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ABSTRACT

This booklet for parents of young children with special needs provides a variety of child-rearing suggestions as well as a listing of resources. After an introduction which defines special needs and summarizes basic principles, the following chapters address: (1) the family as the child's most important support; (2) the evaluation process; (3) relevant laws (such as the Individuals with Disabilities Education Act) and the Parent Training and Information Centers; (4) services and supports available to children, ages birth through 2 and from age 3 on; (5) setting goals for the child; (6) the Individualized Family Service Plan and the Individualized Education Program; (7) fostering a child's social inclusion; (8) reaching out to others for support; and (9) helpful hints. A developmental progress chart is appended. Also appended is a resource list which includes 18 associations and organizations, 9 government agencies, 10 government-supported organizations, 4 hotlines and information lines, 2 Internet sites, 17 minority family groups, 12 regional offices of the Office for Civil Rights, 72 Parent Training and Information Centers, and 61 sources of state or territorial information. (Contains 15 references.) (DB)

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# Including Your Child

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# Including Your Child

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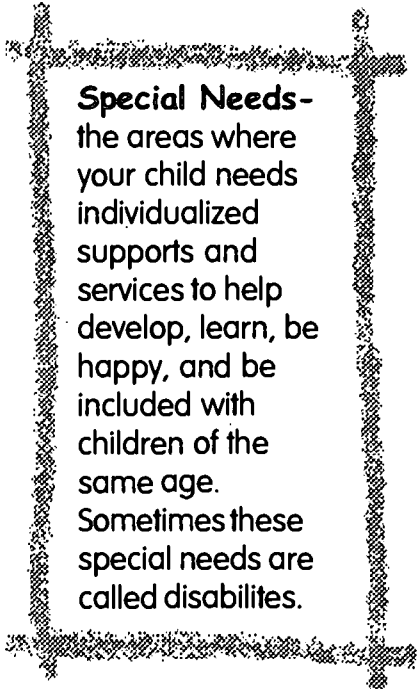
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# Introduction

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All children can succeed with the right support. Being a parent of any child is not always easy. You can often feel overwhelmed and confused. If your child has *special needs*, these feelings may seem even stronger. You have many questions and you may not always know where to go for answers. Sometimes you might not even know what to ask. This booklet may lead you to people who can help.



**Special Needs-**  
the areas where your child needs individualized supports and services to help develop, learn, be happy, and be included with children of the same age. Sometimes these special needs are called disabilities.

This booklet covers the first eight years of your child's life. It gives information that may answer some of your questions. There are no answers that will work for everyone. There are different answers for each family. You will have to decide what is best for you, your family, and your child.

Before you get started, here are a few things to remember:

- ★ A family is the most important support a child can have.





- ★ Every family and every child has strengths.
- ★ In the early years, help and support are very important.
- ★ Your child may need special services and supports to learn.
- ★ There are laws that can work for you and your child.
- ★ You should have a dream for your child.
- ★ It is important to have a plan that will help the dream come true.
- ★ Include your child in activities with all children in the community.
- ★ You are not alone. Reach out—others have been there and can help.

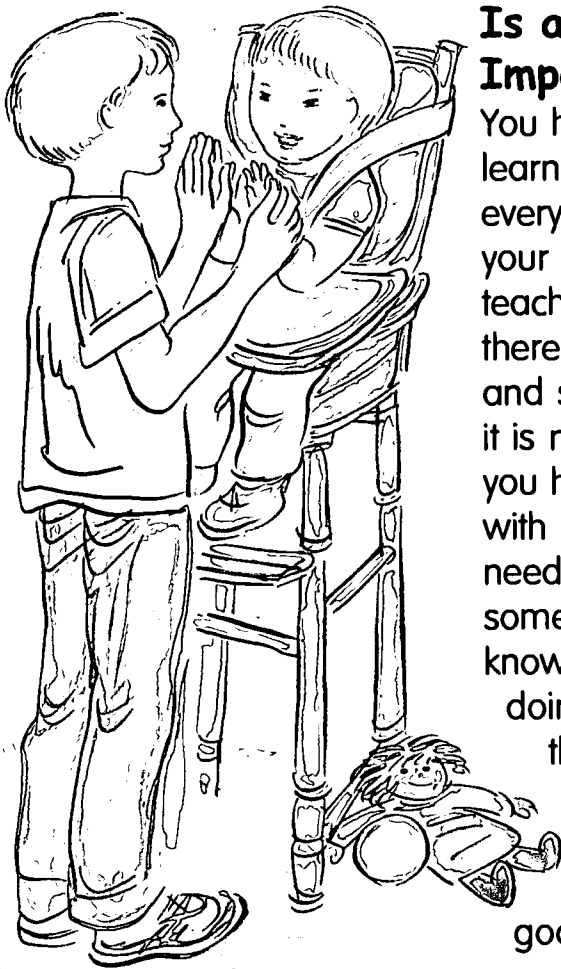
Remember this booklet is only a guide. You know best what information will be useful. One thing is sure, *you* can make a positive difference in your child's life! We hope that this booklet will help support your dreams and lead you to people who can get you started.



# Chapter 1

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## A Family Is the Most Important Support a Child Can Have



### Being a Parent Is a Very Important Job

You help your child learn and develop every day. You are your child's first teacher. You are there to give help and support when it is needed. When you have a child with special needs, it is sometimes hard to know if you are doing the right thing. Your love and concern for your child is a good beginning.

As the *parent* of a child with special needs, you may be making decisions for your child that other parents don't face. You may meet with many different people who will provide the services needed by your child. You will need to know what kinds of services are available so you can make decisions that you think are best for your child and your *family*. This booklet is a good place to start.

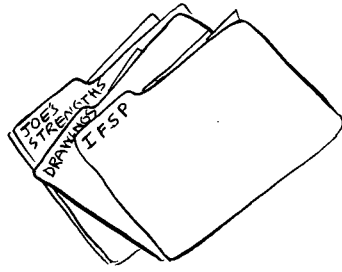
## **All Families and All Children Have Strengths**

People with different strong points can help each other. Discovering your child's strengths and interests is important. Knowing them will help as you plan for your child's education and development.

**Parent-**  
in this guide is anyone responsible for the care and well being of a child. Included are single parents, parents by birth or adoption, guardians, grandparents, foster parents, surrogate parents, and caregivers.

**Family-**  
a group of people close to you and your child. This may include parents, husband or wife, grandparents, in-laws, aunts and uncles, brothers or sisters, legal guardians, caregivers, or friends.

Make a list of your child's strengths and successes. Keep a file with photos, videos, notes, artwork, and school work to show what your child likes to do. Let others know what your child can do.



Make a list of your child's needs and what can be done to meet these needs. You play an important role in getting the services that can be provided for you and your child.

There are places to go for help and support. Some of them are given in the next chapter.



# Chapter 2

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## Help and Support Are Important in the Early Years

### Trust Your Feelings

Trust your feelings about your child. If you have a concern, get advice and help as soon as you can. The sooner your child's special needs are met, the better off your child and family will be.

The chart in this book lists signs of development for children between one month and five years of age. Remember, each child is different and may learn and develop at a different pace. However, if you notice that your child's development is *very* different from other children of the same age, you may want to talk with someone about your concern.

### Where Should You Start?

Your doctor or public health agency can be a good place to begin. Most doctors and nurses have a lot of experience with children. They may send your child to special doctors for tests. Or they may ask you to wait a month or more to see how your child develops. Social service agencies or your local school system might also be able to help. Many states, local public school systems, and social service agencies have people to help you and your

child. Try to call them as soon as you can. One place to begin is the resource guide in the back of this book. This guide lists places to find help in your state and elsewhere.

No one knows your child as well as you do. Before you meet with a doctor or teacher, make a list of the things you notice about your child that concern you. If you do not want to write things down, ask a friend to write them down for you, or use a tape recorder. The notes and lists you keep over time will help you talk about your concerns. Also, your notes will tell you and the doctor or teacher of any changes you have noticed. Your notes will help you remember little things you might forget to say during the meeting.

They may test your child and ask you questions:

- ★ How does your child move? For example, does your child turn over?
- ★ How does your child see? For example, does your child follow moving things with his or her eyes?
- ★ How does your child hear? For example, does your child react to loud noises?
- ★ Does your child make sounds or words? For example, how many words does your child use?



- ★ How does your child act around others? For example, does your child play well with other children?

Information and findings about your child's needs will be made based on what you say, test findings, your child's health record, and what doctors, teachers, or others see when they watch your child play or do special tasks. Because your child is a unique person, it is important that the people testing your child get to know and understand him or her as a *whole* person. The result will be a good picture of your child, which is often called an *evaluation*.

**Evaluation-** information collected by testing and watching a child, and by talking to a parent. This information is usually collected by doctors, teachers, and others who work with your child, and who help you have a clearer picture of your child's abilities and needs.

The information you get from your child's evaluation should help you focus on what to do next. Ask questions. The more you know about your child's special needs, the better you can meet them. Once you know what your child needs, you can begin making an action plan.

## **Find the Support You Need**

As you work with your child, you may find it helpful to meet with other parents of children with special

needs. Sometimes you may feel alone, angry, and stressed in your search to find the help or care that your child needs. This is natural, but you shouldn't ignore *your* feelings. To help your child, you must also help yourself by getting the support *you* need. Ask your child's teacher or doctor, or check the resource guide in this book, for information about a support group in your area. There are many support groups for families of children with special needs. Find a group that makes you feel comfortable. Surround yourself with people you can trust.



It is important that you find help for your child as soon as you feel there is a problem. Finding help for your young child may prevent further *developmental delays* and may also improve the quality of your family life. Don't give up when you know you are right! You and your family's support are important to your child's development, education, and well being.

### **Developmental Delays-**

a delay in the development of skills and abilities which usually would have developed by a certain age.

# Chapter 3

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## Find Services and Supports Under the Law

When you learn about your child's special needs, you may ask yourself, "How can I help my child get the services and supports he or she needs?" The best place to begin is within your community and state. Laws have been passed to help you get the supports and services your child may need. It is important for you to know your rights and responsibilities under the law.

