

A Resource Guide for New Hampshire's Relative Caregivers



State of New Hampshire
Department of Health and Human Services
Division for Children, Youth and Families



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Additional Copies

To request additional copies of this guide, please call: 603-271-9222 or your local District Office. (see list on page 22)

It is also available online at:

- www.servicelink.nh.gov/caregivers/grandparents.htm
- www.FSNH.org
- www.dhhs.nh.gov/dcyf/relativecaregivers.htm

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A Resource Guide for New Hampshire's Relative Caregivers

Introduction

More than six million children across the country are living in households headed by grandparents or other relatives who have stepped forward to care for them because their parents could not safely care for them in their homes. In New Hampshire, more than 6,700 grandparents have reported that they are responsible for grandchildren living with them, with more than 10,000 children living in grandparent-led households. More than 4,000 of these children are living with grandparents without either parent present. In addition, more than 2,300 children live in households headed by other relatives. Sometimes, though not always, there is involvement with the New Hampshire Department of Health and Human Services' Division for Children, Youth and Families (DCYF).



Relative care in New Hampshire is a living arrangement in which an adult relative (other than a parent) cares for a child under the age of 18 on a temporary or permanent basis. The relative can be related by blood, marriage or adoption and is most often a grandparent, but can also be an aunt, uncle, sibling or step-sibling, cousin, niece, or nephew.

Relative care situations can result when parents:

- Are unwilling or unable to care for a child full time;
- Cannot provide the child with a safe environment;
- Are deceased;
- Are separated from their child for long periods (e.g. substance use disorder, incarceration, physical or mental illness, or military deployment.)

Regardless of why relative care is necessary, all caregivers share a need for information, resources and support. Children and their caregivers are often eligible for state and federal benefits but may not know how to connect with these resources.

This guide can help you ask the right questions and find the answers you need. It includes information about programs and services that can help with the cost of caring for the child in your care, resources that can help, and information on guardianship.

Types of Relative Care

A note about guardianship: As a relative caregiver, you may need to make decisions about guardianship for the child in your care. While only you can decide what's right for your family, you may choose to consult an attorney who specializes in family law to help you sort through the legal options and make informed decisions.

In New Hampshire, there are generally four types of relative care arrangements, each with different levels of assistance, rights, and responsibilities.

1. Informal Arrangement

Informal arrangements are made between parents and relatives, without the involvement of either the court or child welfare system.

For example:

- Parents may leave their child with a grandparent while they are away for work;
- An aunt may care for a nephew whose parents are dealing with a serious health issue;
- An adult may take care of a friend's older children following the birth of a baby (for no more than 30 days.)

Informal Arrangements do not have the force of a court order, and do not grant legal custody of children to the caregivers - parents still have legal custody and may take the children home at any time.

While informal arrangements may be appropriate in short-term situations, they are generally not suitable for longer-term ones. Caregivers with an informal arrangement can have difficulty enrolling children in school, consenting to medical care, and securing benefits for the children.



2. Guardianship

Grandparents or other caretakers can acquire the legal right to custody of a child and the ability to make certain decisions for a child through the creation of a guardianship. In New Hampshire, this is done in Family Court.

Grandparents can request guardianship for their grandchildren with the consent of the parents. However, if the parents are incapable or unfit, guardianship may be granted over the parent's objection. If you become the guardian of the child in your care, you can enroll the child in school and consent to medical treatment. This also means the birth parent cannot take the child without your permission.

As guardian, you are responsible for the care and upbringing of the child for the duration of the guardianship. Guardianship is not usually a permanent arrangement. The parents may request to visit with the child. You or the child's parents may request the Family Court to end the guardianship at any time. In the event of your death, care of the child would return to the parents.

3. Relative Care Placement through DCYF

In New Hampshire, when a child is determined to be unsafe in his or her home because of abuse or neglect, local law enforcement or the Department of Health and Human Services (DHHS), Division for Children, Youth and Families (DCYF) may request a court to remove a child from his or her parents' care. If the parent has not identified a relative at the time of removal, the child may be placed in a licensed foster home. New Hampshire courts also have the authority to remove juveniles from their homes and place them in various levels of care. Placement may include a relative's home, foster home, group home, residential treatment facility or a secure environment, if necessary.

The first goal for children and youth in DCYF custody is to safely reunite with their parents. When that is not possible within a reasonable timeframe, DCYF must explore other options.

