**COVID-19 Resources for Youth & Young Adults (YYA)**

Please review several resources that may be beneficial to our YYA during the COVID-19 state/national emergency. Resources will be reviewed and updated weekly and posted to the Adolescent Services page of the DCF intranet and distributed. Please direct questions regarding these resources to area office Adolescent Outreach Workers or to Central Office Program Coordinator Rich Doria who can be reached at Richard.Doria@massmail.state.ma.us.

* **Educational Support:**
	+ **College/University Information:**
		- **Framingham State University:** Updated information: <https://bit.ly/FSU-COVID19-UPDATES>
			* Contact Person: Maribeth Ford (financial aid)
				+ Phone: 508-626-4073
				+ Email: mford3@framingham.edu
			* Contact Person: Kay Kastnern (Coordinator Student Support Initiatives, Dean of Students office)
				+ Phone: 508-626-4596
				+ Email: kkastner@framingham.edu
			* FSU will provide housing accommodations but there will be no food service. If there is an issue both Maribeth and Kay are familiar with our students and can assist with food pantry or other needs.
		- **Bridgewater State University**: Updated Information: <https://bit.ly/BSU-COVID19-UPDATES>
			* Contact Person: Tyler Botelho (Case Manager)
				+ Phone: 508-531-2567
				+ Email: T1BOTELHO@bridgew.edu
			* Contact Person: Eileen Estudante Director of Outreach and Special Programs
				+ Phone: 508-531-1819
				+ Email: lestudante@bridgew.edu
			* BSU is making accommodations for students who have extenuating circumstances that would require them to live on campus while the residence halls are closed.
			* Residential students who remain on campus will have access to grab-and-go meals through the Bears Den.
		- **Salem State University:** Updated Information: <https://bit.ly/SalemState-COVID19-UPDATES>
			* Contact Person: Rachel Frank (Student Life)
				+ Phone: 978-542-2077
				+ Email: rfrank@salemstate.edu
			* Students that have been approved to stay, dining will be available but with a limited schedule.
		- **Worcester State University**: Updated Information:
		- <https://www.worcester.edu/Public-Health-Information/>
			* Contact Person: Julie Kazarian (Dean of Students and Chief Student Affairs Officer) –
				+ Phone: 508-929-8077
				+ Email: jkazarian@worcester.edu
			* Student can remain on office please contact Julie
		- **Westfield State University:** Updated Information: <https://bit.ly/WSU-COVID19-UPDATES>
			* Contact Person: Maureen McCartney (Associate Dean, Academic Achievement)
				+ Phone: 413-572-8801
				+ Email:mmccartney@westfield.ma.edu
		- If they are in high need for housing the students will be receiving an email.  Director of housing is currently in a meeting about this issue and will call back.
	+ **The UMASS SYSTEM:** will be open for the semester, dining will be limited but available (locations vary depending on the school). Students can sign up online (housing portal) in order to request on campus living for the semester.

* + - **UMASS Boston:** Updated information: <https://bit.ly/UMB-COVID19-UPDATES>
			* Contact Person: Gail DiSabatino UMASS Boston (Vice Chancellor for Student Affairs)
				+ Phone: 617-287-5805
				+ Email: Gail.D@umb.edu
			* Dining Services is communicating directly with students who have been approved to remain in the halls after March 18 via their UMass Boston email accounts.
		- **UMASS Lowell:** Updated Information: <https://bit.ly/UML-COVID19-UPDATES>
			* Contact Person: Ann Ciaraldi (Associate Dean of Student Affairs for Compliance and Violence Prevention)
				+ Phone: 978-934-2100
				+ Email: Ann\_Ciaraldi@uml.edu
		- **UMASS Dartmouth**: Updated Information: <https://bit.ly/UMASSD-COVID19-UPDATES>
			* Contact Person: Shelly Metivier Scott (Associate Dean of Students)
				+ Phone: 508-910-6402
				+ Email: sscott1@umassd.edu
		- **UMASS Amherst:** Updated Information: <https://bit.ly/UMASS-COVID19-UPDATES>
			* Contact Person: Elaine Brigham (Dean of Students Case Manager, Dean of Students Office)
				+ Phone: 413-545-2684
				+ Email: ebrigham@umass.edu
* **Employment Support:**
	+ **Unemployment benefits**: For those impacted by layoffs or temporary job closures you may be eligible for benefits, but you must complete your request **ONLINE ONLY NOT TELEPHONE.** Below is a guide on what you should do before filing and how to complete your claimant completely:
		- COVID-19 SPECIFIC GUIDE TO FILING: <https://www.mass.gov/resource/information-on-unemployment-and-coronavirus-covid-19>
		- Review this guide on how to file a new claimant: <https://www.mass.gov/doc/filing-a-new-unemployment-claim-covid-19/download>
		- REVIEW Eligibility of Benefits:<https://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits>
		- IMPORTANT FAQ’s for Employees: <https://www.mass.gov/info-details/covid-19-unemployment-claim-employee-faqs>
		- Online Claimant Form: <https://uionline.detma.org/Claimant/Core/Login.ASPX>
	+ **For further updates from the Department of Unemployment Assistance:** <https://www.mass.gov/orgs/department-of-unemployment-assistance>
* **Food Assistance:**
	+ **Department of Transitional Assistance (DTA)** locations will be closed until further notice. At this time, eligibility requirements have been waived in order to accommodate need during this pandemic. You can access via the following services for assistance:
		- Calling the DTA Assistance Line (877) 382-2363
		- Visiting <https://dtaconnect.eohhs.mass.gov/>
		- Downloading the [DTA Connect Mobile Application](https://www.mass.gov/how-to/download-the-dta-connect-mobile-app)
		- Check your eligibility by completing this [assessment](https://dtaconnect.eohhs.mass.gov/screening)
	+ **Statewide School Meal Sites**
		- Use this link: <https://meals4kids.org/summer> to search for local areas that will have site for parents and their children.
		- Please review site locations prior to visiting for eligibility: <https://bit.ly/GRAB-AND-GO-MEALS>
	+ **Sponsored through the** MASSNFCA organization: Full Cart is a virtual application for those to receive groceries, for more information, please visit: <https://fullcart.org/>
	+ **For foodbanks in** your area visit: <https://www.mass.gov/how-to/find-a-local-food-bank>
* **Health and Wellness:**
	+ **Mental Health Support:**
		- MA Behavioral Health Partnership Emergency Services Program/Mobile Crisis Intervention (ESP/MCI) is available 24 hours a day, 7 days a week, 365 days a year. Anyone may contact ESP/MCI for assistance.
			* Call toll-free at 1-877-382-1609
		- Additional mental health support and resources: <https://www.mass.gov/mental-health-resources>
	+ **Substance Use Support Programs:**
		- List of MA services and resources:

