NORTH Dakota | Health

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Asthma Resource Booklet

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Disclaimer
The content within this booklet is for informational purposes only. It is not intended to be a substitute for professional medical advice. Families are encouraged to discuss the information in this booklet with their child's doctor or other health care providers.

Specialty Health Services

Asthma is a chronic, treatable disease that causes narrowing of the airways, making breathing difficult at times. More than 24 million people in the United States have asthma, including 6 million children younger than 18, according to the Centers for Disease Control and Prevention (CDC). For some children with asthma, evaluation by an experienced team of professionals is necessary for an accurate diagnosis and optimal treatment planning. Families are an essential partner to the team as they are the principle caregiver and the center of strength and support for the child. The following link contains guidelines for the care of children with asthma: nhlbi.nih.gov/health-topics/guidelines-for-diagnosis-management-of-asthma.

Asthma Clinics and Specialists

Asthma clinics are held in Bismarck/Lincoln and Telemedicine-Dickinson. Special Health Services (SHS) supports the regional asthma clinics held in Bismarck/Lincoln, which provide multidisciplinary team evaluations where families have an opportunity to see many different providers in one place at one time. Each clinic visit includes an updated Asthma Action Plan to help direct care for the coming year. All children who might benefit are eligible to attend with no direct cost to the family. For more information, review the following link: ndhealth.gov/cshs/docs/clinic-schedule.pdf.

The site and contact information for the asthma clinic is listed below.

Bismarck/Lincoln
Regional Children's Asthma Clinic
3 Benteen Drive
Lincoln, N.D. 58504
701.530.8538 or 701.530.8200
(CHI St. Alexius Respiratory Therapy Department)

Dickinson (Telemedicine)
CHI St. Alexius
2500 Fairway Street
Dickinson, N.D. 58601
701.530.8538 or 701.530.8200

SHS Specialists

If your child's asthma is difficult to control, your physician may refer your child to an **allergist** or a **pulmonologist**. For a list of SHS participating specialists, contact SHS at 800.755.2714 or visit ndhealth.gov/cshs/provider.htm. If needed, a board certified pediatric allergist, immunologist, and pulmonologist is available at:

Sanford Southpointe Clinic
2400 32nd Ave. S.
Fargo, N.D. 58103
701.234.2660

Sanford Allergy Clinic
715 E. Broadway Ave
Bismarck, N.D. 58501
701.323.8982

Trinity Health Center
400 E. Burdick Expwy
Minot, N.D. 58701
701.857.7387

sanfordhealth.org/locations/sanford-allergy-and-asthma

A **Certified Asthma Educator** is a health professional who is certified to provide asthma education.

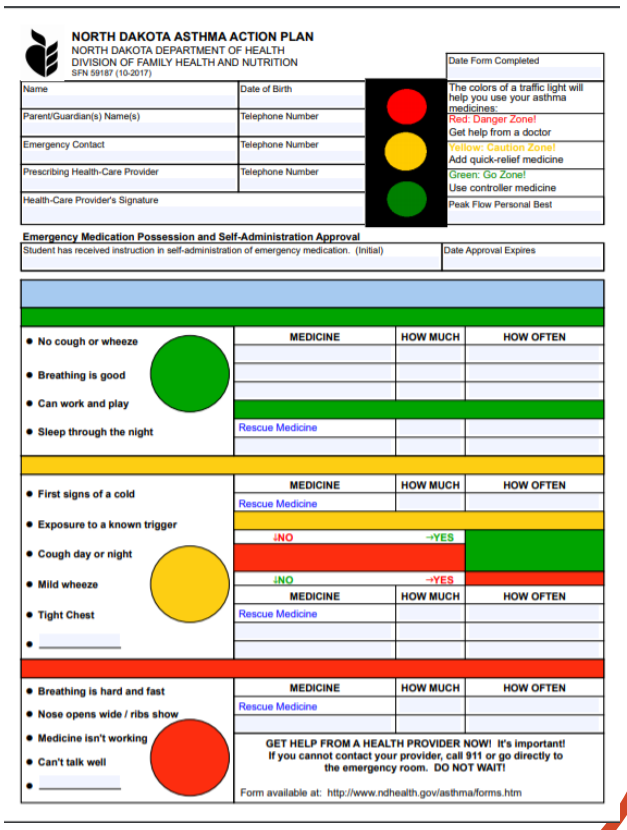
- This includes asthma education to patients, families and health care providers according to the national standards.
- Counseling to patients and families regarding environmental and emotional triggers for asthma.
- Coordination care with other health care providers to improve quality of life for all patients and families.

To locate a Certified Asthma Educator, visit the following website: naecb.com.

