Assessment, Housing, Parent
- ◆ *Filter by type of resources*
 - * Suggested types of resources include: Webinars, Tools & Guides, Promising Practices & Policies, Statutes Guides & Matrices

Miscellaneous Resources

Resources that don't fit easily into other sections might be found here. These resources might be programs or agencies that provide benefits that fit multiple categories.

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Department of Family Services

The Department of Family Services manages and distributes several public benefits programs. Some of these programs are for families, while others can be used by individuals. In addition, DFS also connects individuals and families to multiple healthcare benefits, including Medicaid and WIC.

Important DFS Information

Department of Family Services Website
<https://sites.google.com/a/wyo.gov/dfsweb/>

SNAP/POWER Policy Manual

The top menu has helpful sections such as “Glossary”, “Forms”, & “Tables” (with income guidelines).
<https://sites.google.com/a/wyo.gov/dfssnap/home>

DFS Headquarters

2300 Capitol Avenue
Third Floor
Hathaway Building
Cheyenne, WY 82002
Tel: (307) 777 - 5846
Fax: (307) 777 – 6276

Economic Assistance Division

Responsible for SNAP, Child Care Subsidy Program, and POWER
Administrator: Roxanne O'Connor (307) 777-6101
Administrative Assistant: Annette Jones (307)777-5846

Child Support Enforcement

Kathy Torguson
(307) 777-6948
Monday-Friday

Financial Services

(307) 777-5474
Monday-Friday

SNAP Program Manager

Andrea Barker
(307) 777 – 6313

POWER Program Manager

Corrine Livers
109 W. 14th
Powell, WY 82435
(PH) 307-754-2245 ext. 23
(FX) 307-754-4230

Low Income Energy Assistance (LIEAP)

LIEAP is a state and federally-funded program that helps people pay home heating bills November through May. The program is open to homeowners and renters. It helps cover the costs of electricity, natural gas, propane, wood, diesel heating oil, coal and pellets when these are used for heating a home.

Eligibility Criteria

- ◆ See the income guidelines at [Appendix E: Income Guidelines for Department of Family Services Programs](#)

Application Process

- ◆ To download an application and get other forms, visit:
<https://sites.google.com/a/wyo.gov/dfsweb/economic-assistance/lieap>
- ◆ To get information or ask for an application to be mailed, call: (800) 246-4221

Wyoming Weatherization Assistance Program

People who are approved for assistance through LIEAP may also be eligible for weatherization services to make their homes more energy efficient and further lower heating costs.

The Weatherization Assistance Program helps households save money on home heating costs by improving energy efficiency. Weatherizing homes often means adding more insulation, sealing leaks around doors and windows, and it always includes basic health and safety checks. An energy audit determines which weatherization measures will get the biggest bang for the weatherization dollars spent on each home. Weatherization can save 5-25% on home heating bills.

Eligibility Criteria & Application Process

- ◆ The same as for LIEAP

Child Support Program

The Child Support Program uses contract and county field offices along with state personnel to find parents, establish paternity, establish child support and medical support orders, enforce child support and medical support orders and modify existing orders. It also receives and disburses child support payments. It serves any person who fills out an application and pays a \$25 application fee, and services are not based on income. In addition, it receives case referrals when individuals apply for public assistance or parents have a child in the custody of DFS.

For more information about the program and how to apply, visit the DFS website:

<https://sites.google.com/a/wyo.gov/dfsweb/child-support-enforcement/child-support-enforcement-1>

Cash Assistance (POWER)

A time-limited pay-after-performance program, POWER assures families with a dependent child(ren) are working to become self-sufficient through employment, child support and other resources.

Benefits

The maximum benefit amount is intended to cover the following items:

- ◆ Shelter
- ◆ Personal care items
- ◆ Utilities

- ◆ Housekeeping supplies
- ◆ Telephone
- ◆ Home furnishings maint.
- ◆ Food
- ◆ Apparel and upkeep
- ◆ Misc. medical
- ◆ Recreation
- ◆ Travel costs
- ◆ Reading and education

Eligibility Criteria

- ◆ Be a parent
- ◆ Low-income (go to [Appendix E: Income Guidelines for Department of Family Services Programs](#))

Application Process

- ◆ To download the application, visit: <https://sites.google.com/a/wyo.gov/dfsweb/economic-assistance/power>

Food Assistance (SNAP)

SNAP provides crucial support to needy households and to those moving from welfare to work. SNAP benefits are distributed electronically through the Wyoming Card. SNAP supports better nutrition for low-income households.

Benefits

- ◆ “Money” is loaded onto the Wyoming Card to be used to buy groceries.

Eligibility Criteria

- ◆ Individuals and families
- ◆ Low-income (for income guidelines, see [Appendix E: Income Guidelines for Department of Family Services Programs](#))

Application Process

- ◆ Download an application at: <https://sites.google.com/a/wyo.gov/dfsweb/economic-assistance/snap>
- ◆ Speak with a DFS Eligibility Specialist at the local office

Child Care Subsidy Program

Helps low income families pay for the cost of care when the parent(s) are working or in school. Based on the family’s income, the parents will be responsible for paying for part of the cost of care. Parents are free to choose a child care arrangement that best fits their needs as long as the provider chosen meets certain health and safety requirements.

Benefits

- ◆ Drastically reduces the cost of childcare
- ◆ Parents can choose the childcare provider
- ◆ Transition period after parents’ income grows doesn’t immediately cut them off from financial assistance

Eligibility Criteria

- ◆ Low-income (for income guidelines, see [Appendix E: Income Guidelines for Department of Family Services Programs](#))

Application Process

- ◆ To download an application, visit: <https://sites.google.com/a/wyo.gov/early-childcare-and-licensing/child-care-1/home/dfs-in-your-community/child-care-resources/licensing-faqs/child-care-licensing-and-eligibility-staff-maps/providers/financial-assistance>

Lifeline/Telephone Assistance (TAP)

A service provided by telephone companies to help people and families maintain a phone, landline, cable or cell phone. The program is open to anyone enrolled in SNAP, LIEAP, Medicaid or other social service programs. Your telephone company can tell you specifically how you can benefit.

Eligibility Criteria

- ◆ The person or family needs proof that they are participating in a social service program such as SNAP, LIEAP or Medicaid.

Application Process

- ◆ A copy of the award letter or benefits card and the application should be mailed or faxed to the local telephone company.
- ◆ To download an application, visit: <https://sites.google.com/a/wyo.gov/dfsweb/economic-assistance/tap>

Department of Family Services Locations (last checked May 2017)

Afton
 (307) 886-9232
 631 Washington 83110
 Monday-Friday
 8 a.m.- 12 p.m. and 1-5 p.m.

Buffalo
 (307) 684-5513
 381 N. Main 82834
 Monday-Friday
 8 a.m.-5 p.m.

Casper
 (307) 473-3900
 851 Werner Court No. 200 82601
 District Manager - Paul Fritzler
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Cheyenne
 (307) 777-7921
 1510 E. Pershing Blvd,
 82002-0490
 District Manager - Clint Hanes
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Cody
 (307) 587-6246
 1301 Rumsey 82414
 District Manager - Ed Heimer
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Douglas
 (307) 358-3138
 219 N. Russell 82633
 District Manager - Holly Lebsack
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Evanston
 (307) 789-2756
 350 City View Drive, Suite 302
 82930
 District Manager - Keith Carter
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Gillette
 (307) 682-7277
 551 Running W. Drive 82718
 District Manager - Bonnie
 Volk
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Glenrock
 (307) 436-9068
 925 W. Birch 82637
 District Manager - Holly Lebsack
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Greybull
 (307) 765-9453
 616 2nd Ave. N. 82426
 District Manager - Ed Heimer
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Jackson
 (307) 733-7757
 115 W. Snow King
 P.O. Box 547 83001
 District Manager - Jen Neely
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.- 12 p.m. and 1-5 p.m.

Kemmerer
 (307) 877-6670
 1100 Pine Ave. 83101
 District Manager - Keith Carter
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.- 12 p.m. and 1-5 p.m.

Lander
 (307) 332-4038
 201 N. 4th 82520
 District Manager - Jen Neely
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Laramie
 (307) 745-7324
 3817 Beech St., Suite 200
 82070
 District Manager - Clint
 Hanes
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Lusk
 (307) 334-2153
 905 S. Main 82225
 District Manager - Holly Lebsack
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Mountain View
 (307) 786-4011
 1644 Hwy 414 Building A
 P.O. Box 1109 82937
 District Manager - Keith Carter
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.- 12 p.m. and 1-5 p.m.

Newcastle
 (307) 746-4657
 22922 Hwy 85, Ste 200 82701
 District Manager - Bonnie
 Volk
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Pinedale
 (307) 367-4124
 217 N. Sublette 82941
 District Manager - Jen Neely
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.- 12 p.m. and 1-5 p.m.

Powell
 (307) 754-2245
 109 W. 14th 82435
 District Manager - Ed Heimer
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday

Rawlins
 (307) 328-0612
 215 W. Buffalo Suite 359
 82301
 District Manager - Jen Neely
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Riverton
 (307) 856-6521
 120 N. Sixth E. 82501
 District Manager - Jen Neely
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Rock Springs
 (307) 362-5630
 2451 Foothill Blvd, Suite 103,
 82901
 District Manager - Keith Carter
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Sheridan
 (307) 672-2404
 247 Grinnell St., Suite 100.
 82801
 District Manager - Jeff Bell
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 7:30 a.m.-5 p.m.

Sundance
 (307) 283-2014
 102 N. 5th 82729
 District Manager - Bonnie Volk
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Thermopolis
 (307) 864-2158
 403 Big Horn 82443
 District Manager - Ed Heimer
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Torrington
 (307) 532-2191
 1618 E. "M" St. 82240
 District Manager - Holly
 Lebsack
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Wheatland
 (307) 322-3790
 1556 Progress Court 82201
 District Manager - Holly Lebsack
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Worland
 (307) 347-6181
 1700 Robertson 82401
 District Manager - Ed Heimer
 Family Assistance Region
 Manager - Jacque Herb
 Monday-Friday
 8 a.m.-5 p.m.

Eastern Shoshone
 Department of Family
 Services
 (Child Protection)
 (307) 332-6591
 104 Washakie St.
 PO Box 945
 Fort Washakie 82514
 Monday-Friday
 8 a.m.-4:45p.m.
 Director - Larry McAdams

Eastern Shoshone Juvenile
 Services
 (Juvenile Probation and SNAP)
 (307) 332-0207
 42 Black Coal Drive
 PO Box 386
 Fort Washakie, WY 82514
 Monday-Friday
 8 a.m.-4:45 p.m.
 Director - Rachel Felter

Eastern Shoshone (TANF)
 (307) 332-8053
 104 Washakie St.
 PO Box 1210
 Fort Washakie, WY 82514
 Monday-Friday
 8 a.m.-4:45 p.m.
 Director - John Wadda
 Supervisor - Patti Clair

Northern Arapaho Nation
 Department of Social
 Services (TANF)
 (307) 857-1692
 325 Left Hand Ditch Road,
 Unit 9334
 Arapahoe 82510
 Director - Carlton
 Underwood

Northern Arapaho Department of
 Family Services
 (Child Protection and Juvenile
 Services)
 (307) 857-5728
 17 Great Plains Road, Arapahoe
 (to visit)
 P.O. Box 77, St. Stephens 82524
 (for mail)
 Director - Clarence Thomas

Northern Arapaho Nation Child
 Support Enforcement
 (307) 857-1692
 325 Left Hand Ditch Road, Unit
 9179
 Arapahoe 82510
 Director - Chato Lyday

Domestic Violence & Sexual Assault Programs

These programs are located throughout the state, and assist victims and survivors of sexual assault, stalking, child abuse, vulnerable adult abuse, and domestic violence. These services are provided at no cost for any income level.

Advocacy Services

Advocates provide emotional support, as well as assistance in pursuing legal and judicial action against perpetrators. They can also help victims and survivors navigate public benefits and apply for them.

Emergency Shelter

Most programs provide emergency shelter in a safe and confidential location. Some programs have their own emergency shelter, while others may provide motel vouchers.

Emergency shelters can be used by anyone fleeing a violent or abusive situation. The abuse does not have to be physical. Oftentimes, victims come to the shelter just for a night or two, and then return to their abuser. On average, victims leave 7 times before they leave for good. The important thing is to have a safe place to go during an argument or any other situation that could be dangerous.

Oftentimes, victims that are fleeing their abuser choose to leave the area. If they are relocating, they can use emergency shelters to stop along the way to their destination. Emergency shelters can also assist with transportation fees (such as gas cards and bus tickets) to help them get away from the situation.

Benefits

- ◆ *Safe Housing*
 - * The location of DVSA shelters are kept secret. This is to protect those who are in the shelter. Victims and survivors of stalking, sexual violence, and domestic violence are sometimes afraid of their abuser finding them.
- ◆ *Length of Stay*
 - * Can be between 1 night and several months.
- ◆ *Access to Advocacy Services*
 - * Advocates can help with applying for long-term housing assistance and other benefits, in addition to a wide variety of other services. For more information on DVSA advocates and the services that these programs offer, go to [Domestic Violence & Sexual Assault Programs](#).
- ◆ *Pet Boarding*
 - * Some DVSA shelters allow pets. Those that do not usually have an agreement with a local veterinarian or pet boarder that can house the pet for free. Speak with your DVSA program for more information.

Eligibility

- ◆ *Victim/Survivor Status*
 - * The applicant must be a current victim or survivor of stalking, domestic violence, or sexual violence that is either fleeing the abuser/perpetrator or is experiencing housing difficulties due to the victimization.
- ◆ *Income Limits*
 - * There are none

- ◆ *Curfew*
 - * Must be inside the shelter by a certain time at night. If this conflicts with the applicant's work schedule, arrangements can usually be made.
- ◆ *Gender & LGBTQ*
 - * There are no restrictions on gender or LGBTQ status. People of different genders will not be housed in the same unit. If all units are occupied with a specific gender, a motel voucher may be provided.
- ◆ *Disability*
 - * Since DVSA programs use federal funding, their shelters have to be physically accessible to all populations. If their shelter is not accessible, they can provide a voucher for a motel that is physically accessible.
- ◆ *Family Composition*
 - * Both individuals and families can use shelter services. The only restriction is that the perpetrator/abuser cannot use the shelter or know the location of the shelter.

Application Process

- ◆ Contact your local DVSA program through the hotline or in person to speak with an advocate about emergency shelter.

Short-term Housing & Relocation Assistance

DVSA programs can provide assistance to victims and survivors who need short-term help paying for relocation, down deposits, and rent.

Benefits

- ◆ *Travel Assistance*
 - * Victims/survivors who are traveling through the area in order to relocate can receive gas cards or bus tickets. Any victim/survivor of domestic violence, stalking, or sexual assault can qualify if they are passing through the area, even if their destination is out of state.
- ◆ *Down Deposits & Rental Assistance*
 - * Clients of the program may be able to get help paying for rent and/or a down deposit for a home. When considering applications, the programs look at the applicant's ability to pay rent in the long-term, as well as plans for acquiring an income.
- ◆ *Utility Assistance*
 - * Clients of the program may be able to get help paying for utility deposits or making payments.