<https://www.mass.gov/files/documents/2020/03/18/jud-COVID-19-Resources.pdf>

* + - **MA Substance Use Helpline:**
			* Website: <https://helplinema.org/for-parents/>
			* Helpline: 800-327-5050
		- AA online support help:
			* AA-Intergroup: <http://aa-intergroup.org/directory.php>
		- Alanon electronic meetings:
			* https://al-anon.org/al-anon-meetings/electronic-meetings/
		- Alateen Chat Room Meetings: https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/
			* To access Alateen remote meetings the teen does need to register for the meetings and there is always an adult moderator on-line.
		- Marijuana Anonymous On-Line Meetings:
			* https://www.ma-online.org/
		- Narcotics Anonymous On-Line Meetings:
			* <https://www.neveraloneclub.org/>
	+ **LGB Resources:**
		- Access state resources via <https://www.mass.gov/info-details/suicide-prevention-lesbian-gay-bisexual-and-transgender-lgbt>
	+ **Trans Resources:**
		- For support and care, please contact Fenway Health through the following contact information:
			* Email: transhealth@fenwayhealth.org
			* Phone: 857-313-6589
	+ **Domestic Violence (DV) and Teen Dating Violence Resources:** [Domestic violence](https://www.casamyrna.org/get-educated/) is a pattern of escalating [abusive, controlling and violent behavior](https://www.casamyrna.org/wordpress/wp-content/uploads/Power-and-Control-Wheel.pdf) towards a partner in an intimate relationship. To learn more DV and dating violence, please review the following resources.
		- Massachusetts toll free domestic violence hotline:
			* Phone: 1-877-785-2020
		- Casa Myrna community Advocacy for direct support and advocacy: They are the largest DV program in the state with a very diverse set of services including teen dating violence support.
			* Phone:617-521-0108
* **Housing Support:**
	+ **Governor Baker’s State of Emergency:** Regional Administering Agencies (Housing Agencies) will be closed until further notice (please visit perspective websites for information).
	+ The agencies below have provided a response to the COVID-19 pandemic. As agencies post more updates of their response to this matter, this list will change.
	+ **Berkshire Housing Development Corp (BHDC)**
	Phone: (413) 499-4887
	website: [**www.berkshirehousing.com**](http://www.berkshirehousing.com/)
	+ **Community Teamwork, Inc. (CTI)**

**Phone:** (978) 459-0551
 website: <https://www.commteam.org/covid-19-emergency-response/>

* **Housing Assistance Corp. (HAC)**
Phone: (508) 771-5400
website: <https://haconcapecod.org/contact/get-help/>
	+ **HAP, Inc. (Hampden, Hampshire & Franklin Counties)**
	Phone: (413) 233-1500
	1-800-332-9667
	website: <https://www.wayfindersma.org/way-finders-service-updates-response-covid-19>
	+ **RCAP Solutions**

Phone: 800-488-1969
website: <http://www.rcapsolutions.org/worcester-office-is-closed/>

