



Maneuvering Through THE MAZE

A NH FAMILY RESOURCE GUIDE

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

2022

About This Guide



NH Family Voices is a non profit organization 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.

This guidebook is also available on the NHFV website for downloading.

The download format includes active links to websites.

New Hampshire Family Voices

Telephone: (603) 271-4525

Web: www.nhfv.org

Updated - January 2022

This publication was developed by NH Family Voices with funding from NHDHHS, Bureau of Family Centered Services, Title V Children with Special Healthcare Needs Program and supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant # H84MC09488, Family to Family Health Information and Education Center; grant award \$95,700. 100% from governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government."

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.

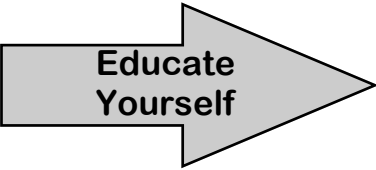


Keep Notes

“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 or acronym 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, Facebook groups, etc. Talking with other parents can give you confidence and 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: _____

Table of Contents

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



	Page
Early Childhood ...	
♦ Child Development Basics	8
♦ Developmental Monitoring	8
♦ Developmental Screening	9
♦ Developmental Evaluation Information & Resources	11-13
♦ Family Centered Early Supports and Services	14, 15
♦ Family Resource Centers	16, 17
♦ What Happens at Age Three...	18
♦ What is an IEP?	19
♦ Choosing a Childcare for Children with Special Needs	20
♦ Head Start & Early Head Start	21
♦ Child Care Resources	22
♦ Resources for Early Childhood Learning	23
Educational Years ...	
♦ NH Department of Education	27
• State Approved Non-Public SPED Schools	28-31
• Extended Learning Opportunities (ELO)	32
• Next Steps NH	32
• Public Charter Schools	32
• Education for Homeless Children and Youth	32
♦ Homeschooling	33
♦ Educational Transition Checklist	34
♦ Additional Educational Resources and Services	36-38
♦ Accessibility and Assistive Technology	39
♦ Guidelines for Choosing a Special Education Advocate	40, 41
♦ Special Educational Advocates	42
♦ Guidelines for Choosing an Attorney.....Special Education	43, 44
♦ NH Attorneys for Special Education Law	45
Children's Health ...	
♦ Community Health Programs	48, 49
• Pediatric Vision Screening	50
• Healthy Homes-Lead Poisoning Prevention	50
• Immunization	50
• Children with Special Health Care Needs	50
• Women, Infants and Children (WIC)	51
♦ Health Care Insurance Resources	52
• Health Insurance Marketplace	52, 53
• NH Medicaid	53, 54
• Granite Advantage	55
♦ Community Health Resources	56
• Partners In Health Program	56-58
• Additional Community Health Resources	59
• Dental/Oral Health	60-62
• Private Duty Nursing/Home Health Care	63-65

Children's Health ... Continued	Page
◆ Therapeutic Resources	66
▪ Applied Behavior Analysis (ABA)	66
▪ Therapeutic Riding/Hippotherapy	67
▪ Aquatic Therapy	67
▪ Music Therapy	68
▪ Therapeutic Summer Camps	68
▪ Pediatric Therapies	69, 70
◆ Medical Equipment	71
◆ Resources for Specific Conditions and Disabilities	72-75
◆ Children's Behavioral/Mental Health Services	76
▪ Community Mental Health Centers	76-79
▪ Behavioral Health Resources	79, 80
 Transitioning to Adulthood ...	
◆ Adult Education	82-85
◆ Vocational Rehabilitation	86, 87
◆ Post-Secondary Education	88, 89
◆ Financial Aid	89
◆ Job Training	89, 90
◆ Drivers Education	90
◆ Social Security	91
◆ How To Find and Use Adult Health Care Providers	92, 93
◆ Health Transition Resources	94
◆ Supportive Decision Making	95, 96
◆ Guardianship	97, 98
◆ Area Agency System for Developmental Disabilities & Acquired Brain Disorders	99
▪ Area Agencies	100-102
◆ Granite State Independent Living	103
 Additional Resources	
◆ Advocacy Organizations	106, 107
◆ Family Support Organizations	107, 108
◆ Community Action Program (CAP) Offices	109
◆ Resources for Adaptive Sports	110-111
◆ LGBTQIA+ Resources	112, 113
◆ Housing Resources	114
◆ Legal Resources	114-116
◆ Resources for New Americans	117, 118
◆ Translators/Interpreter Services	118
◆ Federal Poverty Guidelines	119
 NH Department of Health and Human Services	
◆ District Offices	121-123
◆ Divisions & Programs within DHHS	123-125
◆ Division of Community Based Services	125-127
 Acronyms	 128, 129
Index	131-142

Early Childhood

A Child is Born...

The Challenge of Learning Begins...



Child Development Basics

Healthy Development

The early years of a child’s life are very important for his or her health and development. Healthy development means that children of ALL abilities, including those with special health care needs, are able to grow up where their social, emotional and educational needs are met. Having a safe and loving home and spending time with family - playing, singing, reading, and talking - are very important. Proper nutrition, exercise, and sleep also can make a big difference.



Effective Parenting Practices

Parenting takes many different forms. However, some positive parenting practices work well across diverse families and in diverse settings when providing the care that children need to be happy and healthy, and to grow and develop well. Here are a few of the key ways that parents can support their child’s healthy development:

- ◆ Responding to children in a predictable way
- ◆ Showing warmth and sensitivity
- ◆ Having routines and household rules
- ◆ Sharing books and talking with children
- ◆ Supporting health and safety
- ◆ Using appropriate discipline without harshness

Parents who use these practices can help their child stay healthy, be safe, and be successful in many areas—emotional, behavioral, cognitive, and social.

Developmental Monitoring

CDC’s Learn the Signs. Act Early.

Curious or concerned about your child’s development? Skills such as smiling for the first time, waving “bye-bye”, or taking their first step are called Developmental Milestones. Each set of milestones varies with age, but in general, children reach milestones in how they grow, play, learn, speak, act, and move (crawling, walking, etc.). Children develop at their own pace, so it’s impossible to tell exactly when a child will learn a given skill. However, the developmental milestones checklists can give a general idea of the changes to expect as a child gets older.

- ◆ As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child’s development, talk with your child’s doctor and share your concerns. **Don’t wait.**
- ◆ Milestones Checklists, the Milestones Tracker App, and other Child Development materials and information are available at: <https://www.cdc.gov/ncbddd/actearly/index.html> or through Watch Me Grow at NH Family Voices.

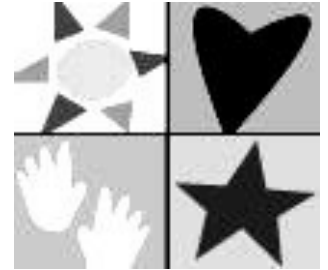
Content source: National Center on Birth Defects and Developmental Disabilities, CDC

Developmental Screening

Developmental screening takes a closer look at how your child is developing. A missed milestone could be a sign of a problem, so completing a screening/questionnaire about your child can be very helpful in identifying an area of concern. If a child has a developmental delay, it is best to get help as soon as possible to avoid long wait times for receiving the supports needed, and for practicing early intervention. Developmental screenings have proven to be a valuable tool in helping parent's with early detection.

Watch Me Grow

Watch Me Grow (WMG) is a NH based developmental screening, monitoring, referral and information system for families with children ages birth to six. WMG provides families and providers with information about child development, conducts developmental and social-emotional screenings, and makes referrals/linkages to services for children in need of support. Watch Me Grow uses developmental screening questionnaires called "Ages and Stages Questionnaires (ASQ)-3" and "ASQ-Social Emotional" to help identify strengths and concerns and make referrals to the appropriate State and local resources. More information on WMG can be found on the NHFV website, under the "Projects" tab. The following Family Resource Centers are affiliated with Watch Me Grow, and can assist with developmental screenings either in person or remotely. Families can also complete screenings online independently, by accessing the WMG portal located on the NHFV website.



Web: <http://nhfv.org>

Watch Me Grow Family Resource Center Sites

Children Unlimited Inc.

Conway, NH

Telephone: (603) 447-6356

Web: www.childrenunlimitedinc.org

Community Action Partnership of Strafford County

Dover, NH

Telephone: (603) 435-2500

Web: www.straffordcap.org

Families First Health and Support Center

Portsmouth, NH

Telephone: (603) 422-8209

Web: www.familiesfirstseacoast.org

Healthy Starts at HCS

Keene, NH

Telephone: (603) 352-2253

Web: www.hcsservices.org/healthy-starts

The Family Resource Center

Gorham, Littleton, & Berlin NH

Telephone: (603) 466-5190

Web: <https://frc123.org>

Lakes Region Community Services

Laconia, NH

Telephone: (603) 524-8811

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

TLC Family Resource Center

Claremont, NH

Telephone: (603) 542-1848

Web: www.tlcfamilyrc.org

Waypoint, A Family and Community Resource Center

Main Office:

Manchester, NH

Telephone: (603) 518-4292

Web: www.waypointnh.org

Concord, NH

Telephone: (603) 518-4210

Nashua, NH

Telephone: (603) 518-4211

Developmental Monitoring and Milestones NOTES:

Achievements:

Concerns:

Questions for Medical Professional:

Other:



Child Development Evaluation

A developmental screening does not provide a diagnosis, but it indicates if a child is on the right development track or if a specialist should take a closer look. If the screening identifies an area of concern, a formal *developmental evaluation* may then be needed. A formal evaluation looks more in-depth at a child's development, and is 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 (or both) will be made. Sometimes it will be a group or team of professionals, such as a physical therapist, an occupational therapist or a speech language pathologist who work together. This is called an interdisciplinary evaluation.

Things to expect during an Evaluation Process:

- Review of medical, developmental, and education history
- A home visit done by Clinic/Program 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

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

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.

Child Development Clinics

The Child Development Clinics and Programs in NH are a collaborative network administered by DHHS, Special Medical Services to provide comprehensive diagnostic evaluations and to assist families that have children with developmental and behavioral differences in making informed decisions regarding medical, developmental, and educational needs. Services are family-centered and culturally sensitive.

Amoskeag Health Child Development Clinics

Manchester, Keene, & the Lakes Region (ages 0-6 years):

Telephone: (603) 296-9249

North Country—Weeks Medical Center

Telephone: (603) 788-5304

Web: <https://www.amoskeaghealth.org/primary-care-pediatrics/special-medical-programs/>

Offers a collaborative special medical services program. The clinics provide expert evaluation and diagnostic services to children suspected of having a broad range of developmental difficulties, including:

- ◆ Autism and related disorders
- ◆ Learning disabilities and ADHD
- ◆ Emotional and behavioral problems
- ◆ Intellectual disabilities

Referrals are made most often by health care providers, but also come from parents, schools, therapists, or childcare programs. The clinic typically evaluates children between the ages of 0-6.

Additional Child Development Evaluation Programs & Resources

♥ If you believe your child needs a formal developmental evaluation, listed below are additional NH based clinics/programs to choose from:

Developmental and Behavioral Pediatrics—Elliot Hospital

Elliot's Pediatric Care Unit, 275 Mammoth Rd, Manchester, NH 03109

Telephone: (603) 663-3222

Web: <https://www.elliottospital.org/website/developmental-and-behavioral-pediatrics.php>

Developmental and Behavioral Pediatricians evaluate and treat children with the following conditions:

- ◆ Developmental Disabilities
- ◆ Attention Deficit Hyperactivity Disorder (ADHD)
- ◆ Autism Spectrum Disorders (Autism, Asperger Syndrome)
- ◆ Pervasive Developmental Disorder (PDD)
- ◆ Behavioral Difficulties of Young Children
- ◆ Developmental Delays
- ◆ Medical Causes of School Problems
- ◆ Tic Disorders/ Tourette Syndrome

Primarily takes referrals from child's Doctor or Pediatrician, but also accepts referrals from mental health providers, schools, early supports and services, and other agencies.

Child Development Treatments and Services—

Dartmouth Health Children's (Previously known as CHaD)

Lebanon, NH

Telephone: (603) 653-6060

Web: <https://www.chadkids.org/child-development/treatments-and-services>

Child Development Program at Dartmouth Health Children's 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 Neurodevelopment Institute of NH

Hooksett, NH

Telephone: (603) 621 9870

Gorham, NH

Telephone: (603) 215-6482

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

Infants, children, adolescents and adults are referred to NINH for the following evaluations:

- ◆ Neurodevelopmental
- ◆ Neuropsychological
- ◆ Psychological
- ◆ Sensory Integration
- ◆ Pre/Post Surgical Evaluations for:
 - ◆ Bariatric Surgery
 - ◆ Deep Brain Stimulation
 - ◆ Spinal Cord Stimulation
- ◆ qEEG – Quantitative Electroencephalogram
- ◆ Educational

Early intervention is critical in the prevention, as well as the *treatment* of neurodevelopmental and neuropsychological disorders.

Family Centered Early Supports and Services

In NH, Family-Centered Early Supports and Services (FCESS) are delivered by contractual agreements between Bureau of Developmental Services and designated non-profit and specialized service agencies located throughout the state.

Anyone who is concerned about an infant or toddler's development, including a parent, may make a referral to FCESS. The program is designed for children birth through age three who have a diagnosed, established condition that has a high probability of resulting in delay, are experiencing developmental delays, or are at risk for substantial developmental delays if supports and services are not provided.

Family-centered early supports and services are provided within a child's home or where a child spends time. In this way, a child and family are better able to participate and become more actively involved in their community.

Family-centered early supports and services are provided in all communities throughout NH and can include any of the supports and services listed below:

- ◆ Family Support, Education and Counseling
- ◆ Vision Services
- ◆ Hearing Services
- ◆ Health and Nursing Services
- ◆ Medical and Diagnostic and Evaluation Services
- ◆ Nutrition Counseling & Assessment
- ◆ Occupational Therapy
- ◆ Physical Therapy
- ◆ Special Equipment
- ◆ Special Instruction
- ◆ Speech and Language Therapy
- ◆ Transportation Services
- ◆ Service Coordination

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

*Intake for services is done through the Area Agency system. To find which FCESS Agency services your area, please look on *page 100* of this guide.

Family Centered Early Supports and Services Continued ...

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 100**) 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

For more information contact:

Family-Centered Early Supports and Services
Telephone: (603) 271-5034

Web: <https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs-4>

Family Resources Centers

Family resource centers provide comprehensive 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 the public and can be especially supportive of families struggling with challenging issues, limited financial resources and/or troubled family dynamics. All Family Resource Centers seek to strengthen families by promoting health, wellbeing, self-sufficiency and positive parenting through support and education.

Family Resource Center Sites

Easter Seals Child Development & FRC

Manchester, NH

Telephone: (603) 666-5982

Web: www.easterseals.com/nh/our-programs/child-development-centers

TLC Family Resource Center

Claremont, NH

Telephone: (603) 542-1848

Web: www.tlcfamilyrc.org

The Family Resource Center

Gorham, NH

Telephone: (603) 466-5190

Web: www.frc123.org

Berlin, NH

Colebrook, NH

Lancaster, NH

Littleton, NH

Waypoint: A Family & Community Resource Center

Main Office:

Manchester, NH

Telephone: (603) 518-4292

Web: www.waypointnh.org

Concord, NH

(603) 518-4210 113

Nashua, NH

(603) 518-4211

Whole Village Family Resource Center

Plymouth, NH

Telephone: (603) 536-3720

Web: www.graniteuw.org/our-work/granite-united-way-initiatives/whole-village

Family Connections Center

Concord, NH

Telephone: (603) 271-2255

Web: www.nh.gov/nhdoc/fcc

Children's Unlimited Inc.

Conway, NH

Telephone: (603) 447-6356

Web: www.childrenunlimitedinc.org

Salem Family Resources

Salem, NH

Telephone: (603) 898-5493

Web: www.salemfamilyresources.org

Family Resource Centers ... continued

Lakes Region Community Services

Laconia, NH

Telephone: (603) 524-8811

Web: www.lrcs.org

The Upper Room - A Family Resource Center

Derry, NH

Telephone: (603) 437-8477

Web: www.urteachers.org

Greater Tilton Area Family Resource Center

Main Office:

Tilton, NH

Telephone: (603) 286-4255

Web: www.gtafrfc.com

Franklin, NH

Grapevine Family & Community Resource Center

Antrim, NH

Telephone: (603) 588-2620

Web: www.grapevინeh.org

Community Action Partnership of Strafford County

Dover, NH

Telephone: (603) 435-2500

Web: www.straffordcap.org

Healthy Starts at HCS

Keene, NH

Telephone: (603) 352-2253

Web: www.hcsservices.org/healthy-starts

Families First Health & Support Center

Portsmouth, NH

Telephone: (603) 422-8209

Web: www.familiesfirstseacoast.org

The River Center Family & Community Resource Center

Peterborough, NH

Telephone: (603) 924-6800

Web: www.rivercenter.us

Goodwin Community Health

Somersworth, NH

Telephone: (603) 749-2346

Web: www.goodwinch.org

Notes:

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 or Childcare

- ◆ 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.

