

February 2023



Family Centered Events, Information & Resources

Created for Families, by Families.



The Union Outpatient Center is Now Open!



The Union Outpatient Center is Now Open!

Children's Specialized Hospital (CSH) opened the doors of its newest outpatient center located at the Kenneth Esdale Pavilion at 2840 Morris Avenue in Union, NJ.

This new 66,000 square foot facility offers the latest technology and a full suite of therapy and physician services and encompasses all outpatient services from both the CSH Warren and Mountainside sites in one convenient location.

[Learn More](#)

Children's Specialized Hospital Locations

New Jersey

Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, New Brunswick - Plum Street, Newark, Somerset, Toms River - Stevens Road, Toms River - Lakehurst Road, Union, West Orange

California

San Diego

1-888-CHILDREN

www.rwjbh.org/childrensspecialized



Special Needs Primary Care

We understand the complexities of raising a child with special healthcare needs. Our Special Needs Primary Care is proud to provide children with special healthcare needs, and their siblings, outstanding family-centered healthcare.

As Your Medical Home, we will:

- Take care of your child when he or she is sick
- Help you plan your child's care and set goals for their care
- Discuss any testing or treatment that your child needs
- Coordinate care with you and other care providers
- Partner with you to help you live well and stay well

Two Locations in Hamilton, NJ and Union, NJ

[Click here to learn more.](#)



Does Your Child Struggle to Understand the Emotions of Others?



If your child:

- has sustained a traumatic brain injury (TBI) at least 1 year ago
- is between the ages of 9-17 years old
- is experiencing difficulties in understanding others emotions
- has no other neurological illness
- is able to speak and read English fluently
- is able to use a computer

They may be eligible to participate in a new study investigating whether an emotional processing program can improve the interpretation of others emotions in children and adolescents following traumatic brain injury (TBI).

Requirements:

- 45 minute screening evaluation for full study inclusion.
- 8 weeks total of participation broken down in the following:
- *Week 1:* 3-hour visit for paper-and-pencil tests and questionnaires.
- *Weeks 2-7:* 45-60 minute sessions twice per week for six weeks, during which your child has a 50/50 chance of either undergoing experimental treatment for processing emotions or participating in computer exercises.
- *Week 8:* 3-hour visit for paper-and-pencil tests and questionnaires.

This study can be completed entirely remote! Testing will take place using a HIPAA compliant online platform.

Participants who complete this study will receive \$300 for their time.

For more information, please contact:

Clarice Bourland

Kessler Foundation

973-323-3678, cbourland@kesslerfoundation.org



Need Medical Equipment or Have Some to Donate

Did you know...

The Medical Equipment Ministry collects and donates a variety of medical equipment at no cost to you!

How does it work?

The Ministry collects medical equipment donations and makes them available to those in need. The equipment is given out at no cost, for as long as it is needed. Simply return it or pay it forward and you are done.

What type of medical equipment is available?

Hospital beds, wheelchairs, scooters, motorized wheelchairs, crutches, canes, walkers, commodes, lifts, adult diapers, shower seats, bed rails, rolling tables, transport chairs, and more.

**For more information please contact
the Medical Equipment Ministry:**

ppch.org

908-396-6057

279 U.S. 202
Bedminster, NJ 07921



Children's Specialized Hospital does not endorse any commercial products or services.



Necesitas Equipo Medico O Tienes Algo Que Donar?

Sabias Que...

El Ministro de Equipos Medicos recoge y dona una variedad de Equipos Medicos sin costo para usted!

Como Funciona?

El ministro recauda donaciones de equipos medicos y las pone a disposicion de los necesitados. El equipo se entrega sin costo alguno, durante el tiempo que sea necesario. Simplemente devuelvelo o pagalo y listo.

Que Tipo de Equipo Medico esta Disponible?

Camas de hospital, sillas de ruedas, scooters, sillas de ruedas motorizadas, muletas, bastones, caminantes, equipo basico para ir al bano, ascensores, panales de adultos, sillas de ducha, barandillas de cama, mesas rodantes, sillas de transporte, y mas.

**Para mas Informacion Comuniquese con
Ministro de Equipo Medico:**

ppch.org

908-396-6057

279 U.S. 202

Bedminster, NJ 07921



El Hospital de Children's Specialized no respalda ningun producto o servicio comercial.



Research Studies

at Children's Specialized Hospital

The Research Center at Children's Specialized Hospital strives to advance pediatric rehabilitation by initiating and supporting evidence-based studies that explore innovative interventions, technologies and approaches to specialized care for children and adolescents.

View our current research studies in any of our five core areas by scanning the codes below with your mobile device or tablet.



Autism



Brain Injury



Chronic Health Conditions



Cognition



Mobility

Friday Night Fever!



