Helping Families Connect to Community Resources is Critical to Our Mission at Johns Hopkins Children's Center

- As we continue to mount responses to the COVID-19 pandemic in our region, the Johns Hopkins Children's Center is committed to sharing important messages with our community to support the health and wellbeing of children and families.
- While coronavirus disease (COVID-19) has been mostly a mild disease in children that
 can be managed at home, it has had a significant impact on daily life for children and
 families, which could affect their health and wellbeing.
- Children's health depends on ensuring access to healthy environments in which to grow and develop. This includes access to food and shelter, adequate supervision, and developmentally appropriate services and environments. It also means supporting parents and other caregivers with all the resources they need to care for themselves and the children who depend on them.
- As the changes to daily life in response to the pandemic persist, families may find themselves in need of supports that they have never used before. This makes it all the more important for pediatric clinicians and child-serving organizations to be familiar with available resources.
- Those who work directly with children and their families, from clinical staff to educators and early childhood providers, should screen and refer families in response to the heightened risks of food insecurity, financial instability, housing needs, and emotional stress. Supporting families with children in this way is integral to children's health.
- The resources compiled here are intended to help all of those at the forefront of caring for children and families in our region so that we can help them connect to the resources and supports they need in these difficult times.

The Hopkins Community Connection program has compiled resources here for general assistance and cannot guarantee the accuracy of external links If errors are discovered or more resources should be added, please contact HCC@jhmi.edu

Food resources: Meal Sites and Pantries	
State-wide	
Resource	Details
SNAP (Food Stamps)	All BCDSS offices are now CLOSED to the public beginning Monday, March 16, 2020 until further notice. • Applications can still be accessed online through myDHR (also including temporary cash assistance and energy assistance) • City residents who do not have Internet access may request a copy of the paper application be sent to them by email, fax or US mail by

	calling 443-423-6400, or 1-800-332-6347, Monday- Friday, from 8:30 a.m. to 5:00 p.m. SNAP recertification period has been extended 6 months if recertification was due in March/April/May. No action is needed at this time Maryland Hunger Solutions can assist with completing and submitting SNAP applications over the phone, submit any changes to your active SNAP case and answer any questions about your benefits. Contact MHS at 866-821-5552 MD Food Bank can assist with SNAP applications over the phone at 1-888-808-7327 If you
SNAP Legal Issues	The Homeless Persons Representation Project has launched a hotline in response to the substantial demand for free legal representation to help Maryland families get and keep SNAP benefits Call 800-613-2518 for assistance.
Pandemic-EBT • Flyer in English • Flyer in Spanish	Households with children who have temporarily lost access to free or reduced-price school meals due to pandemic-related school closures will be eligible for Pandemic-EBT benefits. • Monthly benefits will be calculated at the daily rate of \$5.70 per child for each day the child's school was closed • March, April, and May benefits will be issued in June, and Pandemic-EBT benefits will continue to be issued for the duration that schools are closed due to COVID-19.
SNAP Online • <u>Flyer</u> in English • <u>Flyer</u> in Spanish	You can now use your Supplemental Nutrition Assistance Program (SNAP) benefits to shop online for fresh produce and groceries? Participating online stores now accept SNAP benefits for online orders and will deliver to you. Use your EBT card to shop securely for fresh produce and groceries at these participating stores in the Maryland area: Amazon, ShopRite, Walmart .
The Maryland Food Bank	Enter your zip code in the form below to search for nearby Maryland Food Bank partners organizations such as food pantries and soup kitchens.