Eligibility

- ◆ Must qualify for services at the DVSA program
- ◆ Victim or survivor of stalking, domestic violence, or sexual assault

How to Apply

- ◆ Contact your local DVSA program through the hotline or in person
- ◆ Speak with an advocate to see if you qualify for services
- ◆ Ask about what types of assistance the program offers
- ◆ Some types of financial assistance may require a plan for how the applicant will become financially independent and can afford rent

Transitional Housing

This assistance is available to those who are fleeing an abusive or violent situation, who have little income and limited ability to pay for shelter. The transitional housing services are offered for at least 6 months, and no longer than 24 months. They can help pay for housing and living expenses during job development and/or college.

Benefits

- ◆ *Short-term housing assistance*
 - * Financial assistance that can be used to help pay for rent, utilities, security deposits, and relocation for at least 6 months and no more than 24 months, while searching for a job or completing career development.
- ◆ *Supportive services*
 - * Other services can be available such as counseling, support groups, safety planning, and advocacy services as well as practical services such as licensed child care, employment services, transportation vouchers, telephones, and referrals to other agencies. Trained staff and case managers may also be available to work with survivors to help them determine and reach their goals of permanent housing.

Eligibility Criteria

- ◆ Victim/survivor of sexual assault, domestic violence, dating violence, or stalking
- ◆ Fleeing a physically or mentally abusive/unsafe situation

Locations

- ◆ Domestic Violence & Sexual Assault (DVSA) Programs have access to Transitional Housing funds.
- ◆ Wyoming's Transitional Housing for victims of DVSA is distributed by the Wyoming Coalition Against Domestic Violence and Sexual Assault. For more information on this program and how to gain access to these services, contact:

The Wyoming Coalition Against Domestic Violence and Sexual Assault (WCADVSA)
710 Garfield Street, Suite 218
Laramie, WY
www.wyomingdvsa.org
(307)755-5481
Toll free: (844)264-8080
Fax: (307)755-5482

24/7 Crisis Hotline

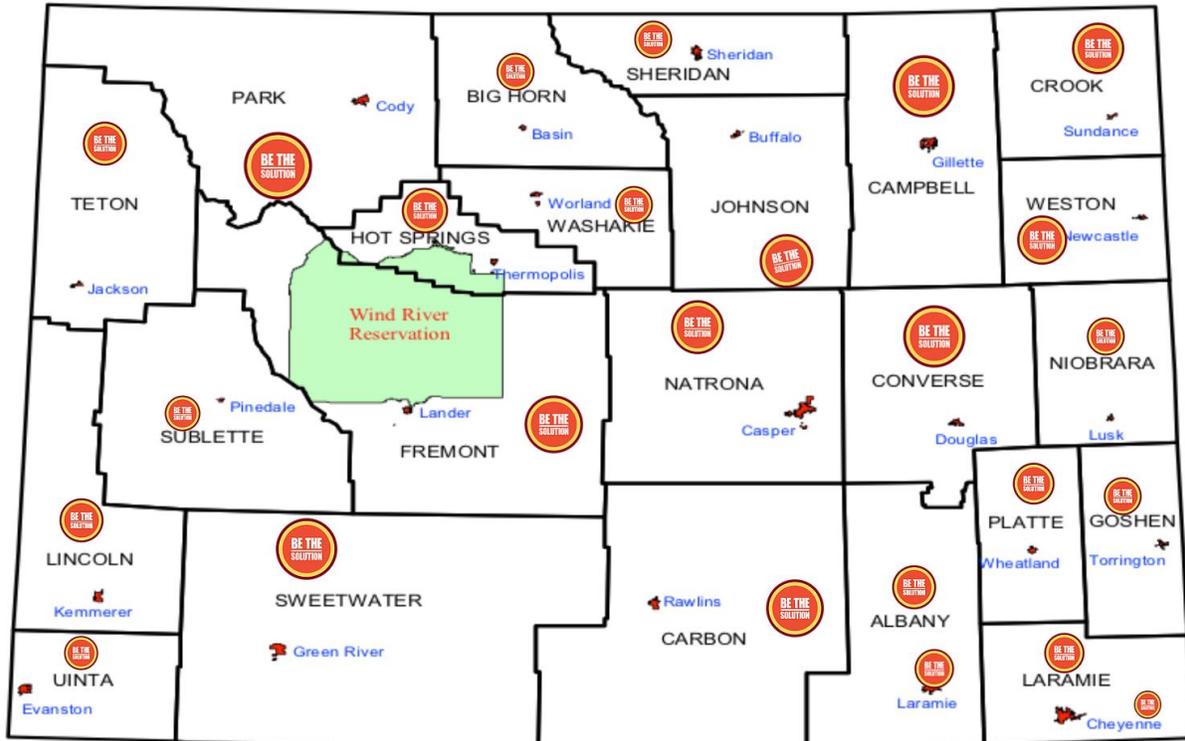
Local programs have their own 24/7 crisis hotline, available to everyone who has questions, needs support, is stuck in a bad situation, or needs emergency shelter services. Advocates can also meet at the hospital to provide support during forensic examinations after a sexual or physical assault. When law enforcement is called to the scene, they will oftentimes offer to call an advocate for the victim.

Economic Empowerment Services

Advocates can help victims and survivors to become financially self-sufficient by helping them to apply for public benefits, explore career and education options, and become financially literate. Advocates use Financial Literacy & Career Development Curriculums that were written for victims and survivors, which place an importance on safety and healing.

Locations

(last checked May 2017)



* Indicates a Shelter

If there is no shelter, ask about other shelter options.

*Albany County SAFE Project
319 S. Lincoln St.
Laramie, Wyoming
Crisis Line: 307-745-3556
www.safeproject.org

Big Horn County C.A.R.E.S.
420 West "C" St.
Basin, Wyoming
Crisis Line: 888-372-3334
www.caresbhc.net

Big Horn County C.A.R.E.S.
355 E. 5th St.
Lovell, Wyoming
Office Number: 307-548-2330
Crisis Line: 888-372-3334
www.caresbhc.net

*Campbell County GARF
910 E. 3rd St., Suite I
Gillette, Wyoming
Crisis Line: 307-686-8070

*Carbon County COVE
415 W. Buffalo St.
Rawlins, Wyoming
Crisis Line: 1-800-705-7993
www.carboncountycove.com

*Converse County Hope Center
126 N. 5th St.
Douglas, Wyoming
Crisis Line: 1-800-252-3575
www.conversecountycoalition.org

Crook County FV & SA Services
104 North 5th St.
Sundance, Wyoming
Crisis Line: 307-283-2415
www.crookcountyfamilyviolence.webs.com

*Fremont County Alliance
510 E. Washington
Riverton, Wyoming
Crisis Line: 307-856-4734
www.fcavfo.org

*Goshen County Task Force
1933 Main
Torrington, Wyoming
Crisis Line: 307-352-2118

Hot Springs County H.O.P.E.
Agency
426 Big Horn St.
Thermopolis, Wyoming
Crisis Line: 307-864-4673
www.hopeagency.webs.com

Johnson County Family Crisis
Center
255 E. Fetterman
Buffalo, Wyoming
Crisis Line: 307-684-2233
www.jfcc.org

*Laramie County Safehouse
Services, Inc.
714 W. Fox Farm Road
Cheyenne, Wyoming
Crisis Line: 307-637-7233
www.wyomingsafehouse.org

Laramie County Pine Bluffs Office
Pine Bluffs, Wyoming
Office Number: 307-630-8183
Crisis Line: 307-637-7233
www.wyomingsafehouse.org

*Lincoln County Turning Point
1809 Holland Drive
Kemmerer, Wyoming
Crisis Line: 307-877-9209

*Natrona County Self Help
Center
918 E. 2nd St.
Casper, Wyoming
Crisis Line: 307-235-2814
www.shccasper.com

Niobrara County Helpmate Crisis
Center
300 S. Main
Lusk, Wyoming
Crisis Line: 307-334-2608

*Park County Crisis
Intervention Services
1220 13th St.
Cody, Wyoming
Crisis Line: 877-864-9688
www.cis-park.org

*Park County Powell Office
335 N. Gilbert
Powell, Wyoming
Office Line: 307-754-7959
Crisis Line: 877-864-9688
www.cis-park.org

*Platte County Project SAFE
1207 9th St.
Wheatland, Wyoming
Crisis Line: 307-322-4794
www.projectsafewyo.com

Sheridan County Advocacy
and Resource Center
136 Coffeen
Sheridan, Wyoming
Crisis Line: 307-672-3222
www.arcsheridan.org

*Sublette County SAFV Task
Force
253 N. Sublette
Pinedale, Wyoming
Crisis Line: 888-301-4435
www.sublettesafv.org

Sublette County Big Piney Office
Big Piney, Wyoming
Office Number: 307-276-3975
Crisis Line: 888-301-4435
www.sublettesafv.org

*Sweetwater County YWCA
Family Justice Center
725 C St.
Rock Springs, Wyoming
Crisis Line: 307-352-1030
www.ywcasweetwater.org

*Teton County Community
Safety Network
650 E. Hall
Jackson, Wyoming
Crisis Line: 307-733-7233
www.csnjh.org

*Uinta County SAFV Task Force
~ Facebook
350 City View Drive, Suite 203
Evanston, Wyoming
Crisis Line: 1-800-997-9026

Washakie County
101 N. 19th
Worland, Wyoming
Crisis Line: 307-347-4991
www.worlandcpr.org

Weston County FOCUS
719 C Washington Blvd.
Newcastle, Wyoming
Crisis Line: 307-746-2748

FE Warren AFB Sexual Assault
Prevention and Response
5805 Randall, Bldg. #242
Cheyenne, Wyoming
Crisis Line: 307-773-6444
www.warren.af.mil/Units/SARC

Forces Sexual Assault
Prevention and Response
5410 Bishop Blvd.
Cheyenne, Wyoming
Crisis Line: 307-772-1850

UW Stop Violence
106 Knight Hall, University of
Wyoming Campus
Laramie, Wyoming
Office Number: 307-766-3296

Head Start

A federal program that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social, and emotional development.

Services

Head Start serves preschool-age children and their families. Many Head Start programs also provide Early Head Start, which serves infants, toddlers, pregnant women and their families who have incomes below the federal poverty level.

Head Start Programs

Offer a variety of service models, depending on the needs of the local community. Programs may be based in:

- ◆ Centers or schools that children attend for part-day or full-day services;
- ◆ Children's own homes, where a staff person visits once a week to provide services to the child and family.
- ◆ Children and families who receive home-based services gather periodically with other enrolled families for a group learning experience facilitated by Head Start staff.

Early Head Start

- ◆ A program that may be offered at some Head Start locations.
- ◆ Provides early, continuous, intensive, and comprehensive child development and family support services to low-income infants and toddlers and their families, and pregnant women and their families.
- ◆ All Early Head Start programs serve families through a full day, full year program option that best meets the needs of their families.
- ◆ Center-Based services provide early learning, care and enrichment experiences to children in an early care and education setting. Staff members also visit family homes at least twice per year.
- ◆ Home-Based services are provided through weekly home visits to each enrolled child and family. The home visitor provides child-focused visits that promote the parents' ability to support the child's development. Twice per month, the program offers opportunities for parents and children to come together as a group for learning, discussion, and social activity
- ◆ Combination services combine both home- and center-based services.

Early Intervention & Special Education

An early intervention and special education program that is offered at 6 of the 14 sites (Douglas, Glenrock, Guernsey, Lusk, Torrington, and Wheatland). Children are identified for services through the child find campaign, "1 before 2". "1 before 2" is Wyoming's child find campaign to locate identify, and refer as early as possible. Services are free. Programs include:

- ◆ *Family Service Coordination*
 - * Primary contact person who assesses diagnostic, medical, transportation, or equipment needs and coordinates services with other agencies
- ◆ *Special Education*
 - * Intellectual and emotional development, understanding of concepts such as numbers and classification (colors, sizes, shapes, etc.), problem solving skills and environmental awareness

- ◆ *Mental Health Services*
 - * Encourages the appropriate use of social skills, regulation and engagement, problem solving, and building relationships
- ◆ *Speech/Language Pathology*
 - * Can treat articulation concerns, development of child's vocabulary, improving language disorders such as stuttering, voice disorders, eating and swallowing disorders, alternative communication methods, and hearing screening and services
- ◆ *Occupational Therapy*
 - * Can assist with the acquisition of daily living skills such as eating, dressing and bathing, hand/eye coordination, manual dexterity, range of motion and muscle tone, balance, and equilibrium
- ◆ *Physical Therapy*
 - * Can help individuals gain muscle strength and tone, range of motion of joints, gait and locomotion, posture, coordination, and endurance

Eligibility Criteria

- ◆ Eligibility determined by local staff
- ◆ Pregnant women
- ◆ Children ages birth to 5 and their families
- ◆ Family income at or below the federal poverty level (see [Appendix F: Federal Poverty Guidelines](#))
- ◆ Some families/children that are over the federal poverty level may qualify if they meet other eligibility requirements
- ◆ Others that may qualify:
 - ◆ Families who receive public benefits (such as SNAP, SSI, POWER)
 - ◆ Children in foster care
 - ◆ Families experiencing homelessness

Application Process

- ◆ Download an application or apply online: <http://wyomingchild.org/index.php?/main/parents/C5>
- ◆ Submit a paper application to the local center (or apply online)
- ◆ Family's proof of income and child's birth record are required to check eligibility
- ◆ Upon acceptance to the program, will be asked to provide children's immunization record and a copy of the children's health insurance card.

Wyoming Child and Family Development Center Locations

(Last checked May 2017)

Main Office
 P. O. Box 100
 126 N. Wyoming St.
 Guernsey, WY 82214-0100
 307-836-2751 (phone)
 307-836-2855 (fax)
centraloffice@wyomingchild.org

Casper Early Head Start
 Casper Early Head Start
 160 N. Washington
 Casper, WY 82601
 307-473-5831 (phone)
 307-473-5848 (fax)
casperehs@wyomingchild.org

Casper Head Start
 301 West B
 Casper, WY 82601
 307-266-5480 (phone)
 307-235-3960 (fax)
bst@wyomingchild.org

Crook County Head Start
 Moorcroft Center
 101 S. Belle Fourche Avenue
 Moorcroft, WY 82731
 307-746-8733 (phone)
 307-682-4214 (fax)
crook.weston@wyomingchild.org

Douglas Center
 630 Erwin
 Douglas, WY 82633
 307-358-3901 (phone)
 307-358-3955 (fax)
douglas@wyomingchild.org

Mills Early Head Start
 PO Box 2993 Mills, WY 82644
 4981 Buick St Casper; 82604-2425
 307-265-9562 (phone)
 307-265-9563 (fax)
casperehs@wyomingchild.org

Gillette
 601 Running W Drive
 Gillette, WY 82718
 307-682-4214 (phone)
 307-682-1722 (fax)
gillette@wyomingchild.org

Guernsey Center
 PO Box 160
 371 South Kansas
 Guernsey, WY 82214
 307-836-2838 (phone)
 307-836-2098 (fax)
guernsey@wyomingchild.org

Lincoln Infant Toddler Center
 (LITC)
 436 East 22nd Ave. Unit C
 Torrington, WY 82240
 307-534-4720 (phone)
 307-534-4722 (fax)
lincoln@wyomingchild.org

Lusk
 PO Box 1261
 801 S. Maple
 Lusk, WY 82225
 307-334-2252 (phone)
 307-334-0189 (fax)
lusk@wyomingchild.org

Torrington Learning Center
 (TLC)
 3110 West C Street
 Torrington, WY 82240
 307-532-7068 (phone)
 307-532-4641 (fax)
tlc@wyomingchild.org

Weston County Head Start
 104 Stampede
 Newcastle, WY 82701
 307-746-4560 (phone)
 307-682-4214 (fax)
crook.weston@wyomingchild.org

Wheatland Center
 PO Box 243
 28 Rompoon Road
 Wheatland, WY 82201
 307-322-3385 (phone)
 307-322-5194 (fax)
wheatland@wyomingchild.org

Glenrock Center
 PO Box 2019
 929 W. Birch
 Glenrock, WY 82637
 307-436-5357 (phone)
 307-436-5358 (fax)
glenrock@wyomingchild.org

University of Wyoming Extension

The University of Wyoming has extension offices in each of Wyoming's 23 counties and the Wind River Indian Reservation. These extension offices offer outreach education and programming to communities throughout Wyoming. Programs include 4-H and youth development, agriculture, horticulture, nutrition, food safety, natural resources, ecosystems, and community development education.