WHAT: A social group for teens ages 13-21 years old

When: Friday nights

Register: [CSH.recdesk.com](https://csh.recdesk.com) or call 908-301-5548

Friday Night Fever is a membership-based social program for teens and young adults. This program provides monthly events virtually, on site and in the community to promote independence. Status of virtual/in-person events coincides with the CDC and CSH guidelines at the time of the events. All new applicants must trial to insure they're an appropriate fit.



Friday Night Fever!

A social group for teens ages 13-21 years old!

Friday Night Fever is a membership-based social program for teens and young adults. This program provides monthly events virtually, on site and in the community for members to hangout, try new activities, meet friends and navigate the community to promote independence. Status of virtual/in-person events coincides with CDC and CSH guidelines at the time of events. All New applicants must trial to insure they're an appropriate fit

Participant Criteria:

- Demonstrate the ability / desire to initiate and respond to social interactions.
- Able to communicate with volunteers and peers via communication device or verbally.
- Able to follow group rules and directions in public settings independently or with reminders.
- Independent with ADL's



Register:

Teens and young adults who wish to participate in this group must meet the criteria and will be screened and selected prior to attendance.

2022 Fee: \$150 Annual Membership Fee (2022 fee has been adjusted to account for virtual programming.) *FNF accepts Benefit Fund applicants for this program as needed, please inquire.

Complete the Interested FNF Participant Application at:

csh.recdesk.com or call 908-301-5548



CSH Activity Connection (in English)



Scan this code with your smartphone or tablet to view program offerings, access calendars, and register for events.

Activity Connection

Activity Connection provides recreational, sports and social activities for children, teens and young adults with diverse abilities. Our programs create an ideal environment for participants to make new friends and enjoy new experiences. All programs are led by Children's Specialized Hospital's therapists, certified program instructors, coaches and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

Register for programs today!

Register online:
csh.recodesk.com

Register over the phone:
908-301-5548

activityconnection@childrens-specialized.org

Program Opportunities:

In-person Recreation Programs

- Court Sports, Social Club, Individual Aquatics, Play Times and Teen Nights.

Virtual Recreation Programs

- Weekly Zumba and Yoga
- Monthly Musical Me!

Summer Camps

- Camp Pal's Paradise and Camp Chatterbox

CSH Activity Connection (in Spanish)



Escanee este código con su teléfono
o tableta para ver las ofertas de
programas.

Activity Connection



Activity Connection ofrece actividades recreativas, deportivas y sociales para niños, adolescentes y adultos jóvenes con diversas habilidades. Nuestros programas crean un ambiente ideal para que los participantes hagan nuevos amigos y disfruten de nuevas experiencias. Todos los programas están dirigidos por terapeutas recreacionales, personal de recreación comunitaria y voluntarios del Children's Specialized Hospital y instructores certificados del programa, que brindan actividades seguras y apropiadas para la edad en un ambiente inclusivo y divertido.

Registrar aquí:

csh.recdesk.com

908-301-5548

activityconnection@childrens-specialized.org

Opciones virtuales y presenciales!

En persona:

- Court Sports, Social Club, Individual Aquatics, Play Times y Teen Nights!

Híbrido y Virtuales:

- Híbrido Zumba y Yoga
- Virtuales mensuales Musical Me!

Campamento:

- Camp Pal's Paradise and Camp Chatterbox



CSH Activity Connection (in Spanish)

Share your questions for our presenter in
advance using the Google Form
<https://forms.gle/TrfqBLmENons2XV79>



GREER M. GURLAND, ESQ.

SPEAKER

Greer M. Gurland, Esq.'s passion for supporting children and their families stems from her experience with her own five children's special needs. She understands the challenges parents face from both a personal and a legal perspective. Author of the guide "How to Advocate Successful for Your Child: "What Every Parent Should Know About Special Education Law".



08 FEB, 2023

7:00 TO 8:00 PM

**Union High School Cafeteria
2350 North 3rd Street
entrance from the side door by the "rock"**

If you cannot attend in person, register to
attend virtually:
<https://www.eventbrite.com/e/524163004657>

**Union SEPAG is a parent-led group
that works collaboratively with the
district on policies and programs that
impact students with disabilities**

CONTACT US

EMAIL: unionsepag@gmail.com

WEB: <http://www.twunionschools.org/Depts--Services/Services/Special-Services/Union-SEPAG-/index.html>

"LIKE" US ON FACEBOOK: <https://www.facebook.com/UnionSEPAG>

INSTAGRAM: <https://www.instagram.com/unionsepag07083/>

JOIN OUR EMAIL LIST: <https://forms.gle/nYXRPqX1ErJTUwB>

Union special
education parent
advisory group

Invites you to the:

In person Q&A
parental rights
in special education



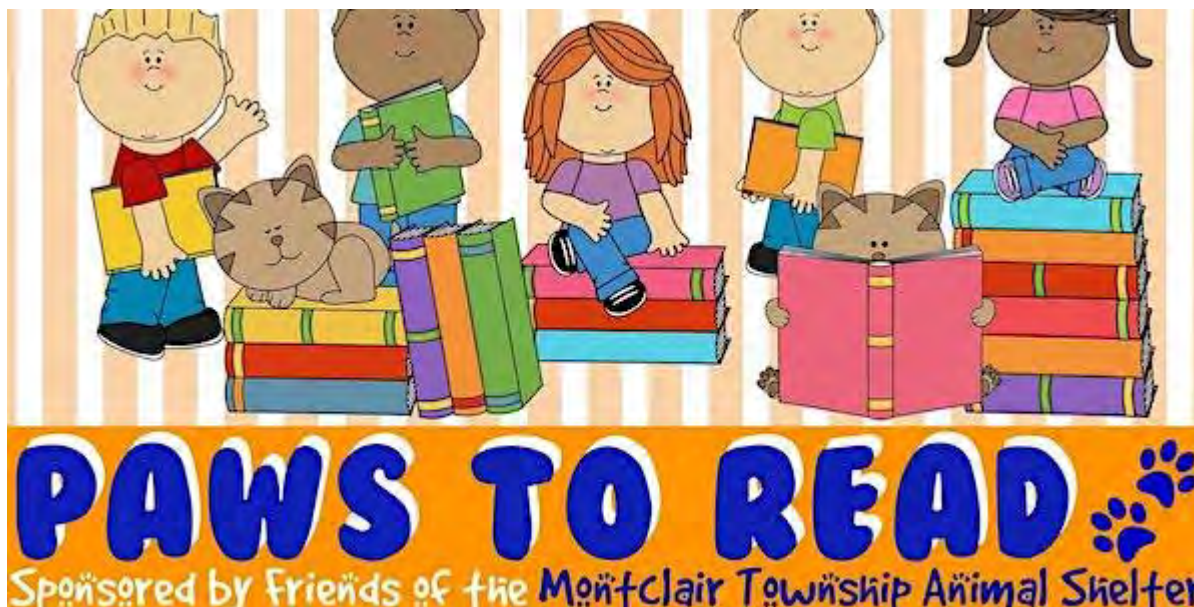
Paws to Read!

**WE WELCOME ALL SCHOOL-AGED CHILDREN
IN GRADES K-5, PARTICULARLY THOSE
STRUGGLING TO READ, TO OUR SEMI-
MONTHLY PAWS TO READ PROGRAM!**

Location

Montclair Township Animal Shelter
77 North Willow Street
Montclair, NJ 07042

TO SELECT A DATE & REGISTER



Children's Dental Health

Multiple locations in New Jersey



Kickoff on February 3, 2023. New Jersey locations and dates can be found using the link below.

[Click Here for New Jersey GKAS Locations](#)

What is Give Kids A Smile?

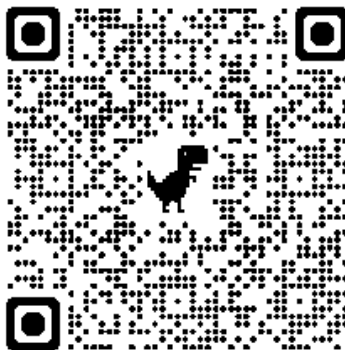
Through the ADA Foundation's Give Kids A Smile program, launched nationally by the American Dental Association in 2003, more than 5 million undeserved children have received free oral health services. These free services are provided by approximately 10,000 dentists annually, along with 30,000 other dental team members.

Each year, here in NJ, more than 100 dental practices and clinics participate in this one-day event.



New Support Corner for Parents

Children's Specialized Hospital's **NEW Support Corner for Parents & Caregivers**



The CSH Family Advisory Council has created an online support corner for parents and caregivers of children with special healthcare needs. This page provides access to blogs, resources, support groups and monthly events to ensure families have the support they need on their healthcare journey. Check out all the page has to offer below and visit rwjbh.org/cshsupportcorner to learn more.



Sensory-Friendly Planetarium Shows



The Sky Above, sensory-friendly program

WHEN: Saturdays, January 7, February 4, March 4, April 1, May 6, 5:00 pm

Welcome to a comfortable and judgement-free zone to learn some astronomy. This sensory-friendly astronomy and music show is specially designed for families with children on the Autism spectrum and other developmental disorders. Neurotypical children are welcome as well. The program is presented on a kindergarten level, but all ages are welcome. Enjoy music, laser lights, stories, and information about the planets, Moon, and constellations. During the show, the doors remain open so children may leave and return if they choose. Lights are kept dim (instead of dark) and music is at a consistent level.

Planetarium shows run 45-60 minutes. In addition to the show itself, we have a small exhibit area and a gift shop with books, toys, and, of course, Astronaut ice cream.