Individualized Education Plan/Program (IEP)

An Individualized Education Program is a written statement of the educational plan designed to meet a child's individual needs. Every child who receives special education services must have an IEP. That's why the process of developing this vital document is of great interest and importance to educators, administrators, and families alike.

What is the purpose of an IEP?

The IEP has two general purposes:

- ◆ to set reasonable learning goals for a child, and
- ◆ to state the services that the school district will provide for the child.

Who develops the IEP?

The IEP is developed by a team of individuals that includes key school staff and the child's parents. The team meets, reviews the assessment information available about the child, and designs an educational program to address the child's educational needs that result from his or her disability.

When is the IEP Developed?

An IEP meeting must be held within 30 calendar days after it is determined, through a full and individual evaluation, that a child has one of the disabilities listed in IDEA and needs special education and related services. A child's IEP must also be reviewed at least annually thereafter to determine whether the annual goals are being achieved and must be revised as appropriate.

What is in an IEP?

- ◆ The child's present levels of academic achievement and functional performance, describing how the child is currently doing in school and how the child's disability affects his or her involvement and progress in the general curriculum
- ◆ annual goals for the child, meaning what parents and the school team think he or she can reasonably accomplish in a year
- ◆ the special education and related services to be provided to the child, including supplementary aids and services (such as a communication device) and changes to the program or supports for school personnel
- ◆ how much of the school day the child will be educated separately from nondisabled children or not participate in extracurricular or other nonacademic activities such as lunch or clubs
- ◆ how (and if) the child is to participate in state and district-wide assessments, including what modifications to tests the child needs
- ◆ when services and modifications will begin, how often they will be provided, where they will be provided, and how long they will last
- ◆ how school personnel will measure the child's progress toward the annual goals.

Adapted from <https://www.parentcenterhub.org/iep-overview/>

Choosing 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.

Head Start and Early Head Start

Federal Legislation

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



Head Start is a Federal program that promotes the school readiness of children from age three to five from low-income families by enhancing their cognitive, social, and emotional development in a classroom setting.

Head Start programs provide a rich learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development. Head Start emphasizes the role of parents as their child's first and most important teacher. These programs help build relationships with families that support family well-being and many other important areas.

Many Head Start programs also provide Early Head Start, which serves infants, toddlers, and pregnant women and their families who have incomes below the Federal poverty level.

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.

Who is Eligible for New Hampshire Head Start?

Children from birth to age five from families with low income, according to the Poverty Guidelines published by the Federal government, are eligible for Head Start and Early Head Start services. Children in foster care, homeless children, and children from families receiving public assistance (Temporary Assistance for Needy Families or Supplemental Security Income) are also eligible for Head Start and Early Head Start services regardless of income.

Head Start Programs

The following are the contact numbers for each region of the state. There are 43 centers throughout New Hampshire. To receive more information about the Head Start program, eligibility, or to find the center nearest you, contact your regional division.

Belknap/Merrimack Community Action Program

Early Head Start & Head Start: (603) 225-3295

Website: <https://www.bm-cap.org/child-development>

Southwestern Community Services

Head Start: (603) 352-7512

Website: <https://www.scs-helps.org/head-start-contact/>

Stafford County Community Action Partnership

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

Website: <https://staffordcap.org/head-start/>

Southern NH Services

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

Website: <https://www.snhs.org/services/head-start-early-head-start>

Tri-County Community Action, Berlin, NH

Head Start: (603) 752-7138

Website: <http://www.tccap.org/services/youth-and-families/head-start/>

Child Care Resources

The Bureau of Child Development

NH DHHS

129 Pleasant St., Concord

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

Web: <https://www.dhhs.nh.gov/programs-services/childcare-parenting-childbirth/child-care-and-development-fund>

NH Childcare Scholarship helps families pay for child care. There are 11 District Offices in NH that help families apply for child care assistance. Parents must be working, looking for work or in a training program. Gross family income is used to determine eligibility. Gross family income must not exceed 220% of the federal poverty guidelines. 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. It is important for you to know that children may be placed on a wait list for child care assistance.

An application is obtained through the local District Office (page 121) 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/programs-services/childcare-parenting-childbirth/child-care-licensing>

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.

Statewide Outreach Offices: (603) 578-1386, ext. 2531

<https://www.nh-connections.org/>

Resources for Early Childhood Learning

Healthy Families New Hampshire

Program Director - NHDHHS, MCH - Telephone: (603) 271-4566 or email: MIECHV@dhhs.nh.gov

Healthy Families New Hampshire has trained family support specialists and nurses who visit families in their homes or wherever they are most comfortable, to offer a nationally recognized, evidence-based service. Research shows that home visiting beginning prenatally and continuing through the first few years of a child's life has a positive impact on children and families.

Belknap Merrimack County

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

Hillsborough County

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

Strafford County

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

Rockingham County

Families First
Telephone (603) 422-8208

Grafton/Coos County

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

Cheshire County

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

Sullivan County

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

Carroll County

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

Preschool Special Education

NH Department of Education, Early Childhood Education
Telephone: (603) 271-2178

Web: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/special-education/preschool>

By federal and state law, local school districts must work with families and community partners to find, identify and serve children (**age three through five**) who are eligible for special education and related services so that services can begin by the child's third birthday. An Individualized Education Plan (IEP) is developed for each eligible child based on that child's strengths and needs. Placements may include the child's home, local private or public preschool/kindergartens, or Head Start programs. Sometimes, the placement is in a special education program or even in a separate approved special education program or residential facility.

NH Connections

NHDHHS, DCYF, Child Development Bureau
Telephone: (800) 852-3345 ext. 4242 or (603) 271-4242
Web: <https://www.nh-connections.org/>

NH Connections 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. NH Connections has 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

The First thing to remember:

“Disability is a natural part of the human experience and in no way diminishes the right of individuals to participate in or contribute to society. Improving educational results for children with disabilities is an essential element of our national policy of ensuring equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.” -United States Congress

Individuals with Disabilities Education Act

The Individuals with Disabilities Education Act (IDEA) is a law that makes available a free appropriate public education to eligible children with disabilities throughout the nation and ensures special education and related services to those children.

The IDEA governs how states and public agencies provide early intervention, special education, and related services to more than 7.5 million eligible infants, toddlers, children, and youth with disabilities. Infants and toddlers, birth through age 2, with disabilities and their families receive early intervention services under IDEA Part C. Children and youth ages 3 through 21 receive special education and related services under IDEA Part B.

The stated purpose of the IDEA is:

- ◆ to ensure that all children with disabilities have available to them a free appropriate public education that emphasizes special education and related services designed to meet their unique needs and prepare them for further education, employment, and independent living
- ◆ to ensure that the rights of children with disabilities and parents of such children are protected;
- ◆ to assist States, localities, educational service agencies, and Federal agencies to provide for the education of all children with disabilities
- ◆ to assist States in the implementation of a statewide, comprehensive, coordinated, multidisciplinary, interagency system of early intervention services for infants and toddlers with disabilities and their families
- ◆ to ensure that educators and parents have the necessary tools to improve educational results for children with disabilities by supporting system improvement activities; coordinated research and personnel preparation; coordinated technical assistance, dissemination, and support; and technology development and media services
- ◆ to assess, and ensure the effectiveness of, efforts to educate children with disabilities.

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

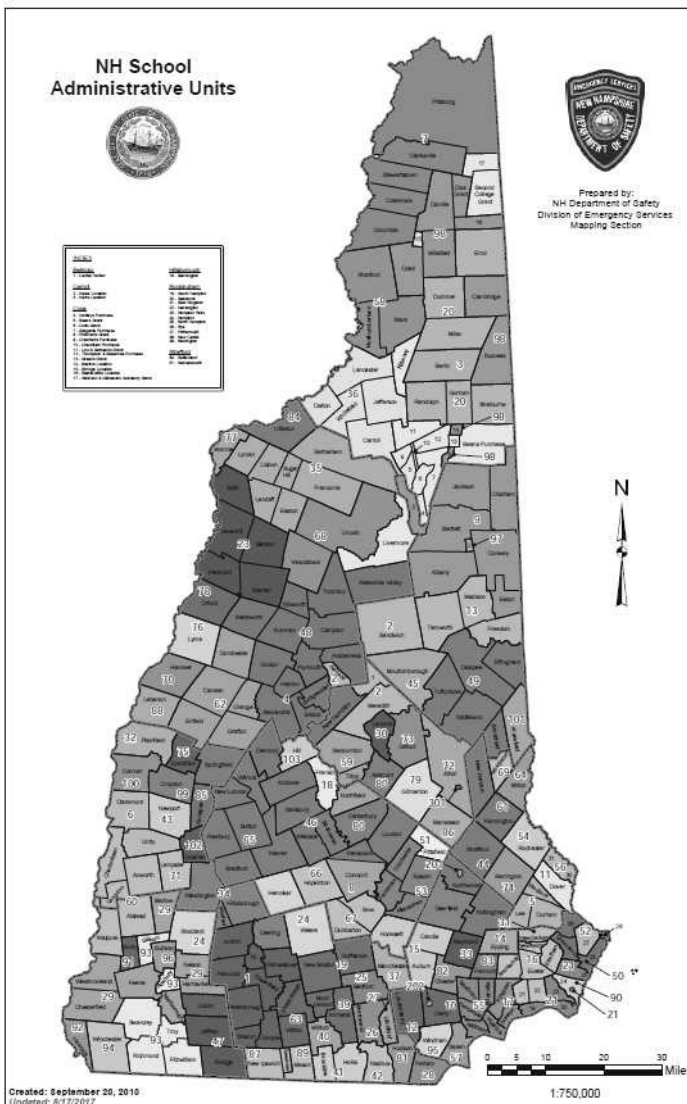
Telephone: (603)-271-3791

Web: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/special-education>

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/pathways-education/local-district-schools>



NH Approved Private Special Education Programs

Program Name	Day or Residential	Grade Range	Gender	Educational Disability
ASHUELOT VALLEY ACADEMY Keene, NH Telephone: (603) 536-1102 Web: https://www.mountprospectacademy.org/services/academic-services/ashuelot-valley-academy-keene-nh/	Day	5-12	All	Autism, Emotional Disturbance, Hearing Impairment, Intellectual Disability, Multiple Disabilities Other Health Impairments, Specific Learning Disability, Speech-Language Impairments, Visual Impairment
BIRCHTREE CENTER Newington, NH Telephone: (603) 433-4192 Web: www.birchtreecenter.org	Day	Pre-12	All	Autism, Developmental Delay, Multiple Disabilities
CEDARCREST Keene, NH Telephone: (603) 358-3384 Web: www.cedarcrest4kids.org	Day & R	Pre-12	All	Autism, Intellectual Disability, Traumatic Brain Injury, Hearing Impairments, Deafness, Visual Impairments, Orthopedic Impairment, Other Health Impairments, Multiple Disabilities, Developmental Delay
CLEARWAY HIGH SCHOOL Nashua, NH Telephone: (603) 882-9080 Web: https://www.adultlearningcenter.org/clearway-high-school/	Day	9-12	All	Emotional Disturbance, Other Health Impairments, Speech-Language Impairments, Specific Learning Disability
EASTER SEALS EDUCATIONAL PROGRAMS Manchester, NH Telephone: (603) 621-3599 Lancaster, NH Telephone: (603) 788-0911 Web: https://www.easterseals.com/nh/our-programs/residential-educational-services/	Day & R	Manchester: K-12 Lancaster: 5-12	All	Autism, Emotional Disturbance, Intellectual Disability, Other Health Impairment, Specific Learning Disabilities, Speech-Language Impairments, Traumatic Brain Injury

ENRICHED LEARNING CENTER Berlin, NH Telephone: (603) 215-0003 Web: www.enrichedlearning.net	Day	1-12	All	Autism, Developmental Delay, Emotional Disturbance, Intellectual Disability, Multiple Disabilities, Other Health Impairments, Specific Learning Disability, Speech-Language Impairment, Visual Impairment
GRANITE HILL SCHOOL Newport, NH Telephone: (603) 863-0697 Web: www.granitehillschool.org	Day	6-12	All	Autism, Emotional Disturbance, Intellectual Disability, Other Health Impairments
LEARNING SKILLS ACADEMY Rye, NH Telephone: (603) 964-4903 Web: www.learningskillsacademy.org	Day	3-12	All	Specific Learning Disability, Speech-Language Impairments, Other Health Impairments
LEGACY BY GERSH AT CROTCHED MOUNTAIN Greenfield, NH Telephone: (603) 547-1894 Web: https://legacybygersh.com/crotched-mountain/	Day & R	K-12	All	All Disabilities
MONARCH SCHOOL OF NEW ENGLAND Rochester, NH Telephone: (603) 332-2848 Web: www.monarchschoolne.org	Day	K-12	All	All Disabilities
MOUNT PROSPECT ACADEMY Plymouth, NH Telephone: (603) 536-1102 Web: https://www.becket.org/mount-prospect-2	Day & R	5-12	Male	Autism, Emotional Disturbance, Intellectual Disability, Multiple Disabilities, Other Health Impairments, Specific Learning Disability, Speech-Language Impairments, Traumatic Brain Injury
NFI NORTH - CONTOOCCOOK SCHOOL Contoocook NH Telephone: (603) 746-7702 Web: www.nafi.com	Day	6-12	All	Emotional Disturbance Other Health Impairments Specific Learning Disability Autism

NH Approved Private Special Education Programs ... continued

Program Name	Day or Residential	Grade Range	Gender	Educational Disability
NASHUA CHILDREN'S HOME SCHOOL Nashua, NH Telephone: (603) 883-3851 Web: www.nashuachildrenshome.org	Day & R	1-8	All	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	All	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	Male	Autism, Emotional Disturbance, Intellectual Disability, Other Health Impairments, Specific Learning Disability, Developmental Delay, Speech-Language Impairments
REGIONAL SERVICES & EDUCATIONAL CENTER Amherst, NH Telephone: (603) 886-8500 Web: www.rsec.org	Day	5-12	All	Emotional Disability Developmental Disabilities, Other Health Impairments, Specific Learning Disability Speech and Language Impairments
SEACOAST LEARNING COLLABORATIVE Newton, NH Telephone: (603) 679-2021 Web: www.slconline.org	Day	1-12	All	Autism, Emotional Disturbance, Intellectual Disability, Multiple Disabilities Other Health Impairments, Specific Learning Disability, Traumatic Brain Injury
SECOND START: ALTERNATIVE HIGHSCHOOL PROGRAM Concord, NH Telephone: (603) 225-3318 Web: www.second-start.org	Day	10-12	All	Emotional Disturbance, Multiple Disabilities, Other Health Impairment, Specific Learning Disability, Speech-Language Impairment

<p>SPAULDING ACADEMY & FAMILY SERVICES Northfield, NH Telephone: (603) 286-8901 Web: www.spauldingyouthcenter.org</p>	Day & R	K-12	All	Acquired Brain Injury, Autism, Deaf-Blindness, Deafness, Developmental Delay, Emotional Disturbance, Hearing Impairment, Intellectual Disability, Multiple Disabilities, Orthopedic Impairment, Other Health Impairment, Specific Learning Disability, Speech-Language Impairment, Traumatic Brain Injury, Visual Impairment
<p>ST. CHARLES SCHOOL Rochester, NH Telephone: (603) 332-4768 Web: https://www.cc-nh.org/programs/stcharles/</p>	Day	K-8	All	Autism, Developmental Delay, Emotional Disturbance, Intellectual Disability, Other Health Impairments, Specific Learning Disabilities, Speech-Language Impairments
<p>STRAFFORD LEARNING CENTER Somersworth, NH Telephone: (603) 692-4411 Web: www.straffordlearningcenter.org</p> <p>Charles Ott Academy John Powers School Rochester Learning Academy</p>	Day	1-12	All	Autism, Speech-Language Impairments, Emotional Disturbance, Specific Learning Disability, Other Health Impairments, Specific Learning Disability, TBI, All Disabilities
<p>WEDIKO SCHOOL AT HOME FOR LITTLE WANDERERS Windsor, NH Telephone: (603) 478-5236 Web: www.wediko.org</p>	Day & R (for males)	5-12	All	Autism, Emotional Disturbance, Other Health Impairments Specific Learning Disability

Notes:

NH DOE ... continued

Extended Learning Opportunities (ELOs)

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 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/pathways-education/public-charter-schools>

Education for Homeless Children and Youth

Is your housing uncertain? Do you live at a temporary address? The NH DOE is responsible for ensuring that homeless children and youth are enrolled and attending school and have a full and equal opportunity to reach the same high academic standards expected of all children. The McKinney-Vento Act, Education for Homeless Children and Youth Program (EHCY) is designed to address the challenges that homeless children and youth have faced in enrolling, attending, and succeeding in school.

