

# Family Centered Events, Information & Resources

Created for Families, by Families.

## **Our Locations & Services**



### **Bayonne, NJ** | *Outpatient* 519 Broadway | 07002

- Occupational Therapy
- Physical Therapy
- Speech & Language Therapy
- Developmental & Behavioral Pediatrics

#### Clifton, NJ | Outpatient 1135 Broad Street, Suite 215 | 07013

- Occupational Therapy
- Physical Therapy
- Psychology
- Speech & Language Therapy
- Speech & Feeding

- Developmental & Behavioral Pediatrics
- Neurology
- Orthopedics

#### East Brunswick, NJ | Outpatient 645 State Route 18 | 08816

- Neuropsychology
- Occupational Therapy
- Physical Therapy
- Psychology
- Speech & Language Therapy
- · Chronic Illness Management
- Chronic Pain Management

- Developmental & Behavioral Pediatrics
- Neurology
- Psychiatry

#### Newark, NJ | Outpatient 182 Lyons Avenue | 07112

- · Occupational Therapy
- Physical Therapy
- · Speech & Language Therapy

 Developmental & Behavioral Pediatrics

### New Brunswick, NJ | Inpatient Hospital 200 Somerset Street | 08901

- Infant Toddler Rehabilitation
- Neonatal Abstinence Syndrome
- · Brain Injury Rehabilitation
- Burn & Wound Care
- Chronic Illness Management
- · Chronic Pain Management

- Multi-Complicated Trauma
- Neuromuscular & Genetic Disorders
- Post-Surgical Orthopedics
- Spinal Cord Rehabilitation

### **Toms River, NJ** | *Outpatient* 1251 Highway 37 West | 08755

- Nutrition
- Occupational Therapy
- Physical Therapy
- Psychology
- Speech & Language Therapy
- Speech & Feeding

- Rehabilitation Technology\*
   \*Also available in Mountainside
- Developmental & Behavioral Pediatrics
- Physiatry

# Our Locations & Services Continued



### **Eatontown, NJ | Monmouth County |** *Outpatient* 200 Wyckoff Road | 07724

- Audiology
- · Occupational Therapy
- Physical Therapy
- Psychology
- Speech & Language Therapy
- Speech & Feeding

- Developmental & Behavioral Pediatrics
- Neurology
- Physiatry
- Psychiatry

### **Egg Harbor Township, NJ** | *Outpatient* 6106 Black Horse Pike | 08234

- · Occupational Therapy
- Physical Therapy
- Psychology
- · Speech & Language Therapy
- Developmental & Behavioral Pediatrics
- Physiatry

#### Hamilton, NJ | Outpatient 3575 Quakerbridge Road | 08619

- Audiology
- Nutrition
- Occupational Therapy
- Physical Therapy
- Psychology
- Speech & Language Therapy
- Speech & Feeding

- Developmental & Behavioral Pediatrics
- Neurology
- Physiatry
- Psychiatry
- Special Needs Primary Care

#### **Long Term Care**

Mountainside | 150 New Providence Road | 07092 Toms River | 94 Stevens Road | 08755

Long Term Care Services

#### Union, NJ | Outpatient 2840 Morris Ave | 07083

- Audiology
- Neurorehabilitation
- Neuropsychology
- Nutrition
- Occupational Therapy
- Physical Therapy
- Psychology
- Speech & Language Therapy

- Developmental & Behavioral Pediatrics
- Neurology
- Special Needs Primary Care
- Physiatry
- Psychiatry
- Orthopedics

#### Somerset, NJ | Outpatient 888 Easton Avenue | 08873

- CSH RUCARES Severe Behavioral Program
- Pediatric Feeding Disorders Program

#### Springfield, NJ | Outpatient 899 Mountain Avenue | 07081

- · Occupational Therapy
- · Physical Therapy
- Speech & Language Therapy

#### West Orange, NJ | Outpatient 375 Mount Pleasant Avenue I 07052

- Occupational Therapy
- Physical Therapy
- · Speech & Language Therapy

### **Special Needs Primary Care**



We understand the complexities of raising a child with special healthcare needs. Our Special Needs Primary Care is proud to provide children with special healthcare needs, and their siblings, outstanding family-centered healthcare.

#### As Your Medical Home, we will:

- Take care of your child when he or she is sick
- Help you plan your child's care and set goals for their care
- Discuss any testing or treatment that your child needs
- Coordinate care with you and other care providers
- Partner with you to help you live well and stay well

Two Locations in Hamilton, NJ and Union, NJ

Click here to learn more.



### Research Studies

at Children's Specialized Hospital





**Autism** 

**Brain Injury** 





**Chronic Health Conditions** 

Cognition



www.rwjbh.org/cshresearch





**Mobility** 

The Research Center at Children's Specialized Hospital strives to advance pediatric rehabilitation by initiating and supporting evidence-based studies that explore innovative interventions, technologies and approaches to specialized care for children and

View our current research studies in any of our five core areas by scanning the codes below with your mobile device or tablet.

adolescents.

## **Our Current Studies**



Effect of Whole Body Vibration on Toe Walking in Children with Autism (4-12 years old). The physiatry department at CSH as looking to see if whole body vibration therapy effects toe walking in children with autism. We are seeking children with autism who toe walk, ages 4 to 12 years old, who do not have another diagnosis that causes toe walking. For more information, please contact Kendall Hulk DO at <a href="mailto:khulk@childrens-specialized.org">khulk@childrens-specialized.org</a>.

Investigating Cognitive Correlates of Action-Control in Children with Autism Spectrum Disorder and Attention-Deficit/Hyperactivity Disorder (6-16 years old): The Developmental and Behavioral Pediatrics Research Unit at CSH is examining how children diagnosed with autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD) control their behavior and choose their actions. We are seeking children (6-16 years old) with a diagnosis of autism and ADHD or autism only. For more information, click on the title to see the flyer, or contact Dr. Joman Natsheh at <a href="mailto:jnatsheh@childrens-specialized.org">jnatsheh@childrens-specialized.org</a> or Amira Herstic at <a href="mailto:aherstic@childrens-specialized.org">aherstic@childrens-specialized.org</a>.

# Our Current Studies Continued



A Pilot/Feasibility Study of the Use of High Dose Propranolol to Treat Severe and Chronic Challenging Behaviors in Adolescents and Adults with Autism Spectrum Disorders (12-30 years): Rutgers University (RWJMS) is examining the efficacy of propranolol to treat severe and chronic challenging behaviors in adolescents and adults with autism spectrum disorder. They are seeking children and adults (12-30 years old) with a diagnosis of autism to participate in a double-blind study. For more information, please contact Dr. Barbie Zimmerman-Bier at (732) 401-6588 or email asdpropranolol@rwjms.rutgers.edu

**SPARK:** The Simons Foundation Powering Autism Research for Knowledge (SPARK) is an autism research initiative that aims to recruit, engage and retain a community of 50,000 individuals with autism and their family members living in the U.S. This study involves contributing a saliva sample and completing behavioral surveys. For more information, please call <u>908-301-5958</u>.

# Our Current Studies Continued



Effect of Whole Body Vibration on Toe Walking in Children with Autism (4-12 years old). The physiatry department at CSH as looking to see if whole body vibration therapy effects toe walking in children with autism. We are seeking children with autism who toe walk, ages 4 to 12 years old, who do not have another diagnosis that causes toe walking. For more information, please contact Kendall Hulk DO at <a href="mailto:khulk@childrens-specialized.org">khulk@childrens-specialized.org</a>.

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## Does Your Child Struggle to Understand the Emotions of Others?



#### If your child:

- has sustained a traumatic brain injury (TBI) at least 1 year ago
- is between the ages of 9-17 years old
- is experiencing difficulties in understanding others emotions
- has no other neurological illness
- is able to speak and read English fluently
- is able to use a computer

They may be eligible to participate in a new study investigating whether an emotional processing program can improve the interpretation of others emotions in children and adolescents following traumatic brain injury (TBI).

#### **Requirements:**

- 45 minute screening evaluation for full study inclusion.
- 8 weeks total of participation broken down in the following:
- Week 1: 3-hour visit for paper-and-pencil tests and questionnaires.
- Weeks 2-7: 45-60 minute sessions twice per week for six weeks, during which your child has a 50/50 chance of either undergoing experimental treatment for processing emotions or participating in computer exercises.
- Week 8: 3-hour visit for paper-and-pencil tests and questionnaires.

This study can be completed entirely remote! Testing will take place using a HIPAA compliant online platform.

Participants who complete this study will receive \$300 for their time.

#### For more information, please contact:

Clarice Bourland
Kessler Foundation
973-323-3678, <a href="mailto:cbourland@kesslerfoundation.org">cbourland@kesslerfoundation.org</a>

## Need Medical Equipment or Have Some to Donate



#### Did you know...

The Medical Equipment Ministry collects and donates a variety of medical equipment at no cost to you!

#### How does it work?

The Ministry collects medial equipment donations and makes them available to those in need. The equipment is given out at no cost, for as long as it is needed. Simply return it or pay it forward and you are done.

#### What type of medical equipment is available?

Hospital beds, wheelchairs, scooters, motorized wheelchairs, crutches, canes, walkers, commodes, lifts, adult diapers, shower seats, bed rails, rolling tables, transport chairs, and more.

For more Information please contact the Medical Equipment Ministry:

ppch.org

908-396-6057

279 U.S. 202 Bedminster, NJ 07921



Children's Specialized Hospital does not endorse any commercial products or services.