Raritan Valley Community College
118 Lamington Road
Branchburg, NJ

<https://www.raritanval.edu/community-resources/planetarium/public-shows>



Autism Friendly Swim Hour

by [Ocean County YMCA](#)

About this event

Families of those on the autism spectrum are invited to join us for an hour of family swim fun. This after-business-hours event will be overseen by our Adaptive Learning Coordinator, Licensed Behavior Therapist Daniel Giacin.

To ensure our families have a pleasant experience, please note the following information:

- An adult needs to accompany the autistic family member in the pool.
- Come swim ready, with bathing suits on.
- Event takes place in the shallow-end only.

To accommodate auditory sensitivity, there will be no music and the number of attendees will be limited.

Date and Time:

Sun, Feb 19th, 2023

2:00 PM – 3:30PM EDT

Location:

Ocean County YMCA

1088 West Whitty Road

Toms River, NJ 08755

TO REGISTER



Swimming on the Spectrum



by [Ocean County YMCA](#)

1 on 1 Swim Lesson

The Ocean County YMCA is proud to offer our Adaptive Swim Program-SWIMMING ON THE SPECTRUM. Classes are open to children and adults with intellectual and/or physical disabilities.

SWIMMING ON THE SPECTRUM is an ABA (Applied Behavior Analysis) inspired adaptive water safety/swim program for children and adults on the autism spectrum. The program offers an individualized curriculum, meeting each swimmer at their ability, as they work toward mastering water safety skills. Our Adaptive Swim Classes are designed to give each and every person the skill and knowledge to be safe in and around the water, but most importantly, to have fun and enjoy!

Ages Child to adult

Registration \$25 per scheduled lesson

Contact to Schedule Daniel Giacin, Autism Programming Director, 732-341-9622 ext. 2278
dgiacin@ocymca.org



Teen and Parent Summit



Saturday, February 11 8:30 a.m. to 3 p.m. St. Elizabeth University in Morristown, NJ

Targeted programming for both parents and teens will be offered, with breakout sessions for both groups.

Parents will have the opportunity to hear from and engage with other parents who have raised or are raising young adults with TS, talk to neurologists and psychologists who specialize in the treatment of TS, and chat with young adults in the workforce with TS to hear what was most valuable in helping them achieve success.

Teens will participate in activities to build confidence and form connections with their peers with TS, chat with young adults who recently graduated high school to hear what the transition to college or the workforce is like, and hear from other teens with experience in advocacy what it took to find their voice and advocate for themselves and others.

This event is completely free of charge, and lunch will be provided. Take advantage of the opportunity to actively participate in programming that supports parents AND teens and gives both groups the chance to come together in community!

[REGISTER HERE](#)



*Nation's First Center of Excellence
for Tourette Syndrome*



Sharing Possibilities in Self-Direction



The Byte Size Lunch Series: Making Assistive Technology work for People with Intellectual and Developmental Disabilities

Presented in partnership with The Richard West Assistive Technology Advocacy Center

From the smart phone in your pocket to smart home thermostats, assistive technology is everywhere! But it can sometimes feel hard to know how or where to start exploring all the options and putting them into practical use. Thankfully, we're here to help people with and without disabilities explore high, low, and no-tech solutions

In easy-to-understand 'bite size' lunchtime conversations, we'll show how to use these solutions in the home, the office, and in the community! Each 45-minute session will highlight one specific topic, demonstrate tools, and leave plenty of time to answer your questions.

Come explore the possibilities for yourself and others. You can register for one, two or more sessions.

[Click Here to Register](#)



SCHEDULE - All sessions are 12:00 - 12:45pm

October 6, 2022 - Supports for Individuals Who are Blind / Visually-Impaired

November 3, 2022 - Supports for Individuals who are Deaf / Hard-of-hearing

December 1, 2022 – AT for Medication

January 5, 2023 – AT for Physical Mobility

February 9, 2023 - Low Tech 3-D Printed Solutions / Non-3D Solutions

March 2, 2023 - Introduction to Augmented and Alternative Communication



Blue Journey Unified Thru Pool Sessions

Date and time

Ends on Thu, Jan 25, 2023, 8:00 PM EST

Location

Aquatic & Fitness Center 1735 Simpson Avenue ## 2 Ocean City, NJ 08226

Share your time and join one of the most positive and inspiring hour long workouts in any pool! Be part of our community that includes weekly open water paddling and swimming sessions in the summer in the ocean and bays around Ocean City all the way up to Glisten Lake in Berlin as well as inland waters on the Sunshine Coast of Queensland. We are back for the winter on Thursdays from 6 - 7 PM at the Ocean City Aquatics and Fitness Center Pool.

