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

[Website link]

[Website link]

The largest advocacy organization in the United States for people with intellectual and developmental disabilities containing 34 local chapters serving 56 counties across Pennsylvania.

<u>Delaware County Suicide Prevention Awareness Task Force</u>
 <u>County Resource Guide</u>:

The Delaware County Suicide Prevention Awareness Task Force offers information and education about, and assistance and support to, efforts to lessen the incidence of suicide and the stigma associated with suicide and suicide loss and offers information and referral for other healthcare needs.

- Delaware County Office of Behavioral Health
 Provides mental health court/delegate services, community advocate,
 Community Support Program (CSP), and Contingency Fund.
- Mental Health Association of Southeastern PA
 1-800-688-4226, ext. 228

 A nonprofit citizen's organization serving adults, children and family members through programs and advocacy efforts www.mhasp.org/
- SPAN (Suicide Prevention Awareness Network)
 Dedicated to preventing suicide through public education, awareness, community action, federal, state and local advocacy.
 www.spanusa.org
- Juvenile Law Center [Select 'Delaware' County then select 'Disability Rights and' Special Needs Resources.]

Advancing the rights and well-being of children in jeopardy. 1-888-864-6393

- PA Families Incorporated
 Please see website for listings.

 PFI is a resource database that that empowers PA families of children with special needs by linking them to support and information.
- Social Security Administration 610-327-8258
 Local office where individuals can apply for Social Security benefits
- Bureau of Blindness and Visual Services
 Harrisburg: 717-787-6176;
 Philadelphia: 215-560-5700

Provides services to to assist individuals who are blind or visually impaired in areas of specialized children services, finding employment, starting a business, gaining independent living skills

- Ken-Crest Refer to website under "Office Locations" for listings Ken-Crest provides services for youth and adults with developmental disabilities such as community residential services, Lifesharing, clinical services, employment services, individual and family supports, and educational services.
- Bureau of Autism Services
 Bureau of Autism Services is a department within the Department of Human

Services specifically addressing the needs, issues and concerns of people with Autism Spectrum Disorders in Pennsylvania. BAS provides information on available services and waiver funding.

- Association of Retarded Citizens (ARC) see website for locations and listings
 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
- County MH/MR/DS See webstie for locations and phone listings. The Home and Community Services Information Systems offers a directory of all of PA's county MH/MR/DS. The Office of Mental Health/Mental Retardation/Mental Development administers services and programs for individuals with mental and developmental disabilities
- Northwest Human Services
 1-888-647-0020

 NHS provides residential living options, case/care management, and therapeutic services for individuals with disabilities.
- Good Will Industries refer to website for locations and phone numbers.
 Good will Industries provides supported employment program for adults with disabilities.
- LifePath, Inc. Medea: 610-566-5029; Sellersville: 215-257-0471 Services for individuals with developmental disabilities including residential programs, day programs and outpatient psychiatric services. Residential services include Community homes (for residents from Berks, Bucks, Delaware, Lehigh, Montgomery and Northampton counties), Lifesharing, Supported Living and In Home Support
- Step By Step, Inc.
 Wiles Barre 570-829-3477 or 570-829-3477; Bethlehem: 610-867-0688
 Step by Step, Inc provides intensive case management and supportive living services for mentally ill and developmentally disabled individuals. Residential living options include Lifesharing, Community Homes, Supportive Living and
- Resources for Human Development

more.

refer to website for locations and phone numbers RHD provides residential and vocational services and behavioral health for individuals with mental illness or intellectual disability.

- AHEDD, Inc. Philadelphia: 215-885-2060
 Customized employment for people with developmental disabilities.
 Also services for youth in their transition from school to careers & work.
- Compeer of Suburban Philadelphia

 Compeer provides voluntary companionship and socialization programs for individuals with mental illness.
- Community Interactions
 610-328-9008
 CI provides mental health support programs, residential programs for individuals with intellectual and mental disabilities
 - Horizon House

 Provides an array of services to adults with psychiatric or developmental disabilities, drug and alcohol addictions, and/or homelessness by providing a continuum of services and supports and community resource coordination.