Maryland Meals Site Search	State-wide interactive <u>map</u> of locations offering free meals	
Maryland Hunger Solutions	Compilation of meal sites organized by each county	
SHARE Food Network	Organization that offers groceries at roughly 50% discount to anyone who is interested, can be purchased with EBT cards	
Food sites have been activated to protect vulnerable populations, including children and families and older adults. Identification or personal information will NOT be required at food sites. This is NOT a publ benefit that would be considered on the public charge test. Site locations included below.		
Allegany County		
Allegany County Public Schools	ACPS COVID-19 updates ● The ACPS system will be providing three meals per day for students (breakfast, lunch, snack) at all 21 schools between 11a -1p, M- F. All meals can be picked up at once by the parent or student at any of the schools (even if not enrolled there)	
Anne Arundel County		
Anne Arundel County Public Schools	AACPS is providing free breakfast, lunch, and dinner to children aged 2-18 at 37 schools between 12 – 2:30p. and 23 mobile curb-side locations found in the links below. • PDF of meal sites • Meal site map • AACPS news release website	
Baltimore City		
COVID-19 Free food distribution sites	Interactive mapIncludes sites for youth and older adults	
Baltimore City Public Schools	 COVID-19 hotline: 443-984-2000 Website for <u>updates</u> MTA <u>information</u> regarding buses going to meal sites The district has developed downloadable <u>learning</u> <u>packets</u> that students may complete while schools are closed due to COVID-19. Packets are available at meal sites as well. 	
Food Rescue Baltimore	Food distribution dates/times updated through their <u>Facebook page</u>	
Baltimore City: Mayor's Office of Children & Family Success	 Meals for Youth & Families Meal distribution is happening at Park and Rec locations, select HABC locations (for residents of the community only), and at mobile sites throughout the city 	

	 Produce box distribution sites for May and June Shelf stable food distribution sites
	World Central Kitchen meals on Saturday
2-1-1	Call for food-related resources
Baltimore County	
Baltimore County Public Schools	 BCPS will distribute free meals to students. Students may pick up breakfast, lunch, and dinner (three meals in one bag) at 50 locations and must be present to receive meals in the parking lots of the locations identified on weekdays from 11 a.m. to 1 p.m List of locations Map of locations
Baltimore County Government	 Food Resource Page Includes meals for youth and groceries for families If you have questions or need assistance with food access, call 410-887-2594 or email food@baltimorecountymd.gov. If you are a senior, or contacting us on behalf of a senior, with food access needs, call 410-887-2954 or email aginginfo@baltimorecountymd.gov
Calvert County	
End Hunger in Calvert County	 Distributing free 4 day supply of breakfasts and lunches called "Kid's Kits. You can pick up one kit per child, the child DOES NOT have to be with you. If your child or a child you know needs food, call or text: (410) 474 - 2548
Calvert County Public Schools	Free meals and snacks will be provided to children ages 2-18 (regardless of where they live or go to school) via a drivethrough delivery system at schools below, M-F between 11-12. Follow updates here

Calvert County Community Resources	<u>Link</u> to PDF of resources	
Calvert County Government	Website of Community Resources (including food)	
Carroll County		
Carroll County Public Schools	Breakfast and lunch provided to children aged 18 and younger. No need to be enrolled at the school, but child needs to be present to receive food. • Locations found here	
Cecil County	- Locations found incre	
Cecil County Public Schools	CCPS is distributing free meals M-F between 11a – 12p. Locations found <u>here</u>	
Charles County		
Charles County Public Schools	CCPS is offering free meals to all children 18 and younger through curbside distribution of breakfast and another meal at 11 school sites. Found here	
Charles County Children's Aid Society	Organization has a food pantry, clothing, baby and personal items. Call 301-645 – 1561 for information or go to site to make an appointment	
Frederick County		
Frederick County Public Schools	 FCPS is serving breakfasts, lunches and suppers to go at 22 sites throughout Frederick County on M-F, 8:30 – 9:30 am for breakfast and 11: 30 – 12:30 p. Community sites are providing "to go" meals from school busses from 11:30 – 12:30p. 	
Harford County		
Harford County Public Schools	 List of meal sites Children age 18 and under and/or any HCPS student, regardless of age, will receive a nutritious breakfast, lunch, and dinner in a single pickup. Children must be onsite to pick up meal, and families are encouraged to bring bags. 	
Howard County		

Howard County Public School System	 List of Grab-N-Go sites HCPSS will provide free "Grab-N-Go" meals (breakfast, lunch, dinner) to anyone age 18 and under and/or any HCPSS student, regardless of age, during the March school closures. Meals will be available from 11:30 a.m1:30 p.m., weekdays 	
Montgomery County		
Montgomery County Public Schools	MCPS is pleased to collaborate with Manna Food to distribute weekend backpack food sacks throughout the county. Distribution will take place on Fridays. Please click here to see the most up-to-date list of meal sites.	
Prince George's County		
Prince George's County Public Schools	Breakfast, lunch, and a snack will be available weekdays from 10a – 1p. Students must be present to receive meals. Full list of meal sites here .	
Washington County		
Washington County Public Schools	WCPS is providing free meals to all children. Locations can be found here .	