### The Individuals With Disabilities Education Act

All states get federal money under the Individuals With Disabilities Education Act, also known as IDEA, and must provide a *free appropriate public* education to all *eligible* children with disabilities. No child can be found eligible for special education until an evaluation has been done. Your state and local school district are responsible for evaluating your child. You may need to ask for an evaluation.

Children from ages birth to 3 years may be eligible for *early intervention services*. Beginning at age 3, children may be eligible for a *free appropriate public* education.

**Early Intervention Services-** include any supports or services an infant or toddler may need that will help his or her development.

The IDEA provides support for special education and related services to children in all kinds of settings—childcare, preschool, kindergarten, elementary, middle, and high schools. Special education is a way for your child to have the supports and services he or she needs in order to learn. Special education is not a “place” but a way for your child to be educated, as much as possible, with children who do not have disabilities. You can get more information about the IDEA from Parent Training and Information (PTI) centers and from the U.S. Department of Education, Office of Special Education Programs (see appendix B).

## **Section 504 of the Rehabilitation Act of 1973**

Section 504 of the Rehabilitation Act of 1973 prohibits discrimination against qualified individuals with disabilities. Section 504 applies to all programs and activities that get federal money, including local school districts and Head Start programs. School districts that get federal money



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must provide a free appropriate public education to children with disabilities.

Some children with disabilities who are not eligible for special education programs and related services under the IDEA may be eligible for services under Section 504. Your school district must also make sure that its programs are physically accessible to children with disabilities. If your school district provides after-school-care programs for students, those programs must also be available for students with disabilities.



Section 504 provides legal rights for children with disabilities and their parents. Many states and local school districts also offer mediation services which may be helpful in settling disagreements about whether your child is eligible for services and the kind of services your child should get. Your school system should have a specific person on staff who knows about Section 504 and who can help you with your questions and concerns. You may also want to contact the U.S. Department of Education, Office for Civil Rights' (OCR) office that services your

state. PTIs may also be a good source of information. A list of OCR offices and PTIs is included in appendix B.

## **The Americans With Disabilities Act and Your Civil Rights**

The Americans With Disabilities Act (ADA) is another very important law for people with disabilities and their families. It prohibits discrimination in:

- ★ employment;
- ★ public transportation;
- ★ services provided by state and local governments;
- ★ services and accommodations offered by private businesses; and
- ★ telecommunications.

The goal of the ADA is to remove the barriers that deny individuals with disabilities an equal opportunity to share in and contribute in American life. The law is about participation and access to the kind of opportunities that persons without disabilities enjoy. For example, under the ADA, restaurants, theaters, childcare centers, and other community resources cannot refuse to serve your child or family solely because your child or a family member has a disability. The ADA also applies to states and local school districts.

There are many booklets and other materials to help families understand their rights under the ADA. The U.S. Department of Justice ADA Information Line and the PTIs in your state are good places to help. (See appendix B, sections on hotlines and information lines, and PTIs.) You can also get information about education programs covered by ADA from OCR.

## **Parent Training and Information Centers**

For more information and training on the IDEA, Section 504, and ADA, contact the Parent Training and Information (PTI) center in your state. (See appendix B for contact information.) PTIs are centers run by parents. They provide education and training to all parents on their rights under these laws. Parents and families have worked hard to make this happen. They wanted their children to learn as much as possible and they wanted their children to be happy in their neighborhoods with their friends and families.

As a parent, it is important to make sure that your child's rights are being met under the IDEA, Section 504 of the Rehabilitation Act of 1973, and the ADA. Learn as much as you can about your rights and the rights of your child. Don't feel shy about asking for these services or speaking out if you have been refused access to community resources. Your child, your family, and you will benefit.



# Chapter 4

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## Find Services and Supports Based on Your Child's Age

All children, with and without special needs, find some things hard to do. Your child may have needs that require special attention. As a parent, it is important to make sure that your child's education meets her or his special needs, as well as provides opportunities to be with children of all levels of ability. You may be eligible to get services and supports for your child. Under the IDEA, these services and supports are determined by the age of your child.

### Birth Through Age 2

Under the IDEA, states have programs for infants and toddlers from birth through age two. These programs may be different from state to state. (See appendix B—State Government Information or Parent Training Information Centers.) These programs may be called “Part H” because that is the part of the IDEA that is for children birth through age 2.

Once you find the right agency, you can learn about the types of programs and services in your community. As soon as you can, contact the person

or office in charge of early childhood programs for information. Services for infants and toddlers must include a *service coordinator* or a *family resource coordinator*. This person is part of an early intervention team and will help explain what types of services and programs are available for your young child. Depending on what programs and services your child needs, a service coordinator will help link your family with those services.

**Service Coordinator/  
Family Resource Coordinator-** someone who helps families get the services needed for the child. This person is often part of an early intervention team.

### **Beginning at Age 3**

Under the IDEA, beginning at age 3 children are served through a special education program that will meet their special needs. This program must include transportation and other support services if they are needed to help your child benefit from special education. These other services may be called related services and may include:

- ★ audiology;
- ★ physical therapy;
- ★ occupational therapy;
- ★ school health services; and
- ★ speech pathology.

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All states have preschool programs for children with disabilities. If your child has been attending a program for infants and toddlers, the local school system must evaluate your child in time so that preschool special education services can begin no later than the third birthday. Make sure your child gets into a program that offers the best chance to learn and play with children of different abilities.

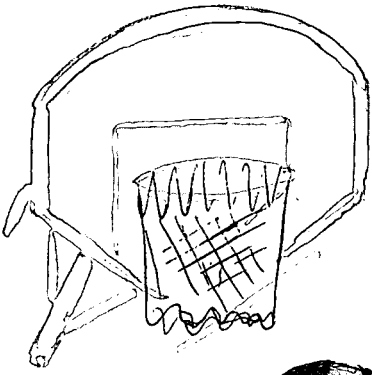
If your child is already in a regular school program and is getting some services, such as a remedial reading program, but those services are not enough to help your child succeed, your child may have a disability that would allow him or her to receive special education services under the IDEA.



Visit the school, talk to your child's teachers, and watch your child in class. If you don't think the program is helping your child, you have the right to ask for changes. You want the best program for your child's needs. Continue to look for other choices. All children deserve educational programs that meet their needs and allow them a chance to develop, learn, and be happy.

It is important to share information with your child's teacher and school. The following information may be helpful for the teacher to know:

- ★ What can your child do without help?
- ★ What can your child do with some help?
- ★ What seems to help your child learn?
- ★ When is it easiest for your child to learn?
- ★ What makes your child happy?
- ★ What makes your child angry?
- ★ What do you do to help you child when he or she gets angry?
- ★ What works for you and your child?
- ★ What would you like your child to learn?



# Chapter 5

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## It Is Important To Have Dreams for Your Child

Every parent has dreams for his or her child. When you find out that your child has special needs, your child will need extra help and support to make these dreams come true. Remember, your child has many strengths. With your help and support, and the appropriate education, your dreams for your child can come true.

Understanding your child's special needs can help you set goals and guide your dreams. Knowing why some goals may be hard to reach can be helpful to you. Look for different ways to help your child learn and develop. Information about how your child learns can also help family, friends, and teachers care for and teach your child. Helping others get to know your child will make it easier for everyone to work together to build on your child's strengths and meet her or his needs.

Your dreams for your child might change over time. This is natural. You and your child will also change. Try to be flexible. Remember that part of making your dreams come true means you may have to work hard to get the right services to meet your child's special needs.

You know your child best. Set goals your child can reach.

When a goal is reached, set a new goal and keep trying! Think about what your child can do and build on each success.

Remember, even the smallest achievement is

something for which your child and your family can be proud! Work to meet your child's special needs. Think about what would help your child do more. Don't let anything stop you along the way.



You will find that others will support you and share your dreams. You can help make your dreams for your child come true. Don't give up! Remember, your child will also have dreams of his or her own that you can share.



# Chapter 6

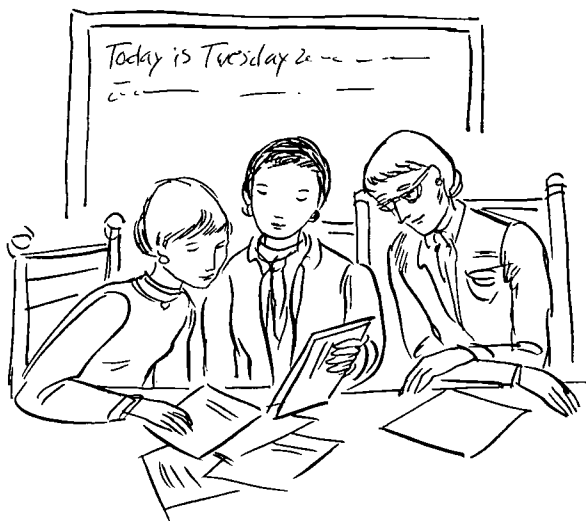
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## A Plan Will Help That Dream To Come True

Every person is unique and has special abilities. As you think about your dream for your child, it is important to plan how to make the dream come true. This plan should build on your child's strengths. Set goals that your child can reach in a short time. Celebrate each success.

Talk with family members, other parents, doctors, or teachers about your dream. Think about other people who will need to help your child reach each goal. Share your plan with those who can help and use them to plan the next step. Working with your child's teacher is important. Find out if there are booklets, videos, or other materials that would be helpful as you make your plan.

The IDEA, says that each eligible child must have a plan that lists program goals and the kinds of services and supports the child will need to reach those goals. Under IDEA there are two different plans: (1) the Individualized Family Service Plan (IFSP) for infants and toddlers (birth to 3-years-of-age) and (2) the Individualized Education Program (IEP). Under the law, states, with your agreement, can choose to have the IFSP *or* the IEP for children between ages 3



A team of people work together to develop this written plan, and you, as a parent, are a very important member of this team. IDEA says you have the right to be part of the team that writes the plan. It is very important that you know about this plan and what rights and safeguards are there to help you. The school can give you information about this plan as well as the Parent Training and Information (PTI) center in your state. (See appendix B for state listings.)

