

General Resources for EC Families
List compiled in part by Carlie Ewen, Rashkis Elementary Social Worker

This is a list of resources in the area that might potentially be helpful. Some of the names of the direct contacts, numbers, and services change over time. This document is a source of information; it is not a recommendation, endorsement, or referral.

[“A Parent’s Guide to Special Education in North Carolina”](#)

Alliance Health

<https://www.alliancehealthplan.org>

Alliance Health serves people in North Carolina's Cumberland, Durham, Johnston, Mecklenburg, Orange and Wake counties who are insured by Medicaid or are uninsured. Our network of providers offers treatment and support for mental illness, substance use disorders, and intellectual/developmental disabilities.

The ARC of Orange County

<http://www.arctriangle.org/>

Autism Society

<http://autismsociety-nc.org/>

919-743-0204 or 1-800-442-2762

Local resources, programming, as well as a blog with information and tips for families. Also, has information about the new legal changes in autism coverage for insurance plans.

Resource Specialists Available at (919) 865-5093

Camp Royall - Summer camp and other services throughout the year.

<http://www.autismsociety-nc.org/index.php/get-help/social-recreation-programs/camproyallinfo>

Big Red Safety Toolkits

- This is a checklist: <http://nationalautismassociation.org/docs/BigRedSafetyToolkit.pdf>
- And this is an actual kit for families:
<https://nationalautismassociation.org/big-red-safety-boxes-now-available/>
- This is one for teachers:
<https://nationalautismassociation.org/big-red-safety-box/naas-big-red-safety-teacher-tool-kit-now-available/>

B3 Waiver/Services

- B3 services (while on the waitlist for the Medicaid waiver):
<https://www.cardinalinnovations.org/Members/How-Coverage-Works/Medicaid-funded-co-verage?tab=2>

Carolina Institute for Developmental Disabilities

919-966-5171 Can do autism evaluations and medication management

Email: Info@cidd.unc.edu

Physical Address: 101 Renee Lynne Court, Carrboro, NC 27510

<http://www.cidd.unc.edu/>

Chart NC

Bridget Mora, parent of a child diagnosed with autism, put together a list of autism resources in the area - <http://www.chartnc.com>

Collaborative Autism Treatment Campus (in Durham)

<http://www.cat-campus.com/services-provided/>

A multidisciplinary group of professionals that work together providing a wide range of therapy services to individuals with autism spectrum disorder (ASD) and their families.

919-213-9840

Community Alternatives Program for Children (CAP/C)

Provides home- and community-based services to children at risk for institutionalization in a nursing home. If a child qualifies for CAP/C, they receive NC Medicaid along with a nurse manager, incontinent supplies, and nursing assistant.

<https://medicaid.ncdhhs.gov/medicaid/get-started/find-programs-and-services/community-alternatives-program-for-children>

The first step would be to contact a CAP/C intake manager:

Lena Robertson, Manager – CAP Intake lena.robertson@rhanet.org

Office 919.803.2960 | Cell 919.618.3337 | Fax 919.324.6708

Exceptional Children's Advocacy Center (ECAC)

<https://www.ecac-parentcenter.org/>

Helping parents navigate the special education system, know their rights, and use their voice.

We provide information, support, and training and resources to assist families caring for children with special needs from birth to age 26. Also supporting young adults with disabilities in becoming self-advocates and leaders and the educators and professionals who serve them.

Family Advocacy Network (FAN)

The Family Advocacy Network is now partnered with Freedom House. **FAN Office:**

1-919-942-2803

<http://freedomhouserecovery.org/child-adolescent-services/family-resources/>

No income requirements. Through the Family Advocacy Network (FAN), Freedom House provides critical assistance to parents raising school-age children with emotional/behavioral issues, mental illness, learning differences, substance abuse problems and other challenges. FAN also offers group support, advocacy and parenting skills training, all to help families navigate challenges at home and in school

*FAN's compassionate, nonjudgmental support and services can be lifelines for parents juggling problems at school, extra medical needs, increased stress, strained relationships and lost work hours as they struggle to meet their children's needs.

The network's centerpiece is 1:1 support with a staff family advocate or volunteer parent mentor. Our advocates and mentors have received best-practice training, and they often offer empathy and insights gained through their own experience as parents raising children with special needs. (Note: Volunteer parent mentors are currently only available in Orange County.)

