

Health Care Resources Guide

Clinics • Equipment & Supplies • Dental Care
Mental Health Services • Medication

**A Guide for the
Uninsured and Underinsured**
In Cumberland, Dauphin, and Perry Counties

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United Way of
the Capital Region

A Look at Health Care

The growing costs of insurance, medical care and prescription medications are creating difficult dilemmas for many individuals and families in the Capital Region. Choosing between buying food, going to the doctor, purchasing gas for a vehicle and refilling a prescription are decisions that have become a reality for many of our friends and neighbors.

For families who cannot afford insurance coverage but earn too much to qualify for public benefits, a routine illness can wreak havoc on family finances. For others, illnesses may go untreated until they become so serious that a visit to a hospital emergency room is their only recourse.

Fortunately, there are resources in the Capital Region that can help. This guide, while not all-inclusive, provides contact information for organizations in our area that are available to assist those who may not be able to access health care, either due to a lack of insurance or the financial means to pay for care.

We hope this guide will be helpful in your quest to find affordable health care.

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MEDICAL CLINICS

Cumberland, Dauphin and Perry Counties

HARRISBURG AREA COMMUNITY COLLEGE DENTAL HYGIENE CLINIC

Services Available:

- Oral Health Assessment
- Blood Pressure Assessment
- Oral Cancer Screening
- Periodontal Evaluation
- Selective Polishing
- Fluoride Therapy
- Prosthetic Cleaning
- Teeth Whitening
- X-rays (Panorex, Bitewings, Full Mouth Series, Digital Radiography, and Orthogonal are available)
- OralHealth Education
- Nutritional Counseling
- Conservative Periodontal Therapy
- Sealants

Please Note:

- All services are supervised by licensed dental hygienists and dentists.
- Services provided do not replace regular exams by a dentist.
- Individuals with compromised medical histories may be asked for a physician's clearance prior to dental hygiene care.
- Students are provided with a thorough knowledge and understanding of infectious diseases, the mechanism of disease transmission, the OSHA blood-borne standards, and CDC guidelines for infection control.
- Services provided take longer than the average appointment at your dentist.
Please remember that this is a teaching facility.

Fees:

- Patients seen at reduced fees
- Senior Citizen discount
- HACC student discount with ID

Hours:

September—December

Monday 8:30 am—11:30 am;

Tuesday 5:30 pm—9:00 pm

Wednesday 1:30 pm—5:00 pm

January—May

Monday—Friday 8:30 am—11:30 am

Monday, Tuesday, Wednesday, Friday
1:30 pm—4:30 pm

Tuesday & Thursday 6:00pm—9:00 pm

Location:

Select Medical Health Education Pavilion
Room 102
HACC Harrisburg Campus
One HACC Drive
Harrisburg, PA 17110

Phone: 780.2441

PENNSYLVANIA DEPARTMENT OF HEALTH STATE HEALTH CENTERS

Services Available:

- Tuberculosis (TB) testing, treatment and follow-up for children and adults with TB disease and TB infection
- Immunization clinics for children and adults
- HIV testing and counseling
- STD testing, treatment, and follow-up
- Home visits for maternal/child health
- Monitoring of communicable diseases
- Health education programs

Fees: \$5 fee for childhood immunizations (financial eligibility accepted)

Cumberland County

Location: 431 East North Street
Carlisle, PA 17013-2693

Hours: Monday—Friday 8:00 am—4:30 pm

Phone: 243.5151

Perry County

Location: 153 Red Hill Road
Newport, PA 17074

Hours: Monday—Friday 8:00 am—4:30 pm

Phone: 567.2011

Dauphin County

Location: 30 Kline Plaza
Harrisburg, PA 17104

Hours: Monday—Thursday
8:00 am—4:00 pm
Friday—Sunday call for availability

Phone: 346.1470 or 346.1471

Dauphin County

BETHESDA MISSION MEDICAL CLINIC

Services Available:

Free primary health care services are provided to homeless families and individuals within the community and residents of the Mission. Medical services are provided by volunteer medical professionals Tuesday and Thursday evenings.