## **The Individualized Family Service Plan (IFSP)**

If your child is between birth and 3 years old and needs early intervention services, there must be a written plan describing the goals for your child, your

family, and the resources necessary to meet these goals. This is your family's unique plan for services. You will work with a team of people from health departments, public schools, social services, and other agencies to develop this plan. Be sure to ask for what your child and your family need.

## **Individualized Education Plan (IEP)**

As your child gets older, his or her needs will change. The plan will need to change, too. When your child reaches the age of 3 (or age 5 in some states), the program plan that is written is called the IEP. This plan talks about the special education needs of your child, and how these needs will be met. As a family member, you will be an important part of the team that works together to plan the educational program for your child. Be ready to work with your child's team. Any time you feel the plan is not helping your child, ask for a review of the plan. If you disagree with the educational program planned for your child, you have a right to a hearing. With a good plan as a map, you, your child, and your school team can work together to make your dream come true.



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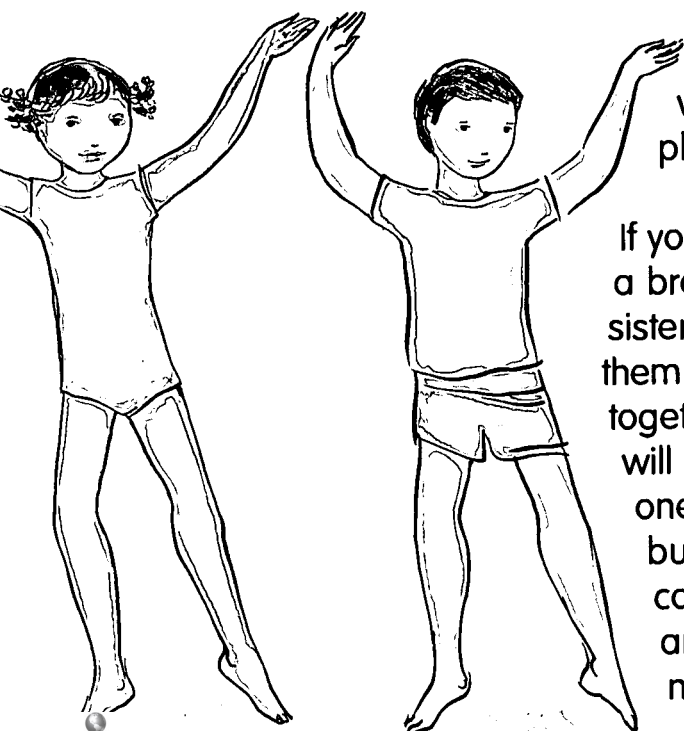
# Chapter 7

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## Include Your Child in Activities With All Children

All children learn by playing. It is important that children with special needs take part in activities with all children, including those who do not have special needs. All children can learn from one another. Your child has as much to give to others as he or she will receive from others. Good friendships

can develop as children learn to work and play together.



If your child has a brother or sister, encourage them to play together. They will learn from one another, building confidence and skills needed for

playing and being with others outside of the family.

You can help your child learn by including your child in many different activities. You and others who care for your child may need to think of new ways to make or buy toys, furniture, or other tools to help your child learn.

Think about what your child does well. Try to find an activity where that skill or talent is used. Look for activities or play groups your child will enjoy and that can develop skills and talents. Ask about activities at school and in the community. Your local community center, YMCA, or YWCA may have programs or activities your child may enjoy: swimming, horseback riding, art, day camps, canoeing, dancing, camping, nature programs, and trips. A church or temple group can be helpful. Some offer family or other group activities. There may be a play group or preschool program your child can join.



All children need time to play. By playing, children begin to explore and ask questions. Playing gives children the chance to dream, make choices, try new things, have fun, and learn. Children with special needs should have the same chance to play and meet other children. Children are good at including everyone if we will let them.





# Chapter 8

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## Reach Out to Others

Being a parent or caregiver is not always easy. Raising a child with special needs places many demands on parents and the family. Finding the right help for your child may be hard at first. You and your family need support and understanding. Help is available from many places:

- ★ family members (husband or wife, parents, in-laws, sisters and brothers, grandparents, aunts and uncles, legal guardians, or caregivers);
- ★ teachers;
- ★ friends, neighbors, or members of churches or temples;
- ★ social workers and others who work with families;
- ★ doctors, nurses, and other health and mental health professionals;
- ★ support groups; and
- ★ parents of other children with special needs.

Find out if there is a parent-to-parent program in your community. Local parent-to-parent programs

provide support to parents of children with special needs. To provide this support, an experienced parent is matched in a 1 to 1 relationship with a parent who has just found out his or her child has a disability. The match is usually based on a similar disability or special concern of the new parent. The experienced parent shares real-life stories of raising a child with special needs and gives the kind of support that only another parent who has been there can. They describe their experiences in everyday language. In some states, there are both local parent-to-parent programs and statewide parent-to-parent networks that provide training and assistance to the local programs. If your community or state does not have a parent-to-parent program, find out if a Parent Training and Information (PTI) center is in your state. Many groups do parent-to-parent support. Places to look for this is through the PTIs, the local schools, and organizations that focus on children with special needs.

Brothers and sisters of children with special needs also need support. Brothers and sisters may get together and form support groups or join one. These support groups are a good way for children to talk and share information about special needs.

It is important for you and your child to do things with a lot of different children. Everyone will benefit and learn from you and your child. By getting to know you and your child, others will be better able

to help you by sharing their ideas, support, and other assistance.

Remember it is not the size of the support group that is important, but rather how well it works for you. One good friend or supportive relative may be the most helpful to you. Only you can decide what is best for you and your child.

Your love and dream for your child are your greatest strengths. Use these strengths to reach out to others who know what it's like and can give you support.



A B C D E F G H I



# Helpful Hints

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These are helpful hints taken from the previous chapters. They may help in your search to meet your child's special needs.

- ★ Get help and advice right away if you have a concern about your child's development and learning. It may prevent some developmental delays.
- ★ Start by talking to your child's caregiver, doctor, or teacher.
- ★ Make notes and lists of questions for meetings.
- ★ Bring a friend or relative with you to give support when meeting with doctors and teachers.
- ★ Keep good records of shots, tests, letters from doctors and teachers, and notes from meetings, and put them in a file.
- ★ Learn all you can about your child's special needs.

★ Learn as much as you can about your *legal rights* under The Individuals With Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act of 1973, and the Americans With Disabilities Act (ADA).



- ★ Try to learn as much as you can about supports and services that can help you and your child.
- ★ As a parent or caregiver it is important to make sure that your child's education and environment meet his or her special needs.
- ★ Ask for changes if something is not working.
- ★ Imagine goals and dreams for your child and talk about them with others who know your child.
- ★ Your child has special abilities and talents. Use your child's abilities to create a plan to make the dreams come true.
- ★ You know your child best; set goals your child can reach.
- ★ Keep notes of your child's progress.

- ★ Get the support *you* need by joining a support group, or by talking to other parents, friends, or family members you can trust.
- ★ Brothers and sisters of children with special needs need support and attention, too.
- ★ Include your child with special needs in activities with all children, both with and without special needs.
- ★ Gather as much information as you can about programs your community offers children your child's age.
- ★ Be sure to look at your *whole* child: your child's strengths as well as the areas for which your child needs supports and services.
- ★ Do not give up when you know you are right!





# Appendix A

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## Developmental Progress Chart

### SEE HOW \_\_\_\_\_ DEVELOPS

Every child is different. This chart gives general milestones in a child's development. The information below lets you know what to expect. It will help you record your child's progress.

As you measure the progress, make notes on the chart. These notes will provide a good record of your child's development.

#### **At 1 month, most children...**

- ★ Lift head a little when lying on stomach
- ★ Watch objects for a short time
- ★ Make "noise in throat" sounds
- ★ Stay away from annoying sensations such as cloth or blanket on the face

#### **At 2 months, most children...**

- ★ Hold their head up (bobbing when supported in sitting position)
- ★ Sometimes copy or respond to a smiling person
- ★ Roll part way to side
- ★ Make sounds of discomfort

#### **At 3 months, most children...**

- ★ Lift head and chest when lying on stomach
- ★ Recognize bottle or breast
- ★ Smile when talked to
- ★ Show active body movement

### **At 4 months, most children...**

- ★ Hold head up for a long time without bobbing
- ★ Laugh out loud
- ★ Roll from front to back
- ★ Like to play
- ★ Grab an object held near their hand
- ★ Make sounds when talked to

### **At 6 months, most children...**

- ★ Sit with little support
- ★ Respond to a friendly voice with a smile or coo
- ★ Roll from back to stomach
- ★ Turn and look at sounds
- ★ Change object from hand to hand and from hand to mouth

### **At 9 months, most children...**

- ★ Sit alone and change position
- ★ Say "mama" and "dada"
- ★ Crawl
- ★ Respond to people they know
- ★ Respond to their name

### **At 12 months, most children...**

- ★ Pull themselves to stand and may step with support
- ★ Can nod their head to signal "yes"
- ★ Give love
- ★ Pick things up with thumb and one finger
- ★ Say two or three words

### **At 15 months, most children...**

- ★ Walk without support
- ★ Do some self-feeding
- ★ Speak and make their voice go up and down
- ★ Drink from a cup held by someone
- ★ Use four or five words

### **At 18 months, most children...**

- ★ Walk (may run a bit)
- ★ Use five to ten words
- ★ Climb up or down one stair
- ★ Pull toys that have wheels
- ★ Mark on paper with crayons
- ★ Understand easy directions

### **At 2 years, most children...**

- ★ Give toys when asked
- ★ Recognize a familiar picture and know if it is upside down
- ★ Kick large ball
- ★ Turn pages in a book (two or three at a time)
- ★ Use two or three words together, such as "more juice"

### **At 3 years, most children...**

- ★ Walk up stairs holding railing
- ★ Unbutton large buttons
- ★ Stand for a moment on one foot
- ★ Talk of toilet needs
- ★ Open doors
- ★ Stack objects by size
- ★ Ask and answer simple questions
- ★ Speak clearly and are understood by family members

### **At 4 years, most children...**

- ★ Can hop in place
- ★ Throw a ball above their head
- ★ Wash hands without help
- ★ Copy a circle
- ★ Begin to play with other children
- ★ Know their own sex, age, last name
- ★ Answer out loud to "Hi" and "How are you?"
- ★ Point to six basic colors when asked

## **At 5 years, most children...**

- ★ Run on tiptoe
- ★ Understand “yesterday” and “tomorrow”
- ★ Print a few capital letters
- ★ Know their name in print
- ★ Use sentences with correct grammar, such as, “May I go to the store?” or “I want a big cookie.”
- ★ Play together with others
- ★ Put their shoes on the correct feet

If you have questions about your child’s growth and development, call your doctor or public health agency, Child Find, social service agency, or your local public school system.