For more information about UW Extension, including information about programs, county office locations, and publications, visit: <http://www.uwyo.edu/uwe/index.html>

Programs

4H/Youth Development

A National Youth Development Program that has been in existence for over 100 years. The primary goal of 4-H is to assist youth in developing life skills that help them live productive and satisfying lives.

- ◆ There are many activities for youth, including both indoor and outdoor, in a variety of areas.
- ◆ For a complete list, visit: <http://www.uwyo.edu/4-h/projects/index.html>

AgrABILITY

The goal of Wyoming AgrAbility is to inform, educate, and assist ranchers, farmers, and farm workers with disabilities and their families so that they can continue doing what they love—ranching and farming.

- ◆ For more information, call 1-866-395-4986 or email agrability@uwyo.edu.

Ag & Natural Resources

Has many resources for those who are in agriculture and natural resources, including information on a variety of topics, disaster and economic relief, resources for enterprising rural families & women, and rural estate planning.

- ◆ For more information, visit <http://www.uwyo.edu/uwe/programs/ag-and-natural-resources.html>

Community Development

Members of the Community Development Education (CDE) team empower organizations, enterprises and individuals by providing them with the skills they need to affect change in their communities.

- ◆ Services include:
 - * Leadership Development
 - * Local Government
 - * Nonprofit Governance
 - * Facilitation & Meditation
 - * Interpersonal Skill Development
 - * Organizational Leadership Skill Development
 - * Entrepreneurship
 - * Navigating Community Change
 - * Financial Capability
- ◆ For more information, visit <http://www.uwyo.edu/uwe/programs/cde/index.html>

Financial Literacy

UW Extension reaches people through presentations to groups, associations and agencies in the community and in prisons, and through our online resources and publications.

- ◆ Programs include:
 - * Financial management podcasts
 - * Wyoming Saves Facebook Page: www.facebook.com/WyomingSaves
 - * Passing it On: An Estate Planning Resource Guide for Wyoming's Farmers and Ranchers
 - * eXtension Personal Finance: Connect to the national network of the Cooperative Extension Service: it is like having a personal financial educator, but even better. Publications and answers to Frequently Asked Questions on a wide variety of financial topics are available to consumers 24/7/365 at no cost.
 - * Wyoming Jump\$tart Coalition: The coalition helps bring awareness about financial literacy topics for Wyoming's youth and provides training to teachers and students around the state.
- ◆ For more information, visit <http://www.uwyo.edu/uwe/programs/money/index.html>

Horticulture

Has resources and service referrals for those who need help with both consumer and commercial horticulture.

- ◆ For more information, visit <http://www.uwyo.edu/uwe/programs/horticulture.html>

Master Gardener

An educational program in which trainees learn about botany, soils, flowers, trees, shrubs, lawns, vegetables, fruits, entomology, pesticide safety, and diagnosing plant problems. After completing the workshops, trainees must give back to their communities through 40 hours of volunteer service, which include applying the information and skills learned in the program.

- ◆ For more information, visit <http://www.uwyo.edu/mastergardener/>

Nutrition & Food Safety

This program offers expertise and classes in healthy eating, active living, food safety and preservation, and more.

- ◆ For more information, visit <http://www.uwyo.edu/foods/>

Renewable Energy

A resource for unbiased information about renewable energy and energy efficiency. Has information on residential energy, agriculture energy, and commercial energy.

- ◆ For more information, visit <http://wyomingrenewables.org/>

WY Food Safety Coalition

Offers food safety trainings across the state in order to prevent food borne illness.

Locations

UW Extension has offices in all 23 counties and the Wind River Reservation.

(Last checked 7/2017)

Albany County - (307) 721-2571

Big Horn County - (307) 765-2868

Campbell County - (307) 682-7281

Carbon County - (307) 328-2642

Converse County - (307) 358-2417

Crook County - (307) 283-1192

Fremont County - Lander Office - (307) 332-2363

Fremont County - Riverton Office - (307) 857-3654

Goshen County - (307) 532-2436

Hot Springs County - (307) 864-3421

Johnson County - (307) 684-7522

Laramie County - (307) 633-4383

Lincoln County - Afton Office - (307) 885-3132

Lincoln County - Kemmerer Office - (307) 828-4091

Natrona County - (307) 235-9400

Niobrara County - (307) 334-3534

Park County - Cody Office - (307) 527-8560

Park County - Powell Office - (307) 754-8836

Platte County - (307) 322-3667

Sheridan County - (307) 674-2980

Sublette County - (307) 367-4380

Sweetwater County - (307) 352-6775

Teton County - (307) 733-3087

Uinta County - (307) 783-0570

Washakie County - (307) 347-3431

Weston County - (307) 746-3531

Wind River Indian Reservation - (307) 332-2135

Resources for Secondhand Items (Clothing, Furniture, Household, Vehicles)

These resources may be able to provide many necessities at low to no cost, including:

- ◆ Clothing for cold weather, job interviews, and professional work attire
- ◆ Furniture
- ◆ Household appliances
- ◆ Household necessities such as cleaning tools, plates and utensils, and bedding
- ◆ Bicycles, cars, and car seats
- ◆ Sporting equipment & games

Directories

Note: It's a good idea to call the thrift store to confirm location and business hours.

Thrift Shopper.com

Check this website for listings of charity & non-profit thrift stores by zip code or city. May not have all the current listings.

Visit www.thriftshopper.com

Wyoming 2-11

Call 211 and ask the operator for information about local thrift stores.

Yellow Pages

Check www.yellowpages.com for thrift stores near your location.

Salvation Army

The Salvation Army provides many services, but is most well-known for its thrift stores. The thrift stores can provide clothing and household necessities for little to no cost, and can also provide referrals to other community resources.

To find a Salvation Army near you, visit <http://salvationarmyusa.org/usn/>

Goodwill Industries

This organization is similar to the Salvation Army – it also provides a variety of services in addition to thrift stores.

To find a Goodwill near you, visit www.goodwill.org or visit www.goodwillwy.org to find out more about Goodwill services in Wyoming.

Facebook Groups

Many low or no cost household items & clothing can be found through Facebook Groups. Most of these groups require membership in order to view items and respond to postings. These groups are mostly found through Facebook Marketplace, which is an online buy-and-sell area for Facebook members. Sometimes there are free groups on marketplace – groups in which people post items they are giving away for free, or where people can post looking for specific items for free. Other groups may have things for sale as well as for free. It never hurts to join the Facebook marketplace groups for your location and monitor the listings for things you need. You can also post to the group looking for things. These postings usually begin with “ISO” and then the name of the item that is needed. ISO means “In

Search Of". When asking for things for free, it usually helps to explain a bit why you are in need of them and can't afford to pay. It also helps to be able to pick up things yourself.

Craigslist

The Craigslist website has online listings for items for sale as well as an entire "free" section. You can search items for sale by category, or you can search the entire Wyoming website by keyword. You can also post for things you need that you want for free or are willing to pay for. These posts usually begin with "ISO", or In Need Of. Visit the Wyoming Craigslist at <https://wyoming.craigslist.org/>.

1-800-CHARITY Cars

This organization takes donations of cars and gives those cars for free to individuals and families that are in need.

Qualifications

- ◆ Victims of domestic violence
- ◆ The medically needy
- ◆ Victims of natural disasters
- ◆ Families transitioning from public assistance to work
- ◆ Families living in transitional living shelters
- ◆ The working poor
- ◆ Non-profit organizations
- ◆ Veterans / Military Families

How to Apply

- ◆ Call (800) 242-7489
- ◆ Visit <http://www.freecharitycars.org>, scroll down, and click "Need a Car? Click to Apply"
- ◆ Create a profile and promote your profile in order to generate votes. The more votes your profile gets, the higher your profile will rank, and the more likely it is that you will get a car.
- ◆ If an application becomes eligible for review, but the profile has been inactive for more than 30 days, it will be skipped.
- ◆ For more information about the process, visit the website and click "how it works".

Online Car Donation

This website receives donated cars and then provides them for free to individuals and families that are in need. To apply visit www.onlinecardonation.org/charity-help.htm

Qualifications

- ◆ *Battered Women*
 - * Those that are/were victims of such a hurtful crime
- ◆ *Those with physical challenges*
 - * Yet still retain the ability to safely drive a vehicle
- ◆ *Families living in homeless shelters*
 - * With or without children
- ◆ *Self Supporting families making the move from public assistance*
- ◆ *Private Non-Profit Organizations*
- ◆ *Military Families*
 - * Those with loved ones on Active Duty and Veterans of the Armed Forces

Legal Assistance

State Public Defenders Office

Legal aid for individuals charged with commission of a crime in state courts, if they cannot afford private counsel.

For locations and to request services, visit: <https://sites.google.com/a/wyo.gov/wyodefender/contact-us>

Or call: (307) 777-7519

Equal Justice Wyoming

This should be a first stop for individuals looking for legal aid in non-criminal/non-traffic court cases. Provides legal assistance and information for Wyoming, and has many resources that are accessible low income individuals. Works with legal aid providers and community organizations to help individuals with limited income find help for their legal problems.

Visit: www.legalhelpwy.org

Benefits

- ◆ Free or low-cost legal aid
 - * Aid **cannot** be provided for legal services in criminal, traffic, or juvenile delinquency cases
- ◆ Help with finding a private attorney
- ◆ A list of legal aid providers and self-help clinics in Wyoming

Application Process

- ◆ Visit the Equal Justice Wyoming website to learn more about the legal aid and to get access to the informational resources.
- ◆ Call the hotline to discuss eligibility: 1-877-432-9955 (Monday – Friday, 9 am – 4 pm)

Legal Momentum

This organization works to ensure economic and personal security for all women and girls by advancing equity in education, the workplace, and the courts. They provide an expert legal voice to seek justice for women in law and government policy. In addition to influencing policy, they also provide information on legal resources for women and girls on a variety of issues.

Resource Directory

The online resource directory at www.legalmomentum.org/get-help provides several ways to get information.

- ◆ *Referral Directory*
 - * A compilation of directories of national organizations and other resources by category.
- ◆ *Legal Resource Kits*
 - * Kits that can help with a variety of legal issues
- ◆ *Employment Rights*
- ◆ *Help Request Form*

Hotlines

Phone lines, text lines, and online chat that can provide support and referrals when other options might be unavailable. Hotlines are usually open 24 hours, 7 days a week, 365 days a year; exceptions are noted.

Children & Parent Support

The National Parent Helpline

A helpline for parents and caregivers to receive emotional support and resource referrals from a trained parent advocate.

- ◆ Call 1-855-4A PARENT (1-855-427-2736) Monday-Friday 11 AM – 8 PM Wyoming time
- ◆ Find support and information for children based on their age and parenting topic at www.nationalparenthelpline.org

Boys Town

Provides support and referrals for children and parents.

- ◆ *Contact Information*
 - * For online chat, text, email, and the mobile app: <http://www.yourlifeyourvoice.org/Pages/home.aspx>
 - * 24/7 hotline: Call 1-800-448-3000

Support for Seniors, the Disabled, & their Caretakers

The Friendship Line

The only accredited crisis (and non-urgent) line in the country for people age 60 years and older, and adults living with disabilities.

- ◆ *24/7 Hotline*
 - * (800) 971-0016
- ◆ *Hotline Services*
 - * Active suicide intervention
 - * Providing emotional support
 - * Elder abuse prevention and counseling
 - * Giving well-being checks
 - * Grief support through assistance and reassurance
 - * Information and referrals for isolated older adults, and adults living with disabilities

Eldercare.gov

Connects people to services for older adults.

- ◆ *Hotline*
 - * 800-677-1116
- ◆ *Online Chat*
 - * Click “Start Online Chat” from main webpage
- ◆ *Online Resource Directory*
 - * Find resources near you by topic area
 - * Visit www.eldercare.gov

Disaster Support

National Disaster Distress Helpline

The Disaster Distress Helpline is a national hotline dedicated to providing year-round immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

◆ For more information, visit: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

◆ Disaster incidents

- * Tornadoes and Severe Storms
- * Hurricanes and Tropical Storms
- * Floods
- * Wildfires
- * Earthquakes
- * Drought
- * Incidents of Mass Violence
- * Infection disease outbreaks
- * Incidents of community unrest

◆ Contact Information

- * 24/7 Hotline: Call 1-800-985-5990
- * 24/7 Text line: Text TalkWithUs to 66746
- * For hard of hearing/deaf persons:
 - Call 1-800-846-8517
- * For Spanish speakers:
 - Call 1-800-985-5990 and press "2"
 - From the U.S., text Hablanos to 66746

Victim & Survivor Support: Dating Abuse, Domestic Violence, Sexual Violence, and Child Abuse

LoveIsRespect

Website and hotline with information about dating abuse, domestic violence, healthy relationships, and how to support loved ones in those situations.

◆ Contact Information

- * 24/7 Hotline: Call 1.866.331.9474 | TTY: 1.866.331.8453 |
- * 24/7 Text line: Text loveis to 22522
- * 24/7 Online chat: <http://www.loveisrespect.org/for-yourself/contact-us/>

The National Domestic Violence Hotline

A hotline that can provide support to victims and survivors of domestic violence and referrals.

◆ Contact Information

- * 24/7 Hotline: Call 1-800-799-7233, TTY: 1-800-787-3224, VP 1-855-812-1001
- * 24/7 Online chat: <http://www.thehotline.org/>

National Child Abuse Hotline

Provides support to parents, victims, and survivors of child abuse.

◆ Contact Information

- * 24/7 Hotline: Call 1-800-422-4453

Rape, Abuse and Incest National Network (RAINN)

Provides support to parents, victims, and survivors of rape, sexual abuse, and incest.

