

LIFE SKILLS SUPPORT PROGRAM
PARENT RESOURCE HANDBOOK



LOWER DAUPHIN HIGH SCHOOL

Lower Dauphin School District

Andrew McCrea, Pupil Services (717) 566-5318
www.lds.org

Secondary Transition Information: Community Agency Contacts and Services

Case Management Unit: 1100 South Cameron St., Harrisburg, PA 17104

717-232-8761 Toll Free: 866-820-3516. The three main service areas are:

Mental Health: Helping children (age 3 and up) or adults who have mental health needs to access supports and services. Any adult or family of a child who is interested in discussing supports and services may contact CMU for intake and eligibility information. **Intellectual Disabilities:** Helping children (age 3 and up) or adults who have intellectual disabilities to access supports and services. Any adult or family of a child who is interested in discussing supports and services may contact CMU for intake and eligibility information. **Early Intervention:** Helping families access support and services for children from birth up to their third birthday. Any family who may have a concern about their child may contact us for a developmental evaluation. *CMU BECOMES AN INDIVIDUAL'S GATEWAY INTO, AND SUPPORT WITHIN, THE PUBLICLY FUNDED EARLY INTERVENTION, INTELLECTUAL DISABILITIES, AND MENTAL HEALTH SYSTEMS.

Pennsylvania Department of Labor & Industry, Office of Vocational Rehabilitation (OVR), 800-442-6351, (TTY) 866-830-7327. The mission of OVR is to assist Pennsylvanians with disabilities to obtain or keep a job. OVR is an eligibility-based program. OVR services are provided by vocational rehabilitation counselors Visit OVR at www.dli.state.pa.gov/ovr, click on disability services.

Center for Independent Living of Central PA (CILCP). Independent living specialists promoting and supporting the independence, inclusion, and integration for people with disabilities. 207 House Avenue, Suite 107, Camp Hill, PA 17011-2308, (717) 731-8150

Keystone Human Services: Keystone Human Services provides community-based services for children, young people, adults and families in Pennsylvania, Maryland, Delaware and Connecticut, as well as parts of Russia and Moldova. We provide services in the areas of intellectual disabilities, autism, mental health, early intervention, and children and family services. 124 Pine St., Harrisburg, PA 17101. (717) 232-7509

The ARC of Dauphin County. The Arc of Dauphin County is a non-profit, family focused, membership organization that provides individualized, community-based services to support the dignity and respect of people of all ages who have intellectual and developmental disabilities. 2569 Walnut St., Harrisburg, PA 17103 (717) 920-2727 Toll free (877) 533-7098

UCP of Central Pennsylvania: Over the past 60 years, UCP Central PA has been meeting the needs of individuals of all ages with all types of disabilities and special needs, at every stage of life – from pediatric to geriatric. With our comprehensive array of programs and services, we can help you achieve greater independence in areas as varied as education, employment, housing, and social and recreational activities. 717-975-0611

Social Security Administration (SSA) (800) 772-1213. SSA facilitates the payment of social security benefits to eligible individuals with disabilities. There are two major categories: (1) Social Security Disability Income (SSDI) for eligible individuals who meet insured status by nature of disability including medical requirements and adult children with disabilities; and (2) Supplemental Security Income (SSI) for eligible children and adults that meet specific medical and income criteria. Visit the SSA website at www.ssa.gov.

Pennsylvania Department of Public Welfare

Office of Mental Health & Substance Abuse Services

(877) 356-5355. OMHSAS maintains a comprehensive, community-based mental health system of care for every county in the Commonwealth based on the Child and Adolescent Service System Program (CASSP). OMHSAS provides positive outcomes for children/adolescents and their families with, or at risk of, mental health problems. Visit OMHSAS at www.dpw.state.pa.us/dpworganization/officeofmentalhealthandsubstanceabuseservices/index.htm

Office of Developmental Programs

The mission for the Office of Developmental Programs is to provide individuals with intellectual disabilities, autism, and their families the services and supports they need and the opportunity to make real choices about living, working and options for social activities to enable them to live in and participate fully in the life of their communities. 888-565-9435

Other Resources for Parents

Aaron's Acres

Lancaster, Berks, & Dauphin

www.aaronsacres.org

Recreational programs for children ages 5-21 with developmental disabilities

(717) 917-6101

AHEDD 1-866-902-4333

www.ahedd.org

Meeting employment needs of people with disabilities

1-866-902-4333

The Arc of Cumberland & Perry Counties (CPARC)

www.cparc.org

Support, & training for people with intellectual disabilities

(including S. Wilson Pollock Center for Industrial Training, (717) 766-8512)

(717) 249-2611

CarolinaLIFE program (803) 777-7664

<http://www.sa.sc.edu/carolinalife/program-information/>

sclife@mailbox.sc.edu

Experience college life thru participating in social, community living, vocational, and academic goals

(803) 777-7664

Central Penn Parent

website with resources

<http://www.centralpennparent.com/Directories-Guides/Special-Needs/index.php/county/Dauphin/>

Bureau of Blindness and Visual Services

(BBVS)

