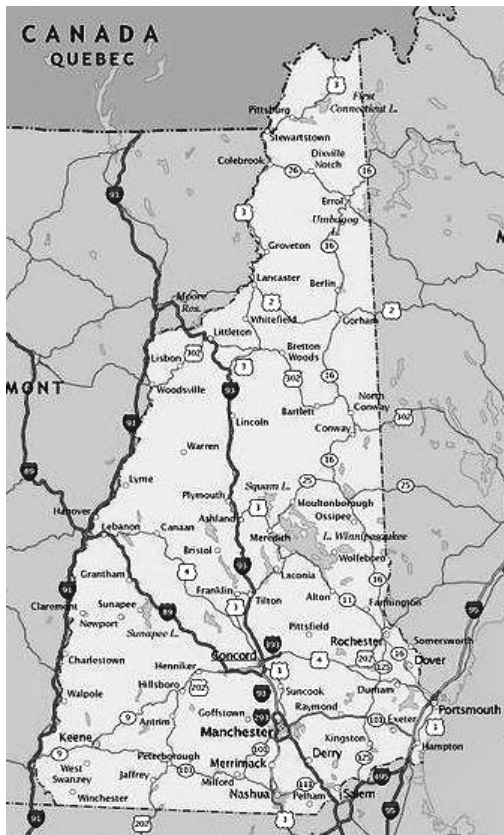


Maneuvering Through The Maze

A NH Family Resource Guide

Services for Families Having
Children with Special Health Care
Needs / Disabilities

2019



About This Guide

NH Family Voices is dedicated in its efforts to address the informational and support needs of parents and professionals seeking services for children with special challenges and needs. As parents, our staff have also traveled through the maze of services and programs designed to help our kids, so we understand the issues that families face.

Maneuvering Through the Maze was originally produced in 1991. The impetus for the guide was the 1989 passage of *New Hampshire's Family Support* legislation (SB 539-FN-A) and the need for families to receive assistance with the coordination of community resources.

In 2005 NH Family Voices, with the support of the NH Developmental Disabilities Council and The Disabilities Rights Center resurrected 'Maneuvering' and NHFV continues to do so as a tool for families and professionals in finding resources throughout the state.

Maneuvering Through the Maze is formatted to take the reader from birth to adulthood with listings of state health and human services agencies, educational resources, private associations and organizations that serve people with physical, developmental, mental health and chronic health conditions and their families. We have also added organizations and services that can be accessed by all state residents, such as housing, childcare, etc. Programs should be contacted directly for more detailed information.

Every effort has been made to provide complete and accurate information. We apologize for any omissions and encourage readers to contact us with suggestions. NHFV does not make referrals nor suggest or endorse specific attorneys, doctors, advocates or professionals. The listings in this guide are for informational purposes only and it is up to you to investigate and determine the credentials and qualifications of those listed.

The Guidebook is available on NHFV website for downloading.

The download format includes hotlinks to websites.

New Hampshire Family Voices

Telephone: (603) 271-4525

Web: www.nhfv.org

Updated - 1/19

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Tips For Getting Answers to Your Questions

Many parents say looking for information to help their child can be difficult or confusing. Here are tips from other parents who have a child with special needs or ongoing health concerns:

Keep Trying

“It’s about not giving up and about asking a lot of questions. Persistence is the word I use. Pushy, yes sometimes, but persistence pays off.”

- ◆ Keep calling and keep asking questions.
- ◆ Ask for names and phone numbers of other people to contact.
- ◆ If the recorded voice on the phone is confusing, often you can just stay on the line. Then you will be connected with a person.
- ◆ Written request or email may result in a prompt response.

Keep Notes

“Get organized. Write down when you called, who you talked with, and what the conversation was about. You’re going to need to go back to that at some point - you’re not going to be able to remember it all.”

Keep track of:

- ◆ Who you talked with, the phone number, and the date of the call.
- ◆ The name of the organization and the information you were given.
- ◆ What you and what they agreed to do - and by what date.
- ◆ Their ideas about other people to contact.
- ◆ Keep e-mails for information to refer back to.

Educate Yourself

“Families need to educate themselves about all aspects of their child’s special needs.”

- ◆ Get information from your providers, the library, other parents, or the internet.
- ◆ Make sure the information you receive is correct and up to date.
- ◆ Ask your doctor or health provider about the information you find.

Learn the Language

“I didn’t even have the right words to know how to ask. You need to know the proper words to use to get the right care and services for your child.”

Listen to the words others use when talking with you:

- ◆ Ask about any word you don’t understand.
- ◆ Write the word down and what it means (have them spell it out).
- ◆ Use these words when you talk to others.

Look to Other Parents

“For me, my greatest resource has been other people, other parents.”

- ◆ Find a support group near you or search online for parent blogs, social groups, etc. Talking with other parents can give you energy.
- ◆ Ask your child’s doctor, nurse or teachers if they know another family whose child has the same diagnosis or needs.
- ◆ Contact NH Family Voices for help.

Information to Have at Your Finger Tips

Many agencies and service providers need basic information when looking at what your family may qualify for. Having this information written out ahead of time can save time and energy.

Legal Name: _____ Date of Birth: _____

Address: _____ Town: _____ Zip: _____

Telephone numbers: Home: _____ Work: _____

Cell: _____ E-mail address: _____

Child's/family members SS#: _____

Primary Care Doctor: _____

Address: _____ Tel: _____

Income (Annual Gross): _____

Health Insurance Information

Subscriber Name: _____ Policy #: _____

Child/Family Members Diagnosis: _____

Secondary Insurance: _____ Policy #: _____

Service Providers that know your family member

Name: _____ Tel: _____

Name: _____ Tel: _____

Name: _____ Tel: _____

Name: _____ Tel: _____

Name: _____ Tel: _____



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♥ If you are looking for a particular resource by name, there is an index provided at the end of this guide.

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Early Childhood

A Child is Born...

The Challenge of Learning Begins...



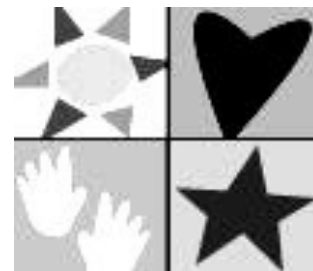
Child Development Screening

Milestones Checklist

Curious or concerned about your child's development? Skills such as smiling for the first time, and waving "bye bye" and taking their first step are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move (crawling, walking, etc.). The Milestones Checklist is available at: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html> or through NH Family Voices, to help you track your child's development. Print it out and share it with your child's doctor or nurse at the next visit.

Watch Me Grow

Watch Me Grow (WGM) is a screening, referral and information system for NH families ages birth to six. Providing families with information about child development, and conducting developmental and social-emotional screenings. Watch Me Grow is designed for children ages 1 month to 5-1/2 years of age to help identify strengths and concerns and make referrals to the appropriate state and local resources. WGM uses developmental screening questionnaires called "Ages and Stages Questionnaires (ASQ)-3" and "ASQ-Social Emotional" which can be found on the WGM website. The following Family Resource Centers can assist in person or follow the instructions on the WGM website.



<http://watchmegrownh.org>

Watch Me Grow Family Resource Center Sites

North Country

Family Connections Resource Center,
Children Unlimited, Conway, NH
Telephone: (603) 447-6356

North Country

Family Resource Center Gorham/Littleton, NH
Telephone: (603) 466-5190 x303

Lakes Region

Family Resource Center of Central NH, Laconia, NH
Telephone: (603) 581-1559

Western Region

Home Healthcare, Hospice and Community
Services, Keene, NH
Telephone: (603) 352-2253 x132

Western Region

TLC Family Resource Center, Claremont, NH
Telephone: (603) 542-1848

Central Region

Child and Family Services, Concord, NH
Telephone: (603) 224-7479

Southern Region

Waypoint, Manchester, NH
Telephone: (603) 518-4000

Southern Region

Child and Family Services, Nashua, NH
Telephone: (603) 518-4141

Seacoast Region

Community Action Partnership of Strafford County,
Dover, NH
Telephone: (603) 435-2500 x8108

Seacoast Region

Families First Health and Support Center,
Portsmouth, NH
Telephone: (603) 422-8208

Child Development Evaluation Resources

A child development evaluation is a formal evaluation that looks in-depth at a child's development, usually done by a doctor, such as a developmental pediatrician. The doctor may observe the child, give the child a structured test, ask the parents or caregivers questions, or ask them to fill out questionnaires. The results of this formal evaluation determines whether a recommendation for special treatments or early intervention services will be made. Sometimes it will be a group of professionals, such as a physical therapist, an occupational therapist or a speech language pathologist who work together. This is called an interdisciplinary evaluation.

Child Development Clinics

Child Development Clinics, a collaborative network administered by DHHS, Special Medical Services to provide comprehensive diagnostic evaluations to assist families who have children with developmental and behavioral differences in making informed decisions regarding medical, developmental, and educational needs. Services are family-centered and culturally sensitive. Specialty evaluations are available for autism spectrum disorder, attention-deficit/hyperactivity disorder, developmental delays and learning disabilities.

As a result of the evaluation process, family and community providers can expect to:

- Receive information regarding a child's developmental and educational needs, whether or not a diagnosis is present
- Learn about medical or related services that may be needed to assist with or treat the identified developmental concerns
- Receive information about community resources and support in accessing services

Teams consist of a Clinic Coordinator, Developmental Pediatrician, and a Child Psychologist/Developmental Specialist. This team will evaluate each patient by conducting the following process:

- Review of medical, developmental, and education history
- A home visit by Clinic Coordinators
- Family interview
- Cognitive, developmental, and/or behavioral assessment
- Examination by a Developmental Pediatrician
- Family conference to review diagnostic findings and recommendations
- Comprehensive assessment report
- Developmental follow-up and care coordination as needed

To refer a child to the Child Development Clinic contact:

For Manchester, Keene, & the Lakes Region (ages 0-6 years) call: (603) 296-9249

For the North Country Child Development Clinic, located at Weeks Medical Center call: (603) 788-5304

Elliot Developmental and Behavioral Pediatrics

NH Hospital for Children, Manchester, NH

Telephone: (603) 663-3222

Web: http://elliotohospital.org/Childrens/specialty_Developmental_Behavioral_Pediatrics.php

Developmental and Behavioral Pediatricians evaluate and treat children with the following conditions (must have referral from child's doctor):

- ◆ Attention Deficit Hyperactivity Disorder (ADHD)
- ◆ Autism Spectrum Disorders
- ◆ Behavioral Difficulties of typically developing children
- ◆ Behavioral and Emotional Disorders
- ◆ Developmental Delays
- ◆ Problems with Learning
- ◆ Tic Disorders/ Tourette Syndrome

Child Development Program-Children's Hospital at Dartmouth (CHaD)

Lebanon, NH

Telephone: (603) 653-6060

Web: http://www.chadkids.org/child_dev.html

Child Development Program at CHaD provides diagnostic evaluations for young children with developmental and behavioral concerns. Pediatric specialists observe, test, and counsel families regarding the developmental/behavioral status of their child after extensive review of early intervention/school reports, family questionnaires, and examination of the child. The family receives a comprehensive care plan which may include medical, developmental, educational, and/or psychological evaluations with specific suggestions on how to implement the care plan.

The Center for Exceptional Children and Families

Concord, NH

Telephone: (603) 217-5320

Web: <https://www.cecfnh.com>

Providers at CECF are trained to administer tests of intelligence, achievement, adaptive functioning, and social-emotional development. These assessments can be used to evaluate and/or diagnose for a variety of disabilities and special education eligibility. All assessments include a parent interview, review of records, written report with recommendations, and a consultation session to discuss all assessment results.

The Neurodevelopment Institute of NH

Hooksett, NH

Telephone: (603) 621 9870

Web: <https://www.ninhllc.com>

NINH serves children, adolescents and adults providing neuropsychological evaluations, cognitive rehabilitation, individual and family therapy, veteran evaluations, sensory processing evaluations, in-home therapy and case management services.

PARENT TIPS FOR GETTING EVALUATIONS

- ◆ Ask your child's doctor to recommend someone to do the evaluation
- ◆ Call the evaluation site - Ask:
 - How long is the wait for an appointment?
 - Will they accept your health insurance?
 - What is the process required by the provider?
 - Do they have suggestions, or will they work with you to give the information the insurance company will need to cover the evaluation?
 - Do they know of other funding sources if your insurance will not cover.
- ◆ Document date of call, to whom you spoke, and all responses.
- ◆ Send follow up letter which thanks someone for their assistance and reiterates what was agreed upon.
- ◆ Keep all correspondence and documentation in case you need to appeal a decision.

People I have Contacted & Notes

Name:

Agency & #:

Notes

Notes

Name:

Agency & #:

Family Centered Early Supports and Services

Family-Centered Early Supports and Services (FCESS) are an array of services for infants and toddlers, birth up to age 3 years who have a diagnosed condition that may result in developmental delays or children who are at risk for developmental delays if early intervention is not provided.

Anyone with a concern about a child's development can refer a child to FCESS. Referrals can be made by a parent, early childhood professional, medical professionals or anyone else.

In New Hampshire, Family-Centered Early Supports and Services are administered by the Department of Health and Human Services through the Bureau of Developmental Services. Intake for services is done through the Area Agency system found on page 92 of this guide. You do not have to determine eligibility to make a referral. This is done through a multidisciplinary evaluation after referral. Services are provided within the child's home or where the child spends their day, including a childcare setting.

Federal Legislation

PL 99-457 - IDEA - Part C

State Regulations

Chapter He-M 500 /He-M 510 -

Family-Centered Early Supports and Services

He-M 519 - Family Support Services

He-M 203 - Complaint Resolution Procedures

for Family-Centered Early Supports and Services

Eligibility Criteria - These categories are used to determine if an infant or toddler, birth through two years of age, has a condition or concern that may make the child eligible. Please use the information as a guide.

33% delay in:

- physical development (includes vision and hearing)
- Learning (cognitive) delay
- Communication delay
- Social/emotional delay
- Adaptive developmental delay

At risk for a developmental delay. Examples include but are not restricted to:

- Low birth weight (less than 4 lbs.)
- Respiratory Distress Syndrome
- Nutritional problems that interfere with growth and development
- Parent age less than 18 years
- Atypical Behaviors
- Substance addiction

Established Condition. Examples include but are not restricted to:

- Genetic disorder
- Metabolic disorder
- Sensory Disorder
- Neurological disorder
- Severe attachment disorder
- Fetal Alcohol Spectrum

For statewide information contact:

Family-Centered Early Supports and Services

Telephone: (603) 271-5034

Web: www.dhhs.state.nh.us/dcbcs/bds/earlysupport/index.htm

Family Centered Early Supports and Services

Family Tips

Parenting a child can be a challenge. There is a fine balance between hopes and dreams and ups and downs. During the first three years of your child's life, Early Supports and Services can make a big difference. Beginning early to enhance your child's development has benefits for you, your child, your family and your community.

When calling the Area Agency (page 117) for information, ask for the *Early Supports and Services Intake Coordinator*. This person will be able to give you specific information about the process, programs, and how services are delivered in your area of the state.

Questions Parents Might Want To Ask about Early Supports and Services

- How will service providers working with my child be determined?
- What kind of training/experience does this person have with children who have needs like my child?
- How will my child's primary care doctor or pediatrician be involved?
- How much of my time, my child's or other family members' time will it take?
- Is there a fee for the services?
- What testing will be done and why?
- Will my child have individual attention and individual goals?
- Could the services happen at a time and place that are better for our family?
- Are the services flexible? Can changes be made after services begin?
- What type of support is available for myself and other members of my family?
- What are the different ways therapy can be provided for my child?

“Our son was almost 18 months of age and didn’t seem to be talking much. We had his hearing tested and knew that he was hearing, but he wasn’t repeating words. Our family doctor suggested Early Supports and Services. What a difference it has made in our lives. They helped us learn how to teach him and today he is a talkative three year old.”

— parent comment

My child is going to be 3 years old, what happens now?

If your child continues to need educational services and therapies beyond the age of three then at least 6 months before your child's 3rd birthday, your Service Coordinator through Early Supports and Services will refer your child to your school district. This can change where and how services are provided at age 3. In early intervention, this change is called transition. The Individual Disability Education Act (IDEA), the Federal special education law, requires a written plan for this transition. A transition meeting must take place at least 90 days before your child turns three. Your transition plan will identify special education and community-based services your child may need.

A team of providers from the school district, Early Supports and Services and you, as the parent will determine if your child is eligible for preschool special education services. They will discuss the results of their tests with you and give you information about your rights. If your child is eligible, their services will be provided through an Individual Education Plan (IEP). Your Service Coordinator will assist you in planning a move to other possible services if your child is not eligible for special education preschool services.

Tips for Transitioning to Special Education Pre-School

- ◆ Make a “wish list” of goals that you would like to see your child achieve.
- ◆ Visit school programs available for your child. Look at the variety of programs (daycare settings, special education preschools, integrated regular preschools) and the people available to meet your child's unique needs in your community.
- ◆ Get to know the receiving teacher as early as possible. Set up a time to meet without your child present to talk about your dreams and “wish list”.
- ◆ Ask about a parent orientation packet to take home and read. If this doesn't exist, ask for a written explanation of:
 - Child's proposed schedule.
 - Explanation of emergency procedures.
 - Explanation of food services.
 - Explanation of parent participation.
 - Other pertinent program information.
- ◆ Learn about the provisions of IDEA (Individual Disability Education Act) for your child's education including the following:
 - Individual Education Plan (IEP)
 - Multidisciplinary team
 - Related Services
 - Your right to access your child's records
 - Your right to choose to accept and sign the IEP and your right to contest it.
- ◆ Be **CONFIDENT** in your knowledge of your child.

Head Start

Federal Legislation

“Head Start Act” is Title VI, Subtitle A, Chapter 8, Subchapter B of the Omnibus Budget Reconciliation Act of 1981, PL 97-35 (8/13/81)

Eligibility: Income eligibility

Head Start is a program that helps eligible young children between the ages of three and five grow up ready to succeed in school and in life. Children who attend Head Start programs participate in fun activities while developing skills in a variety of areas, including social skills. Children also receive nutritious meals and the necessary health care in a safe environment. Children with special needs are welcome.

Early Head Start is a program for families with infants and toddlers ages birth to three. Families who are expecting a new baby may enroll in Early Head Start. Eligible families do not pay a fee for Head Start or Early Head Start.

Head Start and Early Head Start offer families a variety of program options, including center-based, home-based, or a combination of both. For infants and toddlers, the home-based option includes a socialization day at the center where parents learn parenting skills along with new ways to promote their children’s development.

Head Start Programs

Please Note: These are the main contact numbers to contact for more details about Head Start in your area of the state. The actual Head Start Centers are scattered across the regions.

Belknap/Merrimack County

Head Start: (603) 225-3295

Website: www.bm-cap.org/headstart.htm

Early Head Start Laconia: (603) 528-5334

Concord: (603) 224-6492

Website: www.bm-cap.org/earlyheadstart.htm

Southern NH Services

Early Head Start & Head Start: (603) 668-8010

Website: www.snh.org/programs/child-development-education-programs/head-start

Strafford County Community Action

Early Head Start & Head Start: 603-435-2500

Website: <http://www.straffordcap.org/programs/head-start-programs/head-start>

Southwestern Community Services

Head Start: (603) 719-4175

Website: www.scs-helps.org/headstart.htm

Tri-County Community Action, Berlin, NH

Head Start: (603) 752-7138

Website: <http://headstartprograms.org/detail/tri-county-community-action-pr-berlin-nh.html>

Family Resources Centers

Family resource centers provide services to parents and their children, from pregnancy through age 18. In most cases, services include parenting classes, parent-child groups, early learning centers, play groups, assistance with tax preparation, information and referral, after school assistance and other programs to meet specific community needs. Family resource centers are open to all families and can be especially supportive of families struggling with challenging issues, limited financial resources and/or troubled family dynamics. These family resource centers belong to a statewide network called “Family Support New Hampshire”.

Family Resource Center Sites

Conway

Children Unlimited, Inc,
182 W. Main Street, Conway, NH
Telephone: (603) 447-6356
Web: <http://www.childrenunlimitedinc.org>

Littleton

Family Resource Center at Child and Family Services
28 Lafayette Avenue, Littleton, NH
Telephone: (603) 444-0418
Web: <http://www.cfsnh.org/index.php/littleton>

Laconia

Lakes Region Community Services, Family Resource
Center of Central NH
719 N. Main Street
Telephone: (603) 524-8811
Web: <https://www.lrcs.org/family-resource-center>

Concord

Concord Connections at Child and Family Services
103 North State Street
Telephone: (603) 224-1061
Web: <http://www.cfsnh.org/index.php/programs-services/family-support/family-resource-center>

Concord

The Children's Place and Parent Education Center
27 Burns Avenue
Telephone: (603) 224-9920
Web: <http://www.thechildrensplacenh.org/index.html>

Gorham

Family Resource Center
123 Main Street, Gorham
Telephone: (603) 466-5190
Web: <https://frc123.org>

Plymouth

Whole Village Family Resource Center
258 Highland Street, Plymouth, NH
Telephone: (603) 536-3720
Web: <http://www.graniteuw.org/our-work/granite-united-way-initiatives/whole-village>

Tilton

Greater Tilton Area Family Resource Center
283 Main Street
Telephone: (603) 286-4255
Web: <https://gtafrc.wordpress.com>

Concord

Family Connections Center, Department of
Corrections - Serving Families Statewide
Telephone: (603) 271-2255
Web: <https://www.nh.gov/nhdcc/fcc>

Claremont

TLC Family Resource Center
109 Pleasant Street
Telephone: (603) 542-1848
Web: <https://www.nhchildrenstrust.org/program/family-resource-centers>

Family Resource Centers... continued

Manchester

Easter Seals Child Development and Family RC
435 S. Main Street
Telephone: (603) 666-5982 ext. 36
Web: <http://www.easterseals.com>

Peterborough

The River Center, A Family and Community RC
9 Vose Road, Suite 115
Telephone: (603) 924-6800
Web: <https://www.rivercenter.us>

Nashua

Family Resource Center of Greater Nashua at the
Boys and Girls Club
47 Grand Ave
Telephone: (603) 883-0523, ext.215
Web: <https://sites.google.com/site/familyresourcectrnashua>

Derry

The Upper Room, A Family Resource Center
36 Tsienneto Road
Telephone: (603) 437-8477
Web: <https://www.urteachers.org>

Portsmouth

Families First
100 Campus Drive, Suite 12
Telephone: (603) 422-8208
Web: <https://www.familiesfirstseacoast.org>

Keene

Home Healthcare Hospice and Community Services
Healthy Starts
312 Marlboro Street
Telephone: (603) 352-2253
Web: <https://hcsservices.org>

Antrim

Grapevine Family & Community Resource Center
4 Aiken Street
Telephone: (603) 588-2620
Web: <https://grapevinenh.org>

Salem

Salem Family Resources - Success by Six
171 Zion Hill Road
Telephone: (603) 898-5493
Web: <http://www.salemfamilyresources.org>

Rochester

Community Action Partnership of Strafford County
150 Wakefield Street
Telephone: (603) 285-9461
Web: <http://www.straffordcap.org>

Notes

Child Care

Things to Think About When Choosing Child Care

Look For

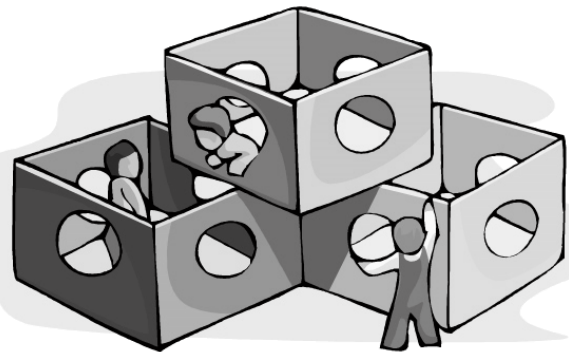
- Responsive, nurturing, warm interactions between caregiver and children.
- A Clean, safe, and healthy indoor and outdoor environment, especially napping, eating and toileting areas.

Ask

- How many children there are for each adult. The fewer the children for each adult, the better for your child. You want your child to get plenty of attention. The younger your child, the more important this is. Babies need an adult to child ratio of no more than 1:4 (one adult for four infants), while four-year-olds can do well with a ratio of 1:12 (one adult for twelve children).
- Find out how many children are in the group. The smaller the group, the better. Imagine a group of 25 two-year olds with five adults, compared to a group of 10 with two adults. Both groups have the same adult to child ratio. Which would be calmer and safer? Which would be more like a family?
- Ask about the caregivers' training and education. Caregivers with degrees and/or special training in working with children will be better able to help your child learn. Are the caregivers involved in activities to improve their skills? Do they attend classes and workshops?
- Check how long caregivers have been at the center or providing care in their homes. It's best if children stay with the same caregiver at least a year. Caregivers who come and go make it hard on your child. Getting used to new caregivers takes time and energy that could be spent on learning new things.
- Can you visit at any time?
- How do they handle discipline?
- What do they do if a child is sick?
- What would they do in case of an emergency?
- Request to see a copy of their license or other Certification.

Stay Involved... Ask Yourself...

- How can I work with my caregiver to resolve issues and concern that may arise?
- How do I keep informed about my child's growth and development while in care?
- How can I network with other parents?



Child Care for Children with Special Needs

If you have a child with a developmental disability or other special need, it can be daunting to think about child care. You may be returning to work full or part-time, or just need time to attend to other responsibilities. Naturally, you are concerned about what is best for your child. You may also wonder what restrictions you will face, or how available care will be. It is important to know that licensed or certified child care providers cannot refuse to take a child based on disability, and must make reasonable accommodations for your child's special needs. However, you may still need to make several decisions when considering which care is best for your child.

