

Navigating Bureaucracy



The Corvallis queer's guide to legal transition and getting state assistance!

by—Rose Rachel and Veness Sabin

Introduction

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Bureaucracy is pervasive in the lives of everyone in the US empire and on its periphery, but especially for marginalized groups—for trans people, for people of color, for indigenous people, for the poor, for non-citizens—we are monitored by the government and asked to prove ourselves and prove that we belong here. Having the correct documents in the correct name is a privilege that is too often denied to immigrants, to poor people, to trans people, and to countless others. The point of this zine is to show how to navigate some of these bureaucratic systems to change our documents, get the help we need, and live our lives. It's targeted specifically for transgender people, but will be generally useful for anyone who needs to change their name or get state assistance for any reason. We hope this zine is a useful resource for you, but because everyone's situation is different, we encourage you to do your own research! May we all live to see a day where we are all truly free and information like this is no longer necessary.

- *Rose and Veness*

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Section One: Legal Transition

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What is legal transition?

“Legal transition,” as we are using the term, is legally changing the name and sex/gender designation on legal documents such as ID and birth certificates. Legal transition is unlike other forms of transition. It is important to recognize that the government does not give us legitimacy and cannot tell us what to call ourselves, what our gender is, or who we are – that comes from within, and no government or law can change it. Legal transition is not something we do to bring our expression or bodies closer to our true selves, nor is it something we do to explore ourselves and our connection to the world around us.

Why legally transition?

What legal transition does do for us is lower barriers, decrease friction, and allow us to live easier under the capitalist, colonial systems of the United States empire. Having legal documents in our own names and gender (where possible) makes our lives safer, reduces stress when interacting with state institutions, and relieves the dysphoria of having our deadnames attached to us. Research shows that having the correct name and gender on documents reduces mistreatment and increases mental health outcomes¹, and we certainly speak to this in our own lives.

1. Arjee Restar et al., “Legal Gender Marker and Name Change Is Associated with Lower Negative Emotional Response to Gender-Based Mistreatment and Improve Mental Health Outcomes among Trans Populations,” *SSM - Population Health* 11 (August 2020): 100595, <https://doi.org/10.1016/j.ssmph.2020.100595>.

What will this section do?

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This section will go through procedures to change your legal name and sex and correct ID or driver’s license, Social Security, birth certificate, and US passports in Oregon, and specifically pointing to resources in Corvallis. Web resources, forms, addresses, and other small notes will appear as footnotes at the bottom of pages. Also, while this is primarily written with trans people in mind, it will be helpful for folks looking to change their name for any reason! The procedures are mostly the same. A list of resources for help is given at the end of this section.

What will this section *not* do?

This section will assume you are an adult US citizen and an Oregon resident. We don’t have lived experience with advocating for children or navigating immigration systems and we don’t feel we can confidently put out accurate information right now. We recognize that citizenship in particular is an immense privilege and trans immigrants and non-citizens need and deserve special attention and protection, especially in the face of attacks on both immigrants and transgender lives. We hope that this is at least a helpful resource for starting your own research.

Legal name and sex change

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What is it?

A court order to legally change your name and sex. It's where most of us will start our journeys on legal transition and will be required to change most other documents. It is important to emphasize – a court order is a start, not an end. It will not update any other documents by itself, and the court won't notify any other agencies.

How much does it cost?

\$124 plus \$5 for each certified copy, or free with a fee waiver.

When can I expect results?

Depends on the county. Benton County tends to be very quick—I got mine within a few days of eFiling, and some trans people have filed in person and gotten their order within the day.

What documents do I need?

A Petition for Change of Name or Sex¹ form and an Application for Deferral or Waiver of Fees² if needed.

Where and how do I apply?