(717) 787-6176

ClemsonLIFE

<http://www.clemson.edu/hehd/departments/culife/about-clemson-life/index.html>

clemsonlife@clemson.edu

Functional academics, independent living, employment, and social/leisure skills in a public university

(864) 656-0501

Community Health Connections

<http://www.hcqu.org>

CHC works to identify, improve, and expand community resources to benefit individuals with Intellectual and Developmental Disabilities

(724) 283-0990

Office of Deaf and Hard of Hearing

(717) 783-4912

Easter Seals Disability Services

www.eastersealscentralpa.org

(717) 901-3993

Goodwill

www.yourgoodwill.org

Helping people in need reach their full potential through learning and the power of work

(717) 232-1831

Joni and Friends

Eastern, PA

eastpa@joniandfriends.org

Non-denominational ministry to families affected by disability- Especially summer family retreats

(717) 522-1467

Kennedy Krieger

www.kennedykrieger.org

Early identification, intervention, and treatment of disabilities are key to maximizing potential and preventing major problems throughout a child's life

King's Corps

Hershey Free Church, Hershy, PA

Monthly social activities for adults with disabilities

Parent Education Network

pen@parentednet.org

PEN recognizes, supports and enhances the opportunities for children and youth with disabilities and their families to maximize their potential.

(717) 600-0100

1 (800) 522-5827

Parent to Parent

www.parenttoparent.org

Statewide mentoring program. Services for family members of children and adults with disabilities or special needs

(888)727-2706

Social Signals

<https://socialsignalled.com/>

nancy@socialsignalled.com

Educational materials are designed to teach relationship and sexuality information to people across a wide range of abilities, knowledge, and ages

(215) 836-1111

Special Olympics

Area M

<http://www.sopam.org/home.aspx>

Special Olympics PA Area M helps children and adults with intellectual disabilities grow stronger with body, mind and spirit through a year-round program of sports training and athletic competition.

(717) 732-6756

TOP Soccer

Dauphin County

www.ldsoccer.com

Recreational soccer (in the spring) for students with disabilities

United Disabilities Services

Lancaster

www.udservices.org

One call sources for information, products and services for individuals with disabilities

(717) 837-4235

Works for Me

<http://www.worksforme-pa.org/>

Works for me is a free resource that can guide you to agencies and programs that will help you get a job

Special Needs Zumba

Jeff Still

Hummelstown area Zumba classes

falcon1115@verizon.net

(717) 645-7034

Living Unlimited

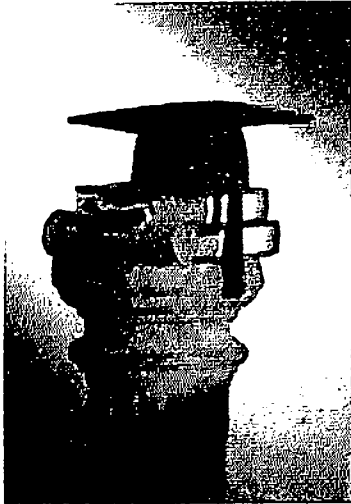
www.living_inlimitedinc.com

Assisted individuals with cognitive and/or physical impairments, including those with mental health issues, traumatic brain injury, intellectual disabilities, learning disabilities, and autism

(717) 526-2111

Pennsylvania Secondary Transition Guide

Dear Student and Parent/Guardian,



Your transition from school to adult life is an important series of steps. To help you map out this process, the Bureau of Special Education has developed a website for you, your family and school. The name of the website is "Pennsylvania Secondary Transition Guide." The address for the website is www.secondarytransition.org.

The website is organized by topics. The topics cover key areas of your secondary transition, including post-secondary education and training, employment and community living. Some of the information on the website suggests important subjects and activities for you to think about, based on your age. The website also has links to other Pennsylvania agencies and departments that can help support your transition. You can access the website any time and look for information when it's important to you. If you cannot access the website, you can request a CD or printed copy of the website's core documents, available in either English or Spanish, by contacting your school or by calling the Pennsylvania Training & Technical Assistance Network (PaTTAN) at 800-446-5607.

Please know that specific questions about your transition from school to adult life can be addressed by your school's Transition Coordinator or Director of Special Education.

To learn more about the website, please attend the "Introduction to the Pennsylvania Secondary Transition Guide" webinar scheduled for Wednesday, April 17, 2013, from 10:00 a.m. - 11:00 a.m. Registration is available through the PaTTAN website <http://www.pattan.net>. The session will be recorded and available for future viewing.

Numbers to call for assistance

Special Education ConsultLine

800-879-2301 Voice, 800-654-5984, TTY, <http://odr-pa.org/contact-consultline> is a program of the Department of Education, Bureau of Special Education, used by parents or parent support organizations to answer questions about school-related concerns, special education, and the complaint system. It is designed to be a one-stop service for parents concerning special education services and programs.

Disability Rights Network of

Pennsylvania, 800-692-7443 Voice, 877-375-7139 TTY, www.drnpa.org, whose mission is to advance, protect and advocate for the human, civil, and legal rights of Pennsylvanians with disabilities.