Food resources: WIC		
State-wide		
To enroll in WIC, families need to submit the following	 Crib card for the newborn or after visit summary which will needs to include the height and weight of the baby Proof of the address (lease, MVA ID, Official household bill statement) Proof of income (paystub or medical assistance or food stamp card will be accepted) 	
Anne Arundel County		
For an appointment, call 410-222-6797 (English) or call 410-222-0139 (Español)		
Baltimore City		

Baltimore City WIC is teleworking until further notice and staff are conducting TeleWIC services appointments. Those needing WIC services or health care providers can call 410 396-9427 or 410-396-9423 for assistance.

The JHH WIC Office reports new families who need to sign up for WIC should scan or take a picture of their documents and send them to johnshopkinswic@gmail.com. If a family does not have access to email, they may also text their documentation to WIC using WIC's dedicated text line 410-409-8889. Appointments will be conducted over the phone. To contact:

- leave a message at the Eastern Ave Clinic (410- 261-0001) or the main number (410-614-4848)
- Spanish-speakers, call Yadira Foley at 443-841-0637
- Referrals for JHH WIC locations can also be made online here

The above format is being accepted at these locations:

- Johns Hopkins WIC
- Cherry Hill
- Eastern Ave
- Jai Medical @ Park Heights
- Park West
- Belair Edison
- Adventure Dental/Loch Raven
- Pratt St
- Mondawmin (Health Families. Office Only)
- Sarah's Hope Office
- Hampden Family Center
- Union Baptist
- Baltimore City Judy Center
- Benjamin Franklin Center
- Gilmore St.

Baltimore County

Baltimore County WIC can be reached at 410-887-6000 Phone (410-887-6007 fax).

Harford County

Contact the main WIC hotline 1-800-242-4942

Howard County

Call WIC at 410-313-7510

Housing and Utilities

Evictions in Maryland are halted while there is a state of emergency. More information regarding evictions can be found <u>here</u>.

The <u>executive order</u> by Governor Hogan on March 16th prohibits utilities, such as electric, gas, water, sewer, cable, Internet and phone lines, to be cut off nor incur late fees.

The Maryland Office of People's Counsel has energy guides and resources for every county in Maryland. They can be accessed at http://www.opc.maryland.gov/

Resource	Details
	The City of Baltimore will only accept payments (i.e. water, parking, etc.) online and by mail. Late fees will be suspended through at least May 1st. Water services will not be cut off because of non-payment during the state of emergency.
Water	 Baltimore City and County will halt water shutoffs for failure to pay. Baltimore City's Community Action Partnership (CAP) Centers are closed. CAP Center staff will continue to report to the centers to field customer phone calls and process applications for energy assistance and the city's BH2O water discount program. Baltimore County CAN programs are open. More information can be found through their website at
Electricity & Gas	 Community members may still apply for energy assistance online at myDHR or call 410-396-6406 for more information. City residents who do not have Internet access may request a copy of the paper application be sent to them by email, fax or US mail by calling 443-423-6400, or 1-800-332-6347, Monday- Friday, from 8:30 a.m. to 5:00 p.m. BGE (Baltimore Gas & Electric) is suspending service disconnections and waiving new late payment charges through May 1st.
Internet	 Comcast will provide 2 months of free internet services. Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. The following policies will be put in place and will stay in effect for the next 60 days. Xfinity WiFi Free For Everyone: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit: xfinity.com/wifi. Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots, and then launch a browser. No Disconnects or Late Fees: We will not disconnect a customer's internet service or assess late fees if they contact us and let us know that they can't pay their bills during this period. Our care teams will be available to offer flexible payment options and can help find other solutions.