The right child care setting can be extremely beneficial to your child, socially, physically, and intellectually. It can provide you with a needed break and rest from care.



Here are some things to consider as you look for child care:

- ★ Are staff members open and enthusiastic about accommodating your child? Or are they at least willing to give it a try?
- ★ Are staff trained and supported to accommodate children with special needs? If not, how might they get the training they need?
- ★ Do staff members understand the medical/therapeutic procedures and assistive technology necessary to support your child?
- ★ Are you willing to show them what needs to be done?
- ★ Is the setting (including playground) accessible to your child? Do any books or toys feature children with special needs?
- ★ Are staff members willing to work with your child's therapists to plan classroom activities?
- ★ Are staff willing to help your child develop the skills that your family believes are important, and include your child in the same activities as all the other children?

Talk with your child's health care and early intervention providers for suggestions. Keep in mind that you know your child better than anyone. Therefore you will need to weigh options with your own child's and family's needs.

Once you've selected the type and amount of child care that is best for your family, good communication between you and the child care staff will also be of great benefit to your child. Let staff know about your child's preferences, schedules, and specific medical needs and contacts.

Child Care Resources

NH Department of Health and Human Services

Child Development Bureau

129 Pleasant St., Concord,

Telephone: (603) 271-4242 / TDD: (800) 735-2964

Web: <https://www.dhhs.nh.gov/dcyf/cdb/eligibility.htm>

NH Childcare Scholarship help families pay for child care. If you receive Financial Assistance to Needy Families (FANF) and are in the FANF work program, you are eligible for the NH Child Care Scholarship. If you are working, looking for work or are going to school, you may also be eligible for the Scholarship. An application is obtained through the local District Office (page 111) or through NH EASY (<https://nheasy.nh.gov/#/>).

Child Care Licensing Unit (CCLU)

Telephone: (603) 271-9025 / TDD: (800) 735-2964

Web: <https://www.dhhs.nh.gov/oos/cclu>

The CCLU ensures that children attending NH child care programs are in safe and healthy environments and are provided with care, supervision and developmentally appropriate activities that meet each child's physical and emotional needs, through on-site evaluations, monitoring, and investigations that ensure compliance with applicable NH Statutes and Administrative Rules, approval and issuance of licenses, and initiation of appropriate disciplinary action when necessary for compliance and the protection of children.

CCLU licenses seven categories of child care programs: Family Child Care Homes, Family Group Child Care Homes, Group Child Care Centers, Child Care Nurseries, School Age Program, Night Care Programs, and Residential Child Care Programs.

Child Care Aware

Child Care Aware of New Hampshire provides FREE and confidential referrals that are tailored to fit the needs of each individual family seeking child care. They provide families with consumer education to assist them in choosing a quality child care program. Child Care Resource and Referral Outreach Specialists assist families in identifying child care opportunities in their area.



For Child Care Providers they provide quality professional developmental opportunities and technical assistance services to improve program quality and increase teacher competency.

♦ To use the online Child Care Search feature go to the website. To speak to a Child Care Resource and Referral Specialist see the contact information below.

Main/Southern Outreach Office (603) 578-1386, ext. 31

Concord Regional Outreach Office (603) 227-6381

Eastern Regional Outreach Office (603) 330-0962

<http://nh.childcareaware.org>

Resources for Early Childhood Learning

Healthy Families New Hampshire

Program Director - NHDHHS, MCH - (603) 271-4566

Healthy Families NH is a home visiting service available from the time you find out you are pregnant through your child's 3rd birthday. It is non-judgmental support – when you want it – where you want. Healthy Families NH is free, convenient, voluntary and flexible.

Belknap Merrimack County

Belknap-Merrimack Community Action Program
Telephone: (603) 528-5334 EXT 125

Strafford County

Community Action Partnership of Strafford County
Telephone: (603)-435-2500

Grafton/Coos County

Family Resource Center-Gorham
Telephone: (603) 466-5190

Sullivan County

TLC Family Resource Center
Telephone: (603) 542-1848

Hillsboro County

Waypoint
Telephone: (800) 640-6486 or (603) 518-4000

Rockingham County

Families First
Telephone (603) 422-8208

Cheshire County

Home Healthcare Hospice and Community Services
Telephone: (603) 352-2253

Carroll County

VNA of Central New Hampshire
Telephone: (603) 569-2729

Programs for Children with Disabilities: Ages 3 through 5

Ruth Littlefield, Preschool Education Consultant
NH Department of Education, Early Childhood Education
Telephone: (603) 271-2178

Web: https://www.education.nh.gov/instruction/curriculum/early_learning.htm

Early Childhood Education in NH includes children Birth – Grade 3 and their families. Birth to five children in NH are provided services through the Department of Health and Human Services. The exception is preschool special education which is administered by the NH Department of Education and local school districts.

Let's Grow! NH

NHDHHS, DCYF, Child Development Bureau
Telephone: (800) 852-3345 ext. 4242 or (603) 271-4242
Web: www.dhhs.state.nh.us/dcyf/cdb/lets-grow-nh.htm

Let's Grow! NH is a group of cross sector professionals working together to provide and facilitate professional experiences, increase access to tools and resources for early childhood and afterschool professionals in NH. *Let's Grow! NH* Toolkit is a list of up to date resources, information and tools to guide policy and practice development, design and implementation for child care programs, communities, families, schools and stakeholders.

♥ Found a new resource? Write it down...
let NHFV know so we can include it in the next Maze.

The Educational Years

The Challenge of Learning Continues...



By Noah M

NH Department of Education (DOE)

Federal Legislation

Department of Education Organization Act
PL 96-88

Special Education

PL 94-142 IDEA, as amended 1997/2004

State Regulation

RSA 21 N:11, III; RSA 541 A:16, I(b)

Ed 1101.01

Medicaid to Schools NH Law RSA 186-C

NH Department of Education

101 Pleasant Street

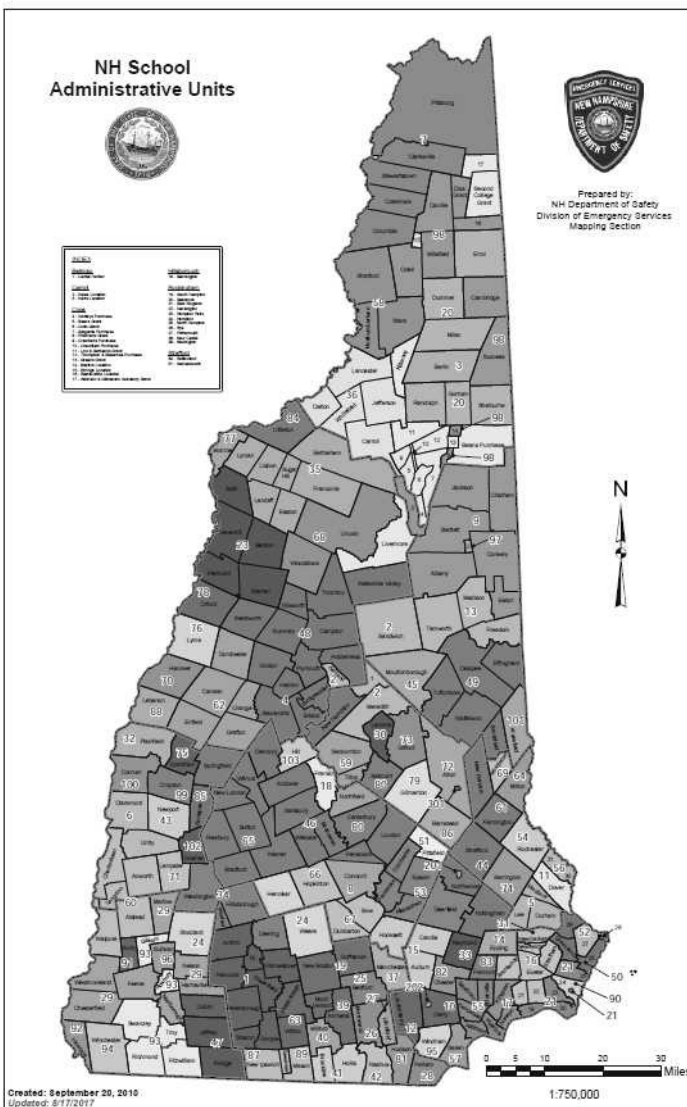
Concord NH 03301-3860

Telephone: (603) 271-3494

TDD Access: Relay NH 711

Web: www.education.nh.gov

The NHDOE is the state agency committed to helping students, parents, and educators (including teachers, principals, superintendents, and school communities) meet the educational needs of each student. Their website provides data and information about the NHDOE's programs, services, and initiatives .



NHDOE, Bureau of Special Education

101 Pleasant Street

Concord NH 03301-3860

Telephone: (603)-271-3791

Web: www.education.nh.gov/instruction/special_ed

Federal statutes and State standards require that students with educational disabilities receive a free appropriate public education (F.A.P.E.) in the least restrictive environment (LRE). The Bureau of Special Education is responsible for the oversight and implementation of educational programs for New Hampshire students with disabilities. The Bureau provides technical assistance and support to lawmakers, public and non-public school officials, parents and community members to enhance and ensure the quality of educational services provided to students with disabilities, and strives to assist in the development of quality educational programs for all students.

School Administrative Units - SAUs

NH School Districts function under School Administrative Units or SAUs. These SAUs may include one or several towns. For a listing of SAU's go to this link: https://www.education.nh.gov/data/school_sau.htm

NH Approved Private Special Education Programs

<i>Program Name</i>	<i>Day or Residential</i>	<i>Grade Range</i>	<i>Age Range Gender</i>	<i>Educational Disability</i>
BECKET FAMILY SERVICES MOUNT PROSPECT ACADEMY Plymouth, NH Telephone: (603) 353-9102 Web: www.becket.org	Day & R	6-12	10-21 Male	Autism, Emotional Disturbance Intellectual Disabilities, Other Health Impairment, Specific Learning Disability, Speech and Language Impairment
BIRCHTREE CENTER Newington, NH Telephone: (603) 433-4192 Web: www.birchtreecenter.org	Day	Pre-12	2-21 Both	Autism, Developmental Delay, Multiple Disabilities
BURNHAM BROOK MIDDLE SCHOOL Canterbury, NH Telephone: (603) 783-4501 Web: www.burnhambrookschoo.com	Day	1-8	7-15 Both	Specific Learning Disability Multiple Disabilities Speech-Language Impairments
CEDARCREST Keene, NH Telephone: (603) 358-3384 Web: www.cedarcrest4kids.org	Day & R	Pre-12	3-21 Both	Autism, Intellectual Disabilities, TBI, Hearing Impairments, Deafness/Blind, Developmental Delay, Other Health Impaired, Visually Impaired
CLEARWAY HIGH SCHOOL Nashua, NH Telephone: (603) 882-9080 Web: https://www.adultlearningcenter.org/clearway-high-school/	Day	9-12	14-21 Both	Emotional Disturbance Other Health Impairments Speech-Language Impairments Specific Learning Disability
CROTCHET MOUNTAIN SCHOOL Greenfield, NH Telephone: (603) 547-3311 Web: https://crotchedmountain.org/school/	Day & R	K-12	4-21 Both	Autism, Deaf-Blindness, Deafness, Specific Learning Disability, Multiple Disabilities, TBI, Visual Impairments, Blind, Speech-Language Impairments Traumatic Brain Injury

<i>Program Name</i>	<i>Day or Residential</i>	<i>Grade Range</i>	<i>Age Range Gender</i>	<i>Educational Disability</i>
EASTER SEALS OF NH JOLICOEUR SCHOOL Manchester, NH Telephone: (603) 623-6940 Web: http://www.easterseals.com/nh/our-programs/residential-educational-services/	Day & R	3-12	8-21 Both	Autism, Emotional Disturbance, Multiple Disabilities, Other Health Impairments, Speech-Language Impairments, Traumatic Brain Injury, Developmental Delay
ENRICHED LEARNING CENTER Berlin, NH Telephone: (603) 215-0002 Web: www.enrichedlearning.net	Day	5-12	9-21 Both	Autism Emotional Disturbance Multiple Disabilities Other Health Impairments Speech-Language Impairments Specific Learning Disability
GRANITE HILL SCHOOL Newport, NH Telephone: (603) 863-0697 Web: www.granitehillschool.org	Day	6-12	11-21 Both	Emotional Disturbance Other Health Impairments Specific Learning Disability Autism
LEARNING SKILLS ACADEMY Rye, NH Telephone: (603) 964-4903 Web: www.learningskillsacademy.org	Day	3-12	7-21 Both	Specific Learning Disability Speech-Language Impairments Other Health Impairments
MONARCH SCHOOL OF NEW ENGLAND Rochester, NH Telephone: (603) 332-2848 Web: www.monarchschoolne.org	Day	K-12	5-21 Both	All Disabilities
NFI NORTH - CONTOOCCOOK SCHOOL Contoocook NH Telephone: (603) 746-7702 Web: www.nafi.com	Day	6-12 K-12	11-21 Both 4-21 Both	Emotional Disturbance Other Health Impairments Specific Learning Disability Autism

<i>Program Name</i>	<i>Day or Residential</i>	<i>Grade Range</i>	<i>Age Range Gender</i>	<i>Educational Disability</i>
NASHUA CHILDREN'S HOME SCHOOL Nashua, NH Telephone: (603) 883-3851 Web: www.nashuachildrenshome.org	Day & R	1-8	7-15 Both	Emotional Disturbance Other Health Impairments Specific Learning Disability Intellectual Disability
PARKER ACADEMY Concord, NH Telephone: (603) 410-6240 Web: www.parkeracademy.com	Day	6-12	11-21 Both	Specific Learning Disability, Other Health Impairments, Emotional Disturbance, Autism, Speech and Language Impairments
PINE HAVEN BOYS CENTER Suncook, NH Telephone: (603) 485-7141 Web: www.pinehavenboyscenter.org	Day & R	1-8	6-15 Male	Emotional Disability Developmental Disabilities, Other Health Impairments, Specific Learning Disability Speech and Language Impairments
REGIONAL SERVICES & EDUCATIONAL CENTER Amherst, NH Telephone: (603) 886-8500 Web: www.rsec.org	Day	5-12	9-21 Both	Emotional Disability Developmental Disabilities, Other Health Impairments, Specific Learning Disability Speech and Language Impairments
SEACOAST LEARNING COLLABORATIVE Brentwood, NH Telephone: (603) 679-2021 Web: www.slconline.org	Day	1-12	5-21 Both	Intellectual Disabilities, Emotional Disabilities, Specific Learning, Autism, Speech and Language, Other Health Impaired
SECOND START Concord, NH Telephone: (603) 224-0161 Web: www.second-start.org	Day	9-12	14-21 Both	Speech Language Impairments Emotional Disturbance Specific Learning Disabilities Multiple Disabilities Other Health Impairments

<i>Program Name</i>	<i>Day or Residential</i>	<i>Grade Range</i>	<i>Age Range Gender</i>	<i>Educational Disability</i>
SPAULDING YOUTH CENTER Northfield, NH Telephone: (603) 286-8901 Web: www.spauldingyouthcenter.org	Day & R	K-12	4-21	Autism Emotional Disturbance Other Health Impairments Multiple Disabilities Traumatic Brain Injury, Developmental Delay Specific Learning Disability
STRAFFORD LEARNING CENTER Somersworth, NH Telephone: (603) 692-4411 Web: www.straffordlearningcenter.org Rochester Learning Academy PEP Preschool, Durham, NH	Day	Pre-12	2-21 Both	Autism, Speech-Language Impairments, Emotional Disturbance, Specific Learning Disability, Other Health Im- pairments, Specific Learning Disability, TBI, All Disabilities
WEDIKO SCHOOL Windsor, NH Telephone: (603) 478-5236 Web: www.wediko.org	Day & R	K-12	4-21 Male	Emotional Disturbance Other Health Impairments
WOLFEBORO AREA CHILDREN'S CENTER Wolfeboro, NH Telephone: (603) 569-1027 Web: www.wolfeborochildren.org	Day	Pre	2-5 Both	Autism, Hearing Impairments, Speech Language Impairments Developmental Delay

Extended Learning Opportunities (ELO's)

Extended Learning Opportunities, or ELOs, are credit-bearing learning experiences that happen outside of the traditional classroom. They provide limitless options to deeply explore fields of study and career paths that students are passionate about, including those that may not be available through their school curriculum, and may even provide an alternative pathway to fulfilling graduation requirements. NH schools are required to have a policy about ELOs, even if they do not yet offer them. For more information see 'Beyond Classroom' website: <https://beyondclassroom.org>

Next Steps NH

Next Steps NH is a project to increase the college and career readiness of New Hampshire students with disabilities and/or those at risk of dropping out of school. The project will do this through implementation of evidence-based transition practices. Their website offers a multimedia training and reference tool about the transition IEP (Individual Education Plan) process: what must be part of the process and what must be written into the IEP itself. For more information see 'Next Steps' website: <https://nextsteps-nh.org>

New Hampshire Public Charter Schools

Charter schools are public and tuition-free schools authorized by the New Hampshire State Board of Education.

Charter schools provide a choice for parents and students seeking an option to traditional public schools. Public charter schools are created and governed by an independent board of trustees. Charter schools operate independently from many of the rules and regulations that apply to local school districts.

The focus of each public charter school is unique and based on the educational needs and interests of a particular community. Charter schools have the flexibility to choose innovative, educational strategies that will best help students meet their academic potential. Charter schools tend to offer a small class size.

Public charter schools are granted a "charter" for a term of five years. The school's "charter" outlines the mission statement, educational program, student achievement goals and objectives, methods of assessment and measures of success. Charter schools are held accountable for meeting academic, financial, organizational and programmatic goals and objectives as outlined in its charter. For a listing of Charter Schools follow this link: https://www.education.nh.gov/instruction/school_improve/charter/approved.htm

Education for Homeless Children and Youth

Is your housing uncertain? Do you live at a temporary address? You can still enroll in school and may get free transportation under the McKinney-Vento Act. Students in temporary housing have the right to:

- ◆ Go to school, no matter where they live or how long they have lived there
- ◆ Choose to attend either the local school or the school of origin, if feasible and in their best interest
- ◆ Get free transportation to and from the school of origin, if it is requested
- ◆ Enroll in and attend school immediately, without proper documentation, (ex. Birth certificate, proof of residence, previous school records, or immunization/medical records) or even without a parent or proof of legal guardian
- ◆ Have access to the same programs and services that are available to all other students, including transportation, extracurricular activities and supplemental educational services.
- ◆ Get free school meals without an application

For more information contact: Director of Homeless Education, NHDOE (603) 271-3840

Web: https://www.education.nh.gov/instruction/integrated/title_x.htm

Notes

Home Schooling

Home schooling is when a parent takes full responsibility for providing education for their child. For many home schoolers, this means being taught at home. For others, it means learning at a cooperative school, or even learning from several places all at once. Some attend public school for some subjects - or even just go there for lunch to visit with their friends.

Each program is unique to the child, and is decided upon by the parent. Here in NH, you do not have to be a certified teacher or become accredited in any way. All you have to be is a concerned parent, willing to take on the responsibility of providing your child's education.

Legally, all you need to do is notify your district of your intent to home school by a written letter. Samples of letters and state requirements can be found on the NH Department of Education website, https://www.education.nh.gov/instruction/school_improve/home_ed/index.htm or for more information call the NHDOE/Home Education at (603) 271-0076.

NH Home Schooling Resources

New Hampshire Home Schooling Coalition

Telephone: (603) 838-5081

Web: www.nhhomeschooling.org

The Coalition is organized and run by volunteers. They publishes the New Hampshire Home Education Guidebook, a valuable reference guide which includes information about the NH's home education law and rules. Comprehensive resource lists.

Granite State Home Educators

Email: info@granitestatehomeeducators.org

Website: <https://granitestatehomeeducators.org>

Granite State Home Educators is an all-volunteer statewide grassroots organization created to support and empower parents who wish to actively direct their children's education through home-schooling.

Home Schooling Special Needs Resource

National Association for Child Development

549 25th Street

Ogden, Utah 84401

Telephone: (801) 621-8606

Web: www.nacd.org

NACD is an organization which evaluates and designs home programs for a vast array of children including children with LD, ADD, PDD or any autism spectrum, Down Syndrome, Brain injury, as well as children with other diagnoses or no diagnosis.

Educational Resources

Parent Information Center

Concord, NH

Telephone: (800) 232-0986 or (603) 224-7005 V/TTY

Web: www.picnh.org

The New Hampshire Parent Training and Information Center (PTI) provides information, referrals, workshops and support to families of children with disabilities. Their main objective is to help parents support their child's educational success and foster positive family-school-community partnerships. Services and Resources Include: Telephone/e-mail support; interactive workshops statewide; handouts, articles, and other useful information; connection to resources; and Advocates for Families of Children with Disabilities (a fee for service program).

The Southeastern Regional Education Service Center (SERESC)

Bedford, NH

(603) 206-6800

Web: <https://www.seresc.net/student-level-services>

SERESC offers a wide range of clinical services designed to meet the needs of each individual student. Most clinical services are offered to students through their school districts and some are available to families and other groups.

New Hampshire Library Services to Persons with Disabilities

Talking Book Service, NH State Library

Concord, NH

Telephone: (800) 491-4200 or (603) 271-3429

Web: https://www.nh.gov/nhsl/talking_books

The Talking Books Program exists to meet the reading needs and interests of New Hampshire residents who are physically unable to see, handle or process printed material comfortably. Eligibility includes anyone with a vision problem, a grasping/physical problem, or an informational-processing problem that does not affect intelligence. They lend a wide variety of materials. Applications are available on online. The services are free.

Assistive Technology in New Hampshire, (ATinNH)

The Institute on Disability /UNH

Telephone: (603)862-4320

Website: <https://iod.unh.edu/assistive-technology>

This program offers training, education and outreach as well as classes, and workshops. They also have services on AT Policy, equipment demonstrations, loans and refurbishing/reuse equipment.

Institute on Disability/UCEDD

University of New Hampshire

Concord, NH

(603) 228-2048 (V/TTY) or (800) 238-2048

Web: www.iod.unh.edu

Trains students, self-advocates, families and professionals through coursework, seminars, workshops and conferences; Provides technical assistance to organizations and individuals to improve their capacity to include all citizens. Disseminates information to families, consumers, community members and professionals via books, monographs, articles, videos, newsletters, the internet and newspapers and consumer forums; engages in collaborative activities and joint projects with organizations that share common goals.

New Hampshire Branch of the International Dyslexia Association

Concord, NH

Telephone: (603) 229-7355

Web: <https://nh.dyslexiaida.org>

A scientific and educational organization serving Maine, Vermont and New Hampshire, educating the community about the causes, symptoms, assessment and remediation of dyslexia; disseminate information about available resources; teach multi-sensory structured language instructional approaches to educators and other professionals; and collaborate with organizations working on behalf of people with dyslexia.

New Hampshire Partners in Education

Concord, NH

Telephone: (603) 540-0620

Web: www.nhpie.org

New Hampshire Partners in Education foster, support and facilitate volunteer programs in schools.

New Hampshire Parents of Children with Visual Impairments

Londonderry, NH

Telephone: (603) 425-2524

Web: <http://www.afb.org/directory/profile/new-hampshire-parents-of-the-visually-impaired/12>

Families with children who are blind or visually impaired, come together to share common issues and provide support and resources. These resources include educational and recreational opportunities.

Learning Disabilities Association of NH

Concord

Web: www.LDANH.org

LDA-NH is non-profit, state affiliate of LDA, Inc. The organization is made up of parents, professionals, and individuals with LD, promoting better understanding, education, and services for individuals with learning disabilities.

Northeast Deaf and Hard of Hearing Services

Concord, NH

Telephone: (800) 492-0407 or (603) 224-1850

TTY (866) 634-4764 or (603) 224-0691

Web: www.ndhhs.org

Northeast Deaf and Hard of Hearing Services (NDHHS) is New Hampshire's "one-stop" resource for services specific to the Deaf and Hard of Hearing community and for information about hearing loss. Family Sign Language Program for Families with Children Ages 0-3, Health Advocate/Community Services; Loan Program (Assistive Listening Devices, Media); Parent-Infant Services; Shared Reading Program for Children Ages 3-6; Translation Services.

NFBNH Parents of Blind Children

National Federation of the Blind of NH

Telephone: (603) 892-6355

Web: <http://nfbnh.org/NewHampshireResources.html>

Providing public education services, information and referral, advocacy, scholarships, literature and publications, and by protecting the civil rights of all blind people; by the development and evaluation of technology for the blind; by supporting parents of blind children and their families;

Northeast Rehab's Outpatient Pediatric Rehabilitation Program

Telephone: (603) 893-2900 ext. 3230

Web: www.northeastrehab.com

Pediatric Outpatient Clinics are held in Nashua and Salem

Educational and cognitive evaluations and therapies provide therapeutic outpatient services to infants, children, and adolescents with a wide range of cognitive and neurological diagnoses. Provide comprehensive Physical, Occupational and Speech Therapy and when appropriate, programs coordinate care among the different therapies needed.

NH Higher Education Assistance Foundation Network

Concord, NH

Telephone: (800) 525-2577 or (603) 225-6612

Web: www.nhheaf.org

The NHHEAF Network is comprised of three separate, private nonprofit organizations dedicated to helping families plan and fund education beyond high school. Will assist families with FAFSA application.

US Office for Civil Rights

Region I - Boston (Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont) Office for Civil Rights

Telephone: (617) 565-1340 TDD (617) 565-1343

Web: www.hhs.gov/ocr

OCR enforces Federal statutes that prohibit discrimination based on race, color, national origin, sex, age, or disability in education programs receiving Federal financial assistance.