You can apply online through OJD eFile³, by mail to the circuit court⁴, or in person in room 101 of the Benton County Circuit Court.⁵

1. [https://www.courts.oregon.gov/forms/Documents/Name%20and%20Sex%20Change%20Packet%20\(Adult\).pdf](https://www.courts.oregon.gov/forms/Documents/Name%20and%20Sex%20Change%20Packet%20(Adult).pdf)

2. <https://www.courts.oregon.gov/forms/Documents/EntirePacket10.pdf>

3. <https://www.courts.oregon.gov/services/online/Pages/efile.aspx>

4. Benton County Circuit Court, Post Office Box 1870, Corvallis, OR, 97339-1870

What else should I know?

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Oregon Health Authority will keep a certified copy of your name change order if you apply for a birth certificate, and you may be without it for over a month if you need to send a copy when applying for a passport. You might also need to bring a copy to places while you wait for your birth certificate. For this reason, you should get at least 3 – 4 copies of your change order if you can.

You can change your sex designation to non-binary on this form, which will show as X on your ID and birth certificate, and optionally on your passport. There are different thoughts about the non-binary designation. In particular, it will immediately out you to anyone who asks for ID. However, it can be affirming and powerful to be recognized for who you are. Use your best judgement on what the right choice is for you.

If you are changing sex, you can request that your record be sealed so that your name and sex change will not become public record and your deadname won't appear in records or on documents like your birth certificate. This is strongly recommended.

Police officers are present and will X-ray bags at the courthouse if you go in person.

The name change form asks that you affirm that you “have undergone surgical, hormonal, or other treatment appropriate to me for the purpose of affirming my gender identity.” There is no requirement to prove this, and social transition qualifies you.

5. 120 NW 4th St, Corvallis, OR 97330

Oregon ID or driver's license

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What is it?

Your state ID card or driver's license, and your primary form of identification for most agencies and day-to-day things. You'll want to change it soon after you get your name change.

How much does it cost?

For first time applicants - \$47 for non-driver state ID, \$64 for driver's license

For renewals - \$43 for state ID, \$54 for driver's license

For Real ID – add \$30

When can I expect results?

The DMV will issue a temporary ID when you apply, and mail a permanent one within a few weeks.

What documents do I need?

Proof of identity, name change order, and proof of address for Real ID or new applications.

What counts as proof?

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Proof of identity for Real ID—US birth certificate, Consular Report of Birth Abroad (CRBA), current US passport, Certificate of Citizenship, or Certificate of Naturalization. Note: Your current ID or driver's license is *not* acceptable proof.

Proof of identity for non-Real ID—The above, plus Canadian birth certificate, US or foreign passport with English not expired more than 5 years, tribal ID from an Oregon recognized tribe, military ID, Oregon ID or driver's license not expired more than 13 years, out-of-state ID or driver's license not expired more than one year, Oregon Concealed Handgun License not expired more than five years, or a letter from a carceral department OR two of a list of certain other documents¹

Proof of address—one (for new applications) or two (for Real ID) printed documents from different agencies, businesses, or institutions showing name and address¹

Where and how do I apply?

Applications must be made in person at an Oregon Department of Motor Vehicles office².

1. Full list of acceptable documents is at <https://www.oregon.gov/odot/DMV/Pages/DriverID/IDproof.aspx>

2. In Corvallis, 870 NE Circle Blvd, Corvallis, OR 97330

The Real ID Act is a post-9/11 security theater act that sets much stricter and more exclusive requirements for driver's licenses or state IDs and requires compliant ID for domestic flights and access to government facilities. The date has been extended several times since it was passed, but it is currently set to take effect in May 2025, and given the current environment repeal is very unlikely. Anyone needing to enter a federal facility or fly domestically will need a Real ID after then, including compliant state ID or driver's license, passport, DHS traveler program card, military ID, tribal ID, permanent resident card, or a few other special documents.⁴

4. Full list of Real ID acceptable documents is at <https://www.tsa.gov/travel/security-screening/identification>

More information from ODOT's website - <https://www.oregon.gov/odot/dmv/pages/dv/chgname.aspx>