Freedom Valley Disability Empowerment, Inc.

610-353-6640

FVDC provides services for individuals with physical disabilities such as Independent living skills training, peer support, advocacy, information and referral

Mental Health Association

Bloomsburg: 570-784-9583

The Association is an advocate and resource for individuals and families coping with mental illness. Provides mentoring and friendship for mentally ill individuals by matching them with volunteers from the community.

■ Elwyn: 610-891-2000

Elwyn provides information and referral services in regards to residential services and supports for individuals with intellectual and developmental disabilities in Chester, Delaware and Philadelphia counties in Pennsylvania. Also provide work opportunities and adult day programs for people with disabilities.

Office Of Vocational Rehabilitation
 OVR provides assistance with obtaining and maintaining employment to individuals with disabilities.

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

JEVS Rehabilitation Services/A.P. Orleans Vocational Center

Philadelphia: 215-728-4429

JEVS provides job training in food service, custodial, and hospitality areas; supported employment; partial hospitalization for individuals with severe mental health needs.

Disability Rights Network Of Pennsylvania

Harrisburg: 717-236-8110

Philadelphia: 215-238-8070; Pittsburgh: 412-391-5225

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.

<u>Pennsylvania Association For The Blind</u>
 Please review website for complete list of locations and phone numbers.

Providing services to prevent, prepare for, and manage vision loss with programs and services for both children and adults such as vision screenings, residential and vocational rehabilitation, transportation, transitional and Braille instruction, information and referral, support and advocacy

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 Philadelphia: 215-557-7112;

Camp Hill: 717-731-1077; 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

Northwestern Human Services

Sharon Hill: 610-534-3636

NHS is a community-based, nonprofit, human services provider offering social services to individuals with mental, developmental and intellectual disabilities,

individuals dealing with addiction, seniors and juveniles. Residential services for individuals with mental, developmental and intellectual disabilities include Community Homes, Life Sharing, Transitional Housing, Supported Living

National Runaway Switchboard 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.

- 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 Delaware- 610-990-6381 Providing support and advocacy services to individuals who have a developmental disability.

Assistive Technology

Pennsylvania's Initiative on Assistive Technology (PIAT)

Public awareness, information and referral, advocacy, and training to enhance access to assistive technology for all Pennsylvanians with disabilities.

Counties Served: Philadelphia, Bucks, Chester, Montgomery, Delaware

Contact: Jule Ann Lieberman

Institute on Disabilities at Temple University

1755 N. 13th St., Student Center, Rm. 411S 800-204-PIAT (7428) or 215-204-5967 Voice Philadelphia, PA 19122 866-268-0579 TTY

> 215-204-6336 Fax Email: ATinfo@temple.edu

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.

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.

Counseling for special healthcare needs

Delaware County Suicide Prevention Awareness Task Force **County Resource Guide:**

[Website link]

The Delaware County Suicide Prevention Awareness Task Force offers information and education about, and assistance and support to, efforts to lessen the incidence of suicide and the stigma associated with suicide and suicide loss and offers information and referral for other healthcare needs. The following is a list of Mental Health Counseling/Psychiatry referrals:

American Day Treatment Center

401 Pilgrim Lane, Suite 100, Drexel Hill, PA

1-888-CARE-898

Mental health assessments, partial day hospitalization and intensive outpatient treatment programs. Call for an appointment. http://www.mainlinehealth.org/behavioral

Catholic Social Services

240 N. Springfield Road, Springfield, PA 610-626-6550/6559
130 E. 7th Street, Chester, PA 610-876-9183
Provides family, marital, and individual counseling on a sliding fee scale.

www.css-phl.org/index.html

Center for a Healthy World

610-664-7793

Free mental health counseling in exchange for community service.

