Cumberland 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
  - **The Arc of Pennsylvania**
    The largest advocacy organization in the United States for people with intellectual and developmental disabilities containing 34 local chapters serving 56 counties across Pennsylvania.
  - **Juvenile Law Center**
    Advancing the rights and well-being of children in jeopardy.
  - **Association of Retarded Citizens (ARC)**
    Please see website for PA contacts
    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
  - **Mediation Ministries**
    Provides advocacy/mediation services to clients w/no income guidelines in such areas as bankruptcy, utility, social service agency complaints, will accompany clients to social service appeal hearings, etc.
  - **Pennsylvania Bar Association Lawyer Referral Service**
    Pennsylvania Bar Association Lawyer Referral Service matches clients to a Pennsylvania lawyer in a specific area of law.
  - **Mid-Penn Legal Services**
    Legal services for income eligible individuals
  - **Office Of Vocational Rehabilitation**
    OVR provides assistance with obtaining and maintaining employment to individuals with disabilities.
  - **Special Kids Network**
    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**
    Provide legal consultation and representation for individuals with disabilities and their families who are facing discrimination on the basis of disability and access to needed services along with providing information, referral and technical assistance to Pennsylvania residents with disability issues.
  - **MidPenn Legal Services**
    Family law, custody, domestic violence, housing, foreclosures, access to medical care, public benefits, unemployment, barriers to employment, consumer law, elder law.
  - **Developmental Disabilities Advocacy Network**
    The Developmental Disabilities Advocacy Network provides information on disability programs and services in communities nationwide.
  - **PA Client Assistance Program**
    Camp Hill: 717-731-1077
    Philadelphia: 215-557-7112; Toll-Free: 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

- **The Center for Lesbian and Gay Civil Rights**  (215) 731-1447 or (866) LGBT-LAW
  The Center advocates equality for lesbian, gay, bisexual and transgender
  Pennsylvanians through direct legal services, education and policy reform.

- **LGBT Youth in Crisis Hotline**  800-246-7743
  Youth serving youth through age 25. Peer counseling, information, and
  local resources.

- **Gay, Lesbian, Bisexual, and Transgender Helpline**  (888) 843-4564
  The Gay, Lesbian, Bisexual, and Transgender Hotline provides telephone
  and email peer counseling, as well as factual information and local resources
  for cities and towns across the United States.

- **National Runaway Switchboard**  1-800-786-2929
  Toll-free, nationwide hot-line for runaways and troubled youth. Provides
  information and referral for shelter, counseling, medical and legal services
  and transportation back home.

  o **Kaleidoscope Family Solutions Inc.**  Autism, IDD & Behavioral Team 877-384-1729;
  o 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

  o **Kids as Self Advocates**  [Website]
    Family Voices project funded by the U.S. Maternal and Child Health Bureau
  o **Pennsylvania Elks Home Service Program**  Cumberland: To Be Hired
    Providing support and advocacy services to individuals who
    have a developmental disability.

- **Assistive Technology**
  o **Caroline’s Cart**  Customer Service: 828-464-7388
    Grocery Cart designed for families with older children or adults with physical
    special needs. See website for store locations.
  o **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.
  o **United Cerebral Palsy (UCP) of Central Pennsylvania**  800-998-4827 or 717-737-3477
    [Select ‘Our Services’ on home page then select ‘Assistive Technology’.]
    For over half a century, UCP Central PA (UCP) has been meeting the needs of
    individuals of all ages and with all types of disabilities.

- **Counseling for special healthcare needs**
  o **Capital Area Intermediate Unit (CAIU) 15**  717-732-8400

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Educational excellence through leadership, partnership, and innovation.

- **Day Care**
  - Child Care Information Systems 1-800-358-8725
    A referral and information service linking families to childcare. Financial assistance given to income-eligible families to help pay for childcare costs.
  - **Pennsylvania Department of Human Services** 1-800-692-7462
    Child Care and Early Learning services.
    - **Child Care Works Subsidized Child Care** 717-243-0309
      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.

- **Early Intervention**
  - **Cumberland County Government Website, Early Intervention Webpage** Cumberland/Perry MH.IDD  717.240.6320 or 1.866.240.6320
    Any child living in Cumberland or Perry County who is between birth and the age of three, having a delay in development determined by an evaluation may receive service provided at no cost to the family.
  - **Easter Seals Western and Central Pennsylvania** 412-281-7244
    Easter Seals Western and Central PA is committed to providing exceptional programs and services for children with disabilities or other special needs.
  - **PA Department of Education Early Intervention Program** 1-800-692-7288.
    The Pennsylvania Early Intervention program provides support and services to families with children, from birth to age five, with developmental delays and disabilities.
  - **Pennsylvania Department of Public Welfare 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 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.

