

# Cambria County Resource Guide

## Children and youth with special healthcare needs and their families

The Special Kids Network Helpline – 1-800-986-4550

- Advocacy for special healthcare needs
  - [Center for Independent Living of South Central PA](#) 814-949-1905 or 800-237-9009  
The Mission of the Center for Independent Living of South Central PA is to empower people with disabilities to lead independent lives in their communities. CILSCPA strives through advocacy and collective action to remove physical and attitudinal barriers that prevent persons with disabilities from exercising their rights, achieving personal independence, and participating fully in the life of the community. Programs, services & trainings provided by CILSCPA teach consumers to take responsibility for their own abilities to live independently. CILSCPA, established in 1988, is a non-profit, non-residential, community based organization. In accordance with the Rehabilitation Act, at least 51% of CILSCPA board members and staff have disabilities.
  - [Juvenile Law Center](#) [Select 'Cambria' County then 'Advocacy and Legal Services'.]  
Advancing the rights and well-being of children in jeopardy. 1-888-864-6393
    - [Association of Retarded Citizens \(ARC\)](#) [Web Page Link]  
Offers services for individuals with intellectual and developmental disabilities such as early intervention, supported employment, job training, transition planning, respite care, supported living and transportation.
    - [Laurel Legal Services](#) 724-836-2211 or 800-253-9558  
Free civil legal representation and advice to low-income clients.
    - [Pennsylvania Bar Association Lawyer Referral Service](#) 1-800-932-0311  
Pennsylvania Bar Association Lawyer Referral Service matches clients to a Pennsylvania lawyer in a specific area of law.
    - [Office Of Vocational Rehabilitation](#) 1-800-762-4223 or 814-255-6771  
OVR provides assistance with obtaining and maintaining employment to individuals with disabilities.
    - [Women's Help Center, Inc.](#) Cambria County: 814-536-5361  
Women's Help Center offers domestic violence services, counseling, 24-hour hotline, emergency shelter (for up to 30 days), children's program, legal advocacy, community education/outreach, and prevention education.
    - [Southern Allegheny Legal Aid Inc.](#) 814-536-8917 or 1-888-244-7252  
Southern Alleghenies Legal Aid, Inc. Provides affordable civil legal services to low income individuals in Cambria County.
    - [Special Kids Network](#) 800-986-4550  
Statewide referral service designed to serve families of children with chronic health of disabling conditions through information and service coordination.
    - [Disability Rights Network Of Pennsylvania](#) Harrisburg: 717-236-8110; Philadelphia: 215-238-8070; Pittsburgh: 412-391-5225  
Legal consultation and representation for individuals with disabilities and their families who are facing discrimination. Access to needed services, referral and technical assistance to Pennsylvania residents with disability issues.