Child Guidance Resource Centers

484-454-8700

2000 Old West Chester Pike, Havertown, PA
Provides behavioral healthcare services for children, adolescents and families
with mental health, developmental disabilities, and residential needs.

www.cgrc.org/

Crozer Chester Medical Center Psychiatry

610-874-5257

Crozer Chester Community Hospital

Phone: 610-497-7687 (Adults), 610-497-7584 (Children)

Offers behavioral health services for children and adults that include psychiatric evaluation, medication management, individual, family, and group therapy, case management.

Daemion House Community Counseling Center

610-647-1431

92 Howellville Road, Berwyn, PA

Offers fee-based counseling on a sliding fee scale to uninsured/ underinsured members of the community.

Elwyn

111 Elwyn Road, Elwyn, PA

610-891-2000

Elwyn has been providing services to people with special needs for over 150 years. Elwyn provides services to children and adults with mental illness as well as individuals with developmental delays. Provides services for adults with developmental disabilities and children and adolescents with social, emotional, and behavioral challenges.

www.elwyn.org

Empower Youth, LLC

610-565-4360

210 W. Front Street, Media, PA 19063

A counseling facility for youth, ages 11-24, dealing with substance and mental health issues (co-occurring disorders). Provides education on risky behaviors, substance abuse, healthy boundaries, emotional awareness, and impulse control, through supportive group and individual therapy settings.

Family & Community Service

600 N. Olive Street, Media, PA

610-566-7540

37 N. Glenwood Ave., Clifton Heights, PA

610-626-5800

Provides individual and family counseling, participates in the Second Time Around Parents (STAP) and Parents as Leaders (PAL) programs. Accepts medical assistance, most insurances, and has a sliding scale fee.

www.fcsdc.org

Fitzgerald Mercy Outpatient Psychiatry

610-237-4122

Holcomb Behavioral Health Systems

225 S. 69th Street, Upper Darby, PA 126 E. Baltimore Pike, Media, PA 610-352-8943

126 E. Baltimore Pike, Media, PA 484-444-0412 Provides behavioral health assessments, treatment, referrals, case management services, and mobile therapy.

NHS (Formerly Northwestern Human Services)

610-534-3636

See also listing under "Crisis-MH/ Substance Abuse"

Social Work Consultation Services (SWCS)

610-859-6047

Provides free services to residents of Chester and surrounding areas in the home or in their offices located at Community Hospital. They offer family programs, counseling, and information and referral services.

www.swcs.cef.org

Widener University Community Counseling Center

610-499-1261

Provides wide range of psychological and counseling services including educational assessment, psychological testing, individual therapy for children and adults, couples and family therapy, substance abuse counseling, and sports psychology. Fees for services are based on a sliding scale. Call for information or an appointment. Closed mid-June through early August.

Day Care

o <u>Delaware County Medical Society</u>

610-892-7750

Delaware County Community Resource Guide

The DCMS Community Resource Guide is coordinated as a service and does not imply the endorsement or affiliation of any kind between the DCMS and any of the businesses, services or agencies listed. Suggestions for changes or additions to the guide may be sent to director@delcomedsoc.org

Child/Day Care

- Please see website for referrals.
- <u>Delaware County Suicide Prevention Awareness Task Force</u> [Website link]
 <u>County Resource Guide</u>:

The Delaware County Suicide Prevention Awareness Task Force offers information and education about, and assistance and support to, efforts to lessen the incidence of suicide and the stigma associated with suicide and suicide loss and also offers information and referral for other healthcare needs.

Child Care Information Systems (CCIS)

1-800-831-3117

20 S. 69th Street, Upper Darby, PA

Provides child care subsidies and serves children from birth to 13 years whose parents are employed and meet eligibility guidelines. Also, funding is available for teen parents to complete their high school education. Fees are based on family size and income.

Complete an online application at:

https://www.humanservices.state.pa.us/COMPASS/PGM/ASP/SC001.asp

<u>Head Start</u>

610-938-9000, ext. 2208

Delaware County Intermediate Unit

200 Yale Ave, Morton, PA

Provides preschool children of low-income families with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs. Call for information on enrollment.

www.dciu.org/92244215122318/site/default.asp

Office of Early Intervention

20 S. 69th Street, Upper Darby, PA 610-713-2406 Offers services to children from birth to 3 years who experience developmental delays.