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- **COMPASS** [PA Dept. of Human Services benefits online application Web Page link]  
  [Select Apply for Any Benefits link to begin.]

- **Help with Medicare**
  - **APPRISE**  
    a free health insurance counseling service  
    for individuals 60 and over.  
  - **Cumberland County Area Agency on Aging, APPRISE** 717-240-6110  
  - **Medicare Part D**  
    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

- **HealthChoices** [Website]
  *HealthChoices* will provide low-income Pennsylvanians with the opportunity to purchase private health insurance at affordable rates through a network of eight insurance private insurers, offering three or more health insurance plan options per region. Coverage will begin Jan. 1, 2015. Apply online at **www.COMPASS.state.pa.us** and learn more at **www.healthypa.com**.

- **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.

  For Children, Adults, and Seniors  
  The Pennsylvania Office of Rural Health, Pennsylvania State University

- **Housing**
  - **Cumberland County Government Website Homeless Assistance Program**
    Homeless Assistance Caseworkers assist people who are Homeless or Near Homeless providing both prevention and intervention services to meet basic needs in the immediate or near future.
  - **Juvenile Law Center** [Cumberland County.]  
    Advancing the rights and well-being of children in jeopardy.

- **Housing**
  - **HUD**  
    HUD is a federal program that provides housing support for individuals in need such as rental programs (including Section 8) and home ownership assistance programs.
  - **Pennsylvania Affordable Apartment Locator** 1-877-428-8844  
    PAHousingSearch.com is a website in which affordable housing can be

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searched and located within in PA.

- **Northwest Human Services** 1-888-647-0020
  
  NHS provides residential living options, case/care management, and therapeutic services for individuals with disabilities.

- **Fair Housing/Equal Opportunity at HUD** 1-800-799-2085
  
  Hotline service for individuals to report incidences of housing discrimination.

- **Making Homes Affordable** 888-995-4673
  
  National nonprofit organization aiming to prevent home foreclosure and reduce monthly payments for eligible individuals and families

Shelters

- **Safe Harbour Shelter and Transitional Housing** Carlisle: 717-249-2200
  
  Safe Harbour provides emergency shelter for couples and families for up to 90 days- Entry into the program is on a first come-first served basis. Safe Harbour also offers transitional housing for up to 12 months.

- **Bethesda Mission** Men's Shelter & Donation Center: 717-257-4440
  
  Rural Outreach: 717-691-0410; Administration Offices: 717-257-4442
  
  Bethesda Mission offers two separate emergency shelters for men and women and children along with programs for those residents with substance abuse issues.

- **The Interfaith Shelter for Homeless Families** Harrisburg: 717-652-8740
  
  The Catholic Charities of the Diocese of Harrisburg offers The Interfaith Shelter for Families offer families emergency shelter for up to 90 days.

- **Carlisle C.A.R.E.S. Shelter** 717-249-1009
  
  Carlisle C.A.R.E.S offers both an emergency overnight shelter for adults and a homeless shelter for families which includes shelter and meals, case management, information and referrals, counseling and advocacy.

Transitional Housing

- **Association of Retarded Citizens (ARC)** Please see website for contact information
  
  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

- **The Stuart and Genesis Houses** Carlisle: 717-249-1411
  
  The Stuart House provides a two-year extended transitional housing program for women and children which includes life-skill classes, case management services, counseling, three meals a day, and a mandatory debt elimination and savings program. The Genesis House program provides short and long-term housing for single men (age 18+).

- **Evergreen House** Harrisburg: 717-412-4594
  
  The Catholic Charities of the Diocese of Harrisburg offer Evergreen House which is a transitional living program for women in recovery from addiction. The program includes housing and meals, information and referrals, counseling and 12 Step Program.

- **Safe Harbour Shelter and Transitional Housing** Carlisle: 717-249-2200
  
  Safe Harbour provides emergency shelter for couples and families for up to 90 days- Entry into the program is on a first come-first served basis. Safe Harbour also offers transitional housing for up to 12 months.
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- **Cumberland County Housing and Redevelopment Authority** 717 249-0789
  
  Public housing program that connects 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**
      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@chttop.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.
  - **Cumberland County Pennsylvania Government Website Respite Care Search** [Website Link]
    Cumberland County, PA Website search results for ‘Respite.’
  - **Cumberland Perry Respite** [Website Link]
    The mission of Cumberland Perry Respite (CPR) is to assist, and promote the development of quality respite care programs for families of individuals with intellectual and developmental disabilities in Cumberland and Perry Counties, Pennsylvania.