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- [Developmental Disabilities Advocacy Network](#) 1-800-692-7443  
The Developmental Disabilities Advocacy Network provides information on disability programs and services in communities nationwide.
- [PA Client Assistance Program](#) 888-745-2357 or 800-323-6060  
PA's Client Assistance Program is an advocacy program for people with disabilities seeking services in employment and housing.
- [LGBT Youth in Crisis Hotline](#) 800-246-7743  
Youth serving youth through age 25. Peer counseling, information, and local resources.
- [Kaleidoscope Family Solutions Inc.](#) Autism, IDD & Behavioral Team 877-384-1729  
Kaleidoscope Family Services (KFS) is School Division: 800-908-0546  
a specialized provider of clinical and therapeutic services directly to individuals as well as education-system staffing services. Services are delivered through its specialty division outlined below.
  - KFS Behavioral Therapeutic Services
  - KFS Autism Services
  - KFS Intellectual and Developmental Disabilities Services
  - KFS School Staffing Services
  - KFS Training Services
- [Kids as Self Advocates](#) [Website]  
[Family Voices](#) project funded by the [U.S. Maternal and Child Health Bureau](#)
- [Pennsylvania Elks Home Service Program](#) [See phone numbers below]  
If referral is for a child under 21 please call 1-800-986-4550 if over 21 please call Pat O'Connor at 814-781-7860 or Margie Wood at 724-225-1395. Providing support and advocacy services to individuals who have a developmental disability.
- [Tri-County Patriots for Independent Living](#) 724-223-5115  
Advocates for the civil rights and affirms Liberty and Justice for all people with disabilities.
- [Beginnings, Inc.](#) 814-539-1919  
Provides programs and services to children birth to three and their families. Services provided include Early Intervention, Parents as Teachers, Parent and Child Together, Court Appointed Special Advocate and Family Foundations Academy. Services included in early intervention include occupational, physical, speech, hearing and vision therapy as well as nutritional support, social worker services and in-home teachers.
- [Parent Education & Advocacy Leadership Center \(PEAL\)](#) 412-281-4404  
PEAL is an organization of parents of children with special health care needs and disabilities reach out to assist families of children with disabilities or special health care needs, professional and other who assist children with disabilities or special health care needs and children, youth and young adults with disabilities or special health care needs ages 0-26.
- Assistive Technology
  - [Pennsylvania Assistive Technology Foundation](#) [Webpage Resource] 888-744-1938  
Foundation's mission is to provide financing opportunities to people with disabilities and older Pennsylvanians helping them to acquire the assistive technology devices and services that improve the quality of their lives.

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- Counseling for special healthcare needs
  - [The Substance Abuse and Mental Health Services Administration \(SAMHSA\) online provider locator and telephone hotline](#) 1-800-662-4357  
The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a Behavioral Health Treatment Locator through which the user can search for a provider by address or zip code. The agency also offers a National Helpline which provides free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. The hotline is available 24 hours a day, 7 days a week at 1-800-662-HELP (4357) or 1-800-487-4889 (TDD).
- Day Care
  - [Pennsylvania Department of Human Services](#) 1-800-692-7462  
Child Care and Early Learning services.
    - [Child Care Works Subsidized Child Care](#) 412-261-2273  
If your household income is no more than twice of the FPIG and your child is 13 or younger and you are a working parent or you are going to school.
    - [Pre-school Programs](#) 1-866-214-5437  
if your household income is no more than the FPIG and your child is five years old or younger.
    - [Online Child Care Provider Search](#) Website address  
The search will help you locate a child care provider that meets your needs and offer information on Early Learning programs. The Online Child Care Provider Search offers a portion of the wide spectrum of child care services offered by Child Care Information Services (CCIS) agencies. For additional assistance in locating a child care arrangement, [contact your local CCIS](#).
  - [Johnstown Day Care Center, Inc.](#) 814-535-4344  
Sliding Fee scale for all enrollment
    - [Mom's House of Johnstown](#) 814-535-4848  
Free day care to single parents enrolled in educational programs. Also offers support, counseling, parenting classes, and tutoring services.
- Early Intervention
  - [Cambria County, PA Behavioral Health/Intellectual Disabilities/Early Intervention Program](#)  
Behavioral Health & Intake Office: (877) 268-9463  
Intellectual Disabilities & Early Intervention
  - [Professional Family Care Services](#) 814-255-6780  
Free services for children birth to age three.
  - [Pennsylvania Department of Human Services Early Intervention Services Website](#)  
While all children grow and develop in unique ways, some children experience delays in their development. Children with developmental delays and disabilities

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benefit from the Pennsylvania Early Intervention program, a state supported network of parents, service practitioners, and others which builds upon the natural learning opportunities that occur within the daily routines of a child and their family.