The government demands that we pick one name to call ourselves by, so this section is mostly built on that assumption—that you have one name that you're changing to. I'd like to challenge that idea. Names are one of the most powerful ways we define ourselves. Trans people know this intimately, as we have to think deeply about our own names, and so often have to fight to get them recognized and respected. For many of us, just one name cannot define all of ourself. The idea that you call yourself by one name and if you do change it, change it once, is a very Western colonial view. People from non-Western cultures and religions, genderfluid people, plural systems, magic or witchcraft practitioners, neurodivergent people, multilingual people, or people who just feel like no one name fits all so often aren't and cannot be defined by just one name alone. I personally use at least four (and probably more)—my system and legal name, my personal name, my online name, and my special name that only a very select few are allowed to know. They are all me and not me equally. If you are someone with many more names than the limited space that these forms and paperwork allow, I see you. I hope for the day we have the freedom to name and define ourselves in all our beauty and have it be seen and heard and loved, but until then—remember your legal name is just one of many others.

- Rose

Social Security

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What is it?

Your Social Security card and record, which is your de facto national identification number used to track your contributions to Social Security and for some aid programs including SNAP and Medicaid. It should be changed as soon as you can.

How much does it cost?

Social Security cards and amendments are free.

When can I expect results?

Social Security will change your record the day you apply, and send you a replacement card within a few weeks.

What documents do I need?

An SS-5 form¹ with proof of citizenship, proof of identity, and name change order.

What counts as proof?

Proof of citizenship—US birth certificate, current US passport, CRBA, Certificate of Citizenship, or Certificate of Naturalization.

Proof of identity—US driver's license, state ID, or US passport, OR SSA “may accept” military ID, Certificate of Naturalization, employee ID, certified copies of medical or school records, health insurance or Medicaid card, school ID, or other documents with name and biographical information as proof of identity, but you *will* be asked about it; SSA prefers primary evidence if at all possible.

1. <https://www.ssa.gov/forms/ss-5.pdf>

Where and how do I apply?

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Applications must be made in person at a Social Security office. The closest offices to Corvallis are in Albany², Salem³, and Eugene⁴.

What else do I need to know?

When I went into the Salem office, I was asked why I didn't go to the nearest one, in Albany. They accepted “I'm just in town today” as a reason, but you may be asked this question as well if you're not in Albany.

Police officers are present and will screen you for weapons or other items deemed dangerous⁵. I didn't see them do any active searches when I was there, but stay safe.

2. 1390 Waverly Dr SE Suite #110, Albany, OR 97322

3. 1750 McGilchrist St SE #110, Salem, OR 97302

4. 2504 Oakmont Way, Eugene, OR 97401

5. Having scissors in my bag was a problem for one example, though I can't find a complete list online.

More information from SSA website -
<https://www.ssa.gov/personal-record/change-name>

Oregon birth certificate

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What is it?

The record of your birth, and one of your primary proofs of citizenship if you were born in the US.

How much does it cost?

\$35 amendment fee plus \$25 per certified copy.

When can I expect results?

OHA currently takes 6 months to process amendments.

What documents do I need?

Photocopy of ID and certified copy of name change order OR notarized Application to Change the Name and/or Sex on a Record of Live Birth to Support Gender Identity¹

What counts as ID?

Current state ID, driver's license, passport, tribal ID, military ID, high school photo ID, or state/federal employee badge with photo OR three of a list of documents showing address².

Where and how do I apply?

Applications must be done by mail. Mail application fees by check or money order³ with photocopy of ID and certified copy of name change and Birth Record Order Form⁴ OR Application to Change Name/Sex to the Oregon Vital Records Amendment Office⁵

1. <https://www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/CHANGEVITALRECORDS/Pages/ChangingBirthRecordtoSupportGenderIdentity.aspx>

2. Full list of acceptable ID - <https://www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/GETVITALRECORDS/Pages/recordinformation.aspx#proof>

What else should I know?