Asthma Action Plan

The North Dakota Asthma Action Plan is a tool to help asthma patients and medical professionals manage and prevent asthma exacerbations (symptoms) while providing information that is crucial to those who come in contact with or care for people with asthma.

The N.D. Asthma Action Plan is available at the following website: **ndhealth.gov/asthma/forms.htm**



NORTH DAKOTA ASTHMA ACTION PLAN
NORTH DAKOTA DEPARTMENT OF HEALTH
DIVISION OF FAMILY HEALTH AND NUTRITION
SFN 59187 (10-2017)

Name	Date of Birth	Date Form Completed
Parent/Guardian(s) Name(s)	Telephone Number	The colors of a traffic light will help you use your asthma medicines.
Emergency Contact	Telephone Number	Red: Danger Zone! Get help from a doctor
Prescribing Health-Care Provider	Telephone Number	Yellow: Caution Zone! Add quick-relief medicine
Health-Care Provider's Signature		Green: Go Zone! Use controller medicine
		Peak Flow Personal Best

Emergency Medication Possession and Self-Administration Approval

Student has received instruction in self-administration of emergency medication. (Initial)	Date Approval Expires

	MEDICINE	HOW MUCH	HOW OFTEN
• No cough or wheeze • Breathing is good • Can work and play • Sleep through the night			
	Rescue Medicine		

	MEDICINE	HOW MUCH	HOW OFTEN
• First signs of a cold • Exposure to a known trigger • Cough day or night • Mild wheeze • Tight Chest • _____	Rescue Medicine		
	↓NO	→YES	
	↓NO	→YES	
	MEDICINE	HOW MUCH	HOW OFTEN
	Rescue Medicine		

	MEDICINE	HOW MUCH	HOW OFTEN
• Breathing is hard and fast • Nose opens wide / ribs show • Medicine isn't working • Can't talk well • _____	Rescue Medicine		

GET HELP FROM A HEALTH PROVIDER NOW! It's important!
If you cannot contact your provider, call 911 or go directly to the emergency room. DO NOT WAIT!

Form available at: http://www.ndhealth.gov/asthma/forms.htm

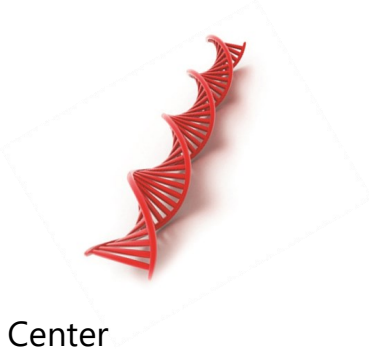
Genetic Services

Genetic testing is used to identify DNA changes associated with specific medical conditions. Genetic testing can help determine whether a person has a genetic disease, whether it has been inherited, and the chance for future children or other family members to have the same condition.

Genetic/Birth Defect Clinics are held periodically throughout the state. For clinic schedule information, call Special Health Services toll-free at 800.755.2714.

Sanford Children's Broadway Clinic

737 Broadway North
Fargo, N.D. 58102
Phone: 701.234.2362
sanfordhealth.org/medical-services/genetics



Sanford Health Genetic Counseling

222 North 7th St.
Bismarck, N.D. 58501
Phone: 701.323.8030

Women's Medical Center
414 North 7th St.
Bismarck, N.D. 58501
701.323.5870

sanfordhealth.org/medical-services/genetics

InformedDNA Telephone Genetic Counseling

Phone: 800.975.4819
informeddna.com

Additional Resources

Anne Carlsen Center

The Anne Carlsen Center offers a rich tradition of empowering individuals with disabilities and their families. Their experienced staff provides compassion, training, services and support in homes and communities across North Dakota. On the Jamestown campus, they meet the educational, residential and therapeutic needs of children and young adults with autism, behavior disorders, medical fragility and other developmental disabilities. They also provide services in the home through customized support for individuals from birth to age 21. In addition, through their community-based services (i.e., in-home supports and community day support), Anne Carlsen accommodates individuals of all ages, including adults. For more information about services in the Dickinson location, call 701.934.1144 or visit: annecarlsen.org.

Bismarck (also covering Dickinson)
1929 N. Washington St., Suite GG
Bismarck, N.D. 58501
701.751.3732
800.201.8672

Jamestown
701 3rd St. NW
Jamestown, N.D. 58402
701.252.3850
800.568.5175

Fargo
4152 30th Ave. S., Suite 102
Fargo, N.D. 58104
701.364.2663
800.201.8672

Minot
1408 20th Ave. SW,
Suite 7
Minot, N.D. 58701
701.858.0009

Grand Forks
2016 South Washington St.
Grand Forks, N.D. 58201
701.757.4200
888.815.3770

Devils Lake
218 4th St. NW
Devils Lake, N.D. 58301
701.662.6324

Bottineau
1 Winter Park Road
Bottineau, N.D. 58318
701.263.4556

Early Intervention (Infant Development)

