

Indiana 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](#) [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.
 - [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 (CILSCPA) 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 'Indiana' County then 'Advocacy and Legal Services'.]
Advancing the rights and well-being of children in jeopardy. 1-888-864-6393
 - [Association of Retarded Citizens \(ARC\)](#) Please look at website for PA locations and phone numbers.
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](#) Greensburg: 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.
 - [Special Kids Network](#) 1-800-986-4550
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
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.

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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](#)
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
- [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.
- [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
- [Pennsylvania Elks Home Service Program](#) Indiana – 724-543-1300
Providing support and advocacy services to individuals who have a developmental disability.
- 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.
 - [Three Rivers Center for Independent Living](#) 412-371-7700 or 1-800-633-4588
Three Rivers Center for Independent Living (TRCIL) is a non-residential, non-profit, community-based human service organization. Our purpose is to assist people with disabilities to lead self-directed and productive lives within the community. Select 'Resources' link on home page for assistive technology referrals.

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- [United Cerebral Palsy Assistive Technology Information](#) [Website address]
Assistive Technology (AT) often plays a vital role in the lives of people with disabilities. AT is any item, piece of equipment, or product that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities
We are pleased to offer the [UCP Elsie S. Bellows fund](#), which helps provide AT equipment to individuals with disabilities. This program is available only through UCP affiliates. Please contact your local UCP for information on how to apply. To determine your local affiliate, [go to the Find Local Resources page](#). Select your state and then click on Find UCP Affiliates to view the location and telephone of the affiliate nearest to you. Call and ask for the person in charge of the Bellows Program.

- Counseling for special healthcare needs

- Day Care
 - [Juvenile Law Center](#) [Select 'Indiana' County then 'Child Care and Parenting Resources'.]
Advancing the rights and well-being of children in jeopardy. 1-888-864-6393
 - [Indiana Child Care Center](#) 724-349-1821
Services: Childcare, PA Pre-K program
 - [Grand Beginning Children's Center](#) 724-463-1819
Services: Child care
 - [Pennsylvania Department of Human Services](#) 1-800-692-7462
Child Care and Early Learning services.
 - [Child Care Works Subsidized Child Care](#) 1-888-808-6529
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
 - [Armstrong-Indiana Behavioral and Developmental Health Program](#) Website
Select 'Providers' link for Early Intervention referrals listings
the Armstrong-Indiana Behavioural and Developmental Health Program (formerly MH/MR) provides administrative oversight of the Mental Health, Intellectual Disabilities and Early Intervention systems for Armstrong and Indiana Counties.
 - [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.

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- [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
 - [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.
 - [Indiana County Area Agency on Aging, APPRISE](#) 814-765-2696
 - [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
 - [Juvenile Law Center](#) [Indiana County.]
Advancing the rights and well-being of children in jeopardy. 1-888-864-6393
Housing

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- [HUD](#) 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](#) 1-877-428-8844
PAHousingSearch.com is a website in which affordable housing can be searched and located within in PA.
- [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

- [Indiana County Community Action Program, Inc.](#) 724-465-2657
ICCAP provides housing services in aim of eliminating poverty. The housing services include Bridge Housing Program, Columbia Gas Customer Assistance Program, Dominion-Peoples Natural Gas Usage Reduction Program, Emergency Food and Shelter Program, Homeowners' Emergency Mortgage Assistance Program, Housing Assistance Programs, Rental Properties, PA Housing Finance Agency Counseling Network, Pathway Homeless Shelter, PenCAP Program, Penelec Warm Program, Project LIGHT, Weatherization Program and Homeless Case Management
- [Alice Paul House](#) 1-800-435-7249
Alice Paul House offers services for victims of domestic, sexual and extreme violence such as emergency shelter, individual counseling, 24 hour hotline, legal advocacy.
- [Welcome Home Shelter](#) Greensburg: 724-838-9133
Welcome Home Shelter provides emergency shelter to those in need
- [Family Promise](#) Indiana: 724-464-5220
Family Promise is a program designed to provide shelter, meals and case management services to homeless families.

