

“Extended family members and close family friends care for more than 2.7 million children in this country...In PA, the number of children under the age of 18 living in households where a grandparent provides that child’s primary care was 84,000 in 2017.”

**CHILDREN IN THE CARE OF RELATIVES TEND TO STAY IN ONE PLACE LONGER. THEY ALSO EXPERIENCE:**

- Increased stability
- Greater safety
- Better behaviors and mental health
- Happiness about where they live
- Greater chance to stay with brothers and/or sisters
- Higher connection to family beliefs and traditions

*When caregivers in kinship or grandfamilies are offered services to help their situation and they use those services, the children being cared for tend to have better physical and mental health.*

Generations United “Grandfamilies” Report, 2018



**BEHAVIORAL HEALTH SERVICES**

Visit us at [www.phhealthcare.org/bhs](http://www.phhealthcare.org/bhs)

**PENN HIGHLANDS LIFE’S JOURNEY**

Visit us at [www.phhealthcare.org/lifesjourney](http://www.phhealthcare.org/lifesjourney)

**PENN HIGHLANDS WOMEN’S CARE**

Visit us at [www.phhealthcare.org/womenscare](http://www.phhealthcare.org/womenscare)

**PENN HIGHLANDS  
MATERNAL & CHILD CENTER**

**MATERNITY SERVICES**

Visit us at [www.phhealthcare.org/baby](http://www.phhealthcare.org/baby)

**NEONATAL INTENSIVE CARE UNIT**

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October 2022

# KINSHIP FAMILY RESOURCES

*Penn Highlands Healthcare*





## TIMES CAN BE TOUGH

When times are tough, they can be worse if you don't have what you need or don't know where to turn. Concerns you may have are:

- Seeking custody
- Limited financial resources
- Housing issues or concerns
- Access to healthy food
- Daycare costs
- Stress
- Unhealthy relationships
- Not being in a caregiver role before or for a very long time

But, there is help!

## RESOURCE LISTING

### **Financial Assistance for Limited Incomes**

1-800-692-7462 (voice) 1-800-451-5886 (TTY)

### **Healthy Kids (CHIP)**

1-800-986-5437 (Voice/TTY)

### **Special Kids Network (DOH)**

1-800-986-4550 (Voice) 1-800-986-5432 (TTY)

### **Child Care Works**

1-877-472-5437

### **PA Statewide Adoption and Permanency Network**

1-800-585-7926

### **Women, Infants and Children (WIC)**

1-800-WIC-WINS

### **Legal Assistance for Low-Income Families**

1-800-322-7572

### **PA 2-1-1**

[pa211nw.org](http://pa211nw.org)

### **Clearfield County Area Agency on Aging Caregiver Support Program (CSP)**

814-765-2696

### **AARP, Grandparent Information Center**

[www.aarp.org/families/grandparents/gic](http://www.aarp.org/families/grandparents/gic)

### **Generations United**

[www.gu.org](http://www.gu.org)

### **Penn State Extension - Better Kid Care**

[extension.psu.edu/youth/betterkidcare](http://extension.psu.edu/youth/betterkidcare)

### **University of GA/Family & Consumer Science**

[www.fcs.uga.edu/extension/cyf\\_pubs.php](http://www.fcs.uga.edu/extension/cyf_pubs.php)

### **Parenting 24/7**

<http://parenting247.org>

### **Early Learning Resource Center, Hyde PA**

[www.cdfc.org/ELRC-Region2.php](http://www.cdfc.org/ELRC-Region2.php)

### **988 Suicide and Crisis Lifeline**

<https://988lifeline.org/>

## SUPPORT MAKES ALL THE DIFFERENCE

Caregivers who are not a child's parent may feel many things when taking over custody of a child. Stress and worry may be too much. If a caregiver has never had children or if it has been years since full-time parenting, these new responsibilities may become hard to deal with. You may worry about how you are going to handle it all and what will happen to the child if something should happen to you. Also, you may have a lot of different feelings about the situation and may have a hard time dealing with how you feel. Grief is another feeling you may be surprised to have — grief over the loss of your dreams and plans, loss of being a “regular” aunt, uncle, or grandparent, and more.

### **Important tips to remember:**

- You are not alone. Find a support group or community of people who are in the same situation.
- Take care of yourself. Caring for your own needs is very important. You are no good to anyone else if your own needs are not met. Besides, you're worth it!
- It's OK to ask for help. Learn all you can about what help is out there, use the resources in your area, and accept help from a friend or family member.