The above chart is adapted from the Illinois State Board of Education’s Child Find materials.

# Appendix B

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## Resources

### Associations and Organizations

American Foundation for the Blind  
11 Penn Plaza  
New York, NY 10001  
1-800-232-5463 or (212) 502-7600

The Arc (formerly the Association for Retarded Citizens)  
500 E. Border Street, Suite 300  
P.O. Box 1047  
Arlington, TX 76010  
1-800-433-5255 or (817) 261-6003  
TTY: (817) 277-0553  
e-mail: [thearc@metronet.com](mailto:thearc@metronet.com)

Association for the Care of Children's Health (ACCH)  
7910 Woodmont Avenue, Suite 300  
Bethesda, MD 20814  
(301) 654-6549  
Fax: 301-986-4553  
e-mail: [acch@clark.net](mailto:acch@clark.net)  
URL: <http://www.acch.org>

Association for Persons with Severe Handicaps (TASH)  
29 W. Susquehanna Avenue, Suite 210  
Baltimore, MD 21204  
1-800-482-8274 or (410) 828-8274  
TDD: (410) 828-1306  
e-mail: [tashbalt@aol.com](mailto:tashbalt@aol.com)

**Children with Attention Deficit Disorders (CHADD)**  
499 NW 70th Street, Suite 101  
Plantation, FL 33317  
1-800-233-4050 or (954) 587-3700

**Council for Exceptional Children**  
1920 Association Drive  
Reston, VA 20191  
(703) 620-3660

**Federation of Families for Children's Mental Health**  
1021 Prince Street  
Alexandria, VA 22314-2971  
(703) 684-7710

**National Association of Developmental Disabilities  
Councils**  
1234 Massachusetts Avenue, NW, Suite 103  
Washington, DC 20005  
(202) 347-1234  
e-mail: [naddc@igc.apc.org](mailto:naddc@igc.apc.org)  
URL: <http://www.igc.apc.org/NADDC/>

**National Association of State Directors of Special  
Education (NASDSE)**  
1800 Diagonal Road, Suite 320  
Alexandria, VA 22314  
(703) 519-3800  
TDD: (703) 519-7008

**National Center for Latinos with Disabilities**  
1921 S. Blue Island  
Chicago, IL 60608  
(312) 666-3393  
TTY: (312) 666-1788

**National Center for Learning Disabilities**  
1401 New York Avenue, NW, Suite 900  
Washington, DC 20005  
(202) 879-5767  
Fax: (202) 879-5773

**National Down Syndrome Congress**  
1605 Chantilly Drive, Suite 250  
Atlanta, GA 30324  
1-800-232-NDSC or (404) 633-1555  
URL: <http://nwn.carol.net/~ndsc/>

**The Lighthouse National Center for Vision and Child  
Development**  
111 East 59th Street  
New York, NY 10022  
1-800-334-5497 or (212) 821-9200  
TDD: (212) 821-9713  
e-mail: [mbeck@lighthouse.org](mailto:mbeck@lighthouse.org)

**National Easter Seal Society**  
230 W. Monroe, Suite 1800  
Chicago, IL 60606  
1-800-221-6827 or (312) 726-6200  
TTY: (312) 726-4258  
URL: <http://www.seals.com>

**National Federation of the Blind**  
**National Organization of Parents of Blind Children**  
1800 Johnson Street  
Baltimore, MD 21230  
(410) 659-9314  
URL: <http://www.nfb.org>

**National Parent Network on Disabilities (NPND)**  
1727 King Street, Suite 305  
Alexandria, VA 22314  
(703) 684-6763 (Voice/TTY)  
e-mail: npnd@cs.com

**Spina Bifida Association of America (SBAA)**  
4590 MacArthur Boulevard, NW, Suite 250  
Washington, DC 20007-4226  
1-800-621-3141 or (202) 944-3285  
e-mail: spinabifda@aol.com  
URL: <http://www.infohiway.com/spinabifida>

**United Cerebral Palsy Associations, Inc.**  
1660 L Street, NW, Suite 700  
Washington, DC 20036-5602  
1-800-872-5827  
TDD: (202) 973-7197  
e-mail: ucnatl@ucpa.org

## **Government Agencies**

**Administration on Developmental Disabilities**  
U.S. Department of Health and Human Services  
Hubert Humphrey Building, Room 329D  
200 Independence Avenue, SW  
Washington, DC 20201  
(202) 690-6590  
TTY: (202) 690-6415

**Clearinghouse on Disability Information**  
Office of Special Education and Rehabilitative Services  
U.S. Department of Education  
Switzer Building, Room 3132  
330 C Street, SW  
Washington, DC 20202-2524  
(202) 205-8241 (Voice/TTY)



**Indian Health Service**  
Health Education Programs  
5600 Fishers Lane  
Room 6A38  
Rockville, MD 20857  
(301) 443-1870

**National Council on Disability**  
1331 F Street, NW  
Suite 1050  
Washington, DC 20004-1107  
(202) 272-2004  
TTY: (202) 272-2074

**National Institute of Child Health and Human  
Development**  
P.O. Box 29111  
Washington, DC 20040  
(301) 496-5133

**National Institute on Disability and Rehabilitation Research**  
Office of Special Education and Rehabilitative Services  
U.S. Department of Education  
Switzer Building, Room 3060  
600 Independence Avenue, SW  
Washington, DC 20202-2572  
(202) 205-8134  
TTY: (202) 205-8198

**National Library Service for the Blind and Physically  
Handicapped**  
Library of Congress  
1291 Taylor Street, NW  
Washington, DC 20542  
(202) 707-5100  
TTY: (202) 707-0744

**Office of Special Education Programs**  
U.S. Department of Education  
MES Building, Room 3086  
600 Independence Avenue, SW  
Washington, DC 20202-4611  
(202) 205-5507

**Social Security Administration (Headquarters)**  
6401 Security Boulevard  
Baltimore, MD 21235  
1-800-772-1213  
TTY: 1-800-325-0778

## **Government Supported Organizations**

**Abledata: The National Database of Assistive Technology Information**  
8455 Colesville Road, Suite 935  
Silver Spring, MD 20910-3319  
1-800-227-0216 or (301) 608-8998  
TTY: (301) 608-8912

**Beach Center on Families and Disabilities**  
Haworth Hall  
University of Kansas  
Lawrence, KS 66045  
(913) 864-7600  
e-mail: Beach@dole.isi.ukans.edu

**ERIC Clearinghouse on Disabilities and Gifted Education**  
Council for Exceptional Children  
1920 Association Drive  
Reston, VA 22091-1589  
1-800-LET-ERIC or (703) 264-9474  
TTY: (703) 264-9449  
e-mail: ericec@inet.ed.gov

**Institute on Community Integration**  
University of Minnesota  
102 Pattee Hall  
150 Pillsbury Drive, SE  
Minneapolis, MN 55455  
(612) 624-6300  
e-mail: [ici@mail.ici.coled.umn.edu](mailto:ici@mail.ici.coled.umn.edu).  
URL: <http://www.ici.coled.umn.edu/ici/>

**National Clearinghouse on Family Support and Children's  
Mental Health**  
Portland State University  
P.O. Box 751  
Portland, OR 97207-0751  
1-800-628-1696 or (503) 725-4063  
TTY: (503) 725-4165

**National Information Center for Children and Youth with  
Disabilities (NICHCY)**  
P.O. Box 1492  
Washington, DC 20013-1492  
1-800-695-0285 or (202) 884-8200 (Voice/TTY)  
e-mail: [nichcy@aed.org](mailto:nichcy@aed.org)

**National Information Center on Deafness**  
Gallaudet University  
800 Florida Avenue, NE  
Washington, DC 20002-3695  
(202) 651-5051  
TTY: (202) 651-5054  
e-mail: [nicd@gallux.gallaudet.edu](mailto:nicd@gallux.gallaudet.edu)

**National Parent to Parent Support and Information System**  
c/o Kathleen Judd  
P.O. Box 907  
Blue Ridge, GA 30513  
1-800-651-1151 or (706) 632-8822 (Voice/TTY)  
e-mail: judd103w@wonder.em.cdc.gov

**National Rehabilitation Information Center (NARIC)**  
8455 Colesville Road, Suite 935  
Silver Spring, MD 20910-3319  
1-800-346-2742 or (301) 588-9284  
TTY: (301) 495-5626

**World Institute on Disability**  
510 Sixteenth Street, Suite 100  
Oakland, CA 94612-1502  
(510) 763-4100  
TTY: (510) 208-9493  
e-mail: wid@wid.org  
URL: <http://www.wid.org/wid>

## **Hotlines and Information Lines**

**Americans with Disabilities (ADA) Information Line**  
1-800-514-0301  
TTY: 1-800-514-0383

**Center for Disease Control (CDC) AIDS Hotline**  
1-800-342-2437  
Spanish: 1-800-344-7432  
TTY: 1-800-243-7889

**U.S. Department of Education  
Information Resource Center**  
1-800-USA-LEARN

U.S. Department of Justice  
ADA Information Line  
1-800-515-0301  
TDD: 1-800-514-0383

## **Internet Sites**

### **Our Kids**

(parenting resource site)

URL: <http://wonder.mit.edu/ok/>

### **Parents Place**

(a parenting resource center on the web)

URL: <http://www.parentsplace.com/index.html>

## **Minority Family Groups**

### **COFFO, Inc.**

P.O. Box 900368

305 South Flagler Avenue

Homestead, FL 33030

Contact: Santiago Garcia

(305) 246-0357 or (305) 245-1052

Fax: (305) 246-2445

*Migrant farm workers, mostly Hispanic*

### **Creating Opportunities for Parent Empowerment (COPE)**

300 I Street, NE, Suite 112

Washington, DC 20002

Contact: Nichelle Ames

1-800-515-2673 (National) or (202) 543-6482

Fax: (202) 543-6682

e-mail: [Cope@erols.com](mailto:Cope@erols.com)