NOTE: All participants must be 18 or over. Questions? Contact Bruckner at info@oceancityswimclub.org , 831-345-9550

[REGISTER HERE](#)



Tips for Families for Preschool Disabled

page 1 of 4



There are many benefits to getting a jump start on your child's development. We are fortunate to have in the State of NJ through our public school districts wonderful programs for children who need some extra help.

This is the perfect opportunity for you to participate in your child's education from the start. If you, your child's doctor, or therapist have concerns about your child's development, your child may receive a free evaluation in their local school district to determine if they are eligible for free special education services during the preschool years.

The Individuals with Disabilities Education Act (IDEA) –identifies which children are eligible to receive Preschool Special Education services.

There are two sets of criteria:

1) Age Requirements:

To receive Preschool Special Education services, your child must be at least three years old.

Preschool Special Education services may continue until your child enters or is eligible to enter kindergarten.

2) Requirements Related to Disability: In addition to the age limits, to receive Preschool Special Education services, your child must (1) have a disability; AND (2) need special education and related services because of the disability. (N.J.A.C. 6A:14-1.1 General Requirements)



Tips for Families for Preschool Disabled

page 2 of 4



Steps to Follow:

Contact your local school district to find out the name and address of the Director of Special Services or the Supervisor of Special Services.

Write a short letter expressing your concerns for your child. (Sample template on back)

Mail, email, or personally deliver the letter to your school district. Keep a record of the person and date of when the letter was received.

If you do not hear from the district within the 20 calendar days call the Special Education Department and the local district and ask for the status of your request. *School Districts have 20 calendar days (N.J.A.C:-2.3 Parental, Notice, Participation and Meetings) from the time of receiving the letter to get back to you.

Positive Tips for Partnering with your School District:

- Share your child's story.
- Be your child's cheerleader and celebrate the successes
- Good Communication is key.
- Enjoy your child and celebrate their achievement in transitioning to pre-school.



Tips for Families for Preschool Disabled

page 3 of 4 - in Spanish



Consejos para las familias de personas con discapacidades en edad preescolar

Son muchos los beneficios de comenzar a tratar el desarrollo de su hijo/a. En el Estado de Nueva Jersey tenemos la suerte de contar con maravillosos programas para los niños que necesitan ayuda extra, a través de nuestros distritos de escuelas públicas. Es la oportunidad perfecta para participar de la educación de su hijo/a desde el comienzo.

Si usted, el médico de su hijo/a o el terapeuta tienen dudas sobre su desarrollo, puede realizar una evaluación gratuita en su distrito escolar local para determinar si puede recibir servicios gratuitos de educación especial durante los años de preescolar.

La Ley de Educación para Personas con Discapacidades (IDEA) identifica qué niños son elegibles para recibir servicios de educación preescolar especial.

Hay dos grupos de criterios:

- Requisitos de edad: Para recibir servicios de Educación especial preescolar, el niño debe tener por lo menos 3 años de edad. Los servicios de educación preescolar especial pueden continuar hasta que el niño comience o sea elegible para comenzar el jardín de infantes.
- Requisitos relativos a la discapacidad: Además de los requisitos de edad, para recibir servicios de educación preescolar especial, el niño debe (1) tener una discapacidad; Y (2) requerir educación especial y servicios relacionados debido a dicha discapacidad. (Código Administrativo de Nueva Jersey [N.J.A.C., por sus siglas en inglés] Sección 6A:14-1.1, Requisitos Generales)



Tips for Families for Preschool Disabled

page 3 of 4 - in Spanish



Pasos a seguir:

Comuníquese con su distrito escolar local para averiguar el nombre y la dirección del director o supervisor de servicios especiales.

Escriba una breve carta en la que describa las preocupaciones que tiene sobre su hijo/a. (Modelo en el reverso)

Puede enviar la carta al distrito escolar por correo, e-mail o entregarla personalmente. Registre quién recibe la carta y en qué fecha.

Si no tiene respuesta del distrito dentro de los 20 días corridos, llame al Departamento de Educación Especial y al distrito local y pregunte por el estado de su solicitud. *Los distritos escolares tienen 20 días corridos (N.J.A.C: 2.3 Padres, notificaciones, participación y reuniones) a partir del momento en que reciben la carta para ponerse en contacto con usted.

Sugerencias positivas para colaborar con su distrito escolar:

- Comparta la historia de su hijo/a.
- Aliente a su hijo/a y celebre sus éxitos.
- La buena comunicación es clave.
- Disfrute de su hijo/a y celebre el logro de pasar a preescolar.



Fireside Chat Planning for Adult Life

Fireside Chat with Beverly Roberts: What Should Families Know About Medicaid Unwinding and How to Prepare for It

WHEN: Thursday, February 8, 2023

TIME: 6:00 pm-7:00 pm

This is an online event. After you register, you will receive the link to join the meeting a few days before the event.