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

OR

Visit the website for an extensive list of information and resources: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-instructional-support/ehcy>

Home Schooling or Home Education

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/pathways-education/home-education> or for more information call the NHDOE/ Home Education at (603) 271-2831 or email: homeeducation@doe.nh.gov

New Hampshire Home Schooling Coalition

Web: www.nhhomeschooling.org

or

visit <https://nhhomeschooling.org/nhhc-representatives/> to find direct contact information for representatives in your district.

The Coalition is organized and run by volunteers. They published 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

Homeschooling in New Hampshire

Web: <https://www.homeschoolinginnewhampshire.com/beyond-basics/real-life/special-needs>

Children with special needs, including ADD/ADHD, autism, dyslexia, and other situations, can thrive in a homeschool environment. Parents find that support and encouragement from other parents and organizations goes a long way towards a success home education experience. Homeschooling in New Hampshire is a web-based organization that has compiled the best resources for parents as they educate their special needs child.

National Association for Child Development

Web: <https://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 of no diagnosis.

Educational Transition Checklist

A tool for transitioning into High School and also into adulthood

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

Additional Educational Resources and Services...

Parent Information Center (PIC)

Concord, NH

Telephone: (603) 224-7005

Web: www.picnh.org

PIC is a statewide family organization that provides families and youth, with a focus on children/youth with disabilities/special health care needs, and the providers who serve them, with the knowledge and support they need to make informed decisions that enhance each child's development and well-being. PIC achieves positive outcomes through their partnerships with families, youth, educators, organizations, and others. The New Hampshire Parent Training and Information Center (PTI) provides information, referrals, workshops and support to families of children with disabilities.

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 and therapeutic services designed to meet the needs of each individual child. Most services are provided through the child's school district, while some services are offered directly to the child's family.

Learning Disabilities Association of NH

Concord, NH

Web: <http://nhlda.org/>

The NH Learning Disabilities Association is a private, non-profit, volunteer organization of parents and professionals dedicated to promoting better understanding, education and services for individuals with learning disabilities. NHLDA is the State affiliate of LDA of America, Inc. A grass roots organization, NHLDA provides programs, practical information and support for parents, professionals and individuals with learning disabilities.

New Hampshire Partners in Education

Concord, NH

Email: nhpie.board@gmail.com

Web: www.nhpie.org

New Hampshire Partners in Education works to foster, support, and celebrate volunteer programs in each and every school across the state of New Hampshire. They do this by recognizing school related volunteer efforts and individual volunteer efforts, as well as celebrating business and community partnerships to create bridges between these groups and New Hampshire's educational community.

Institute on Disability/UCEDD

University of New Hampshire

Durham, NH

Telephone: (603) 862-4320 ext. 711

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.

NH Higher Education Assistance Foundation Network

Concord, NH

Telephone: (888) 747-2382 ext. 119

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

US Department of Health and Human Services

Telephone: 1-800-368-1019

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.

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 Branch of the International Dyslexia Association

Concord, NH

Telephone: (603) 229-7355

Web: <https://nhdyslexiaida.org/>

The IDA New Hampshire is dedicated to the diagnosis, treatment and research of dyslexia (language-based learning disability). They educate the community about the causes, symptoms, assessment and remediation of dyslexia; disseminate information about available resources; teach multisensory structured language instructional approaches to educators and other professionals; and collaborate with organizations working on behalf of people with dyslexia.

Northeast Deaf and Hard of Hearing Services

Concord, NH

Telephone: (603) 224-1850 or TTY: (603) 224-0691 or VP: (603) 968-5889

Web: www.ndhhs.org

Northeast Deaf and Hard of Hearing Services (NDHHS) is New Hampshire's "one-stop" resource for services, education, and information specific to the Deaf and Hard of Hearing community.

Examples of services include, but are not limited to: 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.

NFB Parents of Blind Children (NH)

National Federation of the Blind

Telephone: (603) 864-8847

Web: <https://nfb.org/about-us/state-affiliates/new-hampshire>

As a proud division of the National Federation of the Blind, NFB OBC is a national membership and advocacy organization of families and friends of blind children. They help families and blind children themselves maximize the child's skills, independence, and opportunities, and hold high expectations for all of children. Connect with them and the resources, support, and expertise of blind people who can serve as mentors and role models for parents and their children.

Notes:

Accessibility and Assistive Technology

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.

New Hampshire Accessible Educational Materials (NHAEM)

Email: Barbara.Dauphinais@doe.nh.gov

Telephone: (603) 271-3791

Web: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/special-education/accessibility-and-assistive-technology>

NHAEM is a unit with the Division of Learner Support, Bureau of Student Support. The Mission of NHAEM is to procure, maintain and distribute books, educational tools and materials for students who are blind or visually impaired who require alternate formats to access print materials.

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 whose low vision, blindness or disability makes reading regular printed material difficult. They lend a wide variety of materials. Applications are available on online. The services are free.

Special Education Advocacy

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 Education Advocates

Student Matters, LLC Educational Advocacy Services

Carolyn Blasko, M. Ed.
Concord, NH
Telephone: (603) 738-2409
Web: <https://studentmatters.net/>

Advocates for Families of Children with Disabilities

Parent Information Center (PIC)
Concord, NH
Telephone: (800) 947-7005 or (603) 224-7005
Web: <https://www.picnh.org/portfolio-item/advocates-for-families/>

Inspired Learning: Holistic Education Advocacy

Weare, NH
Telephone: (603) 703-4545
Web: <https://www.inspiredlearningllc.net/education-advocacy/>

Nakata Consulting

Joe Carreiro
Telephone: (978) 317-7386
Web: www.nakataconsulting.org

Special Education Advocacy.org.

Larry Martin Davis
Telephone: (206) 914-0975
Web: www.specialeducationadvocacy.org/

SPED Solutions, LLC

Angela Kouroyen
Derry, NH
Telephone: (603) 216-7685
Frank McDonough
Hollis, NH
Telephone: (603) 340-5292

Special Education Advocacy Services of NH, LLC

Pelham, NH
Telephone: (978) 590-9161
Email: smacintyre@seasnh.com
Web: <https://www.seasnh.com/>

Wolfe Education Services

Exeter, NH
Telephone: (978) 346-5414
Web: <https://www.wolfeeducationservices.com/>

Special Education Advocacy and Consulting

Portsmouth, NH
Lisa J. Sampson
Telephone: (603) 427-0585
Web: specialeducationadvocacyandconsulting.com/

Suzanne Whitney

Manchester, NH
Telephone: (603) 249-6152
Email: whitneysuzanne@gmail.com

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

Special Education Attorneys of Law

Choosing a Special Education Attorney to Represent your Child's Best Interest

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.

continued...

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.

Notes:

NH Attorneys for Special Education Law

EdLaw New England

Bedford, NH

Telephone: (603) 695-6557

Web: <https://edlawnewengland.com>

Disabilities Rights Center

Concord, NH

Telephone: (603) 228-0432

Web: www.drcnh.org

Zakre Law Office

Sheila Zakre

Concord, NH

Telephone: (603) 224-4400

Web: www.zlawnh.com

Coakley & Hyde, PLLC

Portsmouth, NH

Wolfeboro, NH

Telephone: (603) 319-1731

Web: www.coakleyhyde.com

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

Nashua, NH

Telephone: (781) 209-1166

Web: www.lawbaron.com

Bianco Professional Association

Concord, NH

Telephone: (603) 225-7170

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

Ramos Law

Southern NH

Telephone: (855) 946-7266

Web: <https://ramoseducation.com/>

Wadleigh, Starr & Peters, P.L.L.C.

Manchester, NH

Telephone: (603) 669-4140

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

Barry & Honnorow, PLLC

Nashua, NH

Telephone: (603) 883-0474

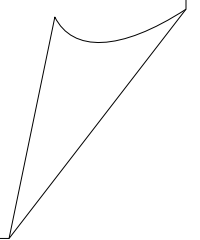
Web: <http://www.newhampshirelawoffice.com/>

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

A contact name:

Things to remember...

Notes



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 a number of community health centers and health agencies 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

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 Care Agencies

Ammonoosuc Community Health Services, Inc.

Littleton, NH - (603) 444-2464

Franconia, NH - (603)823-7078

Warren, NH - (603) 764-5704

Woodsville, NH - (603) 747-3740

Whitefield, NH - (603) 837-2333

Dental and Health - (603) 444-8112 (Littleton)

Amoskeag Health

Manchester, NH

Telephone: (603) 626-9500

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

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

Community Health Care Agencies... continued

Concord Hospital Family Health Center

Concord, NH

Telephone: (603) 228-7200

Web: <https://www.concordhospital.org/locations/profile/family-health-center/>

Families First of the Greater Seacoast

Portsmouth, NH

Telephone: (603) 422-8208

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

Health First

Franklin, NH - (603) 934-1464

Laconia, NH - (603) 366-1070

Tilton, NH - (603) 934-1464

Web: <https://healthfirstfamily.org/>

Indian Stream Health Center

Colebrook, NH

Telephone: (603) 237-8336

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

Manchester Health Department

Manchester, NH

Telephone: (603) 624-6466

Web: <https://www.manchesternh.gov/departments/health>

Newport Health Center

Newport, NH

Telephone: (603) 863-4100

Web: <https://www.newlondonhospital.org/services/newport-health-center>

White Mountain Community Health Center

Conway, NH

Telephone: (603) 447-8900

Web: <https://whitemountainhealth.org/>

Coos County Family Health Services

Berlin, NH

Telephone: (603) 752-2040

Web: <http://coosfamilyhealth.org/>

Goodwin Community Health

Somersworth, NH

Telephone: (603) 749-2346

Web: <https://goodwinch.org/>

Harbor Care

Nashua, NH

Telephone: (603) 882-3616

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

Lamprey Healthcare

Nashua, NH - (603) 883-1626

Newmarket, NH - (603) 659-3106

Raymond, NH - (603) 895-3351

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

Mid-State Health Center

Plymouth, NH - (603) 536-4000

Bristol, NH - (603) 744-6200

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

Weeks Medical Center

Lancaster, NH

Telephone: (603) 788-4911

Web: <https://weeksmedical.org/>

Additional State Community Health Programs

Pediatric Vision Screening InfantSEE®



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) 897-5323 or (603) 271-4507

Web: <https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program>

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 children with lead poisoning, environmental inspections for children with lead poisoning, lead abatement programs, 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: (603) 271-4482

Web: <https://www.dhhs.nh.gov/programs-services/disease-prevention/immunizations>

This 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.

Bureau for Family Centered Services

NHDHHS Division of Developmental Disabilities

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

Web: <https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs-o>

The Bureau for Family Centered 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. Follow web link for an application.

Women, Infants & Children Nutrition Services (WIC)

NH DHHS Office of Community & Public Health

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

Web: <https://www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutrition-program>

The New Hampshire Women, Infants and Children Nutrition Program (WIC) provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong. The WIC Program has locations statewide and income eligible families are encouraged to apply.

To see if you are eligible for WIC services, go to: <https://www.dhhs.nh.gov/programs-services/population-health/women-infant-children-nutrition-program/wic-eligibility>

To fill out a pre-application, go to: <https://www.nhwic.com/preapplicationportal>

♦ **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/sites/g/files/ehbemt476/files/documents/2021-11/wic-noncontractformula.pdf>

WIC Locations

Community Action Program

Belknap - Merrimack Counties

2 Industrial Park Drive , Concord, NH

Telephone: (603) 225-2050

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

Goodwin Community Health

11 Route 108, Somersworth, NH

Telephone: (603) 332-4358

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

Southern New Hampshire Services

40 Pine St, Manchester, NH

Telephone: (603) 668-8010

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

Southwestern Community Services

63 Community Way, Keene, NH

Telephone: (603) 352-7512

Web: <https://www.scshehelps.org/wic/>

To find the WIC program nearest you, go to

Web: <http://www.signupwic.com/>

Health Care 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.

The Affordable Care Act (ACA)

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

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>

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-modified adjusted gross income (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. 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.

(See Page 119 to view 2022 Federal Poverty Income Limits)

NH Medicaid continued...

Categorical eligibilities for children and young adults with disabilities: (LINES ARE OUT OF WHACK)

- ◆ 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 (see page 121 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 three 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)
- ◆ AmeriHealth Caritas NH -- Member Services: 1-833-704-1177 (www.amerihhealthcaritasn.com)

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>

Granite Advantage Health Care Program

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>

This is Medicaid Expansion in NH. The program is for adults ages 19-65 that fall under certain income limits. Coverage is through one of the three Medicaid healthcare plans (NH Healthy Families, Well Sense NH, or AmeriHealth Caritas NH) and will vary depending which option you're eligible to receive. 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 133% Federal Poverty level:

Household Size	Monthly Income	Annual Income
1	\$1,428	\$17,136
2	\$1,931	\$23,172
3	\$2,434	\$29,208
4	\$2,938	\$35,256
5	\$3,441	\$41,292

To apply for coverage through the Granite Advantage:

- ◆ Online: visit **NH EASY** <https://nheasy.nh.gov/#/>
- ◆ Submit a paper application: Visit a DHHS **District Office** (listing on page 121) or download an application at: <https://www.dhhs.nh.gov/dfa/apply.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 (800) 735-2964

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

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.

PIH works directly with families and will assist in finding resources to meet needs as families define and prioritize their concerns and issues. Family Support Coordinators assist families to access appropriate services and resources, arrange for special needs during hospitalization and after discharge, will help with school planning and attend meetings with you. PIH also provides recreational and respite opportunities, will be your advocate, listen and respond quickly and meaningfully. Problem solving around financial concerns or just finding the information you need is an important aspect of the day-to-day work of local coordinators. Partners in Health Family Support Coordinators know the resources in New Hampshire and beyond.

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

- ♦ Will last or is expected to last for 12 months or longer;
- ♦ Meets one or both of the following criteria:
 - ♦ Consistently affects the individual's ability to function on a daily basis:
 - ♦ In the areas of emotional, social, or physical development; or
 - ♦ In his or her family, school, or community; or
- ♦ Requires more intensive medical care from primary care and specialty providers than is typically required for well child and acute illness visits

Partners In Health Contact	Region and Towns Served
<p>Waypoint Lancaster/Berlin, NH Telephone: (603) 788-4172</p> <p>Littleton, NH Telephone: (603) 518-4339</p> <p>Conway, NH Telephone: (603) 860-4499</p> <p>Web: https://waypointnh.org/programs/partners-in-health</p>	<p>Region 1 Berlin/Lancaster Albany, Bartlett, Bath, Benton, Berlin, Bethlehem, Brookfield, Carroll, Chatham, Clarksville, Colebrook, Columbia, Conway, Dalton, Dixville, Dummer, Easton, Eaton, Effingham, Errol, Franconia, Freedom, 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, Tamworth, Tuftonboro, Union, Wakefield, Warren, Waterville, Wentworth, Whitefield, Wolfeboro, Woodstock, Woodsville</p>
<p>Waypoint West Lebanon, NH Telephone: (603) 518-4358 Web: https://waypointnh.org/programs/partners-in-health</p>	<p>Region 2 Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Dorchester, Enfield, Goshen, Grafton, Grantham, Hanover, Langdon, Lebanon, Lempster, Lyme, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington</p>
<p>Waypoint Laconia, NH Telephone: (603) 518-4382 Web: https://waypointnh.org/programs/partners-in-health</p>	<p>Region 3 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</p>
<p>Waypoint Concord, NH Telephone: (603) 518-4212 Web: https://waypointnh.org/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, New London, Northfield, Pembroke, Pittsfield, Salisbury, Sutton, Warner, Weare, Webster, Wilmot, Windsor.</p>

Partners In Health Contact	Region and Towns Served
<p>Monadnock Developmental Services Keene, NH Telephone: (603) 352-1304 X409 Web: http://www.mds-nh.org/index.php/services/children/11--sp-742/-sp-450/64-partners-in-health</p>	<p>Region 5 Keene Alstead, Antrim, Bennington, Chesterfield, Dublin Fitzwilliam, Frankestown, 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) 882-6333 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>
<p>Waypoint Portsmouth, NH Telephone: (603) 518-4000 Web: https://waypointnh.org/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) 271-4488 or (603) 516-9300 Web: https://communitypartnersnh.org/partners-in-health/</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 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>

Additional Community Health Resources

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 analyzes 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.