Notes:

Guidelines for Choosing a Special Education Advocate

Many parents choose to use a special education advocate to support them in getting what their children need in special education. Non-lawyer advocates do not have a license to practice law, and they are not attorneys. They provide their services according to the laws of their state. (NH does not have any laws governing educational advocates). Many advocates have training and experience to help you beyond giving you moral support. Advocates can be professionals with training in special education and advocacy, they can be paraprofessionals such as paralegals, or they can be nonprofessional volunteers. They may or may not charge a fee for their services. (The Council of Parent Attorneys and Advocates, Inc. (COPAA), uses the term “special education advocate” and “advocate” to refer to individuals who advocate for parents and families, but are not attorneys).

Select a trained, experienced advocate

Unlike attorneys, no certificate authority exists to certify advocates at this time. However, special education advocates do have training opportunities, and many have years of experience and training. When you interview an advocate you may want to work with, you need to ask about their education and training. You should also ask whether the advocate stays current in the field by getting updated training and education through workshops, conferences, continuing education programs, or seminars. Do not hesitate to ask for references from the advocate. You are the one making the hiring decision.

Select an advocate with special education experience

Experienced advocates can often get things done when others cannot. They should be familiar with the local service providers, evaluators, local school districts and special education administrators and the options they offer, and local customs. Ask about their knowledge of IDEA and other law/regulations affecting the education of students with disabilities.

Advocates also may have specific skills and knowledge about evaluations, certain disabilities, IEPs and other educational negotiations, behavioral supports and discipline, document management, fact investigations, and other areas. They may also have alternative dispute resolution skills, such as mediation and facilitation skills. Ask your advocate about his or her experience and specific skills.

Select an advocate who understands your child

You should expect an advocate to spend time visiting your child. Each child is a unique human being and has individual educational needs. Your advocate should be able to explain to you how your child's disability will affect him or her at school. Advocates are not diagnosticians and they are not education evaluators. But, a working knowledge of your child's disability, or a willingness to become educated about your child's disability, is a quality any good advocate should have.



Advocates and attorneys

Non-lawyer advocates are not attorneys or members of the bar. Some advocates and paralegals are supervised by attorneys or work with public interest organizations, like Protection and Advocacy agencies. Others work independently in their own offices. You can ask an advocate if they work with an attorney. But, it is not necessary that a lawyer oversee or supervise an advocate, or that an advocate even have a relationship with an attorney. Many experienced advocates work completely on their own or with other advocates who are not licensed attorneys. Also consider this: You should decide what you want in an advocate and what kind of assistance you need.

Select an advocate who understands his or her professional limits

Professional advocates may give you legal information and help you negotiate and resolve disputes. But, they are not lawyers, and cannot give you the same type of legal advice as attorneys. An experienced, well trained advocate should help you recognize when you should seek the services of a lawyer. You and your advocate should discuss your case and whether it would be appropriate to hire an attorney based on the facts and individual situation.

Other questions to ask

You can ask what an advocate charges and how you will be billed. You can ask how the fees are determined, and whether they will be hourly or a flat rate basis. Find out who keeps the copies of your child's records at the advocate's place of business, and how your child's file will be maintained and returned to you when you need them. Discuss communications, how you and your advocate will keep each other informed.

You, the parent, must make all of the final decisions about your child's case. After meeting with the advocate ask yourself if you:

- Will be comfortable working closely with this person
- Are confident the advocate has the experience and skill to handle your case
- Understand the advocate's explanation of what your case involves
- Understand the proposed fee agreement

Source: The Council of Parent Attorneys and Advocates, COPAA,
P.O. Box 6767, Towson, Maryland 21285 Telephone: (410) 372-0208.
Web: www.copaa.net. COPAA Guidelines incorporate information based
in part on an article published by the Illinois Attorney General's office.

Special Educational Advocates

Student Matters, LLC Educational Advocacy Services

Carolyn Blasko, M. Ed.

Concord, NH

Telephone: (603) 738-2409

Web: www.studentmatters.net

Charlene Mayo

PIC/Advocate for Families of Children with Disabilities

Concord, NH

Telephone: (800) 947-7005 or (603) 224-7005

Web: <https://www.picnh.org/portfolio-item/advocates-for-families/>

Education-A-Must

Dorothy French

East Derry, NH

Telephone: (603) 437-6286

Web: www.education-a-must.com

Special Education Advocacy, LLC

Suzanne Whitney

Bedford, NH

Telephone: (603) 249-6152

suewhitney@suewhitney.com

www.suewhitney.com

Nakata Consulting

Joe Carreiro

Telephone: (978) 317-7386

Website: www.nakataconsulting.org

SPED Solutions, LLC

Angela Kouroyen

Derry, NH

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Special Education Advocacy and Consulting Services

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Special Education Advocate, Educational Consultant, Reading and Writing Tutor

Lorie Ball, M.Ed

Salem, NH

Telephone: 603-770-7319

Website: <http://www.nhadvocate.com>

♥ *This listing is what we found, there may be others.*

Guidelines for Choosing an Attorney to Represent Your Child's Interest in Special Education

If you have a child with a disability, you may find that you need legal support to get the educational services your child needs. Attorneys who have licenses to practice law provide legal advice, help and support; they can represent you in court and in due process hearings. Licensed lawyers are accountable to strict rules of legal procedures and ethics.

Like all other lawyers, special education attorneys may be in private practice or they may practice in a public service agency such as a Protection and Advocacy agency, Legal Aid, Legal Clinic, or other similar organization. Choosing an attorney is an important decision. Attorneys' styles vary just as parents' styles do. Choose an attorney who is most compatible with your personality and objectives. This basic guide will help you as you select an attorney who will be helpful. Please keep in mind that before an attorney can answer some of your questions, the attorney may want to review your child's educational records and other related records.

Consider the attorney's special education expertise and knowledge

The law in special education cases can be complex. Although the training lawyers receive prepares them to deal effectively with legal complexities, law schools commonly do not teach special education law as a specific body of law. Attorneys who practice special education law should have suitable training and experience in this field. You want to make sure that they have the special education law experience you are looking for.

Find out if the lawyer you are considering routinely handles special education cases. Good lawyers in other fields of law often become motivated to begin practicing special education law. Special education lawyers also may be parents of children with disabilities. Knowledge and experience in other fields of law is one feature of an attorney's practice that may be important. Ideally, attorneys who help parents in this field know the various federal and state laws and regulations about disabilities, civil rights, and special education. Special education attorneys should also know the current education court decisions from the federal and state courts as well as their state's administrative decisions.

Select an attorney with the special education experience you need

Practicing special education law and resolving special education conflicts call for many different skills. Special education lawyers routinely conduct simple negotiations, mediations, administrative hearings (due process hearings), or go to court for their clients. Consider the experience the attorney has in each of these areas. Ask the attorney about his or her experience. You should feel free to ask for references. You are the one making the hiring decision.

Practicing special education lawyers should be familiar with the local service providers, evaluators, local school districts and the special education administrators in the school districts. They should also have knowledge of local customs and the education optional choices that are available. They should know about evaluations, IEP issues and details, disabilities, behavioral supports, discipline issues, document management, fact investigations, formal and informal negotiations for needed services, and other areas that are common to special education cases.

A lawyer should be familiar with the state's due process hearing procedures, hearing officers, mediation process, and the process of filing a complaint with the state. If you think you may go to federal court over a dispute, the lawyer should be familiar with federal court procedures and know about the local courts.

Possible outcomes of the case

Each special education case is unique because each student's particular educational needs are unique. In addition, special education cases may include dynamics that other law cases do not. However, an experienced special education attorney should be able to review your child's education records and give you a range of possible outcomes. A lawyer will help you carefully weigh the advantages and the disadvantages of your case. Do not expect an attorney to guarantee you an outcome.

Ask how the attorney charges for his or her work

You should not hesitate to ask attorneys what their rates are and how they will bill you for professional services. Most attorneys will not begin work without an agreement, something called an engagement agreement or letter. Attorneys should tell you what you should expect. They should tell you what the extent of their representation is going to be (what they are going to do for you). They should also tell you about how they set their fees; what is expected of you in terms of paying for expenses; whether they work by the hour or whether they work on a flat rate basis; what the retainer (if any) will be used for; and terms of engagements.

Understand your role as parents

Parents play a vital role in every special education case. Lawyers cannot make decisions for you. They can give you legal advice and tell you what to expect. But you, as parent of the student, are responsible for making decisions. You must decide whether to accept or reject an IEP, whether to settle your conflict with the school informally and what the terms of a settlement will be, and other such decisions.

Source: The Council of Parent Attorneys and Advocates, COPAA, P.O. Box 6767, Towson, Maryland 21285 Telephone: (410) 372-0208. Web: www.copaa.net COPAA Guidelines incorporate information based in part on an article published by the Illinois Attorney General's office and a set of guidelines published by Martindale-Hubbe Publishing at www.lawyers.com

NH Attorneys for Special Education Law

EdLaw New England

Manchester, NH
Telephone: (603) 695. 6557
Website: <https://edlawnewengland.com>

Zakre Law Office

Sheila Zakre
Concord, NH
Telephone: (603) 224-4400
Web: www.zlawnh.com

James M. Baron, Esq., M.Ed.

Nashua, NH
Telephone: (781) 209-1166
Web: www.lawbaron.com

Francis J. McDonough, Jr., Esq.

Hollis, NH
Telephone: (603) 340-5292

Bianco Professional Association

Concord, NH
Telephone: (603) 225.7170
Website: <https://www.biancopa.com>

Disabilities Rights Center

Concord, NH
Telephone: (603) 228-0432
Web: www.drcnh.org

Coakley & Hyde, PLLC

Portsmouth, NH
Telephone: (603) 319-1731
Web: www.coakleyhyde.com

Ashford Law Office

Linda Ashford
Concord, NH
Telephone: (603) 224-8383

Bernson Legal, PLLC

Tracy A. Bernson
Dover, NH 03820
Telephone: (603) 740-3628
Web: www.seacoastlawfirm.com

Teresa Kraft, Esq.

Manchester
Telephone: (603) 695-6557
Website: <http://www.theresakraft.com>

♥ *This listing is what we found, there may be others.*

NOTES

People I have spoken with

Educational Transition Checklist

Beginning at age 14 (or younger, if determined appropriate by the IEP team), the IEP must include a statement of transition service needs, which focus on the student's course of study. The course of study is a long range plan that includes classes, work experiences, work study opportunities, and other opportunities that will assist youth in meeting their post secondary goals. This plan is long range, broken down by year, and required to be part of the IEP when a youth is 14. This is a quick checklist to keep in mind as the transition from school begins to happen. Everyone has a part to play in successful transitions to adulthood.

The Role of the Student

- Express opinions and exercise choice.
- Attend transition planning and conference meetings.
- Take an active role in meetings, such as issuing invitations, facilitating, taking notes and / or disseminate minutes.
- Listen and be attentive during meetings.
- Be an assertive, tireless self-advocate.
- Participate in self evaluations.
- Be respectful of others in the community, on the job, and at school.
- Gather information about schools and service providers and ask detailed questions along the way.
- Recognize that some jobs, homes, post-secondary education institutions (colleges or universities) and activities are unsatisfactory and not good matches.
- Realize that no job is perfect and that many jobs require some unpleasant work.

The Role of the Family

- Advocate for functional curriculum that will prepare students for work and community life.
- Include goals for community job training, if related to achieving desired outcomes, in your son/daughter's transition plan.
- Investigate post-secondary education options with your son/daughter and get information about admissions requirements, accessibility, adaptations and supports available to students with disabilities.
- Maintain close communication with teachers throughout the school years.
- Attend all transition IEP conferences.
- Communicate the value of work to your son/daughter.
- Emphasize behaviors that will support employment, post-secondary education and community living.
- Visit employment providers and understand the different ways people are supported in employment.
- Visit community living providers in the area include small personalized homes or supported living arrangements.

The Role of the School

- Provide integrated education that emphasizes students' involvement with peers without disabilities and focuses on the building of integrated peer support networks.
- Involve students and parents in selecting valued activities for the transition IEP.
- Provide functional curriculum that emphasizes work, leisure, and personal management activities in a community-based training program.
- Provide curriculum that prepares students with disabilities for post-secondary education.
- Provide a variety of community job training opportunities for all students.
- Develop and disseminate a Transition Manual for students and parents that describes local services.
- Provide parent education and training on current program and post-high school opportunities.
- Communicate and build ties with the business community.
- Develop individualized student resumes and portfolios.
- Identify desired transition outcomes and develop a transition plan for each student as part of the IEP process.
- Initiate an interagency agreement to establish timelines and responsibility for transition planning activities.

The Role of Adult Service Providers

- Participate in formal transition planning meetings for high school students; provide requested information and follow through with applications for service.
- Work with school personnel to overlap services during the students' last year.
- Collect and disseminate information on service recipient outcomes in local services.
- Implement programs that reflect professional best practices and support normalized adult lifestyles for individuals with disabilities. In general, adult service programs should be designed to promote economic self-sufficiency, relationships with non-disabled peers, exercise of choice, development of new skills, and community integration.
- Ensure that each student graduates with competitive employment or a job that meets supported employment guidelines, if student desires.

• Adapted from: A Family Guide to Transition Planning
The University Affiliated Program of Indiana

Children's Health and Supports ...

Staying Healthy and Well...



Community Health Programs

The Child Health Program

Through this program, DHHS, the Bureau of Maternal and Child Health funds ten community health centers and one health agency to provide health care services to children in their community. Services are targeted to low-income, uninsured, or underinsured children. Care is provided through office visits and home visits, and is free or available by a sliding fee scale, depending on the child or family's financial situation. Services include:

- Helping parents enroll a child on NH Medicaid, if the child is eligible
- Physical exams
- Health screenings
- Immunizations
- Providing information on topics such as a child's growth, development, and safety
- Social services and
- Helping parents with coordinating care and getting other needed services.

Child and Family Health Support Services

Eight community health agencies in the state receive funding from DHHS/MCH to provide "Child and Family Health Support Services". These services are to help families where children may already have a health care provider but need additional services. They can also provide services such as:

- Helping parents enroll a child on NH Medicaid, if the child is eligible
- Helping parents with coordinating care and getting other needed services
- Providing information on topics such as a child's growth, development, and safety, and
- If the child does not have a health care or provider (or "medical home"), or dentist, parents can get help with finding one for their child.
- These services are conducted in person or by telephone.
- These services are used primarily by children from birth through age ten, but are available for children up to age 19.

Community Health Agencies

Portsmouth Area

Families First of the Greater Seacoast

<https://www.familiesfirstseacoast.org>

Portsmouth site: (603) 422-8208

Newmarket, Raymond, and Nashua Area

Lamprey Health Care

<http://www.lampreyhealth.org>

Newmarket site: (603) 659-3106

Raymond site: (603) 895-3351

Nashua site: (603) 881-9914

Rochester & Dover Area

Goodwin Community Health Center

<https://goodwinch.org>

Somersworth: (603) 749-2346

Manchester Area

Manchester Community Health Care

<http://www.mchc-nh.org>

Manchester: (603) 626-9500

Child Health Services: (603) 668-6629

Teen Health Clinic: (603) 296-9209

Concord and Hillsboro Area
Concord Hospital Family Health Center
<https://www.concordhospital.org/services/family-health-centers>

Concord site: (603) 228-7200
Hillsboro site: (603) 464-3434

New London Area
New London Hospital Assoc.
<http://www.newlondonhospital.org>

New London site: (603) 26-2911
Newport site: (603) 863-4100

Warren, Littleton, Woodsville and
Whitefield Area
Ammonoosuc Community Health Services
<https://ammonoosuc.org>

Warren site: (603) 764-5704
Littleton site: (603) 444-2464
Woodsville site: (603) 747-3740
Whitefield site: (603) 837- 2333
Franconia site: (603) 823-7078

Colebrook Area
Indian Stream Health Center
<https://www.indianstream.org>

Colebrook: (603) 237-8336

Franklin Area
Health First Family Care Center
<http://healthfirstfamily.org>

Laconia: (603) 366-1070
Franklin : (603) 934-1464

Conway Area
White Mt. Community Health Center
<http://www.whitemountainhealth.org>

Conway site: (603) 447-8900

Berlin Area
Coos County Family Health Center
<http://www.coosfamilyhealth.org>

Berlin site: (603) 752-2040

Lancaster Area
Weeks Medical Center
<https://weeksmedical.org>

Lancaster site: (603) 788-4911
Whitefield site: (603) 837-9005
Groveton site: (603) 636-1101

Plymouth Area
Mid-State Health Center
<https://www.midstatehealth.org>

Plymouth site: (603) 536-4000
Bristol site: (603) 744-6200

Nashua Area
Harbor Homes, Inc.
<http://harborhomes.org/harbor-care-health-and-wellness-center>

Nashua: 821-7788

NOTES.....



Cooing, sitting up, and crawling are signs that your baby is growing. Your baby's vision has stages of development too, but the signs marking progress are not so obvious. For many months to come, those little eyes will be the windows he/she uses to learn almost everything about their new world.

Many eye conditions have no symptoms that can be identified by a parent or in a well baby check-up. Early detection is the best way to ensure your child has healthy eyes and appropriate development of vision, now and in the future.

InfantSEE®, developed by the American Optometric Association and The Vision Care Institute of Johnson & Johnson Vision Care Inc., is a public health program designed to ensure that eye and vision care becomes an integral part of infant wellness care to improve a child's quality of life. Through InfantSEE participating optometrists provide a **no-cost** comprehensive infant eye and vision assessment within the first year of life. To find participating NH optometrist go to: www.infantsee.org

Healthy Homes and Lead Poisoning Prevention Program

NHDHHS Division of Public Health Services

Telephone: (800) 852-3345 X 4507 or (603) 271-4507

Web: <https://www.dhhs.nh.gov/dphs/bchs/clpp/index.htm>

The program is a resource for NH residents who need help addressing the hazards of lead in their children's environment. The program provides nurse case management for lead poisoned children, environmental inspections for lead poisoned children as well as many other public health roles. Their publications page on the website has many resources.

Immunization Program

NHDHHS Division of Public Health Services

Telephone: (800) 852-3345 X 4482 or (603) 271-4482

Web: <https://www.dhhs.nh.gov/dphs/immunization/index.htm>

The program promotes immunization initiatives for children and adults to assure the opportunity for a lifetime of protection from vaccine preventable diseases. Information about NH Statutes and laws pertaining to immunizations required for school and day care entry.

Children and Youth with Special Health Care Needs

Special Medical Services

NHDHHS Division of Developmental Disabilities

Telephone: (800) 852-3345 Ext. 4488 or (603) 271-4488

Web: <https://www.dhhs.nh.gov/dcbcs/bds/sms/index.htm>

Special Medical Services administers health programs and services for children ages' birth to 21 years, who have, or are at risk for, a chronic medical condition, disability or special health care need. They also provide information and support services.

Women, Infants & Children Nutrition Services (WIC)

NH DHHS Office of Community & Public Health

Telephone: (800) 942-4321 or (603) 271-4546 TDD Number - (800) 735-2964

Web: <https://www.dhhs.nh.gov/dphs/nhp/wic/index.htm>

The New Hampshire Women, Infants and Children Nutrition Program (WIC) provides nutrition education and nutritious foods to pregnant women, new mothers, infants or children less than 5 years old.

You can now use an online WIC Pre-screening Tool to see if you are eligible for WIC services. The Tool asks several questions about residential and income eligibility for WIC services. Visit the USDA's WIC Program at www.fns.usda.gov/wic and click on the "Am I Eligible?" banner on the page. As you proceed through the tool, you will also be able to see which WIC agency in NH to call for an appointment.

♦ **Request for Special Formula** - If your infant is needing a special formula a prescription may be needed and is subject to WIC approval. If your infant is dually enrolled in NH Medicaid/Managed Care Organization (MCO), than the MCO determines and provides special formulas. A 'Request-Special Formula and Foods-Medicaid/WIC Form' is available on the DHHS/WIC Website or at: <https://www.dhhs.nh.gov/dphs/nhp/wic/documents/noncontractformula.pdf>

WIC Locations

Community Action Program Belknap - Merrimack Counties

(Coos & Grafton)

<https://www.bm-cap.org/women-infant-and-children-wic>

2 Industrial Park Drive , Concord

Telephone: (603) 225-2050

Goodwin Community Health (Carroll & Strafford Counties)

<https://goodwinch.org/services/wic3>

11 Route 108, Somersworth

Telephone: (603) 332-4358

Southern New Hampshire Services (Hillsborough & Rockingham)

<https://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic>

40 Pine St. - Manchester Telephone: (603) 668-8010

134 Allds St. - Nashua: (603) 889-3440

Southwestern Community Services (Cheshire and Sullivan)

<http://www.scshehelps.org/wic.htm>

63 Community Way - Keene

Telephone: (603) 352-7512

Healthcare Insurance Resources

Health Care Financing

Health insurance is essential for children and youth with special healthcare needs (CSHCN). Without it there would be limited access to diagnostic testing, primary care, specialty care, hospital services, prescription drugs, therapies, mental health services, durable medical equipment and supplies, hearing aids and other health-related services. Being able to access services is critical for detecting and monitoring health problems, preventing the deterioration of physical or behavioral/mental health, and maximizing a child's potential to learn, play and develop with his or her peers. Some services can make the difference between quality and quantity of life.

★ We hope this broad overview is helpful, but please note... for more detailed information call or read more online from the organizations listed.

ACA –Patient Protection and Affordable Care Act and the Health Care and Education Reconciliation Act

In March of 2010, the Patient Protection and Affordable Care Act and the Health Care and Education Reconciliation Act (ACA) became law. These laws together make up health care reform, otherwise known as the new health law.

As of September 2010, health insurance plans can no longer limit or deny benefits or deny coverage outright for a child younger than age 19 simply because the child has a “pre-existing condition” and health plans will no longer be able to put a lifetime dollar limit on most benefits. The ACA helps make wellness and prevention services affordable and accessible by requiring health plans to cover many preventive services without charging a co-payment, co-insurance, or deductible. Youth up to the age of 26 can remain on their parents' health insurance.



The **Covering New Hampshire** website is the official resource for Granite Staters to learn about the Health Insurance Marketplace and the affordable health insurance plans that are now available.

Covering NH makes the process of getting insurance through the Marketplace as easy as possible by helping consumers understand the health care law and how it affects them and providing details about new health insurance plans that are available to Granite Staters through the Marketplace.

For assistance call: (800) 318-2596

Web: <http://coveringnewhampshire.org>

For more information about healthcare coverage through the Marketplace go to:
healthcare.gov

Find 'In Person' Help

In NH people can purchase Health Insurance through the NH Health Insurance Marketplace. Have questions? Want to learn more about the Marketplace? Want to start reviewing plan options? Professional in-person assisters are located throughout the state to provide you with free assistance.

Assisters are:

- Trained and certified individuals.
- Help you apply and enroll in a health plan with savings or apply for Medicaid/Children's Health Insurance Program (CHIP).
- Required to provide fair, impartial, and accurate information.

Navigators are:

- Trained and registered by the Marketplace; licensed in their states
- Generally paid by insurance companies whose plans they sell
- Required in many states to act in a consumer's best interest
- Can refer customers for Medicaid/CHIP help

Navigators at *Bi-State Primary Care* - www.bistatepca.org/nh-navigator-assistance

Navigators at *Building Community in New Hampshire (BCNH)*, formerly known as Bhutanese Community of New Hampshire - <https://bcinnh.org>

Because funding for assisters and navigators has changed and the list can change frequently we encourage you to check for a local in-person assister on Healthcare.gov - <https://localhelp.healthcare.gov>

Granite Advantage Health Care Program

(Formerly known as New Hampshire Health Protection (NHHPP))

This is Medicaid Expansion in NH. The program is for adults ages 19-65 that fall under certain income limits. On January 1, 2019, per state law, the **Granite Advantage Health Care Program** replaces NHHPP. Medical coverage will continue from one of the state's Medicaid Care Management plans, NH Healthy Families and Well Sense Health Plan. The New Hampshire Health Protection Program (NHHPP) / Premium Assistance Program (PAP) becomes the *Granite Advantage Program*.

This transition to Granite Advantage brings other change to the program as well. Financial eligibility can be found on the following page. A new requirement is that members must work or engage in significant activities including vocational education, job training, job search activities or participate in community engagement and will need to complete a total of 100 hours each month of the calendar year that they are mandatory. There are many activities that count towards the requirement, and a member can use a combination of hours to fulfill their requirement. The Department of Health and Human Services (DHHS) understands that some Granite Advantage members may not be able to participate in community engagement. These individuals may be exempt and will not have to complete community engagement activities.

More information can be found at

<https://www.dhhs.nh.gov/ombp/medicaid/granite.htm>

Granite Advantage Health Care Program - <https://nheasy.nh.gov/#/granite-advantage>

Granite Advantage Health Care Program ... continued

While coverage will vary depending which option you're eligible for, all of the coverage options available through Granite Advantage are required to cover services like regular check-ups with your doctor, emergency room visits, prescription drugs, visits to specialists, and more.

Eligibility

- ◆ Ages 19 to 65 Who are not: Pregnant, Entitled to/enrolled in Medicare Part A or B or otherwise eligible/enrolled in coverage under the State's Medicaid plan.
- ◆ Resources (assets, savings etc.) are excluded.
- ◆ Household income is at or below the following levels:

Household Size	Monthly Income	or	Annual Income
1	\$1,355		\$16,243
2	\$1,833		\$21,983
3	\$2,311		\$27,724
4	\$2,790		\$33,465
5	\$3,268		\$39,206

To apply for coverage through the Granite Advantage:

- ◆ Online: visit [NH EASY https://nheasy.nh.gov/#/](https://nheasy.nh.gov/#/)
- ◆ Submit a paper application: Visit a DHHS **District Office** (listing on page 101) or download an application at: <https://www.dhhs.nh.gov/dfa/apply.htm>

NH Medicaid

New Hampshire Medicaid is a federal and state funded insurance program that serves individuals and families who meet financial and other eligibility requirements. Medicaid for children, ages 0-19 provides a full range of health and dental services to eligible children at no cost to the family. A child will receive care from doctors, dentists and health care providers who are contracted as Medicaid Providers.