CONTACT INFO: Lisa Ford lford@arcnj.org [7328282022](tel:7328282022)

[TO REGISTER](#)



The Arc of New Jersey Family Institute



Pool+Pizza Day – March 2023



Location Xcel Aquatics, 125 Marshall Street, 7th Floor, Hoboken, NJ

Time Sunday, March 12th, 2023, 12:30-3:00PM

Make a splash with us at Xcel Aquatics, then grab a slice at Basile's Pizza!
Swimming from 12:30pm-2:30pm | Pizza at Basile's Pizza 3:00pm

* REGISTRATION REQUIRED *

Register by March 1st 2023 at bit.ly/wsapoolpizzaday3

**Donations welcome. Limit of 4 people per family with members on the autism spectrum or with developmental disabilities.*



Research Opportunity for Kids & Teens at Kessler Foundation



Scientists are researching whether an emotional processing program can improve the interpretation of others' emotions in children and adolescents following TBI.

Who is Eligible

- Adolescents who are 9-17 years of age
- Has sustained a Traumatic Brain Injury at least 1 year ago

Where

- This is a completely virtual study taking place using a HIPAA compliant online platform such as zoom health

Compensation

You will be compensated \$300 in total for completing this study. \$100 will be compensated after completion of baseline testing and \$200 will be compensated for completion of follow up testing after the 12-week intervention.

If you have any questions or you think an adolescent may be a good candidate for this study, email jleddy@kesslerfoundation.org or call 973-324-8429.

[Click Here to Learn More](#)



Project SEARCH Applications Now Available



Mission to Transition - Project SEARCH Applications Now Available

Project SEARCH is a one-year, intensive employment skills training program based inside Overlook Medical Center in Summit, NJ. Students spend an entire school year on-site at the hospital rotating through three different internship experiences. They also receive 90 minutes of classroom-based instruction per day on topics related to employability and independent living. Students are strongly encouraged to take public transportation to and from Overlook, and the program offers comprehensive travel training the summer before the program begins in collaboration with the NJ Travel Independence Program at Rutgers.

Project SEARCH is accepting applications on a rolling basis. We will schedule interviews with students and their families after all application materials are received.

To learn more about SEARCH visit:

<https://projectsearch.us/transition-to-work/>

For questions, please reach out to Josh Bornstein at jbornstein@ucesc.org



Virtual - Together in Song



Do you love to sing? Find the music in you! Together in Song is an all-inclusive community choir designed for individuals with or without disabilities. Sessions will take place online every Sunday at 2 PM. To register, get the song list and Zoom link, please email Together.in.song.CC@gmail.com

This event is sponsored by the Camden County Board of Commissioners for individuals with disABILITIES and special needs. If you are interested in participating in any of these activities or know someone who might be, please contact Karen Weidner at karen.weidner@camdencounty.com or by phone at 856-216-2127.

VIRTUAL MEETING

Please visit the website for recurring dates

<https://www.camdencounty.com/events/>



Research Study – for children 6-9.5 years old, diagnosed with autism spectrum disorder.



Your child may qualify for a research study on behavioral therapies for children with Autism!

Eligible participants receive Autism diagnostic testing and assessments of functional skills and sensory behaviors

Participants may be randomly selected to receive 30 one-hour sessions of Sensory Integration therapy or Applied Behavior Analysis. The goal of both therapies is to see improvements in a child's functional skills and a reduction of maladaptive behaviors.

Sensory Integration Therapy (SIT) works to improve sensory-motor factors that affect a child's functional skills. Children do sensory-motor play-based activities and apply skills to functional tasks.

Applied Behavior Analysis (ABA) works to identify skills that impact a child's every day functioning. The interventionist breaks down each skill into teachable steps, to facilitate learning. Participants will be compensated \$250 throughout the course of the study and will receive a summary.



Contact for information:

Joanne Hunt 908-588-9738

jhunt@childrens-specialized.org

Location: Children's Specialized Hospital 94
Stevens Road Toms River, New Jersey 08755



AAC Related Topics – Lunch and Learn



Thursday, January 5 - Assistive Technology for Physical Mobility

[Register here](#)

Thursday, February 9 - Low Tech 3D and Non-3D Printed Solutions

[Register here](#)

Thursday, March 2 - Introduction to Augmented and Alternative Communication

[Register here](#)



Open Play at LifeTown in Livingston NJ



FAMILY FUN
at LifeTown

OPEN PLAY

AGES 1-15

\$10
per participant

Parents/Guardians must remain with their children at all times.