- Health Insurance
  - [CHIP](#) [Web Page link] 1-800-986-KIDS (5437)  
Pennsylvania's Children's Health Insurance Program.  
Covers all uninsured PA kids under 19.
  - [COMPASS](#) [PA Dept. of Human Services benefits online application Web Page link]  
[Select Apply for Any Benefits link to begin.]
  - Help with Medicare
    - [APPRISE](#) 1-800-783-7067  
A free health insurance counseling service for individuals 60 and over.
    - [Cambria County Area Agency on Aging, APPRISE](#) 814-539-5595
    - [Medicare Part D](#) [Website link]  
Information about the Part D prescription drug benefit available to individuals enrolled in Medicare.
  - [HealthCare.gov](#) [Federal Health Insurance Enrollment Website] 1-800-318-2596
  - [Medical Assistance \(MA\)](#) [PA Department of Human Services Web link]  
Health care services for eligible individuals.
  - Pregnancy Insurance
    - [Presumptive Eligibility](#) [Eligible uninsured pregnant woman should register with Dept. of Human Services, COMPASS and Medical Assistance (MA)]  
Presumptive Eligibility (PE) provides insurance coverage for pregnant woman who have applied for MA but are still under review.
    - [Maternity Insurance.org](#) [Website link]
    - [Pennsylvania-Health-Coverage.com](#) [Website link] 1-866-589-6215  
Compare affordable maternity health insurance options.
  - [Resource Guide to Healthcare Options in Pennsylvania](#)  
For Children, Adults, and Seniors  
The Pennsylvania Office of Rural Health, Pennsylvania State University
- Housing
  - [Juvenile Law Center](#) [Cambria County]
    - [HUD](#) Philadelphia Office: 215-656-0500, Pittsburgh Office: 412-644-6428  
Federal program that provides housing support for individuals in need such as rental programs (including Section 8) and home ownership assistance programs.
    - [Northwest Human Services](#) 1-888-647-0020  
Residential living options, case/care management, and therapeutic services for individuals with disabilities.
    - [Fair Housing/Equal Opportunity at HUD](#)  
Philadelphia Office: 215-861-7637, Pittsburgh Office: 412-644-5449  
Hotline service for individuals to report incidences of housing discrimination.
    - [Community Action Partnership of Cambria County](#) Johnstown: 814-536-9031

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Ebensburg: 814-472-7321; Carrolltown: 814-344-8224

CAPCC provides housing services in an aim to eliminate poverty and homelessness. Services include Pennsylvania Customer Assistance Program, \$ Energy Fund, Department of Human Services Rental Assistance Program and Weatherization Assistance Program. Most services and housing are at little to no cost.

- [Women's Help Center, Inc. Cambria County:](#) 814-536-5361  
Domestic violence services, counseling, 24-hour hotline, emergency shelter (up to 30 days), children's program, legal advocacy, community education/outreach, and prevention education.
- [Association of Retarded Citizens \(ARC\)](#) [Website]  
Offers services for individuals with intellectual and developmental disabilities such as early intervention, supported employment, job training, transition planning, respite care, supported living and transportation.
- [Lifestyle Support Services](#) 814-948-6708  
Services for individuals with mental retardation or mental illness, including community residential and home based services, independent living skills instruction, and adult day programs.
- [Skills of Central PA](#) [Check website for PA locations and phone numbers.]  
Skills of Central PA offers services to individuals with disabilities such as residential options (Community Homes, Community Habilitation Services and Lifesharing), vocational and rehabilitative services, adult day services, life skills training.
- [Cambria Residential Services](#) 814-266-1829  
Residential services for individuals with mental health diagnoses or mental retardation. Services include community residential mental retardation services, family living services, community residential mental health services and social rehabilitation mental health services.
- [Homeless Assistance Program at Cambria Human Services Department](#) 814-534-2658  
The Homeless Assistance Program at Cambria County Human Services Department assists people who are at risk of becoming homeless or who are homeless.
- [Johnstown Housing Authority](#) 814-535-7771  
Public housing programs that connect income-eligible individuals and families with public housing or section 8 vouchers.
- Health Waiver Programs
  - **Medicaid Waivers for Children under 21:**
    - [Attendant Care/Act 150](#) Long-Term Living Helpline, 1-800-753-8827  
Enables individuals with a physical disability, ages 18-59, who are mentally alert to continue to live in their homes with support and services.
    - Community Services Program for Persons with Physical Disabilities/[OBRA Waiver](#) Long-Term Living Helpline, 1-800-753-8827  
Provides services to people 18 or older with severe developmental and physical disabilities, such as cerebral palsy, epilepsy, or similar conditions (onset prior to age 22).
    - [Consolidated Waiver for Individuals with Mental Retardation](#)