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The Application to Change Name/Sex option does not require a legal name change, but this is not ideal. Your birth certificate won't match your legal name and you won't have any documents to show why. This will cause problems and OHA themselves say that they can't guarantee other agencies will accept it. As the primary use of a birth certificate is as evidence of citizenship, we strongly discourage this and encourage you to go through the court order process in most situations.

OHA will keep the certified copy of the name change order you send them.

These instructions are for Oregon specifically – you will need to change your birth certificate in your state of birth. This can be much more difficult or outright impossible in some states, and the laws are changing too quickly to summarize accurately.

If you plan to get a passport, you will need to send a copy of your birth certificate to the State Department, so consider getting 2 or 3 copies if you can.

Processing times have been steadily increasing over the past year.

3. Money orders can be bought at the post office, banks, credit unions, and some retailers. Make out money order or check to OHA/Vital Records

4. <https://www.oregon.gov/oha/PH/BirthDeathCertificates/GetVitalRecords/Documents/birthor.pdf>

5. Center for Health Statistics, P.O. Box 14050, Portland, OR 97293-0050

More information from OHA's website -

<https://www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/CHANGEVITALRECORDS/Pages/index.aspx>

What is it?

Legal name changes in OSU's system for employees and students.

How much does it cost?

Name changes are free, IDs are free if you are changing sex on them, \$30 otherwise

When can I expect results?

The registrar will process name changes within a week.

What documents do I need?

Photo ID and your name change order, and a changed Social Security card for employees.

Where and how do I apply?

For students: Fill out a Biographical Information Update form¹ online with the registrar and attach pictures or scans of ID and name change order.

For employees, including student employees: Contact Human Resources² with your updated Social Security card.

After the registrar and/or HR has processed your name change, fill out an ONID Username Change form³ to update ONID and email.

1. <https://registrar.oregonstate.edu/biographical-information-update>

2. University Plaza, 1600 SW Western Blvd.

3. <https://oregonstate.teamdynamix.com/TDClient/1935/Portal/KB/ArticleDet?ID=45572>

Employees⁴ and students¹ can change name-in-use, pronouns, and gender identification without a legal name change.

ONID changes can have some trouble—in particular, I had issues with Top Hat and Gradescope integration. Both were resolved by contacting their support, but it is worth keeping in mind. IT also suggests that certain services may be disrupted for a few hours. Consider doing in between terms if possible.

Student employees must change their name with both the registrar and HR before they change their ONID.

4. <https://hr.oregonstate.edu/employees/current-employees/campus=directory=profile-information-faculty-and-staff>

Passport

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What is it?

The only identity document acceptable for international travel and is considered primary evidence of citizenship and identity.

How much does it cost?

If your most recent passport and your name change were issued less than one year ago – Free

Renewals¹ - \$130 for book, \$30 for card

New applications - \$35 application fee plus \$130 for book, \$30 for card

When can I expect results?

The State Department processes applications within 6-8 weeks, and will send your passport and documents within a few weeks afterwards.

What documents do I need?

If your most recent passport and your name change were issued less than one year ago – DS-5504 form², your most recent passport, and your name change order.

Renewals – DS-82 form³, your most recent passport, name change order, and passport photo.

New applications – DS-11 form⁴, certified and photocopied proof of citizenship, ID and photocopy of ID, and passport photo with name change order if your legal name and evidence of citizenship don't match⁵.

1. You are eligible for renewal if your most recent passport is undamaged, was issued when you were 16 or older, was issued within the last 15 years, and you have your name change order.

What documents do I need?

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If your most recent passport and your name change were issued less than one year ago – DS-5504 form², your most recent passport, and your name change order.

Renewals – DS-82 form³, your most recent passport, name change order, and passport photo.

New applications – DS-11 form⁴, certified and photocopied proof of citizenship, ID and photocopy of ID, and passport photo with name change order if your legal name and evidence of citizenship don't match⁵.

What counts as proof and ID?