## Necesitas Equipo Medico O Tienes Algo Que Donar?



#### Sabias Que...

El Ministro de Equipos Medicos recoge y dona una variedad de Equipis Medicos sin costo para usted!

#### Como Funciona?

El ministro recauda donaciones de equipos medicos y las pone a disposicion de los necesitados. El equipo se entrega sin costo alguno, durante el tiempo que sea necesario. Simplemente devuelvelo o pagalo y listo.

#### Que Tipo de Equipo Medico esta Disponible?

Camas de hospital, sillas de ruedas, scooters, sillas de ruedas motorizadas, muletas, bastones, caminantes, equipo basico para ir al bano, ascensores, panales de adultos, sillas de ducha, barandillas de cama, mesas rodantes, sillas de transporte, y mas.

Para mas Informacion Comuniquese con Ministro de Equipo Medico:

ppch.org

908-396-6057

279 U.S. 202 Bedminster, NJ 07921



## **Friday Night Fever!**



WHAT: A social group for teens ages 13-21 years old

When: Friday nights

Register: CSH.recdesk.com or call 908-301-5548

Friday Night Fever is a membership-based social program for teens and young adults. This program provides monthly events virtually, on site and in the community to promote independence. Status of virtual/in-person events coincides with the CDC and CSH guidelines at the time of the events. All new applicants must trial to insure they're an appropriate fit. The current annual fee is \$200.

#### Friday Night Fever offered in Mountainside area within 30 minutes surrounding:

Children's Specialized Hospital 150 New Providence Road Mountainside, NJ 07092

#### Friday Night Fever offered in Toms River area within 30 minutes surrounding:

Children's Specialized Hospital 94 Stevens Road Toms River, NJ 08755

### **CSH Activity Connection English**













smartphone or tablet to view program offerings, access calendars, and register for

#### **Activity Connection**





















#### Register for programs today!

Register online: csh.recdesk.com

Register over the phone: 908-301-5548

activityconnection@childrensspecialized.org

#### Program Opportunities:

In-person Recreation Programs

 Court Sports, Social Club, Individual Aquatics, Play Times and Teen Nights.

Virtual Recreation Programs

- Weekly Zumba and Yoga
- Monthly Musical Me!

Summer Camps

 Camp Pal's Paradise and Camp Chatterbox

### **CSH Activity Connection\_Spanish**







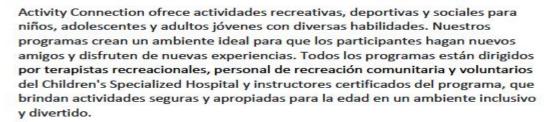






Escanee este código con su teléfono o tableta para ver las ofertas de programas.

#### **Activity Connection**



#### Registrar aquí:

csh.recdesk.com

908-301-5548

activityconnection@childrensspecialized.org

#### Opciones virtuales y presenciales!

#### En persona:

 Court Sports, Social Club, Individual Aquatics, Play Times y Teen Nights!

#### Hibrido y Virtuales:

- Hibrido Zumba y Yoga
- Virtuales mensuales Musical Me!

#### Campamento:

Camp Pal's Paradise and Camp Chatterbox

### **New Support Corner for Parents**



## Children's Specialized Hospital's NEW Support Corner for Parents & Caregivers



The CSH Family Advisory Council has created an online support corner for parents and caregivers of children with special healthcare needs. This page provides access to blogs, resources, support groups and monthly events to ensure families have the support they need on their healthcare journey. Check out all the page has to offer below and visit <a href="mailto:rwjbh.org/cshsupportcorner">rwjbh.org/cshsupportcorner</a> to learn more.

### **NJDOE's Transition Toolkit**



**New Webinar Alert!** 

Special Education Webinar Series The Arc of New Jersey Family Institute Transition planning begins at age 14 when the student and their IEP team start to discuss long term goals of postsecondary education, employment, and daily-living skills.

These services should always be a combination of in-class instruction and community-based experience aimed at helping a student achieve their long-term goals. This presentation will provide an overview of the resources available through the New Jersey Transition Toolkit located on the NJ Department of Education website. The Transition Toolkit can help parents and professionals understand their role in preparing children for life after high school and also contains information about state agencies that can assist in transition.

Recording is available <a href="Here">Here</a>: bit.ly/doetransitionwebinar



### Summer Bilingual Program for Prek Latino Families Research Study



Entering Kindergarten?
Spanish-speaking or are
you bilingual in English/Spanish?



Help us with our bilingual family wellness program for Latino families!

If your child is entering kindergarten this Fall you may be eligible!

Interested?

Text or call us at: 732-867-8087 or

email us: ready4k@rwjms.rutgers.edu



Learn about health topics like sleep and nutrition!



Letter introduction in Spanish and English!



Read books in Spanish and English!

#### What does the study involve?

Some families may attend 8 ONLINE summer classes that last ~60 minutes each

Complete 3 surveys via phone/zoom with your child over one year

Flexible evening and weekend hours!

All participants receive a backpack with school supplies and resources and up to \$75 in gift cards!



Interested?
Text or call us at: 732-867-8087
or email us: ready4k@rwjms.rutgers.edu

RUTGERS I eIRB APPROVED Pro2021001575

Approval Date: Expiration Date

Protocol Version and Date: v.12; 3/13/2023

### Summer Bilingual Program for Prek Latino Families Research Study



¿Entrando al Kínder? ¿Habla español o es usted bilingüe en inglés/español?





¡Ayudenos con nuestro programa bilingüe sobre la lectura y la salud!

Si su hijo/a ingresará al kínder en el otoño ¡puede ser elegible!

Interested?

Text or call us at: 732-867-8087 or

email us: ready4k@rwjms.rutgers.edu



¡Aprenda sobre temas de salud como la nutrición!



¡Introducción a las letras en español e inglés!



¡Se leerán libros en español e inglés!

#### ¿En qué consiste este estudio de investigación?

Podría asistir a **8 clases**en línea de ~60
minutos durante
el verano

Complete 3 encuestas por teléfono/Zoom con su hijo/a durante un año ¡Horario flexible de tarde y fin de semana!

¡Todos los participantes recibirán una mochila con útiles escolares, recursos y hasta \$75 en tarjetas de regalo!

¿Interesada/o?



Llámenos o envíenos un mensaje de texto al

732-867-8087

o envíenos un correo electronico:

ready4k@rwjms.rutgers.edu

Protocol Version and Date: v.12: 3/13/2023



IRB ID: Pro20210015 Approval Date: 8/2/20 Expiration Date: 8/1/20

## Tips for Families for Preschool Disabled page 1 of 4



There are many benefits to getting a jump start on your child's development. We are fortunate to have in the State of NJ through our public school districts wonderful programs for children who need some extra help.

This is the perfect opportunity for you to participate in your child's education from the start. If you, your child's doctor, or therapist have concerns about your child's development, your child may receive a free evaluation in their local school district to determine if they are eligible for free special education services during the preschool years.

The Individuals with Disabilities Education Act (IDEA) –identifies which children are eligible to receive Preschool Special Education services.

There are two sets of criteria:

1) Age Requirements:

To receive Preschool Special Education services, your child must be at least three years old. Preschool Special Education services may continue until your child enters or is eligible to enter kindergarten.

2) Requirements Related to Disability: In addition to the age limits, to receive Preschool Special Education services, your child must (1) have a disability; AND (2) need special education and related services because of the disability. (N.J.A.C. 6A:14-1.1 General Requirements)

## Tips for Families for Preschool Disabled page 2 of 4



#### **Steps to Follow:**

Contact your local school district to find out the name and address of the Director of Special Services or the Supervisor of Special Services.

Write a short letter expressing your concerns for your child. (Sample template on back)

Mail, email, or personally deliver the letter to your school district. Keep a record of the person and date of when the letter was received.

If you do not hear from the district within the 20 calendar days call the Special Education Department and the local district and ask for the status of your request. \*School Districts have 20 calendar days (N.J.A.C:-2.3 Parental, Notice, Participation and Meetings) from the time of receiving the letter to get back to you.

#### **Positive Tips for Partnering with your School District:**

- Share your child's story.
- Be your child's cheerleader and celebrate the successes
- Good Communication is key.
- Enjoy your child and celebrate their achievement in transitioning to pre-school.

## Tips for Families for Preschool Disabled page 3 of 4 - in Spanish



Consejos para las familias de personas con discapacidades en edad preescolar

Son muchos los beneficios de comenzar a tratar el desarrollo de su hijo/a. En el Estado de Nueva Jersey tenemos la suerte de contar con maravillosos programas para los niños que necesitan ayuda extra, a través de nuestros distritos de escuelas públicas. Es la oportunidad perfecta para participar de la educación de su hijo/a desde el comienzo.

Si usted, el médico de su hijo/a o el terapeuta tienen dudas sobre su desarrollo, puede realizar una evaluación gratuita en su distrito escolar local para determinar si puede recibir servicios gratuitos de educación especial durante los años de preescolar.

La Ley de Educación para Personas con Discapacidades (IDEA) identifica qué niños son elegibles para recibir servicios de educación preescolar especial.

#### Hay dos grupos de criterios:

- Requisitos de edad: Para recibir servicios de Educación especial preescolar, el niño deber tener por lo menos 3
  años de edad. Los servicios de educación preescolar especial pueden continuar hasta que el niño comience o sea
  elegible para comenzar el jardín de infantes.
- Requisitos relativos a la discapacidad: Además de los requisitos de edad, para recibir servicios de educación preescolar especial, el niño debe (1) tener una discapacidad; Y (2) requerir educación especial y servicios relacionados debido a dicha discapacidad. (Código Administrativo de Nueva Jersey [N.J.A.C., por sus siglas en inglés] Sección 6A:14-1.1, Requisitos Generales)

## Tips for Families for Preschool Disabled page 4 of 4 - in Spanish



#### Pasos a seguir:

Comuníquese con su distrito escolar local para averiguar el nombre y la dirección del director o supervisor de servicios especiales.