Dartmouth Health Children's (formerly known as Children's Hospital at Dartmouth)

Lebanon, NH

DHC's 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.

Bureau of Student Wellness and Nutrition

Web: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness>

Telephone: (603) 271-3720

In response to the needs of local school districts, the Bureau of Student Wellness and Nutrition is comprised of the Office of Nutrition Programs and Services, Office of Social and Emotional Wellness, and Office of School Health. Bureau teams work collaboratively with schools and communities to support the development of the whole child and all dimensions of wellness that include: Emotional, Personal, Intellectual, Physical, Environmental, Occupational, and Social factors by providing and promoting technical assistance, training resources, and leadership.

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.

Regions	Dental Center	Address	Eligibility Requirements	Telephone
Statewide, Mountains Region, Grafton County	Ammonoosuc Community Health Services ammonoosuc.org/	25 Mt. Eustis Rd Littleton, NH 03561	Dental clinic is open to anyone. Sliding fee schedule is available to financially qualifying individuals.	(603) 444-2464
Statewide, Sullivan County	Community Dental Care of Claremont http://communitydentalcareclaremont.org/	1 Tremont St. Claremont, NH 03867	Adults & children will assist patient financial. Accepts Medicaid.	(603) 287-1300
Capital Region, Merrimack County	Concord Hospital Family Health Center concordhospital.org/services/family-health-centers/	250 Pleasant St. Concord, NH 3301	Adults enrolled as patients at the Concord Family Health Center in Concord or Hillsboro and Riverbend Community Mental Health. Financial Assistance to qualifying patients is available through the Concord Hospital.	(603) 228-7200
Statewide, North Country, Coos County	Coos Family Health Center www.coosfamilyhealth.org/oralhealth.php	73 Main Street Berlin, NH 03570	Dental clinic is open to anyone. Preventative and basic services are available to qualifying individuals on a sliding scale.	(603) 752-2424

Regions	Dental Center	Address	Eligibility Requirements	Telephone
Seacoast Region, Strafford County	Goodwin Community Health Dental Center https://goodwinch.org/services/dental/	311 Route 108 Somersworth NH 03878	Dental center is open to anyone. Sliding fee schedule is available to financially qualifying uninsured individuals. Prepayment of the first visit is required.	(603)-749-2346
Cheshire County	Dental Health Works of Cheshire County	69 Island St. #V Keene, NH 03431	Children and adults living in Cheshire County	(603) 358-6624
Seacoast Region, Portsmouth, Rochester	Families First Health and Support Center www.familiesfirstseacoast.org/	100 Campus Dr, Portsmouth, NH 03801	Children and adults who are patients of the Center and some others contact Families First. Sliding fee schedule is available to financially qualifying individuals.	(603) 422-8208
Greater Nashua	Greater Nashua Dental Connection www.greaternashuadentalconnection.org/	31 Cross St. Nashua, NH 03064	Individuals (both children and adults) living in New Hampshire. Reduced Fee Schedule	(603) 879-9314
Greater Nashua, Statewide	Harbor Care Dental Clinic www.harborcarenh.org/dental-care-services	45 High Street Nashua, NH 03060	Dental center is open to anyone. Sliding fee schedule is available to financially qualifying uninsured individuals. uninsured, underinsured, or low income.	(603) 882-3616
Statewide, Upper Valley, Grafton County	Mascoma Community Health Center www.mascomacommunityhealthcare.org/	18 Roberts Rd Canaan, NH 03741	Sliding fee scale is offered to financially qualified individuals who live in Canaan, Dorchester, Enfield, Grafton and Orange NH	(603) 523-4343
Statewide, Central NH, Grafton County	Mid-state Health Center www.midstatehealth.org/	100 Robie Rd Bristol, NH 03222	Dental clinic is open to anyone. Sliding fee scale is available to financially qualified individuals.	(603) 744-6200
Statewide	Dental Hygiene Clinic at NHTI-Concord's Community College www.nhti.edu/services/community-assets/dental-hygiene-clinic/	31 College Drive Concord, NH 03301-7412	Preventive services only. Check website for dates and fee schedule	(603) 230-4023

NH Dental Centers... continued

Location	Dental Center	Address	Eligibility Requirements	Telephone
Greater Manchester	Poisson Dental Center at Catholic Medical Center https://www.catholicmedicalcenter.org/locations/poisson-dental-facility	100 McGregor St. Manchester, NH 03102	Children and adults in the greater Manchester area without access to preventive dental care and treatment may receive a referral to the Poisson Dental Facility at Catholic Medical Center.	(603) 663-6226
Statewide	Saving People's Smile Dental (SPS) www.savingpeoplesmile.org/	194 Pleasant St. Concord, NH 03301	Adult and children – call SPS for details.	(603) 219-0770
Coos, Carroll & Grafton County	Tamworth Dental Center http://www.tccap.org/services/health/tamworthdentalcenter/	448 B White Mountain Hwy Tamworth, NH 03886	Children and adults in the Tri-county area. Sliding fee schedule is available to financially qualifying uninsured individuals	(603) 323-7645
Barrington, Dover, Durham, Lee, Madbury, Rollinsford, Somersworth	Wentworth-Douglass Community Dental Center www.wdhospital.org/whp/specialty-care/dental-care/wentworth-douglass-community-dental-center	668 Central Ave. Dover, NH 03820	Provides general dental care to qualifying individuals and families in the greater Dover community.	(603) 749-3013
Mount Washington Valley	White Mountain Community Health Center https://whitemountainhealth.org/	298 Route 16 Conway, NH 03818	Available to center patients only. Comprehensive dental for children up to 21 years of age. Preventive services only for adults.	(603) 447-8900

♥ **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

Home Health Care/Private Duty Nursing/LNA/

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/>).

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.

At Your Haven

Serves: Merrimack Valley and Southern NH
Salem, NH
Telephone: (603) 751 8260
Web: <https://atyourhaven.com/index.html>

Granite Visiting Nurse Association (VNA)

Serves: Over 82 towns in the greater Concord and Lakes Region
Concord, NH
Telephone: (603) 224-4093
Web: <https://www.granitevna.org/>

J&K Home Care

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

Interim HealthCare

Serves: Statewide
Telephone: (603) 668-6956
Manchester, NH
Web: www.interimhealthcare.com/newhampshire

Maxim Healthcare Service

Manchester, NH
Tel: (603) 644-5003
Web: <https://www.maximhealthcare.com/locations/manchester-nh>

Harbor Care NH

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

BAYADA Pediatrics

Manchester, NH
Telephone: (603) 413-7100
Web: <https://www.bayada.com/offices/nh/manchester/1-sundial-avenue/pediatrics>

Brightstar Care

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

Ascentria Care Alliance

Serves: Statewide
Concord, NH
Telephone: (603) 224-3010
Web: <https://www.ascentria.org/our-services/in-home-care>

Regency Home Health

Serves: Manchester area
Londonderry, NH
Telephone: (603) 665-9800
Web: <https://www.regencyhomehealth.com/contact>

A contact name:

Things to remember...

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

Legacy by Gersh at Crotched Mountain

Greenfield, NH

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

Web: www.crotchedmountain.org

Legacy by Gersh at Crotched Mountain 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

Applied Behavior Analysis (ABA)

♥Please note this may not be all providers of ABA service in NH, but what we have found♥

<p>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</p>	<p>ASPIRE Learning and Living Concord, NH Telephone: (603) 224-8085 Merrimack, NH Telephone: (603) 423-6046 Stratham, NH Telephone: (603) 772-5991 Web: http://www.ippi.org/new-hampshire/</p>
<p>H.O.P.E. Behavioral Consulting, LLC Portsmouth, NH Telephone: (603) 812-5521 Web: www.hopebehavioralconsulting.com</p>	<p>Applied Behavioral Mental Health Counseling Manchester, NH Telephone: (603) 664-4411 Web: www.appliedabc.com</p>
<p>Patterns - ABA Therapy Services Concord, Nashua and Keene Telephone: (603) 488-5008 Web: https://www.patternsbehavior.com/new-hampshire</p>	<p>The Autism Center at Gateways Community Services Nashua, NH Telephone: (603) 882-6333 Web: www.gatewayscs.org/our-services/autism-center</p>
<p>The Birchtree Center Portsmouth, NH Telephone: (603) 433-4192 Web: http://birchtreecenter.org</p>	<p>Positive Reinforcement ABA Therapy Inc. Manchester, NH Telephone: (877) 315-8080 Web: www.prabatherapy.com</p>
<p>Autism Bridges Bedford, NH Telephone: (603) 471-2522 Web: www.autismbridges.com</p>	<p>Constellations Behavioral Services Portsmouth and Nashua, NH Telephone: (800) 778-5560 Web: www.constellationsbehavioral.com</p>
<p>Ready, Set, Connect! An Applied Behavioral Analysis Treatment for Young Children with Autism Manchester, Concord and Tilton, NH Telephone: (603) 547-1430 Web: https://readyssetconnect.org/</p>	<p>Easterseals Manchester, NH Telephone: (603) 621-3407 Web: www.easterseals.com/nh/our-programs/autism-asd-services</p>
<p>In Bloom Autism Services Bedford, NH Telephone: (888) 754-0398 Web: https://www.inbloomautism.com/new-hampshire</p>	<p>Seacoast ABA Dover, NH Telephone: (603) 359-0549 Web: https://www.seacoastaba.com/</p>

Therapeutic Riding/Hippotherapy Programs

<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 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 Telephone: (603) 746-5681 Web: http://www.bitsetc.org</p>	<p>Wings and Hooves Therapeutic Riding, Inc. East Kingston, NH Telephone: (603) 642-3722 Web: https://wingsandhooves.weebly.com</p>	<p>Happier Trails, LLC Boscawen, NH Telephone: (603) 403-2651 Web: https://www.happiertrailsnh.com/</p>
<p>High Knoll Therapeutic Program Rochester, NH Telephone: (603) 335-4343 Web: www.myhreequine.com/hkectherapeutic.html</p>	<p>Full Circle Farm Therapeutic Horsemanship Newport, NH Telephone: (603) 863-2952 Web: https://www.fcftherapeutic.org/</p>	<p>Leaps and Bounds Physical Therapy Keene, NH Telephone: (603) 252-4405 Web: http://pt4kids.org/index.html</p>

Aqua Therapy/Adapted Swim Programs

♥ Please note there may be others offering these services in NH ♥

<p>Swing for the Stars Concord, NH Telephone: (603) -228- STAR (7827) Web: https://swingforthestars.com/aquatic-therapy/</p>	<p>Northeast Rehab Hospital Salem & Nashua, NH Telephone: (603) 893-2900 Web: www.northeastrehab.com/services/aquatic-therapy/pedatric-aquatic-therapy</p>	<p>It's Ability! Pediatric Physical Therapy Inc. 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>	

Music Therapy

The Rhythm Tree

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: <https://www.ccmusicschool.org/index.php>

(If link does not support your browser, CCMS can be Googled.)

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/>

Rhythm and Strings

Serves Rockingham County

Telephone: (603) 988-4291

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

Therapeutic Summer Camps and Programs

♥ Please note: Program availability/camp guidelines subject to change due to Covid-19 Pandemic ♥

Wediko Summer Program

at Home for Little Wanderers

Windsor, NH

Telephone: (888)-HOME-321 OR (617) 267-3700

Web: <https://www.thehome.org/wediko>

Camp Sno-Mo with Easter Seals New Hampshire

Gilmanton, NH

Telephone: (603) 364-5818

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

Zebra Crossings

Dover, NH

Telephone: (603) 312-2052

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

Adam's Camp New England

Loon Mountain Resort, Lincoln NH

Telephone: (508) 901-9610

Web: <https://adamscampnewengland.org/>

Camp Allen

Bedford, NH

Telephone: (603) 622-8471

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

Beyond Akeela

Franklin Pierce University, Rindge NH

Telephone: (610) 660-0300

Web: <https://beyondakeela.com/beyond-akeela-teens/>

Serves to launch Neurodiverse teens into a successful transition to college

Pediatric Therapy (Occupational Therapy [OT], Physical Therapy [PT], Speech and Language Therapy, Feeding Therapy, and Other Services)

♥ Please note: this is what we have found, there may be others ♥

<p>Pediatric Therapy Center Nashua, Salem, Manchester, Concord NH Telephone: (603) 882-4500 Web: https://pediatrictherapycenternh.com/ Provides OT, PT, Speech, Feeding, & Other Services</p>	<p>It's Ability, Pediatric Physical Therapy Concord, NH Telephone: (603) 224-4540 Web: https://itsabilitypt.com/programs-services/ Provides OT, PT, & Other Services</p>
<p>Dunstan Pediatric Services Plymouth, NH Telephone: (603) 481-0055 OR (603) 236-6111 Web: http://dunstanpediatric.com/ Provides OT, Speech Therapy, & Other Services</p>	<p>Swing for the Stars Concord, NH Telephone: (603) 228-STAR (7827) Web: https://swingforthestars.com/ Provides OT, PT, Speech Therapy, & Other Services</p>
<p>New England Pediatric Services Bedford, NH Telephone: (603) 296-5241 Web: http://newenglandpediatricservices.com/ Provides OT, PT, & Speech Therapy</p>	<p>Milestones Pediatric Therapy Center, LLC Bedford, NH Telephone: (603) 232-5922 Web: http://www.milestonesnh.com/ Provides OT, Speech Therapy, & Other Services</p>
<p>Reach for the Top Dover, NH Telephone: (603) 740-3534 Web: https://reachfft.org/ Provides OT, PT, Speech Therapy, & Other Services</p>	<p>Capital Kids Therapies, LLC Concord, NH Telephone: (603) 228-9160 Web: https://capitalkidsh.com/ Provides OT, PT, & Speech Therapy</p>
<p>Adaptive Pediatric Therapy, LLC Portsmouth, NH Telephone: (207) 370-1744 Web: https://www.adaptivepediatrictherapy.com/ Provides OT</p>	<p>Richie McFarland Children's Center Stratham, NH Telephone: (603) 778-8193 Web: https://www.richiemcfarland.org/ Provides OT, PT, & Speech Therapy</p>
<p>SNHTLC Speech Therapy and Learning Center Nashua, NH Telephone: (603) 577-5517 Web: https://www.snhtlc.com/ Provides OT, Speech Therapy, & Other Services</p>	<p>Moving Kids Forward Therapy, LLC Nashua, NH Telephone: (603) 521-8434 Web: https://www.movingkidsforwardtherapy.com/ Provides OT & Other Services</p>
<p>Roots Therapeutic Services, LLC Canterbury, NH Telephone: (603) 731-0552 Web: https://www.rootstherapeuticservices.com/ Provides OT</p>	<p>Outside the Lines, LLC Dover, NH Telephone: (603) 609-5685 Web: https://www.outsidethelinesnh.com/ Provides OT, Speech Therapy, & Other Services</p>

Pediatric Therapy ... continued

Rising Tide Therapy Services

Seacoast area, NH

Telephone: (207) 370-0229

Web: <https://theotfiles.com/rising-tide-therapy-services-llc/>

Provides OT

Holistic Abilities Occupational Therapy

Portsmouth, NH

Telephone: 1 (978) 572-0855

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

Provides OT, Feeding Therapy, & Other Services

Little Bridges Therapeutic Enrichment, LLC

Portsmouth, NH

Telephone: (603) 373-8467

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

Provides OT & Other Services

OT in Motion

Sunapee, NH

Telephone: (603) 873-4678

Web: <http://otinmotionnh.com/>

Provides OT & Speech Therapy

Integrative Wellness Solutions

Loudon, NH

Telephone: (603) 417-4847

Web: <https://integrativewellnesssolutions.net/>

Provides nature based OT

Seacoast Play Works Therapy

Epping, NH

Telephone: (978) 799-2580

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

Provides OT

Kids Therapy Company

Greenland, NH

Telephone: (603) 373-0014

Web: <http://www.kidstherapyco.com/>

Provides Feeding Therapy

Miracle Farm Speech Therapy

Hampton Falls, NH

Telephone: (603) 918-1298

Web: <https://miraclefarmtherapy.com/>

Provides Speech Therapy

KidSpeak Therapies, LLC

Concord, NH

Telephone: (603) 224-1551

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

Provides Speech and Feeding Therapy

Premier Speech Therapy, LLC

Londonderry, NH

Telephone: (603) 548-2188

Web: <http://www.premierspeechtherapy.com/index.html>

Provides Speech Therapy & Other Services

Speech Therapy Solutions, Inc

Salem, NH

Telephone: (603) 893-8550

Web: <https://speechtherapysolutions.com/>

Provides Speech Therapy

Tiny Talkers Speech Therapy, LLC

NH

Telephone: (860) 878-1219

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

Provides Speech Therapy

Simplified Speech Solutions

Keene, NH

Telephone: (603) 352-4199

Web: <http://www.simplifiedspeechsolutions.com/index.html>

Provides Speech Therapy

Laura Theobald Speech Therapy

Rye, NH

Telephone: (603) 944-1128

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

Provides Speech Therapy

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, or new equipment. ♥

The Refurbished Equipment Marketplace (REM)

Concord, NH

Telephone: (603) 226-2903

Web: <https://shoprem.com/>

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

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

REQ (Rehabilitation Equipment Associates)

Manchester, NH

Telephone: (603) 645-5200

Web: <https://www.reqinc.com/products-services/pediatric-rehab.html>

REQ has been providing services in New Hampshire and surrounding communities in New England for over 30 years. They carry a full line of power & manual wheelchairs, scooters, patient lifts, hospital beds, walkers, bath and daily living aids for patients and consider themselves to be the area's most complete source of home medical equipment and services. REQ holds a special place in their heart for children and recognize that equipping children is frequently more challenging because of their continued growth and development. REQ welcomes the challenge and pledges to continually go above and beyond in order to provide the right equipment for your child.

