

SDOH Community Resources List and Support Services



American Diabetes Association (ADA)

ADA is committed to leading the fight against the deadly consequences of diabetes for those affected by it through research funding, community services, education, and advocacy.

<https://diabetes.org/>

American Heart Association (AHA)

AHA is committed to advancing health equity – which can exist only when all people have the opportunity to enjoy healthier lives.

<https://www.heart.org/>

Benefits Check-up for Seniors

This is a free service of the National Council on Aging that includes a listing of over 2,000 benefits programs, including medication assistance, food, utilities, legal, home care, and housing and transportation assistance. People can log in and enter their information to see if they qualify for any of the benefits.

<https://benefitscheckup.org/>

Centers for Disease Control and Prevention (CDC)

The CDC supports state, local, and tribal efforts to prevent, manage, and reduce the risk factors associated with heart disease and stroke.

<https://bit.ly/3QLRhIK>

Child Care Resources and Referrals

This organization brings together resources to help families, providers and other caretakers make informed choices for the children of Delaware.

www.mychildde.org

Clothing

This is a list of organizations that provides free clothes, furniture, and back-to-school supplies in Wilmington and New Castle County.

<https://bit.ly/467XjBs>

CPR Training with Red Cross

Learn CPR, get certified, and gain lifesaving skills that can help you respond to breathing and cardiac emergencies.

<https://www.redcross.org/take-a-class/cpr>

DE Aging and Disability Resources (ADRC)

This Resource Center is a one-stop access point for information and services for older persons and adults with physical disabilities throughout the state. www.delawareadrc.com

DE Women, Infant and Children (WIC) Program

This Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC, is a federal nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy.

<https://bit.ly/47IV0vF>

Education for Adults

Red Clay Center – James H. Groves Adult High School – This school offers services to help people earn their high school diploma or GED.

<https://www.redclayschools.com/groves>

Emergency Housing Assistance

Division of State Services Centers - This organization assists individuals or families who are in need of emergency housing.

www.dhss.delaware.gov/dhss/dssc/

Employment

The Delaware Department of Labor connects people to jobs, resources, monetary benefits, workplace protections, and labor market information to promote financial independence, workplace, and a strong economy.

<https://labor.delaware.gov/>

Financial Coaching 50+

Stand By Me – This organization provides free information, resources, and support to increase the economic stability of senior residents in Delaware. Financial coaching, access to benefits, workshops, and retirement planning are offered to educate and engage Delawareans in an effort to gain financial control.

<https://standbymede.org/50-plus/>

Food Assistance

The Food Bank of Delaware distributes emergency food throughout the state.

www.fbd.org/get-help

Go Red for Women

This organization encourages awareness of the issue of women and heart disease and also promotes actions that can be taken to save more lives.

<https://bit.ly/4741aAO>

Healthy Delaware

This program offers Chronic Disease Self-Management Program (CDSMP) workshops designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. The workshops offer enhancement to regular treatment and disease-specific education that is often provided through accredited programs in hospital settings.

<https://bit.ly/40uqk9b>

English as a Second Language (ESL)

The following ESL programs are for adult learners. The programs provide instruction for English language proficiency, academics, work readiness, and civics/citizenship skills.

New Castle County

- Appoquinimink School District: <https://bit.ly/3u4W8p8>
- Christina: <https://bit.ly/49rplp1>
- Latin American Community Center: <https://bit.ly/3soPHNe>
- NCCVT: <http://nccvtadulthoodeducation.com>
- Red Clay Consolidated: <https://www.redclayschools.com/groves>

Kent County

- Polytech: www.polytechworks.com
- Arsht-Cannon Fund (at Delaware Community Foundation): <https://bit.ly/3FPqeQb>

Sussex County

- Sussex Technical <https://bit.ly/3QNxJ08>
- DTCC – Owens Campus: <https://bit.ly/46316A0>

Family Literacy Programs for Adult Learners

Family Literacy Programs provide instruction to both parents and children. Parents receive academics, English language proficiency (if needed), work

readiness, and civics/citizenship skills along with parenting skills and interactive child/parent activities. Children receive developmentally appropriate activities to provide multiple generations with skills to be successful both in the job market and in school.

Kent County

- Polytech - www.polytechworks.com

Sussex County

- Sussex Technical - <https://bit.ly/3QNxJ08>

Integrated English Language and Civics Education Programs

These programs provide English language learners (ELLs) with increased English language proficiency, work readiness skills, and civic/citizenship skills while also teaching specific skills within a particular occupation or career cluster. The goal of these programs is to increase employment and career-building opportunities in occupations with career ladders leading to family-sustaining wages for ELLs. Participants must meet certain requirements to be eligible.

New Castle County

- NCCVT Adult Education: <http://nccvtadulthoodeducation.com>
- Red Clay Consolidated: <https://www.redclayschools.com/groves>

Kent County

- Polytech Adult Education: www.polytechworks.com

Sussex County

- Sussex Technical Adult Education: <https://www.sussexvt.org/hs/adult-education/>

Homelessness Educational Resources

The Delaware Department of Education provides a Homeless Education Liaisons List. <https://www.doe.k12.de.us/homeless>.

