



HEALTHY LIVING AGENCIES AND ORGANIZATIONS

DC Government Offices and Community Organizations

DC Department of Health

The Mission of the Department of Health is to promote and protect the health, safety, and quality of life of residents, visitors, and those doing business in the District of Columbia. Its responsibilities include identifying health risks; educating the public; preventing and controlling diseases, injuries, and exposure to environmental hazards; promoting effective community collaborations; and optimizing equitable access to community resources.

Address: 899 North Capitol Street, NE., Washington, DC 20002

Phone: (202) 442-5955

Website: <http://doh.dc.gov/>

Email: doh@dc.gov

DC Health Information Center and Family Voices Affiliate in DC

The DC Health Information Center at Advocates for Justice and Education (AJE) is a free service that provides information and assistance to children and youth with special health care needs and their families. AJE is also an affiliate of Family Voices, which provides tools for families to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care.

Address: 4201 Georgia Ave NW or 1012 Pennsylvania Ave SE

Phone: (202) 265-1432 or 1-888-327-8060

Website: <http://www.aje-dc.org/programs/dchic>

DC Department of Healthcare Finance: Where do I apply for Medicaid?

You may apply for Medicaid for low-income families and children under 19 and pregnant women at your Income Maintenance Administration (IMA) Service Center. You may call (202) 727-5355 to locate your nearest IMA Service Center. You may apply for benefits at the IMA Service Centers listed below.

Service Center	Address	Phone	Fax
Anacostia	2100 Martin Luther King Avenue, SE	(202) 645-4614	(202) 727-3527
Congress Heights	4001 South Capitol Street, SW	(202) 645-4546	(202) 654-4524
Fort Davis	3851 Alabama Avenue, SE	(202) 645-4500	(202) 645-6205
H Street	645 H Street, NE	(202) 698-4350	(202) 724-8964
Taylor Street	1207 Taylor Street, NW	(202) 576-8000	(202) 576-8740

DC Health Benefit Exchange Authority (HBX)

The DC Health Benefit Exchange Authority (HBX) was established as a requirement of Section 3 of the Health Benefit Exchange Authority Establishment Act of 2011, effective March 3, 2012. The mission of HBX is to implement a health care exchange program in the District of Columbia in accordance with the Patient Protection and Affordable Care Act (PPACA), thereby ensuring access to quality and affordable health care to all DC residents. The health care exchange program will enable individuals and small employers to find affordable and easier-to-understand health insurance and assist small employers in purchasing qualified health benefit plans for their employees. The exchange will facilitate the purchase of qualified health plans and assist individuals and groups to access programs, premium assistance tax credits and cost-sharing reductions.

Address: 1100 15th Street, NW, 8th Floor, Washington, DC 20005

Phone: 202-715-7576

Email: hbxDchbx.com

Website: <http://hbxDc.gov>

State Health Insurance Assistance Program (SHIP)

This is a state-based program that provides local one-on-one counseling and assistance to Medicare beneficiaries and their families on Medicare and other health insurance issues. The goal of the program is to provide beneficiaries with accurate, understandable, and objective health insurance information so they can make informed coverage decisions and understand their rights and protections.

DC SHIP - Health Insurance Counseling Project (HICP)

The D.C. Office on Aging contracts with the George Washington University Law School to provide services through the Health Insurance Counseling Project (HICP), which is a part of the George Washington Law School's Jacob Burns Legal Clinics. Its unique setting complements the services offered at no cost to Medicare beneficiaries, by including assistance from attorneys and law students.

