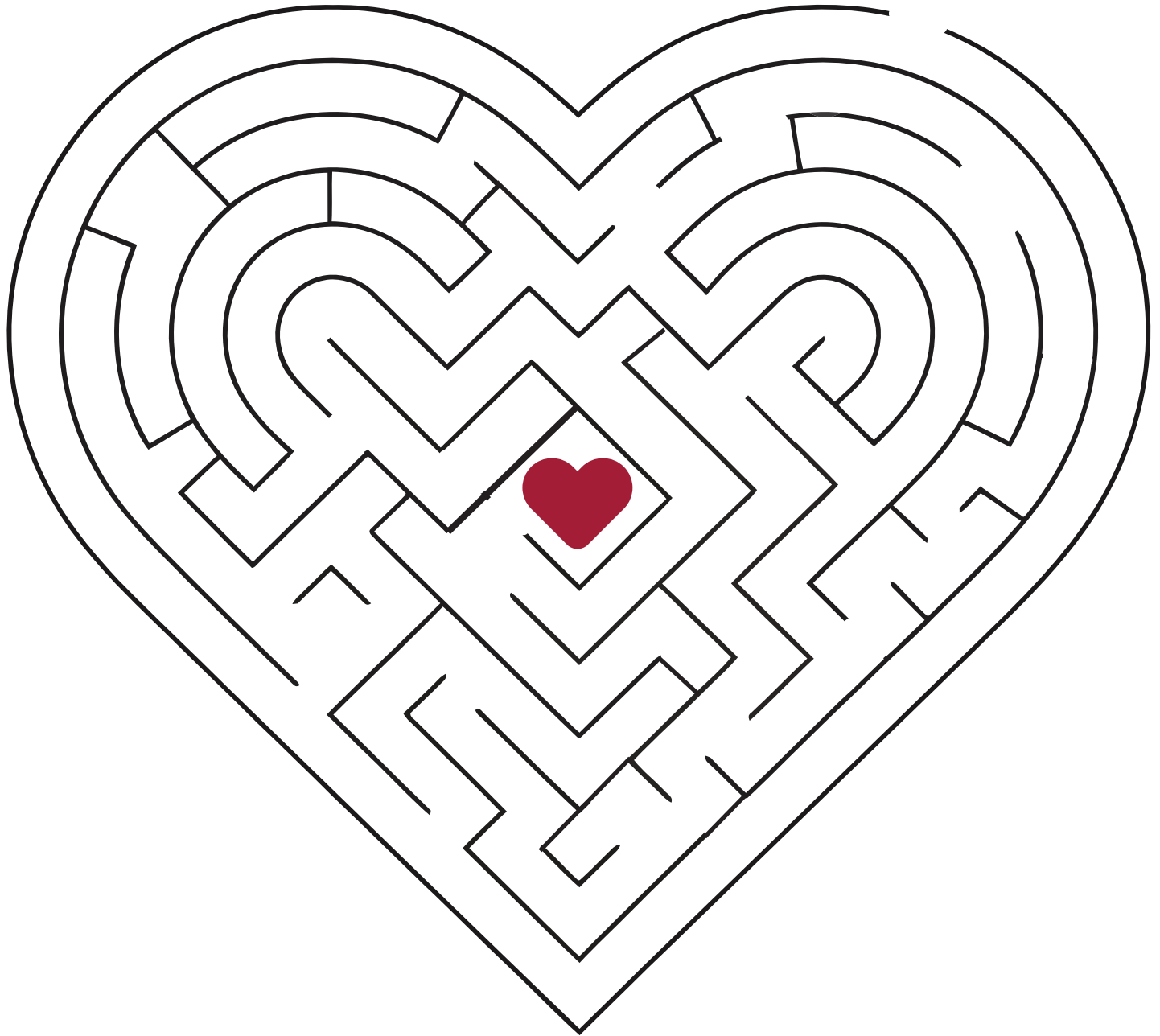


Maneuvering Through **THE MAZE**

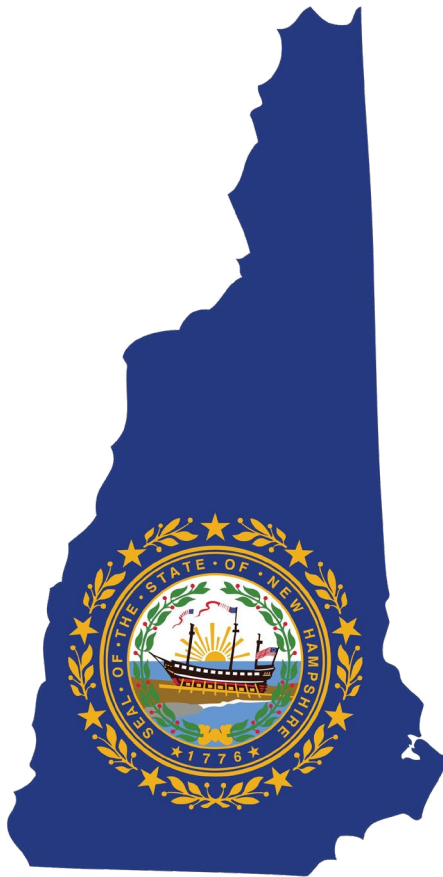


A NH FAMILY RESOURCE GUIDE

For Families of Children with
Special Health Care Needs/Disabilities



About This Guide



NH Family Voices is a non-profit organization dedicated to addressing the informational and support needs of caregivers, parents, and professionals seeking services for children with special health care needs and other challenges*. As caregivers, parents, or personally, our staff have also traveled through the maze of services and programs designed to help children, 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 199-FN-A) and the need for families to receive assistance with the coordination of community resources.

In 2001 NH Family Voices, with the support of the NH Developmental Disabilities Council and The Disability Rights Center, resurrected 'Maneuvering.' NHFV continues to update this tool to help families and professionals locate 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

(603) 271-4525

www.nhfv.org

Updated - May 2026

*We acknowledge that some people find the term "special health care needs" problematic. However, it is a recognized term by federal and state governments as well as funders, and we use it for compliance and clarity purposes. We appreciate your understanding and are dedicated to supporting all individuals with compassion and respect.

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 \$96,750. 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:

“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 Trying

- 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.

“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 Notes

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 to.

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

Educate Yourself

- 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.

“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.”

Learn the Language

- 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.

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

Look to 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.

Adapted from “Starting Point Guide Resources for Children with Special Health Care Needs” Washington State, 2013-2014 Edition

Information to Have at Your Finger Tips

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

Legal Name: _____ Date of Birth: _____

Address: _____ Town: _____ Zip: _____

Telephone numbers: Home: _____ Work: _____

Cell: _____ E-mail address: _____

Child's/family members SS#: _____

Primary Care Doctor: _____

Address: _____ Tel: _____

Income (Annual Gross): _____

Health Insurance Information

Subscriber Name: _____ Policy #: _____

Child/Family Members Diagnosis: _____

Secondary Insurance: _____ Policy #: _____

Service Providers that know your family member

Name: _____ Tel: _____

Name: _____ Tel: _____

Name: _____ Tel: _____

Name: _____ Tel: _____

Name: _____ Tel: _____

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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, have their social, emotional and educational needs 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 make a big difference in a child's life.



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 Milestones and Monitoring

Curious or concerned about your child's development? Skills such as smiling for the first time, waving "bye-bye" or taking one's first step, are generally reached at certain ages and are called developmental milestones. Specific milestones vary with age, but in general, children reach milestones in how they grow, play, learn, speak, act, and move (crawling, walking, etc.). Each child develops at their own pace, so it's impossible to tell exactly when a child will learn a given skill. However, the developmental milestones give a general idea of which changes to expect when as a child gets older.

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.

To help get a sense of what some of the common milestones are and when they are typically reached, there are milestones checklists, a milestones tracker app, and other child development materials and information available through:

Learn the Signs Act Early: www.cdc.gov/ncbddd/actearly/index.html or through Watch Me Grow at NH Family Voices: <https://nhfv.org/resources/watch-me-grow/>

Developmental Screening

Developmental screening tools can be used to take a closer look at how your child is developing. A missed milestone may be a sign of an issue, so completing a developmental screening/questionnaire can be very helpful for positively identifying an area of concern. Developmental screenings have proven to be a valuable tool in helping with early detection. If a child does have a developmental delay, it is best to get help as soon as possible to avoid long wait times for receiving early intervention and other needed supports.

Watch Me Grow

<https://staging.nhfv.org/resources/watch-me-grow/>

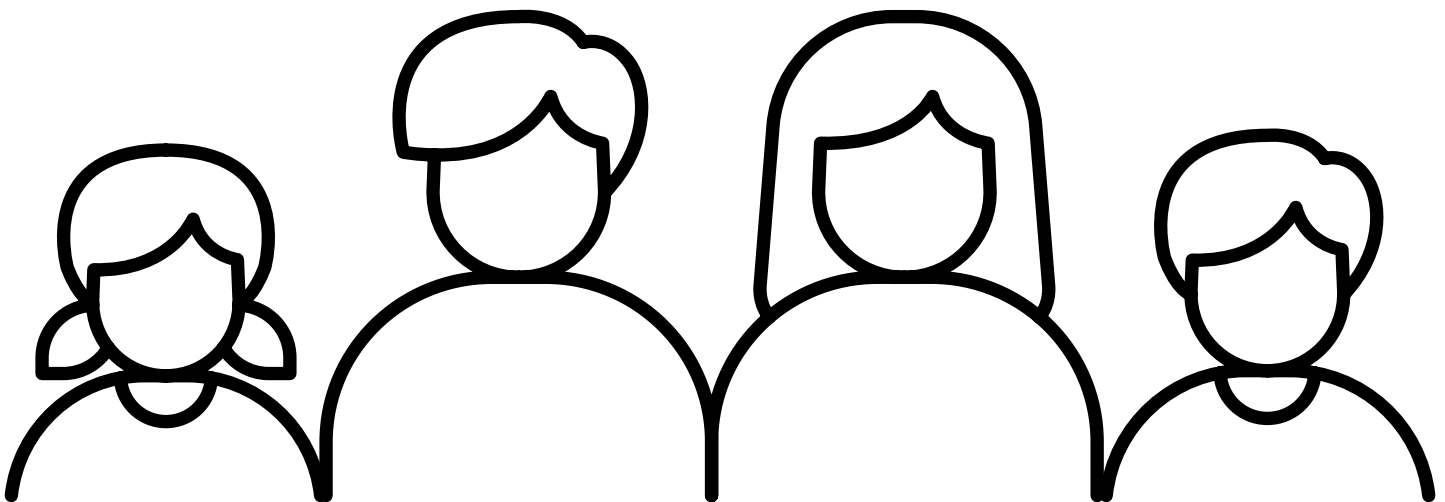
Watch Me Grow (WMG), a New Hampshire system for children ages birth to six, offers developmental screenings, monitoring resources, and referrals. Using the “Ages and Stages Questionnaires” (ASQ-3 and ASQ:SE-2), WMG supports healthy child development by identifying strengths and concerns and linking families and providers to state and local resources.

Where to obtain a developmental screening in NH

Watch Me Grow works with a network of community partners, including childcare centers and Family Resource Centers, to conduct the Ages and Stages Questionnaires. Check with your childcare provider or visit your local Family Resource Center. See page 15-16 for a list.

Families can also contact the Watch Me Grow Coordinator at NH Family Voices to request an Ages and Stages Questionnaire at: 603-271-4525.

Healthcare providers offer screening at specified intervals, so be sure to check with your child’s primary care provider if you have concerns regarding your child’s development.



Developmental Monitoring and Milestones NOTES

Achievements:

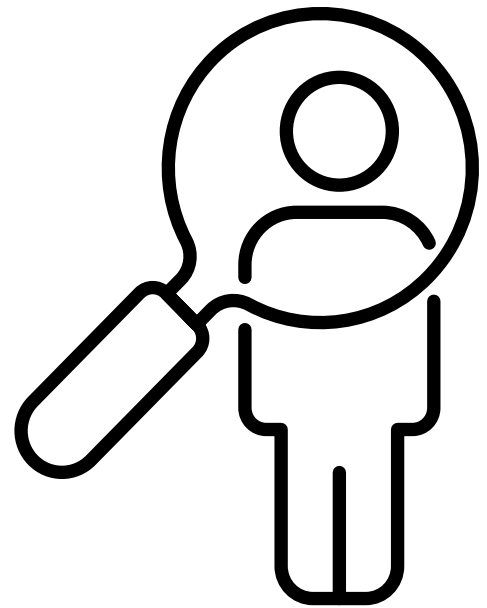
Concerns:

Questions for Medical Professional:

Other:

Developmental Evaluations

If a developmental screening indicates that a specialist should take a closer look, a formal developmental evaluation may then be needed. A formal developmental evaluation looks more in-depth at a child's development than a screening, 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 determine whether a recommendation for special treatments or early intervention services (or both) will be made. Sometimes a group or team of professionals, which may include a physical therapist, an occupational therapist and a speech language pathologist, will work together. This is called an interdisciplinary evaluation.



Things to expect as part of the developmental 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
- Learn 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

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

Amoskeag Health Child Development Clinics

(ages 0-5 years):

(603) 296-9249

www.amoskeaghealth.org/complex-medical-care-for-children

The Amoskeag Health Child Development Clinic provides 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. 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.

Developmental and Behavioral Pediatrics—Elliot Hospital

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

(603) 663-3222

www.elliethospital.org/services/browse-all-services/pediatrics/developmental-and-behavioral-pediatrics

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

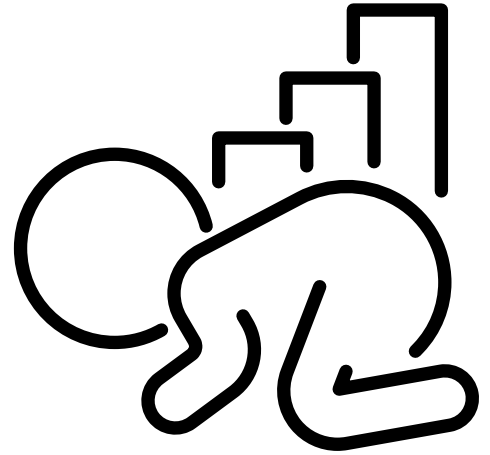
Dartmouth Health Children's (Previously known as CHaD)

Lebanon, NH

(603) 653-6060

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 Neurodevelopmental Institute of NH

Hooksett, NH

(603) 621 9870

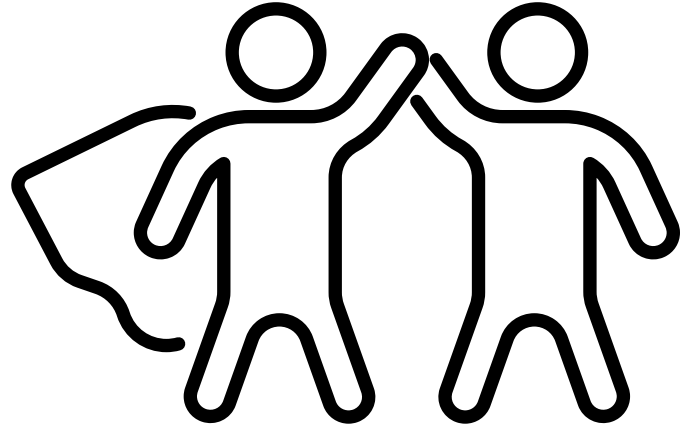
www.ninhllc.com

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.

Birth To 3: Family Centered Early Supports & Services

Anyone who is concerned about an infant or toddler's development, including a parent, may make a referral to the Birth To 3 early intervention program. The program is designed for children birth through age three who have a diagnosed, established condition that has a high probability of resulting in a delay, are experiencing developmental delays, or are at risk for substantial developmental delays if supports and services are not provided.

In NH, Birth To 3 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.

The 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. Birth To 3 supports and services are provided in all communities throughout NH and can include any of the supports and services listed below at no out of pocket cost to families.