*Diverse population*

**Federation for Children with Special Needs**

95 Berkeley Street, Suite 104

Boston, MA 02116

(617) 482-2915

Fax: (617) 695-2939

e-mail: [fcsninfo@fcsn.org](mailto:fcsninfo@fcsn.org)

*Technical assistance provider for grassroots consortium*

**Inter-Island Parent Coalition for Change**

4008 Estate Diamond

P.O. Box 4402

Christianstead, St. Croix

U.S.V.I. 00822

Contact: Chearoll Williams

(809) 773-3494 or (809) 778-2275

*African descent*

**Island Parents Educational Support and Training Center (IPEST)**

Martha's Vineyard

P.O. Box 4081

Vineyard Haven, MA 02568

Contact: Carol Kennedy

(508) 693-8612

Fax: (508) 693-7717 (Attention IPEST)

*Diverse populations*

**Loving Your Disabled Child (LYDC)**

4715 Crenshaw Boulevard

Los Angeles, CA 90043

Contact: Theresa Cooper

(213) 299-2925 or (310) 676-3527

Fax: (213) 299-4373

e-mail: [lydc@pacbell.net](mailto:lydc@pacbell.net)

*Primarily African-American, inclusive of other minorities*

**Marilyn Ruiz**

332 W. Alvarez Avenue

Clweiston, FL 33440

(941) 983-4417

Fax: (941) 983-3479

*Hispanic, works closely with Parent Empowerment Project*

**Oglala Sioux Tribe**

Public Safety Commission

Box 300

Pine Ridge, SD 57770

Contact: Carol Ironrope Herrera

(605) 867-1314

Fax: (605) 867-5832

*Native American*

**Parent Empowerment Project**

4255 Fifth Avenue, SW

Naples, FL 34119

Contact: Marianne Haven

(941) 455-4567

e-mail: [Marianne@naples.net](mailto:Marianne@naples.net)

*Migrant, primarily Hispanic*

**Parents of Watts**

10828 Lou Dillon Avenue

Los Angeles, CA 90059

Contact: Alice Harris

(213) 566-7556

Fax: (213) 569-3982

*Primarily African-American, inclusive of other minority groups*

### **Parent Power**

1118 S. 142nd Street  
Tacoma, WA 98444  
Contact: Yvone Link  
(206) 531-2022  
Fax: (206) 531-2022  
e-mail: Ylink@aol.com  
*Asian*

### **Pyramid Parent Training Project**

3132 Napoleon Avenue  
New Orleans, LA 70125  
Contact: Ursula Markey  
(504) 895-5970  
Fax: (504) 899-5739  
e-mail: Dmarkey404@aol.com  
*African-American*

### **Special Kids, Inc. (SKI)**

P.O. Box 61628  
Houston, TX 77208  
Contact: Agnes Johnson  
(713) 643-9576 or (713) 250-5469  
Fax: (713) 643-6291  
e-mail: SpeckKids@aol.com  
*Primarily African-American, inclusive of other minority groups*

### **United We Stand**

c/o Francis of Paola Preschool  
201 Conselyea Street  
Brooklyn, NY 11206  
Contact: Lourdes Putz  
(718) 782-1462  
Fax: (718) 782-8044  
e-mail: uwsofny@aol.com  
*African-American, Hispanic, Puerto Rican*



**Urban Parents Becoming Effective Advocates Through  
Training (UPBEATT)**

9950 Fielding

Detroit, MI 48228

Contact: Edith Sharp

(313) 837-1343

Fax: (313) 837-0358

e-mail: Upbeatt@aol.com

*Primarily African-American, inclusive of other minorities*

**Vietnamese Parents of Disabled Children (VPDC)**

314 Gina Drive

Carson, CA 90745-3617

Contact: The-Luyen Chu

(310) 370-6704

Fax: (310) 542-0522

e-mail: Lchu@earthlink.net

*Vietnamese*

**Virgin Island Family Information Network on Disabilities  
(VI-FIND)**

#2, Nye Gade

St. Thomas, VI 00802

Contact: Catherine Glenn

(809) 775-3962 (Voice/Fax)

*African descent*

# **Office for Civil Rights**

## **EASTERN DIVISION**

**Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont**

Office for Civil Rights, Boston Office  
U.S. Department of Education  
J.W. McCormack Post Office and Courthouse  
Room 222, 01-0061  
Boston, MA 02109-4557  
(617) 223-9662  
Fax: (617) 223-9669  
TDD: (617) 223-9695

**New Jersey, New York, Puerto Rico, and Virgin Islands**

Office for Civil Rights, New York Office  
U.S. Department of Education  
75 Park Place, 14th Floor  
New York, NY 10007-2146  
(212) 637-6466  
Fax: (212) 264-3803  
TDD: (212) 637-0478

**Delaware, Maryland, Kentucky, Pennsylvania,  
and West Virginia**

Office for Civil Rights, Philadelphia Office  
U.S. Department of Education  
3535 Market Street, Room 6300, 03-2010  
Philadelphia, PA 19104-3326  
(215) 596-6787  
Fax: (215) 596-4862  
TDD: (215) 596-6794

## **SOUTHERN DIVISION**

**Alabama, Florida, Georgia, South Carolina,  
and Tennessee**

Office for Civil Rights, Atlanta Office  
U.S. Department of Education  
Post Office Box 2048, 04-3010  
101 Marietta Tower, Suite 2000  
Atlanta, GA 30301-2048  
(404) 562-6374  
Fax: (404) 562-6455  
TDD: (404) 562-6454

**Arkansas, Louisiana, Mississippi, Oklahoma, and Texas**

Office for Civil Rights, Dallas Office  
U.S. Department of Education  
1200 Main Tower Building, Suite 2260, 06-5010  
Dallas, TX 75202-9998  
(214) 767-3959  
Fax: (214) 767-6509  
TDD: (214) 767-3639

**North Carolina, Virginia, and Washington, DC**

Office for Civil Rights, District of Columbia Office  
U.S. Department of Education  
330 C Street, SW, Room 5046  
Washington, DC 20202  
(202) 260-9225  
Fax: (202) 260-7250

## **MIDWESTERN DIVISION**

**Illinois, Indiana, Michigan, Minnesota, Ohio,  
and Wisconsin**

**Office for Civil Rights, Chicago Office  
U.S. Department of Education  
111 N. Canal Street, Suite 1053  
Chicago, IL 60606-7204  
(312) 886-8434  
Fax: (312) 353-4888  
TDD: (312) 353-2540**

### **Michigan and Ohio**

**Office for Civil Rights, Cleveland Office  
U.S. Department of Education  
600 Superior Avenue East  
Bank One Center, Room 750  
Cleveland, OH 44114-2611  
(216) 522-4970  
Fax: (216) 522-2573  
TDD: (216) 522-4944**

**Iowa, Kansas, Missouri, Nebraska, North Dakota, and  
South Dakota**

**Office for Civil Rights, Kansas City Office  
U.S. Department of Education  
10220 North Executive Hills Boulevard  
8th Floor, 07-6010  
Kansas City, MO 64153-1367  
(816) 880-4202  
Fax: (816) 891-0644  
TDD: (816) 891-0582**

## **WESTERN DIVISION**

**Arizona, Colorado, Montana, New Mexico, Utah, and Wyoming**

Office for Civil Rights, Denver Office  
U.S. Department of Education  
Federal Building, Suite 310, 08-7010  
1244 Speer Boulevard  
Denver, CO 80204-3582  
(303) 844-5696  
Fax: (303) 844-4303  
TDD: (303) 844-3417

### **California**

Office for Civil Rights, San Francisco Office  
U.S. Department of Education  
Old Federal Building  
50 United Nations Plaza  
Room 239  
San Francisco, CA 94102-4102  
(415) 437-7700  
Fax: (415) 437-7783  
TDD: (415) 437-7786

**Alaska, Hawaii, Idaho, Nevada, Oregon, Washington,  
American Samoa, Guam, and Trust Territory of the  
Pacific Islands**

Office for Civil Rights, Seattle Office  
U.S. Department of Education  
915 Second Avenue  
Room 3310, 10-9010  
Seattle, WA 98174-1099  
(206) 220-7880  
Fax: (206) 220-7887  
(206) 220-7907

# Parent Training and Information Centers

## ALABAMA

Special Education Action Committee, Inc. (SEAC)

3207 International Drive, Suite C

P.O. Box 161274

Mobile, AL 36616-2274

(334) 478-1208 (Voice/TDD)

1-800-222-7322 (Alabama only)

Fax: (334) 473-7877

## ALASKA

Alaska P.A.R.E.N.T.S., Inc.