Location: 611 Reily Street
Harrisburg, PA 17105

Hours: By Appointment

Phone: 257.4440 for an appointment

Web site: bethesdamission.org/medical-clinic

COMMUNITY CHECK-UP CENTER

Services Available:

The Community Check-Up Center provides a variety of quality health care services to uninsured and underinsured individuals in the South Harrisburg area. The center is within walking distance from over 2,500 public housing residents and more than 3,500 Medicaid-eligible children. **No one is turned away due to inability to pay.**

The Women's Center provides high-quality service for GYN patients. It provides STD/HIV testing for men and women and one-on-one counseling and prevention services. The clinic also provides education in literacy, the prevention of drug and alcohol abuse, and enhancing self-esteem.

The Center is dedicated to providing health care and information to residents about available programs and to ensure that every child has adequate health care.

Location: 38C Hall Manor
Harrisburg, PA 17104

Phone: 233.1700

Web site: communitycheckupcenter.com

DAUPHIN COUNTY GENERAL PHYSICAL EXAMINATIONS (EPSDT)

The Early Periodic Screening, Diagnosis, and Treatment (EPSDT) program is the child health component of Medicaid. This program is designed to improve the health of children by financing appropriate and necessary pediatric services for low-income families.

Services Available:

- Health screening by physical examination, including follow-up and referral for further treatment
- Early periodic screening diagnosis and treatment (EPSDT)

Eligibility: Medical and/or public assistance applicants, ages birth through 21 years old

Fees: None

Location: Dauphin County Assistance
2432 North 7th Street
Harrisburg, PA 17110

Hours: Monday—Friday 8:00 am—5:00 pm

Phone: 787.2324

HAMILTON HEALTH CENTER

Hamilton Health Center is a non-profit community based health organization that provides comprehensive primary health, oral health, mental health and substance abuse services to persons of all ages. **Hamilton Health Center is not a free clinic, but provides services to all persons regardless of ability to pay.** The clinic charges for services on a sliding-fee scale that is based on patients' family income and size.

Services Available:

- Internal Medicine
- OB/GYN
- EPSDT
- Cardiology
- Laboratory
- Walk-in Clinic
- Family Planning
- Preventative Dentistry
- Removable Prosthodontics (Dentures & Partials)
- Immunizations
- Pediatrics
- Nurse Midwife
- Podiatry
- X-Ray
- Pharmacy
- Surgical Clinic
- Counseling
- Restorative Dentistry (fillings)
- Emergency Care & Extractions

Clinic Locations:

Primary Medical

Location: 1821 Fulton Street
Harrisburg, PA 17102

Hours:

Adult Medicine: Monday—Thursday 7:30 am—8:00 pm; Friday 8:00 am—5:00 pm

Pediatrics: Monday—Friday 8:30 am—5:00 pm

Women's Services: Monday—Friday 8:30 am—5:00 pm

Phone: 230.3909 Appointments needed (24-hour answering service)

Primary Dental

Location: 1650 Walnut Street
Harrisburg, PA 17103

Hours: Monday—Thursday 7:00 am—7:00 pm; Friday 8:00 am—5:00 pm
Every other Saturday 9:00 am—1:00 pm

Phone: 230.3958

Primary Women, Infant & Children

Location: 500 Kelker Street
Harrisburg, PA 17102-1530

Hours: Monday—Friday 8:00 am—5:00 pm

Phone: 230.3979

Web site: hamiltonhc.homestead.com

HOLY SPIRIT MEDICAL OUTREACH

The Medical Outreach staff provides free medical care to those in need in Harrisburg's Allison Hill neighborhood. Medical Outreach is part of Holy Spirit Hospital and is a free, drop-in clinic. **This is a nursing clinic with no doctors on the premises.**

Nurses are able to perform basic physical assessments, health education, and some limited assistance with social service liaison, medication assistance and the provision of items necessary for health, such as blankets and hygiene items. The clinic also offers basic first aid, assessment and lab studies such as TB testing and flu and pneumonia immunizations.