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Provides services to eligible people age three or older with mental retardation so that they can remain in the community.

- [Person/Family Directed Support Waiver](#)  
Provides services to eligible people age three or older with mental retardation so that they can remain in the community.
- Community Services Program for Persons with Physical Disabilities/[Independence Waiver](#)  
Long-Term Living Helpline, 1-800-753-8827  
Provides services to individuals 18 and older with severe physical disabilities to allow them to live in the community and remain as independent as possible.
- [Infant, Toddlers, and Families Waiver](#) 717-346-1119  
Supports Early Intervention services to children up to age three who would otherwise require the level of care provided in an Intermediate Care Facility for persons with Mental Retardation of Other Related Conditions.

- Respite Care

- [ARCH National Respite Network](#) [Website]  
for help with the Respite Locator Service please contact Mike Mathers at:  
[mmathers@chtop.org](mailto:mmathers@chtop.org) or by phone at 1-919-490-5577.

The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs, to help families locate respite and crisis care services in their communities, and to serve as a strong voice for respite in all forums.

- [Cambria County, PA Behavioral Health/Intellectual Disabilities/Early Intervention Program](#) 877-268-9463  
Phone: (877) 268-9463  
Behavioral Health & Intake (814) 534-2600  
Intellectual Disabilities & Early Intervention (814) 472-4400  
Ebensburg Satellite Office Toll Free (877) 268-9463

Respite Care professional sitters provide service in the consumer's home to allow caregivers relief. Short term respite (40 hours a month) or Long term respite (30 days a year) in or outside of the home is also available.

- Special Education

- [PA Bureau of Special Education Consult Line](#) 1-800-879-2301  
Help for families and advocates of children with special needs can be obtained by calling the Consult Line or with the on-line request form available at: <http://odr-pa.org/contact-consultline/>

- [Intermediate Units in PA](#) [Website Link]  
Intermediate Units in Pennsylvania are part of the governance structure of public education and are located in the middle between the state education agency and the local school districts. They provide specialized services to local school districts that can be operated more effectively and efficiently on a regional basis

- Support Groups

- [Parent to Parent of Pennsylvania](#) [Select 'P2P Supports Groups' link]  
Linking families of children and adults with disabilities 1-888-727-2706  
or special needs.

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- [PA Families Incorporated](#) [info@pafamiliesinc.org](mailto:info@pafamiliesinc.org) 1-800-947-4941  
Statewide network providing support to families raising children and youth with emotional, behavioral, and special needs, as well as serving as an advocate in the different child serving systems.  
Updated regularly.  
[Cambria County](#) [Select 'Resources' link on main page then select desired County.]