◆ *Contact Information*

- * 24/7 Hotline: Call 1-800-656-4673
- * 24/7 Online chat <https://hotline.rainn.org/online/terms-of-service.jsp>

National Human Trafficking Resource Center

A hotline for reporting tips and accessing services for victims.

◆ *For more information on the hotline in Wyoming, visit:*

<https://humantraffickinghotline.org/state/wyoming>

◆ *Contact Information*

- * 24/7 hotline: 1-888-373-7888, TTY 711

*Self-Harm, Suicide, and Eating Disorder Support***National Suicide Prevention Lifeline**

Provides support for those who are thinking of committing suicide.

◆ *Contact Information*

- * 24/7 hotline: Call 1-800-273-TALK (8255) press 1 for Veterans line
- * 24/7 online chat: <http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Safe Alternatives – Cutting/Self Injury Hotline

Provides support and information for those who self-harm.

◆ *Contact Information*

- * Email for information on help and resources: <https://selfinjury.com/home/contact/>
- * Hotline: Call 1-800-366-8288

National Eating Disorders Association

Provides support and information for those with eating disorders.

◆ *For more information, visit: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>*◆ *Contact Information*

- * Hotline: 1-800-931-2237 (Monday-Friday, 11:30 am-7:30 pm EST)
- * Text line: Text "NEDA" to 741741
- * Online Chat:
<https://chatserver.comm100.com/ChatWindow.aspx?siteId=144464&planId=467&visitType=1&byHref=1&partnerId=-1>

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Provides support and information for those who have anorexia.

◆ *Contact Information*

- * Hotline: 630-577-1330 (Monday-Friday, 12 pm-8 pm EST)

LGBTQ Support

GLBT National Hotlines

A hotline for gay, lesbian, bisexual, transgender & questioning people to get support and referrals about coming-out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety and safer-sex information, and lots more.

It also has access to the largest resource database of its kind in the world, with 15,000 listings. The database contains information on youth groups, social and support organizations, as well as gay-friendly religious organizations, sports leagues, student groups and much more.

- ◆ *For more information, visit:* <http://www.glbtnearme.org/>
- ◆ *Contact Information*
 - * Youth Hotline (youth through age 25): Call 1-800-246-7743 (Monday-Friday, 4pm-12 am EST/Saturday, 12pm-5pm EST)
 - * All Ages Hotline: Call 1-888-843-4564 (Monday-Friday, 4pm-12 am, EST/ Saturday, 12 pm-5 pm, EST)
 - * SAGE LGBT Elder Hotline (age 50+): 1-888-234-SAGE (7243) (Monday-Friday, 4 pm – 12 am, EST/Saturday 12 pm- 5 pm, EST)
 - * Online Peer-Support Chat: <http://www.glbthotline.org/>

Trans Lifeline

A hotline for transgender people, staffed by transgender people.

- ◆ *Hotline:* (877) 565-8860

The Trevor Lifeline

Provides support and referrals for LGBTQ who are thinking about suicide.

- ◆ *Contact Information*
 - * 24/7 Hotline: Call 1-866-488-7386
 - * Text line: Text “Trevor” to 1-202-304-1200 (Monday-Friday, 3-10 pm EST)
 - * Online Chat: <http://www.thetrevorproject.org/pages/get-help-now> (7 days a week, 3 – 10 pm EST)

Substance Abuse Hotlines

SAMHSA’s National Helpline

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides support and information for individuals or family members facing mental or substance use disorders. The helpline provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

- ◆ *For more information, visit:* <https://www.samhsa.gov/find-help/national-helpline>
- ◆ *Contact Information*
 - * 24/7 Hotline: 1-800-662-HELP (4357)

Reproductive Health

Planned Parenthood

Provides support, information, and referrals for pregnancy, sexually transmitted infections, contraception, and reproductive health.

◆ Contact Information

- * Hotline: Call 1-800-230-PLAN (7526)
- * Text line: Text “PPNOW” to 774636
- * Online Chat: <https://www.plannedparenthood.org/online-tools> and click “chat now”

Veteran Support

For a more comprehensive list of toll-free numbers for veterans, go to the section [24/7 Hotlines for Veterans and Active Duty Service Members](#).

Veterans Crisis Line

Part of the National Suicide Prevention Lifeline. Provides support to veterans, active duty/reserve and guard, and family and friends. This does not require VA registration or VA healthcare.

◆ Contact Information

- * 24/7 Hotline: Call 1-800-273-8255 and press 1
- * 24/7 Online Chat:
<https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat%E2%80%9Dtarget>
- * 24/7 Text line: Text 838255

Vet Center Call Center

An around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as families members of combat Veterans.

◆ 24/7 Hotline

- * 1-877-WAR-VETS (1-877-927-8387)

Wyoming Specific Hotlines

Wyoming’s State Crisis Text line

Provides support and referrals for a wide variety of issues, including: substance abuse, financial troubles, relationships, sexual identity, depression, physical and emotional abuse, mental and physical illness, and loneliness.

◆ Contact Information

- * 24/7 Text line: Text “WYO” to 741-741

Wyoming 2-1-1

This hotline connects callers to information about critical health and human services available in communities around Wyoming. May not be confidential and does not provide emotional support – just information about resources available.

◆ Referrals for:

- * Rent/Utility Assistance

- * Mental Health Resources
- * Food Banks/Pantries
- * Soup Kitchens
- * Homeless Shelters
- * Clothing/Household Goods
- * Health Clinics
- * Youth Programs
- * Legal Assistance
- * Job Training/Assistance
- * Senior Services
- ◆ *Contact Information*
 - * Call 2-1-1
 - * Some cell phone/PBX phone systems may need to dial 1-888-425-7138
 - * Hours of operation: Monday-Friday, 8-6 pm (Wyoming time)
 - * Online service search: <https://211wyoming.communityos.org/zf/profile/search>

Social Security Benefits

Retirement

For information & how to apply, visit: <https://www.ssa.gov/retire/>

Disability

For information & how to apply, visit: <http://www.wyomingworkforce.org/workers/vr/dds/>

Survivor (of the death of a spouse, parent, or adult child)

For information & how to apply, visit: <https://www.ssa.gov/planners/survivors/>

Unemployment Benefits

Wyoming Workforce handles unemployment benefits.

For information & how to apply, visit: <http://www.wyomingworkforce.org/workers/ui/>

Resource Centers

Resource centers are available in many communities throughout the state. Resource centers usually serve a specific population (such as families, seniors, or women), or they can serve the general population. Oftentimes, the local city government or the Department of Family Services has information about the resource centers in the area.

Resources for Specific Populations

Many resources are available to all who are low-income or in crisis situations. The resources listed below may only be available or relevant to specific populations. If you don't find what you are looking for here, check elsewhere in the guide, as there may be helpful resources that are non-population specific.

Note on Civil Rights: No matter what population you belong to, you should become familiar with your civil rights – in both employment and as someone who receives services. Look up your workers rights at www.eeoc.gov – click on “Employees & Applicants”, and select the area that is most relevant to you (you can even look things up by discrimination type). For more information about civil rights (including discrimination from service providers), visit www.hhs.gov/civil-rights scroll down to select “Civil Rights Information for Individuals and Advocates”, and select the category that is relevant to you.

- ◆ For information about other types of civil rights visit the Civil Rights Division at the Department of Justice at <https://www.justice.gov/crt/about-division>
- ◆ For information about which office of civil rights to contact regarding complaints call (888) 736-5551

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Parents & Families

TIP: If you have trouble finding resources in your area, try calling the Wyoming Resource hotline at 2-1-1. Ask about specific resources, or look for a Family Resource Center.

Hotlines

See the section [Children & Parent Support for hotlines](#).

Nutritional

WIC

This program provides nutritional assistance to low-income pregnant and breastfeeding women, infants, & children up to age 5. For more information go to the section [Wyoming WIC](#).

USDA Nutrition Programs

Nutritional assistance for children at school, in child care centers, and after-school programs. For more information visit the section [USDA Nutrition Programs](#).

Healthcare

Medicaid Programs for Children

Several healthcare programs can provide financial assistance and services for children. Both low-income and moderate income families can qualify. For more information visit the section [Medicaid Programs for Children](#).

Medicaid Programs for Pregnant Women

Includes information about health insurance options for low-income pregnant women. For more information visit the section [Medicaid Programs for Pregnant Women](#).

Reproductive Health & Family Planning

Includes a list resources that can provide reproductive & family planning services (such as birth control, adoption, pregnancy & STD testing), as well as perinatal services to pregnant & new mothers. For more information visit the section [Reproductive Health & Family Planning](#).

Child Care & Development

Head Start

This program provides child care and development services for low-income parents. For more information visit the section [Head Start](#).

Child Care Subsidy

The Department of Family Services can help significantly reduce the cost of childcare for many families. Through this program, childcare costs are based on a sliding fee scale. Check out this program because you might be surprised that you qualify! For more information visit the section [Child Care Subsidy Program](#).

Economic Development

Climb Wyoming

This program provides job training to single mothers. For more information visit the section [Climb Wyoming](#).

POWER

This program provides cash assistance to parents with dependent children who are working to become self-sufficient through employment, job training, and education. For more information visit the section [Cash Assistance \(POWER\)](#).

Dads Making a Difference

A training-to-work program for low income custodial and non-custodial fathers who are experiencing multiple barriers to self-sufficiency. For more information visit the section [Dads Making a Difference](#).

Patsy Takemoto Education Foundation

Provides educational scholarships for low-income women with minor children. For more information visit the section [Patsy Takemoto Education Foundation](#).

Ex-Offenders

Those with a criminal history may benefit from services and resources while transitioning from incarceration. In addition, they should also be familiar with workers' rights, what to disclose on a job application/resume or during an interview, and what kind of options are available for well-paying jobs.

Transition resources can include clothing, assistance with shelter and utilities, half-way or transitional housing, mental and physical health care services, substance abuse treatment services and support, job training and placement services, financial management services, and information about civil rights and job possibilities. Most of these resources may also be useful to those who have not been incarcerated or recently released.

Note: Most ex-offenders qualify for public assistance, including housing, child care subsidy, and nutrition, although it might depend on the type and severity of the conviction. **When in doubt speak with a caseworker directly! It's better to ask if you qualify than to assume that you don't – you might be passing up a public benefit that could really help you and your family.**

Resource Directories

HelpForFelons.org

This website should be a first stop before looking for more specific resources, as it has a lot of information and listings of resources for ex-offenders, including: a guide for seeking and obtaining a job as a felon, felon legal information, and a listing of resources (reentry programs, housing, loans & grants, insurance, and recommended reading). For more information visit www.helpforfelons.org.

ExOffenders.net

This website offers a lot of the same resources as HelpForFelons.org, but they may list different resources. This website seems to have a more comprehensive list of reentry programs. For more information visit www.exoffenders.net.

Necessities (Clothing, household items, furniture, and vehicles)

For a list of resources, see section [Resources for Secondhand Items \(Clothing, Furniture, Household, Vehicles\)](#).

Housing

Many ex-offenders wonder if they qualify for public housing assistance. The good news is, most do! However, it does depend on the conviction, and whether it is a felony. Sometimes it may even depend on what caseworker you get. Other options for housing (other than HUD housing) include homeless shelters and financial assistance from local community programs. Local programs may have their own criteria for eligibility and may have specific restrictions that affect ex-offenders. **The important thing is – don't assume that you don't qualify! If you are in need of services, speak with the organization directly about your specific situation.**

Public Housing & Section 8

◆ Restrictions

- * Public housing authorities may not assist registered sex offenders or households/individuals with a history of violent criminal or drug related behavior.

◆ *How to address your conviction*

- * Don't immediately give up! Speak with an intake agent about your specific charges.
- * You may have to jump through more hoops to get public housing.
- * The intake worker has the ability to approve you despite your conviction.
- * They care about the specific circumstances of the crime, how much time has passed, how much time you served, and what you have been doing since then that shows it won't happen again.
- * Positive activities can include substance abuse treatment, anger management classes, psychotherapy, parenting classes, or attending college/job development.
- * If there is nothing else besides what you have done during your incarceration, it can help to have a written plan of both criminal rehabilitation (things that will keep you from re-offending) as well as a plan for economic independence (such as searching for a job, going to college, etc.)

Economic Development

In addition to the resources listed below visit the [Education & Employment](#) section.

Note: As an ex-offender, you may be unsure of your rights during the application & interview process, and may be worried that your criminal history will make it difficult to pursue your dream career. Don't lose hope!

- ◆ Upon re-entry, you may be able to provide tax incentives & insurance bonds to employers. The tax incentive means you save them money, and the insurance bond means that they are taking less of a risk by hiring an ex-offender.
 - * Ex-felons allow an employer to use the Work Opportunity Tax Credit. For more information visit <https://www.doleta.gov/business/incentives/opptax/>.
 - * The Federal Bonding Program provides insurance bonds to employers that hire justice-involved individuals. This bond covers theft and damage of property. For more information visit www.bonds4jobs.com.
 - * UNICOR Bonding Program also provides insurance bonds to employers, but only for employees who were recently (within 1 year) released from prison, and had worked for UNICOR while incarcerated. For more information visit https://www.unicor.gov/Inmate_Employment.aspx or speak with an ITB Federal Bonding Specialist (202) 305-3553.
- ◆ You have legal protections against discrimination from employment – and this even applies to whether employers can discriminate based on criminal record.
 - * For prohibited practices about employment screening and arrests & convictions visit https://www.eeoc.gov/laws/practices/inquiries_arrest_conviction.cfm.
 - * For more information about federal & state laws about employment & criminal records visit <http://www.nolo.com/legal-encyclopedia/state-laws-use-arrests-convictions-employment.html>.
 - * For a comprehensive FAQ on employment and criminal records visit <https://www.workplacefairness.org/criminal-records-workplace>.
- ◆ Restrictions for ex-offenders vary by state and by occupation, but many licensed occupations do not have many or any restrictions
- ◆ The more time and effort you put into job development, the better – it puts time between your conviction and employment, and shows licensing boards & employers that you are dependable and stable.

70MillionJobs.com

This is a job search website specifically for ex-offenders. Almost all of the other ex-offender job search sites use job listings from other sites that may be job friendly, which puts the responsibility on the job seeker to find out if they even qualify for the job with their criminal history. This website is different – employers post job openings on this website, knowing that job applicants will have a criminal record. In addition, the website offers job alerts via text, and the resume builder portion of the user profile is specifically structured with ex-offenders in mind, focusing on personality and skills, rather than job history. For more information visit www.70millionjobs.com.

CareerOneStop for Ex-Offenders

This comprehensive career development website also provides a career guide for ex-offenders. For more information visit www.careeronestop.org/exoffender.

*Legal***Expungement of Criminal Records in Wyoming**

To explore the expungement process visit the Equal Justice Wyoming website at http://www.legalhelpwy.org/files/5214/6039/2408/Expungement_Handout.pdf

Seniors & Disabled

TIP: If you have trouble finding resources in your area, try calling the Wyoming Resource hotline at 2-1-1. Ask about specific resources, or look for a Senior Resource Center, a WIND office, or a Voc Rehab office.