The [Division of Family Assistance \(DFA\)](#) determines Medicaid financial eligibility and all non-financial eligibility, with the exception of medical necessity determinations, for the following groups: children under the age of 19, pregnant women, low-income families with children, individuals who are blind, refugees, non-citizens, seniors, and adults with disabilities.

Eligibilities:

- Income
- resources (for the non-MAGI groups only)
- and non-financial criteria

Specific income and resource limits are used to determine eligibility for each categorical eligibility. While non-financial information is generally the same for each there are some differences – for example, an application for services under the Aid to the Needy Blind program requires an individual to have a medical necessity determination of legally blind, while an application for services for seniors has no medical necessity requirement, but does have an age requirement.

Children's Medicaid & Children's Expanded Medicaid - Children's Medicaid (CM) : provides free health and dental coverage for children up to age 20 with family income less than or equal to 196% of the federal poverty income limits (i.e. family of four with a gross monthly income of \$4,100). Children's Expanded Medicaid cover children up to age 19 and the financial eligibility is 196% up to but not more than 318% of the federal poverty income limits (i.e. family of four with a gross monthly income of \$6,652).

Categorical eligibilities for children and young adults with disabilities:

- ◆ Home Care for Children with Severe Disabilities (HCCSD): (Often called “Katie Beckett”) is for children with severe disabilities up to age 19 whose medical/behavioral disability is so severe that they qualify under a medical determination for Social Security Supplemental Income eligibility and for institutional level of care, but who are being cared for at home. Only the income and resources of the child are counted towards eligibility for this program.
- ◆ Aid to the Needy Blind (ANB): a category of eligibility that requires an individual (child or adult) to be diagnosed as legally blind. The visual acuity in the better eye can be no greater than 20/200.
- ◆ Aid To The Permanently and Totally Disabled (APTD): When a person turns 18 years old. Medicaid considers them an adult. Eligibility for Medicaid is based on income and assets as well as medical condition. An adult applying for Medicaid must have a severe, impairing health condition that has lasted and is expected to last for a minimum of 48 months (4 years) and have income levels at or below poverty level with assets (savings account, trust, etc.) below \$2,500. If a person is working and their income is too high for this program, but they still qualify medically, they may qualify for MEAD.
- ◆ Medicaid for Employed Adults with Disabilities or MEAD : Medicaid for Employed Adults with Disabilities (MEAD): provides Medicaid coverage to adults with disabilities who are working and who would not otherwise be financially eligible for Medicaid. MEAD was designed to allow individuals with disabilities to increase their working income and have higher resource limits.

Applying for New Hampshire Medicaid

The Division of Family Assistance offers NH EASY, New Hampshire's Electronic Application System. You can apply or reapply for assistance, check eligibility, report changes, track your application status and more by visiting the NH EASY web page. Applications can also be done at field offices called NHDHHS, District Offices (DO'S), (see page 111 for listing).

When You Receive NH Medicaid

Once you have been found eligible for Medicaid you will be required to participate in a Care Management program. NHDHHS, Medicaid, uses two Care Management Health Plans. Each Health Plan has its own network of doctors, nurses and other providers. These health plans cover the same services that NH Medicaid does and they also offer optional services, programs, and other extras including wellness and prevention programs.

You will be asked to pick from these Health Plans:

- ◆ New Hampshire Healthy Families – Member Services: 1-866-769-308 (www.nhhealthyfamilies.com)
- ◆ Well Sense Health Plan - Member Services: 1-877-957-1300 (www.wellsense.org)

For more information about NH's Medicaid Care Management go to the NH Department of Health and Human Services website at: <https://www.dhhs.nh.gov/ombp/caremgmt/index.htm>

Community Health Resources

New Hampshire Family Voices

Family To Family Health Information and Education Center

Concord, NH

Telephone: (603) 271-4525

Web: www.nhfv.org

NHFV is an organization that helps families of children and youth with special health care needs (CYSHCN) and the professionals who serve them. NHFV staff members understand the issues that families face, provides guidance, offers a multitude of resources, and taps into a network of other families and professionals for collaborative supports, information, and training. NHFV offers a lending library with a specialty in children's books on specific conditions and disabilities, sibling relationships, behavior and social issues. Publishes a free newsletter "Pass It On".

Partners In Health

Concord, NH

Telephone: (800) 656-3333 or (603) 271-4508

Web: www.dhhs.state.nh.us/dcbcs/bds/sms/pih/index.htm

Partners in Health (PIH) is a statewide community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income. The program also provides community events, education, and resource access. Partners in Health is one of the family support programs available through Special Medical Services for children and youth with special health care needs and their families.

Eligibility: PIH serves families in New Hampshire who have a child from birth to 21 with a chronic physical health condition that:

- ◆ Is certified by a physician;
- ◆ Is expected to last for 12 months or longer; and
 - Affects the child's ability to function daily; and/or
 - Requires frequent and intensive medical care; and
- ◆ Is not a developmental disability, mental illness, obesity, or dental condition alone.

Partners In Health Contact	Region and Towns Served
Waypoint (formerly Child and Family Services) Lancaster, NH Telephone: (603) 788-4172 Web: http://waypoint.web2.drivedev.net/programs/partners-in-health	Region 1 Berlin/Lancaster Berlin, Carroll, Clarksville, Colebrook, Columbia, Dalton, Dixville, Dummer, Errol, Gorham, Grovetown, Jefferson, Lancaster, Milan, Northumberland, Pittsburg, Randolph, Shelburne, Stark, Stewartstown, Stratford, Wentworth, Whitefield.

Partners In Health Contact	Region and Towns Served
<p>Waypoint (formerly Child And Family Services) West Lebanon, NH Telephone: (603) 518-4358 Web: http://waypoint.web2.drivedev.net/programs/partners-in-health</p>	<p>Region 2 & 12 Upper Valley Acworth, Charlestown, Claremont, Cornish, Croydon, Goshen, Grantham, Langdon, Lempster, Newport, Plainfield, Springfield, Sunapee, Unity, Washington.</p>
<p>Central NH VNA & Hospice Laconia, NH 03246 Telephone: (603) 524-8444 X2344 Web: www.centralvna.org</p>	<p>Region 3 Laconia Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Thornton, Tilton, Wentworth.</p>
<p>Waypoint (formerly Child and Family Services) Concord, NH Telephone: (603) 518-4212 Web: http://waypoint.web2.drivedev.net/programs/partners-in-health</p>	<p>Region 4 Concord Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Danbury, Deering, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hopkinton, Loudon, Newbury, Northfield, Pembroke, Pittsfield, Salisbury, Sutton, Warner, Weare, Webster, Wilmot, Windsor.</p>
<p>Monadnock Developmental Services Keene, NH Telephone: (603) 352-1304 Web: http://www.mds-nh.org/index.php/services/children/11--sp-742/-sp-450/64-partners-in-health</p>	<p>Regon 5 Keene Alstead, Antrim, Bennington, Chesterfield, Dublin, Fitzwilliam, Francestown, Gilsum, Greenfield, Greenville, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester.</p>
<p>Gateways Community Services Nashua, NH Telephone: (603) 459-2744 Web: https://www.gatewayscs.org/our-services/services-for-children/</p>	<p>Region 6 Nashua Amherst, Brookline, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mont Vernon, Nashua, Wilton.</p>
<p>VNA of Manchester and Southern NH Manchester, NH Telephone: (603) 663-5045 Web: www.manchestervna.org</p>	<p>Region 7 Manchester Auburn, Bedford, Candia, Goffstown, Hooksett, Londonderry, Manchester, New Boston</p>

Partners In Health Contact	Region and Towns Served
<p>Families First Health Center Portsmouth, NH Telephone: (603) 422-8208 Web: https://www.familiesfirstseacoast.org/family-programs/partners-in-health/</p>	<p>Region 8 Portsmouth Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham</p>
<p>Community Partners Dover, NH Telephone: (603) 516-9538 Web: https://www.communitypartnersnh.org/?page_id=229&doing_wp_cron=1539789009.6070590019226074218750</p>	<p>Region 9 Dover Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford</p>
<p>Community Crossroads Atkinson, NH Telephone: (603) 893-1299 X359 Web: http://www.communitycrossroadsnh.org/specialized-services/partners-in-health/</p>	<p>Region 10 Derry Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, Windham</p>
<p>White Mountain Community Health Conway, NH Telephone: (603) 447-4240 Web: http://whitemountainhealth.org/index.php?page=partners-in-health</p>	<p>Region 11 Conway Albany, Bartlett, Brookfield, Chatham, Conway, Eaton, Effingham, Freedom, Hart's Location, Jackson, Madison, Moultonboro, Ossipee, Sandwich, Tamworth, Tuftonboro, Wakefield, Wolfeboro</p>
<p>Waypoint (formerly Child and Family Service) Littleton, NH Telephone: (603) 518-4339 Web: http://waypoint.web2.drivedev.net/programs/partners-in-health</p>	<p>Region 13 Littleton Bath, Benton, Bethlehem, Easton, Franconia, Haverhill, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Sugar Hill, Warren, Waterville, Woodstock .</p>

Council for Youths with Chronic Conditions

Concord, NH
Telephone: (603) 271-7045
Web: www.nhcycc.org

The Council for Children and Adolescents with Chronic Health Conditions was established to analyze the barriers for families of children and adolescents with chronic health conditions in obtaining appropriate and effective community and family-based services and support. The Council works with state and local agencies to improve the capacities of communities to respond to needs of children and adolescents with chronic health conditions and provide support to their families.

Children's Hospital at Dartmouth - CHaD

Lebanon, NH

CHaD Information Line. (603) 650-KIDS

Web: www.chadkids.org

Children's Hospital at Dartmouth offers an array of pediatric sub-specialties, outreach clinics and in hospital supports and services.

Healthy Schools Initiative - NHDHHS, Public Health Services

Web: www.dhhs.nh.gov/dphs/nhp/children.htm

Telephone: (603) 271-4628

Resource for physical and nutritional health with information, and checklists for both parents, teachers and other professionals.

Northern New England Poison Center

Telephone: (1-800) 222-1222

Web: <https://www.nnepc.org>

The Northern New England Poison Center is your source for fast information and expert advice. Whether you've taken too much medicine, spilled a chemical on your skin or just have a question, you can call or chat online. Website includes prevention, educational materials and information on the 'take back' locations.

The New Hampshire Insurance Department

Concord, NH 03301

Telephone: (800) 852-3416 or (603) 271-2261

Web: www.nh.gov/insurance

Information about companies offering Health Insurance in NH; Individual Health Plans; Medical Savings Accounts (MSA); IRS information on MSAs; Short Term Medical Plans; Health Maintenance Organizations in New Hampshire; Long-Term Care Insurance; Small Group Health Plans (1-50) as well as legal information can be accessed through the NH Insurance Department.

Dental/Oral Health Resources

Dental Clinic – NH Technical Institute

31 College Drive

Concord, NH 03301

Telephone: (603) 230-4023

Web: <https://www.nhti.edu/community-visitors/dental-hygiene-clinic>

Preventative oral health services provided by NHTI’s dental hygiene students under supervision of Faculty. Clinic open to all New Hampshire residents at nominal fee for adults and children. More comprehensive information is available on the website.

NH Dental Centers with Sliding Fee Scales

Many of the Community Health Center have dental services available for enrolled patients and are also open to those that are not enrolled. We have tried to identify as many as we can around the state but this listing may not include all the programs available.

Location	Dental Center	Address	Eligibility Requirements	Telephone
Berlin	Coos Family Health Center www.coosfamilyhealth.org	73 Main St.	For children and adults. Commercial insurances are accepted, and many services are available on a reduced fee basis for those with modest incomes.	752-2424
Bristol	Mid-State Health Center www.midstatehealth.org	100 Robie Rd	Children and adults. Fees vary by service. Accept most major dental insurances, self-paying patients and offer a special sliding fee scale.	744-6200
Cannan	Mascoma Community Health Center www.mascomacommunityhealthcare.org	18 Roberts Rd	Adults and children. Sliding fee scale	523-4343
Concord	Concord Hospital Family Health Center www.concordhospital.org/services/family-health-centers	250 Pleasant St.	Children and adults enrolled as medical patients at the health center	228-7200

<i>Location</i>	<i>Dental Center</i>	<i>Address</i>	<i>Eligibility Requirements</i>	<i>Telephone</i>
Conway	White Mountain Community Health Ctr. www.whitemountainhealth.org	298 White Mt Hwy.	Adults and children enrolled as medical patients at the health center	447-8900
Claremont	Community Dental Care of Claremont http://communitydentalcareclaremont.org	1 Tremont St	Adults and children. Self-pay, covered by insurance or covered by NH Medicaid.	287-1300
Dover	Wentworth Douglass Community Dental Ctr. www.wdhospital.com/whp/specialty-care/dental-care/wentworth-douglass-community-dental-center	668 Central Ave	Children enrolled in Medicaid and financially eligible adults living in the hospital service area	749-3013
Exeter	Core Physicians Pediatric Dentistry www.corephysicians.org	7 Holland Way	Children. Accepts NH Medicaid	580-7939
Keene	Dental Health Works	69 Island St. # V	Adults and children living in Cheshire County	358-6624
Laconia	Dental Resource Center at LRGH www.lrg.org/find-a-physician/dental-resource-center	29 Elliot St. Laconia	Adults and children enrolled in LRGH	527-7112
Littleton	Ammonoosuc Health Center https://ammonoosuc.org/services/dental	25 Mount Eustis Rd.	Children and adults. Accepts most major dental insurances, self-paying patients and offer a special sliding fee scale .	444-2464
Manchester	Poisson Dental Center at Catholic Medical Ctr. www.catholicmedicalcenter.org/locations/poisson-dental-facility	88 McGregor St.	Medicaid enrolled and uninsured children under 21 years and adults referred from associated agencies	663-6226

NH Dental Centers... continued

<i>Location</i>	<i>Dental Center</i>	<i>Address</i>	<i>Eligibility Requirements</i>	<i>Telephone</i>
Manchester	Easterseals Oral Health Center www.eastersealsnhoralhealth.org	555 Auburn St.	Children and adults. Accepts NH Medicaid.	621-3482
Nashua	Greater Nashua Dental Connection http://nashuadentalconnection.org	31 Cross St.	Uninsured or Medicaid enrolled children and adults	879-9314
Nashua	Harbor Care Health and Wellness Center Dental Clinic http://harborhomes.org/dental-clinic/	45 High Street	Children and adults. Accepts NH Medicaid, most major dental insurances, self-paying patients and offer sliding fee scale .	821-7788
Portsmouth	Families First www.familiesfirstseacoast.org/dental-care	100 Campus Dr.	Adults and children. Accepts NH Medicaid, most major dental insurances, self-paying patients and offer sliding fee scale .	422-8208
Somersworth	Goodwin Community Health Center https://goodwinch.org/services/dental/	19 Rollinsford Rd.	Children and adults. Self-pay, covered by insurance or covered by NH Medicaid.	841-2025
Tamworth	Tamworth Dental Ctr. www.tccap.org/services/health/tamworthdentalcenter	448B White Mountain Hgw.	Children and adults. Accepts NH Medicaid, most major dental insurances, self-paying patients and offer sliding fee scale.	323-7645
Whitefield	Weeks Medical Center, Mountain View Dental	8 Clover Lane Suite 2	Adults and children enrolled as medical patients at Weeks Medical Center.	837-9342

♥ **InsureKidsNow.gov** - Use this Dentist Locator to find a dentist in your community who sees children and accepts Medicaid. Web: <https://www.insurekidsnow.gov/coverage/nh/find-a-dentist/index.html>

♥ **NH 211** Website has listings of Dental providers that have sliding fee scales as well as additional programs through hospitals. Contact 2-1-1 Website: www.211nh.org

Private Duty Nursing/LNA/Home Health Care

There are different types of caregivers who provide home health care services to children with special health care needs. They may be a Registered Nurse (RN), a Licensed Practical Nurse (LPN), or a Licensed Nurse Assistant (LNA). These providers work for home health agencies and their scope of practice is governed by licensure through the NH Board of Nursing (<https://www.oplc.nh.gov/nursing/index.htm>).

The process for receiving home health services begins with a conversation with your child's primary care doctor. You and your child's doctor will want to discuss the type of home care that would suit your child and the number of hours a day this care is needed. A parent then calls a home health agency and makes a request for services. The Home Health agency will arrange to come to your home, meet you and your child and identify the needs to be addressed in a care plan. The Home Health agency usually contacts your child's doctor who will then write a prescription for home care services.

You, the parent or guardian, should be able to interview and have the final approval of the home based caregiver for your child. You should decide if your child or other family members should participate in the interview and in preparation make a list of questions applicable to the care of your child. Some suggested questions for the interview might be:

- ◆ Where have you worked before?
- ◆ What were your duties?
- ◆ How do you handle people who are angry, stubborn, or fearful?
- ◆ Are you able to lift or transfer from a wheelchair to bed?
- ◆ Is there anything in the job description that you are uncomfortable doing?

Consider what qualities/skills you require and what you can train a good candidate to do. Be sure that you have a chance to watch the interactions between the in-home caregiver and the family member for whom he or she will be providing care. It is natural to feel nervous and unsure about having someone you may not know come into your home to provide care or other services for your child with special health care needs. To ease your fears and to help you get a good start in your relationship with your child's in-home caregiver, here are some steps to take *before* services begin:

- Learn as much as you can about the scope or description of services to be provided, and about the agency that employs the person who will be your child's caregiver.
- Be open and honest about your expectations and discuss them with the agency management. Find out what the agency expects of you.
- Ask about your rights and options in case you are not satisfied with the care or services your child receives. You may want to ask the agency for a different caregiver or switch to another agency altogether.
- Talk with other families who use in-home caregivers and learn from their experiences.

Home Health Care Agencies

♦ These agencies are a starting point. This list may not include all of the agencies in the state that provide home health care services. Always check with your health insurer about a list of home health agencies they cover.

Benda HomeCare Solutions

Serves: Rockingham and Strafford County
Portsmouth, NH
Telephone: (603) 431-0505
Web: www.bendahomecare.com

Concord Regional Visiting Nurse Association

Serves: Greater Concord and surrounding towns
Concord, NH
Tel: (603) 224-4093
Web: www.crvna.org

J&K Home Care

Serves: Rockingham, Hillsborough, Strafford,
Grafton, Merrimack Counties
Salem, NH
Telephone: (603) 893-9214
Web: www.jkhomecare.com

Interim HealthCare - Statewide

Keene: (603) 352-7290
Laconia: (603) 524-7212
Manchester: (603) 668-6956
Nashua: (603) 880-4412
Portsmouth: (603) 436-4155
West Lebanon: (603) 298-7411
Web: www.interimhealthcare.com/newhampshire

Maxim Healthcare Service

Manchester, NH
Tel: (603) 644-5003
Web: <http://www.maximhomecare.com>

Silver Touch Home Health Care

Serves: Hillsborough, Rockingham, Grafton, Coos
Stratford Counties
Telephone: (603) 424-9479
Web: www.nursesprninc.com

BAYADA Pediatrics

Manchester, NH
Telephone: (603) 413-7100
Web: <https://www.bayada.com/pediatrics>

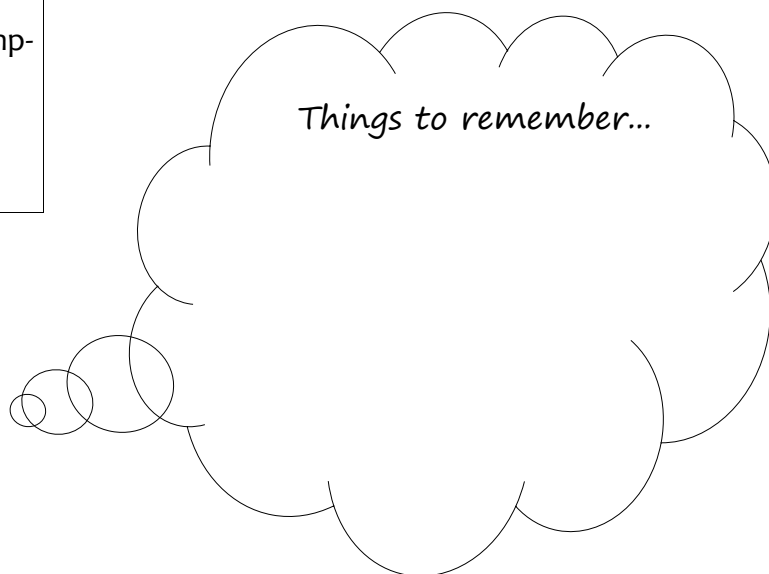
Brightstar Care

Serves: Bedford/Manchester, NH
Telephone: (603) 637-4646
Web: <https://www.brightstarcare.com>

Healthy At Home Inc.

Serves: Greater Nashua and Southern New Hampshire region
Telephone: (603) 595-4243
Web: <http://healthyathome.org>

A contact name:



Personal Care Disability Service

Granite State Independent Living

Concord, NH

Telephone: (603) 228-9680

Web: <http://www.gsil.org>

The Personal Care Attendant (PCA) Program is designed to help people with long-term disabilities control how their own personal care needs are met and the choice to live independently at home.

Services may include: bathing, dressing, toileting, and grooming assistance; nutrition and hydration assistance; mobility assistance; light housekeeping, and meal preparation and cooking. The PCA Services are overseen by a Registered Nurse. Services are provided in the home and/or work. To be eligible for Personal Care Services an individual:

- Must be Medicaid eligible
- Must have a severe physical disability
- Must require a wheelchair for mobility 80% of the time
- Must require at least 2 hours of personal care daily
- Must be 18 years old or older and must be able to direct his or her own care.

Out of Home Residential Options

Crotched Mountain

Greenfield, NH

Telephone: (800) 966-2672 or (603) 547-3311, X494

Web: www.crotchedmountain.org

Crotched Mountain School offers a unique combination special education, full-time residential living, year-round accessible recreation, and a comprehensive suite of therapeutic supports.

Cedarcrest Center for Children with Disabilities

Keene, NH

Telephone: (603) 358-3384

Web: www.cedarcrest4kids.org

Cedarcrest Center offers children from birth to age 21 yrs. with complex medical and developmental needs a healthy, safe environment where they can grow to their fullest potential.

Residential: Provides round-the-clock care for up to 26 children with complex medical and developmental needs. A carefully orchestrated daily routine assures individual attention to each child's medical, personal care and developmental needs. This care is coordinated and supervised by the Medical Director and the Director of Nursing Services.

Respite/Short Term Care: Each short-term stay at Cedarcrest Center is developed collaboratively with a child's parents or guardians, primary care physician and specialists, and the Center's medical director and director of nursing services. During a short stay, your child will be included in all aspects of our residential program, with participation in school programming at the discretion your local school district.

Therapeutic Resources

Therapeutic Riding/Hippotherapy Programs (Please note this is not all providers offering these service in NH)

<p>Horse Power at Touchstone Farm Temple, NH Telephone: (603) 654-6308 Web: www.touchstone-farm.org</p>	<p>UpReach Therapeutic Equestrian Center, Inc Goffstown, NH Telephone: (603) 497-2343 Web: www.upreachtec.org/</p>	<p>The Carriage Barn Kensington NH Telephone: (603) 378-0140 Web: www.carriage-barn.org</p>
<p>First Light Farm 300 Page Rd. Cornish, NH Telephone: (603) 675-9176 Web: www.firstlightfarm.com</p>	<p>UNH Therapeutic Riding Durham, NH 03824 Telephone: (603) 862-0131 Web: https://colsa.unh.edu/agriculture-nutrition-food-systems/opportunities/therapeutic</p>	<p>It's Ability Pediatric Therapy Center Concord, NH Telephone: (603) 224-4540 Web: www.itsabilitypt.com</p>
<p>Back in the Saddle Equine Therapy Center Hopkinton, NH 03229 Telephone: (603) 746-5681 Web: http://www.bitsetc.org</p>	<p>Wings and Hooves Therapeutic Riding, Inc. East Kingston, NH 03827 Phone: (603) 642-3722 Web: https://wingsandhooves.weebly.com</p>	<p>True Hope Therapeutic Horsemanship Gilsum, Walpole and Troy, NH Telephone: (603) 352.5547 Web: https://truehopetherapeutichorsemanship.org/</p>
<p>High Knoll Therapeutic Program Rochester, NH Telephone: (603) 335-4343 Web: www.myhreequine.com/hkectherapeutic.html</p>	<p>Dream on Curls Riding Ctr. Top O' The Hill Farm Springfield, VT 05156 Telephone: (802) 885-9101 Web: www.vermontel.net/~top/dreamoncurls.htm</p>	

Aqua Therapy/Adapted Swim Programs (Please note this is not all providers offering these services in NH)

<p>Swing for the Stars Concord, NH Telephone: (603) -228- STAR (7827) Web: https://swingforthestars.com</p>	<p>Northeast Rehab Hospital Salem & Nashua, NH Telephone: (603) 890-7679 Web: www.northeastrehab.com/services/aquatic-therapy/pedatric-aquatic-therapy</p>	<p>Pediatric Physical Therapy Inc. (It's Ability) Concord, NH Telephone: (603) 224-4540 Web: www.itsabilitypt.com</p>
<p>Exeter Hospital Exeter, NH Telephone: (603) 778-7311 Web: www.exeterhospital.com</p>	<p>Swim Angelfish Nashua, NH Telephone: (203) 545-0024 Web: http://swimangelfish.com/angelfish-therapy</p>	<p>Crotched Mountain Greenfield, NH Telephone: (603) 547.3311 Web: https://crotchedmountain.org</p>

Applied Behavioral (ABA) (Please note this is not all providers of ABA service in NH)

Granite State ABA Therapy Services

Coos, Grafton, & Carroll Counties
North Conway Office
Telephone: (603) 387-3092

Belknap, Merrimack, & Sullivan Counties
New London Office
Telephone: (603) 455-6750
Web: www.granitestateabaservices.org

Applied Behavioral Mental Health Counseling

Manchester, NH
Telephone: (603) 664-4411
Web: www.appliedabc.com

H.O.P.E. Behavioral Consulting, LLC

Portsmouth, NH
Telephone: (603) 812-5521
Web: www.hopebehavioralconsulting.com

The Institute of Professional Practice, Inc. (IPPI)

Stratham, NH
Telephone: (603) 772-5991
Web: www.ippi.org/new-hampshire/

Compass Innovative Behavior Strategies

Concord, Nashua and Keene
Telephone: (603) 488-5008
Web: www.compassbehavior.com

The Autism Center @ Gateways Community Svc.