This is a service designed to help families with children from birth to age three with disabilities and/or developmental delays. The goal of this program is to support the child and their family in gaining skills and fully participating in their natural environment. By partnering with families, ND Early Intervention provides them with the tools and support they need to help their child be successful. Qualifying families have access to a wide array of therapeutic professionals, as well as a Service Coordinator (DD Program Manager) and an experienced parent. Anyone, including family members, can refer a child for a free developmental evaluation, with eligibility based on the following criteria:

- Displays a 50 percent delay in any area of development (cognition, communication, motor, self-help or social emotional skills).
- Displays a 25 percent delay or more in any two areas of development.
- Has a diagnosis or disability that impairs typical development.
- Has a significant health condition that puts them at high risk for developmental delays.

Another component to ND Early Intervention is Right Track. Right Track provides a variety of services to families, which include developmental screenings, referrals to community resources, serving as a resource to parents, etc. To make a referral, or to learn more, call the Developmental Disabilities Division at 800.755.8529 or visit: nd.gov/dhs/services/disabilities/.

Supplemental Security Income (SSI)

SSI provides monthly payments for children who meet disability and financial eligibility requirements. For more information, contact the Social Security Administration at 800.772.1213 or visit ssa.gov/.

Women, Infants and Children (WIC)

WIC provides nutritious foods, offers information about how to feed your family, and helps you participate in other important health programs. Pregnant women, breastfeeding women and children up to age 5 who meet WIC's liberal income guidelines are eligible to participate. For more information, contact 800.472.2286 or your county WIC office as listed in the phone book. For additional details visit: ndhealth.gov/wic/.

Family Support Services

Child Care Assistance Program

This program provides financial assistance to low-income families for child care costs.

North Dakota Department of Human Services
600 East Boulevard Ave., Dept. 325, Bismarck, N.D. 58505
Phone: 701.328.2332
Toll-Free: 800.755.2716
nd.gov/dhs/services/financialhelp/childcare.html

Child Care Aware

Child Care Aware provides assistance locating child care and other related services. Call Child Care Aware at 800.997.8515 or visit: ndchildcare.org for more details.

Bismarck –701.530.2525
Fargo –701.476.6820
Grand Forks –701.787.7755
Jamestown –701.252.0350
Minot –701.418.1430

Developmental Disabilities Division

The Developmental Disabilities Division within the ND Department of Human Services provides services to North Dakota citizens of all ages with developmental disabilities.

Developmental Disabilities Division
Phone: 800.755.8529
nd.gov/dhs/services/disabilities

Family Voices of North Dakota

Family Voices of ND is a health care information and education center, which includes the Parent to Parent Project, a program that offers emotional support to families. For more information, call 701.493.2634 or 888.522.9654, or visit fvnd.org/

ND Federation of Families for Children's Mental Health

Federation of Families provides support and advocacy for children's mental health. Call 701.222.3310 or visit ndffcmh.org for more information.

Legal Services of North Dakota

Legal Services of ND provides legal assistance for a variety of matters to low income and elderly North Dakotans.

418 East Broadway, #7
Bismarck, N.D. 58501
Phone: 701.258.4270 or 800.634.5263
legalassist.org

National Alliance on Mental Illness North Dakota

This organization offers meetings and training opportunities throughout North Dakota that focus on education and support for consumers, families and friends.

2242 Springbrook Ct.
Grand Forks, N.D. 58201
Phone: 701.746.5380
namind.org

Center for Parent Information & Resources (CPIR)

CPIR is an information clearinghouse that provides free information about disabilities and disability-related issues. For more information, call 973.642.8100 or visit parentcenterhub.org.

Pathfinder Services of ND

Statewide parent training is offered and information is provided to help families of children and youth with learning difficulties

Town and Country Center
1015 S. Broadway, Suite 42
Minot, N.D. 58701
Phone: 701.837.7500 or 800.245.5840
pathfinder-nd.org

Protection and Advocacy Project (P&A)

P&A advocates for the legal rights of North Dakotans with disabilities.

400 East Broadway, Suite 409
Bismarck, N.D. 58501
Phone: 701.328.2950 or 800.472.2670
Fax: 701.328.3934
ndpanda.org/

Regional Center for Independent Living (RCIL)

RCIL provides services that help young people with disabilities with transition from home and school to the work place and independent living. Visit rcil.org for more information.