	• Internet Essentials Free to NewCustomers: It's now easier for low-income families who live in a Comcast service area to sign-up for Internet Essentials, the nation's largest and most comprehensive broadband adoption program. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month.
Phone access	 Maryland Lifeline Program Lifeline service is available for traditional landline phones, cell phones, fixed broadband, and mobile broadband. Eligible citizens receive a discount off their smartphone service. If you can't pay, eligible customers can receive free service.
Baltimore City	Emergency Response Plan for People Experiencing Homelessness

Transportation	
Resource	Details
Maryland Department of Transportation	Updates regarding transport are provided here . Social distancing is practiced, and travel is limited to essential personnel at this time.
County Ride	Senior and disabled individuals, who are unable to pick up a meal, may have one delivered by calling the Maryland Access Point at 410-396-CARE (2273), for eligibility into the home-delivered meal program.
Moveable Feast	Transportation is continuing for essential appointment. Process for new members is happening as slots open and Ryan White recipients are prioritized at this time.
<u>Mobility</u>	Applications if sent via mail or fax are being processed. Interviews are now conducted over the phone. Transportation continues for medical appointments, prescriptions, and food related travel.

Health & Insurance

Carriers are required to <u>waive</u> any time restrictions on prescription medication refills and authorize payment to pharmacies for at least a 30-day supply of any prescription medication, regardless of the date upon which the prescription medication had most recently been filled by a pharmacist. This will allow individuals to obtain medications in advance of any quarantine.

Resource	Details
Maryland Health Connection	 Launched a special one-month emergency enrollment period through June 15 for Qualified Health Plans. Medical Assistance redeterminations due in March will be automatically extended to April Applications can be completed online or over the phone at 855-642-8572 weekdays from 8 a.m. to 6 p.m.
Sliding Scale Clinics	In Baltimore City can be found <u>here</u>
MedStar Union Memorial Pharmacy	Offers free delivery within 5 miles of most of their pharmacy locations. Call 410-554-2557.
HealthWell Foundation	Has created a COVID-19 Ancillary fund for eligible families to assist with cost associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence.
Health Care for the Homeless	People without homes can receive care at the downtown clinic. More details can be found here .

Mental Health	
Resource	Details
Local	
Thrive Behavioral Health	continuing to connect with patients via telehealth
Better Tomorrow Starts Today (BTST)	continuing to connect with patients via telehealth
Better Health System of Baltimore	The Network of Care link on their website has an interactive directory of behavioral health services and resources in Maryland. * Ask if providers are offering remote tele-therapy services.
The Maryland Behavioral Health Integration	The BHIPP phone line (1-855-632-4477) remains open
in Pediatric Primary Care	during normal hours. Their team is available to help

Baltimore Crisis Response	address the mental health needs of patients as new concerns and disruptions to care and daily life emerge related to the new coronavirus pandemic. For crisis management BCRI (410-433-5175) is still accepting referrals for patients twenty-four hours per day
Kennedy Krieger Institute	Offering telehealth services
Maryland Crisis Response	1-800-422-0009 –24/7 takes calls for all of MD and refers to available mental health providers
The Family Tree	(1-800-243-7337) has a twenty-four parental stress hotline
NAMI Metropolitan Baltimore Helpline	Available Monday-Friday 9am-5pm at 410-435-2600
Anne Arundel County Crisis Warmline	Available 24/7 at 410-768-5522
Charles County Public Schools	CCPS school psychologists are available for parents/guardians who have concerns about their children's social, emotional and behavioral development. • Call 240-776-5802 from 10 a.m. to 3 p.m., Monday through Friday beginning Wednesday, March 18 to speak with a CCPS school psychologist. • Callers should be aware that conversations are one time only, do not constitute a counseling relationship and should not be considered confidential • Topics of conversation should be focused on educationally relevant topics, such as how to help my child maintain a routine during COVID-19 and readjust to going back to school.
National	
National Crisis Text Line	Available 24/7. Need help? Text 741741
National Suicide Prevention Lifeline	Available 24/7. Need help? Call 1-800-273-8255 (TALK)
The Trevor Project	The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under 25.
SAMHSA's Disaster Distress Helpline	Provides 24/77 crisis counseling and support to people experiencing emotional distress related to