First in Families

The Central Carolina Chapter of First In Families of NC has special family support funding available for goods and services that help individuals with developmental / intellectual disabilities and their family members thrive in the community, according to their own goals and dreams. <http://www.fifnc.org>

To request information or return application:

Tracy Barbee

Resource Navigator/Chapter Director, Central Carolina FIF

tracy@fifnc.org or (919) 724-3423

Fax: 919-400-4846

HEELS 2 Transition

UNC's HEELS 2 Transition Team has 2 summer programs: HEELS Prep and HEELS Bridge. These programs are for young adults between the ages of 18 and 26 years old who have Intellectual Disabilities.

HEELS 2 Transition is working toward expanding offerings to include year-round programming designed to support individuals with I/DD toward a fulfilling and community engaged adult life. Please see our [website](#) for updates on other program developments like HEELS UP.

heels2transition@med.unc.edu

LifeTracks Program through Orange County Sheriff Dept

Life Track is a FREE rapid response program that locates people who wander away from their caregivers. Your child would receive a transmitter to wear that would allow authorities to help you locate them if they wander off. Call Officer Perry at the Sheriff's Office to make an appointment for him to come to your house: 919-245-2900

Miracle League (Baseball)

<http://miracleleagueofthetriangle.com/>

Murdoch Center, Partners in Autism Treatment and Habilitation (PATH) Program

In Butner, NC. One of three state operated developmental centers. Provides services and support to people with intellectual and developmental disabilities (IDD), complex behavioral challenges and or medical conditions whose clinical treatment needs cannot be supported in the community. Murdoch operates four specialty programs including children and adolescents programs which are available for individuals residing in all regions of the state.

www.murdochcenter.org/ Admissions Office: 919-575-1990

Need to go through local Managed Care Organization, Cardinal Innovations.

NC State University: Students Moving Forward

The NC State University Career Development Center values the career development of every student. Students Moving Forward (SMF) is an independent career-focused program created by two NC State University staff members, and specifically designed for NC State students who identify as "autistic, 'having' Asperger's, and/or being on the autism spectrum." Each fall and spring semester, we engage our students in career readiness competencies and connect them with employers who value neurodiversity. Students do not need to have an official diagnosis of autism to join and may take part on an as-needed basis.

<https://careers.dasa.ncsu.edu/gain-experience/students-moving-forward/>

Orange County Special Olympics

<http://www.sooc.org/>

Social Security Benefits for Children with Disabilities

<https://www.ssa.gov/pubs/EN-05-10026.pdf>

Special Needs Advisory Council (SNAC) in CHCCS

Group of parents, district staff, and community professionals working together for the continuous improvement of the CHCCS Exceptional Children's program. Our purpose is to influence district policy on EC issues and promote inclusion in our schools. If your child currently has (or recently had) an IEP, a 504 plan, is medically fragile or has learning differences, then it is in your interest to get involved with SNAC. They also offer support and share resources.

<http://snac.chccs.k12.nc.us/home/resources>

TEACCH

<https://www.teacch.com/>

Parent support, evaluations, interventions

If you have any questions regarding the requested paperwork or the referral process, please call Catherine Jones at (919)-966-5156 or email catherine_jones@med.unc.edu

UNC Emergency Room -

If a child or adolescent is in crisis and needs immediate evaluation, they may be evaluated in the UNC Hospitals Emergency Department in the basement of the Neurosciences Hospital. This can result in inpatient services if needed/appropriate/available.

4Paws for Ability -

Autism assistance dogs.

<http://4pawsforability.org/autism-assistance-dog/>

ABA (Applied Behavioral Analysis) Therapy

Generally intensive and in-home program for students with Autism that works on targeted skills specific to the student. *For students with Medicaid, The Autism Society is the main provider and can be reached at the numbers above or 919-865-5077 for ABA specific calls.* For students with private insurance, there are several providers in the area including:

Whole Child Behavioral Interventions provides ABA therapy to children with an Autism diagnosis, but services are not limited to those with Autism. The therapy is in-home and they take most insurance plans (they do not take Medicaid). Diagnostics (including the ADOS-2), one-on-one therapy, consultation, and parent and teacher training are also provided.

derbywright@wholechildbehavioral.com Office: 919-742-0919

Carolina Center for ABA <https://carolinacenterforaba.com/>

Additional Websites/Resources:

<http://clinicforspecialchildren.net/>

<http://www.developmentaltherapy.com/>

<http://www.letstalksls.com/>
<http://www.emergeachildsplace.com/>
<https://tammylynncenter.org/>

Movies and Books To Support Disability Awareness:

Movies

Crip Camp

The Peanut Butter Falcon

Books

Being Heumann: An Unrepentant Memoir of a Disability Rights Activist by Kristen Joiner