Proof of citizenship—US birth certificate filed less than one year after birth, CRBA, Certificate of Naturalization, Certificate of Citizenship, or a US passport OR a delayed birth certificate or Letter of No Record along with a record or document from the first five years of life or a DS-10 affidavit⁶

Acceptable ID—US passport, driver's license, state ID, tribal ID, Certificate of Naturalization, Certificate of Citizenship, government employee ID, military ID, or current foreign passport OR any two of a Social Security card, voter registration card, employee ID, student ID, yearbook photo, Selective Service card, Medicaid card, expired driver's license, or a DS-71 affidavit⁷

2. <https://er.usembassy.gov/wp-content/uploads/sites/216/ds5504.pdf>

3. https://eforms.state.gov/Forms/ds82_pdf.pdf

4. https://eforms.state.gov/Forms/ds11_pdf.PDF

5. For instance, if you're still waiting for OHA to send you a corrected birth certificate.

For passports issued less than one year ago or renewals – Mail documents and forms along with renewal fees (if applicable) to the National Passport Processing Center⁸.

For new applications – Apply in person at a passport acceptance facility. In Corvallis these are done by appointment at the Post Office⁹ and the Benton County Passport Acceptance Office¹⁰.

What else should I know?

You can self-select your sex, including an X marker - it does not have to match your documents. This is particularly helpful for trans people who cannot change their birth certificates since a passport is primary evidence of citizenship.

The X marker will out you to security and customs both in the US and abroad. Also, some airlines may not issue tickets with an X marker, which can cause problems boarding. Most major airlines have made this change or are in the process of making this change¹¹, but it is worth keeping in mind. As always, use your best judgement and keep yourself safe.

6. <https://eforms.state.gov/Forms/ds10.PDF>

7. According to the State Department, this is “only available if you are applying in person at an acceptance facility or passport agency.” The form isn’t on the State Department’s website, but it is on an OMB website.
<https://www.reginfo.gov/public/do/DownloadDocument?objectID=41250301>

8. National Passport Processing Center, Post Office Box 90155, Philadelphia, PA 19190-0155

9. 311 SW 2nd St., Corvallis, OR 97333

10. 4500 SW Research Way, 2nd Floor, Corvallis, OR 97333

The State Department is very particular about what is acceptable for a passport photo. Acceptance facilities or the OSU ID center will take passport photos for \$10 - \$15, or you can see the full list of criteria online¹². In general, passport photos should be clear, nothing obstructing the face, on a white background, in color, and printed on 2 x 2 photo paper.

People who owe more than \$2500 in child support are ineligible for a passport, and the State Department may revoke a passport sent to them if this is applicable.

Passport books vs cards – Passport books are the traditional option, acceptable for international travel everywhere¹³, and the only acceptable document for international flights. Passport cards are non-traditional and only acceptable for travel by land or sea to Canada, Mexico, and certain Caribbean countries¹⁴. Both the book and card are acceptable forms of Real ID and primary evidence of identity and citizenship. It is ideal you get a book if you can and a card only as a supplement since a book allows you much more access, but just having a card can still be helpful.

11. <https://www.reuters.com/world/us/major-us-airlines-let-passengers-book-tickets-with-gender-neutral-option-2022-07-01/>

12. <https://travel.state.gov/content/travel/en/passports/how-apply/photos.html>

13. Almost everywhere—it is illegal under US law to travel to North Korea on a US passport without special authorization from the State Department. Further information—
<https://travel.state.gov/content/travel/en/passports/how-apply/passport-for-travel-to-north-korea.html>

Passports are issued by the federal government according to federal policy. There are concerns that a future government could make it harder for trans people to get accurate passports or get passports at all. Given the current legislative assault, we do recommend trans people get passports if they can.

There are 15 footnotes in this section for a reason. Passports are easily the most complex process we go over in this zine and you may want to look over the process on the State Department website¹⁵ yourself.