The Medical Outreach also functions as a hospitality site for homeless individuals in our area. Those who wish are welcome to sit and read, chat, use the phone, and have coffee. The staff is fluent in English, Spanish, and French, and is currently learning Arabic. No appointments are needed and all services are provided free of charge.

Location: 124 South 13th Street (inside Christ Lutheran Church)
Harrisburg, PA 17104-1050

Hours: Monday, Wednesday, Friday 10:30 am—2:30 pm
Tuesday and Thursday 11:30 am—2:30 pm
No appointment necessary

Phone: 260.9320 or 763.2507

Web site: pcvsoftware.net/christianlutheran/index.html

HOPE WITHIN COMMUNITY HEALTH CENTER

Hope Within Community Health Center provides free, primary health care services to the medically uninsured of Lancaster and Dauphin counties. This health center works closely with medical specialists and health care organizations outside their facility for medical follow-up care when necessary.

Hope Within Community Health Center offers general primary health care services for children and adults including routine well-care with disease prevention screening and immunization as indicated, women's health, non-emergency acute care, and continuity care management of chronic medical conditions.

This health center does not provide dental services, vision care, obstetric or pregnancy care beyond initial evaluation, or emergency medical care.

Eligibility: To be eligible for services, the following requirements apply:

1. Patients are medically uninsured, and
2. Patients reside in Dauphin or Lancaster County, and
3. Family income is under 250 percent of the Federal Poverty Level

Location: 4748 E. Harrisburg Pike
Elizabethtown, PA 17022

Hours: Please see Web site for current office hours

Phone: 367.9797

Web site: hopewithin.org

MISSION OF MERCY

Mission of Mercy clinics provide a variety of care, not only emergency or screening services. They are able to diagnose and treat conditions ranging from acute to chronic illnesses. Like primary care physicians, Mission of Mercy doctors can provide basic or specialty care, including:

- Cardiovascular
- Gastrointestinal
- Musculoskeletal
- Glandular
- Respiratory
- Genitourinary
- Skin Conditions
- Psychiatric

Prescription Medication:

Mission of Mercy dispenses free prescription medications *only to those patients who are treated at their clinics*. The formulary contains over 225 types of medications and each patient averages two or more free prescriptions per visit. Prescriptions are provided on-site, immediately after treatment.

Dental Care:

Mission of Mercy's dental program is fully mobile, operating with a portable treatment chair, X-ray machine, light, high-speed autoclave, multiple sets of prepackaged instruments, hand tools, compressor, and auxiliary electric generator. Along with fillings and extractions, visits also include a dental exam, X-rays and instruction on proper dental hygiene. When available, toothbrushes and dental floss are provided.

Diagnostic Services:

The following diagnostic services are offered on site:

- Temperature and Blood Pressure
- Hemoglobin
- Urine Dipstick Analysis
- Potassium Hydroxide Prep
- Fecal Occult Blood
- Oxygen Saturation
- Visual Acuity Testing
- Finger Stick Blood Glucose and Cholesterol
- Microscopic Wet Prep
- Urine Pregnancy Tests
- Electrocardiogram
- Peak Respiratory Flow Rates

Additional diagnostic services, including blood work, MRIs, X-rays, and more are provided at no charge to Mission of Mercy patients.

How to Access Care:

Patients must make appointments either at the clinic or by calling the appointment number. The appointment lines are staffed by volunteers who may ask callers to leave a detailed message and receive a return call at a later time. **Generally, appointments are booked four to six weeks in advance.**

Mission of Mercy does not take appointments for new patients. New patients must first be seen as a walk-in, of which Mission of Mercy takes a limited number each day. To be seen as a walk-in, patients must arrive before the clinic opens and line up to register. As the daily demand at each clinic varies and impacts what time walk-in patients should arrive, patients should arrive as early as possible, usually no later than 7:00 am.

Dental patients are seen only on a walk-in basis. Eight or nine patients are treated each dental clinic day. To confirm that a dentist will be available, patients can call Mission of Mercy's administrative office at 301.682.5683 or 717.642.9062.