Transitional Housing

- [Association of Retarded Citizens \(ARC\)](#) Please look at website for locations and phone numbers
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
- [Lifesteps, Inc.](#) Kittanning: 724-545-8289; Beaver: 724-774-6494; Butler: 724-283-1010
Lifesteps provides services such as residential living and day programs for adults with developmental disabilities with community homes and life sharing in seven counties
- [Lifestyle Support Services](#) Elmora: 814-948-6708; Warren: 814-723-4074
Services for individuals with mental retardation or mental illness, including community residential and home based services, independent living skills instruction, and adult day programs.

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- [Northwestern Human Services](#) Indiana: 724-349-2551
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
- [Oxford House for Men](#) Indiana: 724-464-0599
Oxford House is a self-run, self-supported recovery house for recovering alcoholics and drug addicts in which shelter, food, case management, individual counseling and group support are provided
- [Indiana County Community Action Program, Inc.](#) Indiana: 724-465-2657
ICCAP provides housing services in aim of eliminating poverty. The housing services include Bridge Housing Program, Columbia Gas Customer Assistance Program, Dominion-Peoples Natural Gas Usage Reduction Program, Emergency Food and Shelter Program, Homeowners' Emergency Mortgage Assistance Program, Housing Assistance Programs, Rental Properties, PA Housing Finance Agency Counseling Network, Pathway Homeless Shelter, PenCAP Program, Penelec Warm Program, Project LIGHT, Weatherization Program and Homeless Case Management
- [Habitat for Humanity of Indiana County](#) 724-479-2015
Habitat for Humanity is an organization in which homes are sold with zero-interest mortgages to local low-income families.
- [Housing Authority of Indiana County](#) 724-463-4743
The Housing Authority, also known as HAIC, has been proudly serving Indiana County for nearly 45 years by offering quality, affordable housing in a safe, secure environment for area seniors, disabled, physically or mentally challenged individuals, and low-to-moderate income families. Our agency owns, operates, or administers rental assistance for over 1,000 units throughout Indiana County.
- 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](#)

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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 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

- [ARIN Intermediate Unit 28 Regional Education Service Agency](#) 724-463-5300

The ARIN Intermediate Unit #28 Early Intervention Preschool Program provides a variety of programs and services for children from their third birthday until entry into school. Services for children during the preschool years are provided at no cost to their families when the child is determined to meet eligibility requirements. IEPs are written to define the services that will be provided to those eligible children

- [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

- [Children's Disabilities Information](#) [Website Link]

Essential Articles and Resources for Parents of Children with Disabilities and Special Needs.

- [Parent Support Groups for Children with Disabilities or Special Needs](#)
annotated list of support groups and listservs for parents of children with disabilities or special needs. Read descriptions and join the special needs parent support group that best meets your child's needs.

- [Parent to Parent of Pennsylvania](#) [Select 'P2P Supports Groups' link]

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

- [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.
[Indiana 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, Indiana, PA Chapter](#) 1-800-550-4900
Support for women facing unplanned pregnancies.
- 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
 - [Life-Way Pregnancy Center](#) Latrobe: 724-539-2002; Indiana: 724-349-5307

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Pregnancy tests, referrals, adoption options, parenting skills, baby items and equipment. Services are free of charge and completely confidential. Items are donated and not always immediately available

- **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 \(PA Dep of Insurance\)](#) 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

- [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
 - [Head Injury Program](#) 866-412-4755

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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).
 - [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

- 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

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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

- **Pennsylvania Department of Human Services**

[Medical Assistance Transportation Program](#)

Indiana County: 724-463-3235 or
888-526-6060

The Medical Assistance Transportation Program, also known as MATP, provides transportation to medical appointments for Medical Assistance recipients who do not have transportation available to them. The individual's county of residence will provide the type of transportation that is the least expensive while still meeting their needs.

- [Indiana County Department of Human Services](#) 724-463-8200

The **Indiana County Department of Human Services** is an office within county government. The Department administers human service funds for the county and provides referral and other services.

Not sure where to turn for help? The Department of Human Services' Information and Referral Specialist may be able to help! The Specialist has access to local, state, and national resources and can provide the necessary information by telephone, email, or office visit.