- **UCP of Central PA Friday Evening Program** 717-737-3477

  Would you enjoy a Friday evening to yourself? What about an evening for you and your spouse to enjoy dinner and a movie? Currently, Friday evening
respite is available from 6pm-10pm in Carlisle, Mechanicsburg, and Shippensburg.

- **UCP of Central PA Overnight Respite Program** 717-737-3477  
  Overnight respite programs are designed to give you that extended break from care giving. Contact UCP for further information.

- **Easter Seals Central PA Respite Programs** 717-591-7027  
  Easter Seals offers a variety of respite programs from camps to recreational opportunities

- **Youth Advocate Program** 717-232-3786  
  If you qualify for behavioral health services or currently get services through CBHN (such as TSS support), you can receive FREE in-home respite services or out of home respite services (provided in the home of a respite provider).

- **The ARC of Dauphin County**  
  The ARC of Dauphin and Lebanon Counties' respite program using The ARC's Harsco House is available for use by residents of Cumberland and Perry counties. Limited base funding is available and is given on a first come first serve basis. For further information visit: https://www.box.net/shared/4ucizpvtvfmtx91k9xu3

- **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] 1-888-727-2706  
    Linking families of children and adults with disabilities or special needs.
  - **PA Families Incorporated** 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.

- **Cumberland County** [Select ‘Resources’ link on main page then select desired County.]

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**Women who are or who might be pregnant**  
The Healthy Baby Information Helpline – 1-800-986-2229

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- **Baby Supplies**
  - Carlisle Area Family Life Center 717-243-1918
  Carlisle Area Family Life Center is a pregnancy help center where anyone concerned about an unplanned or untimely pregnancy can find assistance as near as the telephone: 717-243-1918. Carlisle Area Family Life Center offers services to help the woman with her pregnancy, both emotionally and materially. All services are free and confidential.

- **Breastfeeding Guides** If you need more information visit Handouts for Parents or call the Healthy 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.
    - The American Academy of Pediatrics 847-228-5005
      Referrals and information about car seats.

- **Counseling**
  - Carlisle Area Family Life Center 717-243-1918
    Carlisle Area Family Life Center is a pregnancy help center where anyone concerned about an unplanned or untimely pregnancy can find assistance as near as the telephone. Carlisle Area Family Life Center offers services to help the woman with her pregnancy, both emotionally and materially. All services are free and confidential.
  - Cumberland County Government Website 717-240-6100 or 1-888-697-0371
    Newborns and their Parents
    Cumberland Cares focuses on supporting parents in providing healthy child development, positive parent-child interaction and a safe living environment. There is no charge for this service to residents of Cumberland County. A home visitation

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social worker provides families with information and referral services

- **Nurse-Family Partnership** [select ‘Find a Local Agency’ for access to County list]
  Cumberland County – 717-960-4323
  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.

- **CHIP**
  - **PA Children’s Health Insurance Program** Call automated phone line at 1-800-986-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 (PE), Medical Assistance (MA)
    Presumptive Eligibility is a temporary program of health insurance coverage for pregnant women who are applying for Medical Assistance.
    - **PA Dep of Human Services Benefits Helpline** [phone] 1-800-692-7462
    - **PA Dep of Human Services County Assistance Office Contact Information**
  - **COMPASS** (PA Dep 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.
  - **PAHealthOptions.com (PA Dep of Insurance)** 1-877-881-6388
    The Pennsylvania Insurance Department’s Unbiased Guide to Understanding Health Insurance.

- **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** 800-942-9467
  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

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- **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.

- **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
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experienced brain injury and their family members through support, education, advocacy, and research.

- **PA Department of Health Head Injury Program**
  - **Head Injury Program** 866-412-4755
    - The goal of the program is to help individuals with a traumatic brain injury live independently in their homes and communities.

- **Waiver Programs**
  - **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.
  - **COMM-CARE 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, 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**

- **Cumberland County State Health Center** 717-243-5151
  - Immunizations, HIV testing and counseling
- **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
- **PA Department of Health, Health Services Locator** [Website]
  - To find a local health center close to you select your county.
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.

**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**

- Cumberland County, Pennsylvania government website
  
  **Persons with Disabilities Transportation Program**

  Website Address

- Pennsylvania Care Planning Council Website address
  
  **Community Disability, Assistive Technology & Transportation Service**

- **PA Dept of Human Services Medical Assistance Transportation Program** 717-240-6340