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	natural or human-caused disasters. Call 1-800-985- 5990 or text TalkWithUs to 66746
NAMI	national guide with information and resource
TALK SPACE	Offers online therapy with licensed clinicians. They participate with some employee assistance programs and behavioral health plans. Current promotion of \$100 discount when you sign up with Code 1004U. For information about a variety of topics: https://www.talkspace.com/blog/
Massachusetts General Hospital	The Department of Psychiatry has put together a curated set of resources with a particular emphasis on materials that will be of use to providers and those they serve. Guide can be found here . Topics include:

Stress		
Families		
Families are quickly facing new challenges related to the coronavirus, which might be causing a high level of stress for parents and caregivers. Our team of pediatric psychiatrists and psychologists from John's Hopkins Children's Center have compiled a list of recommendations and resources to help parents and caregivers talk to kids about COVID-19 and to cope with parenting stress that may be heightened in light of the pandemic response. Here are some Key tips:		
Parent and Caregiver Stress and Coping	Parents and caregivers are critical to the health of children, and it is imperative they are doing what they can to take care of themselves as well. As much as possible, eating healthy meals, getting enough rest, and making time for exercise can all help.	
Managing Family Anxiety and Stress	 Stay informed, but avoid over-whelming yourself with coverage of the virus Take coronavirus breaks by unplugging from your phone/TV and engage in a fun indoor or outdoor activity like playing a game or taking a walk. What to do if you or a loved one is having a difficult time coping with the outbreak you can get outside help: Get help or call a crisis hotline 	
National Child Traumatic Stress Netowrk	Printable handout: <u>Taking Care of Yourself</u>	

Physical Fitness and Stress Management		
Planet Fitness Home Work-Ins	Join Planet Fitness at 7PM for a Facebook Live workout!	
<u>MyYogaWorks</u>	Use promo code ONLINE for free access to over 1000 yoga, meditation, and fitness videos	
Baltimore City Recreation & Parks	(BCRP): All BCRP parks, trails, playgrounds, and outdoor athletic courts are open. Community members are encouraged to use our parks, but not to congregate and to follow public health guidelines.	
Anne Arundel County parks	<u>free admission during the state of emergency</u> but people are expected to practice social distancing	
Apps for Stress Management	 Calm Stop, Breathe and Think Headspace 	

Childcare

Under Maryland law, a child must be at least eight years old to be left alone in a house or car. State law also says a child must be at least 13 years old to baby-sit another child. Generally, it is left up to the parent to decide whether a child who is at least eight is mature enough to be home alone. Any time you leave your child alone, be sure the child knows what to do in case of an emergency. Child Protective Services (CPS) may become involved if a child of any age is left alone and is placed at risk of harm because he or she is unable to manage on his or her own. CPS may also become involved if your child's babysitter or caretaker is unable to properly care for him or her.

Resource	Details
LOCATE Childcare	Maryland Family Network's LOCATE: Child Care (877-261-0060) has extended hours to respond to increased call volume during the pandemic. *Providers are only open to children of essential employees at this time. • Parents should call Monday through Friday from 7:00 AM to 7:00 PM. • A real time chat feature is available Monday through Friday between 8:30 AM to 4:30 PM or use the self-guided web version of LOCATE: Child Care 24/7 online • Specialized services for parents of children with special needs as well as Spanish language LOCATE: Child Care are also available
Baltimore Mutual Aid Spreadsheet	Individuals offering to help neighbors with errands, child care, pet care and more.

Baltimore Health Professionals Mutual Aid Cooperative	Will connect you with student volunteers who are willing to assist with your essential life needs during the ongoing COVID-19 outbreak. CHILDCARE is our current focus, given the statewide school closures beginning 3/16. Given our limited capacity we are unfortunately limited to INPATIENT physicians and nurses at JHH and UMMC (ED, MICU, medical IMC and select medicine floors in order of COVID overflow).
Baltimore Neighborhood Quarantine Response Teams	Those of us with healthy immune systems can assist our neighbors. When we are well we can buy groceries, pick up prescriptions, offer to walk our neighbor's dogs or do anything else that would make it easier for folks to stay inside. If you are a vulnerable individual and need assistance self quarantining see the "vulnerable persons" signup sheets below to get connected with a local neighbor who can help you with activities outside of the home.