Numotion

Manchester, NH

Telephone: (800) 500-9150

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

Numotion is the nation's largest and leading provider of products and services that provide mobility, health and personal independence.

Keene Medical Products

Keene (603) 357-3222 • Concord (603) 224-0135 • Enfield (603) 448-5290 • Lebanon (603) 448-5225

Web: <https://www.keenemedicalproducts.net/>

Keene Medical Products is a local, family-owned business that provides durable medical equipment to communities in NH and VT since their founding in 1975. Their position as a local industry leader allows them to bring the newest in technology and care to their customers.

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 Medical Center - HIV Program Lebanon, NH (DHMC), Keene, Manchester, Concord, Portsmouth and Nashua Web: https://www.dartmouth-hitchcock.org/hiv	Keene: (603) 354-5454 x2185 Lebanon: (603) 650-8840 Bedford: (603) 629-1752 Nashua: (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 Web: https://www.arthritis.org/	(800) 283-7800
--	----------------

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: https://nopbc.org/local-contacts	(603) 892-6355

BRAIN INJURY

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

CANCER

Childhood Cancer Lifeline Web: www.childhoodcancerlifeline.org	(603) 645-1489
Courageous Parents Network	Web: https://courageousparentsnetwork.org/

CROHN'S and COLITIS

Crohn's and Colitis Foundation New England Web: www.crohnscolitisfoundation.org/chapters/ne/	(800) 932-2423
---	----------------

CARDIAC

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

CYSTIC FIBROSIS

Cystic Fibrosis Foundation (Northern New England) Web: https://www.cff.org/chapters/northern-new-england-chapter	(800) 757-0203
---	----------------

DEAF AND HARD OF HEARING

Northeast Deaf and Hard of Hearing Services Web: www.ndhhs.org	Voice: (603) 224-1850 Video Phone: (603) 968-5889 TTY: (603) 224-0691
NH Deaf & Hard of Hearing Education & Resource Center Web: https://ndhhs.org/erc-services-and-programs/	
NH Hands and Voices Web: https://nhhandsandvoices.com/	(617) 744-9338

DIABETES

Juvenile Diabetes Research Foundation (JDRF) New England Web: www.jdrf.org	(781) 431-0700
American Diabetes Association New England Web: www.diabetes.org	(800) 342-2383

DOWN SYNDROME

New Hampshire Down Syndrome Association Web: http://newhampshiredsa.org	Email: info@newhampshiredsa.org
---	---

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

The Ehlers-Danlos Society Web: https://www.ehlers-danlos.com/	(410) 670-7577
---	----------------

FRAGILE X

National Fragile X Foundation	Web: https://fragilex.org/
-------------------------------	--

GENETICS

Rare New England Web: https://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	(800) 465-4837
--	----------------

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/gsfccmh	(603) 785-7948
---	----------------

MULTIPLE SCLEROSIS

National MS Society New England Chapter Web: https://www.nationalmssociety.org/Chapters/MAM	1-(800) 344-4867
---	------------------

MUSCULAR DYSTROPHY

Muscular Dystrophy Association Web: https://www.mda.org/	(800)-572-1717
--	----------------

PANS/PANDAS

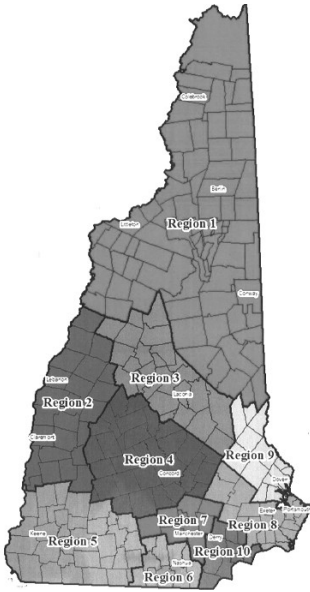
The New England PANS/PANDAS Association NH Families Meet Up Grp. : Facebook: www.facebook.com/groups/551844761618685/	Web: http://www.nepans.org/
--	--

PRADER - WILLI SYNDROME

Prader-Willi Syndrome Assoc. of New England Web: https://pwsane.org/	(978) 207-1185
---	----------------

SPINAL CORD INJURY

United Spinal Association Web: https://unitedspinal.org/ NH Chapter of United Spinal Association https://www.facebook.com/NHSpinalCord/	National Tel: (800) 962-9629 NH Tel: (603) 228-9680
---	--



Children’s Behavioral /Mental Health Services

The NHDHHS, Division of Behavioral Health, Bureau of Children’s Behavioral Health (BBH), 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

Offices in:

Berlin, Tel: (603) 752-7404 • Colebrook, Tel: (603) 237-4955 • Conway, Tel: (603) 447-2111 • Groveton, Tel: 603-636-2555 • Littleton, Tel: (603) 444-5358 • Tamworth, Tel: (603) 323-2354 • Whitefield, Tel: (603) 837-9547 • Wolfeboro, Tel: (603)569-1884 • Woodsville, Tel: (603) 747-3658

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	Freedom	Gorham	Hart’s Location	Haverhill
Intervale	Jackson	Jefferson	Lancaster	Landaff	Lincoln
Libson	Littleton	Lyman	Madison	Milan	Monroe
Moultonboro	Northumberland	Ossipee	Piermont	Pittsburg	Randolph
Sandwich	Shelburne	Stark	Stewartstown	Stratford	Sugar Hill
Tamworth	Tuftonboro	Wakefield	Warren	Waterville	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
West Lebanon					

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	Bow	Bradford	Canterbury
Chichester	Concord	Danbury	Deering	Dunbarton	Epsom
Franklin	Henniker	Hill	Hillsboro	Hopkinton	Loudon
New London	Newbury	Northfield	Pembroke	Penacook	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	Greenville	Hancock	Harrisville	Hinsdale
Jaffrey	Keene	Lyndeborough	Marlborough	Marlow	Nelson
New Ipswich	Peterborough	Richmond	Rindge	Roxbury	Sharon
Spofford	Stoddard	Sullivan	Surry	Swanzey	Temple
Troy	Walpole	Westmoreland	Wilton	Winchester	

Region 6 Greater Nashua Mental Health Center at Community Council

Nashua, NH

Telephone: (603) 889-6147

Web: www.gnmhc.org

Towns served:

Amherst	Brookline	Hollis	Hudson	Litchfield	Mason
Merrimack	Milford	Mont Vernon	Nashua		

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

Exeter, NH

Telephone: (603) 772-2710

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: <https://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

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.

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.

Youth M.O.V.E NH

Contoocook, NH

E-mail: youthmovenh@gmail.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.

Behavioral Health Resources... continued

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. *Note: The New Hampshire chapter is NAMI NH, listed on the previous page.

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 Psychosis Action Alliance

Telephone: (240) 423-9432 OR (800)-493-2094

Web: <https://sczaction.org/>

SAPAAs mission is to create a movement for systemic change to improve care, support, and equity for the millions of people living with schizophrenia and psychosis spectrum disorders.

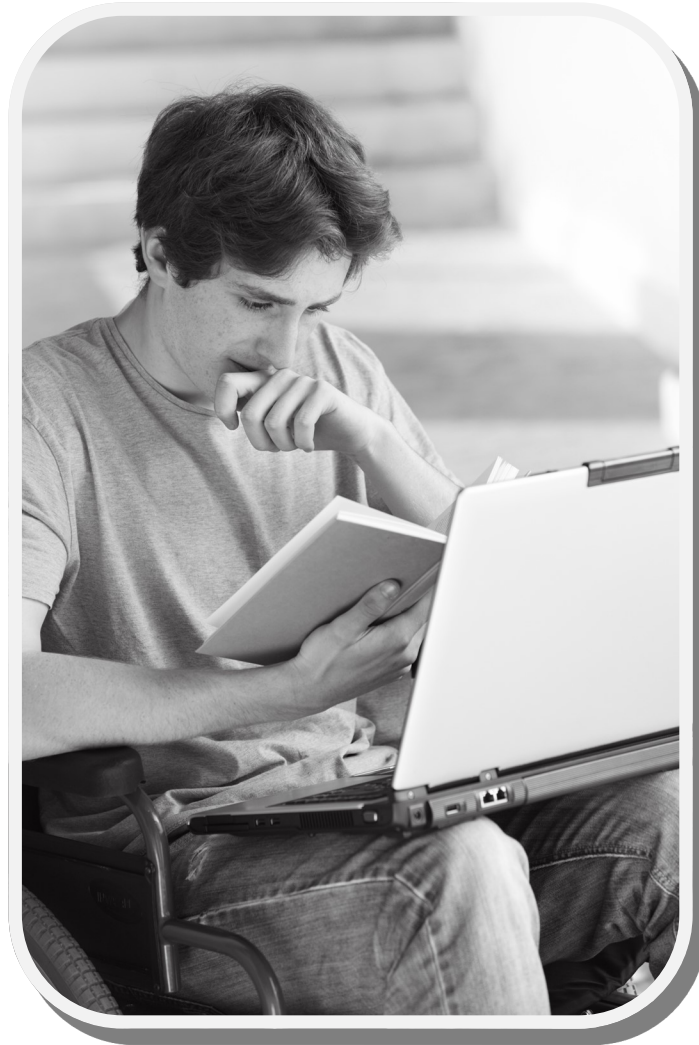
Anxiety Disorders Association of America

Telephone: (240) 485-1001

Web: www.adaa.org

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

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— Bureau of Adult Education

101 Pleasant Street

Concord NH 03301-3860

Telephone: Main Office (603) 271-3494 or Bureau of Adult Education (603) 271-669

Web: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-adult-education>

The mission of the New Hampshire Bureau of Adult Education is to:

- ♦ provide a variety of educational opportunities to empower adults to become lifelong learners
- ♦ to support individuals in identifying and achieving their potential academic and/or career goals, and
- ♦ to assist students to become active participants in their communities.

Eligibility:

- ♦ Adults who have not received a high school credential
- ♦ Adults who do not have the academic skills equivalent to a high school diploma
- ♦ Adults who do not read, write or speak English.

Programs include:

- **Adult Education and Literacy Activities-** Free classes to improve basic skills in reading, writing, and math or to learn English. All locations also offer tutoring services and career counseling.
- **Adult High School-** Adult high school diploma programs offer classes for high school credit. Adults who left high school before graduation can take the courses they need to earn a diploma.
- **Adult Learner Services-** (Tutoring Services) Each region in New Hampshire has a Volunteer Coordinator to assist adults with accessing adult education services.
- **Integrated English Literacy and Civics Education-** free English for Speakers of Other Languages (ESL) courses offer students whose first language is not English and who are 18 years or older and not enrolled in school an opportunity to learn to speak English as well as understand American customs
- **NH High School Equivalency (GED)-** The High School Equivalency Testing (HiSET) Program gives adults and out-of-school youth an opportunity to demonstrate their academic skills and to earn the New Hampshire High School Equivalency Certificate.
- **High School Equivalency Transcripts-** The Bureau provides transcripts and verification of high school equivalency certificates.

Adult Education Locations

Location	Center/Sponsor	Provides	Contact
Bedford	Adult Education Bedford	Adult Diploma Program	(603) 310-9000
Berlin	North Country Education Services	Adult Learner Services, HiSET Prep HiSET Testing	(603) 752-1927 http:// coosadultlearnerserv- ices.weebly.com/
Claremont	Claremont Adult Learning Center	Adult Basic Education, ESL, HiSET Testing, Adult Diploma Program	(603) 543-4224 http://calc.sau6.org

Adult Education Locations continued...

Location	Center/Sponsor	Provides	Contact
Concord	Second Start	Adult Education & Literacy Activities, ESL, Adult Learner Services, Adult Diploma Program, HiSET Prep, HiSET Testing	(603) 228-1341 https://www.second-start.org/
Concord	Ascentria Care Alliance	ESL & Civics Education	(603) 410-3111 https://www.ascentria.org/
Conway	Gibson Center	Adult Diploma Program, Adult Education & Literacy Activities, HiSET Prep	(603) 356-7242
Conway	Eagle Academy	HiSET Testing	(603) 323-8857
Derry	Derry Center for Adult Studies	Adult Education & Literacy Activities HiSET Prep, HiSET Testing	(603) 432-1245 https://derryadulthood.sau10.org/
Derry	Pinkerton Academy Continuing Education	Adult Diploma Program	(603) 437-5200, ext 1111
Dover	Dover Adult Learning Center	Adult Education & Literacy Activities, Adult Diploma Program, HiSET Prep, HiSET Testing ESL & Civics Education	603) 742-1030 www.doveradultlearning.org
Exeter	Exeter Adult Education	Adult Education & Literacy Activities HiSET Testing, HiSET Prep Adult Diploma Program	(603) 775-8457 http://adulthood.sau16.org
Franklin	Franklin Schools SAU # 18	Adult Diploma Program, HiSET Prep, HiSET Testing	(603) 934-5441, ext 3451 https://www.sau18.org/
Goffstown	The GAP at Goffstown High School	Adult Diploma Program, HiSET Prep	(603) 660-5302 https://www.goffstown.k12.nh.us/index.php/schools/adult-education-program
Groveton	Northumberland Adult High School	Adult Diploma Program, HiSET Prep	(603) 636-1619
Hillsborough	Project LIFT	HiSET Prep, HiSET Testing	(603)464-5285

Adult Education Locations continued...

Location	Center/Sponsor	Provides	Contact
Hampton	Winnacunnet Community Education	Adult Diploma Program	(603) 758-9224 http://www.whsevening.org/
Keene	Keene Community Education	Adult Education & Literacy Activities, Adult Diploma Program, HiSET Prep, HiSET Testing ESL & Civics Education	(603) 357-0088, ext 102 https://www.keenecommunityed.org/
Laconia	Laconia Adult Education	Adult Education & Literacy Activities, HiSET Prep, HiSET Testing Adult Diploma Program	(603) 524-5712 https://adultedlaconia.weebly.com/
Lebanon	Lebanon School District	Adult Education & Literacy Activities, Adult Learner Services	(603) 790-8518
Littleton	Littleton Schools	Adult Diploma Program, Adult Education & Literacy Activities HiSET Prep, HiSET Testing	(603) 444-5186, ext. 3316
Littleton	White Mountain Community College	HiSET Testing	(603) 444-4846
Londonderry	Londonderry High School	HiSET Testing, Adult Diploma Program	(603) 432-6941, ext. 2130 https://lhs.londonderry.org/information/alternative_education
Manchester	Manchester Community Resource Center	Adult Diploma Program	(603) 703-0236
Manchester	My Turn	Adult Education & Literacy Activities, HiSET Prep	(603) 321-3416
Manchester	International Institute of New England	Adult Education & Literacy Activities (ESL only), ESL & Civics Education, HiSET Testing	(603) 647-1500
Manchester	Holy Cross Family Learning Center	Adult Education & Literacy Activities (ESL only), ESL & Civics Education	(603) 622-9250 https://www.hclearningcenter.org/
Manchester	English for New Americans	Adult Education & Literacy Activities (ESL only)	(603) 361-2649

Adult Education Locations continued...