Phone: (202) 994-6272; (202) 994-6656 (TTY)

E-mail: dchicp@gmail.com

Website: <http://www.law.gwu.edu/Academics/EL/clinics/insurance/Pages/About.aspx>

Medicare Contacts in Washington, DC

Organization Name	Agency Name	Can Answer My Question About	Contact Information
Carrier	TrailBlazer Health Enterprises, LLC	Part B bills and services.	Toll Free: (800) 633-4227
DME MAC -- Durable Medical Equipment Medicare Administrative Contractor	National Heritage Insurance Company	Bills for durable medical equipment and a list of approved suppliers of	Toll Free: (800) 633-4227 www.medicarenhic.com

		this equipment.	
Fiscal Intermediary	Highmark Medicare Services	Part A bills and services, hospital care, skilled nursing care, and fraud.	Toll Free: (800) 633-4227
SSA -- Social Security Administration	Social Security Administration	Changing my address, Medicare Part A or Part B, lost Medicare card, and Social Security benefits.	Toll Free: (800) 772-1213 www.socialsecurity.gov
State Medical Assistance Office	DC Healthy Families and DC HealthCare Alliance - formerly (DC Healthy Family)	Low-income programs (such as Medicaid) to help pay medical bills.	Toll Free: (800) 620-7802 Local: (202) 639-4030 www.dchealthyfamilies.com

Total Family Care Coalition in DC

Their mission is to "keep families together for a better community" by teaching our families and youths how to advocate in finding community services and resources for sustaining a better quality of life. TFCC vision as the leading provider of family advocacy and support for the District of Columbia helps families that have emotional, behavioral, and mental health difficulties.

Address: 1214 I. Street S.E., Suite 11, Washington, DC 20003

Phone: (202) 758-3281

E-mail: TotalFamilyCareCoalition@gmail.com

Website: <http://www.totalfamilycarecoalition.org/>

District of Columbia Parks and Recreation

The DC Department of Parks and Recreation (DPR) offers a variety of programs, events, activities, and sports to serve DC residents and visitors.

Address: 1250 U Street, NW, Washington, DC 20009

E-mail: dpr@dc.gov

Phone: (202) 673-7647; **Fax:** (202) 673-2087; **TTY:** (202) 345-6789

Website: <http://dpr.dc.gov>

Kids Enjoy Exercise Now (KEEN)

KEEN Greater DC is a nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.

Address: P.O. Box 341590 Bethesda, MD 20827-1590

E-mail: info@keengreaterdc.org

Phone: (301) 770-3200

Website: <http://www.keengreaterdc.org/>

Mary's Center

Mary's Center, founded in 1988, is a Federally Qualified Health Center that provides health care, family literacy and social services to individuals whose needs too often go unmet by the public and private systems. Mary's Center uses a holistic, multipronged approach to help each participant access individualized services that set them on the path toward good health, stable families, and economic independence. The Center offers high-quality, professional care in a safe and trusting environment to residents from the entire DC metropolitan region.

Address: 2333 Ontario Road, NW, Washington, DC 20009

Phone: 202-483-8196

Website: <http://www.maryscenter.org>

Whitman-Walker Health

Whitman-Walker Health is a Washington DC community health center specializing in HIV/AIDS care and lesbian, gay bisexual and transgender care. For nearly four decades, Whitman-Walker Health has provided health care services for the LGBT community. In the 1980s, they became a leader in the fight against HIV/AIDS. And, in the 21st Century, they have evolved into a full-service community health center. Their mission is to be the highest quality, culturally competent community health center serving greater Washington's diverse urban community, including individuals who face barriers to accessing care, and with a special expertise in LGBT and HIV care.

Address: Elizabeth Taylor Medical Center, 1701 14th St, NW, Washington, DC 20009

Max Robinson Center, 2301 Martin Luther King Jr. Ave., SE, Washington, DC 20020

Phone: 202-745-7000

Email: info@whitmanwalker.org

Website: <http://www.wwc.org>

Federal Agencies

US Department of Health and Human Services

The Department of Health and Human Services (HHS) is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

Phone: 1-877-696-6775

Website: <http://dhhs.gov/>

The Center for Medicaid and CHIP Services (CMCS)

The Center for Medicaid and CHIP Services (CMCS) is one of six Centers within the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services (HHS). CMCS serves as the focal

point for all national program policies and operations related to Medicaid and the Children's Health Insurance Program (CHIP).