- Family Support, Education and Counseling
- Vision Services
- Hearing Services Health and Nursing Services
- Medical and Diagnostic and Evaluation Services
- Nutrition Counseling & Assessment
- Physical Therapy
- Transportation Services
- Special Equipment
- Occupational Therapy
- Special Instruction
- Speech and Language Therapy
- 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 Area Agency services your area, please look on pages 88-90 of this guide. When calling your Area Agency (pages 88-90) for information, ask for the Birth To 3 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. As your child ages, they will likely maintain a life-long relationship with the Area Agency, receiving different services through the Area Agency at different times in their life.

Family Tips

Parenting a child can be a challenge. 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.

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:

NH Birth To 3

Family-Centered Early Supports and Services

(603) 271-3770

<https://www.dhhs.nh.gov/programs-services/disability-care/developmental-services/birth-3-family-centered-early-supports-1>

Adapted from NH’s Department of Health and Human Services

Family Resource 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

Children’s Unlimited Inc. Conway, NH (603) 447-6356 www.childrenunlimitedinc.org	Community Action Partnership of Strafford County Dover, NH Rochester, NH (603) 435-2500 www.straftordcap.org
Easter Seals Child Development & FRC Manchester, NH (603) 666-5982 https://eastersealsnh.org/	Family Connections Center Concord, NH (603) 271-5600 www.corrections.nh.gov/resident-relations/family-support

Families First Health & Support Center Portsmouth, NH (603) 422-8208 www.familiesfirstseacoast.org	Goodwin Community Health Somersworth, NH (603) 749-2346 www.goodwinch.org
Grapevine Family & Community Resource Center Antrim, NH (603) 588-2620 www.grapevinenh.org	Greater Tilton Area Family Resource Center Main Office: Tilton, NH (603) 286-4255 https://welcomefamiliesnh.com/resources/greater-tilton-area-family-resource-center/
Healthy Starts at HCS Keene, NH (603) 352-2253 www.hcsservices.org/healthy-starts	Lakes Region Community Services Laconia, NH (603) 524-8811 Plymouth, NH (603) 536-4999 www.lrcs.org
Salem Family Resources Salem, NH (603) 458-8817 www.salemfamilyresources.org	The Family Resource Center Gorham, Berlin, Colebrook, Lancaster, Littleton, NH (603) 466-5190 www.frc123.org
The River Center Family & Community Resource Center Peterborough, NH (603) 924-6800 www.rivercenter.us	The Upper Room - A Family Resource Center Derry, NH (603) 437-8477 www.urteachers.org
TLC Family Resource Center Claremont, NH Telephone: (603) 542-1848 www.tlcfamilyrc.org	Waypoint: A Family & Community Resource Center Manchester, NH (603) 518-4000 Concord, NH (603) 518-4210 113 Nashua, NH (603) 518-4211 www.waypointnh.org
Whole Village Family Resource Center Plymouth, NH (603) 536-3720 https://wholevillagefrc.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 Birth To 3 Early Supports and Services will refer your child to their school district. This changes where and how some services are provided at age 3. This change is called transition. The Individuals with Disabilities Education Act (IDEA), 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. A transition plan will be developed that identifies the special education and community-based services your child may need.

A team of providers from the school district, Birth to 3, and you, as the parent will determine if your child is eligible for preschool special education services. They will discuss the results of your child's evaluations with you and give you information about your rights. If your child is eligible, their services will be provided through an Individualized 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. Your child may also continue to receive some services through the Area Agency.

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".
- Be CONFIDENT in your knowledge of your child.

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
- Emergency procedures
- Food services
- 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

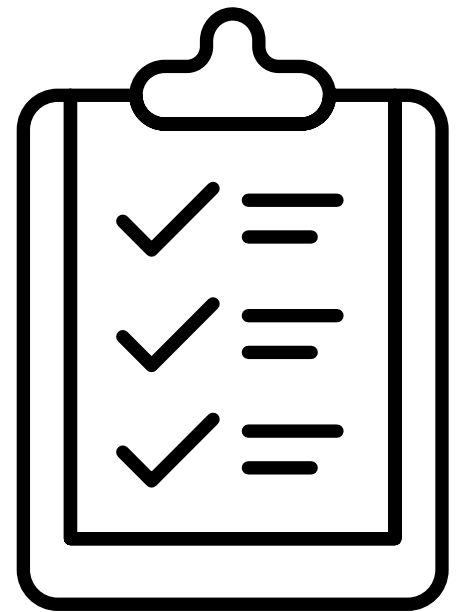
Individualized Education Plan/Program (IEP)

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 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 non-disabled 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.



What is the purpose of an IEP?

The IEP has two general purposes:

- To set reasonable learning goals for a child.
- To state the services that the school district will provide for the child.

Who develops the IEP? And when is the IEP developed?

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.

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.

Adapted from www.parentcenterhub.org/iep-overview/

What is a 504 Plan?

While some children may need significant support through an IEP, some children need small adjustments and accommodations for school. Section 504 of the Rehabilitation Act of 1974 is a civil rights law that provides services to a person of any age who:

- has a physical or mental impairment which substantially limits one or more of the individual's major life activities;
- has a record of such an impairment; or
- is regarded as having such an impairment.

If your child is found eligible under Section 504, a plan to address their needs and services is developed. This is commonly called a “504 Plan.” Some examples of accommodations found in a 504 plan are:

- preferential seating
- structured learning environment(s)
- repeated or broken down instructions
- use of verbal/visual aids
- behavior management supports, strategies and/or plans
- adjusted class schedules
- verbal tests
- use of assistive technology
- consultation with special education staff
- one-on-one tutor, aide or notetaker
- additional class personnel

The 504 plan is developed by a team. The teams consist of persons knowledgeable about your child, the meaning of the evaluation data and placement options. It is important for you to know that there is no requirement for parent participation in a 504 planning group or for your written approval of the plan like there is if your child qualifies for special education. However, many schools routinely involve parents in the 504 process as they would in special education.

Adapted from the NH Parent Information Center <https://picnh.org/504-2/>

Preschool Special Education

NH Department of Education, Early Childhood Education
(603) 271-3494

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.

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.

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

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. 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 http://capbm.org/Early-Head-Start	Southern NH Services Early Head Start & Head Start (603) 668-8010 ext. 6098 www.caphr.org/services/head-start-early-head-start
Southwestern Community Services Head Start (603) 352-7512 www.scshehelps.org/head-startcontact	Strafford County Community Action Partnership Early Head Start & Head Start (603) 435-2500 http://straftfordcap.org/head-start
Tri-County Community Action, Berlin, NH Head Start (603) 752-7138 www.tccap.org/services/youth-andfamilies/head-start	

Federal legislation Pertaining to Head Start:

“Head Start Act” is Title VI, Subtitle A, Chapter 8, Subchapter of the Omnibus Budget Reconciliation Act of 1981, PL 97-31 (8/13/81)

Additional Child Care Resources

NH Child Care Scholarship Program

NH DHHS

129 Pleasant St., Concord

1-844-275-3447

www.dhhs.nh.gov/programs-services/childcare-parenting-childbirth/child-care-and-development-fund

NH Child Care Scholarships help families pay for child care. Funding for these is provided by the federal Child Care and Development Fund (CCDF), along with the required state match. 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 and must meet current requirements. It is important for you to know that children may be placed on a wait list for child care assistance.

An application form can be obtained here: www.dhhs.nh.gov/document/childcare-scholarship, through your local District Office, (page 87) or you can apply through NH EASY (<https://nheasy.nh.gov/#>).

Child Care Licensing Unit (CCLU)

(603) 271-9021 / TDD: (800) 735-2964

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 NH

(603) 578-1386 or (855) 393-1731

www.caphr.org/services/child-care-services

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 as well as child care resource and referral outreach specialists to 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, visit the Child Care Aware website. To speak to a Child Care Resource and Referral Specialist, see the contact information above.

NH Connections

NHDHHS, DCYF, Child Development Bureau

(800) 852-3345 ext. 4242 or (603) 271-4242

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.

NH Connections Child Care Search

https://new-hampshire.my.site.com/nhccis/NH_ChildCareSearch

NH Child Care Search is a free service that helps you find child care to best meet your needs. Search for providers to learn more about their quality rating, licensing history, and services they offer. DHHS maintains this website as a public service.

Found a New Resource?

Write it down and let New Hampshire Family Voices know so we can include it!

The Educational Years

The Challenge of Learning Continues...

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 7.1 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.

Federal Legislation

Department of Education Organization Act PL 96-88
Special Education
PL 94-142 IDEA, as amended 1997/2004

State Regulations

RSA 21 N:11, III; RSA 141 A:16, I(b)
Ed 1101.01
Medicaid to Schools NH Law RSA 186-C

NH Department of Education (DOE)

NH Department of Education

25 Hall Street
Concord NH 03301-3860
(603) 271-3494 TDD Access: Relay NH 711
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.

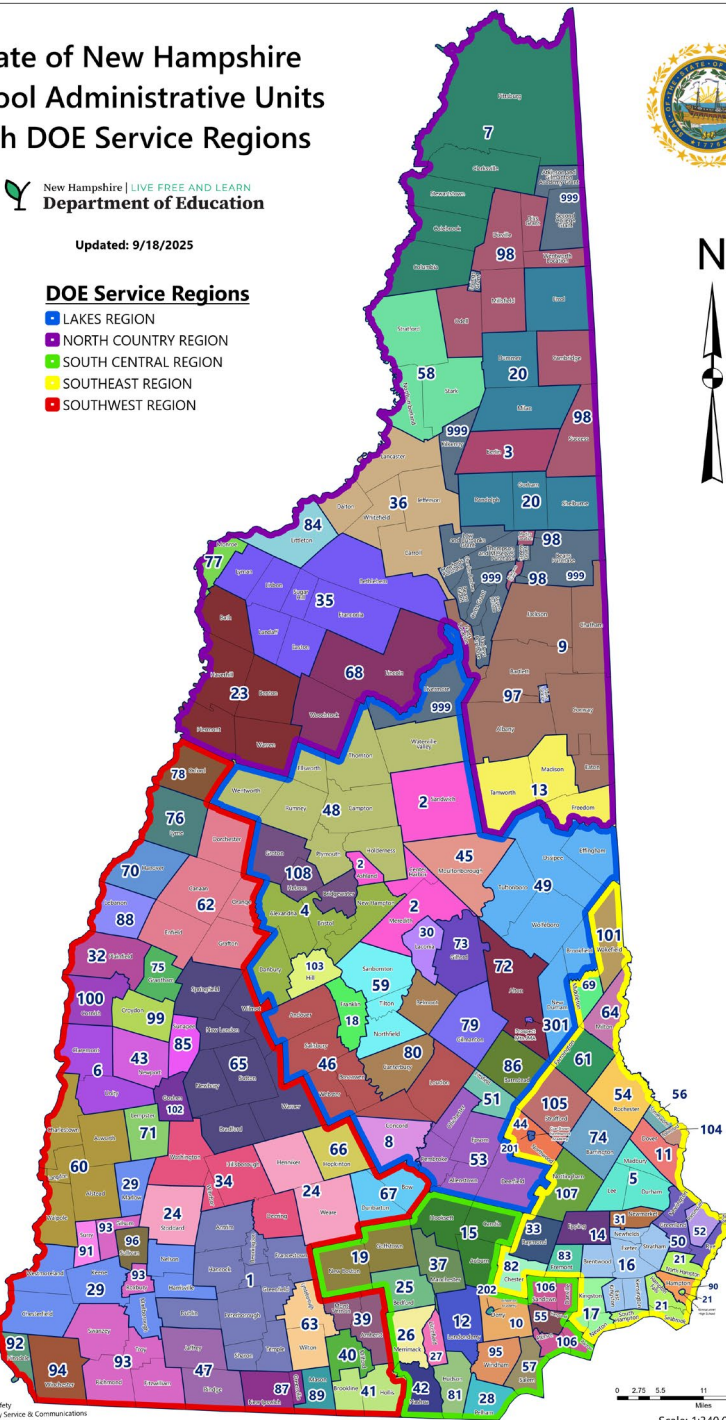
State of New Hampshire School Administrative Units with DOE Service Regions

New Hampshire | LIVE FREE AND LEARN
Department of Education

Updated: 9/18/2025

DOE Service Regions

- LAKES REGION
- NORTH COUNTRY REGION
- SOUTH CENTRAL REGION
- SOUTHEAST REGION
- SOUTHWEST REGION



NHDOE, Bureau of Special Education
25 Hall Street
Concord NH 03301-3860
(603)-271-3741

[www.education.nh.gov/who-we-are/
division-of-learner-support/bureau-
of-studentsupport/special-education](http://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-studentsupport/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 SAUs go to this link: www.education.nh.gov/pathways-education/local-district-schools.

NH Approved Private Special Education Programs

New Hampshire has a number of approved private special education programs which provide specialized services for students with disabilities (ages 3–22) who require alternative settings.

For a listing of NH Approved Private Special Education Programs, visit:

[www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/special-
education/approved-private-programs](http://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/special-education/approved-private-programs)

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 their charter.

For a listing of New Hampshire’s Approved Public Charter Schools, visit www.education.nh.gov/who-we-are/division-of-education-and-analytic-resources/bureau-educational-opportunities/public-charter-schools/approved-chartered-public-schools.

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>.

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: www.education.nh.gov/whowe-are/division-of-learner-support/bureau-of-instructional-support/ehcy.

Children’s Scholarship Fund - NH Educational Freedom Accounts

(603) 755-6751

<https://nh.scholarshipfund.org/apply/nh-education-freedom-accounts/>

Education Freedom Accounts (EFA) are grants from the State of New Hampshire, administered by the Children’s Scholarship Fund, available to families to spend on their children’s education. Qualifying educational expenses include tuition at the school of their choice, tutoring, classes, online learning programs, educational supplies, technology and therapeutic services.

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, to begin home schooling, 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, www.education.nh.gov/pathways-education/home-education.

For more information contact the NHDoe/Home Education at (603) 271-2831 or homeeducation@doe.nh.gov.

New Hampshire Home Schooling Coalition

www.nhhomeschooling.org

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

<https://granitestatehomeeducators.org> or visit <https://nhhomeschooling.org/nhhc-representatives>

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

Find direct contact information statewide grassroots for representatives in your district.

Homeschooling in New Hampshire

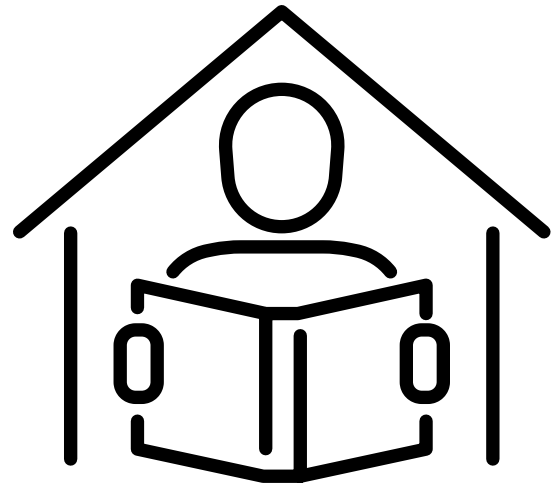
www.homeschoolinginnewhampshire.com/beyond-basics/real-life/special-needs

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

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 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.

The Role of the School

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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

Educational Resources and Services

Parent Information Center (PIC)

Concord, NH

(603) 224-7005

www.picnh.org

PIC is a statewide family organization, with a focus on children/youth with disabilities/special health care needs, and the providers who serve them. PIC provides the knowledge and support families 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.

The Southeastern Regional Education Service Center (SERESC)

Bedford, NH

(603) 206-6800

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.

Learning Disabilities Association of NH

Concord, NH

<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.

Institute on Disability/UCEDD

University of New Hampshire

Durham, NH

(603) 862-4320 ext. 711

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.

Granite Edvance (formerly the NHHEAF)

Concord, NH

(603) 225-6612

<https://graniteedvance.org/>

Granite Edvance supports New Hampshire students and families by offering free services for navigating education and career pathways. Granite Edvance is a provider of student loan products and assists students, families, and schools with expertise and support on all parts of college and career planning.

US Office for Civil Rights

US Department of Health and Human Services

(800) 368-1019

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.