Location	Center/Sponsor	Provides	Contact
Nashua	Adult Learning Center	Adult Education, ESL, HiSET Prep	(603) 882-9080, ext. 263
Nashua	Nashua Adult and Community School	Adult Diploma Program	(603) 966-1154 https://www.nashua.edu/domain/213
North Sutton	Kearsarge School District	Adult Diploma Program	(603) 927-4261 https://sites.google.com/a/kearsarge.org/kadp/
Pembroke	Pembroke Academy	Adult Diploma Program	(603) 485-7881
Peterborough	Conval High School	Adult Diploma Program	(603) 924-4120
Plymouth	Plymouth Regional High School	HiSET Testing	(603) 536-1444, ext. 3
Plymouth	Pemi-Baker Literacy Task Force	HiSET Prep	(603) 536-2998 https://www.pemibakerliteracy.org/index.html
Portsmouth	Portsmouth Adult Education	Adult Education & Literacy Activities, HiSET Prep	(603) 422-8233 https://www.snhs.org/services/portsmouth-adult-education
Rochester	Rochester Community Education	Adult Diploma Program	(603) 332-0757, ext. 2167 https://sites.google.com/a/sau54.org/rce/
Rochester	Dover Adult Learning Center	Adult Education & Literacy Activities, HiSET Prep, HiSET Testing	(603) 335-6200 https://www.dalc-online.org/
Salem	Salem School for Continuing Education	Adult Education & Literacy Activities, Adult Diploma Program, HiSET Prep, HiSET Testing	(603) 893-7074 https://sau57.org/continuing-education
Tamworth	Gov. Wentworth Academy	Adult Education & Literacy Activities, HiSET Prep, HiSET Testing, Adult Diploma Program	(603) 356-7242 https://carrollcountyadulthoodeducation.com/
Wakefield	Wakefield Adult Education	HiSET Prep, HiSET Testing	(603) 986-1117

NH Vocational Rehabilitation

Bureau of Vocational Rehabilitation

NH DOE

Division of Adult Learning and Rehabilitation

101 Pleasant St.

Concord, NH 03301

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

Web: <https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-of-vocational-rehabilitation>

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:

If you have a disability and need help ...

- Finding a job
- Preparing for a career
- Maintaining a job
- Advancing in employment

You can refer yourself or someone you know for VR services by contacting the Bureau of Vocational Rehabilitation, or your regional VR office. You can also use the online portal linked [here](#).

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 application process and determining eligibility. After eligibility, you and your Rehabilitation Counselor will develop a plan to help you reach your employment goals. Everyone's plans are different as they are based on your job goals and your needs. Once your plan is developed, NHVR continues to provide support and services to your success.

Please note A determination of eligibility for VR services will be made based off of current medical information documenting your disability. For this reason, it would be helpful if any medical records that would assist in the eligibility 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

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, Home Modification, Service Coordination (case management), 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 youth 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.

Community Rehabilitation Program (CRP): VR's CRP is comprised of specific services and authorized service providers who work with NHVR Counselors and program Participants to maximize employment outcomes for individuals with disabilities.

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</p>	<p>Concord Regional Office 21 Fruit St., Suite 20, Concord Telephone: (603) 271-3471 or 1-800-299-1647</p>	<p>Keene Regional Office 149 Emerald St., Suite T, Keene Telephone: (603) 357-0266 or (800) 620-7688</p>
<p>Manchester/Nashua Regional Office One Sundial Ave. Suite 201 N, Manchester Telephone: (603) 669-9733 or (800) 627-9304</p>	<p>Portsmouth Regional Office 215 Commerce Way, Suite 3, Portsmouth Telephone: (603) 436-8884 or (800) 882-2744</p>	

Services for Blind and Visually Impaired
21 South Fruit St., Suite 20, Concord
Telephone: (603) 271-3471 or (603) 271-3537

Deaf and Hard of Hearing Services
101 Pleasant St., Concord
Telephone: (603) 463-0728 VP
or (603) 290-5003 VP

Post-Secondary Educational -Transition Services

NH Department of Education - Adult Learning

101 Pleasant St., Concord

Telephone:

Web: <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-adult-education/postsecondary-transitions>

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

Postsecondary Transitions Program Locations:

- ◆ Berlin- Coos Adult Learner Services
- ◆ Concord- Second Start
- ◆ Conway -Eagle Academy Adult High School
- ◆ Derry -Pinkerton Academy Adult High School
- ◆ Dover- Dover Adult Learning Center
- ◆ Exeter- Exeter Adult Education
- ◆ Hampton- Winnacunnet Adult High School
- ◆ Hillsboro- Project LIFT
- ◆ Keene- Keene Community Education
- ◆ Manchester- Manchester Adult Learning Center
- ◆ Nashua- Nashua Adult High School & Nashua Adult Learning Center
- ◆ North Sutton- Kearsarge Adult High School
- ◆ Portsmouth- Portsmouth Adult Education
- ◆ Wolfeboro- Carroll Academy—Adult Learner Services

See pages 82-85 for the contact information of these program locations

Great Bay Community College– Project SEARCH

320 Corporate Drive - Business and Training Center, Portsmouth, NH

Telephone: (603) 334-2068

Web: <https://www.greatbay.edu/business-community/business-training-center/project-search-seacost-nh/>

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

Concord, NH

Telephone: (888) 747-2382 ext 119

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

Concord, NH

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

Concord, NH

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, opportunities, and labor market information to all clients.

Workforce Opportunity Council, Inc. (NH Works)

Concord, NH

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, employment preparation, leadership development, and support services.

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.

NH Job Corps Center

Manchester, NH

Telephone: (800) 733-5627

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 or Portsmouth

Telephone: (888) 950-9939

Web: <https://www.northeastrehab.com/services/driving-rehabilitation/>

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.

Notes:

Social Security Administration

Social Security Online - www.socialsecurity.gov

Supplemental Security Income (SSI)

Children under age 18 can get SSI if they meet Social Security's definition of disability for children and there are limited income and resources in the household. Social Security defines a disability as:

- ◆ The child must have a physical or mental condition(s) that very seriously limits his or her activities; and
- ◆ The condition(s) must have lasted, or be expected to last, at least 1 year or result in death. A state agency makes the disability decision. They review the information you give us. They will also ask for information from medical and school sources and other people familiar with the child's condition(s).

If the state agency needs more information, they may arrange an examination or test for the child, which they will pay for.

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 9 Elm St, Keene Telephone: (877) 405-3651
Littleton SSA Office 117 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:

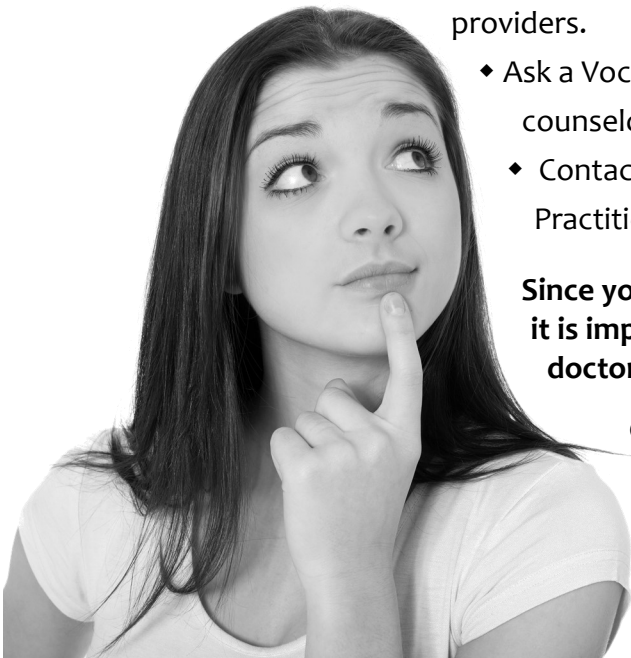
- ◆ Is where the office located important? Will you need help with transportation?
- ◆ Do you need an office that is wheelchair accessible or do you need other special assistance in the doctor's office?
- ◆ Are office hours convenient? How do you contact the doctor at other times?
- ◆ What hospital do 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 Program)

Special Needs Support Center of the Upper Valley

129 South Main St, White River Junction, VT (SERVES NH)

Tel: (603) 448-6311

Web: <https://snsc-uv.org/>

The STAR Program was created for adolescents with chronic physical health conditions. It is a group mentoring program that brings the teens together with Dartmouth College students who also have chronic health concerns for regular meetings and activities. The STAR mission is to promote healthy psychological and social development for the teen participants through mentoring, education and peer and family support. Teens in the program must be in grades 8 through 12 and have non-intellectual conditions.

Bureau for Family Centered Services

NHDHHS Division of Developmental Disabilities

129 Pleasant St, Concord

Telephone: (603) 271-4488

Web: <https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs/family>

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 Experience¹

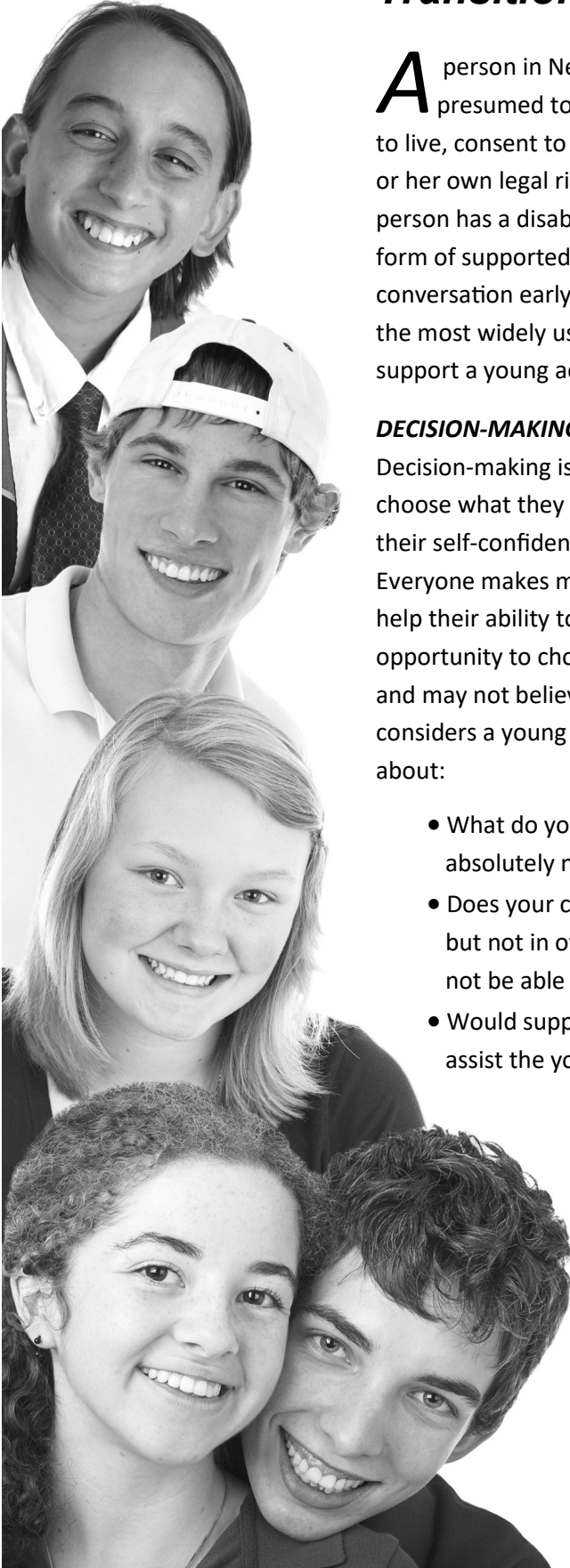
Decision-making is a learned skill. If we give young children the opportunity to choose what they wear, eat or want to do for fun we encourage their independence, their self-confidence and their ability to make decisions that direct their own life. Everyone makes mistakes in decision making at times 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?

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.

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.

NH Durable Power of Attorney for Healthcare - Healthy NH

Many choose to execute a durable power of attorney, which is useful in many situations. With a valid power of attorney in place, there's no need to go to the court for guardianship when a healthcare issue arises.

NH Financial Power of Attorney Form– Help residents select proper representation in regard to financial, medical, and other important personal or business affairs. Some of these documents, when properly executed, will stay in effect throughout the principal's life, regardless of disability or any form of mental or physical incapacitation. Other forms are used to establish a transfer of power and authority in a more temporary manner. The main purpose is to ultimately hand over certain powers to a trustworthy individual so that the principal does not have to deal with such matters themselves.



Guardianship

NH Judicial Branch, 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.
- ◆ 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: 18 Low Avenue, Concord

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 76.

Peer Support Agencies

Peer Support Agencies (PSAs) are located throughout New Hampshire. They are private not-for-profit agencies that have contracted with the NH Department of Health and Human Services, Bureau of Behavioral Health (BBH). 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. Peer support consists of supportive interactions based on shared experience among people and are intended to assist people to understand their potential to achieve their personal goals. Interactions are based on trust, respect, and mutual support. Peer support agencies accomplish this by providing choice, using non-medical approaches to help, sharing decision making, encouraging informed decision making about all aspects of people's lives, challenging perceived self-limitations, etc.

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).

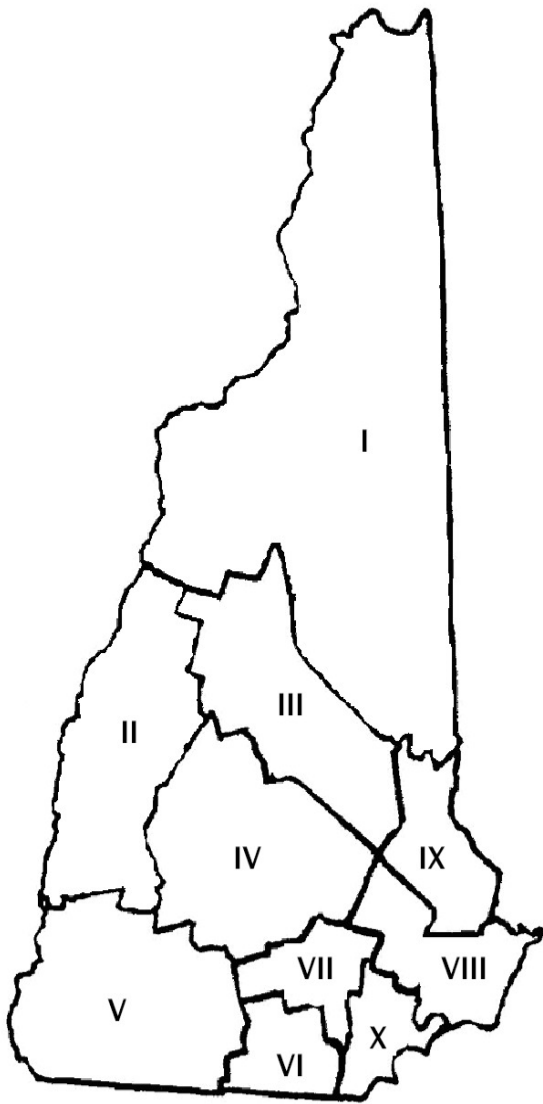
All peer support agency locations are accessible by wheelchair except where noted.

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

<https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health>

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.

Web: <https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services>

The Area Agency System

Region 1 Northern Human Services

Berlin, Tel: (603) 752-7404 • Colebrook, Tel: (603) 237-4955 • Conway, Tel: (603) 447-2111 • Groveton, Tel: 603-636-2555 • Littleton, Tel: (603) 444-5358 • Tamworth, Tel: (603) 3232354 • Whitefield, Tel: (603) 837-9547 • Wolfeboro, Tel: (603) 569-1884 • Woodsville, Tel: (603) 747-3658
 Web: www.northernhs.org

Towns served:

Albany	Bartlett	Bath	Benton	Berlin	Bethlehem	Brookfield
Carroll	Chatham	Clarksville	Colebrook	Columbia	Conway	Dalton
Dixville	Dummer	Easton	Eaton	Effingham	Errol	Franconia
Freedom	Glenciff	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	Tamworth	Tuftonboro	Union
Wakefield	Warren	WatervilleValley	Wentworth	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

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	Bow	Bradford	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
Fracestown	Gilsum	Greenfield	Greenville	Hancock	Harrisville
Hindsdale	Jaffrey	Keene	Lyndeborough	Marlborough	Marlow
Nelson	New Ipswich	Peterborough	Richmond	Rindge	Roxbury
Sharon	Spofford	Stoddard	Sullivan	Surry	Swanzey
Temple	Troy	Walpole	Westmoreland	Winchester	

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: <https://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: <http://www.communitycrossroadsnh.org/>**Towns served:**

Atkinson	Chester	Danville	Derry	Hampstead	Newton
Pelham	Plaistow	Salem	Sandown	Windham	

Date called: _____

Talked with: _____

Notes:

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)

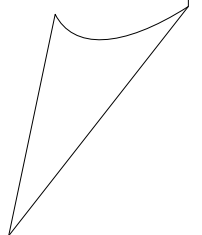
Web: www.gsil.org

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.