Medicaid

Medicaid is government health insurance that helps many low-income people in the United States to pay their medical bills. Although the Federal government establishes general guidelines for the program, each state has its own rules.

Medicaid State Waiver Programs

The Social Security Act authorizes multiple waiver and demonstration authorities to allow states flexibility in operating Medicaid programs. Each authority has distinct purposes, and requirements.

Section 1115 Research & Demonstration Projects: projects that test policy innovations likely to further the objectives of the Medicaid program.

Section 1915(b) Managed Care/Freedom of Choice Waivers: managed care delivery systems

Section 1915(c) Home and Community-Based Services Waivers: Facilitates long-term care services delivered in community settings. This program is the Medicaid alternative to providing comprehensive long-term services in institutional settings.

Website: [http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Waivers/Waivers.html?filterBy=district of columbia](http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Waivers/Waivers.html?filterBy=district%20of%20columbia)

Medicaid entitlement programs for people with disabilities provide an array of benefits and services designed to promote independence and autonomy. Home and community-based waivers can provide many benefits, including home health aide services and/or personal care attendant services and residential and home care services in lieu of institutional care. There may be other waivers and options.

“Money Follows the Person” Rebalancing Demonstration Program (MFP)

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The “Money Follows the Person” Rebalancing Demonstration Program (MFP) helps States rebalance their long-term care systems to transition people with Medicaid from institutions to the community. Forty-three States and the District of Columbia have implemented MFP Programs. From spring 2008 through December 2010, nearly 12,000 people have transitioned back into the community through MFP Programs. The Affordable Care Act of 2010 strengthens and expands the “Money Follows the Person” Program to more States.

Website: <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Balancing/Money-Follows-the-Person.html>

Real Choice Systems Change

In 2001, Congress began funding the Real Choice Systems Change Grants for Community Living program (hereafter, Systems Change grants) to help States change their long-term care systems to rely less on institutional services and to increase access to home and community-based services. The overarching purpose is to help States develop the necessary regulatory, administrative, program, and funding infrastructure to enable individuals of all ages who have a disability or long-term illness to live in the most integrated community setting of their choice; exercise meaningful choice and control over their living environment, services, and service providers; and obtain high-quality services in a manner consistent with their preferences.

Website: <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Support/Balancing/Real-Choice-Systems-Change-Grant-Program-RCSC/Real-Choice-Systems-Change-Grant-Program-RCSC.html>

Medicare

Medicare is the federal health insurance program for Americans age 65 and older and for younger adults with permanent disabilities, End-Stage Renal Disease (ESRD), or Amyotrophic Lateral Sclerosis (ALS). Knowing the basics about Medicare can help you make good decisions about your health

coverage and care. For specific questions about your claims, medical records, or expenses:

Phone: 1-800-MEDICARE (1-800-633-4227)

Website: <http://www.medicare.gov>

National Clearinghouse on Long-Term Care Information

This clearinghouse provides information and resources to help plan for future long-term care. It is primarily focused on care of individuals over age 65. The Administration on Aging (AoA) is the Administrator of the National Clearinghouse for Long-Term Care Information. For information about the Clearinghouse website, contact AoA here:

Phone: (202) 619-0724; **Fax:** (202) 357-3555

E-mail: oainfo@aoa.hhs.gov

Website: <http://www.longtermcare.gov>

SSI and SSDI

SSI, or Supplemental Security Income is a national program that pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits. The Red Book is an authoritative resource for learning about SSI. The Red Book is a general reference tool designed to provide a working knowledge of SSI and SSDI. The Red Book is as self-help guide written primarily for educators, advocates, rehabilitation professionals, counselors and applicants and beneficiaries.

Website: <http://www.ssa.gov/redbook/eng/introduction.htm>

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. The Consumer Affairs Program provides consumers the opportunity to participate in treatment and policy issues, consumer-operated networks and information activities.