Nashua, NH
Telephone: (603) 484-4135
Web: www.gatewayscs.org/our-services/autism-center

The Birchtree Center

Newington, NH
Telephone: (603) 433-4192
Web: <http://birchtreecenter.org>

Positive Reinforcement ABA Therapy Inc.

Manchester, NH
Telephone: (877) 315-8080
Web: www.prabatherapy.com

Autism Bridges

Bredford, NH
Telephone: (603) 471-2522
Web: www.autismbridges.com

Constellations Behavioral Services

Portsmouth, NH
Telephone: (800) 778-5560
Web: www.constellationsbehavioral.com

Ready, Set, Connect! An Applied Behavioral Analysis Treatment for Young Children with Autism

Manchester, Concord and Greenfield, NH
Telephone: (603) 547-1430
Web: <https://crotchedmountain.org/programs-and-services/autism-services-children-new-hampshire/>

Easterseals

Manchester, NH
Telephone: (603) 621.3407
Web: www.easterseals.com/nh/our-programs/autism-asd-services

Music Therapy (Please note this is not all providers offering these service in NH)

Rhythm Tree Music Therapy

Serves NH, Southern Maine and Northern MA
Telephone: (603) 793-1941
Web: www.therhythmtree.com

Granite State Music Therapy

Serves NH
Telephone: (603) 479-1272
Web: www.granitestatemusictherapy.com

Concord Community Music School

Concord, NH
Telephone: (603) 228-1196
Web: www.ccmusicschool.org

Nashua Community Music School

Nashua, NH
Telephone: (603) 881-7030
Web: www.nashuacms.org/musictherapy

The Sonatina Center

Dover, NH
Telephone: (603) 978-4808
Web: www.thesonatinacenter.com

Manchester Community Music School

Manchester, NH
Telephone: (603) 644-4548
Web: <https://mcmusicschool.org/music-therapy-2/>

Refurbished Durable Medical Equipment

♥ If you need a shower chair, stander or other piece of equipment for short or long term these organizations loan, rent, or sell reconditioned used equipment.

The Refurbished Equipment Marketplace (REM)

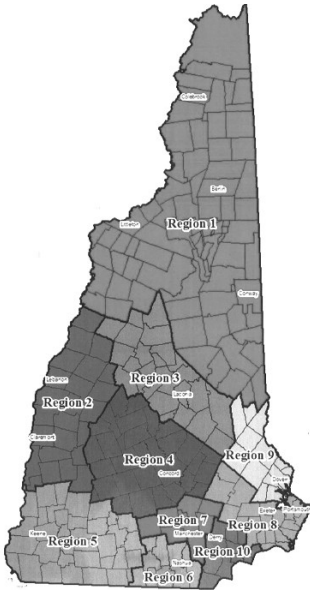
Concord, NH
Telephone: (603) 226-2903
Web: www.rem.crotchedmountain.org

The Refurbished Equipment Marketplace sells, rents and loans reconditioned Durable Medical Equipment (wheelchairs, mobility aids, hospital beds, bath aids, lift chairs, portable ramps, etc.) to persons who find the cost of new technology prohibitive. The REM Equipment Rental program offers an affordable option for those who require short-term equipment solutions. Should a change in circumstances occur, rental payments may be applied to the purchase of the device.

Yvie's Closet

Londonderry, NH
Telephone: (603) 818-1554
E-mail: yviescloset@gmail.com
Web: www.yvies.org

Yvie's Closet is a ministry devoted to supplying children in need of Durable Medical Equipment. Their mission is to repurposed DME and medical supplies that are no longer needed by one, but greatly needed by another.



Children’s Behavioral /Mental Health Services

The NHDHHS, Division of Behavioral Health (BBH), Bureau of Children’s Behavioral Health, works to ensure the provision of efficient and effective services to those children and adolescents who are most severely and persistently disabled by mental, emotional, and behavioral dysfunction as defined by NH laws and rules. To this end, BBH has divided the state into community mental health regions. The Community Mental Health Centers (CMHCs) are located in ten regions of state. They are private not-for-profit agencies that have contracted with the NHDHHS, Bureau of Behavioral Health (BBH), to provide publicly funded mental health services to individuals and families who meet certain criteria for services.

Services provided by CMHCs include: 24-hour Emergency Services, Assessment and Evaluation, Individual and Group Therapy, Case Management, and Psychiatric Services. All CMHCs have specialized programs for children and families. The Community Mental Health Centers also provide services and referrals for short-

term counseling and support.

Community Mental Health Centers are staffed by a variety of practitioners, including nurse practitioners, clinical social workers, clinical psychologists, psychiatric nurses, and mental health counselors. In addition, each center has a director of children’s services. However, centers differ from each other in staffing, the way services are provided, and the role that families play in the treatment process.

If you find that you are not being included as a partner on your child’s treatment team, step forward and speak to your child’s case manager or therapist about becoming a part of the team. Since your signature will be required on the treatment plan, you should be a part of the treatment team that develops the treatment plan. Be certain that you receive a copy of the treatment plan after you sign it.

Community mental health services accept private insurance as well as Medicaid and Medicare. Check to see if your insurance company will cover the services of CMHCs. CMHCs also offer a sliding scale of fees based on your family’s ability to pay.

Community Mental Health Centers

Region 1 Northern Human Services

Conway, NH

Telephone: (603) 447-3347

Web: www.northernhs.org

Towns served:

Albany	Bartlett	Bath	Benton	Berlin	Bethlehem
Brookfield	Carroll	Chatham	Clarksville	Colebrook	Columbia
Conway	Dalton	Dixville	Dummer	Easton	Effingham
Errol	Franconia	Gorham	Groveton	Hart’s Location	Haverhill
Jackson	Jefferson	Lancaster	Landaff	Lincoln	Lisbon
Littleton	Livermore	Lyman	Madison	Milan	Millsfield
Monroe	Moultonboro	Northumberland	Ossipee	Piermont	Pittsburg
Randolph	Sanbornville	Sandwich	Shelburne	Stark	Stewartstown
Stratford	Sugar Hill	Warren	Tamworth	Tuftonboro	Union
Wakefield	Waterville Valley	Wentworth Location	Whitefield	Wolfeboro	Woodstock

Region 2 Western Central Behavioral Health

Lebanon, NH

Telephone: (603) 542-5128

Web: www.wcbh.org**Towns served:**

Acworth	Canaan	Charlestown	Claremont	Cornish	Croydon
Dorchester	Enfield	Goshen	Grafton	Grantham	Hanover
Langdon	Lebanon	Lempster	Lyme	Newport	Orange
Orford	Plainfield	Springfield	Sunapee	Unity	Washington

Region 3 Lakes Region Mental Health Center

Laconia, NH

Telephone: (603) 524-1100

Web: www.lrmhc.org**Towns served:**

Alexandria	Alton	Ashland	Barnstead	Belmont	Bridgewater
Bristol	Campton	Center Harbor	Ellsworth	Gilford	Gilmanton
Groton	Hebron	Holderness	Laconia	Meredith	New Hampton
Plymouth	Rumney	Sanbornton	Thornton	Tilton	Wentworth

Region 4 Riverbend Community Mental Health, Inc.

Concord, NH

Telephone: (603) 228-0547

Web: www.riverbendcmhc.org**Towns served:**

Allenstown	Andover	Boscawen	Bradford	Bow	Canterbury
Chichester	Concord	Danbury	Deering	Dunbarton	Epsom
Franklin	Henniker	Hill	Hillsboro	Hopkinton	Loudon
Newbury	New London	Northfield	Pembroke	Pittsfield	Salisbury
Sutton	Warner	Weare	Webster	Wilmot	Windsor

Region 5: Monadnock Family Services

Keene, NH

Telephone: (603) 357-4400

Web: www.mfs.org**Towns served:**

Alstead	Antrim	Bennington	Chesterfield	Dublin	Fitzwilliam
Francestown	Gilsum	Greenfield	Greenville	Hancock	Harrisville
Hindsdale	Jaffrey	Keene	Lyndeborough	Marlborough	Marlow
Nelson	New Ipswich	Peterborough	Richmond	Rindge	Roxbury
Sharon	Stoddard	Sullivan	Surry	Swanzy	Temple
Troy	Walpole	Westmoreland	Winchester		

Region 6 Greater Nashua Mental Health Center at Community Council

Nashua, NH

Telephone: (603) 402-1574

Web: www.gnmhc.org

Towns served:

Amherst	Brookline	Hollis	Hudson	Litchfield	Mason
Merrimack	Milford	Mont Vernon	Nashua	Wilton	

Region 7 The Mental Health Center of Greater Manchester

Manchester, NH

Telephone: (603) 668-4111

Web: www.mhcgm.org

Towns served:

Auburn	Bedford	Candia	Goffstown	Hooksett	Londonderry
Manchester	New Boston				

Region 8 Seacoast Mental Health Center, Inc.

Portsmouth, NH

Telephone: (603) 431-6703

Web: www.smhc-nh.org

Towns served:

Brentwood	Deerfield	East Kingston	Epping	Exeter	Fremont
Greenland	Hampton	Hampton Falls	Kensington	Kingston	New Castle
Newfields	Newington	Newmarket	North Hampton	Northwood	Nottingham
Portsmouth	Raymond	Rye	Seabrook	South Hampton	Stratham

Region 9 Community Partners

Dover NH

Telephone: (603) 516-9300

Web: www.communitypartnersnh.org

Towns served:

Barrington	Dover	Durham	Farmington	Lee	Madbury
Middleton	Milton	New Durham	Rochester	Rollinsford	Somersworth
Stafford					

Region 10 Center for Life Management Behavioral Health Systems

Derry, NH

Telephone: (603) 434-1577

Web: www.centerforlifemanagement.org

Towns served:

Atkinson	Chester	Danville	Derry	Hampstead	Newton
Pelham	Plaistow	Salem	Sandown	Windham	

Behavioral Health Resources

NAMI New Hampshire

(National Alliance for the Mentally Ill New Hampshire Chapter)

85 North Main St., Concord

Telephone: (800) 242-6264 or (603) 225-5359

Web: www.naminh.org

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness.

Children's Behavioral Health Collaborative

Concord, NH

Telephone: (603) 225-9540

Web: www.nh4youth.org

The Collaborative is a multi-disciplinary initiative fixing barriers and improving behavioral health outcomes children, youth and their families in New Hampshire. The Collaborative represents the largest ever collaboration of New Hampshire child and family organizations and agencies-more than 50-focused on mental health and substance use disorders for children, youth and families. The goal of the Collaborative is to develop and implement a plan that would transform the current delivery system.

National Alliance for the Mentally Ill (NAMI)

Telephone: (703) 524-7600

Information Helpline: 1-800-950-NAMI (6264)

Web: www.nami.org

NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. NAMI provide essential and free education, advocacy and support group programs.

Youth M.O.V.E NH

E-mail: youthmovenh@nafi.com

Web: www.youthmovenh.org

Youth M.O.V.E. New Hampshire is a statewide Chapter of Youth M.O.V.E. National, which is a nationwide, youth-driven, membership organization. Through a partnership with Youth M.O.V.E. National and NFI North, Youth M.O.V.E. NH advocates for young people to utilize their power and expertise to foster change in their communities and in their own lives while empowering them to pursue positive outcomes and a brighter future.

National Federation of Families for Children’s Mental Health

Telephone: (240) 403-1901

Web: www.ffcmh.org

The National Federation of Families for Children’s Mental Health is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs and their families.

Depression and Bipolar Support Alliance (DBSA)

Telephone: (800) 826-3632

Web: Depression and Bipolar Support Alliance - www.dbsalliance.org

The Balanced Mind Parent Network: www.thebalancedmind.org

The Balanced Mind Parent Network (BMPN), a program of the Depression and Bipolar Support Alliance (DBSA), guides families raising children with mood disorders to the answers, support and stability they seek. The Depression and Bipolar Support Alliance (DBSA) is a peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder.

Trichotillomania - The TLC Foundation for Body Focused Repetitive Behaviors

Telephone: (831) 457-1004

Web: www.bfrb.org

The TLC Foundation for Body-Focused Repetitive Behaviors offers support, resources and a warm welcoming community to help people overcome and heal from body-focused repetitive behaviors.

Schizophrenia and Related Disorders Alliance of America

Telephone: (855) 640-8271

Web: www.sardaa.org

SARDAA offers support programs, education, collaboration, and advocacy.

Anxiety Disorders Association of America

Telephone: (240) 485-1001

Web: www.adaa.org

ADAA provides education about the disorders and helps people find treatment, resources, and support.

Web Resource

US Department of Health and Human Services - Substance Abuse and Mental Health Services Administration (SAMHSA) - National Mental Health Information Center

Web: www.samhsa.gov

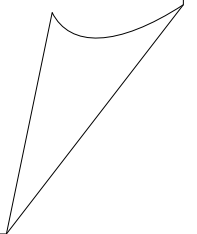
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health systems of the nation.

HealthyPlace.com

Web: www.healthyplace.com

HealthyPlace.com is a consumer mental health site, providing comprehensive, trusted information on psychological disorders and psychiatric medications from both a consumer and expert point of view. They have an active mental health social network for support, online psychological tests, breaking mental health news, mental health videos, a live mental health TV and radio show, unique tools like our "mood journal" and more.

Notes



Resources for Specific Conditions and Disabilities

The following is a quick list of organizations that provide information and support regarding specific conditions and disabilities here in NH.

AIDS / HIV	
Dartmouth-Hitchcock Medical Center - HIV Program Lebanon, NH (DHMC), Keene, Manchester, Concord, Portsmouth and Nashua Web: www.dartmouth-hitchcock.org/supportive-services/aids_hiv_services.html#conc	(603) 354-5454 x2185 (603) 650-6060 (603) 650-8840 (603) 629-1752 (603) 577-3478
ALBINISM AND HYPOPIGMENTATION	
The National Organization for Albinism and Hypopigmentation (NOAH) Web: www.albinism.org	(800) 473-2310 (603) 887-2310
ALLERGIES / ASTHMA	
New England Asthma & Allergy Foundation of America Web: http://asthmaandallergies.org	1-877-2-ASTHMA or (781) 444-7778
Breathe NH (formally the American Lung Association of NH) Web: www.breathenh.org	(800) 835-8647 (603) 669-2411
ARTHRITIS	
Arthritis Foundation Northern New England Branch Web: www.arthritis.org/new-hampshire	(603) 224-9322 or (800) 639-2113
AUTISM	
NH Council on Autism Spectrum Disorders	Web: www.nhcouncilonasd.org
Asperger/Autism Network (AANE) Web: www.aane.org	(617) -393-3824
NH4Autism	Facebook: www.facebook.com/NH4Autism/
Autism Speaks, New England Chapter Web: www.autismspeaks.org/new-england	(617) 726-1515

BLIND / VISUALLY IMPAIRED

Future in Sight (formerly NH Association for the Blind) Web: https://futureinsight.org	(603) 224-4039
National Federation of the Blind (NFB) of NH Web: www.nfbnh.org	(603) 357-4080
NFB Parents of Blind Children Penny Duffy, Parent Contact Web: www.afb.org/directory/profile/new-hampshire-parents-of-blind-children/12	(603) 892-6355

BRAIN INJURY

Brain Injury Association of New Hampshire Web: www.bianh.org	(603) 225-8400
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CANCER

Childhood Cancer Lifeline Web: www.childhoodcancerlifeline.org	(603) 645-1489
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CROHN'S and COLITIS

Crohn's and Colitis Foundation New England Web: www.crohnscolitisfoundation.org/chapters/ne/	(781) 449.0324
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CARDIAC

American Heart Association Web: www.heart.org/en/affiliates/new-hampshire/welcome-to-new-hampshire	(603) 263-8318
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CYSTIC FIBROSIS

Cystic Fibrosis Foundation (Northern New England) Web: www.cff.org/Chapters/newengland	(603) 598-8191 or (800) 757-0203
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DEAF AND HARD OF HEARING

Northeast Deaf and Hard of Hearing Services Web: www.ndhhs.org	Voice: (603) 224-1850 Video Phone: (603) -290.5099 TTY: (603) 224-0691
NH Deaf and Hard of Hearing Education and Resource Center Web: www.nhdeafed.org	
NH Provisional Hands and Voices Facebook: www.facebook.com/groups/478021235703799	(603) 624-4464

DIABETES

Juvenile Diabetes Research Foundation (JDRF) New England
Web: www.jdrf.org

(781) 431-0700

American Diabetes Association New England
Web: www.diabetes.org

(617) 482-4580

DOWN SYNDROME

New Hampshire Down Syndrome Association
Web: <http://newhampshiredsa.org>

(603) 479-1589

DWARFISM

New England Chapter of Little People of America
Little People of America (National Office)
Web: <https://lpa.memberclicks.net>

Facebook Group: www.facebook.com/groups/133711083398373/
(714) 368-3689

DYSLEXIA

New Hampshire Branch of the International Dyslexia Association
Web: <http://nh.dyslexiaida.org>

(603) 229-7355

EHLERS-DANLOS

NH Ehlers-Danlos Coalition
Web: www.nhedscoalition.org

(603) 410-7497

FRAGILE X

National Fragile X Foundation - Northeast Region
Web: <https://fragilex.org/living-with-fragile-x/community-support/>

(800) 688-8765
NH Contact: (603) 965-3502

GENETICS

Rare New England
Web: www.rarenewengland.org

(508) 699-4035

HEMOPHILIA

New England Hemophilia Association
Web: www.newenglandhemophilia.org

(781) 326-7645

LIVER DISEASE

American Liver Foundation New England Chapter
Web: www.liverfoundation.org/chapters/newengland

(617) 527-5600

MENTAL HEALTH

National Alliance for the Mentally Ill NH Chapter Web: www.naminh.org	(800) 242-6264 (603) 225-5359
Granite State Federation of Families for Children's Mental Health Facebook page: www.facebook.com/gsfcmh	(603) 785-7948

MULTIPLE SCLEROSIS

National MS Society New England Chapter Web: www.nationalmssociety.org/Chapters/MAM	(800) 344-4867
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MUSCULAR DYSTROPHY

Muscular Dystrophy Association Web: www.mdaua.org	(603) 471-2722
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PANS/PANDAS

The New England PANS/PANDAS Association NH Families Meet Up Grp. : Facebook: www.facebook.com/groups/551844761618685/	Web: http://www.nepans.org/
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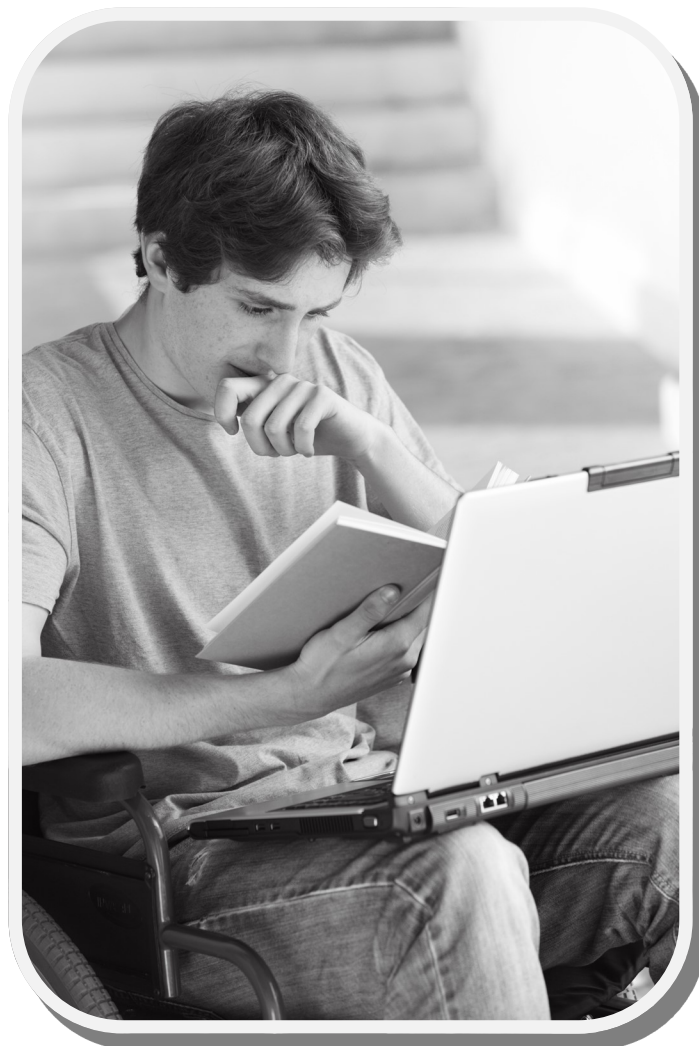
PRADER - WILLI SYNDROME

Prader-Willi Syndrome Assoc. of New England Web: www.pwsausa.org/new-england-chapter	(978) 207-1185
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SPINAL CORD INJURY

NH Chapter National Spinal Cord Injury Association Web: www.gsil.org/disability-support/spinal-cord-injury-association-of-nh	(603) 228-9680
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Transitioning to Adulthood.....



Like all young people, youth with special health care needs and or disabilities, face many changes and challenges as they move into adulthood. In recent years, there has been increasing recognition of the need to improve transition planning and support and to coordinate this support across a wide range of agencies, including health and social care, leisure, career guidance, housing, education, benefits and employment services. The following resources are not an exhaustive list... they are meant as a starting point and are titled by the systems of care they represent (i.e. education, health, etc.).

Adult Education

NH Department of Education

101 Pleasant Street

Concord NH 03301-3860

Telephone: (603) 271-3494

Web: <https://www.education.nh.gov/career/adult/index.htm>

Local adult education programs serve adult learners whose skills range from very basic to high school level. Adults are eligible for enrollment in any program supported by the Bureau of Adult Education if they

- ◆ are at least 18 years of age
- ◆ have not received a high school diploma or high school equivalency certificate
- ◆ are not currently enrolled in school
- ◆ need to improve English language skills--speaking, listening, reading, writing
- ◆ meet criteria for other programs such as English Language/Civics and College and Career Transitions

Programs include:

- Adult Basic Education
- English for Speakers of Other Languages (ESOL)
- Adult Learner Services (Adult Tutorial) Program
- High School Equivalency Preparation (HiSET Testing Program)
- Adult Diploma Program
- High School Equivalency Preparation (HiSET)
- Post Secondary Transitions

High School Equivalency Preparation Classes (GED) - Classes to prepare for success on the High School Equivalency tests . The New Hampshire Department of Education uses the HiSET™ Tests developed by Educational Testing Service to assess high school equivalency. The HiSET Preparation and Testing Program gives out-of-school youth and adults an opportunity to demonstrate their academic skills and to earn the New Hampshire High School Equivalency Certificate.

★ It's also important to know that you cannot take high school equivalency tests online. A Web site that suggests that you can take HiSET or any high school equivalency tests online is not legitimate. Even if tests are given on a computer, you must take them onsite at an authorized testing center. Any other high school equivalency certificate not issued by the New Hampshire Department of Education or another jurisdictional testing authority may be of dubious value and may not be accepted by employers, colleges and universities, or the military.

High School Equivalency Preparation Classes (HiSET Testing)

City	Sponsor	Telephone/Web
Claremont	Adult Education	(603) 543-4224 http://calc.sau6.org
Concord	Second Start	(603) 228-1341x4205 www.second-start.org
Derry	Derry Center for Adult Studies	(603) 432-1245 http://derryadulthood.sau10.org/enrichment-courses-and-registration

High School Equivalency Preparation Classes (HiSET Tests)

City	Sponsor	Telephone/Web
Dover	Dover Adult Learning Center	(603) 742-1030 www.doveradultlearning.org
Exeter	Exeter Adult Education	(603) 775-8457 http://adulthood.sau16.org
Franklin	Franklin Adult Education	(603) 934-5441 X 3451 www.franklin.k12.nh.us/adulteducation.cfm
Goffstown	GAP	(603) 497-4841 X 5302 www.goffstown.k12.nh.us/index.php/schools/adult-education-program
Hillsborough	Project LIFT	(603) 464-5285 http://fullerlibrary.info/pages/lift.html
Keene	Keene Community Education	(603) 357-9041 www.keenecommunityed.org
Laconia	Laconia Adult Education	(603) 524-5712 https://adulthoodlaconia.weebly.com
Littleton	Adult Tutorial Program	(603) 444-6306
Manchester	Center for Adult Learning	(603) 703-0236 www.nhadulthood.org/locations/manchester
Nashua	Adult Learning Center	(603) 882-9080 www.adulthoodlearningcenter.org
Plymouth	Plymouth ABE Program	(603) 536-1444 X2161 www.pemibakerliteracy.org/index.html
Portsmouth	RCA-Portsmouth Adult Basic Education	(603) 422-8233 www.snhs.org/programs/community-multi-cultural-services/portsmouth-adult-education-program
Rochester	Dover Adult Learning Center of Strafford County	(603) 742-1030 www.doveradultlearning.org
Salem	Salem School for Continuing Education	(603) 893-7074 https://sau57.org/continuing-education
Sanbornville/Wakefield	Adult Tutorial Program	(603) 986-1117 or 522-3401 https://carrollcountyresources.weebly.com/adult-education.html

NH Department of Education

NH Vocational Rehabilitation

Division of Adult Learning and Rehabilitation

Bureau of Vocational Rehabilitation

101 Pleasant St.

Concord, NH 03301

Telephone: (603) 271-3471 (V/TTY)

Web: www.education.nh.gov/career/vocational/faq.htm#vr

Federal Legislation

Rehabilitation Act of 1973,
as amended; Title I, Parts A&B,
Sec. 100-111, 29 U.S.C. 720-731

State Regulations

ED 1000

New Hampshire Vocational Rehabilitation (NHVR) is an agency within the Department of Education that helps persons with disabilities help themselves to get a job, keep the job, and develop a lifetime career. NHVR has seven regional offices throughout the state designed to assist persons who have physical, mental, emotional and learning disabilities.