Location: Christ Lutheran Church
124 South 13th Street
Harrisburg, PA 17104

Phone: 972.4993

Clinic Schedule: Served twice monthly, Friday

Website: amissionofmercy.org

Cumberland and Perry Counties

HEALTH SHARE

Health Share is a non-profit partnership of medical and health professionals, pharmacists and community agencies attempting to assist uninsured and underinsured individuals and families who do not have adequate resources to access necessary non-surgical medical services and medications.

When an individual or family needs urgent medical care they may be referred to the intake site for their area. Referrals to social services agencies are completed by physician offices, Holy Spirit Hospital, schools, and other agencies.

To become eligible for Health Share services, the individual will need to do the following:

1. Financial documentation in the form of copies of 30 days of recent pay stubs, unemployment compensation records, tax returns, etc. If no income is received, a form will be signed stating as such.
2. Apply for Medical Assistance (MA)
 - a) If individual has never applied for MA, he/she will need to do so.
 - b) If individual has applied for MA and has been denied in the past six months he/she will be asked to provide a copy of the denial letter.
 - c) The individual will be referred for Health Share services as long as they are eligible for services based on their finances. As soon as they learn their MA status, they are to let the intake worker know or provide the denial letter as soon as possible. Health Share services will not be delayed until the individual's MA status is determined. However, if the patient does not provide the necessary information they will be terminated from the program.

Locations:

Eastern Cumberland County—Two intake sites are available:

- | | |
|--|---|
| <ol style="list-style-type: none">1. New Hope Ministries
15 State Road
Mechanicsburg, PA 17050
Phone: 766.7333 | <ol style="list-style-type: none">2. Community Action Commission
125 North Enola Drive #204 B
Enola, PA 17025
Phone: 732.1944 |
|--|---|

Eastern Perry County

(Residents of the Susquenita, Greenwood, and Newport Area School Districts):

1. Community Action Commission, Newport
129 Market Street
Newport, PA 17074
Phone: 567.6515

SADLER HEALTH CENTER

Medical/Dental

Sadler Health Center Corporation provides primary and preventative medical and dental health care services for all ages. Programs are targeted to meet the needs of the uninsured, underinsured, Medicaid, and Medicare populations. These programs include the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Program for Children, Pennsylvania Vaccines for Children, the HealthyRx Program, and the Healthy Woman Program. Programs provided for Sadler Health Center Corporation patients by outside medical partners include HIV/AIDS screening and treatment, HIV/AIDS counseling, Healthy Woman referral and after hours coverage for patients.

HealthyRx Program

The HealthyRx Program is intended to help uninsured patients obtain necessary life-sustaining medications.

Services Available:

- Family Health Services
- HealthyRx Program
- HIV testing and treatment
- Prescription Services
- Tobacco Cessation
- Dental Services
- Vaccines for Children
- Healthy Woman
- Mental Health Services
- Health Education Programs

Eligibility:

The Sadler Health Center provides services to:

1. Those enrolled in the Medical Assistance Program (Medicaid) and who are enrolled in Unison, Gateway, or Amerihealth Mercy, Unison Adult Basic, CHIP, and some private insurance.
2. Those enrolled in Medicare
3. Those who have no insurance (sliding fee schedule in effect).

Uninsured Patients are required to bring proof of total household income every time they come to the clinic. All uninsured patients eligible for the sliding discount will pay a minimum fee (\$5-\$20, income related) *cash* for each visit.

Location: 100 North Hanover Street

Carlisle, PA 17013

Phone: 218.6670 or Toll Free: 1.866.Sadler.7

Web site: sadlerhealth.org

MENTAL HEALTH SERVICES

Cumberland, Dauphin and Perry Counties

PRESSLEY RIDGE BEHAVIORAL HEALTH SERVICES

The mental health professionals at Pressley Ridge of Central Pennsylvania offer office-based outpatient services for adults, adolescents, children, couples, and families that include evaluation and treatment for a range of emotional and mental health issues.

Fees:

Pressley Ridge of Central Pennsylvania accepts many types of private insurances, including Employee Assistance Programs (EAPs). They also accept Medicaid and Medical Assistance. Services are provided on a sliding fee scale according to income.