## Women who are or who might be pregnant

The Healthy Baby Information Helpline – 1-800-986-2229

- Baby Supplies
  - [Birthright International, Johnstown, PA Chapter](#) 1-800-550-4900  
Support for women facing unplanned pregnancies.
- Breastfeeding Guides- For information call the Health Baby Line at 800-986-BABY(2229)
  - [Pennsylvania Breastfeeding Referral Guide](#)  
Arranged by County
  - [Womenshealth.gov Breastfeeding Challenges Guide](#) 800-994-9662  
Information regarding common breastfeeding challenges  
Office on Women's Health, US Department of Health and Human Services
- Car Seats
  - Car Seat Safety  
The PA Child Passenger Protection Act requires that all drivers transporting children ages birth – four years use an approved child safety seat. Children ages four to eight must wear a seat belt and be in a booster seat. Children with medical conditions or disabilities may require special considerations or adaptations for transportation safety.
    - [The PA Traffic Injury Prevention Project](#)  
Car Seat Loan Program by County - Information Hotline – 800-CAR-BELT  
Training for school districts and companies 412-885-0266  
on transporting children with special needs.
    - [National Highway Safety Transportation Administration](#) – 888-327-4236  
Information on car seat safety and installation inspection.
    - National Easter Seal Society [phone listing] 800-221-6827  
Referrals and information about car seats.
- Counseling
  - [Nurse-Family Partnership](#) [select 'Find a Local Agency' for access to County list]  
Cambria County – 814-942-1903  
A free, voluntary program that partners first-time moms with nurse home visitors. When you enroll in the program, a special trained nurse will visit you throughout your pregnancy and until your baby turns two years old. During these visits, your caring nurse will offer the knowledge and support you need to confidently create a better life for your baby and yourself.

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- **CHIP**
  - [PA Children's Health Insurance Program](#) Call automated phone line at 800-986-KIDS (5437) and a CHIP representative will return your call within two business days.  
Pennsylvania's CHIP program puts health coverage within reach for all uninsured kids and teens who are not eligible for or enrolled in Medical Assistance.
- **Pregnancy Insurance**
  - **Presumptive Eligibility, MA**  
Presumptive Eligibility is a temporary program of health insurance coverage for pregnant women who are applying for Medical Assistance.
    - PA Dept. of Human Services Benefits Helpline [phone] 1-800-692-7462
    - [PA Dept. of Human Services Assistance Office Contact Information](#)
  - [COMPASS](#) (PA Dept. of Human Services) [Website]  
Online application for Pennsylvanians to apply for many health and human service programs. Click on the 'Apply Now' button to begin or use links on right side for further assistance.
- [text4baby](#) Registration is free on the text4baby.org website.  
Free text messages to keep you and your baby healthy throughout your pregnancy and the baby's first year.
- [WIC](#) 800-842-9467  
Through WIC, pregnant women, mothers, and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy. WIC provides nutrition service, breastfeeding support, health care and social service referrals, and healthy foods to over 250,000 participants every month in PA.

## Lead health information for parents, homeowners, contractors, and healthcare professionals

The Lead Information Helpline – 1-800-440-5323

- **City of Johnstown Lead Hazard Control Program (LHCP)**  
Rebecca Christ  
Residential Development Officer  
Community & Economic Development Department  
City of Johnstown  
401 Main Street, Room 204  
Johnstown, PA (814) 533-2017  
The LHCP creates lead-safe home environments for low-income families with children under age six.
- [Elevated Lead Blood Level Case Management Guidelines](#) [CDC Web Page]  
Recommendations from the CDC Advisory Committee on Childhood Lead Poisoning Prevention
- [Environmental Protection Agency, Lead](#) [EPA Web Page]  
Provides many useful links for families including:  
[Lead Hotline – National Lead Information Center link](#) (800) 424-5323

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- [PA Lead and Healthy Homes Program](#) [Website link] (717) 772-2762  
The Pennsylvania Lead and Healthy Homes Program (LHHP) seeks to create safe and healthy housing by addressing environmental health and safety issues in homes.
  
- Certified Contractors
  - Locating EPA Certified Lead Contractors and technicians
    - [EPA.gov - Lead](#)
    - [PA Labor and Industry](#)  
Link to list of accredited trainers and certified contracting firms.
  - Information for Contractors
    - [EPA - Lead](#)  
Renovate Right for Contractors and Trainers
    - [PA Labor and Industry](#)  
Certification and Other Requirements for Lead Occupations
    - [OSHA](#)  
For information about regulations regarding work on facilities which are non-residential, contractors should contact the appropriate Occupational Safety & Health Administration Pennsylvania area office.
  