(Parents as Resources Engaged in Networking and Training  
Statewide)

540 International Airport Road, Suite 200

Anchorage, AK 99518

(907) 563-2246 (Voice/TDD)

1-800-478-7678 (Alaska only)

Fax: (907) 563-2257

## ARIZONA

Pilot Parent Partnerships

2150 East Highland Avenue, Suite 105

Phoenix, AZ 85016

(602) 468-3001 (Voice/TDD)

1-800-237-3007 (Arizona only)

Fax: (602) 468-3001 (call first)

## ARKANSAS

Arkansas Parent Support and Information Network

Arkansas Disability Coalition

10002 W. Markham, Suite B-7

Rock, AR 72205

70

(501) 221-1330 (Voice/TDD)  
1-800-223-1330 (Arkansas only)  
Fax: (501) 221-9067

## **CALIFORNIA**

### **Northern California Coalition for Parent Training and Information (NCC), Region I**

Disability Rights Education and Defense Fund (DREDF)  
2212 Sixth Street  
Berkeley, CA 94710  
(510) 644-2555 (TDD available)  
Fax: (510) 841-8645

### **Northern California Coalition for Parent Training and Information (NCC), Region II**

Matrix, A Parent Network and Resource Center  
555 Northgate Drive, Suite A  
San Rafael, CA 94903  
(415) 499-3877  
Fax: (415) 507-9457

### **Northern California Coalition for Parent Training and Information (NCC), Region III**

Parents Helping Parents  
The Family Resource Center for Children with Special Needs  
3041 Olcott Street  
Santa Clara, CA 95054-3222  
(408) 727-5775 (Voice/TDD)  
Fax: (408) 727-0182

**Northern California Coalition for Parent Training and Information (NCC), Region IV**

**Exceptional Parents Unlimited (EPU)**

4120 North First Street  
Fresno, CA 93726  
(209) 229-2000  
Fax: (209) 229-2956

**Parents Helping Parents-San Francisco (PHP-SF)**

1801 Vincente Street  
San Francisco, CA 94116  
(415) 564-0722  
Fax: (415) 681-1065

**Team of Advocates for Special Kids, Inc. (TASK)**

100 West Cerritos Avenue  
Anaheim, CA 92805  
(714) 533-8275  
Fax: (714) 533-2533

**COLORADO**

**PEAK Parent Center, Inc.**

(Parent Education and Assistance for Kids)  
6055 Lehman Drive, Suite 101  
Colorado Springs, CO 80918  
(719) 531-9400  
1-800-284-0251  
TDD: (719) 531-9403  
Fax: (719) 531-9452



## **CONNECTICUT**

**Connecticut Parent Advocacy Center, Inc. (CPAC)**  
5 Church Lane, Suite 4  
P.O. Box 579  
East Lyme, CT 06333  
(860) 739-3089 (Voice/TDD)  
1-800-445-2722 (Connecticut parents only)  
Fax: (860) 739-7460 (call first)

## **DELAWARE**

**Parent Information Center of Delaware, Inc. (PIC/DE)**  
700 Barksdale Road, Suite 3  
Newark, DE 19711  
(302) 366-0152  
TTY: (302) 366-0178  
Fax: (302) 366-0276

## **DISTRICT OF COLUMBIA**

**COPE Parent Training and Information Center**  
(Creating Opportunities for Parent Empowerment)  
300 I Street NE, Suite 112  
Washington, DC 20002  
1-800-515-COPE or (202) 543-6482  
Fax: (202) 543-6682

## **FLORIDA**

**Parent Education Network (PEN) Project**  
Family Network on Disabilities of Florida, Inc.  
5510 W. Gray Street  
Tampa, FL 33609  
(813) 289-1122 (Voice/TDD)  
1-800-285-5736 (Florida only)  
Fax: (813) 286-8614

## **GEORGIA**

### **Parents Educating Parents (PEP)**

Georgia Arc Network

P.O. Box 43663

Atlanta, GA 30336

(770) 732-1122

TDD: (404) 616-9287

Fax: (770) 732-6050

## **HAWAII**

### **Assisting with Appropriate Rights in Education (AWARE)**

Learning Disabilities Association of Hawaii

200 North Vineyard Boulevard, Suite 310

Honolulu, HI 96817

(808) 536-2280

TDD: (808) 536-9684

Fax: (808) 537-6780

## **IDAHO**

### **Idaho Parents Unlimited, Inc. (IPUL)**

Parents Education and Resource Center (PERC)

4696 Overland Road, Suite 478

Boise, ID 83705

(208) 342-5884 (Voice/TDD)

1-800-242-IPUL (4785) (Idaho only)

Fax: (208) 342-1408

## **ILLINOIS**

### **Family Resource Center on Disabilities (FRCD)**

20 East Jackson Boulevard, Room 900

Chicago, IL 60604

(312) 939-3513

(312) 939-3519 (TDD/TDY)

: (312) 939-7297

## **Designs for Change**

6 North Michigan Avenue, Suite 1600

Chicago, IL 60602

(312) 857-9292

TDD: (312) 857-1013

Fax: (312) 857-9299

## **INDIANA**

### **IN\*SOURCE**

(Indiana Resource Center for Families with Special Needs)

809 N. Michigan

South Bend, IN 46601-1036

(219) 234-7101

1-800-332-4433 (Voice/TDD) ( Indiana only)

Fax: (219) 234-7279

e-mail: [insource@insped.ccmil.com](mailto:insource@insped.ccmil.com)

## **IOWA**

### **Iowa Pilot Parents**

33 North 12th Street

P.O. Box 1151

Fort Dodge, IA 50501

(515) 576-5870

1-800-952-4777 (Iowa only)

Fax: (515) 576-8209

## **KANSAS**

### **Families Together, Inc.**

501 Jackson, Suite 400

Topeka, KS 66603

(913) 233-4777 (Voice/TDD)

1-800-264-6343 (Kansas parents only)

Fax: (913) 233-4787

## **KENTUCKY**

### **Kentucky Special Parent Involvement Network (KY-SPIN)**

2210 Goldsmith Lane, Suite 118

Louisville, KY 40218

(502) 456-0923 (Voice/TDD)

1-800-525-7746

Fax: (502) 456-0893

## **LOUISIANA**

### **Project PROMPT**

4323 Division Street, Suite 110

Metairie, LA 70002-3179

(504) 888-9111

1-800-766-7736 (Louisiana parents only)

Fax: (504) 888-0246

## **MAINE**

### **Special-Needs Parent Information Network (SPIN)**

P.O. Box 2067

Augusta, ME 04338-2067

(207) 582-2504

1-800-870-7746 (Voice/TDD) (Maine only)

Fax: (207) 582-3638

## **MARYLAND**

### **The Parents' Place of Maryland, Inc.**

7257 Parkway Drive, Suite 210

Hanover, MD 21076

(410) 712-0900 (Voice/TDD)

Fax: (410) 712-0902

## **MASSACHUSETTS**

### **Federation for Children with Special Needs**

95 Berkeley Street, Suite 104

Boston, MA 02116

(617) 482-2915 (Voice/TTY)

1-800-331-0688 (Massachusetts only)

Fax: (617) 695-2939

## **MICHIGAN**

### **Citizens Alliance to Uphold Special Education (CAUSE)**

3303 West Saginaw, Suite D 1

Lansing, MI 48917

(517) 886-9167 (Voice/TDD/TTY)

1-800-221-9105 (Michigan only)

Fax: (517) 886-9775

### **Parents Are Experts/Parents Training Parents Project**

23077 Greenfield Road, Suite 205

Southfield, MI 48075-3744

(810) 557-5070 (Voice/TDD)

Fax: (810) 557-4456

## **MINNESOTA**

### **PACER Center, Inc.**

(Parent Advocacy Coalition for Educational Rights)

4826 Chicago Avenue South

Minneapolis, MN 55417-1098

(612) 827-2966 (Voice/TDD)

1-800-53PACER (Minnesota parents only)

Fax: (612) 827-3065

## **MISSISSIPPI**

### **Parent Partners**

3111 N. State Street  
Jackson, MS 39216  
(601) 366-5707 (Voice/TDD)  
Fax: (601) 362-7361

## **MISSOURI**

### **Missouri Parents Act (MPACT)**

2100 S. Brentwood, Suite G  
Springfield, MO 65804  
(417) 882-7434 (Voice/TDD)  
1-800-743-7634 (Missouri only)  
Fax: (417) 882-8413

## **MONTANA**

### **Parents Let's Unite for Kids (PLUK)**

MSU-Billings, SPED  
1500 North 30th Street, Room 267  
Billings, MT 59101-0298  
(406) 657-2055 (Voice/TDD)  
1-800-222-7585 (Montana only)  
Fax: (406) 657-2061

## **NEBRASKA**

### **Nebraska Parents' Center**

3610 Dodge Street, Suite 102  
Omaha, NE 68131-3218  
(402) 346-0525 (Voice/TDD)  
1-800-284-8520  
Fax: (402) 346-5253  
e-mail: [pwallet@nncf.unl.edu](mailto:pwallet@nncf.unl.edu)

## **NEVADA**

### **Nevada Parents Encouraging Parents (PEP)**

6910 Edna Avenue  
Las Vegas, NV 89114  
(702) 248-6711 (Voice/TDD)  
1-800-216-5188  
Fax: (702) 367-9812

## **NEW HAMPSHIRE**

### **Parent Information Center (PIC)**

151 A Manchester Street  
P.O. Box 2405  
Concord, NH 03302-2405  
(603) 224-7005 (Voice/TDD)  
(603) 224-6299  
Fax: (603) 224-4365

## **NEW JERSEY**

### **Statewide Parent Advocacy Network, Inc. (SPAN)**

35 Halsey Street, 4th Floor  
Newark, NJ 07102  
(201) 642-8100 (Voice/TDD)  
Fax: (201) 642-8080

## **NEW MEXICO**

### **Education for Parents of Indian Children with Special Needs Project (EPICS Project)**

Southwest Communication Resources, Inc.  
P.O. Box 788  
Bernalillo, NM 87004  
(505) 867-3396 (Voice/TDD)  
1-800-765-7320 (Voice/TDD) (New Mexico parents only)  
Fax: (505) 867-3398

**Parents Reaching Out (PRO) - Project ADOBE**  
1000A Main Street, NW  
Los Lunas, NM 87031  
(505) 865-3700 (Voice/TDD)  
1-800-524-5176 (New Mexico only)  
Fax: (505) 865-3737

## **NEW YORK**

**Advocates for Children of New York, Inc.**  
105 Court Street  
Brooklyn, NY 11201  
(718) 624-8450  
Fax: (718) 624-1260

**Parent Network Center (PNC)**  
250 Delaware Avenue, Suite 3  
Buffalo, New York 14202  
(716) 853-1570  
1-800-724-7408 (New York only)  
TDD: (716) 853-1573  
Fax: (716) 853-1574

**Resources for Children with Special Needs, Inc.**  
200 Park Avenue South, Suite 816  
New York, NY 10003  
(212) 677-4650  
Fax: (212) 254-4070

## **NORTH CAROLINA**

**ECAC, Inc.**  
(Exceptional Children's Assistance Center)  
P.O. Box 16  
Davidson, NC 28036  
(704) 892-1321  
1-800-962-6817 (North Carolina only)

(704) 892-5028



## **PARENTS Project**

(Parents Assisting and Responding to Educators Through  
Networking and Training in Schools)