For information and support to parents of children with disabilities, contact the following Pennsylvania, federally-funded projects through the Office of Special Education Programs (OSEP):

- **Parent Education Network (PEN)**
800-522-5827, V/TTY
www.parentednet.org
- **Parent Education & Advocacy Leadership (PEAL) Center**
866-950-1040, V/TTY
www.pealcenter.org
- **The Mentor Parent Program, Inc.**
888-447-1431 or 814-226-4151
www.mentorparent.org
- **Hispanos Unidos para Niños Excepcionales (HUNE), Inc.**
215-425-6203 Voice, <http://huneinc.org>
- **Mission Empower**
855-825-0788 or 814-825-0788
<http://www.missionempower.org>

Secondary Transition Information: Community Agency Contacts and Services

To contact any of the departments or offices below via TTY, call 800-654-5984

Pennsylvania Department of Labor & Industry, Office of Vocational Rehabilitation (OVR), 800-442-6351, (TTY) 866-830-7327. The mission of the OVR is to assist Pennsylvanians with disabilities to obtain or keep a job. OVR is an eligibility-based program. VR services are provided by vocational rehabilitation counselors located in 21 local district offices across the state. Visit OVR at www.dli.state.pa.us/ovr, click on disability services.

Pennsylvania Department of Labor & Industry, Bureau of Workforce Development Partnership, 717-787-5279. The Bureau oversees the coordination of employment and training services for the Commonwealth under the Workforce Investment Act of 1998. Services are provided to adults and youth through 23 Local Workforce Investment Areas comprised of 80 CareerLink Centers located throughout the state. Visit CareerLink at www.pacareerlink.state.pa.us.

Pennsylvania Department of Public Welfare, Bureau of County, Children & Youth Programs, 717-783-0629. Pennsylvania's child welfare system is county-administered and state supervised. Child welfare and juvenile justice services are organized, managed, and delivered by County Children and Youth agencies and County Juvenile Probation offices, respectively. Visit the Bureau of County Children & Youth Programs at www.dpw.state.pa.us/dpworganization/officeofchildrenyouthandfamilies/index.htm.

Pennsylvania Department of Public Welfare, Office of Developmental Programs (ODP), 717-787-3700. ODP provides individuals with mental retardation and autism, and their families, the services and supports they need to participate fully in community life. Visit ODP at www.dpw.state.pa.us/dpworganization/officeofdevelopmentalprograms/index.htm.

Pennsylvania Department of Public Welfare, Office of Mental Health & Substance Abuse Services (OMHSAS), 877-356-5355. OMHSAS maintains a comprehensive, community-based mental health system of care for every county in the Commonwealth based on the Child and Adolescent Service System Program (CASSP). OMHSAS provides positive outcomes for children/adolescents and their families with, or at risk of, mental health problems. Visit OMHSAS at www.dpw.state.pa.us/dpworganization/officeofmentalhealthandsubstanceabuseservices/index.htm.

Pennsylvania Department of Public Welfare, Medical Assistance (MA), 717-787-1870. Medical Assistance is a federal/state financed health insurance program. This agency provides medical assistance to low-income persons who are 65 or older, blind, disabled, or are members of families with dependent children, or are qualified pregnant women. Contact the County Board of Assistance Office in your county or at www.dpw.state.pa.us/dpworganization/officeofmedicalassistanceprograms/index.htm.

Pennsylvania Department of Health, Bureau of Family Health, 717-346-3000. The Bureau facilitates access to health and rehabilitative services for eligible children. For a list of services and eligibility requirements visit www.health.state.pa.us. In addition, the Special Kids Network, System of Care Program, 877-986-4550, can assist communities in creating and improving services for children and youth with special health care needs. Information and referral services for individuals with special health care needs are provided through the Health and Human Services Call Center, www.helpinpa.state.pa.us.

Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs (BDAP), 717-783-8200. The Department of Health provides licensed drug and alcohol services for adolescents. Service delivery is based on the intervention need of the individual. Information on accessing services is available through each Single County Authority (SCA) or the county Drug & Alcohol Office. Visit BDAP's website at www.health.state.pa.us/bdap.

Pennsylvania Juvenile Court Judges' Commission (JCJC), 717-787-6910. The Commission is responsible for advising juvenile courts concerning the proper care and maintenance of delinquent children; establishing standards governing administrative practices and judicial procedures used in juvenile courts; establishing personnel practices and employment standards for probation offices; collecting, compiling, and publishing juvenile court statistics; and administering a Grant-in-Aid Program to improve county juvenile probation services. Visit the JCJC website at www.jcjc.state.pa.us.

Social Security Administration (SSA) 800-772-1213. SSA facilitates the payment of social security benefits to eligible individuals with disabilities. There are two major categories: (1) Social Security Disability Income (SSDI) for eligible individuals who meet insured status by nature of disability including medical requirements and adult children with disabilities; and (2) Supplemental Security Income (SSI) for eligible children and adults that meet specific medical and income criteria. Visit the SSA website at www.ssa.gov.