Does NOT include LifeTown Shoppes

Sundays
10:00am-12:00pm

- Art room
- Gym
- Playground
- Sand room
- Sensory room
- Movie **11:00-11:25am**

Pre-registration is required at
www.LifeTown.com/familyfun



Sundays, 10:00am-12:00pm
Mondays, 10:00am-12:00pm
Tuesdays, 2:30-4:30pm
Thursdays, 2:30-4:30pm

TO REGISTER



Paper Mill Playhouse Theater for Everyone



Autism-Friendly performances are theater experiences in which the environment and typical “rules of attendance” have been relaxed to accommodate individuals with Autism and other developmental disabilities and the families and professional who support them. Learn more about our Autism-friendly accommodations below.

Autism-Friendly performances are designed and intended for families with children who have Autism or other developmental disabilities. This program is designed and planned in cooperation with Paper Mill Autism Advisory Team. At these performances the theater environment will be altered, providing a comfortable and judgment-free space that is welcoming for these families.

February 16, 2023 7:30PM - March 19, 2023 7:00PM

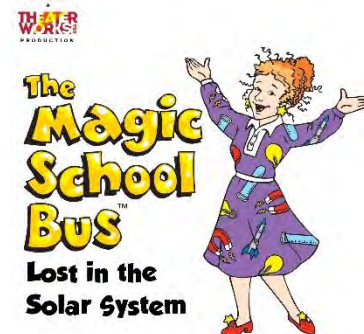
June 10, 2023 10:00AM - June 11, 2023 10:00AM

Disney's Hercules



[Click for More Information](#)

The Magic School Bus



PAPER MILL PLAYHOUSE



TDF Autism Friendly Performances



Wicked

Sunday, February 12, 2023 at 1 p.m.

Gershwin Theatre

222 West 51st Street, the entrance is between Seventh and Eighth Avenues New York, NY



Harry Potter and the Cursed Child

Sunday, April 30, 2023 at 1 p.m.



TDF Autism Friendly Performances Audience-thrilling. Autism-friendly.

What makes a performance autism friendly?

Slight adjustments to the production are made, including reduction of any jarring sounds or strobe and spot lights that shine into the audience. House lights are faintly dimmed but remain on. TDF works closely with professionals in the field and with consultants on the autism spectrum to make each show accessible and enjoyable for everyone.

TDF creates resources for each production that help prepare audience members for a day at the theatre. A team of volunteers and autism specialists are available throughout the theatre. Break areas are available to anyone who may need to leave their seats during the performance.

[To learn when tickets to future performances go on sale, sign up for our Mailing List](#)



Sexual Health Equity for People with I/DD

Sexual Health Equity for People with I/DD

Did you know many people with disabilities do not receive access to sexual health education? This can be a difficult topic for some to navigate, but thankfully Oregon Health & Science University has put together a wonderful guide and resource portal on this topic, including how to help people with I/DD learn who they are, what their rights are, how to express themselves, and how to build healthy relationships.



[Check it out](#)



Adaptive Swim



NEW! We now have Angelfish trained swim instructors at the JCC! These instructors specialize in teaching swimmers with motor or sensory delays!

This one-on-one 30-minute aquatics class, taught by our Angelfish trained swim instructors, is ideal for children with special needs. Lessons are adapted to each child's specific strengths and needs. Our aquatics staff can help even the most hesitant child enjoy the water!

Single 30-minute lesson

Price: \$60, Member Price: \$45

Four 30-minute lessons

Price: \$240, Member Price: \$180

PLEASE NOTE: An intake form is required. To begin the intake process, please contact Jade Evans, Aquatics Director, at jevans@jccnj.org or x259.

Lessons must be paid for by the first day of class. Private lessons must be completed over a **6-week period**. In the event of cancellation, please notify the instructor or Aquatics Director at least **4 hours prior to the start of the lesson**. If **4 hours notice is not given, you will be charged the cost of that lesson**. No credit given for uncompleted lessons.



[Click For More Information](#)



Buddy Baseball

<https://www.buddyball.net/>
[Check it out](#)



Buddy Ball
Special Needs Athletic League
PROGRESSIVE DIRECTIONS, INC.

What Is Buddy Ball?

Buddy Ball is a year-round, non-profit, special needs athletic league. We strive to provide non-competitive sports and special events to individuals who have physical, intellectual and/or developmental disabilities to give them an opportunity to play sports, regardless of their disabilities. There is a long list of sports that are part of the Buddy Ball program including bowling, street hockey, basketball, bowling, soccer, baseball and flag football. The nature of these activities teaches teamwork, promotes self-esteem, turn-taking, physical fitness, and social skills. The league also strengthens support networks for our athletes and their families.

The program serves adults and children ages 3 and up in Montgomery County and surrounding areas. There's no charge for participating in any of the sports or activities.

Featured sports are Basketball, Baseball, Bowling, Street Hockey and Swimming. Additional special events are the Buddy Ball Prom, Easter Egg Hunt, and a Christmas Parade.