By law, the State of New Hampshire must make efforts to identify and notify all adult relatives within thirty days of a child's placement outside their home. If a relative is not available or not appropriate, the child may be placed in a licensed foster home.

Grandparents or other relatives identified as appropriate caretakers for a child in State custody can become licensed by DCYF to provide foster care for the child. While this is not a requirement, it is strongly recommended as additional financial assistance or support services may be available. If you choose to become a foster care provider, you will be required to comply with DCYF foster care regulations ([Administrative Rule Part He-C 6446, Foster Family Care Licensing Requirements](#)).

If a child is placed with you through DCYF:

- A case worker will be assigned to help you and the child's parents carry out the plan for the child;
- DCYF will support your relationship with the family;
- DCYF may ask you to help with the plan for contact between the child and parents;
- DCYF will be involved in many of the decisions that have to be made for the child;
- The child may stay in their current school if it's in the child's best interest; and
- DCYF may remove the child from your care if there are concerns about the child's safety and well-being.

For more information on becoming a foster parent, visit www.DHHS.NH.gov.

4. Adoption

If you adopt a child related to you:

- You become the child's legal parent with all rights and responsibilities
- The birth parents no longer have any legal rights or responsibilities with respect to the child

If there is a positive relationship, post-adoption contact between the child and birth family members may be in the best interest of the child. Contact may be arranged through informal or legally enforceable agreements, depending on the circumstance.

Help with Basic Needs

There are financial resources available to help relative caregivers meet the basic needs of the children in their care. Your family may be eligible for the following programs, depending on the type of relative care arrangement you have. In New Hampshire, a Family Services Specialist can determine your eligibility for benefits such as Cash Assistance, Food Stamps/ SNAP, Medicaid and the Child Care Scholarship with a single application. Apply online at [NH EASY Gateway to Services](#), or in person at your local District Office. A list of District Offices and their contact information is at the end of this guide.



Financial Assistance

Financial Assistance to Needy Families (FANF)

FANF provides cash assistance to needy families with dependent children. Eligibility and benefit amounts for FANF depends upon the family's income, resources, living arrangements, and the dependent children must lack parental support or care due to death, continued absence or because at least one parent in a two-parent home is disabled.

Foster Care Compensation for Licensed Foster Relative Providers (for families involved with DCYF)

If you choose to become licensed, you will receive a bi-monthly foster care reimbursement for each of the children placed with you based on their age.

In addition:

- Health insurance is available either through the parents' insurance or Medicaid/MCO
- DCYF may arrange for other services (e.g., counseling, child care, and other supports)

Adoption Assistance (for families involved with DCYF)

Children with special needs, who are in foster care, may qualify for adoption assistance through DCYF. Adoption Subsidies (known as Adoption Assistance) are federal or state adoption benefits that are to help enable the adoption of children that may otherwise remain in long term foster care. You must meet specific criteria, and the child must be approved for adoption assistance before finalizing the adoption.

Benefits available through adoption assistance commonly include:

- Monthly assistance to help you meet the child's ongoing needs;
- Medicaid for the child;
- Reimbursement of certain one-time expenses related to adopting the child from state care (up to \$2,000);
- Payment for special services for the child.

Child Care Scholarship

You may be able to receive financial assistance for child care if you meet the eligibility requirements for child care (including income guidelines), or if child care is authorized based on the child's special needs

For more information, apply at [NH EASY Gateway to Services](#) or apply at your nearest District Office.

Social Security Administration

www.ssa.gov

1-800-772-1213

If the child in your care has a physical or mental disability or the child's parents are disabled or deceased, they may qualify for financial assistance. Call the number above or visit a local Social Security office.

DHHS Bureau of Child Support Services

Call **1-800-786-3214 (TTY 1-800-253-0191)** for help finding missing parents, establishing paternity, and establishing child and medical support orders.

Medical Care

You can apply for Medicaid for the child in your care. It helps cover the cost of doctor's visits, prescriptions, mental health services, dental care and more. The only income counted is the child's. To apply for Medicaid, visit [NH EASY Gateway to Services](#), or apply in person at your nearest District Office.

Food & Nutrition

Food Stamps/SNAP

The [Supplemental Nutrition Assistance Program \(SNAP\)](#), also known as the Food Stamp program, is about good nutrition and health. It provides eligible people with benefits to buy food items at grocery stores, farmers markets and other approved food retailers. You may qualify for SNAP benefits depending on your household size, income, expenses and resources. You may qualify if you own your home, have no home, live with someone else or live alone. The Program gives deductions for things like housing costs, utilities, medical costs and child care.