Escriba una breve carta en la que describa las preocupaciones que tiene sobre su hijo/a. (Modelo en el reverso)

Puede enviar la carta al distrito escolar por correo, e-mail o entregarla personalmente. Registre quién recibe la carta y en qué fecha.

Si no tiene respuesta del distrito dentro de los 20 días corridos, llame al Departamento de Educación Especial y al distrito local y pregunte por el estado de su solicitud. \*Los distritos escolares tienen 20 días corridos (N.J.A.C: 2.3 Padres, notificaciones, participación y reuniones) a partir del momento en que reciben la carta para ponerse en contacto con usted.

#### Sugerencias positivas para colaborar con su distrito escolar:

- Comparta la historia de su hijo/a.
- Aliente a su hijo/a y celebre sus éxitos.
- La buena comunicación es clave.
- Disfrute de su hijo/a y celebre el logro de pasar a preescolar.

## Travel tips from one family to another (English)



#### Tips for flying:

- > Carry all medications in a carry on bag and in the original containers
- Look up the appropriate <u>TSA procedures</u> in advance to avoid delays at security
- Consider contacting <u>TSA Cares</u> in advance, they can arrange for an escort through security to ensure the process goes smoothly. Inform them of any medications, liquids or equipment you may be traveling with
- If you are flying with a child who requires oxygen or if they are on a ventilator, contact the airline in advance to ensure their needs can be addressed safely
- > Flying with a power wheelchair requires planning ahead. Follow this link for some great tips: <u>Tips for</u>
  Air Travel with a Power Wheelchair
- Familiarize yourself with the <u>Airline Passengers with Disabilities Bill of Rights</u>

#### <u>Tips for traveling by car:</u>

- Take frequent breaks
- If your child is traveling in a wheelchair, be sure to perform pressure relief as needed
- Ensure your child stays well hydrated (even if it means frequent bathroom breaks!)
- Consider planning stops near a park, playground, or other area where your child can move around and take a break from sitting

## Travel tips from one family to another (English)



#### **General travel tips:**

- > Have a "Go Bag" ready with additional supplies, snacks and activities in case of any travel delays
- Bring your accessible parking placard, even for international travel
- Movies/TV shows can really help pass the time. If you have access to a tablet, download a few different options and be sure to have a backup charger just in case
- Confirm with your hotel that you have booked a room that accommodates your needs
- A simple <u>ID card</u> in your child's pocket can be helpful, particularly if your child has a tendency to wander
- Traveling with a doctor's note detailing your child's diagnosis may make it easier to access support and accommodations
- Plan well and enjoy your travels!



Children's Specialized Hospital



Scan to access resources



## Travel tips from one family to another (Spanish)



#### Consejos para volar:

- Lleve los medicamentos en un bolso de mano dentro de sus recipientes originales
- Investigue los procedimientos de la TSA adecuados con anticipación para evitar demoras
- Considere ponerse en contacto con <u>TSA Cares</u> con antelación; podrán disponer una escolta para los controles de seguridad y garantizar que el proceso se desarrolle sin contratiempos. Infórmeles sobre los medicamentos, líquidos o equipos que lleve con usted
- Si está volando con un niño que necesita oxígeno o si está conectado a un respirador, comuníquese con la aerolínea para asegurarse de que puedan satisfacerse sus
- Para volar con una silla de ruedas eléctrica, es necesario planificar con antelación. Ingrese a este enlace para ver otros consejos útiles: <a href="Consejos para viajar en avión con una silla de ruedas eléctrica">Consejos para viajar en avión con una silla de ruedas eléctrica</a>
- Conozca los derechos de los pasajeros aéreos con discapacidad

#### <u>Consejos para viajar en auto:</u>

- Paren con frecuencia a descansar
- Si su hijo está viajando en una silla de ruedas eléctrica, asegúrese de aliviar la presión según sea necesario
- Asegúrese de que su hijo esté bien hidratado (incluso si esto significa ir muchas veces al baño)
- Considere planificar paradas cerca de un parque, patio de juegos u otra zona donde su hijo pueda moverse y caminar

## Travel tips from one family to another (Spanish)



#### Consejos generales para viajar:

- Tenga listo un kit con insumos adicionales, refrigerios y actividades en caso de que se retrase el viaje
- Lleve su permiso de estacionamiento accesible, incluso para viajes internacionales
- Las películas/los programas de televisión pueden ayudar a pasar el rato. Si tiene una tableta, descargue diferentes opciones y asegúrese de tener un cargador de repuesto por las dudas
- Asegúrese de que el hotel que ha reservado se ajuste a sus necesidades
- Una simple <u>tarjeta de identificación</u> en el bolsillo de su hijo puede ser de ayuda, en especial si su hijo suele deambular
- Viajar con una nota del médico en la que se detalle el diagnóstico de su hijo puede facilitar el acceso a apoyo y a adaptaciones
- Planifique bien y disfrute de sus viajes



Children's Specialized Hospital



Escanear para acceder a los recursos



# Special Needs Resource Fair and Family Fun Day



Sunday, October 20, 2024 11:00 AM - 1:00 PM

Join us for networking, games, activities, balloon artists, face painters, door prizes (gift cards up to \$100) and your favorite characters: Captain America, Spider Man, Hello Kitty, Olaf, and more in a safe, welcoming, and disability-friendly gathering.

Plus, quiet spaces to relax and recharge.

50+ Resource Tables to help parents and advocates learn about schools, camps, recreation, support services, therapies, legal and financial planning, and more.

The event is free of charge but we ask you to register HERE

**Location:** 

Machuga Student Center
William Paterson University • 300 Pompton Road, Wayne, NJ

## Newark Arts Festival 2024: Sensory Friendly Tour



Join us for the Sensory Friendly Tour at the Newark Museum of Art, designed especially for individuals with I.D.D. and sensory sensitivities

When: Saturday, October 12th Where: Newark Museum of Art

Time: 9am - 11am, Arrival between: 8:30 - 8:45am



## NAMI Walks New Jersey



Join us at NAMI Walks New Jersey for a day of walking, supporting mental health, and spreading awareness in the Garden State!

Welcome to NAMI Walks New Jersey! Join us for a day of community, support, and awareness at Middlesex College. Lace up your shoes and walk with us to show your support for mental health. Together, we can make a difference and break the stigma surrounding mental illness. Let's walk for a cause and raise awareness for mental health in New Jersey. See you there! TO REGISTER AND TO FIND OUT MORE

Saturday, October 5 · 10am - 2pm EDT

Middlesex College 2600 Woodbridge Avenue Edison, NJ 08837

### **Basic Rights in Special Education**





This workshop provides families with an introduction to their rights and responsibilities as parents of children with special needs.

Wednesday, October 16 · 8:45 - 9:45am EDT

7611 Broadway North Bergen, NJ 07047

Presented by: Jess Ergener

More Information: Jess Ergener

jergener@spanadvocacy.org



## **Project SEARCH Applications Now Available**



#### **Mission to Transition - Project SEARCH Applications Now Available**

Project SEARCH is a one-year, intensive employment skills training program based inside Overlook Medical Center in Summit, NJ. Students spend an entire school year on-site at the hospital rotating through three different internship experiences. They also receive 90 minutes of classroom-based instruction per day on topics related to employability and independent living. Students are strongly encouraged to take public transportation to and from Overlook, and the program offers comprehensive travel training the summer before the program begins in collaboration with the NJ Travel Independence Program at Rutgers.

Project SEARCH is accepting applications on a rolling basis. We will schedule interviews with students and their families after all application materials are received.

To learn more about SEARCH visit: https://projectsearch.us/transition-to-work/

For questions, please reach out to Josh Bornstein at jbornstein@ucesc.org

### Open Play at LifeTown in Livingston NJ



#### **Family Fun Sundays**



Fun for the whole family! Play in the gym, experience the sand room and sensory rooms, explore the playground, or create in the art room. \*Please note that the LifeTown Shoppes are NOT included. Parents/guardians must remain with their children at all times. Ages 0-10

Sunday, October 6

Sunday, October 27

Sunday, December 22

Sunday, December 29

Sunday, February 16, 2025

Sunday, February 23, 2025

Sunday, May 11, 2025

LifeTown, 10 Microlab Road, Livingston

<u>REGISTER</u>

## National Caregivers Conference 2024



The National Caregivers Conference provides a platform for innovation and collaboration among thought leaders and caregivers. The Conference includes a compelling variety of workshop sessions, resources, and much more. The workshops and presentations center around caregiving in the post-pandemic era. The conference will serve as a networking opportunity for caregivers to gain social support.

November 3 – 4, 2024 The Heldrich New Brunswick, NJ

To find out more and for ticketing info:

https://nationalcaregiversconference.org/

## Virtual - Together in Song



Do you love to sing? Find the music in you! Together in Song is an all-inclusive community choir designed for individuals with or without disabilities. Sessions will take place online every Sunday at 2 PM. To register, get the song list and Zoom link, please email Together.in.song.CC@gmail.com

This event is sponsored by the Camden County Board of Commissioners for individuals with disABILITIES and special needs. If you are interested in participating in any of these activities or know someone who might be, please contact Karen Weidner at karen.weidner@camdencounty.com or by phone at 856-216-2127.