Delaware State Housing Authority (DSHA)

The DSHA offers 30-year, fixed-rate loans with interest rates at or below the standard market rate for qualified, low-income buyers. DSHA loans work through standard mortgage programs, and it does not matter if you are buying for the first time or owned a house before. Other programs are the First-Time Homebuyer Tax Credit and Manufactured Housing Assistance Program.
www.destatehousing.com

Housing Alliance Delaware

This organization is the Centralized Intake Center. You are connected to a Delaware coordinator to assist you with emergency shelter, rapid re-housing, and permanent supportive housing for households experiencing homelessness in Delaware.

<https://bit.ly/3u2YQM3>

<https://bit.ly/3Fngo15>

General Assistance

This is a state-funded program designed to provide cash assistance to low-income people who need more quality for federally funded programs, such as Temporary Assistance for Needy Families (TANF) or Social Security benefits.

<https://bit.ly/49rgtVL>

Choose Health Delaware

Choose Health Delaware is your official resource for discovering how the new health care reform law can benefit you as a Delaware resident or business owner. Choose Health Delaware will also introduce you to the new Health Insurance Marketplace and explain why health insurance is important for everyone.

<https://bit.ly/3Mxc4H4>

HealthPlan Connect

Delaware HealthPlan Connect is sponsored by Quality Insights. The Health Insurance Marketplace is where people who do not have health insurance through a job, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source can apply for qualifying health coverage.

<https://www.qualityinsights.org/navigator>

Medicaid

Provides free or low-cost health coverage to some low-income people, families and children, pregnant women, the elderly, and people with disabilities.

<https://bit.ly/47jjs0L>

<https://bit.ly/3sn3QKU>

Medicare

Medicare coverage is for those who are 65 and over, younger people with disabilities, and people with End State Renal Disease.

<https://www.ssa.gov/medicare>

Mended Hearts

A non-profit organization that has been offering the gift of hope to heart disease patients, their families, and caregivers.

<https://mendedhearts.org/>

Mental Health, Substance Use, & Crisis Support

Delaware Hope Line

This organization provides free 24/7 counseling, coaching, and support, as well as links to mental health, addiction, and crisis services.

www.helpisherede.com

Million Hearts

This organization is a national initiative to prevent one million heart attacks and strokes within five years. It focuses on implementing a small set of evidence-based priorities and targets that can improve cardiovascular health for all.

<https://bit.ly/3QvSex2>

Purple Heart Foundation

This organization helps to enhance the lives of veterans everywhere.

<https://purpleheartfoundation.org/>

Resources for the Uninsured

- Henrietta Johnson Medical Center:
<https://www.hjmc.org/>
- Westside Family Healthcare:
<https://www.westsidehealth.org/resources/>
- St. Francis Hospital:
<https://bit.ly/3uaNSUu>

Temporary Assistance for Needy Families (TANF)

This is one of Delaware's cash assistance programs. In order to apply for TANF, you must have minor children or be taking care of minor children you are related to in order to qualify. Delaware extends eligibility to women in their ninth month of pregnancy and to 18-year-old high school students who will graduate before turning 19. For more information or to apply, contact a Division of Social Services office.

<https://bit.ly/49s5Wde>

The Children's Heart Foundation

This is a non-profit organization and is the leading efforts to fund congenital heart defect (CHD) research.

<https://www.childrensheartfoundation.org/>

DART First State - Reduce Fare

DART offers safe, reliable, and convenient rides to everyone. Senior citizens can receive reduced fares if they are age 65 and older or have a certified disability.

<https://dartfirststate.com/>

- Information Center: 1-800-652-3278
- Paratransit Reservations: 1-800-553-3278
- Contact Information for Hearing Impaired: 1-800-232-5460

World Heart Federation (WHF)

WHF believes every human being should have access to the information, care, and treatment they need to keep his/her heart healthy, regardless of race, nationality, gender, age, education, or income.

<https://bit.ly/3MzapAL>

Need Additional Help? Contact Delaware 2-1-1

www.delaware211.org

Helpline: Dial 2-1-1 or 1-800-560-3372

Text your zip code to 898-211.

Aunt Bertha (Find Help)

This helpful website allows you to search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.

<https://www.auntbertha.com/>

Find Help

Find Help makes it easy for organizations to connect people to social care services and follow up more quickly. It offers a free suite of tools for organizations to streamline care management and increase impact.

<https://organizations.findhelp.com/>

Community Partner – Find Help

Visit the Community Partner page of the Find Help website to search and connect to support for financial assistance, food pantries, medical care, and other free or reduced-cost.

<https://communitypartner.findhelp.com/>

Suicide and Crisis Lifeline

If you or someone you know is in crisis, call or text 988 to reach the Suicide and Crisis Lifeline, talk with them online via their website, or text HOME to 741741 (multiple languages available). For emergencies, call 911.

<https://bit.ly/3QPsGfY>

Scan the QR Code

to access additional community resources on the Quality Insights website.



This publication was supported by Cooperative Agreement Number NU58DP007429 from the Centers for Disease Control and Prevention as part of the National Cardiovascular Health Program (CDC-RFA-DP-23-0004). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-CV-092923