Dakota Center for Independent Living
3111 East Broadway Ave.
Bismarck, N.D. 58501
701.222.3636 or 800.489.5013

Dakota Center for Independent Living
26 First St. E.
Dickinson, N.D. 58601
701.483.4363

Freedom Resource Center
2701 9th Ave. S., Suite H
Fargo, N.D. 58103
701.478.0459 or 800.450.0459

Independence Inc.
2000 E. Burdick Expressway
Minot, N.D. 58701
701.839.4724 or 800.377.5114

Ronald McDonald House Charities

Ronald McDonald House Charities provides a temporary residence near the medical facility where family members can sleep, eat, relax and find support from other families in similar situations. In return, families are asked to make a donation, but if that isn't possible, the stay is free.

Bismarck
609 North 7th St.
Bismarck, N.D. 58501
701.258.8551
rmhcbismarck.org

Fargo
1330 18th Ave. S.
Fargo, N.D. 58103
701.232.3980
rmhcfargo.org

Information and Referral Services

Special Health Services (SHS)

The mission of the Division of Special Health Services is to promote a system of care and services that improves the health and well-being of individuals with special health care needs and their families. Cross-cutting implementation strategies at the heart of all SHS programs include:

- Care Coordination
- Collaboration
- Data-informed Decisions
- Information and Education

Programs and Services

Coordinated Services Program: Provides services and resources that support coordinated management of specific chronic health conditions.

Financial Coverage Program: Helps families pay for medical services for eligible children, youth, and young adults who require specialty care to diagnose and treat their chronic health conditions.

Newborn Screening and Follow-up Program: The goal of this program is to identify conditions at an early age when treatment and intervention can prevent health problems, support early development, and save lives.

Children with Special Health Care Needs System Enhancement Program: Improves health outcomes of Children with Special Health Care Needs (CSHCN) by advancing a quality, comprehensive system of care that promotes the healthy development and well-being of children and their families.

North Dakota Department of Health
State Capitol – Judicial Wing
600 East Boulevard Ave., Dept. 301
Bismarck, N.D. 58505
Phone: 701.328.2436
Toll-free: 800.755.2714
Relay TDD: 800.366.6888
ndhealth.gov/cshs/

County Social Services

County Social Services administer economic assistance and social service programs. To inquire about assistance, please check your local phone book under county government or visit nd.gov/dhs/locations/countysocialserv.

Pediatricians and Family Doctors

All children benefit from a medical home. A medical home is not a building, but rather an approach to providing comprehensive medical care. In a medical home, a physician or other medical provider works in partnership with the family/patient to assure that the medical and non-medical needs of the child/youth are met. Through this partnership, medical providers can help families access and coordinate specialty care, educational services, out-of-home care, family support, and other public and private community services that are important to the overall health of the child and family. Contact SHS at 701.328.2436 for a list of primary doctors who practice in ND.

Public Health

Local public health units provide a variety of services such as immunizations, tobacco use prevention, high blood pressure screening, injury prevention screening, blood lead screening, Early and Periodic Screening Diagnosis & Treatment, home visits, high-risk infant follow-up, general child health services, community wellness programs, and school health screenings. Visit ndhealth.gov/localhd for details.

Organizations Statewide

American Heart Association, North Dakota Affiliate

The American Heart Association (AHA) provides comprehensive information for parents of a child with a congenital heart defect. The AHA helps prepare parents for the medical and surgical treatments their child may require.

1005 12th Ave. SE
Jamestown, N.D. 58401
Phone: 701.252.5122 800.437.9710
heart.org

ND Chapter - March of Dimes Birth Defects Foundation

March of Dimes fights for the health of all moms and babies by supporting research lead programs and providing education and advocacy so that every baby can have the best possible start.

1712 Main Ave., Suite 101
Fargo, N.D. 58103
Phone: 701.235.5530
marchofdimes.org/northdakota

ND Center for Persons with Disabilities (NDCPD)

NDCPD provides service, education, and research which empowers communities to welcome, value and support the well-being and quality of life for people of all ages and abilities.

Minot State University
500 University Ave. W.
Minot, N.D. 58707
Phone: 800.233.1737
ndcpd.org

Project HERO

Project HERO provides unused medical supplies and donated durable medical equipment to those in need. Project HERO works with several agency and healthcare partners to redistribute viable medical products to the medically fragile and financially challenged.

5012 53rd St. S., Suite C
Fargo, N.D. 58104
701.212.1921
herofargo.com

Easter Seals Goodwill ND, Inc.

Easter Seals Goodwill services include, but are not limited to, respite, or relief care; personal care services and domestic homemaker services; equipment loan; advocacy for individuals with disabilities; and information and referral. Visit esgwnd.org for more information.