**South Middlesex Opportunity Council, Inc. (SMOC)**
Phone: (508) 620-2630
website:  <https://www.smoc.org/announcement.php>

* **Transportation:**
	+ **MBTA**
		- MBTA is running on limited service, for updated information please visit: <https://www.mbta.com> for service changes.
		- MBTA Youth Pass Program: <https://www.mbta.com/fares/reduced/youth-pass>. Please push out to youth who may benefit from this program.
	+ **License\Vehicle Support**
		- RMV: Website for updated COVID-19 information. <https://www.mass.gov/info-details/rmv-covid-19-information>
			* Car Inspection: Please review to the RMV about extensions on vehicle inspections and sticker: <https://www.mass.gov/info-details/rmv-covid-19-information#vehicle-registrations-and-inspection-stickers->
		- If you are a AAA Member, you may conduct necessary business via link provided: <https://www.mass.gov/rmv-services-at-aaa>
	+ **Car Insurance- Check your local agency for updates regarding billing/payment concerns.**
		- The following insurance agencies are providing assistance to manage payments, waiving fees, and additional resources.
			* Liberty Mutual: <https://www.libertymutual.com/covid-19>
			* Geico**:** <https://www.geico.com/about/coronavirus/>
		- Please review this US. News article, it references major automotive companies on how they are supporting owners with making their car payments: <https://cars.usnews.com/cars-trucks/what-to-do-if-you-cant-make-your-car-payment>
* **Utilities Support:**
	+ **Comcast:** New subscription for low income families; Internet Essentials package: Included; two months of free internet service and free wi-fi hotspots for low income families during the COVID-19 crisis. After the free two months, billing of $9.95 monthly (check local provider).
		- **To Apply (New Applicants):** Call 1-800-xfinity or visit <https://www.internetessentials.com/covid19>
		- **Current Subscribers:** Comcast is listing where you can view free wi-fi hotspots. Also, there will be no late fees applied to bills, there will be a freeze on data for 60 days which allows unlimited data to consumers, and no late fees will be applied on late monthly payments.

* + **National Grid:** National Grid is temporarily suspending collections-related activities, including service disruptions in order to alleviate financial strain on those impacted by the COVID-19 pandemic. Customers are encouraged to continue using [Bill Pay](https://www.nationalgridus.com/Default?r.u=/Billing-Payments/Ways-to-Pay) to address any financial issues pertaining to your bill.
	+ **Eversource:** Eversource has postponed disconnecting service due to nonpayment. Customers are encouraged to connect with customer service in order to discuss alternative repayment options and/or view reduced plans at <https://www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill>
	+ **Good Neighbor Energy Fund:** Utility assistance with meeting energy or heating expenses due to temporary financial hardship (if not eligible for any other state or federal energy/heating bill assistance programs) call 1-800-334-3047.
	+ **Benefits.gov**: Low Income Home Energy Assistance Program (LIHEAP) YYA may qualify to receive energy assistance.
		- **More about LIHEAP**: <https://www.benefits.gov/benefit/623>
		- Tool to check eligibility: <https://www.benefits.gov/benefit/623#Eligibility_Checker>
	+ **Phone Carriers:**
		- **AT&T:** Go through your area provider and ask about their low-cost wireless plan: <https://m.att.com/shopmobile/internet/access/#!#startedStep>
		- **USA.ORG Lifeline Program**: YYA may be eligible to receive discounted telephone service through various carriers. Eligibility information and how to apply available in the following links:
			* **Eligibility:** <https://www.lifelinesupport.org/do-i-qualify/#programs>
			* **Lifeline Program**: <https://www.usa.gov/help-with-bills#item-34762>
* **Additional Resources:**
	+ **FIND HELP**: This is an online resource that can assist in various areas of locating housing, food, and pay assistance. You just enter your zip code and local resources will populate. For more information: <https://findhelp.org/>
	+ **Mass Network Fostercare Alumni ZOOM MEET-UP:** Current and/or former foster youth and allies are invited to attend a social zoom meet-up! For more information, please visit their Facebook page: <https://www.facebook.com/events/804669356704368/> or <http://www.massnfca.org/>
	+ **The United Way COVID-19 Community Response and Recovery Fund:**
		- If you need support around areas of housing, job loss, and food assistance please dial on any phone **#211** or depending on your area, please call the number below:
			* Boston Office: (617) 624-8000
			* Lowell Office: (978) 656-5000
			* North Shore Office: (978) 922-3966
			* Attleboro/Taunton Office: (339) 217-0310
	+ **Recreational Support**
		- * Fitness and Health
			* Free online classes via Planet Fitness: <https://www.planetfitness.com/health>
		- Virtual Tours at the various museums:
			* Elim Museum <https://elimmuseum.org/>
			* Google Arts and Culture: <https://artsandculture.google.com/>
			* Smithsonian Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>
		- FREE E-Downloads at Libraries
			* Boston Public Library Online Access: <https://www.bpl.org/ecard/>