Hotlines

See the section [Seniors, the Disabled, & their Caretakers](#)

Resource Directories

Eldercare.gov

Connects people to services for older adults.

- ◆ *Hotline*
 - * 800-677-1116
- ◆ *Online Chat*
 - * Click "Start Online Chat" from main webpage
- ◆ *Online Resource Directory*
 - * Find resources near you by topic area
 - * Visit www.eldercare.gov

Wyoming Community Service Providers

Delivers services to persons with developmental disabilities. The website includes a list of Wyoming resources and a list of providers in Wyoming. For more information visit www.wyomingcsp.org

Brainline

This website provides an online database of brain injury resources available throughout the U.S. Visit www.brainline.org for more information.

Wyoming Independent Living, Inc.

Provides services and referrals for those who are disabled around the Eastern half of the state. For more information visit www.wilr.org.

- ◆ *Core Services*
 - * Information & Referral
 - * Independent Living Skills Training
 - * Cross Disability Peer Support
 - * Advocacy
 - * Transition Services

- ◆ *Contact*

307-266-6956 or toll free: 800-735-8322
305 West 1st Street
Casper, WY 82601

Wyoming Services for Independent Living

Provides services and referrals for those who are disabled around the Western half of the state. For more information visit www.wysil.org.

- ◆ *Core Services*
 - * Information & Referral
 - * Independent Living Skills Training

- * Cross Disability Peer Support
- * Advocacy
- * Transition Services

◆ **Contact**

Lander
 1156 South 2nd
 Lander, WY 82520
 307-332-4889
 800-266-3061
 307-332-7582 TTY
 307-332-2491 Fax

Rock Springs
 PO Box 1791
 1471 Dewar Drive, Suite 104
 Rock Springs, WY 82902
 307-362-4159 Voice/TTY
 800-745-2394
 307-362-1610 Fax

Cody
 PO Box 2073
 808 Meadow Lane Ave.
 Cody, WY 82414
 307-586-4141 Voice/TTY
 800-280-0917
 307-586-4148 Fax

Social Security

For information about social security for seniors & the disabled go to the section [Social Security Benefits](#).

Nutritional

The Nutrition Program

The Wyoming Department of Health’s Nutrition program provides nutritious meals to seniors and disabled persons. For more information visit the section [WY Department of Health’s Nutrition Program](#).

Housing & Energy

Section 8 & Public Housing

Public Housing Authorities have special programs for those who are disabled or seniors. Seniors and the disabled also get extra points on the waitlist. To apply, contact your local Public Housing Authority. For more information go to the section [Section 8 and Public Housing](#).

Habitat for Humanity

This program can be a low-cost homeownership option for those who are experiencing housing instability due to a lack of physical accessibility. For more information go to the section [Habitat for Humanity](#).

Energy Share of Wyoming

This program assists people with utility bills. Special consideration is given to senior citizens and those who are disabled. For more information go to the section [Energy Share of Wyoming](#).

Financial Guidance & Assistance

American Association of Retired Persons

See the section [American Association of Retired Person \(AARP\)](#)

USA.gov Free Income Tax Return Preparation Help

Provides income tax assistance and specialized tax counseling to several populations, including seniors and the disabled. For more information visit the section [USA.gov’s Free Income Tax Return Preparation Help](#).

Healthcare

Medicaid & Medicare Assistance Programs for the Elderly

Includes information on several programs that can assist with things like nursing home/hospice care, assisted living, paying Medicare fees (such as premiums and deductibles), and prescription costs. For more information visit the section [Medicaid & Medicare Assistance Programs for the Elderly and Medicare: How to Apply](#)

Healthcare for those with Disabilities

This section includes a list of resources for those with physical and intellectual disabilities, as well as those with mental illness and substance abuse problems. Services may include support for caretakers, help with acquiring & maintaining assistive equipment, and healthcare. For more information visit the section [Disabilities, Mental Health, and Substance Abuse Treatment](#).

Economic Development

Workplace & Employment Rights

For information about employment rights and how to file civil rights complaints, go to the section [Employment Rights](#).

Vocational Rehabilitation

The Wyoming Department of Workforce Services provides many career development services for individuals with disabilities through the Voc Rehab Program. For more information visit the section [Vocational Rehabilitation](#).

- ◆ Voc rehab referred individuals allow an employer to the Work Opportunity Tax Credit. For more information visit <https://www.doleta.gov/business/incentives/opptax/>.

AgrABILITY

This is a University of Wyoming Extension program that assists farm & ranch workers with disabilities. For more information visit the section [AgrABILITY](#).

Veterans and Active Duty

TIP: If you have trouble finding resources in your area, try calling the Wyoming Resource hotline at 2-1-1. Ask about specific resources, or contact the American Legion or Veteran’s Commission.

Hotlines

In addition to below, see the section [Veteran Support](#)

Other Toll-Free Numbers for Vets

Department Name	Toll Free Number(s)
VA Benefits <ul style="list-style-type: none"> ◆ Burial ◆ Death Pension ◆ Dependency Indemnity Compensation ◆ Direct Deposit ◆ Directions to VA Benefits Regional Offices ◆ Disability Compensation ◆ Disability Pension ◆ Education ◆ Home Loan Guaranty ◆ Medical Care ◆ Vocational Rehabilitation and Employment 	1-800-827-1000
Beneficiaries in receipt of Pension Benefits	1-877-294-6380
Debt Management Center (Collection of Non-Medical Debts)	1-800-827-0648
<ul style="list-style-type: none"> ◆ Children of Women Vietnam Veterans (CWVV) ◆ Foreign Medical Program (FMP) ◆ Spina Bifida Health Care Program 	1-877-345-8179 (or) 1-888-820-1756
<ul style="list-style-type: none"> ◆ Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) ◆ CHAMPVA In-House Treatment Initiative (CITI) 	1-800-733-8387
Education (GI Bill)	1-888-442-4551
Health Care Benefits	1-877-222-8387
Smoking Cessation Counselors	1-855-QUIT-VET (1-855-784-8838)
Life Insurance <ul style="list-style-type: none"> ◆ Service members and/or Veterans Group Life Insurance Program ◆ All other VA Life Insurance Programs 	1-800-419-1473 1-800-669-8477
Mammography Helpline	1-888-492-7844
Women Veterans Hotline	1-855-VA-WOMEN (829-6636)
CHAMPVA Meds by Mail	1-888-385-0235 (or) 1-866-229-7389
Special Issues - Gulf War/Agent Orange/Project Shad/Mustard Agents and Lewisite/Ionizing Radiation	1-800-749-8387
Status of Headstones and Markers	1-800-697-6947

Telecommunications Device for the Deaf (TDD)	Dial 711
--	----------

Resource Directories

The National Resource Directory

An online directory that lists resources for service members, veterans, and their families by category and location. Visit www.nrd.gov

Military OneSource

A central hub and go-to-place for the military community. Get to know your benefits and prepare for the big stuff – deployments, reintegration, moves, parenthood, retirement and more. Browse by topic or search for that strangely specific question you want to know the answers to. Visit www.militaryonesource.mil

◆ *Highlights*

- * Installation program directory: Find resources at your local installation.
- * Confidential counseling & consulting services
- * Online live chat
- * Information on benefits for active duty, veterans, survivors, and dependents
- * 24/7 Confidential Toll-Free Hotlines:

800-342-9647

En español llame al: 800-342-9647

TTY/TDD: Dial 711 and give the toll-free number 800-342-9647

Wyoming Veteran’s Commission

The Veteran’s Commission helps to support programming and services for veterans in the state of Wyoming. They also provide some benefits to veterans. The Wyoming Veteran’s Commission website provides a comprehensive guide to veteran resources in the state, as well as helpful links to other veteran organizations.

To get access to the veteran’s resource guide, visit www.wyomilitary.wyo.gov/veterans/resources/

Locations (last checked June, 2017)

The Veterans Home of Wyoming, in Buffalo, and Veterans Service Organization service officers at the VA Hospital in Cheyenne, also can assist veterans with benefits questions and claims processing.

County	Officer Name	Phone Number	Address
Uinta, Fremont & Teton	Lori Crump	(307) 438 2101	324 E. Washington, Riverton, WY 82501
Campbell, Crook & Weston	Brian Yeager	(307) 696 5048	551 Running W Drive, Ste. 100, Gillette, WY 82718
Park, Big Horn, Washakie & Hot Springs	Brad Cline	(307) 250 3890	1026 Blackburn Ave. Ste. 1, Cody, WY 82414
Natrona	Ivette Orozco	(307) 315 4187	5905 CY Ave. Casper, WY 82604
Natrona, Converse & Niobrara	Dave McDonell	(307) 258 1100	5905 CY Ave., Casper, WY 82604

Albany, Carbon, and Laramie	Vicki Osman	(307) 214 2112	5410 Bishop Blvd., Cheyenne, WY 82009
Goshen, Platte, and Laramie	Greg Guantlett	(307) 274 7747	5410 Bishop Blvd., Cheyenne, WY 82009
Sublette		(307) 367 4877	615 E. Hennick Pinedale, WY 82941
Sweetwater		(307) 922-5442	731 C Street, Suite 110 Rock Springs, WY 82901
Lincoln		(307) 877-3110	821 Sage Kemmerer, WY 83101

American Legion

The American Legion is a national program that provides and coordinates a variety of services for active duty military, veterans, and their families.

For more information about the American Legion and their national services & programs visit www.legion.org or call (800) 433-3318.

For more information about the American Legion in Wyoming visit www.wyolegion.net or call (307) 634-3035.

Services

◆ *Care Packages*

- * Puts together and sends out care packages to active military overseas & veterans staying at the VA

◆ *Family Assistance*

- * Short-term financial assistance can be found through the American Legion Family Assistance Offices.
- * Emergency financial assistance can be found through the main Wyoming office or by calling the hotline (800) 504-4098.

◆ *Educational Benefits Advocacy*

- * The American Legion helped to create the first G.I. Bill in the early 20th century. Since then, they have been the nation's foremost advocate for veterans and activity military in education. There are several different types of G.I. Bills which service members may qualify for. These educational benefits are dispersed by the different branches of the military.

◆ *Membership Discounts*

- * Active members of the American Legion receive discounts on a variety of things that can help pay for travel and moving costs, financial services, office supplies, and medical costs.

◆ *Financial Services*

- * Partners with USAA to provide financial services

◆ *Resource Referral & Assistance*

- * Legion officers can assist with identifying and navigating public & VA benefits, as well as in applying.

National Programs

Programming for active duty & veteran members, as well as their family, can provide support and encourage participation in spots, education, and the democratic process. For more information on programs visit www.legion.org/programs.

Eligibility Criteria

- ◆ Military veteran, honorably discharged, or active duty; full-time or reserve
- ◆ Spouse or dependent of the above (can be deceased or deployed)
- ◆ Member of the American Legion
 - * Some services and programs may only be available to current members of the American Legion.
 - * Some services provided by the American Legion in Wyoming may be available to non-members.
- ◆ Priority for family assistance is given to members and those with the greatest need

The United Services Automobile Association (USAA)

USAA provides much more than automobile services – it is a Fortune 500 diversified financial services group of companies that offer banking, investing, and insurance to people and families that serve, or served, in the United States military.

To explore and apply for services visit www.USAA.com

Services & Products

- ◆ *Insurance*
 - * Auto Insurance
 - * Renters Insurance
 - * Homeowner Insurance
 - * Rental Property Insurance
 - * Valuable Personal Property Insurance
 - * Home & Property Insurance
 - * Flood Insurance
 - * Life Insurance
- ◆ *Annuities*
 - * Umbrella Insurance
 - * Motorcycle, RV & Boat Insurance
 - * Small Business Insurance
 - * Additional Insurance Solutions
- ◆ *Banking*
 - * Checking Accounts
 - * Savings Account
 - * Credit Cards
 - * Auto Loans
 - * Extended Vehicle Protection
 - * Certificates of Deposit
 - * Home Mortgages
 - * USAA Real Estate Rewards Network
 - * Personal Loans

- * Motorcycle, RV & Boat Loans
- * Credit Monitoring & ID Protection
- * Youth Banking
- * College Products
- ◆ *Investing*
 - * USAA Mutual Funds
 - * Digital Investment Adviser
 - * Stocks & Options
 - * ETFs
 - * Fund Marketplace
 - * USAA Managed Money
 - * 529 College Savings
 - * Fixed Income
 - * Annuities
- ◆ *Real Estate*
 - * Mortgage Rates
 - * First-Time Homebuyer
 - * Mortgages
 - * VA Loans
 - * Refinance
 - * Find a Real Estate Agent
 - * Find a Home
- ◆ *Retirement and IRAs*
 - * IRAs
 - * Rollovers & Transfers
 - * Target Retirement Funds
 - * USAA Wealth Management
 - * Trust Services
- ◆ *Health Insurance*
 - * Dental
 - * Vision
 - * Medicare
 - * Long-Term Care
- ◆ *Shopping & Discounts*
 - * Home Solutions
 - * Travel Deals
 - * Online Shopping
 - * Car Buying Service

The U.S. Department of Veterans Affairs (VA)

The VA can provide a variety of services to retired or separated military service members as well as families and dependents of military service members who are disabled or deceased due to their service. Financial assistance may also be available to caretakers of disabled veterans.

VA Healthcare Administration

Veterans can receive assistance for healthcare costs related to physical or mental injuries sustained due to their service. Services have to go through a VA Medical Center or outpatient clinic.

◆ *Wyoming VA Medical Centers*

- * VA Medical Centers provide a variety of inpatient and outpatient medical services, including mental health services. The Cheyenne Medical Center also has an emergency room.

◆ *Cheyenne VA Medical Center*

www.cheyenne.va.gov

Telephone Care: 307-778-7550

After hours, 24/7: 888-483-9127

Care Line: Monday - Friday. 8:00 AM - 4:30 PM

2360 E. Pershing Blvd.

Cheyenne, WY 82001

◆ *Sheridan VA Medical Center*

www.sheridan.va.gov

Phone: (307) 672-3473 or (307) 672-3473

Fax: (307) 672-1900

1898 Fort Road

Sheridan, WY 82801

◆ *Wyoming Outpatient Clinics*

- * Outpatient clinics offer some medical & mental health services within the communities in which veterans reside. Some services may only be offered at medical centers.
- * Outpatient clinics may be mobile, in person, or via telehealth. To find a local VA outpatient clinic, contact one of the VA medical centers or visit <https://www.va.gov/directory/Guide/home.asp>.

Vet Centers

Veteran's Centers are offered through the Veterans Health Administration. Vet Centers provide Readjustment Counseling for veterans, service members, and their family in the effort to make a successful transition from military to civilian life.

◆ *Services can include:*

- * Individual and group counseling for Veterans, Service members, and their families
- * Family counseling for military related issues
- * Bereavement counseling for families who experience an active duty death
- * Military sexual trauma counseling and referral
- * Outreach and education including PDHRA, community events, etc.
- * Substance abuse assessment and referral
- * Employment assessment & referral
- * VBA benefits explanation and referral
- * Screening & referral for medical issues including TBI, depression, etc.