Immigrant Populations	
Resource	Details
Baltimore City	Mayor's Office of Immigrant Affairs (MIMA) is working with the City's Joint Information Center to ensure that critical information is available in multiple languages. In addition, MIMA has been working closely with the Health Department to develop a central location for translated resources which will be accessed through the department's main website • Weekly updates provided via MIMA's Facebook page • GovDelivery weekly updates, subscribe to receive updates in multiple languages at mima@baltimorecity.gov and are also posted here • Weekly updates in Spanish being aired MIMA is partnering with media social influencer Pedro Palomino and Johns Hopkins Centro Sol to share weekly updates in Spanish. "Informe Semanal: COVID-19 Tu Doctor y tu Municipalidad" will air via Somos Baltimore Latino Facebook page
Esperanza Center	All programs are closed to in person services, but teleservices are being provided for health, legal and other programs, details found here .

Asylee Women Enterprise	Asylee Women Enterprise, also known as "AWE", journeys with asylum seekers and other forced migrants as they navigate the immigration legal process, begin to heal from past trauma and rebuild their lives in Baltimore. Office is open for appointments for food, diapers, and case management needs. Facebook page for daily updates
CASA	Organization is open, but teleworking. Although CASA is suspending in-office services, we are reorganizing and doubling down to ensure that all of our members have access to online, telephone, and texting assistance. Details

Other Resources		
Libraries		
Resource	Details	
Pratt Library	All Pratt Library buildings are closed to the public. While the physical buildings are closed to the public, that does NOT mean a shutdown of library services. Use your library card online to access digital services. Anyone who doesn't have a library card can access the Pratt eCard from home and begin using these services.	
Anne Arundel County Public Library	Anne Arundel County Public Library buildings are closed. No late fees will be charged. <u>Digital resources are available</u>	
Transportation		
Baltimore City	The Department of Transportation has suspended ticketing of vehicles for street sweeping parking violations, along with 48-hour parking violations in Baltimore City.	
Work/Business/Unemployment Concerns		

Empower Work	offers free and confidential support for critical work moments through connection with trained peer counselors via SMS or live web chat from 11:30am to 11:00pm EST https://www.empowerwork.org/blog/worried-about-coronavirus-work
	MD's COVID-19 Business Response, closures, and restrictions
State of MD	<u>Unemployment information</u>
For Restaurant Workers	One Fair Wage has an intake form <u>here</u> to request emergency funds as they become available
Small Business owners	The Baltimore Development Corporation is coordinating with City and State agencies and the federal government to identify resources available for businesses. Let us know how you are being affected by taking this business impact survey: http://bit.ly/2wc7hXG This information will be kept confidential. Please know that we are working to find ways to make the survey accessible to Limited English business owners.
Legal	
MD Access to Justice Commission	Resource <u>page</u> regarding how to navigate the civil justice system during this time. Includes (landlord/tenant/eviction issues, utilities, unemployment, immigration, etc)

Resource Links and numbers		
2-1-1 Maryland	A partnership of four agencies working together to provide simple access to health and human services information. 2-1-1 is an easy to remember telephone number that connects people with important community services. Call specialists answer calls 24 hours a day, every day of the year. Press Option 2 for information about the Coronavirus and resources.	
Mayor's Office of Children & Family Success (Baltimore City)		
Family League of Baltimore		
National Child Traumatic Stress Network	Parent/Caregiver guide to helping families cope with the Coronavirus	
NASEM Forum for Children's Well-Being	 COVID-19 Resources ● Includes resources regarding: ○ Children's Health 	

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B'More for Healthy Babies COVID-19 Resource	 Supporting Children with Special needs Homeschooling and Educational resources Mental Health for Parents Emotional Well-being Clinician resources
State of Maryland	Guide to COVID-19 related updates
Baltimore County Government	 COVID-19 Resource Guide The Baltimore County Department of Health has issued a hotline for residents to call with questions or concerns about COVID-19. The number is 410-887-3816. The hotline is open seven days a week, from 8:30 a.m. to 5 p.m.
	Center for Disease Control and Prevention (CDC)
COVID-19 Information	Maryland Department of Health
	Baltimore City Health Department
Anne Arundel County Government	COVID-19 Resource Guide