Dickinson
2125 Sims St.
Dickinson, N.D. 58602
701.264.1060
866.895.1587

Fargo
3333 7th Ave. N.
Fargo, N.D. 58102
701.237.9908
866.895.1588

Grand Forks
3651 South Washington St.
Grand Forks, N.D. 58201
701.772.0704
866.876.1015

Bismarck-Mandan
1031 Interstate Ave.
Bismarck, N.D. 58503
701.751.0863
800.247.0698

Jamestown
402 14th Ave. NE #1
Jamestown, N.D. 58401
701.251.1446
866.897.6004

Mandan
211 Collins Ave.
Mandan, N.D. 58554
701.663.6828

Minot
800 12th Ave. SW
Minot, N.D. 58701
701.839.4121
866.895.1589

North Dakota Assistive

Services include information and referral, training, technical assistance to systems and individuals, equipment loan library, outreach activities, a link between state and private entities, resource development, alternative loan program, and dissemination of assistive technology materials based on consumer input. Visit ndassistive.org for more information.

Fargo
3240 15th St. S., Suite B
Fargo, N.D. 58104
701.365.4728
800.895.4728

Mandan
2401 46th Ave. SE, Suite 203
Mandan, N.D. 58554
701.258.4728
800.895.4728

Shriners Hospitals for Children—Twin Cities

Shriners Hospitals for Children provides care for children (age 17 and younger) with orthopedic problems and burns. Evaluation clinics are offered throughout North Dakota.

Shriners Hospital for Children –Twin Cities
Phone: 888.293.2832
Patient referral line: 800.237.5055
shrinershospitalsforchildren.org/minneapolis

The Arc of North Dakota

The Arc is a member and volunteer-driven nonprofit organization that offers advocacy, education and family support to children and adults with intellectual disabilities and related developmental disabilities and their families.

Bismarck
The Arc of Bismarck
1500 E. Capitol, Suite 203
Bismarck, N.D. 58501
Phone: 701.222.1854
thearcofbismarck.org

Dickinson
The Arc of Dickinson, Inc.
653 19th St. W
Dickinson, N.D. 58601
Phone: 701.483.4272
arcdickinson.org

Fargo
The Arc of Cass County
215 North University Drive
Fargo, N.D. 58102
Phone: 701.293.8191
arccassnd.org

Grand Forks
The Arc, Upper Valley, Inc.
2500 DeMers Ave.
Grand Forks, N.D. 58201
Phone: 701.772.6191
thearcuppervalley.org

Valley City
The Arc of Barnes County
141 2nd St. NE
Valley City, N.D. 58072
Phone: 701.845.4189

Bowman
Little Missouri Arc
403 2nd Ave. SE
Bowman, N.D. 58623
Phone: 701.523.3330

Libraries

North Dakota Center for Persons with Disabilities
500 University Ave. W, Minot, N.D. 58707
Phone: 701.858.3580 or toll-free 800.233.1737
ndcpd.org/

North Dakota State Library
604 East Boulevard Ave., Bismarck, N.D. 58505
Phone: 701.328.4622 or toll-free 800.472.2104
library.nd.gov

Pathfinder Services of North Dakota Library
Phone: 701.837.7500 or toll-free 800.245.5840
pathfinder-nd.org *Click on Resources link on top right of page

Prevention Resource and Media Center
Topics in mental health, substance abuse, aging and disabilities.
1237 W Divide Ave., Suite 1D, Bismarck, N.D. 58501
Phone: 701.328.8919 or toll-free 800.642.6744
prevention.nd.gov/

Education

Head Start

Head Start and Early Head Start are comprehensive child development programs. Regular Head Start programs are for children ages 3 and 4. Some communities offer a program specifically for families with children younger than 3 and pregnant women. A variety of services are provided through Head Start programs including health, education, parent involvement, family literacy, social services and services for children with disabilities.

Head Start State Collaboration Office
Phone: 701.328.1640
nd.gov/dpi/SchoolStaff/ECE/HeadStart/

School Nursing

The purpose of school nursing is to support the educational process by contributing positively and significantly to the health, health attitudes and health behaviors of today's children, and consequently, tomorrow's adults. Contact the North Dakota Department of Health at 701.328.2436 for more details.

Special Education

It is important to locate and identify children who are in need of special services as early as possible. Screening and assessment opportunities offered at school help identify possible areas of difficulty that could interfere with a child's learning or academic performance. Some children with disabilities may require special education services to address their unique educational needs. Contact the North Dakota Department of Public Instruction at 701.328.2277 or your local special education unit. Visit nd.gov/dpi for more information.

Pathfinder Services of ND

Pathfinder Services of ND provides statewide parent training and information to help families of children and youth with learning difficulties.

1015 S. Broadway, Suite 42
Minot, N.D. 58701
Phone: 701.837.7500 or 800.245.5840
pathfinder-nd.org

Health Care Coverage Options

Medical Coverage

Medicaid provides comprehensive medical, dental and vision coverage to North Dakota children and adults through a variety of coverage programs and waivers.