Widener University Child Development Center

610-499-1097

o Pennsylvania Department of Human Services

1-800-692-7462

Child Care and Early Learning services.

Child Care Works Subsidized Child Care

610-713-2115

Childcare Information Services

or 1-800-831-3117

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 thatn 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

Delaware County, Pennsylvania Government Website
 Office of Early Intervention

610-713-2406

The Office of Early Intervention provides supports and services to infants and toddlers with disabilities and their caregivers so that they can help the children grow and develop. Supports and services are individualized and embedded into learning opportunities that exist within the child's and family's typical routines and community activities. For more information please call the Office of Early Intervention at 610-713-2406. The office is located at: 20 S 69th Street, Upper Darby PA 19082.

Easter Seals Southeastern 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.

o 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 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 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

o 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.

- Delaware County Area Agency on Aging, APPRISE 610-490-1300
- 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
- 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.
- Resource Guide to Healthcare Options in Pennsylvania

For Children, Adults, and Seniors

The Pennsylvania Office of Rural Health, Pennsylvania State University

Housing

o <u>Juvenile Law Center</u> [Delaware County.]

Advancing the rights and well-being of children in jeopardy. 1-888-864-6393 Housing

- Philadelphia: 215-656-0500; Pittsburgh: 412-644-6428 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 PAHousingSearch.com is a website in which affordable housing can be searched and located within in PA.
- Northwest Human Services NHS provides residential living options, case/care management, and therapeutic services for individuals with disabilities.
- Community Interactions

610-328-9008 Swathmore: 610-328-9008; Broomall: 610-544-0200

CI provides mental health support programs, residential programs for individuals with intellectual and mental disabilities

■ Elwyn 610-891-2000

Elwyn provides information and referral services in regards to residential services and supports for individuals with intellectual and developmental disabilities in Chester, Delaware and Philadelphia counties in Pennsylvania. Also provide work opportunities and adult day programs for people with disabilities.

<u>Fair Housing/Equal Opportunity at HUD</u>
 Philadelphia: 215-861-7637;

Pittsburgh: 412-644-5449; Phone: 1-800-799-2085

Services: 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

- Community Action Agency of Delaware Co., Inc.
 Chester: 610-872-4070; Upper Darby: 610-734-5770; Sharon Hill: 484-494-4704
 CAADC provides housing services such as Emergency Shelters at three locations, Transitional Housing, Homeless Prevention, Home Ownership and Energy conservation services.
- The Domestic Abuse Project Media: 610-565-6272; Hotline: 610-565-4590 DAP provides emergency shelter to adults and children at imminent risk along with supportive services and relocation assistance. DAP's transitional housing program offers longer term HUD-subsidized housing and intensive case management which support individuals and families as they strive to become self-sufficient and live free from abuse.

Transitional Housing

Association of Retarded Citizens (ARC) Please see website for location 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

<u>LifePath, Inc.</u> Media: 610-566-5029; Bethlehem: 610-264-5724

Sellersville: 215-257-0471

Services for individuals with developmental disabilities including residential programs, day programs and outpatient psychiatric services. Residential services include Community homes (for residents from Berks, Bucks, Delaware, Lehigh, Montgomery and Northampton counties), Lifesharing, Supported Living and In Home Support

Step By Step, Inc.

Upper Darby: 610-352-7837

Step by Step, Inc provides intensive case management and supportive living services for mentally ill and developmentally disabled individuals. Residential living options include Lifesharing, Community Homes, Supportive Living and more.

■ <u>Delaware County Weatherization Bureau</u> Essington: 610-874-8770

Provides home energy audit, primary heating system inspection and system service (as needed), attic insulation, home air leakage testing, weather stripping & caulking, and primary windows repair/replacement (as needed).