Phone: 1-877-SAMHSA-7 (1-877-726-4727); **TTY:** 1-800-487-4889;

Fax: (240) 221-4292

Email: SAMHSAInfo@samhsa.hhs.gov

Website: <http://www.samhsa.gov>

National Organizations

Family Voices

Family Voices provides tools for families to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care. There are Family Voices programs in most states, including Washington, D.C. (**see DC listing on page 1**).

National Address: 3701 San Mateo Blvd. NE, Suite 103, Albuquerque, NM 87110

National Phone: (888) 835-5669; **Fax:** (505) 872-4780

Website: <http://www.familyvoices.org/>

American Association on Health and Disability

AAHD is dedicated to the advancement of theory, knowledge and practice in the prevention of secondary disabling conditions and promotion of health and wellness for people with disabilities. AAHD's method includes professional and public education, advocacy efforts, and expansion of public awareness on issues related to the prevention of impairments and disabilities.

Address: 110 N. Washington Street, Suite 328-J, Rockville, MD 20850

Phone: (301) 545-6140; **Fax:** (301) 545-6144

Website: <http://www.aahd.us/>

The Bazelon Center for Mental Health Law

The mission of the Judge David L. Bazelon Center for Mental Health Law is to protect and advance the rights of adults and children who have mental disabilities. The Bazelon Center envisions an America where people who have mental illnesses or developmental disabilities exercise their own life choices and have access to the resources that enable them to participate fully in their communities.

Address: 1101 15th St. NW, Suite 1212, Washington, DC 20005

Phone: 202.467.5730

Email: communications@bazelon.org

Website: <http://www.bazelon.org>

National Institute on Mental Health

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. You can find mental health information here in English and Spanish.

Address: 6001 Executive Boulevard, Rockville, MD 20852

Phone: 1-866-615-6464 (Toll-free)

E-mail: nimhinfo@nih.gov

Website: <http://www.nimh.nih.gov/health/index.shtml>

Health and Disability Advocates

Health & Disability Advocates (HDA) is a national organization, based in Chicago, Illinois, that promotes income security, work and education opportunities and improves healthcare access and services for children, people with disabilities and low-income, older adults. They develop innovative projects and policies to protect and strengthen federal and state safety-net programs including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicare and Medicaid.

Phone: (312) 223-9600; **TTY:** 1-866-584-8750

E-mail: hda@hdadvocates.org

Website: www.hdadvocates.org

The Consumer Voice

They provide information and leadership on federal and state regulatory and legislative policy development and models and strategies to improve care and life for residents of nursing homes and other long-term care facilities. They advocate for public policies that support quality care and quality of life responsive to consumers' needs in all long-term care settings, empower and educate consumers and families with the knowledge and tools they need to advocate for themselves, and train and support

individuals and groups that empower and advocate for consumers of long-term care.

Address: 1001 Connecticut Avenue, NW, Suite 425, Washington, DC 20036

Telephone: (202) 332-2275; **Fax:** (202) 332-2949

E-mail: info@theconsumervoice.org

Website: <http://www.theconsumervoice.org>

National Alliance on Mental Illness (NAMI)

NAMI is a grassroots mental health advocacy organization with chapters in all states. Housing and homelessness for individuals with mental illness is an important part of their work.

National Address: 3803 N. Fairfax Dr., Ste. 100, Arlington, VA 22203

Phone: (703) 524-7600

Website: <http://www.nami.org/>

State NAMI: 422 8th St SE, 2nd Floor, Washington, DC 20003-2832

Phone: (202) 546-0646

E-mail: namidc@juno.com

Website: <http://www.namidc.org/>

Mental Health America

MHA, the leading advocacy organization addressing the full spectrum of mental and substance use conditions and their effects nationwide, works to inform, advocate and enable access to quality behavioral health services for all Americans. With nearly a century of experience, MHA has an established record of effective national and grassroots actions that promote mental health, and address mental and substance use issues with compassionate and concrete solutions. MHA's actions inform, support and enable mental wellness, and emphasize recovery from mental illness. Our 240 affiliates in 41 states represent a potent voice for healthy communities throughout the nation. Our mission:

Mental Health America is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over

mental illnesses and addictions through advocacy, education, research and service.