NH Branch of the International Dyslexia Association

Rochester, NH

(207) 229-7355

<https://dyslexiaida-nnea.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

(603) 224-1850

Video Phone: 603-968-5889

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**

(603) 864-8847

www.nfbnh.org

As a proud division of the National Federation of the Blind, NFB NBC 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 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.

Northeast Rehab's Outpatient Pediatric Rehabilitation Program

(603) 893-2900 ext. 3230

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.

Accessibility and Assistive Technology

Assistive Technology in New Hampshire, (ATinNH)

The Institute on Disability /UNH

(603)862-4320

<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)

Lynette.E.Lawrence@doe.nh.gov

(603) 271-3741

www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-support/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

(800) 735-2964 or (603) 271-2144

www.nhsl.dncr.nh.gov/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 online. The services are free.

Special Education Advocacy

Guidelines for Choosing a Special Education Advocate

Special education advocates help parents secure the necessary services for their children. These non-lawyers use their training and experience—often in special education—to support families beyond just moral encouragement. Advocates can be professionals, paraprofessionals like paralegals, or volunteers, and they may or may not charge a fee. Although they aren't attorneys, they provide their services according to state law; for example, New Hampshire currently has no laws governing them.

Select a trained, experienced advocate

Currently, there is no official certification for special education advocates, though many have significant training and experience. Since you are the one hiring, you should always interview a potential advocate about their education, training, and how they stay current in the field through workshops or conferences. Also, don't hesitate to ask for references.

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

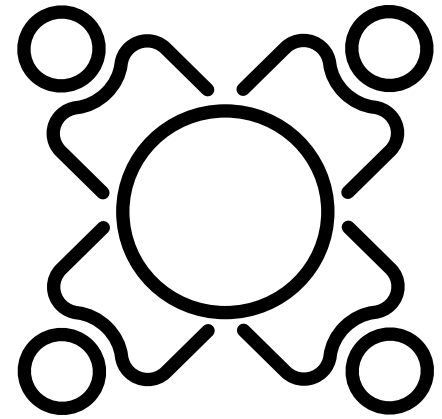
Professional advocates may give you legal information and help you negotiate and resolve disputes. But they are not lawyers and cannot give you the same type of legal advice as attorneys. An experienced, well-trained advocate should help you recognize when you should seek the services of a lawyer. You 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 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 you confident the advocate has the experience and skill to handle your case?
- Do you understand the advocate's explanation of what your case involves?
- Do you understand the proposed fee agreement?



Source: The Council of Parent Attorneys and Advocates, COPAA,
P.O. Box 6767, Towson, Maryland 21281 (410) 372-0208. www.copaa.net.

COPAA Guidelines incorporate information based in part on an article published by the Illinois Attorney General's office.

Special Education Advocates

Nakata Consulting Joe Carreiro (978) 317-7386 www.nakataconsulting.org	Office of the Advocate for Special Education Concord, NH (603) 271-7547 www.ase.nh.gov
Special Education Advocacy and Consulting Portsmouth, NH Lisa J. Sampson (603) 427-0585 specialeducationadvocacyandconsulting.com	Special Education Advocacy Services of NH, LLC Pelham, NH (978) 590-9161 smacintyre@seasnh.com www.seasnh.com
Special Education Advocacy.org Larry Martin Davis (206) 914-0975 www.specialeducationadvocacy.org	SPED Solutions, LLC Angela Kouroyen Derry, NH (603) 216-7685
Student Matters, LLC Educational Advocacy Services Carolyn Blasko, M. Ed. Concord, NH (603) 738-2409 https://studentmatters.net	

This is not an exhaustive list, write down any you have here

Special Education Attorneys

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.

Possible outcomes of the case

Each special education case is unique because each student's 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 21281
(410) 372-0208

NH Attorneys for Special Education Law

James M. Baron, Esq., M.Ed. Nashua, NH (781) 209-1166 www.lawbaron.com	Barry & Honorow, PLLC Nashua, NH (603) 883-0474 www.newhampshirelawoffice.com
Bianco Professional Association Concord, NH (603) 225-7170 www.biancopa.com	Coakley & Hyde, PLLC Portsmouth, NH (603) 436-1440 https://coakleylawnh.com/
Children's Law Center of NH Portsmouth, NH (603) 766-4900 www.clc-nh.org	Disabilities Rights Center Concord, NH (603) 228-0432 www.drcnh.org
EdLaw New England Bedford, NH (603) 695-6557 https://edlawnewengland.com	New Hampshire Legal Assistance (800) 639-5290 www.nhla.org/
Wadleigh, Starr & Peters, P.L.L.C. Manchester, NH (603) 669-4140 www.wadleighlaw.com	Zakre Law Office Sheila Zakre Concord, NH (603) 224-4400 www.zlawnh.com

Children's Health and Supports

Staying Healthy and Well

Community Health Programs

Maternal and Child Health (MCH) Integrated Care Program

Through this program, DHHS, the Maternal and Child Health Section funds several 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:

- Physical exams
- Health screenings
- Immunizations
- Providing information on topics such as a child's growth, development, and safety
- Social services

Child and Family Health Enabling Services

In addition to healthcare services, DHHS/MCH funded community health centers also provide child and family health “Enabling Services”. These help families with children who may already have a health care provider but need assistance connecting with additional services or resources including:

- Help enrolling a child on NH Medicaid, if the child is eligible.
- Help coordinating care and getting other needed services.
- 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

Community Health Centers provide access to affordable health care. These health centers integrate primary and preventive health care services which may include mental and behavioral health, oral health, substance use treatment, and pharmacy services. New Hampshire's federally qualified health centers (FQHC's) are community health centers that meet extra federal requirements. These community health centers accept Medicaid, Medicare, commercial insurance, and offer a sliding fee based on income.

Ammonoosuc Community Health Services, Inc. Littleton, NH - (603) 444-2464 Warren, NH - (603) 764-5704 Whitefield, NH - (603) 837-2333 Woodsville, NH - (603) 747-3740 Dental and Health - (603) 444-8112 (Littleton) www.ammonoosuc.org	Amoskeag Health Manchester, NH (603) 626-9500 www.amoskeaghealth.org
Coos County Family Health Services Berlin, NH (603) 752-2040 Gorham, NH (603) 466-2781 Colebrook, NH (603) 237-4262 http://coosfamilyhealth.org/	Greater Seacoast Community Health Goodwin Community Health Somersworth, NH (603) 749-2346 Families First Portsmouth, NH (603) 422-8208 https://getcommunityhealth.org/family-center/

Harbor Care Nashua, NH (603) 821-7788 www.harborcarenh.org	Health Care for the Homeless Program Manchester, NH (603) 663-8718 www.catholicmedicalcenter.org/about-
Health First Family Care Center Franklin, NH (603) 934-1464 Laconia, NH (603) 366-1070 https://healthfirstfamily.org	Lamprey Health Care Nashua, NH (603) 883-1626 Newmarket, NH (603) 659-3106 Raymond, NH (603) 895-3351 www.lampreyhealth.org
Manchester Health Department Manchester, NH (603) 624-6466 www.manchesternh.gov/departments/health	Mid-State Health Center Plymouth, NH (603) 536-4000 Bristol, NH (603) 744-6200 www.midstatehealth.org
Newport Health Center Newport, NH (603) 863-4100 www.newlondonhospital.org/services/newport-health-center	Weeks Medical Center Lancaster, NH (603) 788-4911 https://weeksmedical.org
White Mountain Community Health Center Conway, NH (603) 447-8900 https://whitemountainhealth.org	

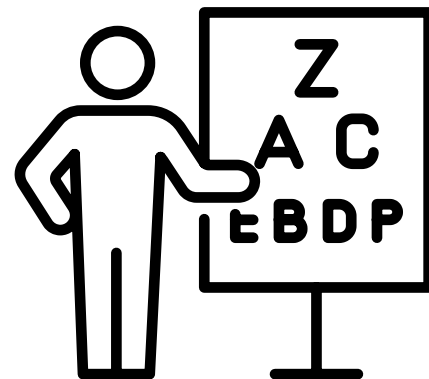
Link to NH's Federally Qualified Health Centers: <https://bistatepca.org/centers/>

Community Health Resources

Pediatric Vision Screening InfantSEE®

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: <https://infantsee.org/find-a-doctor>



Manchester Health Department

(603) 624-6466

www.manchesternh.gov/Departments/Health

The City of Manchester Health Department (MHD) is an innovative and proactive local health department grounded in the principles and application of the core public health functions. Over fifty full and part-time staff work within five Branches and Teams: Environmental Public Health/Emergency Response, Infectious Disease, Public Health and Safety Team, Neighborhood and Family Health, and Healthy Aging

Healthy Homes and Lead Poisoning Prevention Program

NH DHHS Division of Public Health Services

(800) 897-5323 or (603) 271-4507

www.dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program

New Hampshire's Lead Poisoning Prevention Program helps families, health care providers, contractors, health and code officials, and property owners understand old housing and the risk of lead poisoning for children. 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

NH DHHS Division of Public Health Services

(603) 271-4482

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

NH DHHS Division of Long-term Supports and Services

(603) 271-4488

www.dhhs.nh.gov/programs-services/disability-care/developmental-services/childrenspecial-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

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

www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutritionprogram

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: www.dhhs.nh.gov/programs-services/populationhealth/women-infant-children-nutrition-program/wic-eligibility

To fill out a pre-application, go to: 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), then 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: www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/wic-noncontractformula.pdf.

WIC Locations

To find the WIC program nearest you, go to 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.

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.

New Hampshire Navigator

(800) 211-NAVI (6284)

<https://newhampshirenavigator.com/about-us>

New Hampshire Navigator is a free, grant-funded program that helps individuals and families across the state find quality, affordable health coverage through the HealthCare.gov Marketplace, Medicaid, or CHIP. The program offers one-on-one assistance to help people understand their health insurance options, determine eligibility for savings, and complete their enrollment.

Navigators guide consumers through complex decisions—like making sure their doctors and prescriptions are covered—and explain key terms like deductibles, co-pays, and premiums. Their services are unbiased, confidential, and available to anyone, whether they're enrolling for the first time or returning to renew coverage.

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

For assistance call: (800) 318-2596

<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 Bureau of Family Assistance (BFA) 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 19 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.

Categorical eligibilities for children and young adults with disabilities:

- Home Care for Children with Severe Disabilities (HCCSD): (Often called “Katie Beckett”) is for children with severe disabilities up to age 19 whose medical/behavioral disability is so severe that they qualify under a medical determination for Social Security Supplemental Income eligibility and for institutional level of care, but who are being cared for at home. Only the income and resources of the child are counted towards eligibility for this program.
- Aid to the Needy Blind (ANB): a category of eligibility that requires an individual (child or adult) to be diagnosed as legally blind. The visual acuity in the better eye can be no greater than 20/200.
- Aid to The Permanently and Totally Disabled (APTD): When a person turns 18 years old. Medicaid considers them an adult. Eligibility for Medicaid is based on income and assets as well as medical condition. An adult applying for Medicaid must have a severe, impairing health condition that has lasted and is expected to last for a minimum of 48 months (4 years) and have income levels at or below poverty level with assets (savings account, trust, etc.) below \$2,100.
- 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 87 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: 1-866-769-3085 (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.amerihealthcaritasnh.com)

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

Medicaid for Income Eligible Adults (Granite Advantage)

More information can be found at 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 19-61 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 the coverage options available through Granite Advantage are required to cover services like regular checkups with your doctor, emergency room visits, prescription drugs, visits to specialists, and more.

Eligibility

- Ages 19 to 64 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.

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 87) or download an application at: <https://www.dhhs.nh.gov/dfa/apply.htm>

Additional Community Health Resources

New Hampshire Family Voices

Family to Family Health Information and Education Center
Concord, NH
(603) 271-4525
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".

Health Care Coordination Program – Bureau of Family Centered Services

Concord, NH
(603) 722-0092
www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-special-health-care-needs-o

The Health Care Coordination Program provides support to families of children with chronic health conditions.

The program is for children and youth from ages birth to 21 who have a verified chronic medical condition. Coordinators work together with families, their health care providers, and other community agencies to help obtain access to needed health care and related services. This program also supports the family in obtaining appropriate community social supports and services. Health Care Coordinators work with families and young adults towards identifying and supporting needs and goals for a more independent community and family life.

Eligibility: Health Care Coordination 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 daily;
 - 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.

Healthcare Coordination	Region and Towns Served
Waypoint Lancaster/Berlin, NH (603) 788-4172 Littleton, NH (603) 518-4339 Conway, NH (603) 860-4499 https://waypointnh.org/programs/health-care-coordination-hcc	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, Moultonborough, Northumberland, Ossipee, Piermont, Pittsburg, Randolph, Sanbornville, Sandwich, Shelburne, Stark, Stewartstown, Stratford, Sugar Hill, Tamworth, Tuftonboro, Union, Wakefield, Warren, Waterville, Wentworth, Whitefield, Wolfeboro, Woodstock, Woodsville
Waypoint West Lebanon, NH (603) 518-4358 https://waypointnh.org/programs/health-care-coordination-hcc	Region 2 Lebanon/Dartmouth Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Dorchester, Enfield, Goshen, Grafton, Grantham, Hanover, Langdon, Lebanon, Lempster, Lyme, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington
Waypoint Laconia, NH (603) 118-4382 https://waypointnh.org/programs/health-care-coordination-hcc	Region 3 Lakes Region 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
Waypoint Concord, NH (603) 518-4212 https://waypointnh.org/programs/health-care-coordination-hcc	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
This region is currently not served by the Health Care Coordination Program. If you live in this region and need assistance, please call the BFCs Main Line at 603-271-4488.	Region 5 Keene Alstead, Antrim, Bennington, Chesterfield, Dublin, Fitzwilliam, Francestown, Gilsum, Greenfield, Greenville, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester

Healthcare Coordination	Region and Towns Served
Gateways Community Services Nashua, NH (603) 882-6333 www.gatewayscs.org/our-services/services-for-children	Region 6 Nashua Amherst, Brookline, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mont Vernon, Nashua, Wilton.
Easter Seals 555 Auburn St Manchester, NH 03103 (603) 913-7188 https://eastersealsnh.org/	Region 7 Manchester Auburn, Bedford, Candia, Goffstown, Hooksett, Londonderry, Manchester, New Boston
Waypoint Portsmouth, NH (603) 518-4000 https://waypointnh.org/programs/health-care-coordination-hcc	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
Easter Seals 13 Healthcare Dr. Rochester NH 03867 (603) 461-9541 https://eastersealsnh.org/	Region 9 Dover Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford
Gateways Community Services 144 Canal St, Nashua NH 03064 (603) 459-1785 www.communitycrossroadsnh.org/specialized-services/partners-in-health/	Region 10 Derry Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, Windham

Additional Community Health Resources

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

Lebanon, NH

DHC's Information Line: (603) 650-5000

<https://childrens.dartmouth-health.org>

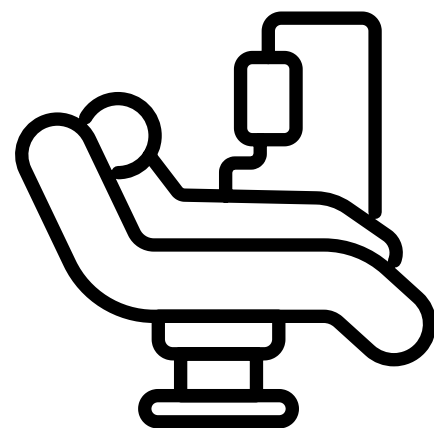
Children's Hospital at Dartmouth offers an array of pediatric subspecialties, outreach clinics and in-hospital supports and services.

Bureau of Student Wellness and Nutrition

(603) 271-3720

www.education.nh.gov/who-we-are/division-of-learner

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: (800) 222-1222

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

(603) 271-2261 or TDD Access: (800) 735-2964

www.insurance.nh.gov

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 (1-10) 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
(603) 230-4000

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.