Location: 21 Locust Street
Harrisburg, PA 17010

Phone: 238.8118

Web site: fandcs.org or pressleyridge.org

Dauphin County

CATHOLIC CHARITIES

Catholic Charities operates counseling offices in Chambersburg, Harrisburg, Lancaster, Lebanon, Coal Township, Danville, and York. All of the counseling offices provide a variety of individual and family counseling services, including:

- Professional counseling in a wide spectrum of problem areas—mental health, child rearing, pregnancy, adoption, depression, anxiety, physical and marital abuse, and other related problems.
- Referral to other services provided in the surrounding community should specific needs arise.
- Coordination with other Catholic Charities' services, such as adoption, maternity care, or other Diocesan programs.
- Additional services are available to include group therapy programs and participation in coalitions, task forces and committees.

Fees:

All counseling services are on a sliding fee scale. Each case is determined individually. **No one is denied services due to inability to pay.**

Eligibility:

Any individual or family is eligible for counseling services. Services are offered to all persons without regard to race, religion, gender, age, condition, or ability to pay.

Location: 223 North Street
Harrisburg, PA 17101-1180

Hours: Monday—Friday 8:30 am—5:00 pm

Phone: 233.7978

Web site: hbgdiocese.org

Cumberland and Perry Counties

DIAKON FAMILY LIFE SERVICES

With an emphasis on promoting relationships by using a positive approach that builds family strengths, Diakon Family Life Services helps clients to handle challenges and emotions ranging from life-threatening situations and addictions to vague feelings that life could be better.

Services Available:

- Relationships
- Parenting
- Personal Crises
- Loss and Grief
- Separation or Divorce
- Substance Abuse
- Stress, Anger, or Other Difficult Emotions
- Work Issues

Counseling is available for adults, children, and teens. To meet children’s special needs, services include children’s and play therapy, as well as individual and family therapy.

Center staff members include those certified in addictions counseling. Diakon Family Life Services—Capital Region accepts most major insurance plans, participates in Medicaid and Medicare programs, and offers a sliding-fee scale for those with limited financial resources.

Location: 960 Century Drive
Mechanicsburg, PA 17055-0707

Phone: 795.0300, or Toll Free: 877.342.5667

Web site: diakon.org

MEDICATION ASSISTANCE, MEDICAL EQUIPMENT, AND SUPPLIES

Cumberland, Dauphin and Perry Counties

CHRISTIAN CHURCHES UNITED HELP OFFICE

Christian Churches United/HELP provides emergency services including food referrals, emergency shelter, rent assistance, home heating fuel, PPL assistance, travel, medical supplies, prescription assistance, furniture, and clothing referrals. These services are provided in collaboration with many resources, including churches, foundations, government, and private dollars.

Location: 413 South 19th Street
Harrisburg, PA 17104

Hours: Monday—Friday 8:30 am—4:30 pm

Walk-In Hours: Monday, Tuesday, Thursday and Friday
9:00 am—11:00 am and 1:00 pm—3:00 pm
Wednesday 9:00 am—11:00 am

Phone: 238.2851

Web site: ccuhbg.org

GRACE UNITED METHODIST CHURCH MEDICAL LOAN CLOSET

The Grace United Methodist Church provides medical equipment loans to anyone located within Central Pennsylvania. Loaned equipment includes wheelchairs, walkers, crutches, canes, commodes, and other small articles available for private use.

Fees: None

Location: 309 Herman Avenue
Lemoyne, PA 17043

Hours: Monday—Friday,
8:30 am—5:00 pm

Phone: 763.7632

Dauphin County

AMERICAN RED CROSS MIDDLETOWN AREA CHAPTER

The American Red Cross Middletown Area Chapter provides individuals who reside in Middletown Borough with free loaned medical equipment. Medical equipment that is available for loan includes walkers, canes, crutches and wheelchairs. Equipment can be loaned for up to one month, with extensions for longer usage are available.