◆ *Locations*

- * Casper Vet Center

1030 North Poplar, Suite B
 Casper, WY 82601
 Phone: 307-261-5355
 Fax: 307-261-5439

* Cheyenne Vet Center

3219 E Pershing Blvd
 Cheyenne, WY 82001
 Phone: 307-778-7370 or 877-927-8387
 Fax: 307-638-8923

* 24/7 Hotline: 1-877-WAR-VETS (1-877-927-8387)

* To check for locations in nearby states visit <https://www.va.gov/directory/guide/home.asp>.

Veterans Benefits Administration

Provides assistance and benefits that can help veterans and their families achieve success after the military. To explore and apply for benefits, visit www.vets.gov or www.ebenefits.va.gov

◆ *Services*

- * VA Benefits Advisors
- * VA Homeless Coordinators (HUD-VASH): This program is run through HUD public housing authorities. For more information go to the section [Section 8 and Public Housing](#).
- * Compensation: Information on types of compensation and how to file a claim.
- * Home Loans
- * Life Insurance
- * Pension
- * Services for special groups (such as veterans from specific wars, incarcerated veterans, LGBTQ vets, homeless vets, minority vets, and women vets).
- * Mortgage Delinquency Assistance
- * Vocational Rehabilitation, Education & Career Counseling: For more information visit http://www.benefits.va.gov/vocrehab/edu_voc_counseling.asp.

◆ *Locations*

* Regional Loan Centers

Department of Veterans Affairs
 VA Denver Regional Loan Center
 155 Van Gordon Street
 Lakewood, CO 80228
 1-888-349-7541

* Benefit Offices

Intake Site F.E. Warren Air Force Base
 2360 East Pershing Blvd.
 Cheyenne, WY 82001
 Monday-Friday, 8 AM – 3:30 PM
www.benefits.va.gov/cheyenne

Sheridan VA Medical Center
 1898 Fort Road
 Sheridan, WY 82801

◆ *How to Apply for Benefits*

- * For information on how to apply for specific benefits visit <http://www.benefits.va.gov/BENEFITS/Applying.asp>
- * Apply through www.vets.gov or www.ebenefits.va.gov
- * Call the vets.gov Help Desk: 1-855-574-7286 (TTY 1-800-829-4833)
- * Call eBenefits with questions: 1-800-983-0937
- * Call the VA Benefits and Services: 1-800-827-1000

Economic Development

Unemployed veterans allow an employer to use the Work Opportunity Tax Credit. For more information visit <https://www.doleta.gov/business/incentives/opptax/>.

Workplace & Employment Rights

To find information about employment rights and how to file a civil rights complaint, go to the section [Employment Rights](#).

The Veterans Benefit Administration

The VA provides information and assistance with vocational rehabilitation, education, and employment. For more information visit [Veterans Benefits Administration](#).

Career One Stop

This government career website has a special section just for veterans.

- ◆ For more information about Career One Stop, go to the section [CareerOneStop](#)
- ◆ Visit the veteran's section of the website at www.careeronestop.org/veterans/

Workforce Service's Veteran's Program

The Wyoming Department of Workforce Services has a Veteran's Program. For more information, go to the section [Veteran's Program](#).

Education

Funding for education may be provided to veterans, active duty military, and their immediate family.

◆ *Education Benefits Assistance*

- * American Legion Service Officer's can provide free assistance to veterans and families in navigating educational benefits. Contact the Wyoming Service Officer at:

Dwight S. Null
VAMC American Legion DSO
2360 E Pershing Blvd Rm d104
Cheyenne, WY 82001
phone: 307-433-2751
fax: 307-433-2790

◆ *Federal Funding*

- * Several G.I. Bills exist that can help cover the cost of education. Educational benefits exist for reserve service members (that have met certain service requirements), veterans who served on active duty, service members and veterans who have served since 9/11, and survivor's and dependents of veterans who are disabled or deceased due to their service. Educational benefits can help cover the cost of tuition and college fees, books and supplies, and sometimes living expenses. For more information about federal funding, visit

www.legion.org/education/federalbenefits. For help navigating these benefits, speak with an American Legion Service Officer.

- * Check the Veterans Benefits Administration website for more information about education programs at http://www.benefits.va.gov/gibill/education_programs.asp
- * More information (including how to apply) can be found at the State Approving Agency's website at <https://sites.google.com/a/wyo.gov/veteranseducation/home/va-state-approving-agency>

◆ *State Funding*

- * Wyoming National Guard Education 100% State Educational Assistance Plan: This plan pays 100% of the tuition and mandatory fees at Wyoming Junior colleges and the University of Wyoming for Wyoming National Guard members who have served or who are serving a 6 year contract. Can be used for any single degree or certificate program. For more information, visit <https://sites.google.com/a/wyo.gov/veteranseducation/home/state-tuition-assistance/Welcome-page>.

◆ *How to Apply*

- * Contact the Wyoming Military Department Veterans Education Office (for both state and federal benefits)

Tim Fisher
5410 Bishop Blvd.
Cheyenne, WY 82009
Phone: 307-777-8161

Housing

Section 8 & Public Housing have special programs for veterans. To apply, contact your local Public Housing Authority. For more information go to the section [Section 8 and Public Housing](#). Other housing resources may be available – check [Military OneSource](#) and [Veterans Benefits Administration](#).

Healthcare

Active duty military and their families can receive health insurance through TRICARE (for more information visit www.tricare.mil). Veterans can receive assistance for military-related healthcare costs through the [VA Healthcare Administration](#) and can purchase health care services external to VA facilities through Purchased Care (call 1-800-733-8387 for more information).

Community health clinics can provide low-to-no cost physical and mental health services. Some community clinics may decline to treat veterans who are eligible for care through the VA. When in doubt, contact the clinic and ask. For information and locations about community health clinics go to the following sections:

[General Health](#)
[Reproductive Health & Family Planning](#)
[Disabilities, Mental Health, and Substance Abuse Treatment](#)

LGBTQ

The Wyoming Equality website has a comprehensive resource guide for Wyoming, the region, and the nation. Check that first to find resources.

Hotlines

See the section [LGBTQ Support](#)

Resource Directories

Wyoming Equality

The biggest support network and resource guide for LGBTQ in Wyoming. Check the “Support & Resources” section for state, regional, and national resources. For more information visit www.wyomingequality.org.

- ◆ For a list of LGBTQ resources in the state, region, and the U.S., visit: <http://wyomingequality.org/resources/>

The National Center for Transgender Equality

This website provides lots of information about transgender people, relevant issues, and legal rights for transgender people. For more information visit www.transequality.org.

Gay & Lesbian Medical Association (GLMA)

Provides information and resources about medical issues for the LGBTQ community, including a list of LGBTQ providers (not many have registered in Wyoming). For more information visit www.glma.org.

Human Rights Campaign – State Maps of Laws & Policies

This webpage allows you to search for laws and policies by state and by a variety of issues. Visit www.hrc.org/state-maps

Housing

Section 8 & Public Housing

According to the Housing for Urban Development, LGBTQ individuals have the following protections against housing discrimination:

Human Rights Campaign – “Housing for LGBTQ People: What You Need to Know About Property Ownership and Discrimination”

This webpage covers a variety of issues that LGBTQ individuals and couples might run across during the search of housing and owning property.

“The federal Fair Housing Act prohibits housing discrimination based on race, color, national origin, religion, sex, disability, and familial status (i.e., presence of children under the age of 18 in the household or pregnancy). The Fair Housing Act does not specifically include sexual orientation and gender identity as prohibited bases. However, discrimination against a lesbian, gay, bisexual, or transgender (LGBT) person may be covered by the Fair Housing Act if it is based on non-conformity with gender stereotypes. For example, if a housing provider refuses to rent to an LGBT person because he believes the person acts in a manner that does not conform to his notion of how a

person of a particular sex should act, the person may pursue the matter as a violation of the Fair Housing Act's prohibition of sex.

Housing discrimination against people with HIV/AIDS and people perceived to have HIV/AIDS is also illegal under the Fair Housing Act's prohibition of disability discrimination. See [Housing Discrimination because of HIV/AIDS is Illegal](#).

In addition, housing providers that receive HUD funding or have loans insured by the Federal Housing Administration (FHA), as well as lenders insured by FHA, are subject to HUD's Equal Access Rule, which requires equal access to HUD programs without regard to a person's actual or perceived sexual orientation, gender identity, or marital status.

◆ For more information visit

https://portal.hud.gov/hudportal/HUD?src=/program_offices/fair_housing_equal_opp/LGBT_Housing_Discrimination

Economic Development

Equal Employment Opportunity Commission (EEOC)

For up-to-date work place rights for LGBTQ employees, check www.eeoc.gov.

◆ For information directly pertaining to LGBT workers, see the EEOC page "What You Should Know about EEOC and the Enforcement Protections for LGBT Workers",

https://www.eeoc.gov/eeoc/newsroom/wysk/enforcement_protections_lgbt_workers.cfm

Campus Pride Index - National Listing of LGBTQ-Friendly Schools

See the section [Campus Pride Index – National Listing of LGBTQ-Friendly Schools](#)

Trans Student Educational Resources

A website with resources for trans students. TSER also provides scholarships for trans students. For more information visit www.transstudent.org.

Human Rights Campaign (HRC) Directory of LGBTQ Scholarships

Search for state-specific or national scholarships for LGBTQ & allies at www.hrc.org/resources/scholarship-database.

University of Wyoming's Rainbow Resource Center

Check the Rainbow Resource Center's website for LGBTQ scholarships for UW students. Visit www.uwyo.edu/rrc.

Financial Aid.org

Check www.finaid.org/otheaid/lgbt.phtml for national, regional, and campus specific LGBTQ scholarships.

Fastweb

This scholarship database has a comprehensive list of scholarships available for LGBTQ students and allies at <https://www.fastweb.com/directory/scholarships-for-lgbtq-students>.

Victims & Survivors of Sexual Assault, Child Abuse, & Domestic Violence

Note on Safety Considerations: When applying for public benefits, applicants with children may be asked or required to provide certain information for the collection of child support. Information that may be required can include a current home & work address and phone numbers. The information on child support applications is usually available to both parents, which may compromise the safety of fleeing survivors of family violence. Some applications for assistance have a waiver for victims of family violence to forgo child support because of safety issues. A DVSA advocate can be helpful when filling out applications for this reason. You can also speak with the public benefits caseworker to discuss safety considerations and how you can get benefits without compromising safety.

Hotlines

For a list of hotlines for reporting crimes or to receive victim support services visit the section [Victim & Survivor Support: Dating Abuse, Domestic Violence, Sexual Violence, and Child Abuse](#).

Programs that Assist Victims & Survivors of Crime

Wyoming Division of Victim's Services

Part of the Wyoming Attorney General's Office, the Division of Victim Services provides funding and guidance to many victim service providers around the state of Wyoming, including the following:

- ◆ *Domestic Violence and Sexual Assault (DVSA) programs*
 - * DVSA programs offer a variety of services to victims and survivors of different types of violence, including emergency shelter, advocacy services, referrals, emotional support, and financial assistance for housing and travel. For more information go to the section [Domestic Violence & Sexual Assault Programs](#).
- ◆ *Victim Witness advocates*
 - * These advocates operate out of the County Attorney's Office, and help with coordinating care and services for victims and witnesses of crime.
- ◆ *Sexual Assault Nurse Examiners (SANE)*
 - * Also called Forensic Nurses, these are nurses that are specially trained in the collection of evidence from people who are involved in crimes, including domestic violence, sexual assault, and child abuse. They are located in hospitals around the state.
- ◆ *Court Appointed Special Advocates (CASA)*
 - * These advocates are trained volunteers that help abused or neglected children have a voice in the courtroom, while also helping them to navigate through the court system.
- ◆ *Child Advocacy Centers*
 - * CAC's provide extensive advocacy and justice related services to child victims of violence. These centers make it easier for the collection of evidence related to crimes, while also making the experience less traumatic for child victims and families.
- ◆ *Victim Compensation Program*
 - * Victim compensation can help victims and survivors to pay for the immediate and long-term effects of victimization. Advocates from any of the Victim Services Programs can help victims apply for victim compensation. For more information, visit: <http://ag.wyo.gov/victim-services-home-page/compensation>
- ◆ *Locations*
 - * For a list of locations of all the Victim Services Providers in Wyoming, visit <http://ag.wyo.gov/victim-services-home-page/victim-services-providers>

Housing

In addition to the housing services provided by DVSA programs, survivors of domestic violence can also receive extra points for the Section 8 & Public Housing waitlist, which may shorten the wait time for housing. Survivor status, and documentation (in the form of a referral from a DVSA program) needs to be included in the application. For more information go to the section [Section 8 and Public Housing](#).

Economic Development

These resources can help survivors to become and maintain financial independence.

Workplace & Employment Rights for Victims and Survivors

The website www.workplacefairness.org has information about different workplace rights, including domestic violence and harassment. For more information on employment rights, see the section [Employment Rights](#)

◆ *Harassment & Other Workplace Problems*

- * Main page with links to information about sexual harassment, racial harassment, bullying bosses, domestic violence, and how to file a harassment claim

◆ *Domestic Violence*

- * Information about legal protections to prevent domestic violence from affecting work
- * Answers to questions about collecting unemployment because of being fired due to abuse
- * How to balance court obligations with work
- * Relevant state and local laws
- * www.workplacefairness.org/domestic-violence-workplace

Allstate Purple Purse Foundation

The Purple Purse Foundation has several resources that were created specifically for victims and survivors of domestic violence, including a financial literacy curriculum, a career empowerment curriculum, and a Matched Savings Program. For more information visit the sections:

[Allstate's Moving Ahead through Financial Management Curriculum](#)

[Allstate Career Empowerment Curriculum](#)

[Allstate's Matched Savings Programs](#)

Educational Scholarships

Many survivors of sexual abuse and domestic violence will qualify for non-victim specific scholarships, including scholarships for women, minorities, low-income, single parents, and first-generation.

◆ *The National Center on Domestic & Sexual Violence Scholarship List*

- * A list of scholarship foundations which victims may qualify for, many of which are non-specific to victims. For more information visit http://www.ncdsv.org/ncd_linksfunding.html#scholarships.

◆ *Women's Independence Scholarship Program (WISP)*

- * Scholarships for survivors of intimate partner violence to attend full or part time accredited educational programs. For more information and to apply visit www.wispinc.org.

◆ *Break the Silence against Domestic Violence*

- * Provides scholarships to survivors of domestic violence. For more information visit <http://www.breakthesilencedv.org/get-help/scholarship-opportunities/>.

Allstate's Matched Savings Programs

The Allstate Foundation provides grant money for microloans and Individual Development Accounts for victims and survivors of domestic violence. For more information visit the section [Allstate's Matched Savings Programs](#).

*Physical & Mental Health Services***Forensic Exams**

Forensic exams are conducted by nurses trained in the collection of physical evidence. The program is run through the Wyoming Division of Victim's Services. The evidence collected during these exams can be used during criminal investigations and court procedures. Most hospitals have at least a Sexual Assault Nurse Examiner (SANE). Although SANE nurses have received training specifically for the collection of evidence of sexual assault, oftentimes they are also the ones who will conduct the forensic examinations related to other crimes, such as child abuse and domestic violence. For more information visit the section [Wyoming Division of Victim's Services](#).