Northwestern Human Services
 NHS is a community-based, nonprofit, human services provider offering social services to individuals with mental, developmental and intellectual disabilities,

individuals dealing with addiction, seniors and juveniles. Residential services for individuals with mental, developmental and intellectual disabilities include Community Homes, Life Sharing, Transitional Housing, Supported Living

Community Action Agency of Delaware Co., Inc.
 Darby: 484-494-4704;

Chester: 610-872-4070; Upper Darby: 610-734-5770;

Sharon Hill: 484-494-4704

CAADC provides housing services such as Emergency Shelters at three locations, Transitional Housing, Homeless Prevention, Home Ownership and Energy conservation services.

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Delaware County Housing Authority

610-876-2521

Provides public housing, housing choice voucher programs, supportive housing programs, shelter plus care, voucher homeownership programs, and family self-sufficiency programs.

Chester Housing Authority

610-876-5561

Public housing program that connects income-eligible individuals and families with public housing or section 8 vouchers.

Special Needs Registry

[Website link]

The Registry is a planning tool to allow individuals with special needs the opportunity to provide information to emergency response agencies, so emergency responders can better plan to serve them in a disaster or other emergencies. The Registry is a cooperative effort between Bucks, Chester, Delaware, and Montgomery Counties, brought to you by the South-eastern Pennsylvania Regional Task Force.

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.

 - 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.
 - <u>Person/Family Directed Support Waiver</u>
 Provides services to eligible people age three or older with mental retardation so that they can remain in the community.

 - Infant, Toddlers, and Families Waiver
 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 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.

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

- Matt Russo Real Estate Team/Berkshire Hathaway Home Services/Fox & Rouch Realtors
 Realtors serving Delaware and Chester County, PA.
 Special Education Schools in Delaware County, PA
 610-480-6100
 - Delaware County, PA offers children with disabilities private school options
 See webpage for list of private schools specializing in special education

Support Groups

Autism Speaks

Autism science and advocacy organization dedicated to funding research into the causes, prevention, treatments and a cure for autism.

Aston, PA: 610-485-3627

Chester: 610-872-2229

Delaware County Parent Support Group

Family & Community Service of Delaware County

For all service requests please contact the Media Office at 310-566-7540 A participating community partner agency of the United Ways of Southeastern Pennsylvania and Southeast Delaware County.

- Parent to Parent of Pennsylvania
 Linking families of children and adults with disabilities
 1-888-727-2706
 or special needs.
- O 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.

<u>Delaware County</u> [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
 - Delaware County Pregnancy Center

Delaware County Pregnancy Center is a limited medical pregnancy help center committed to proving accurate information and quality services to women, men and familes facing an unplanned pregnancy. We know you have several options available to you. Our desire is to give you the information you need to make a decision you'll be comfortable with long term.

o <u>Maternity Care Coalition</u> Philadelphia: 215-972-0700

Maternity Care Coalition, a dynamic nonprofit organization founded in 1980,

dedicates itself to improving maternal and child hearlth and wellbeing through the collaborative efforts of individuals, families, provider, and communities.

- MOMobile Delaware County: 610-713-0570 With sites throughout southeastern Pennsylvania, Maternity Care Coalition's signature program, The MOMobile®, helps low-income families get vital support and services... and the information they need to make healthy choices. Since 1989, more than 50,000 families have relied on this assistance.
- Breastfeeding Guides If you need more information visit <u>Handouts for Parents</u> or call the Healthy Baby line at 800-986-BABY(2229)
 - Pennsylvania Breastfeeding Referral Guide Arranged by County
 - Womenshealth.gov Breastfeeding Challenges Guide
 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.

- <u>National Highway Safety Transportation Administration</u> 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.
- <u>The American Academy of Pediatrics</u> 847-228-5005 Referrals and information about car seats.

Chester: 610-872-2229

Counseling

o <u>Delaware County Pregnancy Center</u>

Delaware County Pregnancy Center is a limited medical pregnancy help center committed to proving accurate information and quality services to women, men and familes facing an unplanned pregnancy. We know you have several options available to you. Our desire is to give you the information you need to make a decision you'll be comfortable with long term.

<u>Delaware County Suicide Prevention Awareness Task Force</u> [Website link]
 County Resource Guide:

The Delaware County Suicide Prevention Awareness Task Force offers information and education about, and assistance and support to, efforts to lessen the incidence of suicide and the stigma associated with suicide and suicide loss.