Women, Infants, Children (WIC) Nutrition Program

The New Hampshire [Women, Infants and Children Nutrition Program \(WIC\)](#) provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong. Relative caregivers may apply for the children in their care. Children under five are eligible if they are:

- In foster care
- Receiving Supplemental Nutrition Assistance Program (SNAP), FANF, or Medicaid
- Meet income guidelines

National School Breakfast & Lunch Program

The National School Breakfast/Lunch Program is a federally assisted meal program operating in public and nonprofit private schools that provides nutritionally balanced, low-cost or no-cost lunches to students each day. If your grandchild is receiving cash assistance, he or she is also eligible for this program. For children in relative care, only the child's income is required. For eligibility information, please contact your local school or the NH Department of Education at **(603) 271-3646** or **1-800-852-3345**.

Summer Food Service Program

The Summer Food Service Program (SFSP) is a federally-funded, state administered program that reimburses providers who serve free, healthy meals to children and teens 18 and under in low-income areas during the summer months, when school is not in session.

The USDA maintains an online database of locations at: www.fns.usda.gov/sfsp/summer-food-service-program. You can also call **211** for locations.

Commodity Supplemental Food Program (CSFP)

The Commodity Supplemental Food Program is a nutrition program that provides food and nutritional information to promote good health for seniors age 60 and over. CSFP can help you by providing healthy foods to supplement your food budget. The value of the food you receive is approximately \$50.00 per month. For more information, call **1-800-942-4321** or **(603) 271-4546**.

Community Resources

General Resources

211 NH

www.211nh.org

Dial **211** from anywhere in New Hampshire and a call specialist can help you find resources 24 hours, 365 days a year.

New Hampshire Family Voices

nhfv.org

1-800-852-3345 ext. 4525

New Hampshire Family Voices provides free, confidential services to families and professionals caring for children with chronic conditions and/or disabilities.

ServiceLink Aging and Disability Resource Center

www.servicelink.nh.gov

1-866-634-9412

Through contracts with local agencies around the state, ServiceLink helps individuals access and make connections to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid.



Legal Resources

Unbundled Legal Services

Under this agreement, also known as limited scope representation and discrete task representation, an attorney and client agree to limit the scope of the attorney's involvement in a lawsuit or other legal action, leaving responsibility for those other aspects of the case to the client in order to save the client money. Lawyers may offer their services on an as needed basis, which could include assistance with filling out paperwork, answering legal questions, representation in court on an hourly basis, rather than on retainer. When speaking to an attorney, ask if these services are offered.

Legal Advice and Referral Center

www.larcnh.org

(603) 224-3333

New Hampshire Legal Aid provides legal services to low income people in New Hampshire in the areas of housing, family law, consumer law, public benefits and related matters through telephone advice and counsel, brief service and direct representation.

Free Legal Aid New Hampshire

www.usattorneylegalservices.com/free-legal-aid-New-Hampshire.html

New Hampshire Family Courts

www.courts.state.nh.us

(855) 212-1234 for calls from US or Canada

Calls from outside US or Canada call (603) 223-0392

In some cases, court fees can be waived. Speak with your local court for more information.

Supports for Adoptive/Foster/Relative Parents

Family Support New Hampshire

www.fsnh.org

fsnhweb@gmail.com

Family Support NH is a coalition of non-profit Family Resource Centers and family support programs that seek to strengthen families by promoting health, wellbeing, and positive parenting through support and education.

NH Foster and Adoptive Parent Association

www.nhfapa.org

(603) 717-5899

The mission of the New Hampshire Foster & Adoptive Parent Association (NHFAPA) is to support foster and adoptive parents, and remain a consistent strong voice on behalf of all children.

The American Association of Retired Persons (AARP)

aarp.org

The mission of AARP is to empower people to choose how they live as they age. The website offers tips and supports for grandparents raising grandchildren.

Community Action Programs

These agencies help lower-income New Hampshire residents meet their basic needs and become self-sufficient. Services may include emergency food help, fuel and utility assistance, Head Start Centers, housing assistance and training.