Region(s)	Dental Center & Contact Information	Eligibility Requirements
Statewide, Mountains Region, Grafton County	Ammonoosuc Community Health Services 21 Mt. Eustis Rd Littleton, NH 03161 (603) 444-2464 www.ammonoosuc.org/	Dental clinic is open to anyone. Sliding fee schedule is available to financially qualifying individuals.
Statewide, Sullivan County	Community Dental Care of Claremont 1 Tremont St. Claremont, NH 03867 (603) 287-1300 http://communitydentalcareclaremont.org/	Adults & children will assist patient financial. Accepts Medicaid.
Capital Region, Merrimack County	Concord Hospital Family Health Center 210 Pleasant St. Concord, NH 03301 (603) 228-7200 https://www.concordhospital.org/locations/profile/family-health-center/	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.
Statewide, North Country, Coos County	Coos Family Health Center 73 Main Street Berlin, NH 03170 (603) 752-2040 https://coosfamilyhealth.org/health-services/dental/	Dental clinic is open to anyone. Preventative and basic services are available to qualifying individuals on a sliding scale.
Seacoast Region, Strafford County	Goodwin Community Health Dental Center 311 Route 108 Somersworth NH 03878 (603) 749-2346 https://getcommunityhealth.org/services/dental-care/	Dental center is open to anyone. Sliding fee schedule is available to financially qualifying uninsured individuals. Prepayment of the first visit is required.

Region(s)	Dental Center & Contact Information	Eligibility Requirements
Cheshire County	Dental Health Works of Cheshire County 69 Island St. #V Keene, NH 03431 (603) 358-6624 www.dentalhealthworks.org/	Children and adults living in Cheshire County
Seacoast Region, Portsmouth, Rochester	Families First Health and Support Center 100 Campus Dr, Portsmouth, NH 03801 (603) 422-8208 https://getcommunityhealth.org/services/dental-care/	Children and adults who are patients of the Center and some others contact Families First. Sliding fee schedule is available to financially qualifying individuals.
Greater Nashua	Greater Nashua Dental Connection 31 Cross St. Nashua, NH 03064 (603) 879-9314 www.greaternashuadentalconnection.org/	Individuals (both children and adults) living in New Hampshire.
Greater Nashua, Statewide	Harbor Care Dental Clinic 41 High Street Nashua, NH 03060 (603) 882-3616 https://harborcarenh.org/healthcare/dental-care	Dental center is open to anyone. Sliding fee schedule is available to financially qualifying uninsured individuals. uninsured, underinsured, or low income.
Statewide, Upper Valley, Grafton County	Mascoma Community Health Center 18 Roberts Rd Canaan, NH 03741 (603) 523-4343 www.mascomacommunityhealthcare.org	Sliding fee scale is offered to financially qualified individuals who live in Canaan, Dorchester, Enfield, Grafton and Orange NH
Statewide, Central NH, Grafton County	Mid-state Health Center 100 Robie Rd Bristol, NH 03222 (603) 744-6200 www.midstatehealth.org	Dental clinic is open to anyone. Sliding fee scale is available to financially qualified individuals.
Statewide	Dental Hygiene Clinic at NHTI-Concord's Community College 31 College Drive Concord, NH 03301 (603) 230-4023 www.nhti.edu/about/community-resources/dental-hygiene-clinic	Preventive services only. Check website for dates and fee schedule
Greater Manchester	Poisson Dental Center at Catholic Medical Center 100 McGregor St. Manchester, NH 03102 (603) 663-6226	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.
Statewide	Saving People's Smile Dental (SPS) 194 Pleasant St. Concord, NH 03301 (603) 219-0770 www.savingpeoplesmile.org	Adult and children – call SPS for details.

Region(s)	Dental Center & Contact Information	Eligibility Requirements
Coos, Carroll & Grafton County	Tri-County CAP Family Dentistry 448 B White Mountain Hwy Tamworth, NH 03886 (603) 323-7645 https://tccap.org/services/tamworthdentalcenter	Children and adults in the Tri-county area. Sliding fee schedule is available to financially qualifying uninsured individuals.
Barrington, Dover, Durham, Lee, Madbury, Rollinsford, Somersworth	Mass General Brigham Community Dental Center (Formerly Wentworth-Douglas) 668 Central Ave. Dover, NH 03820 (603) 749-3013 www.wdhospital.org/whp/specialty-care/dentalcare/wentworth-douglasscommunity-dental-center	Provides general dental care to qualifying individuals and families in the greater Dover community.
Mount Washington Valley	White Mountain Community Health Center 298 Route 16 Conway, NH 03818 (603) 447-8900 https://whitemountainhealth.org	Available to center patients only. Comprehensive dental for children up to 21 years of age. Preventive services only for adults.

InsureKidsNow.gov - Use this Dentist Locator to find a dentist in your community who sees children and accepts Medicaid. 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 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 (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 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.

Ascentria Care Alliance Serves: Statewide Concord, NH (603) 224-3010 www.ascentria.org/ourservices/in-home-care	At Your Haven Serves: Merrimack Valley and Southern NH Salem, NH (603) 751-8260 https://atyourhaven.com/index.html
BAYADA Pediatrics Manchester, NH (603) 413-7100 www.bayada.com/private-duty-nursing/hillsborough-county-11886	Brightstar Care Serves: Bedford/Manchester, NH (603) 637-4646 www.brightstarcare.com
Harbor Care NH Serves: Greater Nashua and Southern New Hampshire region (603) 595-4243 www.harborcarenh.org	Interim HealthCare Serves: Statewide (603) 668-6956 Manchester, NH www.interimhealthcare.com/newhampshire
Maxim Healthcare Service Manchester, NH (603) 644-5003 www.maximhealthcare.com/maxim-healthcare-locations/manchester-nh-regional-office	Regency Home Health Serves: Manchester area Londonderry, NH (603) 665-9800 www.regencyhomehealth.com/contact

Personal Care Disability Services

Granite State Independent Living (GSIL)

Concord, NH
(603) 228-9680
www.gsil.org

Granite State Independent Living's Personal Care Disability Services help with bathing, dressing, personal hygiene, mobility and medication reminders. Services are overseen by a Registered Nurse. Services are provided in the home and/or work.

Residential Options

Crotched Mountain

Greenfield, NH
(800) 966-2672 or (603) 547-3311, X494
www.sevenhills.org/crotched-mountain-school

Crotched Mountain offers a unique combination of 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
(603) 358-3384
www.cedarcrestcenter.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 of your local school district.



Therapeutic Resources

Applied Behavior Analysis (ABA)

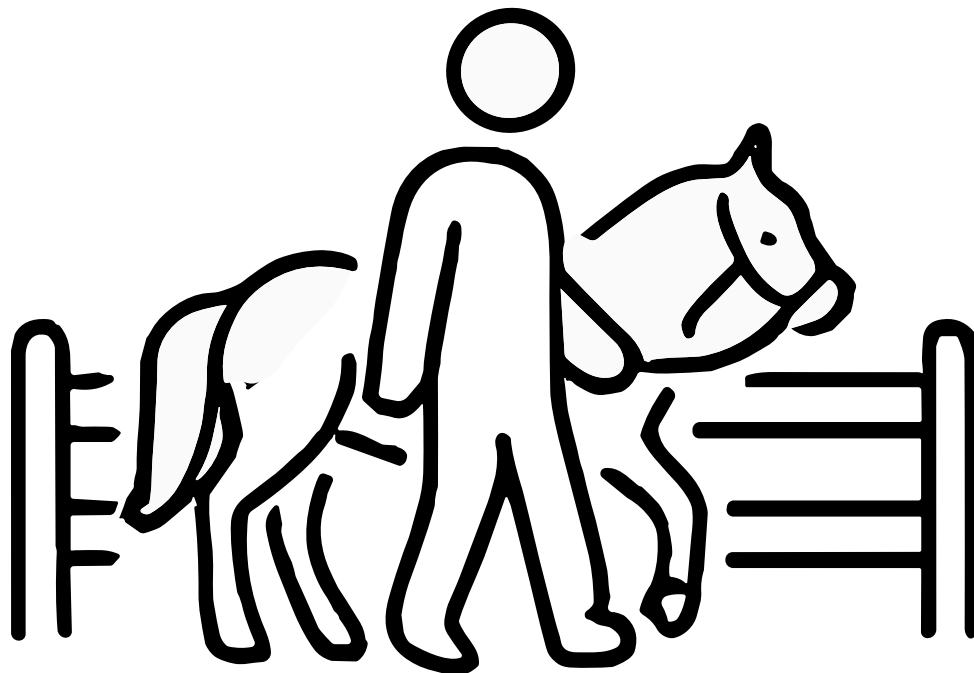
Please note this may not be all providers of ABA service in NH.

Applied Behavioral Mental Health Counseling Manchester, NH (603) 664-4411 www.appliedabc.com	ASPIRE Living and Learning Concord, NH (603) 224-8085 Bedford, NH (603) 423-6046 Stratham, NH (603) 772-5991 https://allinc.org
Autism Care Partners Bedford, NH (800) 679-3609 https://autismcarepartners.com/locations/new-hampshire/bedford-nh/	The Autism Center at Gateways Community Services Nashua, NH (603) 484-6760 www.gatewayscs.org/our-services/autism-center
The Birchtree Center Portsmouth, NH (603) 433-4192 http://birchtreecenter.org	Constellations Behavioral Services Portsmouth and Nashua, NH (800) 778-5560 www.constellationsbehavioral.com
Easter Seals Manchester, NH (603) 623-8863 https://eastersealsnh.org/resources/living-with-autism	H.O.P.E. Behavioral Consulting, LLC Portsmouth, NH (603) 812-5521 www.hopebehavioralconsulting.com
Positive Reinforcement ABA Therapy Inc. Manchester, NH (877) 315-8080 www.prabatherapy.com	Patterns - ABA Therapy Services Berlin, Nashua, N. Conway and Keene (800) 789-3062 www.patternsbehavior.com/newhampshire
Seacoast ABA Dover, NH (603) 359-0549 www.seacoastaba.com	Ready, Set, Connect! An Applied Behavioral Analysis Manchester, Concord and Tilton, NH (603) 333-2888 https://readyssetconnect.org



Therapeutic Riding/Hippotherapy Resources

Back in the Saddle Equine Therapy Center Hopkinton, NH (603) 667-9015 www.bitsetc.org	The Carriage Barn Kensington NH (603) 378-0140 www.facebook.com/TheCarriageBarnTherapyProgram
First Light Farm 300 Page Road, Cornish, NH (603) 675-9176 www.firstlightfarm.com	Full Circle Farm Therapeutic Horsemanship Newport, NH (603) 863-2952 www.fcftherapeutic.org
Happier Trails, LLC Boscawen, NH (603) 403-2651	Horse Power at Touchstone Farm Temple, NH (603) 654-6308 www.touchstone-farm.org
It's Ability Pediatric Therapy Center Concord, NH (603) 224-4540 www.itsabilitypt.com	Play and Prosper Therapy NH and ME (603) 978-1231 https://playandprospertherapy.com
UNH Therapeutic Riding Durham, NH (603) 862-0131 https://colsa.unh.edu/agriculture-nutrition-food-systems/opportunities/therapeutic-riding-program	UpReach Therapeutic Equestrian Center, Inc. Goffstown, NH (603) 497-2343 www.upreachtec.org
Wings and Hooves Therapeutic Riding, Inc. East Kingston, NH (603) 642-3722 https://wingsandhooves.weebly.com/services.html	



Aqua Therapy/Adapted Swim Programs

Exeter Hospital Exeter, NH (603) 778-7311 www.exeterhospital.com	It's Ability! Pediatric Physical Therapy Inc. Concord, NH (603) 224-4540 www.itsabilitypt.com
Northeast Rehab Hospital Salem & Nashua, NH (603) 893-2900 www.northeastrehab.com/ services/aquatic-therapy/pediatricaquatic-therapy	Swim Angelfish Salem, NH (203) 545-0024 http://swimangelfish.com/angelfish-therapy
Swing for the Stars Concord, NH (603) 228- STAR (7827) https://swingforthestars.com/%20aquatic-therapy/	

Music Therapy

Concord Community Music School Concord, NH (603) 228-1196 www.ccmusicschool.org/	Granite State Music Therapy Serves NH (603) 479-1272 www.granitestatemusictherapy.com
Manchester Community Music School Manchester, NH (603) 644-4548 https://mcmusicschool.org/music-therapy-2/	Nashua Community Music School Nashua, NH (603) 881-7030 www.nashuacms.org/musictherapy
Rhythm and Strings Serves Rockingham County (603) 988-4291 www.rhythmandstrings.com	The Rhythm Tree Serves NH, Southern Maine and Northern MA (603) 793-1941 www.therhythmtree.com
The Sonatina Center Dover, NH (603) 978-4808 www.thesonatinacenter.com	



Summer Camps and Programs

Beyond Akeela Franklin Pierce University, Rindge NH (617) 882-2267 https://beyondakeela.com/beyond-akeelateens *Serves to launch Neurodiverse teens into a successful transition to college*	Camp Allen Bedford, NH (603) 622-8471 www.campallennh.org
Camp Sno-Mo with Easter Seals New Hampshire Gilmanton, NH (603) 364-5818 www.easterseals.com	Wediko Summer Program at Home for Little Wanderers Windsor, NH (888)-HOME-321 OR (617) 267-3700 www.thehome.org/programs/camp-wediko
Zebra Crossings Dover, NH (603) 312-2012 www.zebra-crossings.org	*In addition to diagnosis-specific organizations such as Epilepsy Foundation NE run camps, be sure to check with those organizations for possible camps

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

Adaptive Pediatric Therapy, LLC Portsmouth, NH (207) 370-1744 www.adaptivepediatrictherapy.com Provides OT	Capital Kids Therapies, LLC Concord, NH (603) 228-9160 https://capitalkidshh.com/ Provides OT, PT, & Speech Therapy
Dunstan Pediatric Services Moultonborough, NH (603) 481-0055 OR (603) 236-6111 http://dunstanpediatric.com/ Provides OT, Speech Therapy, & Other Services	Empowered Minds LLC (home-based OT) Southern NH (815) 508-4675 www.facebook.com/p/Empowered-Minds-LLC-61573931657878/ https://empoweredmindsot.com
Holistic Abilities Occupational Therapy Portsmouth, NH (978) 572-0855 www.facebook.com/holisticabilitiesOT Provides OT, Feeding Therapy, & Other Services	Integrative Wellness Solutions Loudon, NH (603) 417-4847 https://integrativewellnesssolutions.net/ Provides nature-based OT

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

It's Ability, Pediatric Physical Therapy Concord, NH (603) 224-4540 https://itsabilitypt.com/programs-services/ Provides OT, PT, & Other Services	KidSpeak Therapies, LLC Concord, NH (603) 224-1551 www.kidspeaktherapies.com Provides Speech and Feeding Therapy
Kids Therapy Company Greenland, NH (603) 373-0014 www.kidstherapyco.com/ Provides Feeding Therapy	Laura Theobald Speech Therapy Portsmouth, NH (603) 944-1128 www.lauratheobaldspeechtherapy.com Provides Speech Therapy
Little Bridges Therapeutic Enrichment, LLC North Hampton, NH (603) 373-8467 www.littlebridgesnh.com Provides OT & Other Services	Milestones Pediatric Therapy Center, LLC Manchester, NH (603) 232-5922 www.milestonesnh.com Provides OT, Speech Therapy, & Other Services
Miracle Farm Speech Therapy Hampton Falls, NH (603) 918-1298 https://miraclefarmtherapy.com/ Provides Speech Therapy	Moving Kids Forward Therapy, LLC Nashua, NH (603) 521-8434 www.movingkidsforwardtherapy.com Provides OT & Other Services
New England Pediatric Services Bedford, NH (603) 296-5241 http://newenglandpediatricservices.com/ Provides OT, PT, & Speech Therapy	Northeast Rehab's Outpatient Pediatric Rehabilitation Program Salem, NH (603) 893-2900 www.northeastrehab.com Pediatric Outpatient Clinics are held in Salem Provides Physical, Occupational and Speech Therapy
OT in Motion Sunapee, NH (603) 873-4678 http://otinmotionnh.com/ Provides OT & Speech Therapy	OT Works 4 Kidz Windham, NH (603) 870-0078 http://otworks4kidz.com/
Outside the Lines, LLC Lee, NH (603) 609-5685 www.outsidethelinesnh.com Provides OT, Speech Therapy, & Other Services	Pediatric Therapy Center Nashua, Salem, NH (603) 882-4500 https://pediatrictherapycenternh.com/ Provides OT, PT, Speech, Feeding, & Other Services

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

Premier Speech Therapy, LLC Londonderry, NH (603) 548-2188 www.premierspeechtherapy.com/index.html Provides Speech Therapy & Other Services	Reach for the Top Dover, NH (603) 740-3534 https://reachfft.org/ Provides OT, PT, Speech Therapy, & Other Services
Rising Tide Therapy Services Seacoast area, NH (207) 370-0229 https://theotfiles.com/rising-tide-therapyservices-llc/ Provides OT	Roots Therapeutic Services, LLC Canterbury, NH (603) 731-0552 www.rootstherapeuticservices.com Provides OT
SNHTLC Speech Therapy and Learning Center Nashua, NH (603) 577-5517 www.snhtlc.com Provides OT, Speech Therapy, & Other Services	Swing for the Stars Concord, NH (603) 228-STAR (7827) https://swingforthestars.com/ Provides OT, PT, Speech Therapy, & Other Services
Seacoast Play Works Therapy Epping, NH (978) 799-2580 www.seacoastplayworks.com Provides OT	Speech Therapy Solutions, Inc Salem, NH (603) 893-8550 https://speechtherapysolutions.com/ Provides Speech Therapy
Simplified Speech Solutions Keene, NH (603) 352-4199 www.simplifiedspeechsolutions.com Provides Speech Therapy	Tiny Talkers Speech Therapy, LLC Concord, NH (860) 878-1219 www.tinytalkersnh.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

(603) 226-2903

<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.