#### VIRTUAL MEETING

Please visit the website for recurring dates https://www.camdencounty.com/events/



Making It Better, Together.

## Support on the Journey Upcoming Virtual Info Sessions



Join us for this helpful series designed for caregivers and professionals who work with children and adolescents with the diagnosis of Autism Spectrum Disorders (ASD). We will explore cooccurring diagnosis and support services.

This series also seek to provide a platform for caregivers to share personal experiences and coping strategies. You are welcome to join us if you care for someone with another diagnosis. You may find this series helpful. Registration is required for any session you wish to attend.

The Parent Panel: An Empowering Discussion for Caregivers and Advocates of Individuals with Special Health Care Needs Wednesday, October 2, 2024 6:30pm to 8:00pm ET



A Medical Overview of Autism Spectrum Disorders
Monday, October 28, 2024 10:00am to 11:30am ET



## **Upcoming Virtual Informational Sessions (Continued)**



Ask the Therapists: Psychologist, Speech and Occupational Therapists

Tuesday, November 12, 2024 10:00am to 11:30am ET



Education Services: Advocating for Appropriate Placement
Thursday, November 21, 2024 6:30pm to 8:00pm ET



Questions? Contact Sandra at 908-301-5944 or sjohnson@childrens-specializeu.org

## FREE DENTAL CARE FOR KIDS









Through the ADA Foundation's Give Kids A Smile program, launched nationally by the American Dental Association in 2003, more than 5 million undeserved children have received free oral health services. These free services are provided by approximately 10,000 dentists annually, along with 30,000 other dental team members.

Each year, here in NJ, more than 100 dental practices and clinics participate in this one-day event.

**2024 LOCATION CALENDAR + LIST** 

## Sexual Health Equity for People with I/DD



## Sexual Health Equity for People with I/DD

Did you know many people with disabilities do not receive access to sexual health education? This can be a difficult topic for some to navigate, but thankfully Oregon Health & Science University has put together a wonderful guide and resource portal on this topic, including how to help people with I/DD learn who they are, what their rights are, how to express themselves, and how to build healthy relationships.



Check it out



## **Adaptive Swim**





NEW! We now have Angelfish trained swim instructors at the JCC! These instructors specialize in teaching swimmers with motor or sensory delays!

This one-on-one 30-minute aquatics class, taught by our Angelfish trained swim instructors, is ideal for children with special needs. Lessons are adapted to each child's specific strengths and needs. Our aquatics staff can help even the most hesitant child enjoy the water!

Single 30-minute lesson

Price: \$60, Member Price: \$45

Four 30-minute lessons

Price: \$240, Member Price: \$180

**PLEASE NOTE:** An intake form is required. To begin the intake process, please contact Jade Evans, Aquatics Director,

at jevans@jccnj.org or x259.

Lessons must be paid for by the first day of class. Private lessons must be completed over a **6-week period**. In the event of cancellation, please notify the instructor or Aquatics Director at least **4 hours prior to the start of the lesson**. If **4 hours notice is not given, you will be charged the cost of that lesson**. No credit given for uncompleted lessons.



**Click For More Information** 

## **Buddy Baseball**



https://www.buddyball.net/ Check it out



#### What Is Buddy Ball?

Buddy Ball is a year-round, non-profit, special needs athletic league. We strive to provide non-competitive sports and special events to individuals who have physical, intellectual and/or developmental disabilities to give them an opportunity to play sports, regardless of their disabilities. There is a long list of sports that are part of the Buddy Ball program including bowling, street hockey, basketball, bowling, soccer, baseball and flag football. The nature of these activities teaches teamwork, promotes self-esteem, turn-taking, physical fitness, and social skills. The league also strengthens support networks for our athletes and their families.

The program serves adults and children ages 3 and up in Montgomery County and surrounding areas. There's no charge for participating in any of the sports or activities.

Featured sports are Basketball, Baseball, Bowling, Street Hockey and Swimming. Additional special events are the Buddy Ball Prom, Easter Egg Hunt, and a Christmas Parade.

## We want to hear from Individuals with I/DD and their family members!



#### Participate in a Focus Group to share your perspectives on:

The ways in which people with I/DD from underserved communities and their families access information about services and supports.

Your feedback will help to inform the New Jersey Council on Developmental Disabilities about the ways in which information about supports and services can be most effectively shared in underserved communities.

To register, fill out the

#### **Pre-participation survey here**

Stipends will be provided to those who are selected to participate in the focus groups.



## Infant Research Study at Rutgers



## Institute for the Study of Child Development Where Science and Baby Minds Meet

The Institute for the Study of Child Development at the Rutgers Robert Wood Johnson Medical School invites you and your infant (4 - 24 months of age) to participate in a free research study on how infants learn about their world through vision and hearing and interaction, and how this might identify at-risk infants.

You together with your baby will watch a few short videos of moving objects and talking faces, and also spend some time interacting with each other face-to-face.

We make appointments to fit your schedule Appointments last approximately 45 minutes Please contact Stacey at (732) 235-7700 Or napolisl@rwjms.rutgers.edu

## DDD Service Provider Expo Bergen County Services





Communi-Play returns this fall, starting THIS SATURDAY!

Register today for this week's session or any of our upcoming classes!

Class is led by Jaquetta Perry-Boyd, "Mrs. J," a specialist with more than 20 years of speech-language experience.



In this highly engaging and interactive communication party, children ages 2.5 to 5 gain confidence as they practice communication and conversation skills such as listening, eye contact, body language, and gestures. Parents are encouraged to be involved and engaged throughout this interactive class.

The Arc of Essex County offers Communi-Play classes at no cost to families.



A Program of The Arc of Essex County 264 Passaic Avenue, Fairfield, NJ

Register Today at bit.ly/communi-play

## **Bayville Elks Fun Event**





Hi, thank you for your interest in Studio Route 29! We are a community space for all, and a supported art studio specifically for artists with intellectual and developmental disabilities. This page is for people who want to join our supported studio program. We do not require previous art experience, only an interest in art. The cost is sliding scale, \$0-100 (your choice). We take out of pocket payment or Medicaid goods and services money. We are looking forward to hearing from you!

62A TRENTON AVE. SUITE 2, FRENCHTOWN NJ 08825

(908) 248-2438

#### **Hours:**

Wednesday

10am - 1pm and 1pm-4pm

**Thursday** 

10am - 1pm and 1pm-4pm

**Friday** 

9am - 12pm

Saturday

11:30 - 2:30

## All About the Spectrum Group



June 20th, from 6:30 to 8:00pm

This support group is for parents and caregivers of children 2 to 8 years old who are on the autism spectrum. We offer workshops, recreational activities, emotional support, and guest speakers. As parents, we understand raising a child with autism has challenges. So, this group is an inclusive, safe space for parents to connect with other parents that are going through the same things. When you participate, you become a member of a community with shared resources.

Join Us Every Month on the Third Thursday!

Family Support Organization of Essex County (FSOEC)

60 Evergreen Place Suite 900 East Orange, NJ 07018



## **Dads Support Group**



#### **Better Together Dads Support Group**

Fathers play a large role in their children's development. Our goal is to educate, equip and empower parents to become effective advocates for their children and to develop the parenting, coping and resilience skills needed to have a happy, healthy, and successful family.

This Support Group for Dads is a safe place for connection with other passionate dads, to learn innovative approaches to parenting; while building on their strengths; and supporting them, as necessary.

Join Us Every Month on the First and Fourth Thursday!

Meeting ID 839 1723 9351



## Community-based alternatives to police in your city



Find alternatives to calling the Newark Police Department.



HOUSING
LGBTQ+
MENTAL HEALTH
DOMESTIC VIOLENCE & SEXUAL ASSAULT
YOUTH
ELDERS
CRIME

**SUBSTANCE ABUSE** 

Typically, people call the police because they are experiencing or perceive an emergency and need immediate assistance. In order to provide the most effective alternatives to calling the police or 911, unless otherwise indicated, the resources included here are limited to those that offer immediate assistance through emergency or crisis services.

## **Bringing Up Down Syndrome**





Bringing Up Down Syndrome is a southern New Jersey non-profit organization whose purpose is to help families who have children with Down syndrome by offering a variety of programs and services. BUDS provides services to more than 300 families in Camden, Burlington, and Gloucester Counties.

For more information about BUDS, please visit BringingUpDownSyndrome.org

## **SPAN NJ Upcoming Events**



SPAN offers a variety of learning opportunities for families and the professionals who work with them. Check out our <a href="Event Calendar here">Event Calendar here</a> for details and registration links

#### **Upcoming Events include:**

- Education and Health Care Rights in the Juvenile Justice System
- Empowering Women Resilience Information Session
- Starting and Running an Effective SEPAG
- Virtual Town Hall COVID-19 Vaccine Information for Families
- Reunión Comunitaria Virtual Vacunas COVID-19
- Basic Rights in Special Education

#### **More events**



## Teleplay Provides Live, Interactive Play for Children Affected by Rare Diseases



Project Sunshine's Rare Teleplay is a monthly virtual opportunity for children who have any rare disease and their siblings to enjoy Zoom activities and games. There is no talking about their condition or their sibling's condition. It's just about having fun and meeting other people who are living a life that's a little like theirs.



#### **Check out the Telehealth Game Library here**

Volunteers from California Polytechnic University entertain children from ages 5 to 18 for an hour each month. Parents don't need to be there but they can be if they want to be. This is all about the kids. It is free and it is fun.

