



MAINE EQUAL JUSTICE

Finding solutions to poverty and improving the lives of people with low income in Maine.

ASPIRE Sanctions

ASPIRE is the education, training, and work program that most parents getting TANF must do. Fedcap is the organization that runs ASPIRE in Maine.

What is a sanction?

A sanction means that Fedcap thinks you have failed to follow their rules. Getting a sanction means your TANF or Food Supplement benefits could get cut or end.

You could get sanctioned for things like missing an appointment or not doing what is in your Family Contract.

How will I know I have a sanction?

Your worker might tell you. You also must get a written notice saying why you were sanctioned. **You must contact your Fedcap worker within 10 days of the date on the letter** if you disagree or had a good reason for not following the rules.

What is good cause?

If you have a good reason for not following the rules, you should not be sanctioned. This is called “good cause.”

Only certain reasons count as good cause. These include illness, accident, no child care, no transportation, and emergencies. Good cause reasons must be listed in a sanction notice that you get from your Fedcap worker.

What should I do if I am sanctioned? If you have good cause, you should not be sanctioned.

- **Contact your Fedcap worker within 10 days of the date on the notice.**
- **Tell your worker if you had good cause.** Explain your reason.

If your worker still sanctions you, **you can appeal**. Call the DHHS worker from your region listed on the back of this page and ask for a fair hearing.

A fair hearing is a way for you to share your side of the story.

To request a hearing on a ASPIRE/Fedcap sanction, you should contact one of the DHHS Regional Planners.

If you go to this office:	Call:	Phone number:
Biddeford South Portland Sanford	Terry Comeau	822-2381
Augusta Farmington Lewiston Skowhegan South Paris	Naomi Locke	624-5215
Bangor Calais Ellsworth Machias Rockland	Stacy Reynolds	561-4714
Caribou Fort Kent Houlton	Vicki Hall	493-4112

For help, contact Pine Tree Legal (www.ptla.org) or Maine Equal Justice (www.mejp.org or 1-866-626-7059, x205).