300 Enola Road

Morganton, NC 28655

(704) 433-2662

Fax: (704) 438-6457

## **NORTH DAKOTA**

### **Pathfinder Family Center (Pathfinder PTI)**

Arrowhead Shopping Center

16th and 2nd Avenue SW

Minot, ND 58701-3459

(701) 852-9426

TDD: (701) 852-9436

Fax: (701) 838-9324

## **OHIO**

### **Child Advocacy Center**

1821 Summit Road, Suite 303

Cincinnati, OH 45237

(513) 821-2400 (Voice/TDD)

Fax: (513) 821-2442

### **Ohio Coalition for the Education of Children with Disabilities (OCECD)**

Training Center

933 High Street, Suite 106B

Worthington, OH 43085

(614) 431-1307 (Voice/TDD)

Fax: (614) 431-1504

## **OKLAHOMA**

### **Parents Reaching Out in Oklahoma (PRO-Oklahoma)**

1917 South Harvard Avenue  
Oklahoma City, OK 73128  
(405) 681-9710 (Voice/TDD)  
1-800-PL94-142 (Parents only)  
Fax: (405) 685-4006

## **OREGON**

### **Coalition in Oregon for Parent Education Project, Inc.**

(Oregon COPE Project, Inc.)  
999 Locust Street, NE  
Salem, OR 97303  
(503) 373-7477 (Voice/TDD)

## **PENNSYLVANIA**

### **Mentor Parent Program (MPP)**

P.O. Box 718, Main Street  
Seneca, PA 16346  
(814) 676-8615  
1-800-447-1431 (Pennsylvania only)  
Fax: (814) 677-4465

### **Parent Education Network (PEN)**

333 East 7th Avenue  
York, PA 17404  
(717) 845-9722 (Voice/TDD)  
1-800-522-5827 (Voice/TDD) (Pennsylvania only)  
1-800-441-5028 (Spanish, Pennsylvania only)  
Fax: (717) 848-3654

**Parents Union for Public Schools in Philadelphia, Inc.**  
AKA-Parents Union  
311 South Juniper Street, Suite 602  
Philadelphia, PA 19107  
(215) 546-1166  
Fax: (215) 731-1688

## **PUERTO RICO**

**Asociacion de Padres Pro Bienestar de Ninos con  
Impedimentos de P.R., Inc.**  
P.O. Box 21301  
San Juan, PR 00928  
(809) 763-4665 (Voice/TDD)  
Fax: (809) 765-0345

## **RHODE ISLAND**

**Rhode Island Parent Information Network, Inc. (RIPIN)**  
500 Prospect Street  
Pawtucket, RI 02860  
(401) 727-4144  
1-800-464-3399 (Rhode Island only)  
TDD: (401) 727-4151  
Fax: (401) 725-9960  
(Shared fax#, please indicate "RIPIN")

## **SOUTH CAROLINA**

**Parents Reaching Out to Parents of South Carolina, Inc.**  
(PRO-Parents)  
2712 Middleburg Drive, Suite 102  
Columbia, SC 29204  
(803) 779-3859 (Voice/TDD)  
1-800-759-4776 (South Carolina parents only)  
Fax: (803) 252-4513

## **SOUTH DAKOTA**

### **South Dakota Parent Connection**

3701 W. 49th, Suite 200B

Sioux Falls, SD 57106

(605) 361-3171 (Voice/TDD)

1-800-640-4553 (South Dakota only)

Fax: (605) 361-2928

## **TENNESSEE**

### **Support and Training for Exceptional Parents (STEP)**

1104 Tusculum Boulevard, Suite 401

Greenville, TN 37745

(615) 639-0125

1-800-280-STEP (Tennessee only)

TDD: (615) 639-2464

Fax: (615) 636-8217

URL: [tnstep@aol.com](mailto:tnstep@aol.com)

## **TEXAS**

### **Path Project**

Partners Resource Network, Inc.

1090 Longfellow Drive, Suite B

Beaumont, TX 77706-4889

Phone: (409) 898-4684

1-800-866-4726

TDD: (409) 898-4816

Fax: (409) 898-4869

### **Project P.O.D.E.R. (Partnerships for Opportunity, Development, Education, and Resources)**

2300 West Commerce, Suite 205

San Antonio, TX 78207

(210) 222-2637 (Voice/TDD)

1-800-682-9747 (Voice/TDD) (Texas only)

(210) 222-2638

**Special Kids, Inc. (SKI)**  
P.O. Box 61628  
Houston, TX 77208-1638  
Phone: (713) 643-9576  
Fax: (713) 643-6291

## **UTAH**

**UTAH Parent Center (UPC)**  
2290 East 4500 South, Suite 110  
Salt Lake City, UT 84117  
(801) 272-1051  
1-800-468-1160 (Utah only)  
Fax: (801) 272-8907

## **VERMONT**

**Vermont Parent Information Center (VPIC)**  
The Chace Mill  
1 Mill Street, Suite A7  
Burlington, VT 05401  
(802) 658-5315 (Voice/TDD)  
1-800-639-7170 (Vermont only)  
Fax: (802) 658-5395

## **VIRGINIA**

**Parent Educational Advocacy Training Center (PEATC)**  
10340 Democracy Lane, Suite 206  
Fairfax, VA 22030  
(703) 691-7826 (Voice/TDD)  
1-800-869-6782 (Virginia parents only)  
Fax: (703) 691-8148  
e-mail: PEATCinc@aol.com

## **WASHINGTON**

### **Washington PAVE (Parents Are Vital in Education)**

6316 South 12th Street

Tacoma, WA 98465-1900

(206) 565-2266 (Voice/TDD)

1-800-572-7368 (Voice/TDD)

1-800-5-PARENT (Washington only)

Fax: (206) 566-8052

### **Specialized Training of Military Parents (STOMP)**

12208 Pacific Highway SW

Tacoma, WA 98499

(206) 588-1741 (Voice/TDD)

1-800-298-3543 (Voice/TDD)

Fax: (206) 984-7520

### **Touchstones— More Alike than Different Parent Advocacy and Access Project**

6721 51st Avenue, S

Seattle, WA 98118

(206) 721-0867

Fax: (206) 721-2422

## **WEST VIRGINIA**

### **West Virginia Parent Training and Information (WVPTI)**

104 E. Main Street, Suite 3-B

Clarksburg, WV 26301

(304) 624-1436 (Voice/TTY)

Fax: (304) 624-1438

## **WISCONSIN**

### **Parent Education Project of Wisconsin, Inc. (PEP-WI)**

2192 South 60th Street  
West Allis, WI 53219-1568  
(414) 328-5520  
TDD: (414) 328-5527  
Fax: (414) 328-5520 (call first)

## **WYOMING**

### **Parent Information Center (PIC)**

5 North Lobban Avenue  
Buffalo, WY 82834  
(307) 684-2277 (Voice/TDD)  
1-800-660-WPIC (9742) (Wyoming only)  
Fax: (307) 684-5314

## **PALAU**

### **Palau Parent Network (PNN)**

P.O. Box 1583  
Koror, Republic of Palau 76740  
01-680-488-3513  
Fax: 01-680-488-2830

## **VIRGIN ISLANDS**

### **Virgin Island Family Information Network on Disabilities (V.I.FIND)**

#2, Nye Gade  
St. Thomas, USVI 00802  
(809) 775-3962 (Voice/Fax)

# State Government Information

## ALABAMA

Alabama Department of Education  
Division of Special Education Services  
P.O. Box 302101  
Montgomery, AL 36130-2101  
Contact: Bill East, (334) 242-8114

## ALASKA

Alaska Department of Education  
Office of Special and Supplemental Services  
801 Tenth Street, Suite 200  
Juneau, AK 99801-1894  
Contact: Myra Howe, (907) 465-2971

## ARIZONA

Arizona Department of Education  
1535 W. Jefferson Street  
Phoenix, AZ 85007-3280  
Contact: Kathryn A. Lund, (602) 542-3084

The Disabilities Help Line of Arizona  
The Annex  
1515 E. Osborn  
Phoenix, AZ 85014  
1-800-352-3792 or (602) 263-8856

## ARKANSAS

Arkansas Department of Education  
4 State Capitol Mall, Room 105-C  
Little Rock, AR 72201-1071  
Contact: Diane Sydoriak, (501) 682-4221



## **CALIFORNIA**

**California Department of Education**  
515 L Street, Suite 270  
Sacramento, CA 95814  
Contact: Leo Sandoval, (916) 445-4602

## **COLORADO**

**Colorado Department of Education**  
Special Education Services Unit  
201 E. Colfax Avenue  
Denver, CO 80203  
Contact: Fred Smokoski, (303) 866-6695

## **CONNECTICUT**

**Connecticut Department of Education**  
Bureau of Special Education and Pupil Personnel Services  
25 Industrial Park Road  
Middletown, CT 06457  
Contact: Tom Gillung, (860) 638-4265

## **DELAWARE**

**Department of Public Instruction**  
Division for Exceptional Children  
P.O. Box 1402  
Dover, DE 19903-1402  
Contact: Martha Brooks, (302) 739-5471

## **DISTRICT OF COLUMBIA**

**State Office of Special Education**  
Goding School  
10th and F Street, NE  
Washington, DC 20002  
Contact: B. Garnett Pinkney, (202) 724-4800

## **FLORIDA**

**Florida Education Center**  
Bureau of Student Services/Exceptional Education  
325 W. Gaines Street, Suite 614  
Tallahassee, FL 32399-0400  
Contact: Bettye Weir, (904) 488-1570

## **GEORGIA**

**Georgia Department of Education**  
Division of Exceptional Students  
1952 Twin Towers E  
205 Butler Street  
Atlanta, GA 30334-5040  
Contact: Paulette Bragg, (404) 656-3963

## **HAWAII**

**Hawaii Department of Education**  
Special Education Section  
3430 Leahi Avenue  
Honolulu, HI 96815  
Contact: Robert Campbell, (808) 733-4990

## **IDAHO**

**Idaho State Department of Education**  
Special Education Section  
P.O. Box 83720  
Boise, ID 83720-0027  
Contact: Nolene Weaver, (208) 334-3940