Community Action Program of Belknap-Merrimack Counties, Inc.

www.bm-cap.org

(603) 225-3295 or 1-800-856-5525

Community Action Partnership of Strafford County

www.straftordcap.org

(603) 435-2500

Southern New Hampshire Services

www.snhs.org

(603) 668-8010 or 1-800-322-1073

Southwestern Community Services, Inc.

www.scs-helps.org

1-800-529-0005

Keene (603) 352-7512

Claremont (603) 542-9528

Tri-County Community Action Program, Inc.

www.tccap.org

(603) 752-7001

Child Care & Child Development Resources

Child Care Aware of New Hampshire

nh.childcareaware.org

Child Care Aware is New Hampshire's most trusted resource for referrals, technical assistance, and professional development for the diverse needs of families, early childhood providers and community partners dedicated to improving the quality and accessibility of child care.

Child Care Scholarship

You may be able to receive financial assistance for child care if you:

- Have an accepted reason for child care or it is authorized based on the child's special needs; and/or
- Income guidelines apply

For more information, apply at [NH EASY Gateway to Services](#) or apply at your nearest District Office

Head Start/Early Head Start

Head Start and Early Head Start are child and family development programs that help prepare eligible young children to succeed in school and in life. Head Start offers high quality health, early learning and family support services to children aged birth to five and their families, as well as to eligible pregnant women. In Head Start, children learn and grow in a healthy and safe environment, their families can achieve their own goals (such as education, employment and housing), and families have opportunities to learn more about child development and how to advocate for themselves and their children.

For more information about Head Start or to find a program, visit www.dhhs.nh.gov/dcyf/headstart/.



Bureau of Child Development and Head Start Collaboration

www.dhhs.nh.gov/dcyf/cdb/

1-800-852-3345

The Bureau of Child Development and Head Start Collaboration (BCDHSC) is dedicated to enhancing the quality, affordability and accessibility of child care programs to promote children's healthy growth and development. The Bureau administers the NH Child Care Scholarship Program for eligible families.

For more information, visit www.dhhs.nh.gov/dcyf/cdb/eligibility.htm

Watch Me Grow (WMG)

nhfv.org/projects/initiatives/watch-me-grow-new-hampshire/

Watch Me Grow (WMG) is New Hampshire's developmental screening, referral and information system for families of children ages birth to six years. WMG partners with New Hampshire families to make sure their children are growing and learning as expected. Using screening questionnaires with fast and fun activities, families can:

- Track their children's development from birth to six years
- Learn what's coming next in their children's development
- Discover new ways to help them grow and learn - all to ensure their brightest future.

New Hampshire Area Agencies

All developmental services offered are provided by contractual agreement between Bureau of Developmental Services and the following designated non-profit area agencies located throughout NH. These agencies are committed to strengthening and supporting individuals and families within the context of their lives and within their own communities.

Region I: Conway Area

Northern Human Services

www.northernhs.org

(603) 447-3347

Region II: Claremont Area

Pathways of the River Valley

www.pathwaysnh.org

(603) 542-8706

Region III: Laconia Area

Lakes Region Community Services Council

www.lrcsc.org

(603) 524-8811

Region IV: Concord Area

Community Bridges

www.communitybridgesnh.org

(603) 225-4153

Region V: Keene Area

Monadnock Developmental Services, Inc.

www.mds-nh.org

(603) 352-1304

Region VI: Nashua Area

Gateways Community Services

www.gatewayscs.org

(603) 882-6333

Region VII: Manchester Area

Moore Center Services, Inc.

www.moorecenter.org

(603) 206-2700

Region VIII: Portsmouth Area

One Sky Community Services

www.oneskeyservices.org

(603) 436-6111

Region IX: Dover Area

Community Partners

www.communitypartners.org

(603) 749-4015

Region X: Atkinson Area

Community Crossroads, Inc.

www.communitycrossroadsnh.org

(603) 893-1299

Caregiver Support

The New Hampshire Family Caregiver Program

The National Family Caregiver Support Program provides assistance to family members and others who provide day-to-day care for another individual without compensation. Services include information, counseling, education and respite care, and are coordinated through the ServiceLink Aging and Disability Resource Centers located throughout New Hampshire. Grandparents raising their grandchildren are eligible for these services.

Support Groups

Parenting a Second Time Around (PASTA)

- Free support group for grandparents and other family caregivers in the position of raising children again.
- Provides information, skills and resources in eight sessions that focus on topics including child development, discipline and guidance, caring for oneself as a caregiver, rebuilding a family, living with teens, legal issues and advocacy.
- The program can be contacted via the Upper Room at **603-437-8477**.