14. Amazingly, there's no specific list on the State Department website, but you can find it on travel websites.

<https://www.goabroad.com/articles/why-get-a-passport-card>

15. Changes/renewals—

<https://travel.state.gov/content/travel/en/passports/have-passport/change-correct.html>

New applications—

<https://travel.state.gov/content/travel/en/passports/need-passport/apply-in-person.html>

Legal transition is an expensive and involved process. Every agency has different requirements for documents and different applications. Many of these steps require substantial fees, which can add up quickly. Nobody should have to pay anything to have their name or gender recognized—transition, including legal transition, should be and must be accessible to all. A list of resources that may be able to help with the process or associated fees follows.

Mid-Willamette Trans Support Network—Microgrants to help with fees.

<https://midwillamettetsn.wixsite.com/oursite>

Trans Lifeline—Microgrant program (currently not operating as of time of writing, may return in the future)

<https://translifeline.org/microgrants/>

Corvallis Daytime Drop-in Center—Can help with fees and with navigating process for people experiencing homelessness or poverty, especially in obtaining ID and birth certificates.

<https://corvallisddc.org/en/>

530 SW 4th St, Corvallis, OR 97333

Section 2: State assistance

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What is state assistance?

“State assistance,” as we mean it, is money paid out by the state government through state or federal programs set up for people in need. These programs are typically needs-tested for low-income and often tied to employment or looking for employment.

Why get state assistance?

State assistance is inadequate to meet our current needs, under constant legislative back-and-forth, and leaves many behind through the cracks. Ultimately, we are the only ones who can save ourselves through community and mutual aid. However, what we can get can be very helpful, critical, and even lifesaving—SNAP is the only reason I can save up the money I can, and there are a few months where SNAP was the only reason I had anything to eat. Demand for state and federal programs also shows there is a need, and encourages politicians to keep them funded. If you can apply, you are encouraged to—let the state workers figure out questions of eligibility. Assistance programs can be the difference between not getting by and just getting by, and the difference between just getting by and doing well. You are encouraged to use every resource you possibly can!

What will this section do?

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This section provides an overview of different aid programs in Oregon and where and how to apply for them.

What will this section not do?

This section primarily focuses on programs run by the state of Oregon, and won't discuss many federally administrated programs. As always, we hope this is a helpful resource for you and encourage you to do your own research—you may well catch something we missed!

Who can help with this?

Applying for all these programs can be a time-consuming and involved process. The Corvallis Daytime Drop-in Center can help navigate programs and assist with filling out applications.

Supplemental Nutrition Assistance Program (SNAP) 22

What is it?

It provides food benefits that can be used to purchase non-hot food items in most farmers' markets and grocery stores.

*How to be eligible**

Meet certain income standards.

For Students:

If a student has a meal plan that provides less than 50% of their meals. (if the meal plan provides 51% or more of their meals they won't qualify)

Their education must be in pursuit of employment, meaning that the student plans to go to work after school (Grad school is not eligible)

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Online: [OregONEligibility \(one.oregon.gov\)](http://one.oregon.gov)

Virtual Eligibility Center: 800-699-9075

Requirements

An interview

Proof of income

Proof of identity (ID, ODL, Birth certificate, refugee papers, etc.)

Also know that

At certain farmer's markets and grocery stores, you can spend SNAP and get up to \$20 per day in vouchers for fruits and vegetables. More info—
<https://doubleuporegon.org/faq/>

Oregon Health Plan (OHP) or Medicaid 23

What is it?

Provides supplemental insurance to those in need. Depending on qualifications, it may include behavioral health, dental health, and physical health insurance. It can also act as a supplemental insurance to Medicare.

*How to be eligible**

Meets certain income standards.

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Online: [OregONEligibility \(one.oregon.gov\)](http://one.oregon.gov)

Virtual Eligibility Center: 800-699-9075

Through an authorized representative at medical establishment

Requirements

Fill out and sign the application.

Also know that

OHP/Medicaid will pay for most transition-related healthcare, including hormones, lab work, hair removal, and most surgeries.