600 East Boulevard Ave., Dept. 325
Bismarck, N.D. 58505
Phone: 701.328.7068 or 800.755.2604
Email: dhsmed@nd.gov
nd.gov/dhs/services/medicalserv/medicaid

Children with Disabilities Medicaid Coverage

This program allows qualifying children with disabilities to buy into Medicaid. The program provides comprehensive coverage through Medicaid, including dental and mental health coverage, in return for a premium. Apply at your local county social service office.

Children and Family Coverage

Coverage is available to children younger than 21, pregnant women, and adult caretakers of deprived children. Most receive full coverage; however, some with higher income may be required to pay for a portion of their care. Apply at your local county social service office.

Children's Hospice Services Waiver

The Children's Hospice Waiver provides support to families so they can care for their children (from birth through age 21) in their homes as long as possible, avoiding lengthy stays and delaying or avoiding institutional care. The child must have a diagnosis and not be expected to live longer than one year. The program also allows families to access treatments that focus on curative and comfort care for their children.

Phone: 701.328.4630

Children with Medically Fragile Needs Medicaid Waiver

This Medicaid Waiver is designed to assist qualifying medically fragile children between ages three and 18 years. The child must be living at home, be Medicaid eligible, be able to meet Level of Care criteria for a nursing home, and meet criteria based on the Level of Need.

Phone: 701.328.4630

Home and Community-Based Services Waiver

Alternative services are provided for individuals with disabilities who are at least 18 years of age and individuals older than 65 who are eligible for the Medicaid Program and have medical needs that would qualify them to enter a nursing facility. The waiver allows North Dakota to pay for services needed for these individuals to remain in their own homes or community settings. Recipients may be required to pay for a portion of their care based on income. Apply at your local county social service office.

Medicaid Expansion Provides Coverage

Coverage is available to individuals under age 65 with household income up to 138 percent of the Federal Poverty Level (FPL). Individuals eligible for Medicare or Supplemental Security Income (SSI) are not eligible for coverage under Medicaid Expansion. Visit nd.gov/dhs/eligibility for more information.

Intellectual Disabilities/Developmental Disabilities Waiver

This waiver assists eligible individuals with intellectual disabilities and developmental disabilities to remain living at home and in the community. This serves individuals through their lifespan (both children and adults). Services offered under the waiver include Developmental Disabilities Program Management; Infant Development (for children from birth to age 3); In-Home Supports; Assistance with cost of equipment, supplies, and environmental modifications; and Adult Services such as day services, job coaching, and residential services. Apply by contacting the Developmental Disabilities Unit at one of the regional human service centers found online at nd.gov/dhs/locations/regionalhsc.

Workers with Disabilities Medicaid Coverage

This coverage allows some individuals with disabilities who want to work, or who are already working and want to increase their earnings, to do so without fear of losing their Medicaid coverage. It allows qualifying individuals to buy into Medicaid. The program provides comprehensive coverage through Medicaid, including dental and mental health coverage, in return for a premium. Apply at your local county social service office.

Healthy Steps

This is a benefit program for eligible North Dakota children up to age 19 who do not have a source of health care coverage. The program offers comprehensive medical, dental and vision coverage.

Phone: 877.KIDS.NOW or 877.543.7669

Special Health Services Financial Coverage Program

Helps families pay for medical services for eligible children, youth, and young adults who require specialty care to diagnose and treat their chronic health conditions.

Phone: 800.755.2714 or 701.328.2436 ndhealth.gov/cshs/program.htm

Get Covered North Dakota

This program links North Dakota residents with enrollment specialists in their local communities. Free impartial assistance is available to help consumers understand and find affordable health-care coverage. For more information, visit getcoverednorthdakota.org.

Health Insurance Marketplace (HIM)

The HIM enables individuals to find quality health coverage. It can help if you or your children don't have coverage now, or if you have it but want to look at other options. It is designed to provide coverage that meets your needs, fits your budget, as well as options for qualifying for free or low-cost coverage through Medicaid or Healthy Steps/Children's Health Insurance Program (CHIP).

Phone: 800.318.2596
healthcare.gov
ndcpd.org

Comprehensive Health Association of North Dakota (CHAND)

CHAND provides comprehensive health insurance to residents of North Dakota who have been denied health insurance or are considered high risk.

Phone: 844.363.8457 chand.org

Student Health Plans

These plans are available for purchase by students who don't have health insurance through a parent's health insurance policy or who have limited coverage due to network service areas. Student plans are sold by an insurer that has contracted with a college to offer coverage to its students. In general, these plans have more limited benefits and more exclusions than traditional health insurance plans. Contact an insurance agent to inquire about student health plans.

healthcare.gov/young-adults/college-students/

Vision Coverage

InfantSEE®

This is a public health program designed to ensure early detection of eye conditions in babies. Member optometrists provide a comprehensive eye and vision assessment for infants within the first year of life regardless of a family's income or access to insurance coverage.