Step Up Parents

- Grandparent and kinship support groups in New Hampshire.

National Alliance on Mental Illness (NAMI) Parent Support Group

- Supports groups to family members and parents who have a loved one with mental illness.
- The program can be contacted at **603-225-5359** or naminh.org.

Families First Parent and Family Programs (Seacoast Area)

- Offers free parenting classes and parent groups (with free child care), as well as programs for parents and children together.
- These programs are open and available to relative caregivers.
- Information for various groups and programs can be obtained at **603-422-829** or familiesfirstseacoast.org.

Education

Head Start/Early Head Start

Head Start and Early Head Start are child and family development programs that help prepare eligible young children to succeed in school and in life. Head Start offers high quality health, early learning and family support services to children aged birth to five and their families, as well as to eligible pregnant women. In Head Start, children learn and grow in a healthy and safe environment, their families can achieve their own goals (such as education, employment and housing), and families have opportunities to learn more about child development and how to advocate for themselves and their children.

For more information about Head Start or to find a program, visit www.dhhs.nh.gov/dcyf/headstart/.



Education

The Parent Information Center

picnh.org

603-224-7005 or 1-800-947-7005 (NH Only)

The Parent Information Center (PIC) assists families, and schools and communities to increase family engagement in children's learning and development. Through partnerships with families, educators, youth, professionals and organizations, (PIC) strives to achieve positive outcomes for children and youth, with a focus on those with disabilities and special healthcare needs.

Your Local School District

www.education.nh.gov

If you have questions about the needs of a child in your care, please contact the guidance office the child's local school district.

Mental Health

FAST Forward Project

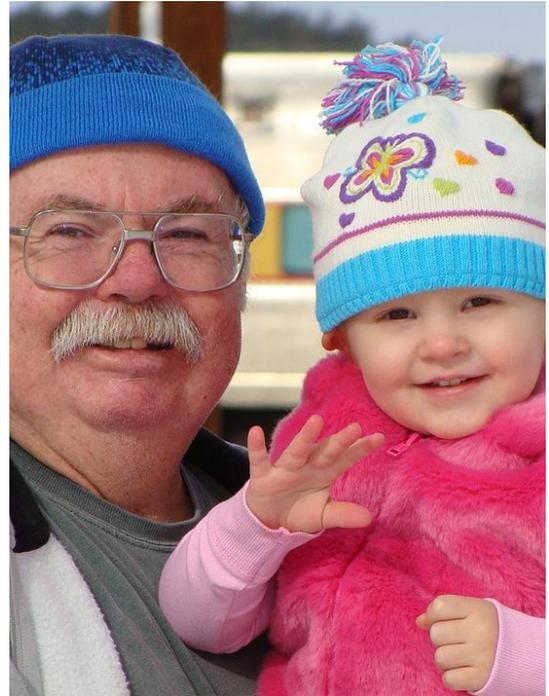
www.nh4youth.org/collaborative/grants-and-projects/fast-forward

The FAST Forward program - Families and Systems Together - is designed to serve youth with serious emotional disturbances and their families, whose needs aren't met by traditional service streams and programs.

National Alliance on Mental Illness (NAMI)

www.namih.org

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness. NAMI educates, advocates, listens and leads public awareness events and activities to fight stigma and encourage understanding.



Community Mental Health Centers

Community Mental Health Centers that provide services to children and families in each region of the state, in areas such as crisis response, treatment, support and referral.

Region I: Conway Area

Northern Human Services

www.northernhs.org

(603) 447-3347

Region II: Lebanon Area

West Central Behavioral Health

www.webh.org

(603) 448-0126 x 2101

Region III: Laconia Area

The Lakes Region Mental Health Center

www.genesisbh.org

(603) 524-1100

Region IV: Concord Area

Riverbend Community Mental Health, Inc.

www.riverbendcmhc.org

(603) 226-7505

Region V: Keene Area

Monadnock Family Services

www.mfs.org

(603) 357-4400

Region VI: Nashua Area

Greater Nashua Mental Health Community Center

www.gnmhc.org

(603) 889-6147

Region VII: Manchester Area

The Mental Health Center of Greater Manchester

www.mhcgmg.org

(603) 668-4111

Region VIII: Portsmouth Area

Seacoast Mental Health Center, Inc.

www.smh-nh.org

(603) 431-6703

Region IX: Dover Area

Community Partners of Strafford County

www.communitypartners.org

(603) 516-9300

Region X: Derry Area

The Center for Life Management

www.clmnh.org

(603) 434-1577

Substance Use & Substance Use Disorder (SUD)

The Doorway NH

The Doorway is changing how New Hampshire helps people struggling with an opioid use disorder (OUD) or other substance use disorders (SUD). There are nine Doorway locations, providing single points of entry for people seeking help for substance use, whether they need treatment, support, or resources for prevention and awareness. The regional Doorways ensure that help is always less than an hour away. In addition, 24/7 access to services is also available by dialing 211.