A person is eligible if:

They have a disability, and their disability creates substantial problems in preparing for a job, getting a job, or keeping a job, and they require VR services to become employed or to stay employed.

Applying for VR services, is done through the local VR office. Tell them you have a disability and need help getting a job. You will get some initial information about VR and an appointment date. At this first appointment you will learn more about VR and will start the process for determining eligibility.

With current medical information documenting your disability, a determination of eligibility for VR services may be made. For this reason, it would be helpful if any medical records that would assist in this process be brought to the first meeting. Also include any of the following: Transcript of Grades, Current IEP, Current Class Schedule, Vocational Evaluation, OT/PT/Speech Reports, Psychological/Psychiatric Evaluations, WISC/WAIS, Reading Evaluation, and any other disability related records you have on file.

Services Available

You will meet with a counselor to develop an employment plan designed to meet your specific needs. Each one of the services in the employment plan should move you one step closer to a chosen job. Not everyone will need every service. Some of the services provided are:

Diagnostic Testing: This involves, if necessary, medical or psychological exams. These exams may be used to determine your eligibility for VR services and your needs for specific types of services.

Vocational Evaluation: This involves aptitude, interest and other specific tests to assist in planning for the right job.

Vocational Counseling: Your counselor will help you decide which work opportunities are best for you. This may lead to training, including On-the-Job Training, Technical Training, and Academic Training.

Job Placement: These services help you learn the skills to find and keep the right job, and may include training in writing a resume, practicing in doing interviews, and following job leads.

Independent Living Services: Information and Referral, Advocacy, Peer Counseling, Personal Care Attendant Coordination, and Assistive Technology may be available for individuals with severe disabilities.

Special Services: Physical and Mental Restoration: If you need medical treatment to correct, improve or prevent deterioration of your disability, this service may be provided so you can work.

Transition From School to Work: Transition services refer to the services for children with disabilities they require in order to make a successful adjustment to work and community living.

Assistive Technology: VR will supply appropriate application of technological devices to support you in performing in a job situation.

Supported Employment: These programs are designed for persons who need long-term support to hold a job in the community. Persons in supported employment are placed in competitive jobs with workers without disabilities and receive ongoing support services.

Support Services

- Interpreter Services - may include foreign language, sign language or oral interpreters.
- Transportation - as needed during the VR program for completion of the employment plan.

There is no charge for VR Services, however, customers may be required to financially participate in certain services in their Rehabilitation Program. Customers are also required to take advantage of any insurance or other programs for which they may be eligible.

Vocational Rehabilitation Regional Offices

<p>Berlin Regional Office 650 Main St., Berlin Telephone (888) 300-9550 or (603) 752-2271 (V/TTY)</p>	<p>Concord Regional Office 21 Fruit St., Concord Telephone: (603) 271-2327</p>	<p>Keene Regional Office 149 Emerald St., Suite T, Keene Telephone: (603) 357-0266</p>
<p>Manchester Regional Office One Sundial Ave. Suite 201 N, Manchester Telephone: (603) 669-9733 (V/TTY)</p>	<p>Nashua Regional Office 5 Pine St. Extension 1st Floor, Nashua Telephone: (603) 889-6844 (V/TTY)</p>	<p>Portsmouth Regional Office 215 Commerce Way, Suite 3, Portsmouth Telephone: (603) 436-8884 (V/TTY)</p>

Services for Blind and Visually Impaired
21 South Fruit St., Suite 20, Concord
Telephone: (603) 271-3471 (V/TTY)

Deaf and Hard of Hearing Services
101 Pleasant St., Concord
Telephone: (603) 463-0728 (VP)

Post-Secondary Educational –Transition Services

NH Department of Education - Adult Learning

101 Pleasant St., Concord

Telephone:

Web: www.education.nh.gov

Postsecondary Transitions: Many adult education students wish to prepare for a career or for college. Some adult education centers offer postsecondary transition programs to help their students take the next step. These services are open to adult education students, adult high school graduates, GED® and HiSET graduates, or any adult who needs improved skills to advance on the job or enter career training.

Services: Each local transitions program is unique, but most offer the following services:

- Career counseling
- Information about job training courses
- College information
- Assistance with applications for jobs
- Assistance with applications for college admission
- Assistance with financial aid applications
- College prerequisite courses - Some adult education centers also offer college preparation classes

Adult Education Centers

Claremont Adult Education Telephone: (603) 543-4291 Web: http://calc.sau6.org	Dover Adult Learning Center of Strafford County Telephone: (603) 742-1030 Web: www.doveradultlearning.org
Exeter Adult Education Telephone: (603) 775-8456 Web: http://adulsted.sau16.org	Manchester Adult Learning Center Telephone: (603) 703-0236 Web: http://macl.mansd.org
Nashua Adult Learning Center Telephone: (603) 882-9080 Web: www.adultlearningcenter.org	Portsmouth Adult Education Telephone: (603) 422-8233 Web: www.snhs.org

Next Steps NH

NH Department of Education

101 Pleasant St., Concord

Telephone: (603) 271-1536

Web: <https://nextsteps-nh.org>

Next Steps NH is a project to increase the college and career readiness of New Hampshire students with disabilities and/or those at risk of dropping out of school. The project will do this through implementation of evidence-based transition practices. Their website offers a multimedia training and reference tool about the transition IEP (Individual Education Plan) process: what must be part of the process and what must be written into the IEP itself.

Great Bay Community College

320 Corporate Drive - Business and Training Center, Portsmouth

Telephone: (603) 427-7651

Web: <http://greatbay.edu>

Project SEARCH is a non-credit, two-semester, school-to-work program for students with cognitive and physical disabilities. Offering total workplace immersion, Project SEARCH facilitates a seamless combination of classroom instruction, career exploration and on-the-job training and support.

Financial Aid Information

New Hampshire Higher Education Assistance Foundation

4 Barrell Court, Concord

Telephone: (888) 747-2382 X119

Web: www.nhheaf.org

Higher education planning and funding. The NHHEAF Network is comprised of three separate, private, nonprofit organizations dedicated to helping families plan and fund education beyond high school.

NH Charitable Foundation

37 Pleasant Street, Concord

Telephone: (603) 225-6641

Web: www.nhcf.org/how-can-we-help-you/apply-for-a-scholarship

Specialized Scholarships - There are many organizations and foundations that provide scholarships and financial assistance to various specific chronic illnesses and conditions.

Job Training

NH Employment Security

32 South Main Street, Concord

Telephone: (800) 852-3400 or (603) 224-3311

Web: www.nh.gov/nhes

Operates a free public Employment Service through a statewide network of Resource Centers, providing a broad range of assisted and self directed employment and career related services, and labor market information to all clients.

Workforce Opportunity Council, Inc. (NH Works)

172 Pembroke Road, Concord

Telephone: (603) 271-7275

Website: www.nhworks.org

The Workforce Investment Act (WIA) youth programs are designed to help young people ages 14-21 to get a high school diploma or equivalent and to become job ready and career oriented. Programs provide a comprehensive range of services which can include education (tutoring and GED preparation), employment preparation (summer jobs, job shadows, career exploration), leadership development (community service and decision making), and support services (for transportation and other work-related costs).

Workforce Investment Act (WIA) Adult Services: Young people ages 18 and up are also eligible for all of the WIA services available at the NH Works Centers for adults. There are also eligibility requirements to qualify for these programs.

Job Training... continued

NH Job Corps Center

943 Dunbarton Rd., Manchester

Telephone: (603) 695-8800

Web: <https://newhampshire.jobcorps.gov>

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training. Applicants must meet one or more of these conditions: receives public assistance, earns poverty-level income, is homeless, is a foster child, or qualifies for free or reduced lunches.

Driver Education

NH Department of Safety/Division of Motor Vehicles

23 Hazen Drive , Concord

Telephone: (603) 227-4000

Web: www.nh.gov/safety/dmv

General information about driver education and a list of commercial driver education schools.

Driveability

Exeter Hospital.

4 Alumni Drive, Exeter

Telephone: (603) 778-7311

Web: www.exeterhospital.com/Services/DriveAbility-Program

Provides evaluations, education and training programs that allow people of all abilities to gain or regain their driving privileges.

Northeast Rehabilitation Hospital Network

Located in Salem, Manchester, Nashua and Portsmouth

Telephone: (888) 950-9939

Web: www.northeastrehab.com/services/driving-assessment

Offers a comprehensive Driving Assessment Program for people who have had an illness, injury or a decline in skills that could affect one's ability to drive safely.

Social Security Administration

Social Security Online - www.socialsecurity.gov

Supplemental Security Income (SSI)

Under the Supplemental Security Income (SSI) program, a child from birth to age 18 may receive monthly payments based on disability (or blindness) if:

- he or she has an impairment or combination of impairments that meets the definition of disability for children; and
- the income and resources of the parents and the child are within the allowed limits.

At age 18 a young person may apply for SSI, but will be found eligible under the requirements for adult. The parents income and resources will no longer be counted, but the young persons income and resources will be.

Supplemental Security Income (SSI) is a program financed through general tax revenues. SSI disability benefits are payable to adults or children who are disabled or blind, who have limited income and resources, who meet the living arrangement requirements, and are otherwise eligible. The monthly payment varies up to the maximum federal benefit rate which is standardized in all States, but not everyone gets the same amount because it may be supplemented by the State or decreased by other countable income and resources.

Social Security Disability Insurance and Survivor's Benefits

Children may qualify for Social Security payments through a parent's disability or retirement benefits (SSDI) even after age 18. Social Security survivor's benefits can be paid to, among others:

- ♦ A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and receives Social Security benefits.
- ♦ Unmarried children under 18, or under age 19 if they are attending elementary or secondary school full time.
- ♦ Children at any age who are disabled before age 22 and remain disabled.

NH Social Security Administration Offices

Concord SSA Office

70 Commercial St. Suite 100, Concord
Telephone: (888) 397-9798

Manchester SSA Office

1100 Elm St., Manchester
Telephone: (866) 814-5408

Nashua SSA Office

175 Amherst St., Nashua
Telephone: (877) 444-0134

Keene SSA Office

34 Mechanic St., Keene
Telephone: (877) 405-3651

Littleton SSA Office

194 Main St., Littleton
Telephone: (877) 405-7658

Portsmouth SSA Office

80 Daniel St., Room 200, Portsmouth
Telephone: (888) 397-9796

How To Find and Use Adult Health Care Providers

As you move into adulthood and if you have had a pediatrician, you will need to look for an adult doctor. Moving to a different town due to school or a change of employment will also create a need to find a new doctor, especially if you happened to grow up with a chronic health condition. So, how do you find a doctor who will meet your medical needs, who will be covered by your health plan, and who will give you the care you are looking for?

Before you start looking for a new doctor, think about what you want:

- ◆ Is where the office located important? Will you need help with transportation?
- ◆ Do you need an office that is wheelchair accessible or do you need other special assistance in the doctor's office?
- ◆ Are office hours convenient? How do you contact the doctor at other times?
- ◆ What hospital do you want to use, and is this doctor on the staff there?
- ◆ Do you want someone who will take time with you during an office visit or are you comfortable being seen by someone who is "good" in his or her field but perhaps does not have the best bedside manner?
- ◆ Is it important that this new doctor is knowledgeable about your special health care needs or do you think you can provide that information or connect the new doctor with those who could provide medical insight?

Ways to look for a new doctor include:

- ◆ Ask your current doctor.
- ◆ Check out the doctor your parents or other family members see.
- ◆ Call a family support group or adult disability agency and check around.
- ◆ Ask adults who have health needs similar to yours for recommendations.
- ◆ Refer to your health insurance company booklet of approved providers.
- ◆ Ask a Vocational Rehabilitation or Independent Living Center counselor.
- ◆ Contact the Medical Society, or American Academy of Family Practitioners.

Since your wellness depends on the medical services you receive, it is important that you are comfortable talking with your new doctor and feel that he or she understands your concerns.

Consider scheduling a "get-acquainted" interview before you make a final choice of a new doctor. You will have to pay for this visit, as it is NOT covered by insurance benefits. An ideal interview time is about 15 minutes and should not waste your time or the doctor's.



The best time to see a new physician is when your health condition is stable so you aren't asking for crisis care while seeing if you can develop a working relationship. Think about (and write down) questions that are important to you:

- ◆ Is the doctor knowledgeable about your health issues and/or willing to learn from you and from previous doctors?
- ◆ Do you like the communication style with the doctor and in the office?
- ◆ Are you satisfied with office practices and access during an emergency or in urgent situations?
- ◆ Do you have access to hospitals and specialists if you need them?

Doctors who like to care for children are different from doctors who like to care for adults. For this reason, young adults seeking health care need certain skills:

- ◆ Ability and willingness to tell the doctor about your history, current symptoms, lifestyle, and self-care in just a few minutes (including carrying your own records and a summary of your medical history).
- ◆ Ability to ask questions about your condition and how it will affect your school, work, recreation, and social life.
- ◆ Ability to tell the doctor about your needs for education, technology, and accommodations and how your condition affects or might be affected by these.
- ◆ Willingness to follow medical recommendations that have been mutually developed by you and your doctor.
- ◆ More independence in following up with referrals and keeping all agencies informed.
- ◆ More involvement in keeping yourself well with diet and weight control, exercise and recreation, following medication, treatment and hygiene regimens, limiting risk-taking behaviors (such as drinking alcohol, smoking, taking non-prescription drugs, or unsafe sexual practices), and getting help when you feel angry, lonely, or sad for long periods.
- ◆ Being more aware of your physical and mental health symptoms and health needs before you have a serious medical crisis and knowing when to inform your doctor.
- ◆ Developing a plan of action for when you need emergency care: when to consult with the doctor, what hospital to report to, what care you want and do not want, and naming someone who can let your wishes be known if you cannot (Health Care Durable Power of Attorney. (see page 81)
- ◆ Understanding how the health care benefits / insurance plan you have works for you: when to call for pre-approval, how to get reimbursements, what services are not covered, and how to file an appeal if you do not agree with decisions from the plan.
- ◆ Recognizing that as you become more capable in directing your care that you, not your parents, should make medical appointments, be the most knowledgeable about your health needs, know when to seek guidance in solving problems, and demonstrate that you are capable and competent and ready for adulthood!

Reprinted from KY Commission for Children with
Special Health Care Needs, KY TEACH Project 9/6/01

Health Transition Resources

NH Family Voices

Family to Family Health Information and Education Center

129 Pleasant St., Concord

Tel: (603) 271-4525

Web: www.nhfv.org

Assistance with healthcare financing, workshops and materials on healthcare transition, lending library of books for parents and adolescents on educational and health transition, sexuality, and independent living.

Youth for Education, Advocacy and Healthcare (YEAH)

NH Family Voices

Telephone: (603) 271-4525

Web: <https://yeahnh.org>

YEAH Council comes together monthly to discuss issues involved in what it means to be a young adult with a chronic health condition, and how best to make the transition to the adult health care system. They work to educate other youth on how to handle their transition to adulthood, as well as educating the medical professionals about what they can do to facilitate the transition.

Steps Toward Adult Responsibility (STAR)

Special Needs Support Center of the Upper Valley

12 Flynn St., Lebanon

Tel: (603) 448-1268

Web: <http://snsc-uv.org/activities>

Teens in the program must be in grades 8 through 12 and have non-intellectual conditions. These conditions include but are not limited to: asthma, cancer, cardiology conditions, cerebral palsy, Crohn's disease/colitis, cystic fibrosis, diabetes, hearing impairment, juvenile rheumatoid arthritis, seizure disorders, and spina bifida. The monthly free dinner meetings are held from late September through May on the Dartmouth Campus from 6:00 to 8:00 pm. Parents participate in a concurrent but separate support group. Special mentor-teen events happen throughout the academic year as well.

Special Medical Services

NHDHHS Division of Developmental Disabilities

129 Pleasant St., Concord

Telephone: (603) 271-4488

Web: www.dhhs.nh.gov/dcbcs/bds/sms

Services for youth 18-21 yrs. With chronic health, physical, and developmental needs transitioning into adult healthcare systems.

Supported Decision Making for Youth Transitioning to Adulthood

A person in New Hampshire over the age of 18 is legally an adult, and is presumed to be able to manage his or her own financial affairs, choose where to live, consent to medical treatment, vote, make contracts, marry, and exercise his or her own legal rights as an adult. This presumption does not change because a person has a disability. When a person is unable to do some or all of these, some form of supported decision making is needed. It is important that families start this conversation early and learn about the full range of options. While guardianship is the most widely used legal tool, there is a growing use of less restrictive options to support a young adult's ability to have control over his/her own life.

DECISION-MAKING — A Skill that Requires Practice and Experience ¹

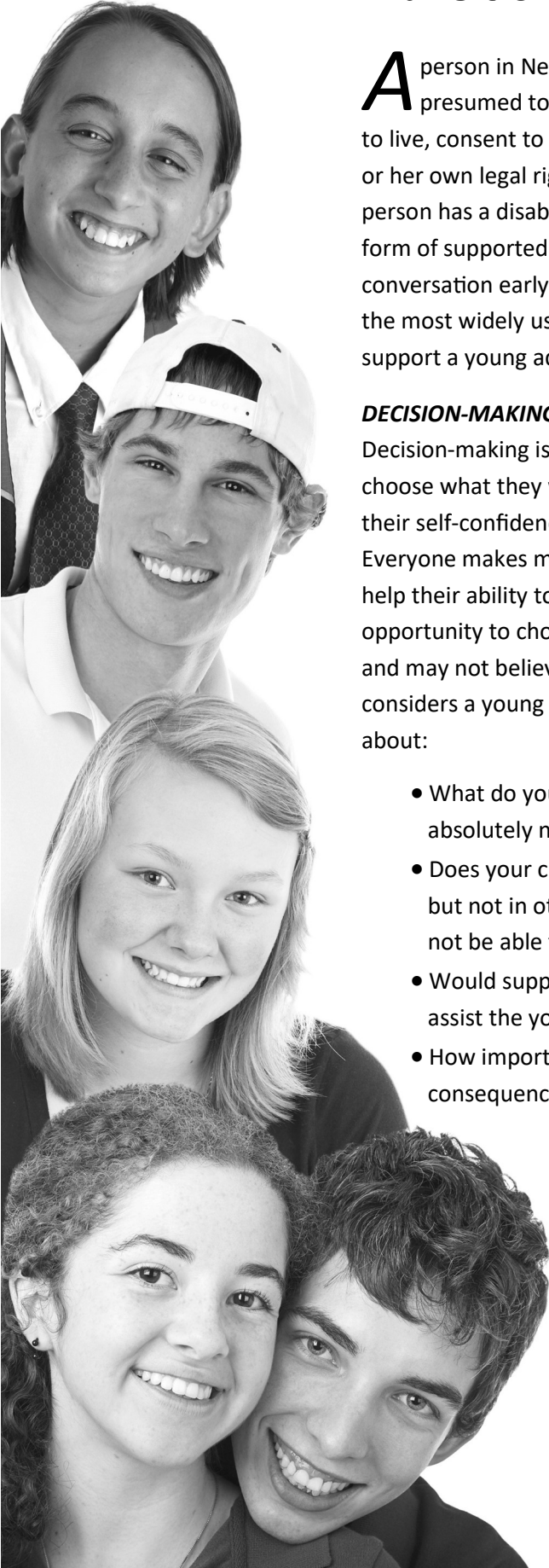
Decision-making is a learned skill. If we give young children the opportunity to choose what they wear, eat or want to do for fun we encourage their independence, their self-confidence and their ability to make decisions that direct their own life. Everyone makes mistakes in decision making at times and these mistakes usually help their ability to make better decisions in the future. If youth are not given the opportunity to choose and make mistakes they are less likely to develop these skills and may not believe they are capable of decision making as adults. As a family considers a young adult's abilities to make their own decisions they should think about:

- What do you worry about as you consider your child's future - is guardianship absolutely necessary or would a less restrictive option do?
- Does your child have skills and strengths in some areas of decision-making, but not in others (e.g., could they decide what classes they want to take but not be able to make financial decisions)?
- Would support from friends, family, technology or professionals be enough to assist the young person with their decisions?
- How important is the decision they need to make and what are the consequences of a wrong decision?

What is Supported Decision Making?

Supported decision making is an alternative to guardianship through which people use friends, family members and professionals to help them understand situations and choices they face, so they may make their own decisions without the "need" for guardianship. It is an emerging approach to providing decision-making assistance without imposing any long-term legal limitations on rights or personal liberties. (Blanck & Martinis, 2015)

¹Got transition, Center for Health Care Transition Improvement, Guardianship and Alternatives for Decision Making Support



LEGAL TOOLS TO SUPPORT DECISION-MAKING

- Release of Information: One option for supporting an individual with a disability is to work with health care organizations, financial institutions and schools to have your adult child sign a release of information form. This allows a parent, family member or guardian to talk with providers, schools and financial institutions and assist with making decisions if needed. An attorney may not be necessary for this tool.
- A Power of Attorney for Finance (POA-F) is a document that authorizes another person (the agent) to handle all the financial affairs of the individual (the principal). Families can use a standard state form (see resources below). An attorney may not be necessary to complete the form.
- A Durable Power of Attorney for Health Care (DPOAHC) authorizes the agent to make health care decisions for the individual, consistent with the terms of the document and based on the wishes of the individual. Families use a standard state form (see resources below) to complete a DPOAHC and an attorney may not be necessary. A General or Financial Power of Attorney may not be authorized to make medical decisions.
- A Power of Attorney for Education / Educational Interests allows a parent or guardian to represent a student's educational interests, communicate with schools, give consent for evaluations, receive notices, attend IEP meetings and assist with making decisions related to school. There is no standard state form but online forms are available and an attorney may not be necessary to complete forms.
- Guardianship is a legal process where a court decides if a person lacks "capacity" to make decisions for themselves and there are no less-restrictive alternatives than guardianship. In New Hampshire there is an option for Full Guardianship or Partial (limited) Guardianship. Once this has been established, the guardian has custody and control over decisions made for the "ward".

While it is possible to complete the guardianship process without legal representation, most families work with an attorney. It is important to find an attorney who is familiar with the different legal options.

Additional Resources

National Resource Center for Supported Decision Making

This online center has a wealth of resources on decision making for adults with disabilities and older adults.

www.supporteddecisionmaking.org

Guardianship and Alternatives for Decision Making Support

A fact sheet developed by Got Transition available at www.gottransition.org/resourceGet.cfm?id=17

NH Durable Power of Attorney for Healthcare - Healthy NH

<http://www.healthynh.com/images/PDFfiles/advance-directives/ACP%20Guide%20revised%20022014.pdf>

NH Financial Power of Attorney Form can be found at:

<https://powerofattorney.com/wp-content/uploads/2013/07/new-hampshire-durable-power-of-attorney-form.pdf>



Guardianship

- RSA 464-A is the New Hampshire Statute that covers all guardianship procedures and
- RSA 547-B is the New Hampshire Statute that describes public guardianship programs.

Circuit Court Probate Division

Telephone: (855) 212-1234

Web: www.courts.state.nh.us/probate/guardianship.htm

Guardianship

Parents are guardians for their children until they turn 18. Once they turn 18 they are entitled to make all of their own decisions regarding where they live, how to manage their money and any decisions about their health care. If a young person is unable to make these decisions the courts can appoint a guardian to help them. An appointed guardian may be a parent, another family member, a friend or someone from the Public Guardians Office.

A guardian is appointed when a person is unable to process information and then recognize the consequences of the choices they make. A guardian can be appointed for different areas of a young person's life. For instance, a guardian who looks after an "estate". This would involve finances and any legal documents or contracts that may need to be signed. Someone may also be appointed as "Guardian of the Person". This means that the guardian would make decisions about things such as medical care and living arrangements. A guardian could be appointed over both of these areas of the person's life.

If you have questions about guardianship you can contact either of the agencies below or you may also be able to obtain information from a mental health center, area agency, or an attorney. To obtain the forms to file for guardianship you should contact your county probate court office.

Temporary Guardianship

It is possible for someone to request guardianship for a temporary period of time. This is usually done under the Emergency Temporary Guardianship guidelines and will cover a 60 day period. This may be helpful during a crisis situation when a person may not be able to make a safe decision. The goal would always be to return guardianship to the individual as soon as they are able to make those decisions themselves.

Power of Attorney

A person may choose to give Power of Attorney to someone if they would like them to be able to make decisions on their behalf regarding medical and/or financial concerns. This is a contract between two people and does not involve the courts. You can also cancel this agreement at any time for any reason. Most Power of Attorney agreements are prepared by a lawyer. A "Health Care Power of Attorney" form can usually be obtained from the hospital.