Wonder by RJ Palacio

Pandemic Specific Resources for EC Families

Mask Wearing Resources:

- **CHCCS District Guide for Teaching Mask Wearing.** Includes very useful tools such as social stories, videos, and printables.
<https://drive.google.com/file/d/1ehFzpGTkvA5YmY8FFDOlh0vrmpskSAay/view>
- **The Autism Society of North Carolina.** ASNC has put together Social Narratives, Webinars, and Education Resources to support families in one convenient webpage. Be sure to check out all of their many useful links. We have selected links below to specifically support mask wearing, but there are many other important topics covered.
 - Covid Resource page: <https://www.autismsociety-nc.org/coronavirus-disease/>
 - Mask Wearing Social Story: <https://www.autismsociety-nc.org/wp-content/uploads/Wearing-a-mask.pdf>
 - Very Helpful Blog Post about Working Through Issues of Mask Wearing: <https://www.autismsociety-nc.org/challenges-wearing-mask/>
 - Teaching the New Norms. They discuss mask wearing starting at about 33 min: <https://www.youtube.com/watch?v=dL4ZN4Gdwgw&feature=youtu.be>
 - Social Story about Others Wearing Masks: <https://www.autismsociety-nc.org/wp-content/uploads/People-are-wearing-masks.pdf>

General Pandemic Resources

- **Even if you don't have the Medicaid Waiver, you can contact Cardinal Innovations if you are on the waiting list and in a state of crisis.** Families can find out about the services available here - <https://www.cardinalinnovations.org/Members/Available-Services> or they can call **ASK for crisis support - <https://www.cardinalinnovations.org/About/News/Cardinal-Innovations-Healthcare-Unveils-ASK?sort=0&type=All>
- **Assistance Opportunity from UNC School of Education for Families of Children, Youth, and Adults with Autism**
https://drive.google.com/file/d/1DW6vfVT_Bvx2bqPx_sh8igyHKB_u2tUX/view?usp=sharing
- **"The IEP Team's Pivotal Role in Promoting Progress for Students with Disabilities" March 16th at 12pm ET**
FREE WEBINAR from PROGRESS Center

Seeking to learn more about the IEP team, its key members, and considerations in the context of COVID-19? The PROGRESS Center is hosting a webinar, "The IEP Team's Pivotal Role in Promoting Progress for Students with Disabilities" on March 16th at 12pm ET!

Please register at:

<https://register.gotowebinar.com/register/1763931524087149836?fbclid=IwAR2gllcPdT7GqLrBLY0XyzU4k2YgSYPWDbsxKQMaixDYzKO7IHgFAdEejlg>

- **Navigating Special Education in Light of COVID-19**
A live-stream presentation by Sherry H. Thomas, Director of the Exceptional Children Division, North Carolina Department of Public Instruction (NCDPI)
Tuesday, September 8, 2020, 12:30-1:30 pm
This event has passed, but here is a link to slides from the presentation:
<https://cls.unc.edu/navigating-special-education/>
- **Executive Function Strategies for Remote Learning from The Hill Center**
Geraldine Pesacreta is a Middle School Language Arts teacher and Executive Function Coordinator for Student Programs at Hill Learning Center. She has over forty years of experience as a teacher and administrator for students with learning differences, specializing in curriculum development.

This event has passed, but you can watch the recordings here:

- Watch: [Executive Function Skills for Remote Learning \(Presentation Slides\)](#)
- Watch: [Eight Strategies to Process New Information \(Presentation Slides\)](#)
- Watch: [Strategy for Success: Creating a Study Plan \(Presentation Slides\)](#)

- **ABC Science Collaborative**
Weekly Webinars that can be accessed at any time.

<https://abcsciencecollaborative.org/webinars/>

The ABC Science Collaborative is a program that pairs scientists and physicians with school and community leaders to help understand the most current and relevant information about COVID-19. The program helps school leaders make informed decisions about returning to school using data from their own communities. The ultimate goal of the program is to keep teachers, children, and their local communities healthy and safe.

We also recommend watching the ABC Science Collaborative reports given during the

Chapel Hill-Carrboro City School Board Meeting on October 1:

https://chccs.granicus.com/MediaPlayer.php?view_id=2&clip_id=404

Orange County School Board Meeting on September 28:

<https://www.youtube.com/watch?v=LR4PjbNVNbU&t=16s>

- **The Autism Society of North Carolina.** ASNC has put together Social Narratives, Webinars, and Education Resources to support families in one convenient webpage. Be sure to check out all of their many useful links.
<https://www.autismsociety-nc.org/coronavirus-disease/>