## **ILLINOIS**

**Illinois State Board of Education**  
Center on Policy, Planning and Resource  
100 N. First Street, Mail Code E-216  
Springfield, IL 62777-001  
Contact: Gail Lieberman, (217) 782-6601

## **INDIANA**

**Indiana Department of Education**  
Division of Special Education  
State House, Room 229  
Indianapolis, IN 46204-2798  
Contact: Robert Marra, (317) 232-0570

## **IOWA**

**Bureau of Special Education**  
Grimes State Office Building  
Des Moines, IA 50319-0146  
Contact: Jeananne Hagen, (515) 281-3176

## **KANSAS**

**Kansas State Board of Education**  
Student Support Services  
120 SE 10th Avenue  
Topeka, KS 66612-1182  
Contact: Mike Remus, (913) 296-0946

## **KENTUCKY**

**Kentucky Department of Education**  
Division of Exceptional Children Services  
500 Metro Street, Room 805  
Frankfort, KY 40601  
Contact: Hal Hayden, (502) 564-4970

## **LOUISIANA**

**Louisiana Department of Education**  
Office of Special Education  
P.O. Box 94064, 9th Floor  
Baton Rouge, LA 70804-9064  
Contact: Leon L. Borne, (504) 342-3633

## **MAINE**

**Maine Department of Education**  
Division of Special Services  
23 State House Station  
Augusta, ME 04333  
Contact: David Noble Stockford, (207) 287-5950

## **MARYLAND**

**Maryland Department of Education**  
Division of Special Education  
200 W. Baltimore Street  
Baltimore, MD 21201-2595  
Contact: Richard Steinke, (410) 767-0238

**Governor's Office of Children, Youth, and Families**  
Maryland Infants and Toddlers Program  
301 W. Preston Street, Suite 1502  
Baltimore, MD 21201  
(410) 767-4160

## **MASSACHUSETTS**

**Massachusetts Department of Education**  
Program Quality Assurance  
350 Main Street  
Malden, MA 02148-5023  
Contact: Marty Mittnacht, (617) 388-3300

## **MICHIGAN**

**Michigan Department of Education  
Special Education Services  
P.O. Box 30008  
Lansing, MI 48909-7508  
Contact: Richard Baldwin, (517) 373-9433**

## **MINNESOTA**

**Department of Children, Families, and Learning  
Cap Square Building, Room 811  
550 Cedar Street  
St. Paul, MN 55101  
Contact: Wayne Erickson, (612) 296-1793**

## **MISSISSIPPI**

**Mississippi State Department of Education  
Office of Special Education  
P.O. Box 771  
Jackson, MS 39205-0771  
Contact: Carolyn Black, (601) 359-3498**

## **MISSOURI**

**Department of Elementary and Secondary Education  
Special Education Programs  
P.O. Box 480  
Jefferson City, MO 65102-0480  
Contact: Melodie Friedebach, (314) 751-2965**

## **MONTANA**

**Office of Public Instruction  
Division of Special Education  
State Capitol, P.O. Box 202051  
Helena, MT 59620-2501  
Contact: Robert Runkel, (406) 444-4429**

## **NEBRASKA**

**Nebraska Department of Education**  
301 Centennial Mall South  
P.O. Box 94987  
Lincoln, NE 68509-4987  
Contact: Gary M. Sherman, (402) 471-2471

## **NEVADA**

**Nevada Department of Education**  
Special Education Branch  
440 W. King, Capitol Complex  
Carson City, NV 89710-0004  
Contact: Gloria Dopf, (702) 687-3140

## **NEW HAMPSHIRE**

**New Hampshire Department of Education**  
Bureau of Special Education  
101 Pleasant Street  
Concord, NH 03301-3860  
Contact: Nate Norris, (603) 271-6693

## **NEW JERSEY**

**New Jersey Department of Education**  
Office of Special Education  
CN 500  
Trenton, NJ 08625-0050  
Contact: Barbara Gantwerk, (609) 633-6833

## **NEW MEXICO**

**New Mexico State Department of Education**  
300 Don Gaspar Avenue  
Santa Fe, NM 87501-2786  
Contact: Diego Gallegos, (505) 827-6541

## **NEW YORK**

**New York State Education Department  
Office for Special Education  
One Commerce Plaza, Room 1624  
Albany, NY 12234-0001  
Contact: Tom Nevelndine, (518) 474-5548**

## **NORTH CAROLINA**

**North Carolina Department of Public Instruction  
Division of Exceptional Children's Services  
301 N. Wilmington Street  
Raleigh, NC 27601-2825  
Contact: Lowell Harris, (919) 715-1565**

## **NORTH DAKOTA**

**Department of Public Instruction  
Special Education  
600 E. Boulevard  
Bismarck, ND 58505-0440  
Contact: Gary W. Gronberg, (701) 328-2277**

## **OHIO**

**Ohio Department of Education  
Division of Special Education  
933 High Street  
Worthington, OH 43085-4087  
Contact: John Herner, (614) 466-2650**

## **OKLAHOMA**

**Oklahoma State Department of Education**  
Division of Special Education  
Hodge Education Building  
2500 North Lincoln Boulevard  
Oklahoma City, OK 73105-4599  
Contact: Darla Griffin or John Corpolongo, (405) 521-4859

## **OREGON**

**Oregon Department of Education**  
Special Education and Student Services Division  
700 Pringle Parkway, SE  
Portland, OR 97310-0290  
Contact: Petrea Hagen-Gilden, (503) 378-3598

## **PENNSYLVANIA**

**Pennsylvania Department of Education**  
Bureau of Special Education  
333 Market Street  
Harrisburg, PA 17126-0333  
Contact: William Penn, (717) 783-6913

## **RHODE ISLAND**

**Rhode Island Department of Education**  
Roger Williams Building, Suite 209  
22 Hayes Street  
Providence, RI 02908-5025  
Contact: Robert M. Pryhoda, (401) 227-3505

## **SOUTH CAROLINA**

**South Carolina State Department of Education**  
Office of Programs for Exceptional Children  
Edge Building, Room 808



1429 Senate  
Columbia, SC 29201  
Contact: Ora Spann, (803) 734-8806

## **SOUTH DAKOTA**

Department of Education and Cultural Affairs  
Office of Special Education  
700 Governors Drive  
Pierre, SD 57501-2291  
Contact: Deborah Barnett, (605) 773-3678

## **TENNESSEE**

Tennessee Department of Education  
Division of Special Education  
Gateway Plaza, 8th Floor  
710 James Robertson Parkway  
Nashville, TN 37243-0380  
Contact: Joseph Fisher, (615) 741-2851

## **TEXAS**

Texas Education Agency  
Special Education Unit  
WB Travis Building, Room 5-120  
1701 N. Congress Avenue  
Austin, TX 78701-2486  
Contact: Jill Gray, (512) 463-9414

## **UTAH**

Utah State Office of Education  
Special Education Services Unit  
250 East 500 S  
Salt Lake City, UT 84111-3204  
Contact: Steve Kukic, (801) 538-7587

## **VERMONT**

**Vermont Department of Education**  
Division of Special Education  
State Office Building  
120 State Street  
Montpelier, VT 05602-3403  
Contact: Dennis Kane, (802) 828-3141

## **VIRGINIA**

**Virginia Department of Education**  
P.O. Box 2120  
Richmond, VA 23216-2120  
Contact: Douglas Cox, (804) 225-2402

## **WASHINGTON**

**Superintendent of Public Instruction**  
Special Education Section  
Old Capitol Building  
Olympia, WA 98504-7200  
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Charleston, WV 25305  
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## **WISCONSIN**

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## **WYOMING**

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Cheyenne, WY 82002-0050  
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## **AMERICAN SAMOA**

**American Samoa Department of Education**  
Special Education  
Pago Pago, AS 96799  
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**Guam Department of Education**  
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# Appendix C

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# Appendix D

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## List of Important Names and Phone Numbers

(This space is for you to write down important names and phone numbers.)



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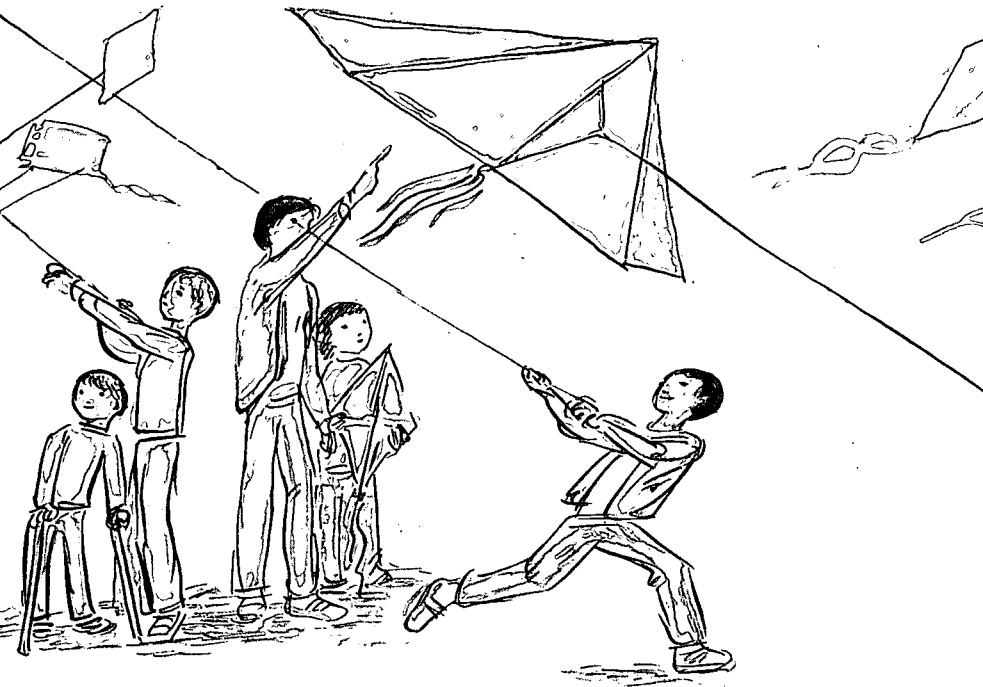


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