The Wyoming Division of Victim Services

This program has funding that can assist victims of crime with medical related expenses. For more information visit the section [Wyoming Division of Victim's Services](#).

The R.O.S.E. Reconstructive Surgery Program

This program provides women survivors with free access to a wide range of medical, dental, and facial reconstructive surgery procedures. These services are available to women survivors of domestic violence who suffer from medical issues that are a direct result of domestic violence incidents. Surgeries and procedures range from scar revisions and dental work to cosmetic reconstructive surgery for the head, neck, and face.

For more information visit www.rosefund.org or call (617) 482-5400

*Legal Services***The Wyoming Coalition Against Domestic Violence & Sexual Assault (WCADVSA)**

The WCADVSA provides legal services to victims and survivors around the state. The WCADVSA staff attorneys can help with a variety of civil legal issues that may be connected to domestic violence and sexual assault, including (but not limited to):

- ◆ Divorce
- ◆ Custody
- ◆ Housing
- ◆ Immigration
- ◆ Protection Orders
- ◆ Staff attorneys cannot assist with criminal cases

For more information and to fill out an online application visit <http://www.wyomingdvsa.org/what-we-do>

Contact the WCADVSA at:

Wyoming Coalition Against Domestic Violence and Sexual Assault

PO Box 236
710 Garfield Street, Suite 218
Laramie, WY 82073
Phone: 307-755-5481
Toll Free: 1-844-264-8080
Fax: 307-755-5482
E-Mail: info@wyomingdvsa.org

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Appendix A: Office of Housing and Urban Development (HUD) Income Guidelines

STATE: WYOMING		SECTION 8 INCOME LIMITS							
PROGRAM	1 PERSON	2 PERSON	3 PERSON	4 PERSON	5 PERSON	6 PERSON	7 PERSON	8 PERSON	
Casper, WY MSA									
FY 2016 MET: 73400									
EXTR LOW INCOME	15400	17600	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25700	29400	33050	36700	39650	42600	45550	48450	
LOW-INCOME	41100	47000	52850	58700	63400	68100	72800	77500	
Cheyenne, WY MSA									
FY 2016 MET: 82500									
EXTR LOW INCOME	15900	18200	20450	24300	28440	32580	36730	40890	
VERY LOW INCOME	26500	30250	34050	37800	40850	43850	46900	49900	
LOW-INCOME	42350	48400	54450	60450	65300	70150	75000	79800	
Albany County, WY									
FY 2016 MET: 69700									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Big Horn County, WY									
FY 2016 MET: 63500									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Campbell County, WY									
FY 2016 MET: 87000									
EXTR LOW INCOME	18300	20900	23500	26100	28440	32580	36730	40890	
VERY LOW INCOME	30450	34800	39150	43500	47000	50500	53950	57450	
LOW-INCOME	46000	52600	59150	65700	71000	76250	81500	86750	
Carbon County, WY									
FY 2016 MET: 67100									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Converse County, WY									
FY 2016 MET: 77200									
EXTR LOW INCOME	16250	18550	20850	24300	28440	32580	36730	40890	
VERY LOW INCOME	27050	30900	34750	38600	41700	44800	47900	51000	
LOW-INCOME	43250	49400	55600	61750	66700	71650	76600	81550	
Crook County, WY									
FY 2016 MET: 62500									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Fremont County, WY									
FY 2016 MET: 62000									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Goshen County, WY									
FY 2016 MET: 53300									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Hot Springs County, WY									
FY 2016 MET: 57800									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	
Johnson County, WY									
FY 2016 MET: 65000									
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890	
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700	
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250	

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STATE: WYOMING

-----SECTION 8 INCOME LIMITS-----

PROGRAM	1 PERSON	2 PERSON	3 PERSON	4 PERSON	5 PERSON	6 PERSON	7 PERSON	8 PERSON
Lingola County, WY								
FY 2016 MFI: 73400								
EXTR LOW INCOME	15400	17600	20160	24300	28440	32580	36730	40890
VERY LOW INCOME	25700	29400	33050	36700	39650	42600	45550	48450
LOW-INCOME	41100	47000	52850	58700	63400	68100	72800	77500
Niobrara County, WY								
FY 2016 MFI: 58500								
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250
Park County, WY								
FY 2016 MFI: 66500								
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250
Platte County, WY								
FY 2016 MFI: 64200								
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250
Sheridan County, WY								
FY 2016 MFI: 69500								
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250
Sublette County, WY								
FY 2016 MFI: 88100								
EXTR LOW INCOME	18550	21200	23850	26450	28600	32580	36730	40890
VERY LOW INCOME	30850	35250	39650	44050	47600	51100	54650	58150
LOW-INCOME	46000	52600	59150	65700	71000	76250	81500	86750
Sweetwater County, WY								
FY 2016 MFI: 83700								
EXTR LOW INCOME	17600	20100	22600	25100	28440	32580	36730	40890
VERY LOW INCOME	29300	33500	37700	41850	45200	48550	51900	55250
LOW-INCOME	46000	52600	59150	65700	71000	76250	81500	86750
Teton County, WY								
FY 2016 MFI: 85800								
EXTR LOW INCOME	18350	21000	23600	26200	28440	32580	36730	40890
VERY LOW INCOME	30600	35000	39350	43700	47200	50700	54200	57700
LOW-INCOME	46000	52600	59150	65700	71000	76250	81500	86750
Uinta County, WY								
FY 2016 MFI: 75000								
EXTR LOW INCOME	15750	18000	20250	24300	28440	32580	36730	40890
VERY LOW INCOME	26250	30000	33750	37500	40500	43500	46500	49500
LOW-INCOME	42000	48000	54000	60000	64800	69600	74400	79200
Washakie County, WY								
FY 2016 MFI: 66300								
EXTR LOW INCOME	15200	17350	20160	24300	28440	32580	36730	40890
VERY LOW INCOME	25300	28900	32500	36100	39000	41900	44800	47700
LOW-INCOME	40450	46200	52000	57750	62400	67000	71650	76250
Weston County, WY								
FY 2016 MFI: 76500								
EXTR LOW INCOME	16100	18400	20700	24300	28440	32580	36730	40890
VERY LOW INCOME	26800	30600	34450	38250	41350	44400	47450	50500
LOW-INCOME	42850	49000	55100	61200	66100	71000	75900	80800

Appendix B: Wyoming Energy Savers (WES) 2016 Income Guidelines

Amortized Loan (from HUD's 80% below median gross annual income)

County	Family Size							
	1	2	3	4	5	6	7	8
Campbell	\$48,720	\$55,680	\$62,640	\$69,600	\$75,200	\$80,800	\$86,320	\$91,920
Converse	\$43,280	\$49,440	\$55,600	\$61,760	\$66,720	\$71,680	\$76,640	\$81,600
Laramie	\$42,400	\$48,400	\$54,480	\$60,480	\$65,360	\$70,160	\$75,040	\$79,840
Lincoln	\$41,120	\$47,040	\$52,880	\$58,720	\$63,440	\$68,160	\$72,880	\$77,520
Natrona	\$41,120	\$47,040	\$52,880	\$58,720	\$63,440	\$68,160	\$72,880	\$77,520
Sublette	\$49,360	\$56,400	\$63,440	\$70,480	\$76,160	\$81,760	\$87,440	\$93,040
Sweetwater	\$46,880	\$53,600	\$60,320	\$66,960	\$72,320	\$77,680	\$83,040	\$88,400
Teton	\$48,960	\$56,000	\$62,960	\$69,920	\$75,520	\$81,120	\$86,720	\$92,320
Uinta	\$42,000	\$48,000	\$54,000	\$60,000	\$64,800	\$69,600	\$74,400	\$79,200
Weston	\$42,880	\$48,960	\$55,120	\$61,200	\$66,160	\$71,040	\$75,920	\$80,800
All Others	\$40,480	\$46,240	\$52,000	\$57,760	\$62,400	\$67,040	\$71,680	\$76,320

Deferred Loans (from HUD's 50% below median gross annual income)

County	Family Size							
	1	2	3	4	5	6	7	8
Campbell	\$30,450	\$34,800	\$39,15	\$43,500	\$47,000	\$50,500	\$53,950	\$57,450
Converse	\$27,050	\$30,900	\$34,750	\$38,600	\$41,700	\$44,800	\$47,900	\$51,000
Laramie	\$26,500	\$30,250	\$34,050	\$37,800	\$40,850	\$43,850	\$46,900	\$49,900
Lincoln	\$25,700	\$29,400	\$33,050	\$36,700	\$39,650	\$42,600	\$45,550	\$48,450
Natrona	\$25,700	\$29,400	\$33,050	\$36,700	\$39,650	\$42,600	\$45,550	\$48,450
Sublette	\$30,850	\$35,250	\$39,650	\$44,050	\$47,600	\$51,100	\$54,650	\$58,150
Sweetwater	\$29,300	\$33,500	\$37,700	\$41,850	\$45,200	\$48,550	\$51,900	\$55,250
Teton	\$30,600	\$35,000	\$39,350	\$43,700	\$47,200	\$50,700	\$54,200	\$57,700
Uinta	\$26,250	\$30,000	\$33,750	\$37,500	\$40,500	\$43,500	\$46,500	\$49,500
Weston	\$26,800	\$30,600	\$34,450	\$38,250	\$41,350	\$44,400	\$47,450	\$50,500
All Others	\$25,300	\$28,900	\$32,500	\$36,100	\$39,000	\$41,900	\$44,800	\$47,700

Appendix C: Wyoming Community Development Income Guidelines

Income limits apply to the following WCDA programs: First-Time Homebuyer, Home Again, Spruce Up Wyoming, HFA Preferred (with and without Mortgage Insurance), and MCC First-Time Homebuyer Tax Credit.

<i>Effective date: July 16, 2016</i>			
ANNUAL GROSS INCOME LIMITS FOR HFA PREFERRED AND MRB STANDARD PROGRAMS			
COUNTY	Purchase Price Limit for MRB Standard Program ONLY	Family Size: 1 - 2 Persons	Family Size: 3 Persons or more
ALBANY *	\$255,570	\$73,300	\$84,295
BIG HORN	\$255,570	\$73,300	\$84,295
CAMPBELL	\$255,570	\$89,700	\$103,155
CARBON	\$255,570	\$73,300	\$84,295
CONVERSE	\$255,570	\$77,200	\$88,780
CROOK	\$255,570	\$73,300	\$84,295
FREMONT	\$255,570	\$73,300	\$84,295
GOSHEN	\$255,570	\$73,300	\$84,295
HOT SPRINGS	\$255,570	\$73,300	\$84,295
JOHNSON	\$255,570	\$73,300	\$84,295
LARAMIE	\$255,570	\$75,600	\$86,940
LINCOLN	\$255,570	\$75,700	\$87,055
NATRONA*	\$255,570	\$74,900	\$86,135
NIOBRARA	\$255,570	\$73,300	\$84,295
PARK	\$255,570	\$73,300	\$84,295
PLATTE	\$255,570	\$73,300	\$84,295
SHERIDAN	\$255,570	\$73,300	\$84,295
SUBLETTE	\$271,080	\$88,100	\$101,315
SWEETWATER	\$292,770	\$86,500	\$99,475
TETON	\$589,780	\$110,400	\$128,800
UINTA	\$255,570	\$76,700	\$88,205
WASHAKIE	\$255,570	\$73,300	\$84,295
WESTON	\$255,570	\$76,600	\$88,090
* TARGETED AREAS			
ALBANY	\$312,360	\$87,960	\$102,620
FREMONT	\$312,360	\$87,960	\$102,620
NATRONA	\$312,360	\$89,880	\$104,860
Loan Program			
	Purchase Price	All Family Sizes	
	No Purchase Price Limit		3 Persons or more (See Above
HFA PREFERRED	Maximum Loan is \$417,000	See Above MRB Income Limits	RMB)

Counties with an * have an area or areas designated as Targeted. Entire Counties ARE NOT designated as Targeted. See Targeted Area map for Albany, Fremont & Natrona Counties

Appendix D: WIC Income Guidelines

Effective WIC Income Guidelines Effective from July 1, 2017-June 30, 2018

For income guidelines before July 1, 2017, visit:

<https://health.wyo.gov/publichealth/wic/clinicservices/householdincomeguidelines/>

Household Size	Weekly Income	Monthly Income	Maximum Yearly Income
1 (Single and pregnant)	\$430	\$1,860	\$22,311
2	\$578	\$2,504	\$30,044
3	\$727	\$3,149	\$37,777
4	\$876	\$3,793	\$45,510
5	\$1,024	\$4,437	\$53,243
6	\$1,173	\$5,082	\$60,976
7	\$1,322	\$5,726	\$68,709
8	\$1,471	\$6,371	\$76,442

Appendix E: Income Guidelines for Department of Family Services Programs

For a Wyoming DFS Glossary, visit: <https://sites.google.com/a/wyo.gov/dfssnap/policy/200---definition-of-terms>

Some income guideline tables do not specify whether gross or net income is counted. If there are any questions, contact your local DFS Economic Assistance Caseworker.

AU (Assistance Unit)/Family Size: The size of the family, including children and adults.

Gross Income: The amount of salary or wages paid to the individual before any deductions (taxes, child support, retirement plan, etc.).

Net Income: The amount of earnings after all deductions (taxes, child support, retirement plan, etc.) have been taken from gross pay.

For updated SNAP and POWER Income Limit Tables and Deductions Information, visit: <https://sites.google.com/a/wyo.gov/dfssnap/tables>

LIEAP Income Guidelines

2016/2017

FAMILY SIZE	MONTHLY	ANNUAL		FAMILY SIZE	MONTHLY	ANNUAL
1	\$2,122	\$25,469		9	\$5,755	\$69,060
2	\$2,776	\$33,306		10	\$5,877	\$70,530
3	\$3,429	\$41,142		11	\$6,000	\$71,999
4	\$4,082	\$48,979		12	\$6,122	\$73,469
5	\$4,735	\$56,816		13	\$6,245	\$74,938
6	\$5,388	\$64,652		14	\$6,367	\$76,407
7	\$5,510	\$66,122		15	\$6,490	\$77,877
8	\$5,633	\$67,591				

WAP Income Guidelines

2015/2016 – more recent guidelines have not been posted as of May 2017

FAMILY SIZE	MONTHLY	ANNUAL		FAMILY SIZE	MONTHLY	ANNUAL
1	\$2,074	\$24,890		9	\$5,624	\$67,491
2	\$2,712	\$32,549		10	\$5,744	\$68,927
3	\$3,351	\$40,207		11	\$5,864	\$70,363
4	\$3,989	\$47,866		12	\$5,983	\$71,799
5	\$4,627	\$55,525		13	\$6,103	\$73,235
6	\$5,265	\$63,183		14	\$6,223	\$74,671
7	\$5,385	\$64,619		15	\$6,342	\$76,107
8	\$5,505	\$66,055				

Lifeline (TAP) Income Guidelines

Family Unit (Household) Size	Lifeline Eligibility Income Limit (yearly)
1	\$15,171
2	\$20,449
3	\$25,727
4	\$31,005
5	\$36,283
6	\$41,561
7	\$46,839
8	\$52,117
For <u>each</u> additional person in the household, add	\$5,278

SNAP Income Guidelines

October 1, 2016 – September 30, 2017

Assistance Unit Size	165% Poverty Maximum Gross Monthly Income Elderly/Disabled	Maximum Gross Monthly Income 130% of Poverty	Maximum Net Monthly Income 100% of Poverty	Thrifty Food Plan Maximum Allotment
1	\$1634	\$1287	\$990	\$194
2	2203	1736	1335	357
3	2772	2184	1680	511
4	3342	2633	2025	649
5	3911	3081	2370	771
6	4480	3530	2715	925
7	5051	3980	3061	1022
8	5623	4430	3408	1169
9	6195	4881	3755	1315
10	6767	5332	4102	1461
Each Additional Member	+\$572	+\$451	+\$347	+\$146

Second column from the left: Income limits for the elderly/disabled population (may require documentation to qualify as “disabled”).