Address: 2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311

Phone: (703) 684-7722

Website: <http://www.mentalhealthamerica.net>

E-mail: info@mentalhealthamerica.net

Center for Mental Health in Schools

Operating under the auspices of the School Mental Health Project at UCLA, the national Center for Mental Health in Schools was established in 1995. Its mission and aims are to improve outcomes for young people by enhancing the field of mental health.

Phone: (310) 825-3634

E-mail: smhp@ucla.edu

Website: <http://smhp.psych.ucla.edu/>

DREDF Healthcare Stories

Healthcare Stories is a new video advocacy tool in DREDF's ongoing campaign for healthcare justice for people with disabilities. The stories, dispatches from the front lines of health care, add an essential human dimension to a large body of research showing that people with disabilities experience both health and healthcare disparities and face specific, persistent barriers to care. We know firsthand that poor health care inevitably affects the quality and length of our lives as well as our productivity, autonomy and independence. Because we experience unequal healthcare every day, out of necessity we have become experts in what must be done to remove barriers and increase access to the care we need. We invite you to watch the videos, meet the people behind the stories, and learn what you can do to spark change.

Website: <http://www.dredf.org/healthcare-stories/>

Patient Advocate Foundation

Patient services provide patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job

retention related to their illness. Case managers work with patients to discover local, state, and federal programs that provide assistance for their individual needs.

Phone: 1-800-532-5274

Website: <http://www.patientadvocate.org/>

National Center on Health, Physical Activity and Disability (NCHPAD)

The National Center on Health, Physical Activity and Disability (NCHPAD) is positioned to effect change in health promotion/obesity management among people with disabilities through its existing 13-year history of providing advocacy, services and programs to numerous organizations and people throughout the country. The primary focus of the Center's approach is to collaborate with the nation's leading health advocacy and disability organizations in linking them to the hundreds of program initiatives ongoing across the nation, and using this framework to build inclusion and integration into these existing programs. NCHPAD also has a 14 week online fitness program specifically designed for people with a variety of disabilities and fitness levels.

Phone: 1-800-900-8086 (voice and TTY)

E-mail: email@nchpad.org

Website: <http://www.ncpad.org>

Families USA

Families USA is a national nonprofit, nonpartisan organization dedicated to the achievement of high-quality, affordable health care for all Americans. Families USA produces timely policy reports, fact sheets, issue briefs, and other informative resources. They conduct research and analysis on current and future developments in health care policy, as well as targeted information campaigns. They also collaborate with organizations across the political, business, nonprofit, and health care sectors. They also provide technical assistance at the state and community levels and collect and share stories from consumers.

Address: 1201 New York Avenue NW, Suite 1100, Washington, DC
20005

Phone: 202-628-3030

Email: info@familiesusa.org

Website: <http://familiesusa.org>

Special Olympics Healthy Athletes

At more than 1.2 million free health screenings in more than 100 countries, the Special Olympics Healthy Athletes program has offered health services and information to athletes in dire need. In the process, Special Olympics has become the largest global public health organization dedicated to serving people with intellectual disabilities.

Phone: (202) 824-0308

Website: http://www.specialolympics.org/Sections/What_We_Do/Healthy_Athletes/Health_Programs.aspx

National Sports Center for the Disabled (NSCD)

The NSCD is one of the largest outdoor therapeutic recreation agencies in the world. With specially trained staff and its own adaptive equipment lab, the NSCD teaches a variety of winter and summer sports and activities to individuals with almost any physical, cognitive, emotional, or behavioral diagnosis. NSCD is located in Denver, CO.

Phone: (303) 316-1518

Website: <http://www.nscd.org/>