Other 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	

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: <https://www.nhcdd.nh.gov/>

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 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

54 Regional Drive, Suite 5, Concord

Telephone: (603) 271-2773

Web: www.nh.gov/disability

Think of the Governor's Commission on Disability as your Americans with Disabilities Act (ADA) resource. The GCD 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.

ABLE NH, Disability Justice Advocates

2 1/2 Beacon St, Concord

Telephone: (603) 271-3236

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

2 1/2 Beacon St, Concord

Telephone: (603) 271-3236

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

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 103 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 56)

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 36)

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: <https://www.dhhs.nh.gov/dcbcs/bds/sms/pih/>

Partners in Health (PIH) is a statewide community-based program that provides support to families of children with chronic health conditions or young adults up to age 21, regardless of income. The program also provides community events, education, and resource access. (see page 56)

Waypoint

464 Chestnut St, Manchester
Telephone: (603) 518-4000 or 1(800) 640-6486
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

129 South Main St, Suite 103, White River Junction, VT
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: 1-(800) 499-4153 x241
Web: <http://nhfamilyties.org/>
Facebook: <https://www.facebook.com/NHFamilyTies.CB/>

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.

Community Action Partnership (CAP)

Web: <https://www.capnh.org/home>

NHCAP connects neighbors in need with resources and supports to help them thrive. They serve as a vital hub for information about Community Action programs available throughout the state. CAP help clients learn about services available and connect them to their local agency so they can quickly access the support they need. Rent Assistance, Housing Assistance, Energy Assistance, Emergency Food Assistance, Weatherization, Health & Nutrition, and Affordable Childcare are a just a few examples of the services available through CAP.

CAP Agencies

<p>Southwestern Community Services Serves: Cheshire & Sullivan County Keene Office Telephone: (603) 352-7512 Claremont Office Telephone: (603) 542-9528 Web: https://www.scshelps.org/</p>	<p>Tri-County Community Action Program Serves: Carroll, Coos, & Grafton County Berlin, Main Office Telephone: (603) 752-7001 Web: http://www.tccap.org/</p>
<p>Southern NH Services Serves: Hillsborough & Rockingham County Manchester, Main Office Telephone: (603) 668-8010 Web: https://www.snhs.org/</p>	<p>Community Action Program of Belknap and Merrimack Counties Serves: Belknap & Merrimack County Concord, Main Office Telephone: (603) 225-3295 Web: https://www.capbm.org/</p>
<p>Community Action Partnership of Strafford County Serves: Strafford County Dover, Main Office Telephone: (603) 435-2500 Web: https://straffordcap.org/</p>	

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.

They also have an online data base that is very user friendly.

www.211nh.org

Resources for Adaptive Sports

Northeast Passage

Durham, NH

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.gsadaptivesports.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 in Glen, NH

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

Loon Mountain, Lincoln, NH

Telephone: (603) 745-9333

Bretton Woods Resort,

Telephone: (603) 278-3398

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 in Gilford, NH

Telephone: (603) 737-4365

Web: <https://lradaptive.org/>

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.

Waterville Adaptive Sports

Waterville Valley Resorts

Telephone: (603) 236-8311 ext 3175

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

Manchester, NH

Telephone: (603) 624-1250

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

Provides 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

Dover, NH

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 your willing to travel, anyone in NH can participate.

New Hampshire Fish and Game Department

Concord, NH

Telephone: Licensing Division - (603) 271-3422

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.

LGBTQIA+ Resources

GLAD– GLBTQ Legal Advocates and Defenders

Boston, Massachusetts

Telephone: (617) 426-1350

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

Through strategic litigation, public policy advocacy, and education, GLBTQ Legal Advocates & Defenders (GLAD) works in New England and nationally to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.

Transgender ID Project – This program provides free resources and support for transgender people living in New England to change their legal name and gender marker on federal and state documents.

Dartmouth Pediatric and Adolescent Transgender Program

Lebanon and Manchester, NH

Telephone: (603) 650-8089

Web: <https://www.dartmouth-hitchcock.org/transgender-health-program>

The Transgender Health Program is dedicated to health and quality of life. It's important that all of their patients feel comfortable and safe. You'll find an open and welcoming environment, which includes: Gender-neutral restroom access, Medical records that reflect your name, pronouns, and gender identity and physical exams you are comfortable with. Offers a wide variety of services.

Gender Diverse Care Coalition of New Hampshire

Web: <https://genderdiversecoalitionnh.com/>

Provides a list of transgender, non-binary, and gender diverse affirming resources in New Hampshire and surrounding states, created through client recommendations as well as professional networking.

Services listed: Trans-specific primary medical care, top surgeries, bottom surgeries, other gender affirming surgeries, electrolysis, hormones, mental health providers, support groups, hair stylists, barbers, and salons, vocal training and ID/document change and legal resources.

Seacoast Outright

Portsmouth, NH

Telephone: (978) 806-2979 or (603) 552-5824

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

Seacoast Outright provides support and advocacy for LGBTQ+ youth in the NH Seacoast area. Through educational programs, annual Pride celebrations, and youth support groups, their mission has always been to create a safe space for youth to explore the topics of gender and sexuality in a welcoming and understanding environment. Outright offer youth support for ages 11-21 and parent support.

interACT

Telephone: (707) 793-1190

Web: <https://interactadvocates.org/>

interACT uses innovative legal and other strategies, to advocate for the human rights of children born with intersex traits.

LGBTQIA+ Resources ... continued

PFLAG

Telephone: (202) 467-8180

Web: <https://pflag.org/>

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. The PFLAG Chapter Network provides confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies.

Facebook: <https://www.facebook.com/groups/285793225214/>

The PFLAG NH Facebook group is a safe space for the LGBTQ+ community and their family and friends to share information about sexual orientation and gender identity in order to promote understanding and acceptance.

GLSEN

Telephone: (603) 369-6686

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

NH Chapter: <https://www.glsen.org/chapter/new-hampshire#snt--2>

GLSEN New Hampshire is a chapter of GLSEN, a national organization fighting for every student's right to a safe, supportive education. GLSEN New Hampshire is a grassroots initiative, working locally in our community to ensure safe schools for all students, regardless of sexual orientation and gender identity. The NH chapter supports students and educators locally, organizes around LGBTQ-affirming public policy, plans teacher trainings, and hosts events for students, educators, parents, and allies.

Human's Rights Campaign

Telephone: (202) 628-4160

Web: <https://www.hrc.org/in-your-area/new-hampshire>

By inspiring and engaging individuals and communities, the Human Rights Campaign strives to end discrimination against LGBTQ+ people and realize a world that achieves fundamental fairness and equality for all.

The Trevor Project

Telephone: (212) 695-8650

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

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people. If you are an LGBTQ young person in need of support, reach out to one of our crisis counselors, available 24/7.

National Center for Transgender Equality

Telephone: (202) 642-4542

Web: <https://transequality.org/>

The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people. In the nation's capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice. Visit the webpage to learn more about some of the projects/initiatives the NCTE is working on.

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.

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 homeownership 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

Offices in Concord, Claremont, Berlin, Manchester, and Portsmouth

Telephone: 1-800-562-3174

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.

Legal Resources... continued

New Hampshire Public Defenders Office

Administration Office, Concord NH

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>

Helps 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.

603 Legal Aid

Telephone: (603) 224-3333

Web: <https://www.603legalaid.org/>

603 Legal Aid is a private, nonprofit law firm that provides free legal services to eligible, low-income people in New Hampshire. Their attorneys and paralegals give legal advice about the following: housing, benefits, civil rights, family law and domestic violence, tax issues, and criminal record annulments.

603 Legal Aid provides a wide range of services including referrals to private attorney volunteers. Clients information is kept confidential.

Disabilities Rights Center (DRC)

Telephone: (603) 228-0432

Web: www.drcnh.org

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. 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: <https://www.nh.gov/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>

Offers 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

Durham Campus

Durham, NH

Telephone: (603) 862-1520

Grafton County

North Haverhill, NH

Telephone: (603) 787-6944

Merrimack County

Boscawen, NH

Telephone: (603) 255-3556

Rockingham County

Brentwood, NH

Telephone: (603) 679-5616

Carroll County

Conway, NH

Telephone: (603) 477-3834

Coos County

Lancaster, NH

Telephone: (603) 788-4961

Education Center of Goffstown

Goffstown, NH

Telephone: (603) 351-3831

Hillsborough County

Goffstown, NH

Telephone: (603) 641-6060

Strafford County

Dover, NH

Telephone: (603) 749-2529

Sullivan County

Newport, NH

Telephone: (603) 863-9200

Resources for New Americans

Ascentria Care Alliance: Services for New Americans

Concord, NH

Telephone: (603) 224-8111

Web: <https://www.ascentria.org/our-services/services-for-new-americans>

Ascentria Care Alliance is committed to providing the highest quality services throughout resettlement, fostering self-sufficiency of refugee and immigrant families, educating the community about the refugee and immigrant experience, partnering with volunteers and the community to support new neighbors, advocating for the rights, health and well-being of our new neighbors, and collaborating with businesses to support local economic development.

The International Institute of New England (Manchester site)

Manchester, NH

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.

Overcomers Support Services

Concord, NH

Telephone: (603) 856-7507

Web: <https://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)

Manchester, NH

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, NH. 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 their 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.

Resources for New Americans ...continued

New American Africans (NAA)

Concord, NH

Telephone: (603) 905-9915

Web: <https://grassrootsfund.org/groups/new-american-africans-naa>

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.

Victory Women of Vision (VWV)

Manchester, NH

Telephone: (603) 264-7083

Web: <https://victorywomenofvision.org/>

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

Manchester, NH

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://thelanguagebank.org/>

The Language Bank 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.

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/who-we-are/division-of-learner-support/bureau-of-instructional-support/esol-k-12-english-for-speakers-of-other-languages>

Information and locations of ESOL programs throughout NH. Also see pages 82-85.

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/who-we-are/division-of-learner-support/bureau-of-instructional-support/directory-translators-interpreters>).

Federal Poverty Guidelines

Below are the 2022 Health and Human Services Poverty 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: <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

2022 US HHS Federal Poverty Guidelines

Family Size	100% Annually	138% Annually	150% Annually	200% Annually	300% Annually	325% Annually
1	\$13,590	\$18,754	\$20,385	\$27,180	\$44,770	\$44,168
2	\$18,310	\$25,268	\$27,465	\$36,620	\$54,930	\$59,508
3	\$23,030	\$31,781	\$34,545	\$46,060	\$69,090	\$74,848
4	\$27,750	\$38,925	\$41,625	\$55,500	\$83,250	\$90,188
5	\$32,470	\$44,809	\$48,705	\$64,940	\$97,410	\$105,528
6	\$37,190	\$51,322	\$55,785	\$74,380	\$111,570	\$120,868
7	\$41,910	\$57,836	\$62,865	\$83,820	\$125,730	\$136,208
8	\$46,630	\$64,349	\$69,945	\$93,260	\$139,890	\$151,548



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: <https://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.

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

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) 271-6201
Toll Free Number: (800) 322-9191

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

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

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

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

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

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

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

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

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.

Programs and Divisions within DHHS

Division of Children, Youth and Families

Telephone: (603) 271-4451

Web: <https://www.dhhs.nh.gov/division-children-youth-and-families>

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

Bureau of Maternal and Child Health

Telephone: (603) 271-4517

Web: <https://www.dhhs.nh.gov/programs-services/population-health/maternal-child-health>

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.

Bureau of Family Assistance

Telephone: (603) 271-9700

Web: <https://www.dhhs.nh.gov/financial-assistance-o>

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.

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/sites/g/files/ehbemt476/files/documents2/fam-asst-fact-sheet.pdf>

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 which includes 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.

The Bureau for Children’s Behavioral Health

Telephone: (603) 271-5007

Web: <https://nh4youth.org/collaborative/grants-and-projects/fast-forward>

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.

NH Equity Collective

Telephone: (603) 271-3986

Web: <https://www.dhhs.nh.gov/about-dhhs/advisory-organizations/nh-equity-collective-formerly-nh-health-equity-partnership>

Assists 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 Community Based Services

Bureau for Family Centered Services

Telephone: (603) 271-4488

Web: <https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs/family>

The Bureau for Family Centered 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. 56).

Division of Mental/Behavioral Health Services

Telephone: (603) 271-5007

Web: <https://www.dhhs.nh.gov/programs-services/health-care/mental-health>

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 76).

Division of Community Based Services ... continued

Bureau of Developmental Services and Acquired Brain Disorders

Telephone: (603) 271-5034

Web: <https://www.dhhs.nh.gov/programs-services/disability-care/acquired-brain-disorders>

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 100). 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

Bureau of Elderly and Adult Services

Telephone: (603) 271-9203

Web: <https://www.dhhs.nh.gov/programs-services/adult-aging-care>

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.

The NH Family Caregiver Support Program

Telephone: 1-866-634-9412

Web: <https://www.servicelink.nh.gov/about-us/nhfcsp.htm>

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, the following services for family caregivers are provided:

- ◆ 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

Web: www.nh.gov/servicelink

ServiceLink is a program of the NH Department of Health and Human Services. Through contracts with local agencies around the state, ServiceLink helps individuals access and make connections to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid.

ServiceLink is designated as New Hampshire's [Aging and Disability Resource Center](#) and the NHCarePath Full Service Access Partner providing services for individuals of all ages, income levels and abilities and administers programs and services such as Information Referral and Assistance, Options Counseling, NH Family Caregiver Program, State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).

ServiceLink Locations

Belknap County 67 Water St., Laconia Telephone: (603) 528-6945	Carroll County 448 White Mountain Highway, Tamworth Telephone: (603) 323-2043
Cheshire County 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 70 Temple St., Nashua, NH Telephone: (603) 598-4709
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	

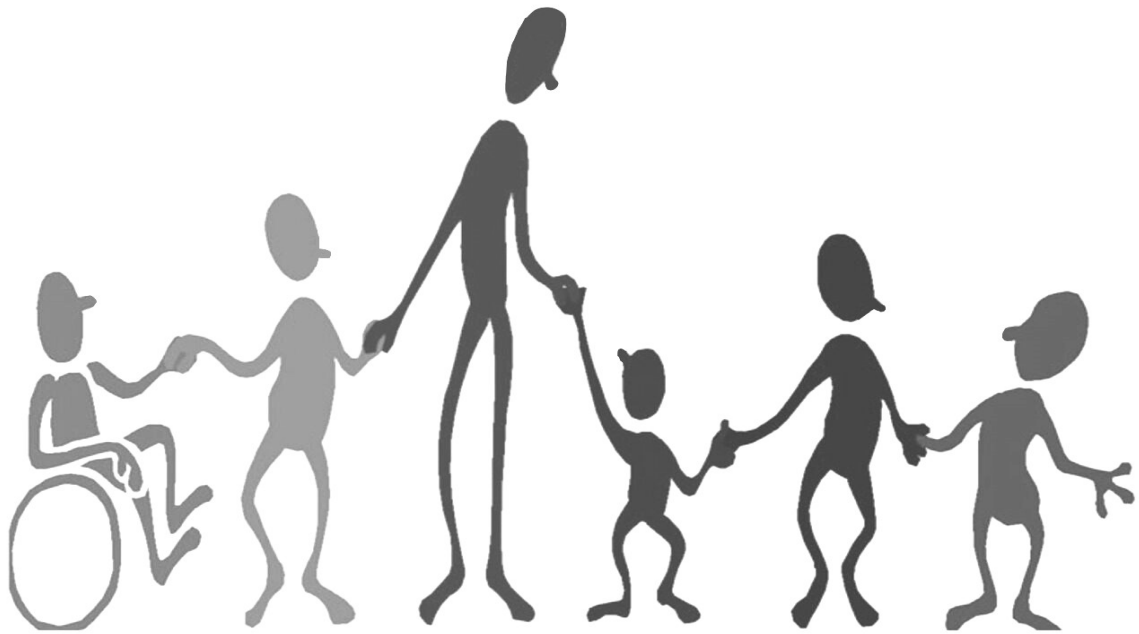
Acronyms

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
ABA	Applied Behavioral Analysis
ANB	Aid to the Needy Blind
APTD	Aid to the Permanently and Totally Disabled
BFCS	Bureau for Family Centered Services
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
FRC	Family Resource Center
FDA	Food and Drug Administration (Federal)
FEMA	Federal Emergency Management Agency
FMLA	Family Medical Leave Act
FPL	Federal Poverty Levels
FRC	Family Resource Center
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