Third & Fourth columns from the left: Income limits for those who are not elderly or disabled.

Last column: The maximum amount of SNAP awarded for the size of the assistance unit.

POWER Income GuidelinesJuly 1, 2016 – June 30th, 2017

AU Size	Shelter Supplied Maximum Benefit	Maximum Earned Income Limit Single Parent (\$600 EID)	Maximum Earned Income Limit Married Couple (\$1200 EID)	Shelter Included Maximum Benefit	Maximum Earned Income Limit Single Parent (\$600 EID)	Maximum Earned Income Limit Married Couple (\$1200 EID)	VA Service Connect Disability Benefits Annual Income
1	\$219.00	\$819.00	\$1,419.00	\$374.00	\$974.00	\$1,574.00	\$12,060
2	\$394.00	\$994.00	\$1,594.00	\$618.00	\$1,218.00	\$1,818.00	\$16,240
3	\$453.00	\$1,053.00	\$1,653.00	\$657.00	\$1,257.00	\$1,857.00	\$20,160
4	\$453.00	\$1,053.00	\$1,653.00	\$657.00	\$1,257.00	\$1,857.00	\$24,420
5	\$512.00	\$1,112.00	\$1,712.00	\$697.00	\$1,297.00	\$1,897.00	\$28,780
6	\$512.00	\$1,112.00	\$1,712.00	\$697.00	\$1,297.00	\$1,897.00	\$32,960
7	\$570.00	\$1,170.00	\$1,770.00	\$737.00	\$1,337.00	\$1,937.00	\$37,140
8	\$570.00	\$1,170.00	\$1,770.00	\$737.00	\$1,337.00	\$1,937.00	\$41,320
9	\$570.00	\$1,170.00	\$1,770.00	\$737.00	\$1,337.00	\$1,937.00	\$45,500
10	\$570.00	\$1,170.00	\$1,770.00	\$737.00	\$1,337.00	\$1,937.00	\$49,680
11	\$570.00	\$1,170.00	\$1,770.00	\$737.00	\$1,337.00	\$1,937.00	\$53,860
12	\$570.00	\$1,170.00	\$1,770.00	\$737.00	\$1,337.00	\$1,937.00	\$58,040
A	B	C	D	E	F	G	H

EXPLANATION/DIRECTIONS

EID: Earned Income Deduction – the amount of earned income that is not counted towards the maximum monthly earnings allowed.

COLUMN A: The number of eligible persons included in the assistance unit.

COLUMNS B through D: The maximum benefit when shelter is provided without cost to the assistance unit, when the assistance unit is receiving a housing subsidy, a performance payment under the minor parent provision or when there is an SSI recipient in the household who is a relative.

COLUMNS C and F: Maximum amount of income and benefits for single parent families when taking into consideration the \$600 EID.

COLUMNS D and G: Maximum amount of income and benefits for families with married parents, (only when those parents are the biological mother and father of the children in the assistance unit) when taking into consideration the \$1200 EID.

COLUMNS E through G: The maximum benefit when the assistance unit pays any portion of their own shelter costs, excluding those assistance units who receive a housing subsidy, fall under the minor parent provision or have an SSI recipient in the household who is a relative.

COLUMN D: 100% of the federal poverty level and applies to the annual amount received by a veteran for a service connected disability and is used to determine whether or not the income is exempt.

Maximum Amount of Earned Income: The same as the maximum benefit. If there is earned income, it has to be less than the maximum benefit amount, and the amount of cash assistance will be the difference between the earned amount and the maximum benefit. This is in order to qualify for the program and maintain enrollment in the program.

Award amount = Maximum benefit amount – earned income amount

For example:

Assistance Unit Size: 2 parents and 2 children (AU 4)

Family Composition: Married, with one of the children the biological offspring of both parents (one child from previous relationship).

Housing: Receives a housing subsidy

Earned income: \$400 a month

EID: None, since in order for a married couple to receive the deduction, both children have to be the offspring of both parents.

Column: B, maximum amount of benefit & income is \$453 a month

Amount awarded: $\$453 - \$400 = \$53$

If both children were the biological offspring of the married parents, they would qualify for a \$1,200 EID, and they would look at Column D:

Maximum benefit amount: \$1,653

Amount awarded: $\$1,653 - 400 = \$1,253$

Child Care Income Guidelines & Sliding Fee Scale
Effective April 1, 2017

Explanation/Directions on following page

	Transitional Child Care					
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
	100% FPL	125% FPL	150% FPL	175% FPL	200% FPL	225% FPL
Hourly Parental Obligation	.00/hour/child	.11/hour/child	.22/hour/child	.80/hour/child	1.17/hour/child	1.71/hour/child
AU Size						
1	0 - 1005	1006 - 1256	1257 - 1508	1509 - 1759	1760 - 2010	2011 - 2261
2	0 - 1353	1354 - 1692	1693 - 2030	2031 - 2368	2369 - 2707	2708 - 3045
3	0 - 1702	1703 - 2127	2128 - 2553	2554 - 2978	2979 - 3403	3404 - 3829
4	0 - 2050	2051 - 2563	2564 - 3075	3076 - 3588	3589 - 4100	4101 - 4613
5	0 - 2398	2399 - 2998	2999 - 3598	3599 - 4197	4198 - 4797	4798 - 5396
6	0 - 2747	2748 - 3433	3434 - 4120	4121 - 4807	4808 - 5493	5494 - 6180
7	0 - 3095	3096 - 3869	3870 - 4643	4644 - 5416	5417 - 6190	6191 - 6964
8	0 - 3443	3444 - 4304	4305 - 5165	5166 - 6026	6027 - 6887	6888 - 7748

INCOME GUIDELINES AND BENEFITS EXPLANATION

FPL: Federal Poverty Level

Hourly Parental Obligation: The amount that the parent of the child pays per hour for child care.

AU Size: Applicant Unit Size

Examples

For a single parent family with 2 children (AU size: 3), if the parent makes less than \$1,702 a month, the parent would pay nothing for childcare.

For the same family that makes between \$1,703 and \$2,127 (Step 2), the parent would pay .11 cents per hour per child for childcare; if the two children are both in childcare for 8 hours a day, 5 days a week, the calculation would be as follows:

.11 (parental obligation per hour) x 2 (amount of children) = .22 cents (Parental obligation per hour) multiplied by 40, the total amount of hours that that week (8 hours a day x 5 days a week)

.22 x 40 = \$8.80 a week in childcare for both children, which would be about \$35 a month.

Appendix F: Federal Poverty Guidelines
Monthly 2017 Poverty Guidelines for the 48 Contiguous States
 (Does not include Hawaii or Alaska)

AU Size	25%	50%	75%	100%	125%	150%	175%	185%	200%	225%	250%	275%	300%	325%	350%	375%	400%
1	\$251	\$503	\$754	\$1,005	\$1,256	\$1,508	\$1,759	\$1,859	\$2,010	\$2,261	\$2,513	\$2,764	\$3,015	\$3,266	\$3,518	\$3,769	\$4,020
2	\$338	\$677	\$1,015	\$1,353	\$1,692	\$2,030	\$2,368	\$2,504	\$2,707	\$3,045	\$3,383	\$3,722	\$4,060	\$4,398	\$4,737	\$5,075	\$5,413
3	\$425	\$851	\$1,276	\$1,702	\$2,127	\$2,553	\$2,978	\$3,148	\$3,403	\$3,829	\$4,254	\$4,680	\$5,105	\$5,530	\$5,956	\$6,381	\$6,807
4	\$513	\$1,025	\$1,538	\$2,050	\$2,563	\$3,075	\$3,588	\$3,793	\$4,100	\$4,613	\$5,125	\$5,638	\$6,150	\$6,663	\$7,175	\$7,688	\$8,200
5	\$600	\$1,199	\$1,799	\$2,398	\$2,998	\$3,598	\$4,197	\$4,437	\$4,797	\$5,396	\$5,996	\$6,595	\$7,195	\$7,795	\$8,394	\$8,994	\$9,593
6	\$687	\$1,373	\$2,060	\$2,747	\$3,433	\$4,120	\$4,807	\$5,081	\$5,493	\$6,180	\$6,867	\$7,553	\$8,240	\$8,927	\$9,613	\$10,300	\$10,987
7	\$774	\$1,548	\$2,321	\$3,095	\$3,869	\$4,643	\$5,416	\$5,726	\$6,190	\$6,964	\$7,738	\$8,511	\$9,285	\$10,059	\$10,833	\$11,606	\$12,380
8	\$861	\$1,722	\$2,583	\$3,443	\$4,304	\$5,165	\$6,026	\$6,370	\$6,887	\$7,748	\$8,608	\$9,469	\$10,330	\$11,191	\$12,052	\$12,913	\$13,773
9	\$948	\$1,896	\$2,844	\$3,792	\$4,740	\$5,688	\$6,635	\$7,015	\$7,583	\$8,531	\$9,479	\$10,427	\$11,375	\$12,323	\$13,271	\$14,219	\$15,167
10	\$1,035	\$2,070	\$3,105	\$4,140	\$5,175	\$6,210	\$7,245	\$7,659	\$8,280	\$9,315	\$10,350	\$11,385	\$12,420	\$13,455	\$14,490	\$15,525	\$16,560
11	\$1,122	\$2,244	\$3,366	\$4,488	\$5,610	\$6,733	\$7,855	\$8,303	\$8,977	\$10,099	\$11,221	\$12,343	\$13,465	\$14,587	\$15,709	\$16,831	\$17,953
12	\$1,209	\$2,418	\$3,628	\$4,837	\$6,046	\$7,255	\$8,464	\$8,948	\$9,673	\$10,883	\$12,092	\$13,301	\$14,510	\$15,719	\$16,928	\$18,138	\$19,347
13	\$1,296	\$2,593	\$3,889	\$5,185	\$6,481	\$7,778	\$9,074	\$9,592	\$10,370	\$11,666	\$12,963	\$14,259	\$15,555	\$16,851	\$18,148	\$19,444	\$20,740
14	\$1,383	\$2,767	\$4,150	\$5,533	\$6,917	\$8,300	\$9,683	\$10,237	\$11,067	\$12,450	\$13,833	\$15,217	\$16,600	\$17,983	\$19,367	\$20,750	\$22,133

Appendix G: Federal Poverty Guidelines FAQ

Text taken from <https://aspe.hhs.gov/frequently-asked-questions-related-poverty-guidelines-and-poverty>

What are the Federal Poverty Guidelines Used For?

The Department of Health & Human Services (HHS) poverty guidelines, or percentage multiples of them (such as 125 percent, 150 percent, or 185 percent), are used as an eligibility criterion by a number of federal programs, including those listed below. For examples of major means-tested programs that do not use the poverty guidelines, see the end of this response.

Department of Health and Human Services

- Community Services Block Grant
- Head Start
- Low-Income Home Energy Assistance Program (LIHEAP)
- PARTS of Medicaid (31 percent of eligibles in Fiscal Year 2004)
- Hill-Burton Uncompensated Services Program
- AIDS Drug Assistance Program
- Children’s Health Insurance Program
- Medicare – Prescription Drug Coverage (subsidized portion only)
- Community Health Centers
- Migrant Health Centers
- Family Planning Services
- Health Professions Student Loans — Loans for Disadvantaged Students
- Health Careers Opportunity Program
- Scholarships for Health Professions Students from Disadvantaged Backgrounds
- Job Opportunities for Low-Income Individuals
- Assets for Independence Demonstration Program

Department of Agriculture

- Supplemental Nutrition Assistance Program (SNAP) (formerly Food Stamp Program)
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- National School Lunch Program (for free and reduced-price meals only)
- School Breakfast Program (for free and reduced-price meals only)
- Child and Adult Care Food Program (for free and reduced-price meals only)
- Expanded Food and Nutrition Education Program

Department of Energy:

- Weatherization Assistance for Low-Income Persons

Department of Labor:

- Job Corps
- National Farmworker Jobs Program
- Senior Community Service Employment Program
- Workforce Investment Act Youth Activities

Department of the Treasury:

- Low-Income Taxpayer Clinics

Corporation for National and Community Service:

- Foster Grandparent Program
- Senior Companion Program

Legal Services Corporation:

- Legal Services for the Poor

Programs that do not use the Federal Poverty Guidelines

- Supplemental Security Income (SSI)
- Earned Income Tax Credit (EITC)
- State/local-funded General Assistance (in most cases)
- Some parts of Medicaid
- Section 8 low-income housing assistance
- Low-rent public housing

Are the poverty guidelines before-tax or after-tax?

Is it gross income or net income? What definition of income is used with the poverty guidelines?

There is no simple answer to these questions. When determining program eligibility, some agencies compare before-tax income to the poverty guidelines, while other agencies compare after-tax income. Likewise, eligibility can be dependent on gross income, net income, or some other measure of income. Federal, state, and local program offices that use the poverty guidelines for eligibility purposes may define income in different ways. To find out the specific definition of income (before-tax, after-tax, etc.) used by a particular program or activity, one must consult the office or organization that administers that program.

While there is no standard definition of income for program eligibility purposes, the Census Bureau uses a standard definition of income for computing poverty statistics based on the official poverty thresholds. More information is available on the Census Bureau's web site.

What is the poverty line for my state/area?

The Census Bureau's poverty thresholds are the same nationwide, with no separate figures for different states, metropolitan areas, or cities.

The Department of Health and Human Services' poverty guidelines, which are a simplified version of the Census Bureau's poverty thresholds used for program eligibility purposes, are the same for the 48 contiguous states and the District of Columbia. Due to Office of Economic Opportunity administrative practices beginning in the 1966-1970 period, there are separate poverty guidelines for Alaska and for Hawaii.

What are the differences between the poverty guidelines and the poverty thresholds?

Poverty thresholds are used for calculating all official poverty population statistics — for instance, figures on the number of Americans in poverty each year. They are updated each year by the Census Bureau. Poverty thresholds since 1973 (and for selected earlier years) and weighted average poverty thresholds since 1959 are available on the Census Bureau’s web site.

The poverty guidelines are a simplified version of the federal poverty thresholds used for administrative purposes — for instance, determining financial eligibility for certain federal programs. They are issued each year in the Federal Register by the Department of Health and Human Services (HHS).