Phone: 888.396.3937
infantsee.org

New Eyes for the Needy

New prescription eyeglasses are available through a voucher program for children and adults in the U.S. who cannot afford glasses on their own.

Phone: 973.376.4903
new-eyes.org

Vision USA

Vision USA provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.

Phone: 701.258.6766

VSP Sight for Students

VSP is a charity that provides free vision exams and glasses to low-income, uninsured children.

Phone: 888.290.4964
sightforstudents.org

Prescription Coverage

Prescription Connection

This is a program of the North Dakota Insurance Department that connects kids and families with free and discounted prescription drugs direct from the pharmaceutical manufacturer.

Phone: 888.575.6611 or 701.328.2440
rxconnectnd.org

ND Prescription Drug Repository Program

The repository collects and distributes donated medications from hospitals, hospices and other facilities so that pharmacies and physicians can dispense them to those who struggle paying for prescriptions regardless of insurance coverage. The medications and supplies are unopened and secure but cannot be resold to patients. Visit nodakpharmacy.com for more information.

NeedyMeds

NeedyMeds offers a database of medications that can be obtained free or at low cost by uninsured, low-income patients, usually through manufacturer programs.

Phone: 800.503.6897
needymeds.org

Partnership for Prescription Assistance

A single point of access is available to more than 475 public and private patient assistance programs. It is funded by pharmaceutical companies.

Phone: 888.477.2669
pparx.org

RX Assist

RX Assist provides consumer information, resources, news and a directory of patient assistance programs that offer affordable or free medications.

Email: info@rxassist.org
rxassist.org

Dental Coverage

Safety Net Dental Clinics are programs that usually see patients who do not have other access to dental care. The patients typically are covered by Medicaid or the clinic offers sliding fee schedules or reduced fees.

Bridging the Dental Gap

This is a nonprofit community dental clinic serving low-income and uninsured individuals in the Bismarck-Mandan area.

Phone: 701.221.0518
dentalgap.org

Family Healthcare Center Dental Clinic

This is a federally qualified community health center serving low-income and uninsured individuals within the Fargo/Red River Valley Region.

Phone: 701.271.3344
famhealthcare.org

Northland Community Health Center Dental Clinic

This clinic is part of a federally qualified community health center serving low-income, uninsured, and insured individuals of all ages in central North Dakota.

Phone: 701.255.4242
northlandchc.org

Red River Valley Dental Access Project

This project serves low-income, uninsured, and Medicaid-eligible individuals who have urgent dental pain and do not have access to a dentist in Fargo-Moorhead.

Phone: 218.790.7790
rrdentalaccess.com

Valley Community Health Center Dental Clinic

This is a federally qualified health center that serves low-income, uninsured, and insured individuals of all ages in the Northern Red River Valley.

Phone: 701.757.2100
valleychc.org

North Dakota Donated Dental Services

This is a network of volunteer dentists who provide dental care to the state's most vulnerable people: disabled, elderly, or medically compromised individuals who cannot afford necessary treatment nor get public aid.

Phone: 866.201.5906
dentallifeline.org/north-dakota

Jerene's Wish

Jerene's Wish is a program that provides orthodontic treatment at minimal costs to eligible children. For more information, contact Warford Orthodontics.

Phone: 701.255.1311
E-mail: info@warfordorthodontics.com
jereneswish.com

Smiles Change Lives

This program promotes and provides access to essential orthodontic treatment for children from low-income families.

Phone: 888.900.3554
smileschangelives.org

The Ronald McDonald Care Mobile

This is a mobile dental clinic on wheels that delivers urgently needed dental care to underserved children from birth through age 21 in their own neighborhoods in the western half of North Dakota. The Ronald McDonald Care Mobile treats children who do not have a regular dentist and who have not seen a dentist within the past two years.

Phone: 701.258.8551
rmhcbismarck.org/caremobile

Health Care Programs

Shriners Hospitals for Children

Shriners Hospitals for Children provides care for children (age 17 and younger) with orthopedic problems and burns. Evaluation clinics are offered throughout North Dakota.

Phone: 800.237.5055
shrinershospitalsforchildren.org

Community Health Centers (CHC)

CHC's serve all patients regardless of their ability to pay for services. CHC's are located in Beulah, Bismarck, Bowbells, Center, Fargo, Grafton, Grand Forks, Hazen, Killdeer, Larimore, McClusky, Minot, Northwood, Rolette, Rolla, Turtle Lake, and West Fargo.

Phone: 701.221.9824

North Dakota Association for the Disabled (NDAD)

NDAD may provide help with financial assistance for individuals with disabilities.