Less Restrictive Alternatives

The law says the court should only appoint a guardian if there are no available alternative resources to make sure the person stays safe, well, and gets the services they need, and that their property and money is handled prudently. Some alternatives include:

- A mentor—Someone to assist in decision making.
- A representative payee for Social Security - This person receives a person's Social Security on their behalf and assists them in money management.

Less Restrictive Alternatives.. continued

- ☑ **Revocable Power of Attorney.** A person may choose to give Power of Attorney to someone if they would like them to be able to make decisions on their behalf regarding medical and/or financial concerns. This is a contract between two people and does not involve the courts. This agreement can be cancelled at any time for any reason. Most Power of Attorney agreements are prepared by a lawyer. A “Health Care Power of Attorney” form can usually be obtained from a hospital.

Guardianship Resources

Office of Public Guardian

2 Pillsbury St., Suite 400, Concord

Telephone: (603) 224-8041

Web: www.opgnh.org

The Office of Public Guardian is a private non-profit corporation organized to provide guardianship and advocacy services to citizens of New Hampshire.

Tri-County CAP, Inc. Guardianship Services

Main Office: 34 Jefferson Road, Whitefield

Telephone: (603) 837-9561

Concord Office: Telephone: (603) 224-0805

Web: www.tccap.org/services/seniors/guardianship-statewide

Provides quality guardianship, protective and fiduciary services to incapacitated residents of NH.

Disability Rights Center (DRC)

64 North Main St. Suite 2 (3rd floor), Concord

Telephone: (603) 228-0432

Web: www.drcnh.org/IssueAreas/guardianship.html

Resources and legal assistance with guardianship for people with disabilities.

Behavioral/Mental Health Resource

- ◆ **Listing of Community Mental Health Center on page 65.**

Peer Support Agencies

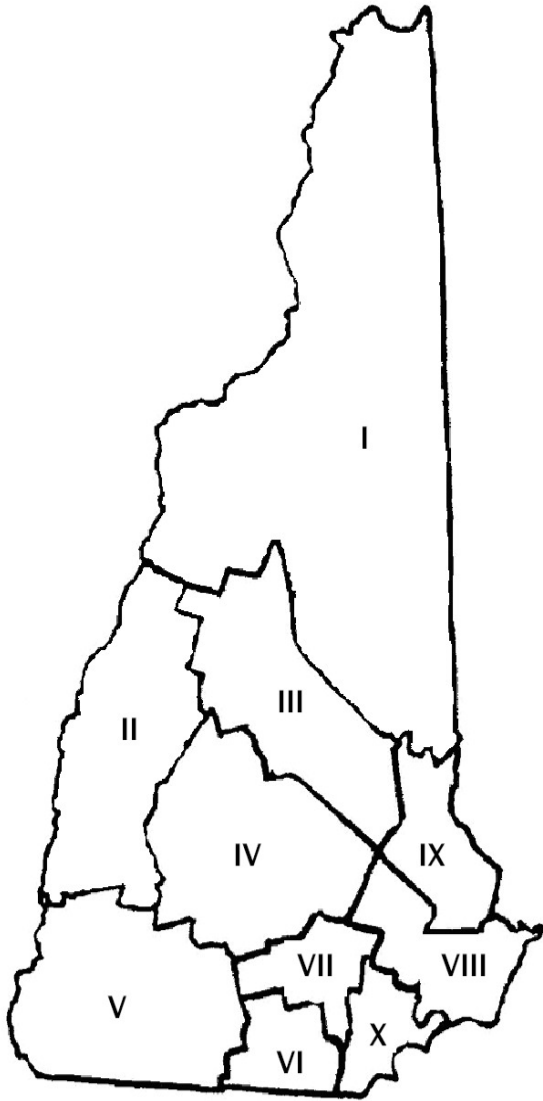
The Peer Support Agencies (PSAs) are private not-for-profit agencies that have contracted with the NHDHHS, Bureau of Mental Health. Peer support agencies provide services to people with mental illness who are 18 years of age or older and self-identify as a recipient, former recipient, or as at significant risk of becoming a recipient of publicly funded mental health services.

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Services include, but are not limited to: face-to-face and telephone peer support; outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

The Bureau of Mental Health’s webpage has a list and links to these programs at:

www.dhhs.nh.gov/dcbcs/bbh/peer.htm

Services for Children and Adults with Developmental Disabilities and Acquired Brain Disorders The Area Agency System



State Legislation

RSA 171-A, Services for the Developmentally Disabled

RSA 126-G, Family Support Services

RSA 137-K, Brain Injury Services

NHDHHS, Division of Long Term Supports and Services, Bureau of Developmental Services (BDS) is comprised of a main office in Concord and 10 designated non-profit area agencies that represent specific geographic regions of NH.

All direct services and supports to individuals and families are provided in accordance with contractual agreements between BDS and the Area Agencies. Supports include:

- Service coordination,
- Day and vocational services,
- Personal care services,
- Community support services,
- Early Supports and Services and Early Intervention,
- Assistive technology services; and
- Specialty services and flexible family supports including respite services and environmental modifications.

Any resident of NH is eligible for services who has a developmental disability and meets the following criteria:

- ◆ a disability that is attributable to mental retardation, cerebral palsy, epilepsy, autism or a specific learning disability, or any other condition of an individual found to be closely related to mental retardation as it refers to general intellectual functioning or impairment in adaptive behavior or requires treatment similar to that required for mentally retarded individuals; and
- ◆ a disability that originates before such individual attains age 22, has continued or can be expected to continue indefinitely, and constitutes a severe disability to such individual's ability to function normally in society.

When a young person turns 21 years of age, day services, vocational services and community supports are managed through the Area Agency system.

Each local region has established a Regional Family Support Council consisting of members who have a family member with a disability. The Family Support Council provides advice to the area agency in the development of family support plans and monitors the services provided pursuant to the plan. Each local agency also has a family support coordinator to assist families to acquire supports and services.

The Area Agency System

Region 1 Northern Human Services

Conway, NH

Telephone: (603) 447-3347

Web: www.northernhs.org

Towns served:

Albany	Bartlett	Bath	Benton	Berlin	Bethlehem
Brookfield	Carroll	Chatham	Clarksville	Colebrook	Columbia
Conway	Dalton	Dixville	Dummer	Easton	Effingham
Errol	Franconia	Gorham	Groveton	Hart's Location	Haverhill
Jackson	Jefferson	Lancaster	Landaff	Lincoln	Lisbon
Littleton	Livermore	Lyman	Madison	Milan	Millsfield
Monroe	Moultonboro	Northumberland	Ossipee	Piermont	Pittsburg
Randolph	Sanbornville	Sandwich	Shelburne	Stark	Stewartstown
Stratford	Sugar Hill	Warren	Tamworth	Tuftonboro	Union
Wakefield	Waterville Valley	Wentworth Location	Whitefield	Wolfeboro	Woodstock

Region 2 Pathways of the River Valley

Claremont, NH

Telephone: (603) 542-8706

Web: www.pathwaysnh.org

Towns served:

Acworth	Canaan	Charlestown	Claremont	Cornish	Croydon
Dorchester	Enfield	Goshen	Grafton	Grantham	Hanover
Langdon	Lebanon	Lempster	Lyme	Newport	Orange
Orford	Plainfield	Springfield	Sunapee	Unity	Washington

Date called: _____

Talked with: _____

Notes:

Region 3 Lakes Region Community Services

Laconia, NH

Telephone: (603) 524-8811

Web: www.lrcsc.org**Towns served:**

Alexandria	Alton	Ashland	Barnstead	Belmont	Bridgewater
Bristol	Campton	Center Harbor	Ellsworth	Gilford	Gilmanton
Groton	Hebron	Holderness	Laconia	Meredith	New Hampton
Plymouth	Rumney	Sanbornton	Thornton	Tilton	Wentworth

Region 4 Community Bridges, Inc.

Concord, NH

Telephone: (603) 225-4153

Web: www.communitybridgesnh.org**Towns served:**

Allenstown	Andover	Boscawen	Bradford	Bow	Canterbury
Chichester	Concord	Danbury	Deering	Dunbarton	Epsom
Franklin	Henniker	Hill	Hillsboro	Hopkinton	Loudon
Newbury	New London	Northfield	Pembroke	Pittsfield	Salisbury
Sutton	Warner	Weare	Webster	Wilmot	Windsor

Region 5: Monadnock Developmental Services, Inc.

Keene, NH 03431

Telephone: (603) 352-1304

Web: www.mds-nh.org**Towns served:**

Alstead	Antrim	Bennington	Chesterfield	Dublin	Fitzwilliam
Francetown	Gilsum	Greenfield	Greenville	Hancock	Harrisville
Hindsdale	Jaffrey	Keene	Lyndeborough	Marlborough	Marlow
Nelson	New Ipswich	Peterborough	Richmond	Rindge	Roxbury
Sharon	Stoddard	Sullivan	Surry	Swanzey	Temple
Troy	Walpole	Westmoreland	Winchester		

Date called: _____

Talked with: _____

Notes:

Region 6 Gateway Community Services

Nashua, NH

Telephone: (603) 882-6333

Web: www.gatewayscs.org**Towns served:**

Amherst	Brookline	Hollis	Hudson	Litchfield	Mason
Merrimack	Milford	Mont Vernon	Nashua	Wilton	

Region 7 Moore Center Services

Manchester, NH

Telephone: (603) 206-2700

Web: www.moorecenter.org**Towns served:**

Auburn	Bedford	Candia	Goffstown	Hooksett	Londonderry
Manchester	New Boston				

Region 8 One Sky Community Services

Portsmouth, NH

Telephone: (603) 436-6111

Web: www.oneskyservices.org**Towns served:**

Brentwood	Deerfield	East Kingston	Epping	Exeter	Fremont
Greenland	Hampton	Hampton Falls	Kensington	Kingston	New Castle
Newfields	Newington	Newmarket	North Hampton	Northwood	Nottingham
Portsmouth	Raymond	Rye	Seabrook	South Hampton	Stratham

Region 9 Community Partners

Dover NH

Telephone: (603) 516-9300

Web: www.communitypartnersnh.org**Towns served:**

Barrington	Dover	Durham	Farmington	Lee	Madbury
Middleton	Milton	New Durham	Rochester	Rollinsford	Somersworth
Strafford					

Region 10 Community Crossroads

Atkinson, NH

Telephone: (603) 893-1299

Web: www.communitycrossroadsnh.org**Towns served:**

Atkinson	Chester	Danville	Derry	Hampstead	Newton
Pelham	Plaistow	Salem	Sandown	Windham	

Community Support Network

Concord, NH

Telephone: (603) 229-1982

Web: www.csni.org

Community Support Network, Inc. (CSNI) is a not-for-profit organization that works in support of the 10 Area Agencies throughout the state of New Hampshire that provide services to individuals with developmental disabilities and acquired brain injury and their families.

CSNI provides administrative and financial services to the Area Agencies, establishes policy positions on legislative or regulatory issues, and manages grant programs benefiting constituents in the community of individuals with developmental disabilities. CSNI also serves as the communication and contact center on issues and services for those seeking information on developmental disability issues.

Granite State Independent Living Foundation (GSIL)

Statewide Office

21 Chenell Drive, Concord

Telephone: (603-228-9680 (V/TTY)

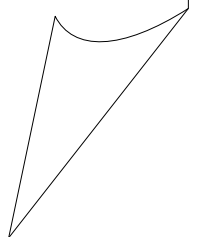
Web: www.gsil.org

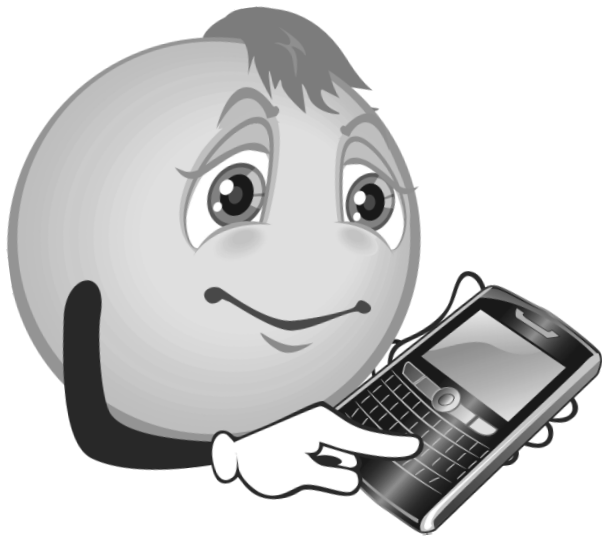
Granite State Independent Living (GSIL) is a non-profit, service, and advocacy organization whose mission is to promote life with independence for people with disabilities and those experiencing the natural process of aging through advocacy, information, education and support. Services include Home Care, Disability Support and Education & Employment.

GSIL Offices

Keene Office 105 Castle St., Keene Telephone: (603) 228-9680	Manchester Office 60 Rogers St. Suite 207 Manchester Telephone: (603) 518-4600
Nashua Office 14 Celina Ave., Unite #14, Nashua Telephone: (603) 228-9680	Littleton Office 76 Main Street, Littleton Telephone: (603) 228-9680
Dover Office 750 Central Ave. Unit O, Dover Telephone: (603) 228-9680	Berlin Office 350 Glen Ave, Suite 3, Berlin Telephone: (603) 228-9680

NOTES:





Additional Resources

*Advocacy, Family Support, Recreation
and Community Services*



Advocacy Organizations

New Hampshire Council on Developmental Disabilities (DDC)

2 1/2 Beacon St., Concord
Telephone: (603) 271-3236
Web: www.nhddc.org

The New Hampshire Council on Developmental Disabilities is a federally funded agency that supports public policies and initiatives that remove barriers and promote opportunities in all areas of life. The Council is independent of State government and the agencies that provide services to people with disabilities. The Council develops a State Plan every five years to establish specific goals, objectives and strategies to address the most important issues affecting people with developmental disabilities in New Hampshire. The Council carries out its mission through education, advocacy and the funding of innovative projects that make a difference in people's lives.

Disabilities Rights Center (DRC)

64 N Main St., Suite 2, Third Floor, Concord
Telephone: (800) 834-1721 V/TTY or (603) 228-0432
Web: www.drcnh.org

Disabilities Rights Center (DRC) is a statewide organization that is independent from state government or service providers and is dedicated to the full and equal enjoyment of civil and other legal rights by people with disabilities. The DRC is New Hampshire's designated Protection and Advocacy agency and authorized by federal statute "to pursue legal, administrative and other appropriate remedies" on behalf of individuals with disabilities. DRC is a statewide organization independent from state government or service providers. DRC provides information, referral, advice, legal representation, and advocacy to individuals with disabilities on a wide range of disability-related problems.

The Governor's Commission on Disability

121 Fruit St., Suite 101, Concord
Telephone: (603) 271-2773 (603) 271-2774 (TTY)
Web: www.nh.gov/disability

The Governor's Commission on Disability provides information about the many services, laws, and regulations that affect citizens with disabilities. The GCD is the designated agency for the federally funded Client Assistance Program and is the housing agency for the federally mandated Statewide Independent Living Council. Further, the GCD administers the Telecommunications Equipment Assistance Program which provides for access to telephone service for qualified individuals with a disability

Advocates Building Lasting Equality (ABLE NH)

2 1/2 Beacon St., Concord
Telephone: (603) 271-2336 or (603) 878-0459.
Web: www.ablenh.org

ABLE NH advocates for the civil and human rights of all children and adults with disabilities and promotes full participation by improving systems of supports, connecting families, inspiring communities and influencing public policy.

People First of NH

4 Park St. Suite 214, Concord

Telephone: (603) 271-3236

Facebook: <https://www.facebook.com/People-First-of-New-Hampshire-100595760625/>

People First of New Hampshire is a statewide non-profit directed by citizens who experience disability for the purpose of self-advocacy.

Granite State Independent Living (GSIL)

21 Chenell Dr., Concord

Telephone: (603) 228-9680

Web: www.gsil.org

Granite State Independent Living (GSIL) is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors through advocacy, information, education, support and transition services. See page 95 for list of local offices.

Family Support Organizations

NH Family Voices

129 Pleasant St., Concord

Telephone: (603) 271-4525

Web: www.nhfv.org

Parent support, lending library, resources, information as well as specialized supports for families having children with special health care needs and disabilities. (See page 52)

Parent Information Center

54 Old Suncook Rd., Concord

Telephone: (603) 224-7005 (V/TTY)

Web: <https://www.picnh.org>

Provides information, referrals, workshops and support to families of children with disabilities. (see page 31)

NAMI New Hampshire

(National Alliance for the Mentally Ill New Hampshire Chapter)

89 North State St., Concord

Telephone: (603) 225-5359

Information & Resources Line: 1-800-242-6264

Web: www.naminh.org

NAMI NH is a statewide grassroots network of affiliate chapters, staff and volunteers that provide information, education and support to families and consumers of mental health services. NAMI NH serves adults with mental illness and children with severe emotional disturbance and their families.

Family Support Organizations... continued

Brain Injury Association of New Hampshire

52 Pleasant St., Concord
Telephone: (603) 225-8400
Web: www.bianh.org

Dedicated to brain-injury and stroke support, prevention, education and advocacy for survivors and caregivers. A chartered state affiliate of the Brain Injury Association of America (BIAA; biausa.org).

Partners In Health

129 Pleasant St., Concord
Telephone: (603) 271-4408
Web: www.dhhs.state.nh.us/dcbcs/bds/sms/pih/index.htm

Partners in Health (PIH) is a statewide community-based program that provides support to families of children with chronic health conditions or young adults themselves, regardless of income. The program also provides community events, education, and resource access. (see page 52)

Waypoint (formerly Child and Family Services)

464 Chestnut St., Manchester
Telephone: (603) 518-4000
Web: <http://waypointnh.org>

With 14 office sites across the state, and over 28 programs Waypoint offers many family support programs as well as Intervention and treatment programs for parents, children, teens and adults with disabilities.

Special Needs Support Center of the Upper Valley

20 West Park St., Suite 311, Lebanon
Telephone: (603) 448-6311
Web: <http://snsc-uv.org>

Provides family support services, support groups and educational advocacy for families having children with special needs in the Upper Valley region.

NH Family Ties

70 Pembroke Rd., Concord
Telephone: (603) 225-4153
Facebook: <https://www.facebook.com/NHFamilyTiesProgram/>

NH Family Ties - Family Connections Program partners families 1:1 with an altruistic approach for cross-disabilities from birth through life span. Matches are made for families seeking information or emotional support with families who have experienced the same or similar situations.

NH Foster Adoptive Parent Association

PO Box 3572, Concord
Telephone: (603) 545-5022
Web: <https://www.nhfapa.org>

Supports foster and adoptive parents with resources and support groups.

Resources for Adaptive Sports

Northeast Passage

UNH - 121 Technology Drive, Suite 161, Durham

Telephone: (603) 862-0070

Web: <http://nepassage.org>

Seasonal adaptive sports are available to people with disabilities in cycling, court sports, cross country skiing, golf, hiking, paddling, power soccer, and waterskiing. Competitive opportunities are available in sled hockey, quad rugby, and Nordic skiing.

Adaptive Sports Partners of the North Country

Franconia, NH

Telephone: (603) 823-5232

Web: <http://adaptivesportspartners.org>

Adaptive Sports Partners of the North Country is committed to working with persons with any kind of disability. Whether the disability is physical or developmental, or even a combination of both, they want to provide an opportunity for a rewarding sport, recreation, or wellness experience.

Granite State Adaptive Sports

Mirror Lake, NH

Telephone: (603) 387-1167

Web: <https://www.gsadaptiveports.org>

Provides individuals who have a disability the opportunity to develop independence, confidence, life skills and fitness through participation in sports, therapy, training and recreation programs.

Plus Adaptive Sports

Attitash Mountain Resort

Telephone: (603) 374-2688

Web: www.abilityplus.org

AbilityPLUS serves a diverse population of individuals, from people with severe physical disabilities to people with autism, across the spectrum. They have adaptive ski programs.

New England Disabled Sports

Telephone: (603) 745-9333

Web: <https://nedisabledsports.org>

New England Disabled Sports is a nationally recognized program providing year-round adaptive sports instruction to adults and children living with a physical or cognitive disability. NEDS is a program that focuses on the student's ability, not his or her disability.

Lakes Region Disabled Sports

Gunstock Mountain Resort

Telephone: (603) 737-4365

Web: <https://www.gunstock.com/winter/lrds/>

Lakes Region Disabled Sports offers excellence in adaptive instruction at Gunstock. The volunteer instructors are expressly trained to work with the diverse abilities of the students.

Resources for Adaptive Sports... continued

Waterville Adaptive Sports

Waterville Valley Resorts

Email: info@watervilleadaptive.com

Web: <http://staging.watervilleadaptive.com>

Waterville Valley Adaptive Sports is dedicated to empowering individuals with disabilities through access and instruction in sports and recreation for life. Highly trained staff and volunteers.

NH Special Olympics

650 Elm Street, Manchester

Telephone: (603) 624-1250

Web: www.sonh.org

Provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Zebra Crossings

61 Locust St, Dover

Telephone: (603) 312-2052

Web: <https://www.zebra-crossings.org>

Zebra Crossings, provides a broad range of day and overnight programs throughout the year for children with a chronic health condition. Programs are held at various locations throughout the NH Seacoast. Activities include recreational activities, such as art projects, sports, group games, archery, swimming, climbing wall, ropes course, kayaking, and more. If you're willing to travel, anyone in NH can participate.

New Hampshire Fish and Game Department

11 Hazen Drive, Concord

Telephone: Licensing Division - (603) 271-3421

Web: <https://www.wildlife.state.nh.us/hunting/hunting-accessibility.html>

The NH Fish and Game Department offers several permits for people with physical disabilities. Applicants must present a letter from his or her doctor stating that the applicant is permanently and totally disabled. Fish and Game's Hunter Education Program customizes its courses for people with special needs so they can enjoy the outdoors safely.

Emergency Preparedness

ReadyNH

NH Department of Safety

Web: www.nh.gov/readynh

To increase the preparedness of individuals and households in the State of New Hampshire, the NH Department of Safety Division of Homeland Security and Emergency Management created ReadyNH. The materials presented here are intended to help individuals, families, businesses and other organizations prepare for emergencies. Special needs considerations are included.

Community Action Programs (CAP)

Community Action Offices house many programs for citizens, families, children, and elderly. Health, nutritional, fuel assistance, weatherization assistance, and electric assistance are a few examples.

Belknap and Merrimack Counties

Community Action Program Belknap-Merrimack
Counties Inc.
Telephone: (603) 225-3295
Web: www.bm-cap.org

Rockingham County

Southern New Hampshire Services
Derry Office (603) 965-3029
Portsmouth Office (603) 431-2911
Raymond Office (603) 895-2303
Salem Office (603) 893-9172
Seabrook Office (603) 474-3507
Web: www.rcaction.org

Hillsborough County

Southern New Hampshire Services, Inc.
Manchester (603) 647-4470
Nashua (603) 889-3440
Hillsborough (603) 464-3136
Greenville (603) 878-3364
Milford (603) 924-2243
Peterborough (603) 924-2243
Web: www.snhs.org

Strafford County

Community Action Partnership of Strafford County
Telephone (603) 435-2500
Web: <https://www.straffordcap.org>

Cheshire County

Southwestern Community Services Cheshire County
Telephone: (603) 352-7512
Web: <http://www.scshehelps.org>

Sullivan County

Southwestern Community Services
Telephone: (603) 542-9528
Web: www.scshehelps.org

Coos, Carroll and Grafton Counties

Tri-County Community Action
30 Exchange St., Berlin, NH
Telephone: (603) 752-7001
Web: www.tccap.org

NH 211

To access many different health and human services available, callers anywhere in the state can dial 2-1-1. For no charge, you are connected to a trained information and referral specialist who can provide you with the information you need to get help.

Online data base is very user friendly.

www.211nh.org

Housing Resources

NH Housing Finance Authority

Telephone: (603) 472-8623

Web: www.nhhfa.org

New Hampshire Housing promotes, finances, and supports affordable housing for Granite State residents. The agency offers safe, fixed rate mortgages; rental assistance for low-income families and individuals; and financing for the development of quality, affordable rental housing.

Home Ownership
(603) 472-8623

Rental Assistance
(603) 472-8623

Finance & Accounting Mortgage Servicing
(603) 472-8623

State of NH Foreclosure Prevention Initiative

Telephone: Access by calling - 2-1-1

Web: www.homehelpnh.org

HomeHelpNH is a program that provides at-risk homeowners with free, professional, objective home-ownership counseling and, for those who qualify, free or low-cost legal advice to help them decide the best options for their housing situation. The counseling is provided by eight regionally-based nonprofit housing agencies that provide free comprehensive foreclosure intervention and counseling services.

Legal Resources

NH Legal Assistance

Telephone: (603) 223-9750

Web: www.nhla.org

NH Legal Assistance offers clients high-quality civil legal aid to address the legal problems that affect their daily survival and most basic needs. These services range from simple legal information and advice to vigorous and thorough representation in all of New Hampshire's courts and before many of the local, state and federal agencies which play large roles in their lives.

Berlin Office

1131 Main St.

Telephone : (603) 752-1102

Claremont Office

24 Opera House Square, Suite 206

Telephone: (603) 542-8795

Manchester Office

1850 Elm St. Suite 7

Telephone: (603) 668-2900

Portsmouth Office

154 High St

Telephone: (603) 431-7411

New Hampshire Public Defenders Office

Administration Office

Telephone: (603) 224-1236

Web: www.nhpd.org

The New Hampshire Public Defender is a private, nonprofit corporation created to give NH a cost-effective means of providing high-quality, reliable representation to indigent defendants. The Program's attorneys serve clients facing criminal and delinquency prosecution who cannot afford to retain private counsel. The attorneys work out of nine offices located in communities throughout the State.