- Property Managers
  - [HUD – Lead Disclosure Rule](#)  
Congress passed the Residential Lead-Based Paint Hazard Reduction Act of 1992, also known as Title X, to protect families from exposure to lead from paint, dust, and soil. Section 1018 of this law directed HUD and EPA to require the disclosure of known information on lead-based paint and lead-based paint hazards before the sale or lease of most housing built before 1978.  
  
If you did not receive the Disclosure of Information on Lead-Based Paint and/or Lead-Based Paint Hazards form when you bought or leased pre-1978 housing, contact 1-800-424-LEAD (5323).

## Individuals with Traumatic Brain Injury and their families

The Head Injury Information Helpline – 866-412-4755

- [Brain Injury Association of Pennsylvania](#) 1-800-444-6443  
Our mission: to prevent brain injury and improve the quality of life for people who have experienced brain injury and their family members through support, education, advocacy, and research.
  
- PA Department of Health Head Injury Program 866-412-4755
  - [Head Injury Program](#)  
The goal of the program is to help individuals with a traumatic brain injury live independently in their homes and communities.
  
- Waiver Programs

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- [Independent Enrollment Broker](#) 788-550-4227  
Office of Long-Term Living launched the PA Independent Enrollment Broker, a contracted statewide entity, to facilitate and streamline the eligibility/enrollment process for applicants seeking services for several PA waivers/programs.
- [COMMCARE Waiver](#) 1-800-753-8827  
A Home and Community-Based Services Waiver for Individuals with Traumatic Brain Injury (TBI).
- [OBRA Waiver](#) 1-800-753-8827  
Home and Community based Waiver program that may help if you have a developmental physical disability to allow you to live in the community and remain as independent as possible.
- Other Information
  - [Acquired Brain Injury Network of Pennsylvania](#) [info@abin-pa.org](mailto:info@abin-pa.org), 1-800-516-8052  
Nonprofit organization of brain injury survivors, family members, and friends dedicated to increasing public awareness about acquired brain injury, and to providing support, education, information, advocacy, and other services for individuals with acquired brain injury and their families.
  - [Brainline.org](#) 703-998-2020  
Preventing, treating, and living with traumatic brain injury (TBI).

## Immunizations/Vaccinations

- **PA Department of Health Cambria County State Health Center** 814-248-3120  
Public health and well-child care at Child Health Immunization Clinics. Tuberculosis and communicable disease follow-up. Information and follow-up on a variety of other state programs. HIV/AIDS testing site.
- PA Department of Health Division of Immunizations
  - [Division of Immunizations](#) 717-787-5681
  - [Pennsylvania Vaccines for Children Program](#) 888-646-6864  
Free vaccines for uninsured children 877-724-3258

## Legal advocacy for the disabled in Pennsylvania

[Disability Rights Network of Pennsylvania](#) Harrisburg 1-800-692-7443  
717-236-8110  
717-346-0239 [TDD]  
Philadelphia 215-238-8070  
Pittsburgh 412-391-5225

The mission of the Disability Rights Network of Pennsylvania is to advance, protect, and advocate for the human, civil, and legal rights of Pennsylvanians with disabilities.

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## [PA Health Law Project](#)

1-800-274-3258

Helping People in Need get the Health Care they deserve.

Advocacy on access to health care for low-income consumers, the elderly, and persons with disabilities.

## Transportation Assistance for the Disabled

- |   | Website address              |
|---|------------------------------|
| • <b>Pennsylvania Care Planning Council</b>   |                              |
| <a href="#">Community Disability, Assistive Technology &amp; Transportation Service</a> |                              |
| ○ Health Ride Plus  | 814-948-6510                 |
| ○ Med-Van Transport   | 814-948-6170                 |
| • <a href="#">PA Dept. of Human Services Medical Assistance Transportation Program</a>  | 814-536-9031<br>888-647-4814 |