* Eligibility depends on your personal situation, all are encouraged to apply.

Elderly/Disabled and Long-Term Care Services (LTC) and Medicare 24

What is it?

Provides supplemental insurance to those in need, specifically those who are elderly, blind or disabled. Depending on qualifications, it may include behavioral health dental health, and physical health insurance.

*How to be eligible**

Meets certain income standards.

Is elderly, blind, disabled, or has some sort of medical situation to need these services.

Specific requirements for Assets

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Online: [OregONEligibility \(one.oregon.gov\)](http://one.oregon.gov)

Virtual Eligibility Center: 800-699-9075

Through an authorized representative at medical establishment

Requirements

Fill out and sign the application.

Be assessed by Aging & People with Disabilities (APD)

* Eligibility depends on your personal situation, all are encouraged to apply.

Employment Related Day Care (ERDC) 25

What is it?

Cash or payment assistance for children in daycare.

*How to be eligible**

Meets certain income standards.

Specific to parents who need daycare while they are working/in-school.

Must meet with a family coach to set up a JOBS plan.

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Online: [OregONEligibility \(one.oregon.gov\)](http://one.oregon.gov)

Virtual Eligibility Center: 800-699-9075

Requirements

An interview

Proof of income

Proof of identity (ID, ODL, Birth certificate, refugee papers, etc.)

Parent working/school hours schedule

Daycare must be registered as authorized through the state and verified.

* Eligibility depends on your personal situation, all are encouraged to apply.

Temporary Assistance for Needy Families (TANF) 26

What is it?

Cash assistance grant to very low-income families and the family must have children in it.

*How to be eligible**

Meets certain low-income standards.

Must meet with a family coach to set up a JOBS plan.

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Online: [OregONEligibility \(one.oregon.gov\)](http://one.oregon.gov)

Virtual Eligibility Center: 800-699-9075

Requirements

An interview with family coach.

Proof of income

Proof of identity (ID, ODL, Birth certificate, refugee papers, etc.)

* Eligibility depends on your personal situation, all are encouraged to apply.

Temporary Assistance for Domestic Violence Survivors (TA-DVS) 27

What is it?

Cash assistance grant and safety planning for victims of domestic violence, abuse, or human trafficking.

*How to be eligible**

Work with a DV advocate to create a safety plan in their situation.

Applicants may register for Address Confidentiality Program (ACP) to send their notices and contact methods safely.

How to apply

Can be applied through any other application

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Virtual Eligibility Center: 800-699-9075

Requirements

An in-person interview with a DV safety planner

To protect DV survivors, they do not need proof of their unsafe situation.

* Eligibility depends on your personal situation, all are encouraged to apply.

Refugee Cash (REFC)

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What is it?

Provides limited cash assistance to individuals with the refugee, non-citizen, or other related status without dependents.

*How to be eligible**

Meets certain income standards.

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Through an authorized representative at a refugee establishment

Requirements

Depends on situation.

Refugee Medical (REFM)

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What is it?

Provides medical assistance to those with refugee, non-citizen, or other related status. May be limited to purely emergency situations but depending on qualifications may provide insurance for behavioral health dental health and physical health.

*How to be eligible**

Meets certain income standards.

How to apply

ODHS office (oregon.gov/odhs/pages/office-finder.aspx)

Through an authorized representative at a refugee establishment

Requirements

Depends on situation.

* Eligibility depends on your personal situation, all are encouraged to apply.

* Eligibility depends on your personal situation, all are encouraged to apply.

What is it?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education.

*How to be eligible***

For low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk. Have a household income less than 185% of the federal poverty limit. (Individuals who can prove Fully eligible for Medicaid/Oregon Health Plan, TANF, SNAP/Food Stamps or FDPIR are automatically income eligible for WIC.)

How to apply

You need to make an appointment at a WIC clinic to apply for benefits.