Amnion Crisis Center

610-622-9957

944 Haverford Ave., Bryn Mawr, PA
2251 Garrett Road, Upper Darby, PA
Services include self testing, counseling, education, and referrals. Offered free of charge.

Delaware County Pregnancy Center

610-872-2229

2508 Edgmont Avenue, Chester, PA

Services include limited medical services, counseling, abortion information, referrals, post abortion support, on going pregnancy support, adoption information, parenting education program.

Maternity Care Coalition

610-713-0570

224 Long Lane, Upper Darby, PA

Programs to support maternal and child health through community and professional education, research and advocacy.

www.momobile.org/programs.html

Pennsylvania Reproductive Associates

215-922-3173

819 Locust Street, Philadelphia, PA 5217 Militia Hill Rd., Plymouth Meeting, PA

www.womensinstitute.org
Safe Haven of Pennsylvania

1-866-921-SAFE

Also known as the Newborn Protection Act, it states that a parent of a newborn (less than 28 days old) may leave the child in the care of a hospital without being criminally liable providing that the following criteria are met: the parent expresses orally or through conduct that they intend for the hospital to accept the child, and the newborn is not a victim of child abuse or criminal conduct.

Postpartum Depression

Catholic Social Services

See listing under "mental health counseling"

Center for Postpartum Depression
 8405 Germantown Ave., Philadelphia, PA

215-247-2114

The Postpartum Stress Center

610-525-7527

1062 Lancaster Ave., Suite 8, Rosemont, PA 19010 www.postpartumstress.com

Women's Resource Center

113 W. Wayne Ave., Wayne, PA

610-687-6391

Provides support to women who are in crisis or in transition through counseling, legal, and educational services.

www.womensresourcecenter.net/index m.html

Planned Parenthood

610-566-2830

1216 West State Street, Media, PA

Provides abortion referral, birth control services, emergency contraception's, HIV testing, LGBT services, pregnancy testing, options & services, STD testing and treatment.

Nurse-Family Partnership [select 'Find a Local Agency' for access to County list]
 Delaware County – 610-497-7399

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 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)
 The Pennsylvania Insurance Department's Unbiased Guide to Understanding Health Insurance.
- Delaware County, Pennsylvania Government Website
 Free and Low Cost Prenatal and Obstetrical Services
 - ChesPenn Health Services
 Crozer Community Hospital
 2600 W. Ninth Street
 Chester, PA 19013-2098

610-859-2059

Dental: 610-497-2900

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.

• <u>WIC</u> 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

<u>Elevated Lead Blood Level Case Management Guidelines</u> [CDC Web Page]
 Recommendations from the CDC Advisory Committee on Childhood Lead
 Poisoning Prevention

Environmental Protection Agency, Lead
 Provides many useful links for families including:
 Lead Hotline – National Lead Information Center link

[EPA Web Page] (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 experienced brain injury and their family members through support, education, advocacy, and research.

- PA Department of Health Head Injury Program
 - o 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.

COMMCARE Waiver

1-800-753-8827

A Home and Community-Based Services Waiver for Individuals with Traumatic Brain Injury (TBI).

o 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).

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Immunizations/Vaccinations

- Delaware County, Pennsylvania
 - Immunizations Webpage
 Free and Low Cost Immunizations in Delaware County Flyer in PDF
- PA Department of Health Division of Immunizations
 - Division of Immunizations

717-787-5681

Pennsylvania Vaccines for Children Program
 Free vaccines for uninsured children

888-646-6864 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 Disability Assistance

Pennsylvania Care Planning Council
 Community Disability, Assistive Technology & Transportation Service

• PA Dept of Human Services Medical Assistance Transportation Program 610-490-3960

Toll Free: 866-450-3766

The Delaware County, Pennsylvania Government Website
Human Services Department Helpful Links

Information and Referral for various Human Service topics such as advocacy for residents in Delaware County with various special healthcare needs