Rare Teleplay meets via Zoom on the third Friday of each month at 7:30 PM Eastern

Download the Rare Teleplay event here from our website to join next month!



# **CHUCK E. CHEESE Sensitive Sundays**





#### **Kids Corner**

Chuck E. Cheese offers Sensory Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month to provide a quieter environment with dimmed lighting and knowledgeable staff to make the experience more comfortable and enjoyable for kids with sensory needs.



**Learn More Here** 

## **Weekly Zoom Series Activities**



## WEEKLY ZOOM SERIES Wednesdays & Fridays

The New Jersey Self-Advocacy Project team is excited to introduce our new interactive series of Zoom events! These are **live**, **interactive events** to promote good health.

We will be holding events on **Zoom every Wednesday at 11AM and Friday at 1PM** on a variety of topics relating to healthy living, and some events will feature **guest speakers** who will lend their expertise.

Live viewers will be able to share comments, ask questions, and participate in real time. Please share your video and follow along to make this a true interactive experience!

These events are intended for adults with intellectual and developmental disabilities. The NJ Self-Advocacy Project reserves the right to take and use photographs, video, and electronic images of attendees at its agency-sponsored events for promotional and educational purposes. By *registering*, *you consent to having your photo taken for promotional purposes*.

Each Zoom event will be a unique, online experience you don't to miss out on, so register now!

## NJ Dept. of Education: Providing Additional Services to Students with Disabilities Beyond Age 21



### NJ Department of Education: Providing Additional Services to Students with Disabilities Beyond Age 21

The New Jersey Department of Education provided guidance to school districts, students, and parents/guardians of students with disabilities regarding the implementation of P.L.2021, c.109, which allows schools to provide additional or compensatory special education and related services to eligible students with disabilities beyond the age of 21.

The guidance includes information for school districts/LEAs about:

- The role of the IEP team in determining the need for additional services
- Sharing information with families about this legislation
- Dispute resolution

Reimbursements to school districts for providing additional services beyond age 21

Review the Guidance here

<u>View additional Guidance regarding extending the</u> period of time to file a due process hearing request

**Contact the SPAN Warmline** 

via email for assistance related to these guidance documents or call 800-654-SPAN (7726)



## The Seizure ID Program



Epilepsy Alliance America will be providing more than 2,000 Seizure ID products to people with epilepsy who need them through this one-of-a-kind campaign in the epilepsy community.

The Seizure ID Program is made possible through a partnership with Greenwich Biosciences, now part of Jazz Pharmaceuticals

#### **Click here to learn more!**





## Financial Aid for Students with Intellectual Disability



#### Resources

Financial Aid for Students with Intellectual Disability\*

There are college programs for students with intellectual disabilities that are not giving out a standard college degree. These are called Comprehensive Transition and Postsecondary programs, or CTP programs. This Issue Brief is part of the 'Plain Language Series' from **ThinkCollege.** 

#### It includes:

- Definition of federal financial aid
- Types of federal financial aid
- How to get financial aid

<u>Plain Language Series: Federal Financial Aid (Link)</u> New Jersey Inclusive Higher Education Collaborative (Link)



## Mane Stream: Unbridled Possibilities for Children and Adults with Special Needs



#### **OUR MISSION**

is to improve the quality of life for individuals with physical, developmental, emotional, and medical challenges through a diverse program of equine assisted activities, therapy services, and educational initiatives.

#### **Programs**

- WHAT WE OFFER
- THERAPY SERVICES
- ADAPTIVE RIDING
- OPERATION: TAKE THE REINS
- HORSES FOR HEALING
- SUMMER CAMP
- FIELD TRIPS

**Click here for more information** 



## **Special Strides Horse Therapy**



#### **Our Mission**

Special Strides is a non-profit organization devoted to improving the lives of individuals with special needs. With a unique combination of therapy, horses, and the natural environment, individuals achieve goals appropriate for therapy, recreation, and education. Special Strides provides all individuals an opportunity to "Improve their lives... one stride at a time" regardless of financial status.

#### **Our Vision**

Harvesting Hope...Breaking Boundaries...Realizing Potential

#### **Our Values**

Respect...Learning...Inclusion...Empathy...Possibility...Positivity...Teamwork
The values of diversity, inclusion, and equity are central to our mission.

http://specialstrides.com/



# Social Club for Jersey City Students



Mayor Steven M. Fulop and
The Jersey City Department of Recreation & Youth Development

Come join the FUN with our Special Needs Program

## SOCIAL CLUB

Every Tuesday • 5:30pm-7pm

The Social Club is a social skills & therapeutic recreation program once a week having fun with friends. Enjoy various trips, music, games, cooking, themed activities, physical activities, holiday parties and other special guests.

#### **Maureen Collier Senior Center**

335 Bergen Avenue Jersey City, NJ 07304 Open to ALL ages 5 to 24

Parent/guardian must be present at all times.
An adaptive recreation program for those with a

developmental disability.

REGISTER ONLINE: JCREC.RECDESK.COM







#HealthierJC

201-547-5760 email rmagee@jcnj.org

NOT A SCHOOL DISTRICT SPONSORED PROGRAM



### **Virtual Programs DSACNJ.ORG**

## WEDNESDAY PROGRAMS

Academics (3) 4:15-4:45 pm Volunteer Instructor: Taylor

Areas of focus: weather, geography, grammar and punctuation, fractions, decimals, percentages (Virtual)

Arts & Crafts + Guided Drawing 5:00- 5:30pm Volunteer Instructor: Taylor (Virtual)

> Academics 4/Life Skills 5:45-6:15 Volunteer Instructor: Abby

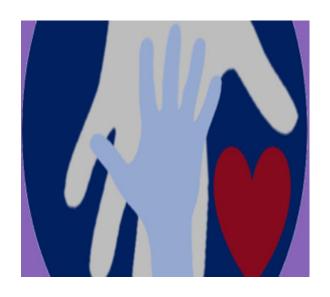
Areas of focus: time management, creating schedules, money management, value of money, leaving a tip at a restaurant, other life skills for teenagers/adults

(Virtual)

REGISTER @ DSACNJ.ORG/EVENTS

## **Education and Health Care Rights** in the Child Protection System





## Learn about parent rights related to education and health care in Child Protection Services System About this event

Is a child with a disability who you care about involved in the Child Protection system?

Are you concerned about educational rights for a child with a disability who is engaged in the Child Protection System? Join a WORKSHOP to learn about the Child Protection System, parent rights related to special education and health care resources!

After the workshop, families will be invited to schedule an individual 30 minute appointment to review their child's IEP and/or health-related issues or concerns.

Presented by: Monique Dujue Wilson

More Information: Contact for more information

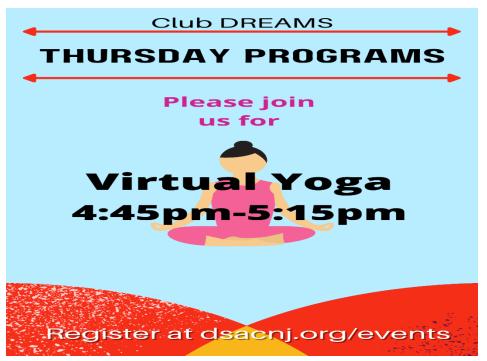
jbrinkley@spanadvocacy.org Multiple Dates Available

Click for Dates to Register

## Join Club Dreams Virtual Yoga







**TO REGISTER** 

Breaking down barriers for people with Down syndrome

### **Support Group for Caregivers**



## Support Group

For parents and caregivers of children with Special Needs

Join us virtually every other Thursday from 6PM to 7PM.

Supporting You on Your Parenting Journey

**FACT** and **CAU** are hosting a biweekly parent support group to help you feel supported and lifted as a parent. This effort is supported by Union County Children's Interagency Coordinating Council (CIACC)

Scan the QR Code to register for the meeting



or click this link to register directly: https://bit.ly/33Kf8q3

For more information contact: Felicia Frazier **Director of Community Engagement & Resource Development** Families & Communities Together Feliciaf@factnj.org Walter Kalman **Associate Executive Director** 

**Community Access Unlimited** wkalman@caunj.org.









#### **FAMILY SUPPORT GROUP**





#### Find your community of support

Join CAU and FACT for our support group for parents and adult siblings of children and adults with disabilities! Look for our email reminders to learn whether we are having a presentation that week.

Meetings with presentations will include information about services, DDD, important timelines and more. You will have the opportunity to ask questions and gain knowledge to assist you in advocating for your child's needs.

**Discussion-based meetings** will focus on your needs as a parent/caregiver, including topics of health and wellness, mental well-being, coping skills and more.

You may choose to attend our discussion-based meetings, meetings with presentations, or both! Talk and connect with families who share similar experiences. Join us to share ideas and opportunities, find peer support and get answers to questions about services.

THURSDAY BIWEEKLY MEETINGS 6:00 PM ZOOM

Community Access Unlimited I caunj.org

Our next meeting is Thursday at 6 pm. Join and connect with us!

Register for Family Support Group

Visit our website to learn more about CAU services

Community Access Unlimited | 80 West Grand St., Elizabeth, NJ 07202

## **Traumatic Brain Injury Board Members**



Traumatic Brain Injury Survivor Board at the New Jersey Division of Disability Services

We are looking for a survivor of traumatic brain injury between the ages of 17 and 21 to serve as a member on the newly established survivor board. Please refer to the role and expectations outlined below to see if you or someone you know would be a good fit.