REQ (Rehabilitation Equipment Associates)

Manchester, NH

(603) 645-5200

www.reqinc.com

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 to provide the right equipment for your child.

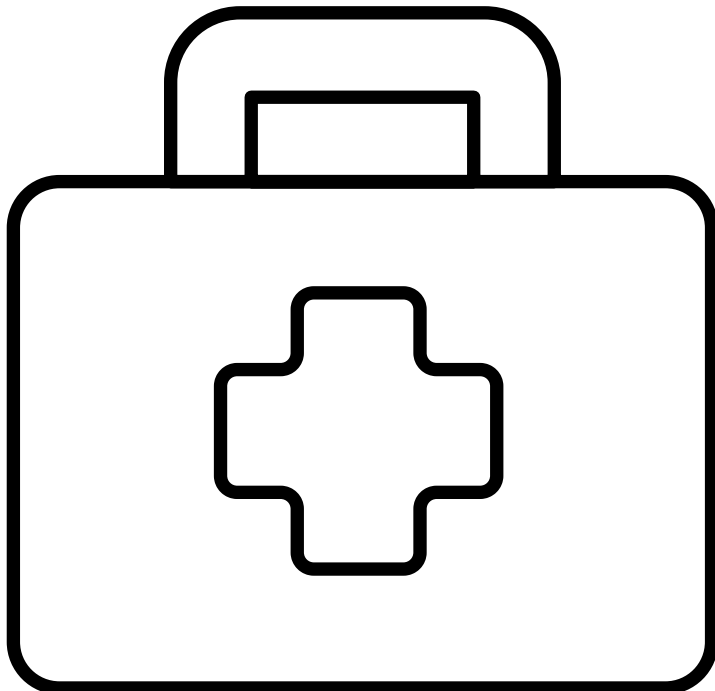
Numotion

Manchester, NH

(603) 600-4344 or after hours (800) 500-9150

www.numotion.com

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



Resources for Specific Conditions and Disabilities

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

AIDS/HIV

Dartmouth Medical Center - HIV Program www.dartmouth-hitchcock.org/hiv	Lebanon: (603) 650-8840 Bedford: (603) 629-1752 Nashua: (603) 577-3478
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ALBINISM AND HYPOPIGMENTATION

The National Organization for Albinism and Hypopigmentation (NOAH) www.albinism.org	(800) 473-2310 (603) 887-2310
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ALLERGIES/ASTHMA

Asthma & Allergy Foundation of America https://aafa.org/	1-800-7-ASTHMA or New England Chapter (781) 444-7778
Breathe NH (formally the American Lung Association of NH) www.breathenh.org	(800) 835-8647 (603) 669-2411

ARTHRITIS

Arthritis Foundation www.arthritis.org	(800) 283-7800
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AUTISM

NH Council on Autism Spectrum Disorders www.nhcouncilonasd.org	(603) 271-5034
Association for Autism and Neurodiversity (AANE) www.aane.org	(617) -393-3824
Autism Speaks, New England Chapter www.autismspeaks.org/new-england	(617) 726-1515
The Laura Foundation for Autism & Epilepsy https://thelaurafoundation.org	(603) 367-1166

BLIND/VISUALLY IMPAIRED

Future in Sight (formerly NH Association for the Blind) https://futureinsight.org	(603) 224-4039
National Federation of the Blind (NFB) of NH www.nfbnh.org	(603) 357-4080

BRAIN INJURY

Brain Injury Association of New Hampshire www.bianh.org	(603) 225-8400
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Resources for Specific Conditions and Disabilities (Cont.)

CANCER

Childhood Cancer Lifeline www.childhoodcancerlifeline.org	(603) 645-1489
The National Children's Cancer Society https://thenccs.org/	(314) 241-1600 or (800) 532-6459
Blood Cancer United (formerly The Leukemia & Lymphoma Society) https://bloodcancerunited.org	(800) 955-4572

CARDIAC

American Heart Association www.heart.org	(800) 242-8721
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COMPLEX MEDICAL NEEDS

Courageous Parents Network https://courageousparentsnetwork.org	(617) 571-1779
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CROHN'S and COLITIS

Crohn's and Colitis Foundation New England www.crohnscolitisfoundation.org/chapters/ne	(781) 449-0324
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CYSTIC FIBROSIS

Cystic Fibrosis Foundation (Northern New England) www.cff.org/chapters/northern-newengland-chapter	(800) 757-0203
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DEAF AND HARD OF HEARING

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

DIABETES

Breakthrough T1D www.breakthrought1d.org	(781) 431-0700
American Diabetes Association New England www.diabetes.org	(800) 342-2383 (National) (617) 482-4580 (New England)

DOWN SYNDROME

New Hampshire Down Syndrome Association https://newhampshiredsa.org	(603) 479-1589
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Resources for Specific Conditions and Disabilities (Cont.)

DWARFISM

New England Chapter of Little People of America www.facebook.com/groups/133711083398373	(888) LPA-2001 (714) 368-3689
Little People of America (National Office) www.lpaonline.org	

DYSLEXIA

International Dyslexia Association Northern New England Alliance (IDA-NNEA) https://dyslexiaida-nnea.org	(207) 600-9323
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EHLERS-DANLOS

The Ehlers-Danlos Society www.ehlers-danlos.com	(410) 650-7577
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EPILEPSY

The Laura Foundation for Autism & Epilepsy https://thelauraoundation.org	(603) 367-1166
Epilepsy Foundation New England (EFNE) https://epilepsynewengland.org/	(617) 506-6041

FRAGILE X

National Fragile X Foundation https://fragilex.org	(202) 747-6210 (800) 688-8765
Rare New England https://rarenewengland.org	(508) 455-1425

HEMOPHILIA

New England Hemophilia Association www.newenglandhemophilia.org	(781) 326-7645
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LIVER DISEASE

American Liver Foundation New England Chapter www.liverfoundation.org/chapters/newengland	(800) 465-4837
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MENTAL HEALTH

National Alliance for the Mentally Ill NH Chapter www.naminh.org	(800) 242-6264 (603) 225-5359
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MULTIPLE SCLEROSIS

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

Muscular Dystrophy Association www.mda.org	(800)-572-1717
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Resources for Specific Conditions and Disabilities (Cont.)

PANS/PANDAS

The Look. Foundation www.lookfoundation.org	
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PRADER-WILLI SYNDROME

Prader-Willi Syndrome Association of New England https://pwsane.org/	(978) 207-1185
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RARE CHROMOSOME AND GENE DISORDERS

Unique-Understanding Genes and Chromosomes https://rarechromo.org/	help@rarechromo.org
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SPINAL CORD INJURY

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

Children's Behavioral /Mental Health Services

NH Bureau for Children's Behavioral Health

Concord, NH

BCBHInquiry@dhhs.nh.gov

www.dhhs.nh.gov/programs-services/health-care/childrens-behavioral-health

The New Hampshire Bureau for Children's Behavioral Health (BCBH) aims to provide a comprehensive network of community-based services and supports for children and their families with or at risk for behavioral health challenges.

Crisis Response

New Hampshire Rapid Response Access Point

<https://nh988.com/>

833-710-6477 or Text 988

If you or someone you care about is experiencing a mental health and/or substance use crisis, you can contact Rapid Response and speak to a trained and caring crisis operator immediately at any time of the day or night.

Crisis operators can dispatch mobile teams to provide support in-person or by video, connect you with a crisis center and set up a same-day/next-day access appointment with your local Community Mental Health Center.

Community Mental Health Centers

Community Mental Health Centers (CMHCs) are located in ten regions of New Hampshire designated by the state. They are private not-for-profit agencies that have contracted with NHDHHS to provide publicly funded mental health services to individuals and families who meet certain criteria for services.

Community Mental Health Centers (CMHCs) are full-service clinics that offer a wide variety of therapeutic services. Services provided by CMHCs include: 24-hour emergency services, assessment and evaluation, individual, family, and group therapy, case management, community-based rehabilitation services, psychiatric services, and community disaster mental health support. All CMHCs have specialized programs for older adults, children, and families. The CMHCs also provide services and referrals for co-occurring mental health and substance use disorder treatment and 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.

General Intake Numbers and Map of Regions for CMHCs:

www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/bmhs-list-map.pdf

Region 1 Northern Human Services

Offices in:

Berlin, (603) 752-1005 • Colebrook, (603) 237-4955 • Conway, (603) 447-2111 •
Groveton, 603-636-2555 • Littleton, (603) 444-5358 • Wolfeboro, (603) 569-1884 •
Woodsville, (603) 747-3658

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
Lisbon	Littleton	Lyman	Madison	Milan	Monroe
Moultonborough	Northumberland	Ossipee	Piermont	Pittsburg	Randolph
Sandwich	Shelburne	Stark	Stewartstown	Stratford	Sugar Hill
Tamworth	Tuftsboro	Wakefield	Warren	Waterville	Wentworth
Whitefield	Wolfeboro	Woodstock			

Region 2 Western Central Behavioral Health

Lebanon, NH

(603) 448-5610

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

(603) 524-1100

www.lrmhc.org

Towns served:

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

Region 4 Riverbend Community Mental Health

Concord, NH

(603)228-0547 (for children) (603) 225-0123 (for adults)

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

Allenstown	Andover	Boscawen	Bow	Bradford	Canterbury
Chicester	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

(603)357-4400

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	Swanzy	Temple
Troy	Walpole	Westmoreland	Wilton	Winchester	

Region 6 Greater Nashua Mental Health Center at Community Council

Nashua, NH

(603)889-6147

www.gnmhc.org**Towns served:**

Amherst	Brookline	Hollis	Hudson	Litchfield	Mason
Merrimack	Milford	Mont Vernon	Nashua		

Region 7 The Mental Health Center of Great Manchester

Manchester, NH

(603)668-4111

www.mhcgmm.org**Towns served:**

Auburn	Bedford	Candia	Goffstown	Hooksett	Londonderry
Manchester	New Boston				

Region 8 Seacoast Mental Health Center

Portsmouth, NH (603)431-6703 • Exeter, NH (603)772-2710

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

(603)516-9300

<https://communitypartnersnh.org>

Towns served:

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

Region 10 Center for Life Management Behavioral Health Systems

Derry, NH

(603)431-6703

www.centerforlifemanagement.org

Towns served:

Atkinson	Chester	Danville	Derry	Hampstead	Newton
Pelham	Plaistow	Salem	Sandown	Windham	

Behavioral Health Resources

Children's Behavioral Health Resource Center

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

A website launched by NH DHHS and developed in partnership with the UNH Institute on Disability and the UNH Institute on Health Policy and Practice. The website is designed to help families, caregivers, providers and communities get access to the mental health resources children need. Services are organized into 5 tiers based on needs, ranging from a focus on prevention, assessment and screening, through acute psychiatric hospital care and psychiatric residential treatment.

FAST Forward (NH Wraparound)

(603) 271-5075

fastforward@dhhs.nh.gov

www.dhhs.nh.gov/programs-services/health-care/childrens-behavioral-health/fast-forward-new-hampshire-wraparound

Wraparound is an evidence-based, family- and youth-driven planning process for responding when children or youth experience serious emotional and behavioral concerns. Families and Systems Together (FAST) Forward is New Hampshire's program that provides wraparound services that focus on keeping the child/youth in their home community. New Hampshire's providers of Fast Forward are NFI North and Connected Families NH.

FAST Forward is for youth ages 5 to 21 who are able to participate in the planning process and who:

- Have an emotional or behavioral disorder.
- Have many different providers (Child Protection, Juvenile Justice, Community Mental Health, etc.).
- Have not benefited from school or community-based services.

National Alliance on Mental Illness (NAMI)

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

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.

National Alliance on Mental Illness New Hampshire (NAMI NH) (National Alliance for the Mentally Ill New Hampshire Chapter)

81 North Main St., Concord

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

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.

NH Children's System of Care

Statewide

<https://nhcsoc.org/>

The NH Children's System of Care is a multi-disciplinary initiative fixing barriers and improving behavioral health outcomes for children, youth and their families in New Hampshire. The purpose of this network is to ensure that NH children and their families receive an array of services across an integrated continuum of care.

Youth M.O.V.E NH

Contoocook, NH

(603) 931-2647

youthmovenh@gmail.com

www.nhyouthmovement.org

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

National Federation of Families for Children's Mental Health

(240) 403-1901

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.

Depression and Bipolar Support Alliance (DBSA)

(312) 642-0049

www.dbsalliance.org

A peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder. DBSA provides peer-led support, resources and wellness tools to support individuals, caregivers and friends.

The Balanced Mind Parent Network

www.thebalancedmind.org

The Balanced Mind Parent Network (BMPN) guides families raising children with mood disorders to the answers, support and stability they seek. This online network is connected to DBSA and provides an online community for parents and caregivers of children and teens.

The TLC Foundation for Body Focused Repetitive Behaviors

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, such as hair pulling, skin picking, nail biting and cheek biting.

Schizophrenia and Psychosis Action Alliance

(240) 423-9432

<https://sczaction.org/>

SAPAA's 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

(240) 485-1018

www.adaa.org

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

Notes

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— Office of Adult Education

25 Hall Street

Concord NH 03301-3860

(603) 271-3494

www.education.nh.gov/who-we-are/division-of-learner-support/bureau-career-development/office-adult-education

The mission of the New Hampshire Office 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 Diploma Program- 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.
- 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 Office of Adult Education provides transcripts and verification of high school equivalency certificates

Locations:

Adult Education Programs are offered at more than 30 adult education centers located across New Hampshire: <https://nhadulthood.org/locations/>

Post-Secondary Transition Services

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.

Each local transition program is unique, but services may include:

- 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

Check with your local Adult Education Center to see which services they offer.

NH Bureau of Vocational Rehabilitation

NH Department of Education
101 Pleasant St.
Concord, NH 03301
(603) 271-3471 (V/TTY)

www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation

New Hampshire Vocational Rehabilitation (NHVR) is an agency within the Department of Education that helps persons with disabilities prepare for, obtain, and succeed in meaningful careers. NHVR has seven regional offices throughout the state designed to assist persons who have physical, mental, emotional and learning disabilities.

You can refer yourself or someone you know for NHVR services by contacting the Bureau of Vocational Rehabilitation, or your regional NHVR office. You can also use NHVR's online portal. Youth can begin to work with NHVR while they are still in high school.

After referral, you will get some initial information about NHVR and an appointment date. At this first appointment, you will learn more about NHVR, start the application process and your eligibility will be determined. After determination of eligibility, you and your Rehabilitation Counselor will develop a plan to work towards employment goals. Everyone's plans are different, as they are based on individual goals and needs. Once your plan is developed, NHVR provides continuing support and services.