Fees: None

Location: 60 West Emaus Street
Middletown, PA 17057

Hours: Monday—Friday; 9:00 am—2:30 pm

Phone: 948.3041

Web site: middletownpa.redcross.org

CAMP HILL BOROUGH MEDICAL EQUIPMENT LOAN PROGRAM

Camp Hill Borough provides a medical equipment loan program, which includes assistive technology, medical equipment and supplies.

The program allows for a two month loan period for medical equipment including wheelchairs, quad canes, walkers and portable toilets.

Fees: None

Location: 2145 Walnut Street
Camp Hill, PA 17011

Hours: Monday—Friday 8:00 am—4:30 pm

Phone: 737.3456

HIGHLAND WOMEN'S CLUB HOSPITAL LOAN SERVICE

The Highland Women's Club Hospital provides free medical equipment loans for private use. The hospital loan service includes small medical equipment, wheelchairs, crutches, bed pans, etc. (no hospital beds). Loans are available for 90 days, with an opportunity to re-new.

Fees: None

Location: 2233 Gettysburg Road
Camp Hill, PA 17011

Hours: Monday—Friday, 8:00 am—4:00 pm

Phone: 975.7575

JOIN HANDS MINISTRY

Join Hands Ministry is a contact and support center for those living in Perry County who are seeking assistance with daily living concerns. Referrals are accepted from all sources (churches, agencies, individuals), with no referral restrictions beyond Perry County residency.

The program loans and delivers durable medical equipment and supplies such as wheelchairs, walkers and crutches.

Assistance is available with the cost of life-sustaining prescription medication (including diabetic medication, seizure medication, antibiotics, and mental health medication) as well as doctor's appointments, dental visits, tooth extractions, hearing aids, dentures and prescription eye glasses if under or uninsured. Diagnostic and TB testing and medicals and physicals for children and adults are also provided. This is a COMPASS provider and can direct referrals to PACE.

The program also provides assistance with meeting emergency needs such as medical transportation, work transportation, basic automobile repair, short notice child care and similar assistance for individuals and families.

Location: New Bloomfield Boro Building
25 East McClure Street
New Bloomfield, PA 17068

Hours: Monday—Friday 8:30 am—12:00 noon (to respond to inquiries)
Afternoon, evenings, and weekends by appointment only

Phone: 582.7844

Web site: joinhandsministry.com

NEW HOPE MINISTRIES

New Hope Ministries assists individuals and families of Eastern Cumberland and Northern York counties who live at or below 150 percent of federal poverty guidelines. Assistance with basic life essentials includes food, housing, health care (prescription, medical, dental, and eye care), fuel, utilities and transportation.

Many additional services are provided through a network of partnerships, including those with local business owners, physicians, dentists, pharmacists and local fuel and utility companies. New Hope is a liaison for clients to access assistance from other community resources. Clients may also receive financial and budget counseling, goal-setting, and emotional support to assist in achieving long-term stability.

Location: Mechanicsburg West Shore Center
15 State Road
Mechanicsburg, PA 17050

Phone: 766.7333

Web site: nhm-pa.org

WEST SHORE SENIOR CITIZEN CENTER

The West Shore Senior Citizen Center provides free medical equipment and supply loans including wheelchairs, walkers, crutches, canes and commode chairs. Supplies are not limited to seniors.

Fees: None

Location: 122 Geary Avenue
New Cumberland, PA 17070

Hours: Monday—Friday 9:00 am—3:00 pm

Phone: 774.0409

Need Help?

CONTACT Helpline

24 hours a day . 7 days a week

a 24-hour listening, information, and referral resource supported by United Way of the Capital Region.



If you have questions or need additional assistance, call CONTACT Helpline:

Greater Harrisburg:

652.4400

Carlisle Area:

249.6226

Upper Dauphin & Perry County:

800.932.4616

BE A VOLUNTEER!

United Way of the Capital Region coordinates volunteer efforts for many non-profit organizations and agencies. Every effort is made to match a volunteer's skills with an organization or agency's needs.

For more information about UWCR's Volunteer Center please contact Heidi Neuhaus

732.0700 • hneuhaus@uwcr.org