#### Role and expectations:

- Serve as a member on the NJ TBI Survivor Board and, along with the TBI Advisory Council, advise the NJ TBI Fund on pertinent issues and concerns.
- Contribute to discussions and activities in subcommittees based on experience and expertise. Subcommittees include:
  - Data Analysis and Evaluation
  - Consumer and Family Needs
  - Racial Equity
  - o Resource Infrastructure and Service Providers Capacity.
- Assist in development of advocacy and prevention material and programs for TBI survivors in New Jersey.
- Convey the priorities and recommendations of the TBI Advisory Board to other relevant state or private boards, commissions, committees, or workgroups on which members participate.
- Update the TBI Advisory Board on the work of other relevant boards, commissions, workgroups, and committees.
- Contribute to discussions and implemented plans to coordinate services for individuals with traumatic brain injury.
- If interested, please contact Sakina Ladha at: Sakina.ladha@dhs.nj.gov

# Two federal programs for low income individuals: Lifeline and Affordable Connectivity





The Lifeline program and the Affordable Connectivity Program help make phone and internet service more affordable for low-income individuals. Eligible individuals also qualify for a free smartphone through the Lifeline program. If you participate in certain assistance programs like Medicaid, NJ SNAP or SSI, you automatically qualify for both federal programs. For additional information, please see this link:

https://nj.gov/humanservices/home/digitalaccessforall.shtml

## Looking for safe, at-home activities to keep you and your family busy?



Our virtual program library is a free hub of on-demand activities that can be done from home by people with disabilities, their families, and service providers.

The library is expanding all the time and has activities in a wide variety of areas, such as arts, life skills, health and wellness, virtual clubs, and more.

Browse listings to find activities like:

- Participating in dance, yoga, and other movement activities
- Learning about internet safety
- Virtually touring places like Disney World and museums
- Making your own Jeopardy templates

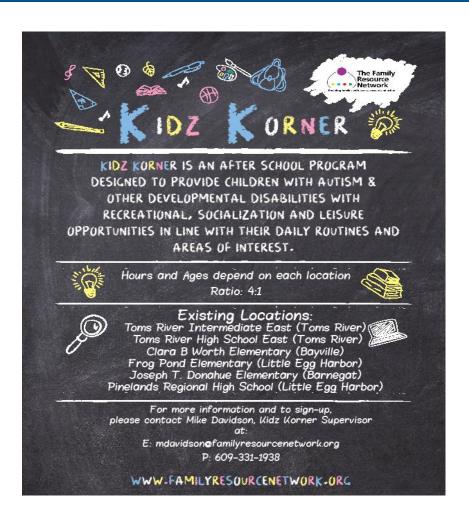
Finding self-advocacy support

#### **Browse Programs**



### **KIDZ KORNER AFTER SCHOOL PROGRAM**





- KIDZ KORNER AFTER SCHOOL PROGRAM
- For more information:
- WWW.FAMILYRESOURCENETWORK.ORG
- MDAVIDSON@FAMILYRESOURCENETWORK.ORG
- or call 609-331-1938



### **Gas Voucher Transportation Assistance**



Medicaid Program (Non-Emergency Transportation: N.E.T.):

N.E.T. is a free program that offers gas money or transportation to Medicaid recipients. It pays for the expenses of taking a child to Medicaid covered doctor visits. This program provides reimbursement for travel to any non-emergent appointments, basically anything but an ambulance visit to the emergency room. Contact the Medicaid office (number on the back of your Medicaid card) to find out if you qualify. This is a reimbursement program. That means you must attend your appointments first, before you are paid. After you have applied for the services and are approved, you will receive a debit card in the mail. The funds will be electronically deposited to your card. You should plan on paying for your own transportation for up to three months. After that, you will have money on your debit card. Steps to take for the program:

- Call the phone number on the back of your Medicaid Card
- Select the appropriate option to connect
- Tell the service representative that you want to apply for the N.E.T. program
- Have available: your Medicaid card, your doctor's name, the date of your next appointment, and the doctor's telephone number

#### Other Resources:

-Salvation Army- Free gas vouchers, free gas cards for low income individuals and more general transportation help are offered at most Salvation Army locations. However, only a small number of individuals who apply for these resources will be accepted. Funding is extremely limited, and varies based on the cost of gasoline. The most common reasons for releasing funds are for help reaching school, doctor's appointment, job training, or an interview. Contact the Salvation Army or go into a local location to apply.

-Saint Vincent de Paul- Society of St. Vincent de Paul is one of the largest charity organizations. Contact the nearest Catholic Church in your town or county and inquire if they have a Society of St. Vincent de Paul Conference near you, people of all backgrounds and religions can get help. As funding and resources allow, if someone needs a bus token or free gasoline to get to a job interview or appointment, then St. Vincent may be able to provide this. Funding is very limited so only certain centers or churches will be able to offer gas.

-Local charities and religious organizations may provide financial assistance for gas or transportation.

## On Track Resources



#### **On Track Resources**

We provide child study team services (case management, full child study team evaluations) to the Lakewood, NJ non public school system. We services 70+ schools through our contract with the Lakewood BOE.

#### **Our Mission**

To provide each child with a comprehensive evaluation in order to determine the best approach catered to each specific child.

**CLICK FOR MORE INFORMATION** 







## Understanding HIPPA: What Parents Need to Know About Privacy and Their Adult Child's Health Information

As your child grows into adulthood, both your rights and the rights of your child under HIPAA change.

This document answers frequently asked questions (FAQs) about when parents can access their adult child's protected health information.

Readers are encouraged to view this resource on-line as it includes links to additional detailed information.

Funded by Substance Abuse and Mental Health Services Administration



# Department of Human Services - Education & Training College Accessibility Series



Colleges and universities offer a wide range of services to ensure support to students with disabilities while providing certain basic disability access. However, the responsibility ultimately falls on the student to request the disability-related accommodations required. See the informative guides below developed by BestColleges.com to assist you in planning your post-secondary education.

Overview of College Resources for Students with Disabilities

Financial Aid & Scholarships for Students with Disabilities

**How to Access College Disability Services and Accommodations** 

Please direct any questions regarding specific training/educational programs to the hosting agency.

College Guides for Students with Disabilities

**Physical Disabilities** 

**Learning Disabilities** 

**Visual Impairments** 

**Deaf and Hard of Hearing** 

**Psychiatric Disabilities** 

Department of Human Services Education & Training Page <a href="https://www.state.nj.us/humanservices/dds/hottopics/education/">https://www.state.nj.us/humanservices/dds/hottopics/education/</a>



# Art Therapy Group for Neuro divergent Young



Supportive & kind community
Coping skills, relaxation, enjoyable activity
Social support & peer connection
Skill building
Creative problem solving
Self-expression & self compassion
Wellness, positivity & quality of life enhancement

Embodied Art Therapy & Yoga, LLC Cathy Rosa, MS, ATR-BC, RYT-200 Clinton NJ (732) 439-3385 WWW.ArtTherapyAndYoga.Com



The Family Resource Network | 50 Millstone Rd, Bldg 300, Suite 201, East Windsor, NJ 08520

# Nourish Your Mind With Our Brand New Mid-Day Webinar Series



The Family Resource Network is inviting you to nourish your mind with the Brunch for the Brain webinar series!

Focusing on mental health for the person with the disability and/or their caregiver.

The year-long webinar series take place on the third Wednesday of every month at 12 PM (EST).

All webinars are being offered free of charge.

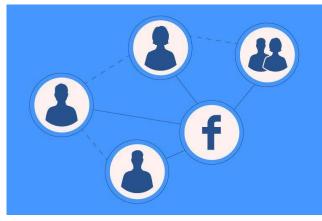
**Click for more information** 



## **FACEBOOK SUPPORT GROUPS**



## **Facebook Support Groups**



Facebook groups bring together individuals who share a common interest. When you join a group that's made up of people who share the same need, you'll have multiple opportunities to receive and offer support to individuals with IDD and their families.

**CLICK HERE FOR A LISTING OF FACEBOOK GROUPS** 



The Arc of New Jersey Family Institute

# From the Community Health Law Project



# NJ Human Services Announces Partnership with Community Health Law Project to Increase Access to Legal Services for Deaf and Hard of Hearing Individuals with Lower Incomes

Human Services Acting Commissioner Sarah Adelman announced on July 26th that the Department has partnered with the Community Health Law Project to increase access to legal services for deaf and hard of hearing individuals with lower incomes.

The partnership is a collaboration between Human Services' Division of the Deaf and Hard of Hearing (DDHH) and Division of Mental Health and Addiction Services (DMHAS).

Through the partnership, eligible deaf and hard of hearing individuals can receive legal assistance and supports with matters related to their public assistance, health insurance, social security benefits, landlord-tenant disputes, foreclosure defense, family law issues, consumer protection and debt collection and more. In addition, CHLP is able to meet communication access needs including ASL interpreting and captioning.

## More Info



# Planning For Adult Life – Guardianship Matters



### Why Guardianship Matters to You

In New Jersey, the age of majority is 18. This means that by this time an individual is presumed capable of making decisions as well as taking legal responsibility for those decisions. This law does not change if a child has a developmental disability. Parents do not automatically remain their child's natural guardian. For some adults who are incapable of making decisions, guardianship may be an avenue for parents, family members, or caregiver to ensure/determine their best interest. Obtaining guardianship is a extensive process and should not be taken lightly. Guardianship entails making decisions about where a person lives, what care and supervision is required, how to interact with the medical community and if the person is deemed incapable of making decisions, they will lose rights to vote, to drive, and to marry. Only a judge can decide a person's abilities and incapacitates and considers the persons needs before appointing a guardian. An assessment is done on the individual to measure their capacity for self-determination or skills in make decisions for themselves.