Please note A determination of eligibility for NHVR services will be made based off current medical information documenting your disability. Any medical records that would assist in the eligibility process should 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 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, clients may be required to financially participate in certain services in their Rehabilitation Program. Clients are also required to take advantage of any insurance or other programs for which they may be eligible.

Vocational Rehabilitation Regional Offices

Berlin Regional Office 610 Main St., Berlin (888) 300-9550 or (603) 752-2271	Concord Regional Office 21 Fruit St., Suite 20, Concord (603) 271-2327	Keene Regional Office 149 Emerald St., Suite T, Keene (603) 357-0266
Manchester/Nashua Regional Office One Sundial Ave, Suite 201 N, Manchester Manchester (603) 669-9733 Nashua (603) 889-6844	Portsmouth Regional Office 210 Commerce Way, Suite 120, Portsmouth (603) 436-8884	
Services for Blind and Visually Impaired 21 South Fruit St., Suite 20, Concord (603) 271-3471 or (603) 271-3537		Deaf and Hard of Hearing Services 101 Pleasant St., Concord (603) 463-0728 VP or (603) 290-1003 VP

Federal Legislation and State Regulations pertaining to Voc Rehab:

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

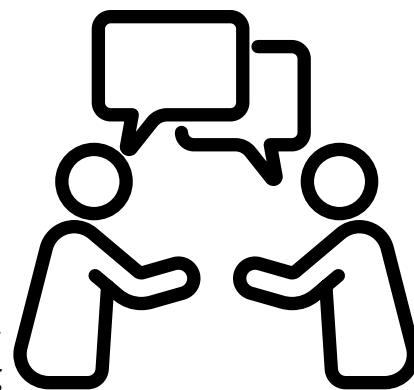
Higher Education Planning and Funding

Major Choice

(978) 202 -5731

www.majorchoice.com

Major Choice is a New Hampshire-based, virtual career exploration program designed for high school students—specifically those with IEPs, 504 plans, or other disabilities—to explore career paths via personalized mentorship. Approved by the NH Department of Education, it offers 0.5 high school credits and helps students map out post-secondary goals, including college or vocational training. The mission of Major Choice is to blend cutting-edge technology with personalized mentorship to empower people with a range of abilities to discover and achieve their most fulfilling path in life.



Granite Edvance (formerly the NHHEAF)

Concord, NH

603-225-6612

<https://graniteedvance.org/>

Granite Edvance supports New Hampshire students and families by offering free services for navigating education and career pathways. Granite Edvance is a provider of student loan products and assists students, families, and schools with expertise and support on all parts of college and career planning.

NH Charitable Foundation

Concord, NH

(603) 221-6641

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.

Workforce Readiness

Project SEARCH

www.projectsearch.us

Project SEARCH is a program that provides job readiness training, resulting in employment for individuals with intellectual and/or developmental disabilities. By offering total workplace immersion through host sites, this program facilitates a combination of classroom instruction, career exploration and on-the-job training and support. Project SEARCH New Hampshire's partners include Vocational Rehabilitation NH, School Districts, Area Agencies, Service Providers, Community Colleges, Businesses and Hospitals. Locations throughout New Hampshire include Concord, Lebanon, Keene, Nashua, and Portsmouth.

NH Employment Security

Concord, NH

(603) 271-7700

www.nhes.nh.gov

Operates a free public Employment Service through a statewide network of Job Information 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)

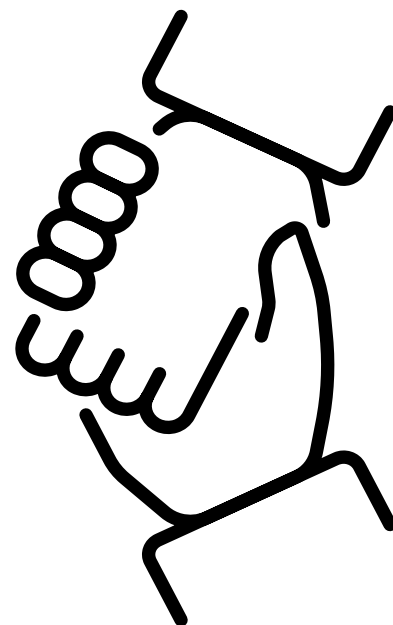
Concord, NH

(603) 271-7275

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 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

(603) 695-8800

<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. Generally, Job Corps students are low-income individuals, meet citizenship, residency, or other approved status requirements, meet background requirements and are motivated to succeed.

Driver Education

NH Division of Motor Vehicles

23 Hazen Drive, Concord

(603) 227-4000

www.dos.nh.gov

Provides general information about driver education in New Hampshire.

Align Adaptive Driving Services

(603) 772-4487

<https://aligndriving.com/>

Offers comprehensive driver evaluation and training for individuals whose medical, physical, or cognitive conditions may affect their ability to drive safely.

Driveability

54 Wentworth Ave Londonderry, NH 03053

603-260-6509

www.driveabilitynh.com

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

Social Security Benefits

Social Security Administration - www.ssa.gov

Children Under 18

Supplemental Security Income (SSI)

SSI provides monthly payments to people with disabilities and older adults who have little or no income or resources.

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 they are given by the person applying. 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.

Ages 18 and over

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

Supplemental Security Income (SSI)

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

Social Security Disability Insurance (SSDI), or "Disability," provides monthly payments to people who have a disability that stops or limits their ability to work. Benefits may include a monthly payment and Medicare. The payment amount is based on the individual's work history before their disability began.

Family Benefits

An individual may be eligible if they are the spouse, ex-spouse, or child of someone entitled to retirement or disability. Children may be eligible if they're unmarried and are:

- Age 17 and younger, or
- Ages 18–19 and in school (K–12) full time, or
- Any age if they developed a disability at age 21 or younger.

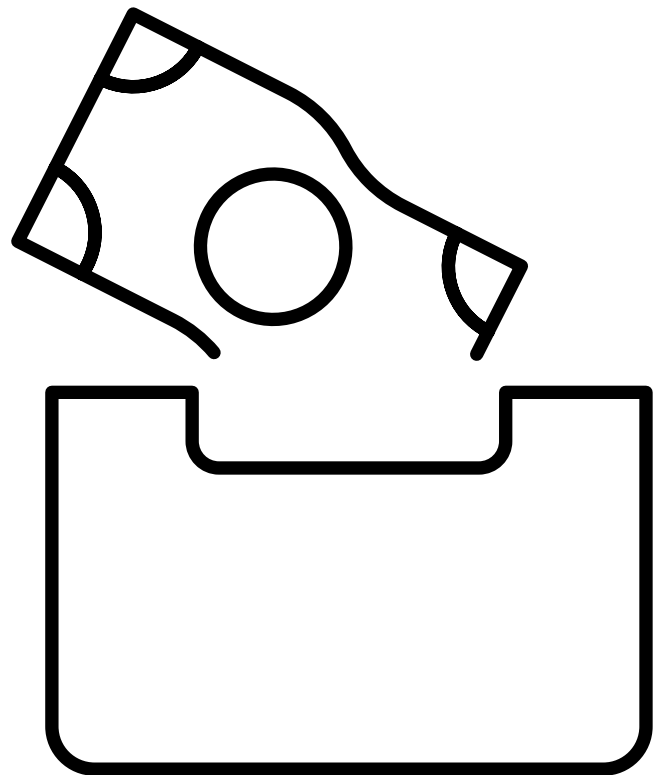
Under certain circumstances, benefits may also be paid to married children, stepchildren, adopted children, grandchildren, and step-grandchildren.

Survivor's Benefits

An individual may qualify if they are the spouse, divorced spouse, child, or dependent parent of someone who worked and paid Social Security taxes before they died.

Individuals 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 (888) 397-9798	Manchester SSA Office 1100 Elm St, Suite 201 Manchester (866) 814-5408
Nashua SSA Office 171 Amherst St, Suite 2, Nashua (877) 444-0134	Keene SSA Office 9 Elm St, Keene (877) 405-3651
Littleton SSA Office 117 Main St, Littleton (877) 405-7658	Portsmouth SSA Office 215 Commerce Way, Room 200, Portsmouth (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:

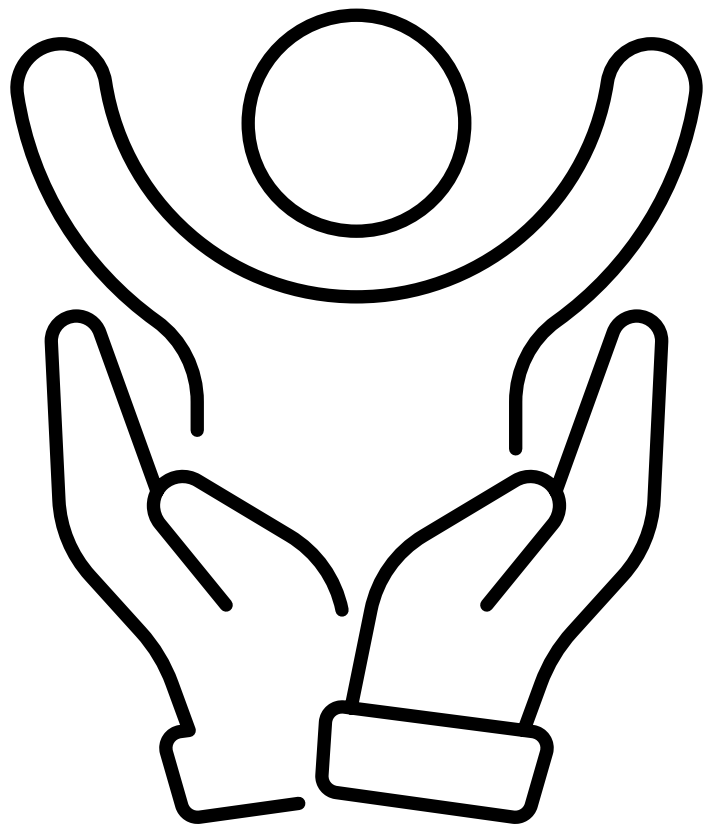
- Ask your current doctor.
- Check out the doctor your parents or other family members see.
- Call a family support group or adult disability agency and check around.
- Ask adults who have health needs similar to yours for recommendations.
- Refer to your health insurance company booklet of approved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

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).
- 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!



Health Care Transition Resources

NH Family Voices

Family to Family Health Information and Education Center

129 Pleasant St., Concord

(603) 271-4525

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, and independent living.

Youth for Education, Advocacy and Healthcare (YEAH Council)

NH Family Voices

(603) 271 4525

<https://nhfv.org/get-involved/youth-involvement/>

YEAH Council comes together monthly to discuss issues involved in what it means to be a young adult with a chronic health condition or disability. 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.

Bureau for Family Centered Services

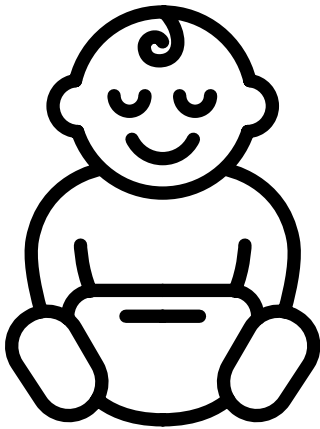
NH DHHS Division of Developmental Disabilities

129 Pleasant St, Concord

(603) 271-4488

www.dhhs.nh.gov/programs-services/disability-care/developmental-services/children-specialhealth-care-needs/family

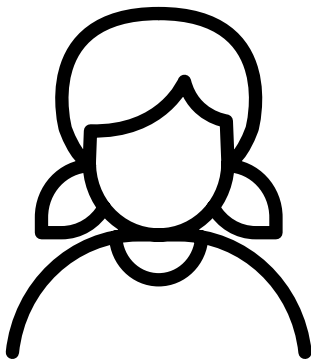
Services for youth 18-21 yrs. with chronic health, physical, and developmental needs transitioning into adult healthcare systems.



Supported Decision Making for Youth Transitioning to Adulthood

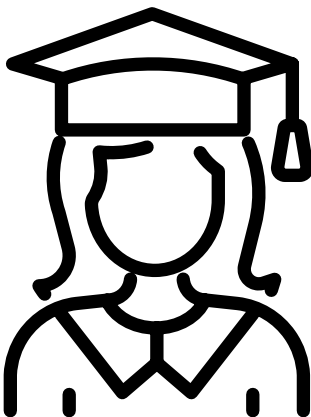
A person in New Hampshire over the age of 18 is legally an adult, and is presumed to be able to manage his or her own financial affairs, choose where to live, consent to medical treatment, vote, make contracts, marry, and exercise his or her own legal rights as an adult. This presumption does not change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

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



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

- What do you worry about as you consider your child's future - is guardianship 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

There are a variety of tools that are used to provide different levels of support individuals with disabilities:

Release of Information Forms

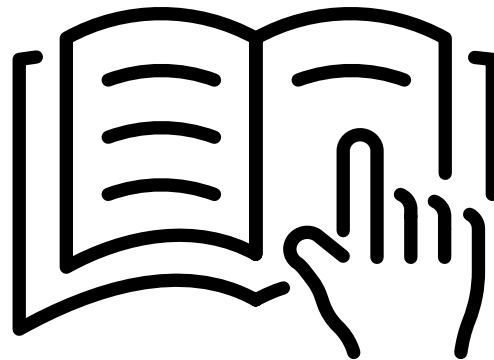
One option for supporting an individual with a disability is to work with health care organizations, financial institutions and schools to have the adult child sign a release of information form. This allows a parent, family member or guardian to talk with providers, schools and financial institutions and assist with making decisions if needed.

Representative Payee for Social Security

A representative payee is a person who receives a person's Social Security on their behalf and assists them in money management.

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, financial or educational 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.



- 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.

Supported Decision Making Agreements

Supported Decision Making Agreements designate which supporters will help an individual with disabilities make which decisions. Decisions may include where and with whom they want to live, what services, supports, or medical care they want to receive, and where they want to work. There may be multiple supporters identified to help with the various decisions outlined in the agreement. Since each supported decision making agreement is designed to best support the individual with disabilities, each agreement will look different. A supported decision making agreement will only exist if the person with the disability chooses it and is comfortable with their designated supporters.

Guardianship

Parents are guardians for their children until they turn 18. Once they turn 18 they are entitled to make all their own decisions regarding where they live, how to manage their money and any decisions about their health care. If a 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 an agency that provides guardianship services.

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 areas of the person's life.

Temporary Guardianship

It is possible for someone to request guardianship for a temporary period. This is usually done under the Emergency Temporary Guardianship guidelines and will cover a 60-day period. This may be helpful during a crisis 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.

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.

Supported Decision Making Resources

National Resource Center for Supported Decision Making

<https://supporteddecisionmaking.org/>

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

NH Disability Rights Center Supported Decision Making Toolkit

<https://drcnh.org/know-your-rights/supported-decision-making-toolkit/>

This online toolkit has information and handouts about supported decision making. In addition, there are worksheets and forms to fill out, print, and use.

Guardianship Resources

NH Judicial Branch Guardianship Resources

(855) 212-1234

www.courts.nh.gov/our-courts/circuit-court/probate-division/guardianship

This website has a variety of information pertaining to guardianship.

Office of Public Guardian

2 Pillsbury St., Suite 400, Concord

(603) 224-8041

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

(603) 837-9561

Concord Office: 18 Low Avenue, Concord

(603) 224-0805

<https://tccap.org/services/youth-and-families/guardianship/>

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

(603) 228-0432

<https://drcnh.org/disability-issue-areas/guardianship/>

Resources and legal assistance with guardianship for people with disabilities.

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.

(603) 271-5000

www.dhhs.nh.gov/programs-services/mental-health/peer-support-agencies

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



An Area Agency provides either directly or through subcontractors, an array of services for individuals who have a developmental disability or acquired brain disorder. To be eligible for area agency services you must meet the disability definition and be of a specific age, depending on the service. There are 10 Area Agencies throughout New Hampshire that are non-profit corporations and operate within the guidelines and regulations established by the Department of Health and Human Services. Funding availability is critical to receiving all of the services you may need. You and your family will be able to discuss this in full detail with an Area Agency near you.

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

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

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

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

The Area Agency System (Cont.)