Merrimack County Telephone: (603) 224-1236	Strafford County Telephone: (603) 749-5540	Cheshire County Telephone: (603) 357-4891
Belknap and Carroll Counties Telephone: (603) 524-1831	Coos and Grafton Counties Telephone: (603) 444-1185	Hillsborough County North Telephone: (603) 669-7888
Hillsborough County South Telephone: (603) 598-4986	Sullivan County Telephone: (603) 865-1460	Rockingham County Telephone: (603) 778-0526
Grafton County Telephone: (603) 353-4440		

New Hampshire Legal Aid

Legal Advice & Referral Center

Telephone: (800) 639-5290

Web: <http://www.larcnh.org>

Help for low-income people find free legal help. Offers information, advice, legal representation, or referral to the right source of help to those who qualify for services. This website is a cooperative effort of New Hampshire's Legal Services.

NH Bar Association - Pro Bono Referral Program

Telephone: (603) 224-6942

Web: <https://www.nhbar.org/legal-services-programs/pro-bono>

Pro Bono links low-income people with volunteer attorneys for free legal services in family law, bankruptcy, consumer, criminal record annulment, housing, and income tax disputes, as well as veteran and senior citizen matters. The Pro Bono Referral Program only works with civil legal issues.

Disabilities Rights Center (DRC)

Telephone: (603) 228-0432

Web: www.drcnh.org

DRC is the New Hampshire's designated Protection and Advocacy agency and authorized by federal statute "to pursue legal, administrative and other appropriate remedies" on behalf of individuals with disabilities. The DRC provides information, referral, advice, and legal representation and advocacy to individuals with disabilities and families on a wide range of disability-related issues.

Legal Resources... continued

New Hampshire Commission for Human Rights

Telephone: (603) 271-2767

Web: www.state.nh.us/hrc

The state agency established by RSA 354-A for the purpose of eliminating discrimination in employment, public accommodations and the sale or rental of housing or commercial property, because of age, sex, sexual orientation, race, creed, color, marital status, familial status, physical or mental disability or national origin. The commission has the power to receive, investigate and pass upon complaints of illegal discrimination and to engage in research and education designed to promote good will and prevent discrimination.

UNH Cooperative Extension Services

UNH Cooperative Extension Services

Telephone: (603) 862-1520

Web: <http://extension.unh.edu>

Offer a multitude of programs on family, home and agriculture. Everything from food safety, nutrition, youth involvement in communities, parenting, to financial solutions. Local offices can be found within your county.

Belknap County

Laconia, NH

Telephone: (603) 527-5475

Cheshire County

Keene, NH

Telephone: (603) 352-4550

Grafton County

North Haverhill, NH

Telephone: (603) 787-6944

Merrimack County

Boscawen, NH

Telephone: (603) 796-2151

Rockingham County

Brentwood, NH

Telephone: (603) 679-5616

Carroll County

Conway, NH

Telephone: (603) 477-3834

Coos County

Lancaster, NH

Telephone: (603) 788-4961

Hillsborough County

Goffstown, NH

Telephone: (603) 641-6060

Strafford County

Dover, NH

Telephone: (603) 749-4445

Sullivan County

Newport, NH

Telephone: (603) 863-9200

Resources for New Americans

The International Institute of New Hampshire in Manchester (IINH)

470 Pine Street , Manchester

Telephone: (603) 647-1500

Web: <https://iine.org/manchester>

The International Institute provides an array of support services starting with the initial resettlement program that lasts for a short 90 days. Support services are focused on helping refugees and immigrants successfully transition into their new lives in the Us and include job placements services, classroom support for refugee youth, cultural adjustment programming, English language instruction, critical medical case management, and extended case management support for individuals working to overcome additional barriers to successful integration.

New American Africans

4 Park Street, Concord

Telephone: (603) 219-5219

Web: <https://newamericanafricansnh.org>

NAA creates opportunities for immigrants and refugees in New Hampshire to be empowered to take care of ourselves and our families, to be productive and participating members of society, and reach their fullest potential to belong and contribute to the NH community.

Overcomers Support Services

90 Airport Rd., Concord,

Telephone: (603) 715-0844

Web: <http://overcomersnh.org>

This organization works to cover the gap in services provided by resettlement agencies by helping refugees and immigrants who arrive in NH to understand their new home atmosphere and integrate with American culture. Overcomers Support Services provides basic social services and counseling, organizing supportive women and youth groups, employment assistance and health referrals.

Organization for Refugee and Immigrant Success (ORIS)

434 Lake Ave. 2nd Floor , Manchester

Telephone: (603) 296-0443

Web: <http://refugeesuccess.org>

The Organization for Refugee and Immigrant Success (ORIS) is an ethnic community-based organization located in Manchester, New Hampshire. Their mission is to aid in the resettlement of refugee and immigrant groups in the state of NH by providing assistance, training, resources, and opportunities that promote self-sufficiency. ORIS has developed the resources and capabilities to foster the self-sufficiency and integration of new Americans, including the development of an experienced, multinational, and multilingual staff and consultant team.

Victory Women of Vision (VWV)

25 Lowell St. #307, Manchester

Telephone: (603) 232-9107

Facebook: <https://www.facebook.com/Victory-Women-of-Vision-VWV-103669649727160/>

VWV is an ethnic community-based organization operating in greater Manchester whose mission is to encourage, empower and nurture immigrant and refugee families to thrive by embracing their cultural heritage as they build new lives.

Translators / Interpreters

Pinpoint Translation Services

470 Pine St., Manchester

Telephone: (603) 218-1735

Web: <http://pinpointlanguage.com>

Translating services that meet a wide array of needs and cross multiple sectors, including business, healthcare, government, and school settings. Can help to communicate effectively both face-to-face and in writing.

The New Hampshire Language Bank

Ascentria Care Alliance

Concord, NH

Telephone: (603) 224-8111

Web: <https://www.ascentria.org/locations/new-hampshire>

Ascentria offer services for new Americans as well as the Language Bank which provides trained professional interpreters in over 20 languages and dialects, and additional languages are being added as needed. Language Bank services are cost competitive with phone interpretation services.

New Hampshire Department of Education

English for Speakers of Other Languages (ESOL) Program

New Hampshire Department of Education

Concord, NH 03301

Telephone: (603) 271-3196 or (603) 271-3887

Web: <https://www.education.nh.gov/career/adult/esol.htm>

Directory of ESOL programs throughout NH. There is also a directory of translators /interpreters by name as well as an alphabetical listing of translators/interpreters by language (https://www.education.nh.gov/instruction/integrated/title_iii_information_translators.htm).



NH Department of Health and Human Services (NHDHHS)

NH State Service Delivery System

RSA 126-A:4 - Department Established

Mission: To join communities and families
in providing opportunities for citizens
to achieve health and independence

NH Department of Health and Human Services

Telephone: (800) 852-3345

Public Information Office: (603) 271-9389

Web: www.dhhs.nh.gov

The New Hampshire Department of Health and Human Services (DHHS) is the largest agency in New Hampshire state government, responsible for the health, safety and well-being of the citizens of New Hampshire. DHHS provides services for individuals, children, families and seniors, and administers programs and services such as mental health, developmental disability, substance abuse, and public health. This is accomplished through partnerships with families, community groups, private providers, other state and local government entities, and many citizens throughout the State .

Many programs and services are under the auspices of DHHS because the New Hampshire Legislative and Executive branches have recognized over the years that the majority of people who access Department services have multiple needs that require coordinated assistance from more than one program area. The Department is also charged with administering at the State level many federally enacted health and social service programs.

Programs for Families, Children and Youth within DHHS Divisions

Note: Name is linked to webpage.

Office of the Commissioner

Office of Health Equity

Telephone: (603) 271-3986

Assist refugees in achieving economic self-sufficiency and social adjustment. Health Equity also provides a sustained focus on the provision of culturally and linguistically appropriate services to NH's residents by DHHS and maintains communication with racial, ethnic and other medically underserved populations to create partnerships to enhance the overall health of the communities by developing combined opportunities and resources to address health disparities.

Division of Behavioral Health

Bureau of Mental Health Services

Telephone: (603) 271-5000

Behavioral Health works to ensure the provision of efficient and effective services to those citizens who are most severely and persistently disabled by mental, emotional, and behavioral dysfunction as defined by NH laws and rules. To this end, BBH has divided the entire state into community mental health regions. Each of the ten regions has a BBH contracted Community Mental Health Center (See page 65).

The Bureau Children's Behavioral Health

Telephone: (603) 271-5000

Manages the F.A.S.T. Forward program – Families and Systems Together– is designed to serve youth whose needs aren't met by traditional service streams and programs. This program utilizes both system of care and wrap around practice models. FAST forward allows access to many services provided by the DHHS, not just your traditional behavioral health services. Respite care Intensive home and community based services, Therapeutic day treatment, Crisis stabilization, and Family and Youth Peer support. For more information call (603) 271-5075.

Division of Economic and Housing Stability

Bureau of Family Assistance (formerly Division of Family Assistance and Division of Client Services)

Telephone: (603) 271-9700

Administers programs and services for eligible NH residents by providing financial, medical, food & nutritional assistance, help with child care costs and emergency help to obtain and keep safe housing. Family Services Specialists (FSS) determine initial and continuing eligibility and the amount of benefits, and benefits are delivered using federal and NH guidelines and policies. Apply in person at one of the District Offices (DO) or through NH EASY, NH's online Electronic Application System (<https://nheasy.nh.gov>)

Programs available are:

- Food & Nutrition Programs: Food Stamp Program
- Medical Coverage: Medicaid Medicare - Savings Program (MSP) - Children's Medicaid (CM) - NH Granite Advantage Plan, State Supplemental Programs (SSP - Cash): Old Age Assistance (OAA) - Aid to the Permanently and Totally Disabled (APTD) - Aid to the Needy Blind (ANB)
- Financial Assistance to Needy Families (FANF): NH Employment Program (NHEP) and Family Assistance Program (FAP) - Families With Older Children (FWOC) and Interim Disabled Parents (IDP) programs Child Care Assistance - Emergency Assistance - Employment and Training Programs and Support Services.

District Offices (DO's)

There are eleven DHHS "field" offices, called District Offices (DO), providing a single point for individuals and families to access DHHS services within their own communities. District Office staff determine eligibility or provide help for individuals and families for a wide array of programs and services. Programs and services available at a DHHS District Office include: financial assistance, child support enforcement, nursing home care and long term care, protective services for elderly and disabled individuals, child protection, foster care, adoption, juvenile justice, food stamps, child care, Medicaid and other medical assistance programs.

Berlin Office

650 Main St. Suite 200
Berlin, NH 03570

Main Number: (603) 752-7800
Toll Free Number: (800) 972-6111
TDD Number: (800) 735-2964

Towns Served

Berlin, Clarksville, Colebrook, Columbia, Dixville, Dummer, Errol, Gorham, Groveton, Milan, Millsfield, N. Stratford, Northumberland, Percy, Pittsburgh, Randolph, Shelburne, Stark, Stewartstown, Stratford, Wentworth's Location, W. Stewartstown

Claremont Office

17 Water Street Suite 301
Claremont, NH 03743

Main Number: (603) 542-9544
Toll Free Number: (800) 982-1001
TDD Number: (800) 735-2964

Towns Served

Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Enfield, George's Mills, Goshen, Grafton, Grantham, Guild, Hanover, Langdon, Lebanon, Lempster, Lyme, Meriden, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington, West Lebanon

Concord Office

40 Terrill Park Dr.
Concord, NH 03301

Main Number: (603) 271-6200
Toll Free Number: (800) 322-9191
TDD Number: (800) 735-2964

Towns Served

Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Elkins, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot

Conway Office

73 Hobbs Street
Conway, NH 03818

Main Number: (603) 447-3841
Toll Free Number: (800) 552-4628
TDD Number: (800) 735-2964

Towns Served

Albany, Bartlett, Brookfield, Chatham, Chocorua, Conway, Eaton, Effingham, Freedom, Glen, Hale's Location, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Melvin Village, Moultonborough, N. Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonboro, Wakefield, Wolfeboro

District Offices.. continued

Keene Office

111 Key Rd.
Keene, NH 03431

Main Number: (603) 357-3510
Toll Free Number: (800) 624-9700
TDD Number: (800) 735-2964

Towns Served

Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Drewville, Dublin, Fitzwilliam, Frankestown, Gilsum, Greenfield, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Spoffard, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester, Windsor

Laconia Office

65 Beacon Street W.
Laconia, NH 03246

Main Number: (603) 524-4485
Toll Free Number: (800) 322-2121
TDD Number: (800) 735-2964

Towns Served

Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Dorchester, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Lakeport, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Silver Lake, Thornton, Tilton, Waterville Valley, Wentworth, Winnisquam

Littleton Office

80 N. Littleton Road
Littleton, NH 03561

Main Number: (603) 444-6786
Toll Free Number: (800) 552-8959
TDD Number: (800) 735-2964

Towns Served

Bath, Benton, Bethlehem, Carroll, Dalton, Easton, Franconia, Glenciff, Haverhill, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Pike, Sugar Hill, Twin Mountain, Warren, Whitefield, Woodstock, Woodsville

Manchester Office

1050 Perimeter Rd. Suite 501
Manchester, NH 03103

Main Number: (603) 668-2330
Toll Free Number: (800) 852-7493
TDD Number: (800) 735-2964

Towns Served

Auburn, Bedford, Chester, Goffstown, Manchester, New Boston, Weare

Rochester Office

150 Wakefield St. Suite 22
Rochester, NH 03867

Main Number (603) 332-9120
Toll Free Number (800) 862-5300
TDD Number (800) 735-2964

Towns Served

Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union

Seacoast District Office

19 Rye St.
 Portsmouth, NH 03801

Main Number (603) 433-8300
 Toll Free Number (800) 821-0326
 TDD Number (800) 735-2964

Towns Served

Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham

Southern District Office

26 Whipple St.
 Nashua, NH 03060

Main Number (603) 883-7726
 Toll Free Number (800) 852-0632
 TDD Number (800) 735-2964

Towns Served

Amherst, Atkinson, Brookline, Danville, Derry, Greenville, Hampstead, Hollis, Hudson, Litchfield, Londonderry, Mason, Merrimack, Milford, Mont Vernon, Nashua, Newton, Pelham, Plaistow, Salem, Sandown, Wilton, Windham

- ◆ **Translators and interpretive** services are free to anyone. Contact a District Office for help with arrangements.

NH Bureau of Family Assistance Program Fact Sheet

The Bureau of Family Assistance post a program fact sheet which is updated approximately every three months. It can accessed here under 'Additional Information' - <https://www.dhhs.nh.gov/dfa/forms.htm>

This fact sheet gives basic information about eligibility, income, and resource requirements for each of the following programs:

Financial Assistance to Needy Families, the State Supplement Programs which include Old Age Assistance, Aid to the Permanently & Totally Disabled, and Aid to the Needy Blind, Medicaid [Modified Adjusted Gross Income (MAGI) and non-MAGI categories], the Supplemental Nutrition Assistance Program, Nursing Facility Care, Child Support Services, NH Child Care Scholarship, Children's Medicaid, Pregnant Women Medical Assistance, Qualified Medicare Beneficiaries, Specified Low Income Beneficiaries, Medicaid for Employed Adults with Disabilities, Parent/Caretaker Relatives medical assistance, NH Health Protection Program, and Family Planning Medical Assistance.

By policy, different types of income and resources are either counted or not counted to determine eligibility. This varies from program to program. In addition, there are amounts that can be subtracted from income. These also vary by program and are shown as "disregards and deductions." Examples of income are wages, rental income, and most benefit income including Social Security and SSI. Examples of resources are cash on hand, bank accounts, stocks/bonds, and unoccupied real property. Applicants must verify income, resources, disregards and deductions, identity, citizenship or alien status, social security numbers, residency, and all other eligibility factors required by the specific programs of assistance.

Division of Long Term Supports and Services

Bureau of Elderly and Adult Services

Telephone: (603) 271-9203

The Bureau of Elderly and Adult Services (BEAS) provides a variety of social and long-term supports to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability. BEAS staff are located at DHHS District Offices and ServiceLink Resource Centers throughout NH and coordinate services to seniors and adults with disabilities and chronic illnesses who meet certain eligibility criteria.

New Hampshire Family Caregiver Support Program

Contact ServiceLink (see page 114)

A family caregiver is anyone who provides regular care for a relative, a partner or a friend. The amount of care that the family member or other individual provides may have increased over time, or they may have found themselves in that role suddenly, without notice. For many it is a labor of love but it can also be physically and emotionally demanding. It is important to keep a balance between caring for another individual while caring for oneself. Through the National Family Caregiver Support Program, the Bureau of Elderly and Adult Services and the NH ServiceLink Resource Centers (see following page) provides the following services for family caregivers. These services can include:

- ◆ Information about community programs and local resources.
- ◆ Assistance in assessing individual caregiving needs, help in identifying options, and accessing local providers.
- ◆ Individual counseling and access to support groups.
- ◆ Education and training to help develop caregiving skills.
- ◆ Respite care services to provide a temporary break for eligible full time family caregivers, and limited services that compliment the care the family caregiver is providing that can include: chore services, assistive equipment, home modifications, and transportation services.

Service Link

ServiceLink is available to anyone who needs assistance, advice or help with an issue relating to a senior member or disabled adult living in the community. Web: www.nh.gov/servicelink

Belknap County

67 Water St., Laconia
Telephone: (603) 528-6945

Carroll County

448 White Mountain Highway, Tamworth
Telephone: (603) 323-2043

Monadnock Region

105 Castle St., Keene
Telephone: (603) 357-1922

Coos County

610 Sullivan St., Suite 6, Berlin
Telephone: (603) 752-6407

Grafton County-Littleton

262 Cottage St. Suite G-25
Mt. Eustis Commons, Littleton
Telephone: (603) 444-4498

Grafton County-Lebanon

10 Campbell St., Lebanon, NH
Telephone: (603) 448-1558

Hillsborough County -Manchester

555 Auburn St., Manchester, NH
Telephone: (603) 644-2240

Hillsborough County -Nashua

70 Temple St., Nashua, NH
Telephone: (603) 598-4709

Division of Long Term Supports and Services... continued

Service Link... continued	
Merrimack County 2 Industrial Park Drive, Concord, NH Telephone: (603) 228-6625	Rockingham County 72 Portsmouth Ave., Suite 113, Stratham, NH Telephone: (603) 334-6594
Rockingham County 8 Commerce Drive, Unit 802, Atkinson, NH Telephone: (603) 893-9769	Strafford County Community Partners, 25 Old Dover Rd. Rochester, NH Telephone: (603) 332-7398
Sullivan County 224 Elm St., Claremont, NH Telephone: (603) 542-5177	

Bureau of Developmental Services and Acquired Brain Disorders

Telephone: (603) 271-5034

The NH Developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities. BDS is comprised of a main office in Concord and 10 designated non-profit area agencies that represent specific geographic regions of NH (see page 91). All direct services and supports to individuals and families are provided in accordance with contractual agreements between BDS and the Area Agencies. Supports include:

- Service coordination,
- Personal care services,
- Early Supports and Services and Early Intervention,
- Specialty services and flexible family supports including respite services and environmental modifications.
- Day and vocational services
- Community support services
- Assistive technology services; and

Bureau of Special Medical Services

Telephone: (603) 271-4488

Special Medical Services, the New Hampshire Title V Program for Children with Special Health Care Needs, administers health programs and services for children ages' birth to 21 years, who have, or are at risk for, a chronic medical condition, disability or special health care need. Services provided include Care Coordination, Complex Care Clinic, the Nutrition, Feeding and Swallowing (NFS) Program, Child Development Clinics, Early Supports and Services, Health Care Transition and the Partners In Health Program (pg. 52).

Division of Children, Youth and Families

Telephone: (603) 271-4451

Web: <https://www.dhhs.nh.gov/dcyf/index.htm>

The Division for Children, Youth and Families manages protective programs on behalf of New Hampshire's children and youth and their families.

- Bureau of Child Protective Services
- Bureau of Family, Community, and Program Supports
- Bureau of Foster Care and Adoption Services
- Bureau of Juvenile Justice Services

Division of Public Health Services

Bureau of Maternal and Child Health

Telephone: (603) 271-4517

Web: <https://www.dhhs.nh.gov/dphs/bchs/mch/index.htm>

Bureau of Maternal and Child Health administers a broad array of programs. Community health agencies around the state receive funds through contracts with BMCH to deliver services to pregnant women and their infants including prenatal care, child health services, family planning and home visiting services.

BMCH also administers these programs:

- The Sudden Infant Death Syndrome (SIDS) Program offers information, support and resources to family and care providers of infants suspected to have died of SIDS.
- The Newborn Screening Program monitors the blood screening of all infants born in NH for as many as 32 potentially serious disorders and ensures immediate follow-up for abnormal results.
- The Early Hearing Detection & Intervention Program screens newborns for possible hearing loss or deafness to ensure timely and appropriate intervention.

Federal Poverty Guidelines

Below are the 2018 Health and Human Services Poverty Guidelines. The 2019 guidelines had not been published when this went to print. They are expected to be a bit higher than the 2018 guidelines.

Federal poverty levels are used to determine eligibility for certain federal health programs, including Medicaid and the Children's Health Insurance Program (CHIP).

The Poverty Guidelines are updated annually in the Federal Register by the U.S. Department of Health and Human Services under the authority of section 673(2) of the Omnibus Budget Reconciliation Act of 1981.

Source: Families USA - <https://familiesusa.org/product/federal-poverty-guidelines>

2018 US HHS Federal Poverty Guidelines

Family Size	100% Annually	138% Annually	150% Annually	200% Annually	250% Annually	300% Annually
1	\$12,140	\$16,753	\$18,219	\$24,280	\$30,350	\$36,420
2	\$16,460	\$22,715	\$24,690	\$32,920	\$41,150	\$49,380
3	\$20,780	\$28,676	\$31,170	\$41,560	\$51,950	\$62,340
4	\$25,100	\$34,638	\$37,650	\$50,200	\$62,750	\$75,300
5	\$29,420	\$40,600	\$44,130	\$58,840	\$73,550	\$88,260
6	\$33,740	\$46,561	\$50,610	\$67,480	\$84,350	\$101,220
7	\$38,060	\$52,523	\$57,090	\$76,120	\$95,150	\$114,180
8	\$42,380	\$58,484	\$63,570	\$84,760	\$105,950	\$127,140

Acronyms

This will help you define acronyms and words that you may find in reading “*Maneuvering Through the Maze*” as well as other documents related to disabilities and government programs. An *acronym* is a word formed from the first letter of other words.

AA	Area Agency for Developmental Services
ANB	Aid to the Needy Blind
APTD	Aid to the Permanently and Totally Disabled
CAP	Community Action Program
CCW	Community Care Waiver
CPSW	Child Protection Social Worker
CSD	Children with Severe Disabilities
CSHCN	Children with Special Health Care Needs
DCYF	Division of Children, Youth and Families
DD	Developmental Disabilities
DDC	Developmental Disability Council
DFA	Division of Family Assistance
DHHS	Department of Health and Human Services
DO	District Office
DOE	Department of Education
DRC	Disability Rights Center
EEIN	Early Education and Intervention Network
EPSDT	Early Periodic Screening, Diagnosis and Treatment
ESS	Abbreviated for the Family Centered Early Supports and Services Program
EBT	Electronic Benefit Transfer
FANF	Financial Assistance to Needy Families
FC	Foster Care
FDA	Food and Drug Administration (Federal)
FEMA	Federal Emergency Management Agency
FMLA	Family Medical Leave Act
FPL	Federal Poverty Levels
GED	General Educational Development
HCBC-ABD	Home and Community Based Care for Individuals with Acquired Brain Disorder
HCBC-DD	Home and Community Based Care for the Developmentally Delayed
HCBC-ECI	Home and Community Based Care for the Elderly and Chronically Ill
HCBC-HIS	Home and Community Based Care In Home Supports (also referred to as Independence Plus Waiver)
HC-CSD	Home Care for Children with Severe Disabilities (also referred to as Katie Beckett)
HUD	Housing and Urban Development (Federal)
I&R	Information and Referral
ICC	NH Interagency Coordination Council
ICF	Intermediate Care Facility
IDEA	Individuals with Disability Education Act
IEP	Individual Education Plan

Acronyms

IFSP	Individual Family Support Plan
IMH	Infant Mental Health
INS	Immigration and Naturalization Services (Federal)
JPPO	Juvenile Probation and Parole Officer
LTC	Long Term Care
MA	Medical Assistance
MICE	Multi-Sensory Intervention Through Consultation and Education
MEAD	Medicaid for Employed Adults with Disabilities
NAMI NH	National Alliance for the Mentally Ill, NH
NHEP	NH Employment Program
NHES	NH Employment Security
NOD	Notice of Decision
OAA	Old Age Assistance
OTC	Over the Counter
PBIS	Positive Behavioral Interventions and Supports
PCA	Personal Care Assistant
PIC	Parent Information Center
PIH	Partners in Health Program
Section 504	Section 504 of the Rehabilitation Act of 1973 (civil rights law)
SMS	Special Medical Services Bureau
SNAP	Food Stamps Program
SSA	Social Security Administration
SSDI	Social Security Disability Income
SSI	Supplemental Security Income
TWWIA	Ticket to Work and Work Incentive Improvement Act
USDA	United State Department of Agriculture
VA	Veterans Administration
WIC	Woman, Infant and Children (Special Supplemental Food Program)

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Notes



*Empowering and informing families and professionals caring
for children with special health care needs and disabilities.*

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