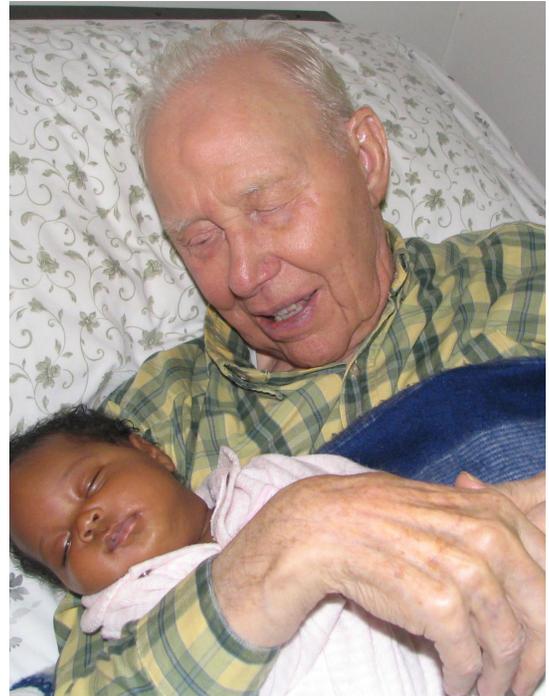
New Hampshire's Doorway program receives funding from the U.S. Substance Abuse and Mental Health Administration - State Opioid Response (SOR) grant. This federal support is enabling New Hampshire to expand:

- Medication-assisted treatment (MAT)
- Peer recovery support services
- Access to recovery housing
- Evidence-based prevention programs
- Workforce opportunities
- Training and education

For more information, please visit www.thedoorway.nh.gov, or for immediate help, call **211** or visit 211nh.org.

Strength to Succeed

The Strength to Succeed program provides peer support services to individuals and families who are struggling with SUD and working with DCYF toward family reunification. Peer support specialists can help families work toward and maintain recovery through evidence-based home visiting and relative support programs.



Other Resources

Internet Essentials through Comcast

www.internetessentials.com

1-855-846-8376

You may qualify for affordable Internet service and a low-cost computer if your household lives in an area with Comcast Internet service, includes at least one child getting free or reduced cost school lunches and/or meets other criteria.

Generations United

www.gu.org

Generations United is home to the National Center on Grandfamilies, a leading voice for issues affecting families headed by grandparents and other relatives. Generations United's mission is to improve the lives of older people through intergenerational collaboration, public policies and programs for the enduring benefit of all.

Grandparent's Visitation Rights

www.gencourt.state.nh.us/RSA/html/XLIII/461-A/461-A-13.htm

Grandparents as Guardians - RSA 463.5

www.gencourt.state.nh.us/rsa/html/XLIV/463/463-5.htm

DHHS District Offices

Berlin District Office

650 Main Street Suite 200
Berlin, NH 03570
(603) 752-7800

Littleton District Office

80 North Littleton Road
Littleton, NH 03561
(603) 444-6786

Claremont District Office

17 Water Street, Suite 301
Claremont, NH 03743
(603) 542-9544

Manchester District Office

1050 Perimeter Road, Suite 501
Manchester, NH 03103
(603) 668-2330

Concord District Office

40 Terrill Park Drive
Concord, NH 03301
(603) 271-6200

Rochester District Office

150 Wakefield Street, Suite 22
Rochester, NH 03867
(603) 332-9120

Conway District Office

73 Hobbs Street
Conway, NH 03818
(603) 447-3841

Seacoast District Office

19 Rye Street
Portsmouth, NH 03801
(603) 433-8300

Keene District Office

111 Key Road
Keene, NH 03434
(603) 357-3510

Southern District Office

26 Whipple Street
Nashua, NH 03060
(603) 883-7726

Laconia District Office

65 Beacon Street West
Laconia, NH 03246
(603) 524-4485