Region 1 Northern Human Services

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

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
Lisbon	Littleton	Lyman	Madison	Milan	Monroe
Moultonborough	Northumberland	Ossipee	Piermont	Pittsburg	Randolph
Sandwich	Shelburne	Stark	Stewartstown	Stratford	Sugar Hill
Tamworth	Tuftonboro	Wakefield	Warren	Waterville	Wentworth
Whitefield	Wolfeboro	Woodstock			

Region 2 Pathways of the River Valley

Claremont, NH
(603) 504-1547

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
West Lebanon					

Region 3 Lakes Region Community Services

Laconia, NH
(603) 524-8811

www.lrcsc.org

Towns served:

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

The Area Agency System (Cont.)

Region 4 Community Bridges, Inc.

Concord, NH

(603) 225-4153

www.communitybridgesnh.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 Developmental Services, Inc.

Keene, NH 03431

(603) 352-1304

www.mds-nh.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 Gateway Community Services

Nashua, NH

(603) 882-6333

www.gatewayscs.org

Towns served:

Amherst	Brookline	Hollis	Hudson	Litchfield	Mason
Merrimack	Milford	Mont Vernon	Nashua		

Region 7 Moore Center Services

Manchester, NH

(603) 206-2700

www.moorecenter.org

Towns served:

Auburn	Bedford	Candia	Goffstown	Hooksett	Londonderry
Manchester	New Boston				

The Area Agency System (Cont.)

Region 8 One Sky Community Services

Portsmouth, NH

(603) 436-6111

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

(603) 516-9300

<https://communitypartnersnh.org/>

Towns served:

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

Region 10 Community Crossroads

Atkinson, NH

(603) 893-1299

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

(603) 229-1982

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

(603) 228-9680 or 800-826-3700

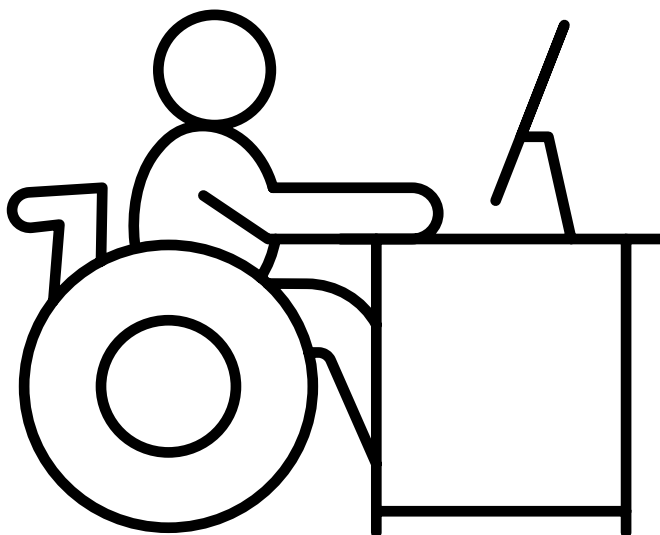
TTY 711 | 800-735-2964

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 101 Castle St., Keene (603) 228-9680	Manchester Office 60 Rogers St. Suite 207 Manchester (603) 518-4600
Nashua Office 14 Celina Ave., Unite #14, Nashua (603) 228-9680	Littleton Office 76 Main Street, Littleton (603) 228-9680
Dover Office 710 Central Ave. Unit O, Dover (603) 228-9680	



Notes

Additional Resources

**Advocacy, Family Support, Recreation
and Community Services**

Community Organizations

Disability Rights Center (DRC)

64 N Main St, Suite 2, Third Floor, Concord
(800) 834-1721 or (603) 228-0432

www.drcnh.org

Disability 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

14 Regional Drive, Suite 1, Concord
(800) 852-3405 or (603) 271-2773 or TDD Access Relay 1-800-735-2964

www.disability.nh.gov

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.

Granite State Independent Living (GSIL)

21 Chenell Dr, Concord
(603) 228-9680

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 91 for list of local offices*

Easter Seals

555 Auburn Street Manchester, NH 03103
(603) 623-8863 or (800) 870-8728

<https://eastersealsnh.org/>

Easter Seals' comprehensive services cover the lifespan and include early childhood centers of excellence; camping and recreation; vocational and employment supports; senior services; substance use treatment and behavioral health care; adult day and community-based programs; residential and educational services; individualized service options; transportation; and specialized supports for Veterans.

NH Family Voices

129 Pleasant St, Concord
(603) 271-4525

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.

Parent Information Center

54 Old Suncook Rd, Concord

(603) 224-7005

www.picnh.org

The Parent Information Center provides information, referrals, workshops and support to families of children with disabilities. (See more page 31).

NAMI New Hampshire (National Alliance for the Mentally Ill New Hampshire Chapter)

89 North State St, Concord

(603) 225-5359 & Information & Resources Line: 1-800-242-6264

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.

Brain Injury Association of New Hampshire

12 Pleasant St., Concord

(603) 225-8400

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).

Waypoint

464 Chestnut St, Manchester

(603) 518-4000 or 1 (800) 640-6486

<http://waypointnh.org>

With 14 office sites across the state, 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

(603) 448-6311

<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 Foster Adoptive Parent Association

9 Webster Street, Nashua

(603) 717-5899

www.nhfapa.org

Supports foster and adoptive parents with resources and support groups.

Zebra Crossings

Dover, NH

(603) 312-2052

www.zebra-crossings.org

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

Community Action Partnership (CAP)

www.capnh.org/home

NHCAP connects individuals in need with resources and supports to help them thrive. Rental 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 the five Community Action Programs throughout the state.

CAP Agencies

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

NH 211

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

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

www.211nh.org

Resources for Adaptive Sports

Northeast Passage

Durham, NH

(603) 862-0070

<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

North Country, NH

(802)-922-2006

<http://adaptivesportspartners.org>

Adaptive Sports Partners is committed to working with persons with any kind of disability. Adaptive Sports Partners welcomes athletes of all abilities and ages to participate in their thoughtfully designed programs, throughout the North Country of New Hampshire and the Northeast Kingdom of Vermont.

Granite State Adaptive Sports

Mirror Lake, NH

(603) 387-1167

www.gsadaptiveports.org

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

New England Disabled Sports

Loon Mountain, Lincoln, NH

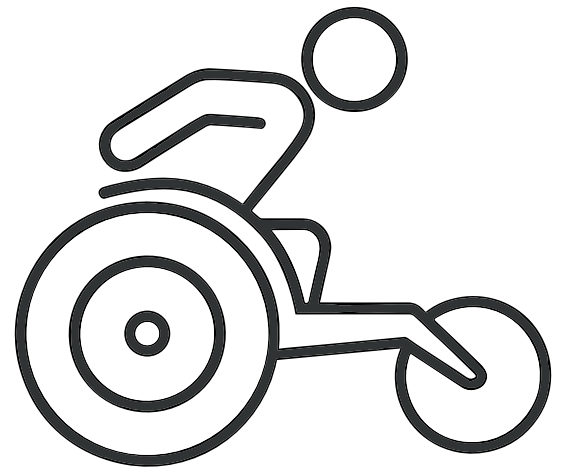
(603) 745-9333

Bretton Woods Resort

(603) 278-3398

<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

(603) 737-4365

<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**

(603) 236-8311 ext. 3175

<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

(603) 624-1250

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.

New Hampshire Fish and Game Department

Concord, NH

Licensing Division - (603) 271-3422

www.wildlife.nh.gov/outdoor-access-everyone

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.

Housing Resources

NH Housing

Bedford, NH

(603) 472-8623 | (800) 640-7239

TDD (603) 472-2089

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. NH Housing also have many resources for homeowners, including information on foreclosure prevention.

Housing Counseling Services

www.nhhfa.org/resources-for-homeowners

NH Housing has information on free, professional, objective homeownership counseling, which is available to at-risk homeowners. Those who qualify may also be able to access free or low-cost legal advice to help them decide the best options for their housing situation.

Emergency Preparedness

ReadyNH

NH Department of Safety

Concord, NH

(603) 271-2231

www.readynh.gov

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 are intended to help individuals, families, businesses and other organizations prepare for emergencies. Special needs considerations are included.

Scholarships, Grants, and Fundraising Resources

Annie's Angels 191 Exeter Rd, Newmarket, NH 03857 (603) 686-4224 https://anniesangels.org/	Believe In Tomorrow Children's Foundation 6601 Frederick Road Baltimore, MD 21228 (410) 744-1032 www.believeintomorrow.org
Different Needz Foundation 8584 E Washington St, Chagrin Falls, OH 44023 (216) 904-5151 https://differentneedzfoundation.org/	The Foundation for Sight and Sound P.O. Box 1245 Smithtown, NY 11787 (888) 580-8886 info@helpamericahear.org https://helpamericahear.org/
Harry Gregg Foundation 186 Granite Street, Suite 3C Manchester, NH 03101 (603) 792-0137 hgf@crotchedmountain.org https://harrygreggfoundation.org/	Joey's Fund Family Grant Program PO Box 2157 Framingham, MA 01703 (508) 270-8855 thejoeyfundcf@gmail.com
Josh Provides Epilepsy Assistance Foundation, Inc. 5428 Sundew Drive Sarasota, FL 34238 (800) 706-2740 https://joshprovides.org/	The JT Fortin Foundation PO Box 4524 Windham, NH 03087 (978) 590-7668 www.jtfortinfoundation.org/grantfund
Oracle Health Foundation 8779 Hillcrest Road Dock 2048 Kansas City, MO 64138 816-573-6050 oraclehealthfoundation_ww@oracle.com www.oraclehealthfoundation.org	Scholarship Trust for the Hearing Impaired 2041 Exchange Drive St Charles, MO 63303 (636) 724-2227 www.tpahq.org/community-engagement/hearing-trust
Sertoma – Scholarships (816) 333-8300 www.sertoma.org	Small Steps in Speech P.O. Box 65 Eagleville, PA 19408 1-888-SPEAK (1-888-577-3256) www.smallstepsinspeech.org
The CMF Autism Fund 186 Granite Street, Suite 3C Manchester, NH 03101 (603) 668-7584 https://cmf.org/cmfkids/autismfund	The Hike Fund (Hearing Impaired Kids Endowment Fund, Inc.) 1511 River View Road Maidens, VA 23102-2725 (804) 339-5353 https://thehikefund.org

Legal Resources

NH Legal Assistance

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

1-800-562-3174 or TTY 7-1-1 or 1-800-735-2964

www.nhla.org

NH Legal Assistance offers clients free 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.

New Hampshire Public Defender

Administration Office, Concord NH

(603) 224-1236 or (800) 464-0652

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

NH Bar Association Lawyer Referral Service

(603) 229-0002

www.nhbar.org/lawyer-referral-service

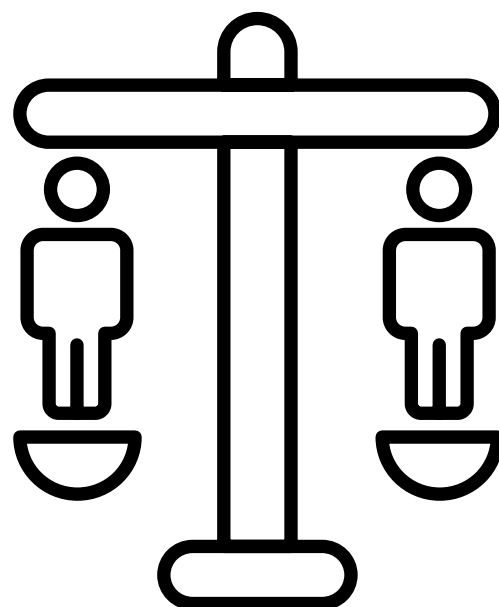
The NHBA Lawyer Referral Service (LRS) provides guidance on selecting and hiring a qualified, conveniently located attorney for your legal issue.

603 Legal Aid

(603) 224-3333 or (800) 639-5290

www.603legalaids.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.



Disability Rights Center (DRC)

(603) 228-0432 or 1-800-834-1721

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.

New Hampshire Commission for Human Rights

(603) 271-2767 or TDD Access: Relay NH (800) 735-2964

www.humanrights.nh.gov

The state agency established by RSA 314-A for eliminating discrimination in employment, public accommodations and the sale or rental of housing or commercial property. 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

(877) 398-4769

<http://extension.unh.edu>

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

Belknap County Laconia, NH (603) 527-5475	Carroll County Conway, NH (603) 477-3834	Cheshire County Keene, NH (603) 352-4550
Coos County Lancaster, NH (603) 788-4961	Durham Campus - UNH Durham, NH (877) 398-4769	Education Center of Goffstown Goffstown, NH (603) 351-3831
Grafton County North Haverhill, NH (603) 787-6944	Hillsborough County Goffstown, NH (603) 641-6060	Merrimack County Boscawen, NH (603) 255-3556
Stratford County Dover, NH (603) 749-2529	Rockingham County Brentwood, NH (603) 679-5616	Sullivan County Newport, NH (603) 863-9200

Resources for New Americans

Ascentria Care Alliance: Services for New Americans

Concord, NH

(603) 224-8111

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

(603) 647-1500

<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

(603) 856-7507

<https://overcomersnh.org/>

Overcomers Refugee Services is a resource center for New Hampshire refugees and immigrants, particularly those in the greater Concord area. Overcomers provides ongoing practical support, education and cultural orientation through people who understand both the refugees' language and culture of origin.

Organization for Refugee and Immigrant Success (ORIS)

Manchester, NH

(603) 286-8036

<http://refugeesuccess.org>

The Organization for Refugee and Immigrant Success (ORIS) is a 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.

New American Africans (NAA)

Concord, NH

(603) 905-9915

<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 themselves and their 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

(603) 264-7083

<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

(603) 218-1735

<http://pinpointlanguage.com>

Translation services that meet a wide array of needs and cross multiple sectors, including business, health care, 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

(603) 224-8111 or (844) 579-0610

<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

(603) 271-3494

www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-instructionalsupport/esol-k-12-english-for-speakers-of-other-languages

Information and locations of ESOL programs throughout NH. Also see pages 103.

There is also a directory of translators /interpreters by name as well as an alphabetical listing of translators/interpreters by language (www.education.nh.gov/who-we-are/division-of-learnersupport/bureau-of-instructional-support/directory-translators-interpreters).



Department of **HEALTH & HUMAN SERVICES**

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

1-844-ASK-DHHS (1-844-275-3447)

Public Information Office: (603) 271-9389

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 (DOs)

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.