Phone: 800.532.6323
ndad.org

United Health Care Children's Foundation

This foundation supports the concept of facilitating access to health-related services that have the potential to significantly enhance either the clinical condition or the quality of life of the child and that are not fully covered by an available commercial health benefit plan. The Foundation provides financial assistance toward the family's share of the cost of medical services.

Phone: 855.698.4223
uhccf.org

Indian Health Service (IHS)

IHS provides health services to American Indians and Alaskan Natives who belong to federally recognized tribes. The IHS administers health services through IHS facilities, through tribally-operated facilities and by contracting for health services. Visit ihs.gov for more information.

Service Organizations such as the Elks, Kiwanis, Sertoma, Lions and Quota may offer assistance with medical-related expenses. Check the local phone book for contact numbers.

This is not an all-inclusive list of health care coverage options.

Military Resources

Medical

Tricare
Phone: 877.988.9378
tricare.mil

Exceptional Family Member Program

The Air Force's Exceptional Family Member Program (EFMP) is designed to provide support to military family members with special needs. EFMP is comprised of three components which work together to support military members and their families.

Minot Air Force Base
Phone: 701.723.5527

Grand Forks Air Force Base
Phone: 701.747.5591

Military OneSource

Military OneSource offers policy and programmatic information, helpful resources, products, articles and tips on numerous topics related to military life. Confidential services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers a confidential call center and online support for consultations on a number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support, and resources.

Phone: 800.342.9647
militaryonesource.mil

Statewide Tribal Programs

Fort Berthold Indian Reservation - Three Affiliated Tribes

mhanation.com

- Elbowoods Memorial Health.....701.627.4750
- Community Health Representative
  - .....New Town.....701.627.4340
  - .....Mandaree 701.421.4188
  - .....Parshall.....701.898.8532
  - .....Twin Buttes.....701.898.1273
  - .....White Shield 701.743.4178

Standing Rock Indian Reservation

standingrock.org

- Public Health Service Hospital.....701.854.3831
- Community Health Representative
  - .....Fort Yates.....701.854.3856
  - .....Cannonball.....701.854.9926
- Tribal Health.....701.854.7206
- Early Childhood Tracking.....701.854.3678

Fort Totten Indian Reservation - Spirit Lake Nation

spiritlakenation.com

- Spirit Lake Health Center.....701.766.1600
- Tribal Health.....701.766.4236
- Community Health Representative 701.766.4236
- Early Childhood Tracking.....701.766.1248

Trenton Indian Service Area

mytisa.org

- Trenton Community Clinic 701.774.0461
- Community Health Representative Coordinator.....701.774.0303
- Tribal Health.....701.774.0461

Turtle Mountain Indian Reservation

tmchippewa.com

- Quentin Burdick Health Facility..... 701.477.6111 or 701.477.8429
- Community Health Representative 701.477.5696
- Tribal Health.....701.477.6120

Websites

Condition-Specific Websites

American Lung Association
lung.org

American Academy of Allergy, Asthma and Immunology
aaaai.org

Allergy and Asthma Network
allergyasthmanetwork.org

Centers for Disease Control and Prevention
cdc.gov/asthma

Mayo Clinic
mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653

National Heart, Lung and Blood Institute
nhlbi.nih.gov

North Dakota Department of Health
ndhealth.gov/asthma

Starlight Children's Foundation
starlight.org

Additional Websites for Families of Children with Special Health Care Needs

American Academy of Pediatrics
aap.org

Bright Futures
brightfutures.org

CDC Parent Information
cdc.gov/parents

Dr. Greene's House Calls
drgreene.com

Early Intervention
nd.gov/dhs/services/disabilities/earlyintervention

Family Village
thevillagefamily.org

Gillette Children's Specialty Healthcare
gillettechildrens.org

Got Transition
gottransition.org

Healthy Children
healthychildren.org

Institute for Child Health Policy (ICHP)
ichp.ufl.edu

Kids As Self Advocates (KASA)
fvkasa.org

Mayo Health Clinic
mayoclinic.org

Medical Home Portal
medicalhomeportal.org

MUMS (parent support)
mums-network.org

National Center for Medical Home Implementation
medicalhomeinfo.aap.org

National Organization for Rare Disorders (NORD)
rarediseases.org

ParentsPlace
parentsplace.jfcs.org

Social Security Administration
ssa.gov

Starlight/Starbright Children's Foundation
starlight.org

University of Minnesota Masonic Children's Hospital
mhealth.org/childrens

Notes

NORTH Dakota | Health

Be Legendary.™

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Bismarck, ND 58505-0200
701.328.2436 or 800.755.2714
Fax: 701.328.1645
E-mail: dohcshsadm@nd.gov
www.ndhealth.gov/cshs

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