# There are varying degrees of guardianship:



#### **Full Guardianship**

States that the individual cannot make decision on their own behalf. This allows for the Guardian to make all legal, financial, personal, and medical decisions for the individual.

#### **Limited Guardianship**

States that the individual may need some help in certain areas. This allows for the Guardian to help only in the areas determined by the court.

#### Conservator

States that the individual is not incapable of making decisions however, requires assistance in financial responsibilities. If an individual is capable of understanding what they are signing, there are options of assistance that does not require a judge. Surrogate a substitute or person to carry out a certain duty or role instead of the individual.

#### **Representative Payee**

Allows for an individual or organization to be appointed to manage the Social Security and SSI for someone who cannot manage his or her money. A payee must use the benefits to pay for the current and foreseeable needs of the beneficiary and properly save any benefits not needed to meet current needs. Helpful Link: www.ssa.gov/pubs/EN-05-10076.pdf

#### **Dual Power of Attorney**

Allows for an individual to choose a surrogate to make financial and legal decisions as well as access the persons records.

#### **Medical Power of Attorney**

Allows for an individual to choose a surrogate to make medical decisions and to access records.

#### **Advanced Directive/Living Will**

This allows for the individual to choose a surrogate to make decisions on what medical/mental health treatments a person would accept or refuse if or when unable to communicate their choice.

### **Helpful Links:**

www.Ganji.org www.PlanNJ.org



# SPAN's Virtual Learning Opportunities and





Browse our newly updated resource collections for articles, briefs, fact sheets, checklists, short videos, webinars, and training materials.



### Inclusion Resource Collection

Here you will find resources on the benefits of inclusion for students with and without disabilities, inclusion in education, strategies and tips for families, and inclusion webinars.



### <u>Literacy Resource</u> <u>Collection</u>

Here you will find materials on supporting literacy achievement in the classroom, activities to promote literacy at home and in your school/district, as well as literacy webinars.



### NJTSS Resource Collection

Here you will find basic information on multitiered systems of support, NJTSS framework and its components, practical strategies and tips for families and parents, as well as NJTSS webinars.











# SELF-DIRECTED SERVICES IN NJ AND THE ROLE OF THE SUPPORTS BROKER



We are proud to share that The Collaborative for Citizen Directed Supports assisted in developing this new resource from The Boggs's Center on Developmental Disabilities for Self-Directed Services and Supports Brokerage!

Understanding Self-Directed Services in New Jersey and the Role of the Supports Broker serves as a guide for people with disabilities, families, Support Coordinators, and Supports Brokerage providers interested in learning more about Self-Direction in New Jersey and the role of the Supports Broker in supported self-direction. Available in English and Spanish.

### **Access New Resource**



## **Curious About VIANJ?**





## **Supporting People with Disabilities and Their Families Since 2007**

### **Curious About VIANJ?**

Learn all about us by scanning our new QR code with your smart phone!



# Autistic Volunteers are needed for a research Study



Do you want help managing depression?



Researchers at Rutgers University are recruiting autistic adults for a research study to evaluate the efficacy of a 12-week mental health treatment designed to help with symptoms of depression

You may be eligible if you...

- · Are at least 18 years of age
- Have a previous diagnosis of autism spectrum disorder
- Can understand English
- Have someone who will participate with you (e.g., parent, sibling, friend)

If you are eligible, you will be asked to complete:

- 12 therapy sessions (option online or in-person)
- Questionnaires and 4 assessment visits

If you participate, you will be compensated: Up to \$150 for completion of assessment visits



If you are interested, please complete the screening form at:

redcap.link/depressiontreatment

If you have questions, email us at: LifeSPANLab@gsapp.rutgers.edu

Date: 06/30/2021 Version: 1.0

Clinical Investigator: Vanessa Bal, PhD 604 Allison Road, Piscataway, NJ 08854

Title of Study: Adaptation of a Behavioral Activation Treatment to Treat Depression in Autistic Adults

Click to complete the screening form

# **Updated Guide to Selecting** a **Support Coordination**



From The Boggs Center on Developmental Disabilities

# Updated Guide to Selecting a Support Coordination Agency Now Available

The Boggs Center has updated Selecting a Support Coordination Agency: Making Choices, Becoming Empowered, a guide for people with disabilities to use with the support of family, friends, and others close to them when choosing the agency they receive support coordination services from.

**Download Resource** 



THE BOGGS CENTER ON DEVELOPMENTAL DISABILITIES New Jerryl University create for Existence in Developmental Disabilities Education, Research, and Service New Jersely Leaderhip Education in Neurodevelopmental disabilities Program

# Selecting a Support Coordination Agency

Making Choices, Becoming Empowered
A Guide for People with Disabilities







People receiving support through NJ's Division of Developmental Disabilities are able to choose the agency they receive support coordination services from. The appartunity to do this can be empowering as people with disabilities and their families select an agency that they believe will do the best job helping them plan for and obtain the supports and services they need. This guide provides information and ideas that can help in the selection process.

# We're Recruiting!



Children's Specialized Hospital's **Research Center** strives to advance pediatric rehabilitation by initiating and supporting evidence-based studies that explore innovative interventions, technologies and approaches to specialized care for children and adolescents. See below for details on one of our current studies.

## Study: Characterizing Action-Control in Healthy Children

This research study aims to understand how healthy children control their behavior and choose their actions. It involves completing paper-and-pencil measures, computer-based games, and brain magnetic resonance imaging (MRI). No contrast/dyes or injections will be used in the study. Results from this branch of the study will be compared to patterns of learning in children with ADHD to characterize any learning deficits in this population.

#### Who's Eligible?

- Healthy children with no prior medical diagnoses.
- Children between the ages of 6 and 10.
- Must be able to speak English well.
- Ability to play a computer- based game.
- Capable of undergoing an MRI scan (there will be a training session to make sure the child is able to undergo the actual MRI scan).

# Participation in this study will include 2-3 visits to the following **Kessler Foundation** locations:

- 120 Eagle Rock Ave, Suite 100, East Hanover, NJ 07936
- 1199 Pleasant Valley Way, West Orange, NJ 07052

#### For more information, please contact:

Dr. Joman Y. Natsheh Principal Investigator 973-391-7858, jnatsheh@kesslerfoundation.org

Michael Dacanay Research Assistant 973-324-8453, mdacanay@kesslerfoundation.org

Participants will be compensated for their time and children who complete the MRI scan are eligible to receive a copy of the images and a certificate of completion.

**About Our Research Center** 

# Types of Medicaid Eligibility in NJ



## TYPES OF MEDICAID ELIGIBILITY IN NJ

#### AGED, BLIND, OR DISABLED (ABD)

## Supplemental Security Income (SSI) Medicaid

Provided automatically when a person with IDD is approved for SSI benefits. Apply for SSI at age 18 or above through your local SSA Office here: bit.lv/ssaoffices

#### Medicaid Only

For individuals with IDD who do not receive monthly SSI, but meet SSI income and resource limits. bit.ly/medicaidonly

#### NJ Workability

Offers healthcare to individuals with IDD ages 16–64 who are employed and whose income would disqualify them from other forms of Medicaid. bit.lv/niworkability

#### **HOW TO GET IT**

Apply for SSI at age 18
bit.ly/Apply4SSI
ABD Medicaid Application
bit.ly/ABDapplication

#### Disabled Adult Child (DAC)

For persons whose SSI ended because they received benefits from a parent who retired, became disabled, or died. Request for information(RFI) is for people who have DDD. bit.ly/dacmedicaid

#### New Jersey Care... Special Medicaid Program

For individuals with IDD with income below \$1,074/month. Contact your County Board of Social Services: bit.Jv/nicbss

#### **Long Term Services and Supports**

Applies to younger individuals who need significant support, such as private-duty nursing, etc. bit.ly/longtermsupport

#### QUICK FACT

Medicaid is an entitlement-based program. Anyone who is determined eligible by the Medicaid Office has the right to receive Medicaid and its related services. Eligibility is not guaranteed.

#### NJ FAMILYCARE

- Also called Medicaid Expansion.
- Eligibility is based on income, not on the individual having a disability.
- The maximum monthly income limit increases each year.
- The maximum gross income for a single adult in 2021 is \$1,074/month.
- The individual cannot be listed as a dependent on their parent's tax return.
- The individual cannot receive Medicare.
- ABD is a better route if eligible.

#### **HOW TO GET IT**

Applicants must have financial eligibility.

NJ FamilyCare Quickstart

bit.ly/nifamilycare

#### QUICK FACT

Adults must have legal resident status for 5 years to be eligible. Children and pregnant women with legal resident status are eligible, regardless of length of residency.

#### WHAT'S COVERED?

Doctor visits, prescriptions, x-rays, dental, lab testing, eyeglasses, hospitalization, mental health, preventative screenings, regular checkups

#### WHAT'S COVERED?

Doctor visits, prescriptions, x-rays, dental, lab testing, eyeglasses, mental health, hospitalization, specialist visits, hearing aids, Personal Care Assistant (PCA), Personal Preference Program (PPP)

For specific questions about Medicaid or the application process, contact Beverly Roberts at broberts@arcnj.org or 732-246-2567.





September 2021





Click below for more information on any of the following support groups available to families.