Clinic Locations: <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/countyinfo.aspx>

Common Locations:

County health departments, Hospitals, Mobile clinics (vans), Community centers, Schools, Public housing sites, Migrant health centers and camps, Indian health services facilities

* Most DHS applications can create a referral to WIC

** Eligibility depends on your personal situation, all are encouraged to apply.

While we hope this zine is a useful resource, we recognize that we can't possibly cover everything—navigating bureaucracy, name changes, and state assistance are big topics that span many different agencies, institutions, and areas of life. If you think something else might be helpful or have any comments about the zine, feel free to contact me!

rose@roseiverse.com

Also, if this zine has been helpful at all to you, we encourage you to share it around with people you know! You can find versions for digital viewing and for printing on my personal website at

<https://roseiverse.com/navigationzine>



Free Application for Federal Student Aid (FAFSA) 32

What is it?

A form completed by current and prospective college students in the United States to determine their eligibility for student financial aid.

*How to be eligible**

- Demonstrate financial need for need-based federal student aid programs;
- Be a U.S. citizen or an eligible noncitizen;
- Have a valid Social Security number (with the exception of students from the Republic of the Marshall Islands, Federated States of Micronesia, or the Republic of Palau);
- Be enrolled or accepted for enrollment as a regular student in an eligible degree or certificate program;
- Maintain satisfactory academic progress in college or career school;
- Provide consent and approval to have your federal tax information transferred directly into your 2024–25 Free Application for Federal Student Aid (FAFSA®) form, if you’re applying for aid for July 1, 2024, to June 30, 2025;
- Sign the certification statement on the FAFSA form stating that you’re not in default on a federal student loan, you do not owe money on a federal student grant, and you’ll only use federal student aid for educational purposes; and

* Eligibility depends on your personal situation, all are encouraged to apply.

How to be eligible

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- Show you’re qualified to obtain a college or career school education.

How to apply

<https://studentaid.gov/h/apply-for-aid>

Pell Grants

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You should start by submitting a FAFSA form. Schools use the information on the FAFSA form to determine your eligibility for a Pell Grant, and if so, how much you're eligible to receive. You will have to fill out the FAFSA form every year you're in school to stay eligible for federal student aid, including Pell Grant awards.

*How to be eligible**

Federal Pell Grants usually are awarded only to undergraduate students who display exceptional financial need and have not earned a bachelor's, graduate, or professional degree. (In some cases, however, a student enrolled in a postbaccalaureate teacher certification program might receive a Federal Pell Grant.) Additionally, you may be eligible to receive a Federal Pell Grant if you are confined or incarcerated and enrolled in an approved Prison Education Program, or are subject to an involuntary civil commitment upon completion of a period of incarceration for a forcible or nonforcible sexual offense.

The amount you get will depend on:

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Your Expected Family Contribution (2023-24 FAFSA form) or your Student Aid Index (2024-25 FAFSA form),

The cost of attendance (determined by your school for your specific program)

Your status as a full-time or part-time student

Your plans to attend school for a full academic year or less

If your parent or guardian was a member of the U.S. armed forces and died as a result of military service performed in Iraq or Afghanistan after the events of 9/11, you might be able to get an Iraq and Afghanistan Service Grant for the 2023–24 award year.

Also know that

You can receive the Federal Pell Grant for no more than 12 terms full-time terms or the equivalent (roughly six years). You'll receive a notice if you're getting close to your limit.

* Eligibility depends on your personal situation, all are encouraged to apply.

Who to call instead of 911

Benton County Mental Health

541-766-6835

Depression & Bipolar Support Alliance

1-800-325-0778

Linn-Benton Housing Authority

541-926-4497

Substance Abuse & Mental Health Hotline

1-800-662-4357

Never Use Alone Hotline

800-484-3741

Trans Lifeline

877-565-8860

Poison Control

800-222-1222

Center Against Rape and Domestic Violence Hotline

541-754-0110

Trevor Project Hotline

1-866-488-7386