District Office	Towns Served
Berlin Office 610 Main St. Suite 200 Berlin, NH 03170 Main Number: (603) 752-7800 Toll Free Number: (800) 972-6111 TDD Number: (800) 735-2964	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 404 Washington Street Claremont, NH 03743 (603) 542-9544 Toll Free N(800) 982-1001 TDD Number: (800) 735-2964	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 TDD Number: (800) 735-2964	Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Elkins, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot
Conway Office 73 Hobbs Street Conway, NH 03818 Main Number: (603) 447-3841 Toll Free Number: (800) 552-4628 TDD Number: (800) 735-2964	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
Laconia Office 61 Beacon Street W. Laconia, NH 03246 Main Number: (603) 524-4485 Toll Free Number: (800) 322-2121 TDD Number: (800) 735-2964	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 03161 Main Number: (603) 444-6786 Toll Free Number: (800) 552-8959 TDD Number: (800) 735-2964	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 1010 Perimeter Rd. Suite 101 Manchester, NH 03103 Main Number: (603) 668-2330 Toll Free Number: (800) 852-7493 TDD Number: (800) 735-2964	Auburn, Bedford, Chester, Goffstown, Manchester, New Boston, Weare
Rochester Office 110 Wakefield St. Suite 2 Rochester, NH 03867 Main Number: (603) 332-9120 Toll Free Number: (800) 862-5300 TDD Number: (800) 735-2964	Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford
Seacoast District Office 19 Rye St. Portsmouth, NH 03801 Main Number (603) 433-8300 Toll Free Number (800) 821-0326 TDD Number: (800) 735-2964	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 Street Nashua, NH 03060 Main Number: (603) 883-7726 Toll Free Number: (800) 852-0632 TDD Number: (800) 735-2964	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

(603) 271-4451

www.dhhs.nh.gov/division-children-youth-and-families

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

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

Bureau of Family Health and Nutrition – Maternal and Child Health Section

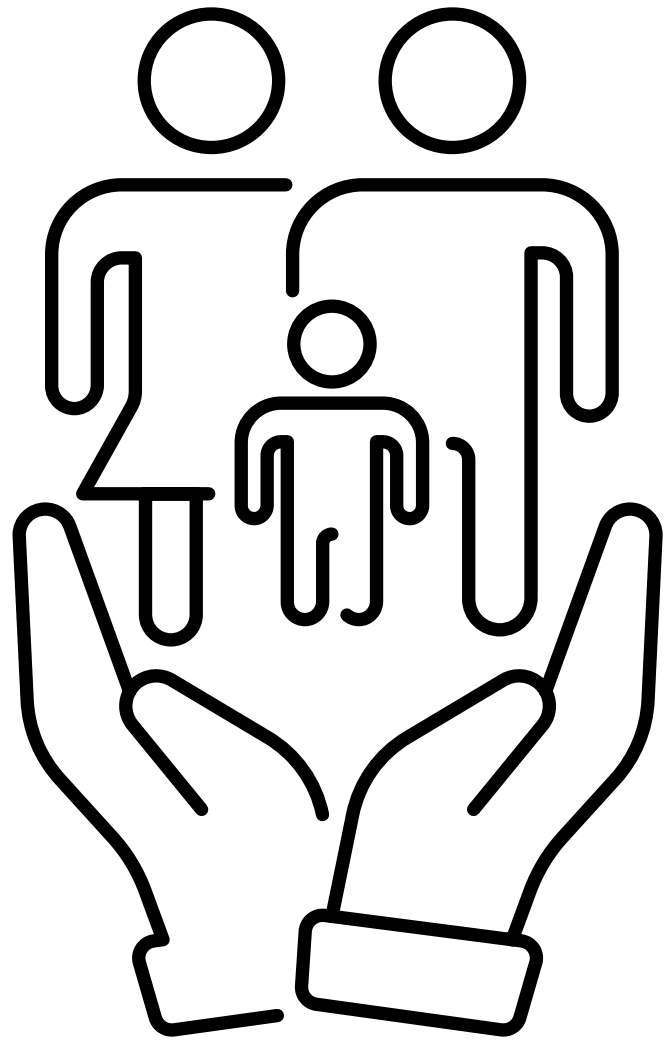
(603) 271-4517

www.dhhs.nh.gov/programs-services/population-health/maternal-child-health

The Section 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.

MCH 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.
- The Pregnancy Risk Assessment Monitoring System (PRAMS) The Pregnancy Risk Assessment Monitoring System (PRAMS) collects information on maternal behaviors and experiences just before, during and after pregnancy.



Bureau of Family Assistance

(603) 271-9700

www.dhhs.nh.gov/programs-services/financial-assistance

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: Supplemental Nutrition Assistance Program (SNAP)
- 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 posts a program fact sheet which is updated approximately every three months. It can be accessed at: www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/bfa-program-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

(603) 271-5000

BCBHInquiry@dhhs.nh.gov

www.dhhs.nh.gov/programs-services/health-care/childrens-behavioral-health

The New Hampshire Bureau for Children's Behavioral Health (BCBH) aims to provide a comprehensive network of community-based services and supports for children and their families with or at risk for behavioral health challenges. Programs and resources include:

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 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

TRECC program- Transitional Residential (and Psychiatric) Enhanced Care Coordination – is designed to bridge gaps in knowledge and communication, to break down barriers to treatment, and to use data driven practice to provide the most effective but shortest duration of treatment so that youth experience a successful return to their homes and communities.

CAT Assessment - Comprehensive Assessment for Treatment (CAT)

The Comprehensive Assessment for Treatment (CAT) is a tool which helps the Department assess if a youth is appropriate for residential level of care.

A CAT referral can be made by the Department for Children Youth and Families (DCYF), a Care Management Entity (CME), Hampstead Hospital and Residential Treatment Program (HHRTF), Mental health providers, and parents, guardians, and families.

Referrals to the CAT must be pre-screened to make sure youth are in need of residential services and have used all available community supports without success.

Bureau for Family Centered Services

(603) 271-4488

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 Health Care Coordination Program (pg. 15).

Division of Behavioral Health Services

(603) 271-1007

www.dhhs.nh.gov/programs-services/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. Behavioral Health has divided the state into ten community mental health regions.

Each of the ten regions has a contracted Community Mental Health Center. (See page 76).



The Bureau of Mental Health Services (The Bureau of Mental Health Services is part of the Division of Behavioral Health Services.)

(603) 271-5000

Bureau of Developmental Services and Acquired Brain Disorders

(603) 271-5034

www.dhhs.nh.gov/programs-services/disability-care/developmental-services

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

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

Aging and Disability

Bureau of Adult and Aging Services

(603) 271-9203 or 1-800-351-1888

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 ages 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability. These services and supports can be accessed through the Aging & Disability Resource Centers (ADRC) and the NH DHHS District Offices. Services and supports are intended to assist people to live as independently as possible in safety and with dignity.

Aging and Disability Resource Centers (Formerly Service Link)

(866) 634-9412

www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers

As a No Wrong Door partner, the Aging and Disability Resource Centers (ADRC) provides information, support and referrals to individuals of all ages, income levels and abilities. ADRCs also administer programs and services such as Information and Referral Services, Person-Centered Counseling (Options Counseling), Family Caregiver Support Program (FCSP), State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).

Belknap County 67 Water St., Laconia (603) 528-6945	Carroll County 448 White Mountain Highway, Tamworth (603) 323-2043
Cheshire County 101 Castle St., Keene (603) 357-1922	Coos County 610 Sullivan St., Suite 6, Berlin (603) 752-6407
Grafton County-Littleton 262 Cottage St. Suite G-21 Mt. Eustis Commons, Littleton (603) 444-4498	Grafton County-Lebanon 10 Campbell St., Lebanon (603) 448-1558
Grafton County-Plymouth 8 Depot Street, Plymouth, NH (603) 444-4498	Hillsborough County -Manchester 111 Auburn St., Manchester (603) 644-2240
Hillsborough County 70 Temple St., Nashua (603) 598-4709	Merrimack County 2 Industrial Park Drive, Concord (603) 228-6625
Rockingham County 72 Portsmouth Ave., Suite 113, Stratham, NH (603) 334-6594	Rockingham County 8 Commerce Drive, Unit 802, Atkinson (603) 893-9769
Strafford County Community Partners, 21 Old Dover Rd. Rochester (603) 332-7398	Sullivan County 224 Elm St., Claremont, NH (603) 542-5177

NH Family Caregiver Support Program

(866) 634-9412

www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers/caregiver-support-services

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.

Through the National Family Caregiver Support Program, the Bureau of Adult and Aging Services and the Aging and Disability 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 complement the care the family caregiver is providing that can include: chore services, assistive equipment, home modifications, and transportation services.

Opportunities for Engagement

If you are looking for opportunities for engagement, below is a list of organizations that you can participate in to share your experiences, inform systems, and ensure that your voice is heard.

Council for Youths with Chronic Conditions

Concord, NH

www.nhcycc.org

The Council for Youth 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.

National Alliance on Mental Illness New Hampshire (NAMI NH) (National Alliance for the Mentally Ill New Hampshire Chapter)

81 North Main St., Concord

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

www.naminh.org

NAMI NH facilitates leadership and advocacy programs, including for youth leaders.

Youth for Education, Advocacy and Healthcare (YEAH Council)

NH Family Voices

(603) 271 4525

<https://nhfv.org/get-involved/youth-involvement/>

YEAH Council comes together monthly to discuss issues involved in what it means to be a young adult with a chronic health condition or disability. They work to educate other youth on how to handle their transition to adulthood, as well as educating professionals who support youth on how they can facilitate the move to adult services and programs.

ABLE NH, Disability Justice Advocates

2 1/2 Beacon St, Concord

info@ablenh.org

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

(603) 271-3236

www.peoplefirstofnh.org

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

Self-Advocacy Leadership Team (SALT) (a Task Force of People First NH)

SALT is a task force of People First of NH that is committed to supporting people who experience disabilities by being part of the solution to issues that prevent ALL people from living life to its fullest. Members serve as consultants to the Council, the Institute on Disability, the Disability Rights Center, and other disability adjacent organizations in New Hampshire. Members are experienced in legislative advocacy, working to educate decision makers on the impact that policies have on the lives of people with disabilities.

New Hampshire Council on Developmental Disabilities (DDC)

2 1/2 Beacon St, Concord

(603) 271-3236 or TDD Access: Relay NH 1-800-735-2964

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.

NH Council On Autism Spectrum Disorders

Concord, NH

www.nhautismcouncil.org

nhcasd@gmail.com

The primary function of the council is to coordinate services to parents and families including promoting comprehensive and quality education, health care, and services for individuals with ASD. The council also advises state agencies in implementing recommendations outlined in the commission's report.

Birth-8 Advisory Group

<https://nhfv.org/b8/>

The Birth-Eight Family and Community Advisory Team (B-8) is a part of the NH Early Childhood Governance System and functions as a formal feedback mechanism for the Council for Thriving Children and other early childhood stakeholders. It gives family and community members an opportunity to deliver their insights about what New Hampshire families and children need to thrive.

NH Interagency Coordinating Council

Thayer Building Concord NH

www.dhhs.nh.gov/about-dhhs/advisory-organizations/nh-interagency-coordinating-council
bfcs@dhhs.nh.gov

(603) 271-3770

The NH Interagency Coordinating Council (ICC) is federally mandated under Part C of the Individuals with Disabilities Education Improvement Act (IDEIA) of 2004 and serves as an advisory group to the NH Department of Health and Human Services (DHHS), Bureau for Family Centered Services (BFCS). This state agency oversees Family Centered Early supports and Services for children birth up to age three who have or are at risk of having developmental delays and their families.

NH Family Support Councils

www.dhhs.nh.gov/programs-services/disability-care/family-support-services

Each of the 10 Area Agencies has a Family Support Council. Each Family Support Council consists of members who have a family member receiving services from an area agency. The Family Support Council provides advice and oversight to the area agency in the development of family support plans. Each area agency also has a family support coordinator and other family support staff to assist families to acquire supports and services. Contact your local area agency to find out more about your Family Support Council.

Area Agencies are listed on page (?)

Medicaid Beneficiary Advisory Council

www.dhhs.nh.gov/about-dhhs/advisory-organizations/medicaid-beneficiary-advisory-council

MAC@dhhs.nh.gov

The NH Medicaid program needs to hear from you. Join NH Medicaid's new Beneficiary Advisory Council (BAC). Participation Includes four, one-hour meetings a year with a small group of BAC members, in-person or online. BAC members meet with NH Medicaid leaders, share experiences and insights, help shape policies and improve programs, and make services better for everyone. The Council is open to people enrolled in the NH Medicaid program within the last 3 years and family members or caregivers taking care of someone covered by the NH Medicaid program within the last 3 years.

Medicaid Advisory Committee

www.dhhs.nh.gov/about-dhhs/advisory-organizations/medicaid-advisory-committee

MAC@dhhs.nh.gov

The New Hampshire Medicaid Advisory Committee (MAC) is a public advisory group established in accordance with 42 CFR § 431.12 to advise the State Medicaid Director regarding New Hampshire Medicaid policy and planning. The MAC includes stakeholders who are familiar with the comprehensive healthcare needs of low-income population groups and the resources required for their care.

NH Developmental Services Quality Council

Concord NH

www.nhqualitycouncil.org/about-us

nhcasdqc@gmail.com

The overall mission of this council is to provide leadership and recommendations to the Department of Health and Human Services, the Bureau of Developmental Services, and the regional service delivery system. The Council is tasked with reviewing information on the quality of developmental services in New Hampshire and making recommendations to improve service quality.

Family Support Network

(603) 224-1279

www.fsnh.org/advocacy.html

FSNH@nhchildrenstrust.org

Family Support New Hampshire acts to bring together the diverse leadership from existing and newly forming family resource centers and family support programs within New Hampshire under the common vision of establishing a statewide network of family support practice within New Hampshire.

New Hampshire Family Voices

129 Pleasant St, Concord

(603) 271-4525

www.nhfv.org

New Hampshire Family Voices can offer training and assistance to caregivers who are participating in various advocacy roles. NHFV also has opportunities for feedback in the form of surveys and interviews from time to time.

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
BFA	Bureau of Family Assistance
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
DHHS	Department of Health and Human Services
DO	District Office
DOE	Department of Education
DRC	Disability Rights Center
EEIN	Early Education and Intervention Network
EPSDT	Early Periodic Screening, Diagnosis and Treatment
ESS	Abbreviated for the Family Centered Early Supports and Services Program
EBT	Electronic Benefit Transfer
FANF	Financial Assistance to Needy Families
FC	Foster Care
FDA	Food and Drug Administration (Federal)
FEMA	Federal Emergency Management Agency
FMLA	Family Medical Leave Act
FPL	Federal Poverty Levels
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
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
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)

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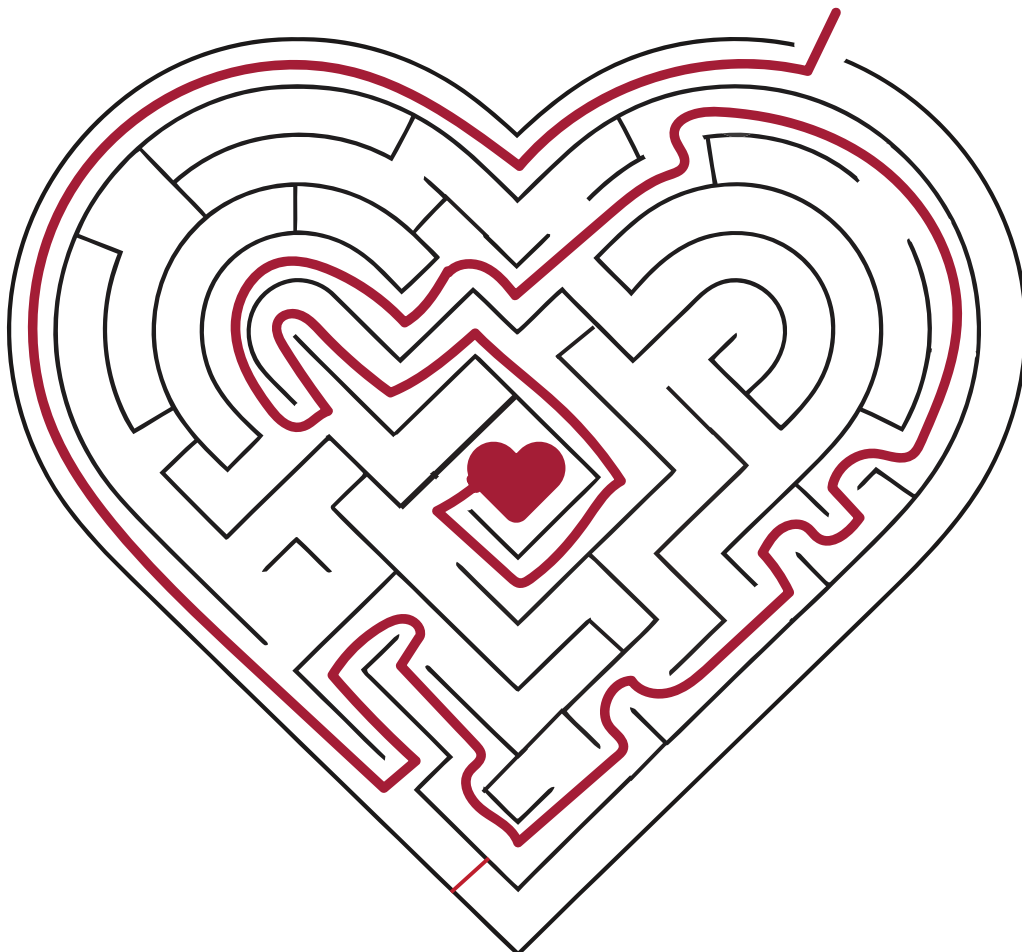
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Notes



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

Family to Family Health Care Information and Education Center

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