- New Dad Support Groups
- Moms Connection
- Weekly Parents Group
   Parenting Through the Pandemic;
   Creating Work/Life Balance at Home
   Through the Pandemic



# Vaccinate to Keep Kids **Healthy!**



#### KUTGERS Robert Wood Johnson Medical School

#### THE BOGGS CENTER ON DEVELOPMENTAL DISABILITIES

New Jersey's University Center for Excellence in Developmental Disabilities Education, Research, and Service New Jersey's Leadership Education in Neurodevelopmental and Related Disabilities Program

## Vaccinate to Keep Kids Healthy!

Preventing disease is always better than treating it. Vaccines protect against diseases that once caused serious illness, disability, and death, including COVID-19. By using small amounts of antigens, or germs that cause the immune system to react, vaccines help your child's body recognize and learn to fight off serious and potentially deadly diseases. Following the recommended immunization schedule helps ensure that your child is protected from 14 diseases before the age of 2, such as:

Polio

Measles

Whooping Cough

Flu

Mumps

Chicken Pox

## Did You Know?

Children with disabilities are at higher risk for vaccine-preventable illnesses. They may also have more significant illness, prolonged hospitalization, and greater risk of mortality. The American Academy of Pediatrics (AAP) suggests children with disabilities follow the CDC's immunization recommendations to promote optimal health.

### Vaccine Facts

The CDC estimated that vaccination of children born between 1994 and 2018 prevented:

- 419 million illnesses
- 26.8 million hospitalizations
- 936,000 deaths

## Questions or Concerns?

Vaccines are safe and effective. They are rigorously tested by research from top doctors, public health professionals, and scientists. Serious side effects are very rare. Your child's health care provider can answer any questions and share up-to-date information about all vaccines recommended to keep your child healthy, including COVID-19 vaccines and boosters.

Learn More about Vaccines for Your Child from the CDC: https://www.cdc.gov/vaccines/parents/index.html

# ¡Vacunas para mantener a los niños sanos!



RUTGERS

Robert Wood Johnson
Medical School

#### THE BOGGS CENTER ON DEVELOPMENTAL DISABILITIES

New Jersey's University Center for Excellence in Developmental Disabilities Education, Research, and Service New Jersey's Leadership Education in Neurodevelopmental and Related Disabilities Program

## iVacunas Para mantener a los niños sanos!

Es mejor prevenir una enfermedad que tener que tratarla. Las vacunas protegen contra afecciones que, alguna vez, causaron enfermedades graves, discapacidad y muerte, incluida la COVID-19. Mediante el uso de pequeñas cantidades de antígenos o gérmenes que hacen que el sistema inmunitario reaccione, las vacunas ayudan a que el cuerpo de su hijo reconozca y aprenda a combatir enfermedades graves y potencialmente mortales. Seguir el calendario de vacunación recomendado ayuda a garantizar que su hijo esté protegido contra 14 enfermedades antes de cumplir los 2 años, incluidas las siguientes:

PolioFlu

- Measles
- Mumps

- Whooping Cough
- Chicken Pox

#### ¿Sabia que...?

Los niños con discapacidades tienen un mayor riesgo de contraer enfermedades que se pueden prevenir con vacunas. Además, pueden tener una enfermedad más importante, una hospitalización prolongada y un mayor riesgo de mortalidad. La American Academy of Pediatrics sugiere que los niños con discapacidades sigan las recomendaciones de vacunación de los Centers for Disease Control and Prevention a fin de promover una salud óptima.

#### Datos sobre las vacunas

Los CDC estimaron que las vacunas de los niños nacidos entre 1994 y 2018 evitaron:

- 419 millones de enfermedades
- 26.8 millones de hospitalizaciones
- 936,000 muertes

#### ¿Tiene Preguntas o inquietudes?

Las vacunas son seguras y efectivas. Están rigurosamente probadas por investigaciones de los mejores médicos, profesionales de la salud pública y científicos. Los efectos secundarios graves son muy poco frecuentes. El proveedor de atención médica de su hijo puede responder cualquier pregunta y compartir información actualizada sobre todas las vacunas recomendadas para mantener a su hijo saludable, incluidas las vacunas y los refuerzos contra la COVID-19.

Obtenga más información de los CDC sobre las vacunas para su hijo: https://www.cdc.gov/vaccines/parents/index.html

#### Referencias:

- Passing the vaccine because Audressing Common Concerns (CDC): https://www.cdc.gov/vaccines/parents/env-vaccinate/vaccine-decision.html
   Reasons to Follow CDC's Recommended immunication Schedule (TDC): https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html
- Diseases You Almost Forgot About (Thinks to Vacines) (CDC): https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases, html.
- Vaccines for Children Infographic: Protecting America's Children Every Day (CDC): https://www.cdc.gov/vaccines/programs/vfc/protecting-children.html
  - re/may-june-2022/ octoation Kirls with Special Needs (Henry Ford Health): https://www.henryford.com/higs/2019/0

La preparación de este recurso fue financiada por la subvención nº 900 DUC0036 05 00 del U.S. Department of Health 8. Human Services, Administration for Community Living, Administration on Disabilities.

Elaborado en Septiambre de 2022 por l'Illia Boggs Center on Developmental Disabilities, Ruigere hobre Wood plantson Medical School.

385 George Street, New Brundwick, 10 (800) 1 - Department public ruigers edu - 732 - 235 - 3900

# **ESNJ Prescription Assistance Fund**



The goal of ESNJ is to support you on your epilepsy journey by ensuring that you have continued access to treatment and care.

Through our Medication Assistance Program we has funds available for people with epilepsy who are temporarily unable to afford the purchase of their anti epileptic medication.

This fund is available one time, once a year. The is a limit to the amount allowed.

For more information, email <a href="mailto:info@epilepsynj.org">info@epilepsynj.org</a>.



# **Register Ready**





## Register today be ready for tomorrow!

Help emergency responders plan for and support your family members who have disabilities or access and functional needs in the event of a disaster

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register at:

www.registerready.nj.gov or call **211** within NJ or **877-652-1148** toll free

- Free
- Voluntary

- Secure and confidential
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don't wait for help — call 9 1 1

# Brain Injury Alliance NJ Virtual Support Group



As you know, BIANJ has been hosting virtual support groups, during the day and evenings to help you stay connected. Effective July 1st, BIANJ's support groups will follow this schedule:

### **Caregiver Support Groups:**

Every other Wednesday at 11:00 AM Second Tuesday of every month at 6:30 PM\*

### **Survivor Support Groups:**

Every other Wednesday at 11:00 AM Third Thursday of every month at 6:30 PM\*

### **Virtual Happy Hours for Survivors and Caregivers:**

Last Wednesday of every month at 5:30 PM

\*please note the evening groups will now be offered once per month

**Register Now** 



# **Patient & Family Portal**



### In our Portal, you can...

- Get secure access to refill prescriptions and review medications any time
- View upcoming appointments and review past medical and therapy needs
- View, print, and share patient records at a moment's notice
- Have 24/7 access so you can pay bills when it's most convenient for you

### Not signed up yet?

Email <u>PortalHelpDesk@childrens-specialized.org</u> to receive your access code.

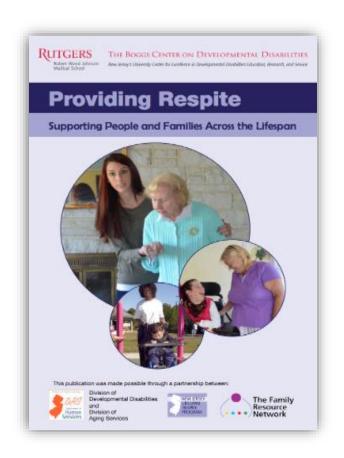
### Already signed up?

Access the portal at <u>my.childrens-specialized.org</u>



# Providing Respite: Supporting People & Families Across the Lifespan





In partnership with the NJ Lifespan Respite Program, The Boggs Center on Developmental Disabilities at Rutgers University has published <a href="Providing Respite: Supporting">Providing Respite: Supporting</a>
<a href="People and Families Across the Lifespan">People and Families Across the Lifespan</a>.

This booklet offers an overview of respite and highlights the positive impact that respite makes in the lives of people with disabilities, seniors, and their families.

To access, click here.

# The Center on Nutrition & Disability



If you have been impacted by the pandemic and are in need of food, the Center on Nutrition and Disability is here to connect you to your local food resources.

www.nokidhungry.org

Or, text **FOOD to 304-304** and you will receive a message with local sites to receive free summer meals. No paperwork to fill out. No income requirements.



# **Helpful Links & Resources**



**National Information Center for Children and Youth with Disabilities** 

https://www.parentcenterhub.org/nichcy-gone/

**National Organization for Rare Disorders** 

www.rarediseases.org

**New Jersey Department of Human Services** 

www.state.nj.us/humanservices

**New Jersey Developmental Disabilities Council** 

www.njcdd.org

**New Jersey Protection and Advocacy** 

www.drnj.org

**Catastrophic Illness in Children Relief Fund (CICRF)** 

https://www.state.nj.us/humanservices/cicrf/home/



# Values in Action New Jersey



## Our Values

Accountable to **YOU** and Yours

Dedicated to **YOU** and Your Ambitions

Empowering **YOU** to Live Your Life

Kind to **YOU** Without Exception

Open Minded to **YOU**Respecting **YOU** and Your Choices

Transforming Services with **YOU** 

Our Values Into Action NJ Team is at your service and always dedicated to your support!

Values into Action NJ provides Support Coordination in service for people with disabilities aged 21+ and their families, across the state of New Jersey.

Using a person-directed, family-centered approach, we structure our services to assist individuals through the process of self-direction and empower them to remain in charge of their plans (and their lives).

www.ValuesIntoActionNJ.org