Acronyms... continued

ICF	Intermediate Care Facility
IDEA	Individuals with Disability Education Act
IEP	Individual Education Plan
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
NHFV	New Hampshire Family Voices
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)
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
VR	Vocational Rehabilitation
VNA	Visiting Nurse Association
WIC	Woman, Infant and Children (Special Supplemental Food Program)
WMG	Watch Me Grow (Developmental Screening and Referral System)



INDEX

603 Legal Aid	115
Applied Behavioral Analysis (ABA) programs	66
ABLE NH, Disability Justice Advocates	106
Acronyms	128,129
Adam’s Camp New England	68
Adaptive Pediatric Therapy, LLC	69
Adaptive Sports Partners of the North Country	110
Adult Education Locations	82-85
Advocate for Families of Children with Disabilities	42
American Heart Association	73
Ammonoosuc Community Health Services	48, 60
Amoskeag Health	48
Anxiety Disorders Association of America	80
Applied Behavioral Mental Health Counseling	66
Aqua Therapy	67
Area Agency System	99
Area Agency Listing	100-102
Arthritis Foundation	72
Ascentria Care Alliance	64, 117, 118
Ascentria Language Bank	118
Ashuelot Valley Academy	28
Assistive Technology in NH (ATinNH)	39
ASPIRE Learning and Living	66
Autism Bridges	66
Autism Center at Gateways Community Services	66
Asperger's Association of New England (AANE)	72
Asthma & Allergy Foundation of America (New England)	72
At Your Haven	64
Autism - NH Council on Autism Disorders	72
Autism Speaks, NE Chapter	72
Back in the Saddle Equine	67

BAYADA Pediatrics	64
Belknap Merrimack Community Action	21, 23, 51
Beyond Akeela	68
Bianco Professional Association	45
Birchtree Center	28, 66
Brain Injury Association of New Hampshire	73, 108
Breathe NH	72
Brightstar Care	64
Camp Allen	68
Camp Sno-mo with Easter Seals	68
Capital Kids Therapies, LLC	69
Carriage Barn	67
Cedarcrest	28, 65
Center for Life Management Behavioral Health	78
Charitable Foundation (NH)	89
Child Development Evaluation Resources	11-13
Child Development Clinics	12
Child Care Aware	22
Childcare Resources	18-23
Child Health Program	48
Child and Family Health Support Services	48
Childhood Cancer Lifeline	73
Children's Behavioral Health Collaborative	79
Children Unlimited, Inc.	9, 16
Crohn's and Colitis Foundation NE	73
Clearway High School	28
Coakley & Hyde, PLLC	45
Community Action Partnership of Strafford County	9, 17, 21, 23, 109
Community Action Programs (CAP)	109
CAP Belknap/Merrimack Counties, Inc.	51, 109
Community Bridges	101
Community Crossroads	58, 102
Community Dental Care of Claremont	60

Community Health Care Agencies	48
Community Mental Health Centers	76-79
Community Partners	58, 78, 102
Community Support Network, Inc. (CSNI)	103
Concord Community Music School	68
Concord Hospital Family Health Center	49, 60
Constellations Behavioral Services	66
Coos County Family Health Center	49, 60
Council on Developmental Disabilities (NHDDC)	106
Council for Youths with Chronic Conditions	59
Covering New Hampshire	52
Covering NH-In-Person Assisters	53
Cystic Fibrosis Foundation, Northern New England Chapter	73
Dartmouth Health Children's (previously CHaD)	12, 59
Dartmouth Medical Center (DMC) - HIV Program	72
Deaf and Hard of Hearing Education and Resource Center (NH)	73
Dental Centers	60
Dental Clinic—NH Technical Institute	60, 61
Dental Health Works of Cheshire County	61
Department of Safety/Division of Motor Vehicles	90
Depression and Bi-Polar Support Alliance (DBSA)	80
Developmental Screening and Monitoring	8, 9
Diabetes Association (American NH Branch)	74
Disabilities Rights Center	45, 98, 106, 115
Down Syndrome Association	74
Driveability	90
Dunstan Pediatric Services	69
Easter Seals NH - Autism Services	66
Easter Seals NH - Child Development and Family Resource Center	16
Easter Seals NH - Educational Programs	28
EdLaw New England	45
Ehlers-Danlos Society	74
Elliot Developmental and Behavioral Pediatrics	12

Employment Security (NH)	89
Enriched Learning Center	29
Exeter Hospital	67
Extended Learning Opportunities (ELO's)	32
Family-Centered Early Supports and Services	14
Family Connections Resource Center	16
Families First Health and Support Center	9, 17, 23, 49, 61
Family Resource Centers	16
Family Resource Center of Gorham/Littleton/Berlin	9, 16, 23
Family Ties (NH)	108
First Light Farm	67
Fish and Game Department (NH)	111
Foreclosure Prevention Initiative (State of NH)	114
Foster and Adoptive Parent Association (NH)	108
Fragile X Foundation	74
Full Circle Farm Therapeutic Horsemanship	67
Future In Sight (formerly NH Association of the Blind)	73
Gateways Community Services	101
Goodwin Community Health Center	17, 49, 51, 58, 60
Governor's Commission on Disability	106
Granite Advantage Health Care Program	55
Granite Hill School	29
Granite State ABA Therapy Services	66
Granite State Adaptive Sports	110
Granite State Federation of Families for Children's Mental Health	75
Granite State Independent Living Foundation	65, 103, 107
Granite State Home Educators	33
Granite State Music Therapy	68
Granite VNA	64
Grapevine Family and Community Resource Center	17
Great Bay Community College	88

Greater Nashua Dental Connection	61
Greater Nashua Mental Health Center	78
Greater Tilton Area Family Resource Center	17
Guardianship	97, 98
Hands and Voices NH	73
Happier Trails, LLC	67
Harbor Care NH	49, 61, 64
Head Start Programs	21
Health Care Financing	52, 53
Health First Family Care Center	49
Healthy Starts at HCS	9, 17
Hemophilia Association (New England)	74
High Knoll Therapeutic Program	67
Higher Education Assistance Foundation (NEAF)	37, 89
Hippotherapy Programs	67
HiSET Testing Centers	82-85
Holistic Abilities Occupational Therapy	70
Home Health Care Agencies	63, 64
Home Healthcare, Hospice and Community Services	9, 17, 23
Home Schooling Coalition (NH)	33
Homeschooling Resources, NH	33
H.O.P.E. Behavioral Consulting, LLC	66
Horse Power at Touchstone	67
Housing Finance Authority (NH)	114
Individuals with Disabilities Education Act (IDEA)	26
IEP	19
Immunization program (NHDHHS)	50
In Bloom Autism Services	66
Indian Stream Community Health Center	49
InfantSEE	50
Inspired Learning, Holistic Education Advocacy	42
Integrative Wellness Solutions	70
International Institute of NE	117

Institute on Disability, UCEDD (UNH)	37
Interim HealthCare	64
It's Ability! Pediatric Physical Therapy	67, 69
J&K Home Care	64
Job Corps Center, NH	89
Juvenile Diabetes Research Foundation (NH Chapter)	74
Keene Medical Products	71
Kids Speak Therapy, LLC	70
Kids Therapy Company	70
Lakes Region Community Services Council	9, 17, 100
Lakes Region Mental Health Center	77
Lakes Region Disabled Sports	111
Lamprey Health Care	49
Laura Theobald, Speech Therapy	70
Leaps and Bounds Physical Therapy	67
Learning Disabilities Association of NH	36
Learning Skills Academy	29
Legacy by Gersh at Crotched Mountain	29, 65
Legal Aid (NH)	115
Legal Assistance NH (Offices)	114
LGBTQIA+ Resources	112-113
Library Services for Persons with Disabilities (Talking Books)	39
Little Bridges Therapeutic Enrichment, LLC	70
Little People of America (New England Chapter)	74
Liver Foundation (American) New England Chapter	75
Milestone Checklist	8
Manchester Health Department	49
Manchester Community Music School	68
Mascoma Community Health Center	61
Maxim Healthcare Services	64
Medicaid	53-55
Mental Health Center of Greater Manchester	78
Mid-State Health Center	49, 61

Milestones Pediatric Therapy Center, LLC	69
Monadnock Developmental Services	58, 101
Monadnock Family Services	77
Monarch School of New England	29
Moore Center Services	101
Mount Prospect Academy	29
Moving Kids Forward Therapy, LLC	69
MS Society (National) New England Chapter	75
Muscular Dystrophy Association	75
Music Therapy	68
Nakata Consulting	42
NAMI – National Alliance for the Mentally Ill	79
NAMI - National Alliance for the Mentally Ill New Hampshire Chapter	75, 79, 107
National Federation of the Blind (NFB) of NH - Parents of Blind Children	38, 73
National Federation of the Blind NH	73
National Federation of Families for Children’s Mental Health	80
National Association for Child Development	33
National Organization for Albinism and Hypopigmentation (NOAH)	72
National Resource Center for Supported Decision Making	96
Nashua Children’s Home School	30
Nashua Community Music School	68
Neurodevelopment Institute of NH	12
New American Africans	118
New England Asthma and Allergy Foundation	72
New England Disabled Sports	110
New England Pediatric Services	69
New Hampshire Family Voices (NHFV)	56, 94, 107
Newport Health Center	49
NH Accessible Educational Materials (NHAEM)	39
NH4Autism	72
NH Branch of the International Dyslexia Association	38, 74
NH Connections	22, 23
NH Hands and Voices	73

NH Insurance Department	59
NH Parents of Children with Visual Impairments	38
NH Partners in Education	36
NFI North—Contoocook School	29
NH Department of Education (NHDOE)	27
NHDOE, Charter Schools	32
NHDOE, Education for Homeless Children & Youth	32
NHDOE, Bureau of Special Education	27
NHDOE - Adult Education—HS Equivalency Preparation & Testing	82
NHDOE - Adult Education Centers	82-85
NHDOE - SAUs	27
NHDOE - Post-Secondary Transitional Services	88
NHDOE - English for Speakers of Other Languages (ESOL) Program	118
NHDOE - Bureau of Vocational Rehabilitation	86
NHDOE - Bureau of Vocational Rehabilitation Regional Offices	87
NHDOE - Preschool Special Education	23
NHDOE, Next Steps	32
NH Department of Health and Human Services (NHDHHS)	120
NHDHHS - Child Development Bureau	22
NHDHHS - Child Care Licensing Unit	22
NHDHHS - Division of Economic and Housing Stability/Bureau of Family Assistance	124
NHDHHS - Bureau for Family Centered Services	50, 94
NHDHHS - Healthy Families NH	23
NHDHHS - Healthy Home and Lead Poisoning Prevention Program	50
NHDHHS – District Offices	121-123
NHDHHS – Division of Behavioral Health/Mental Health	125
NHDHHS - Division of Behavioral Health/Children’s Behavioral Health	125
NHDHHS - Division of Community Based Services	125
NHDHHS – Division of Children Youth and Families	23, 123
NHDHHS – Division of Long-Term Care - Developmental & Acquired Brain Disorders Svc.	126
NHDHHS - Maternal and Child Health Bureau	123
NHDHHS – Division of Long Term Care - Bureau of Elderly and Adult Services	126

NHDHHS - Office of Health Equity	25
NHDHHS– Student Wellness and Nutrition Bureau	59
Northeast Deaf and Hard of Hearing Services	38, 73
Northeast Passage	110
Northeast Rehab	37, 67, 90
Northern Human Services	76, 100
Northern New England Poison Center	59
Numotion	71
One Sky Community Services	102
Organization for Refugee and Immigrant Success (ORIS)	117
OT in Motion	70
Outside the Lines, LLC	69
Overcomers Support Services	117
PAN/PANDAS Association New England	75
Parent Information Center	36, 107
Parker Academy	30
Partners in Health	56, 108
Pathways of River Valley	100
Patterns– ABA Therapy Services	66
Pediatric Therapy Center	69
Pediatric Therapy Programs	69
People First of NH	107
Pinpoint Translation Services	118
Pine Haven Boys Center	30
Plus Adaptive Sports	110
Poisson Dental Center at CMC	62
Positive Reinforcement ABA Therapy Inc.	66
Poverty Guidelines (Federal)	119
Prader-Willi Syndrome Assoc. of New England	75
Premier Speech Therapy, LLC	70
Private Special Education Programs	28-31
Public Guardian Office	98
Rare New England	74

Ramos Law	45
Reach for the Top	69
ReadyNH	114
Ready, Set, Connect!	66
Refurbished Equipment Marketplace	71
Regency Home Health	64
Regional Services & Education Center	30
Rehabilitation Equipment Associates (REQ)	71
Rhythm and Strings	68
Rhythm Tree Music Therapy	68
Richie McFarland Children’s Center	69
Rising Tide Therapy Services	70
Riverbend Community Mental Health, Inc.	77
River Center; A Family and Community Resource Center	17
Roots Therapeutic Services, LLC	69
Salem Family Resources—Success by Six	16
Savings People’s Smile Dental (SPS)	62
Second Start Alternative High School Program	30
Schizophrenia and Related Disorders Alliance of America	80
Seacoast ABA	66
Seacoast Learning Collaborative	30
Seacoast Mental Health Center, Inc.	78
Seacoast Play Works Therapy	70
Service Link	126, 127
Simplified Speech Solutions	70
SNHTLC Speech Therapy and Learning Center, LLC	69
Speech Therapy Solutions, LLC	70
Social Security Administration	91
Social Security Offices	91
Sonatina Center	68
Southeastern Regional Education Service Center, Inc. (SERESC)	36
Southern NH Services	21, 51

Southwestern Community Services	21, 51, 109
Spaulding Youth Center	31
Special Education Advocacy.org	42
Special Education Advocates	40-42
Special Education Advocacy Service of NH, LLC	42
Special Education Advocacy and Consulting Services	42
Special Education Advocate, Educational Consultant, Reading and Writing Tutor	42
Special Education Attorneys	43-45
Special Needs Support Center of the Upper Valley	108
Special Olympics (NH)	111
SPED Solutions, LLC	42
Spinal Cord Injury Association (NH Chapter National)	75
STAR (Steps Toward Adult Responsibility)	94
St. Charles School	31
Strafford Learning Center	31
Student Matters, LLC Educational Advocacy Services	42
Supported Decision Making	96
Swing for the Stars	67, 69
Swim Angelfish	67
Tamworth Dental Center	62
Therapeutic Summer Camps and Programs	68
TLC Family Resource Center	9, 16, 23
Transition Checklist	34, 35
Translators/Interpreters	118
Trichotillomania Foundation	80
Tiny Talkers Speech Therapy, LLC	70
Tri-County CAP	21, 109
Tri-County CAP, Inc. Guardianship Services	98
UNH Cooperative Extension Services	116
United Spinal Association	75
Upper Room Family Resource Center	17
UNH Therapeutic Riding Program	67
Upreach Therapeutic Riding Center, Inc.	67

US Office of Civil Rights	37
Victory Women of Vision (VWV)	118
VNA of Central NH	23
VNA of Manchester and Southern NH	58
Wadleigh, Starr, & Peters, PLLC	45
Waterville Adaptive Sports	111
Watch Me Grow	9
Waypoint of Manchester/Concord/Nashua	9, 16, 23, 57, 58, 108
Wediko School	31
Wediko Summer Program	68
Weeks Medical Center	49
Wentworth Douglass Community Dental Center	62
Western Central Behavioral Health	77
White Mt. Community Health Center	49, 62
Whole Village Family Resource Center	16
Wings and Hooves Therapeutic Riding, Inc	67
Wolfe Education Services	42
Women, Infants, and Children Nutrition Services (WIC)	51
Workforce Opportunity Council, Inc	89
YEAH (Youth for Education, Advocacy and Healthcare)	94
Youth M.O.V.E. NH	79
Yvie's Closet	71
Zakre Law Office	45
Zebra Crossings	68, 111

Notes



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

**Family To Family Health Information
and Education Center**

129 Pleasant St.
Concord, NH 03301

Telephone: (603) 271-4525
E-mail: nhfamilypoices@nhfv.org
Web: <http://nhfv.org>