Sensory-Friendly Performance of The Nutcracker

TEEN EMPOWERMENT GROUP TEACH P.E.A.C.E

- POSITIVE MINDSET - EMOTIONAL INTELLIGENCE
- AWARENESS OF SELF - CONNECTION - EMPATHY & COMPASSION



SELF AWARENESS



SELF MANAGEMENT



SOCIAL AWARENESS



RELATIONSHIP SKILLS



DECISION MAKING SKILLS

Social Emotional Learning Group

BASED ON THE FOUNDATIONS OF CENTER FOR MIND BODY MEDICINE

Who: Teens grades 6-11

What: 4 week Session

Where: Soul Aligned Wellness Center , 520 Main St., Toms River

When: Mondays: January 9, 16, 23, 30, 2023

Time: 5:30-7 pm

Offering: \$111 venmo @jaime-zazzara

Nurturing every child's character & holistic growth

LEARN RELAXATION TECHNIQUES

DISCOVER HOW TO MANAGE EMOTIONS AND THOUGHTS

COPE MORE EFFECTIVELY WITH DAILY LIFE

LEARN MIND-BODY SKILLS: MEDITATION -MINDFULNESS -JOURNALING-

ART THERAPY -MOVEMENT -VISUALIZATION

BUILD SELF-CONFIDENCE & COMMUNICATE EFFECTIVELY

TAP INTO GREATER ENERGY, WELL-BEING & ENTHUSIASM

We want to hear from Individuals with I/DD and their family members!



Participate in a Focus Group to share your perspectives on:

The ways in which people with I/DD from underserved communities and their families access information about services and supports.

Your feedback will help to inform the New Jersey Council on Developmental Disabilities about the ways in which information about supports and services can be most effectively shared in underserved communities.

To register, fill out the
[Pre-participation survey here](#)

Stipends will be provided to those who are selected to participate in the focus groups.



Infant Research Study at Rutgers



Institute for the Study of Child Development Where Science and Baby Minds Meet

The Institute for the Study of Child Development at the Rutgers Robert Wood Johnson Medical School invites you and your infant (4 – 24 months of age) to participate in a free research study on how infants learn about their world through vision and hearing and interaction, and how this might identify at-risk infants.

You together with your baby will watch a few short videos of moving objects and talking faces, and also spend some time interacting with each other face-to-face.

We make appointments to fit your schedule
Appointments last approximately 45 minutes
Please contact Stacey at (732) 235-7700 Or
napolisl@rwjms.rutgers.edu



Upcoming Events

SPAN offers a variety of learning opportunities for families and the professionals who work with them. Check out our [Event Calendar here](#) for details and registration links

Upcoming Events include:

- [Education and Health Care Rights in the Juvenile Justice System](#)
- [Empowering Women Resilience Information Session](#)
- [Starting and Running an Effective SEPAG](#)
- [Virtual Town Hall - COVID-19 Vaccine Information for Families](#)
- [Reunión Comunitaria Virtual Vacunas COVID-19](#)
- [Basic Rights in Special Education](#)

[More events](#)



Teleplay Provides Live, Interactive Play for Children Affected by Rare Diseases



Project Sunshine's Rare Teleplay is a monthly virtual opportunity for children who have any rare disease and their siblings to enjoy Zoom activities and games. There is no talking about their condition or their sibling's condition. It's just about having fun and meeting other people who are living a life that's a little like theirs.



[Check out the Telehealth Game Library here](#)

Volunteers from California Polytechnic University entertain children from ages 5 to 18 for an hour each month. Parents don't need to be there but they can be if they want to be. This is all about the kids. It is free and it is fun.

Rare Teleplay meets via Zoom on the third Friday of each month at 7:30 PM Eastern

[Download the Rare Teleplay event here from our website to join next month!](#)



Join the NJCTS Youth Advocate Council



The purpose of the NJCTS Youth Advocate Council is to empower youth (ages 13-18) living with TS, tic disorders and the associated conditions, or some form of lived experience with TS, to educate, advocate and increase awareness of Tourette Syndrome and tic disorders.

The Youth Advocate Council will provide an open forum for communications where youth can share information and ideas, and discuss relevant topics inherent to the TS and tic disorder community. Through these conversations, making connections and participating in activities, teens will create and develop ways for increasing awareness and furthering the mission of NJCTS.

Did we mention it looks good on a college application?

If interested, please complete the form below and we will be in touch!

[YOUTH ADVOCATE COUNCIL APPLICATION](#)

Please note: Council meetings will be held once a month (mostly virtual and some in-person) and the Council term is for one year. (July-June)



NJCTS

Teen & Parent Summit



Targeted programming for both teens and parents in a relaxed and accepting environment.

Parents

- Engage with other parents who are raising young adults with TS
- Talk to neurologists and psychologists who specialize in the treatment of TS
- Chat with young adults in the workforce with TS

Teens

- Participate in activities to build confidence
- Chat with young adults who recently graduated high school to hear what the transition to college or the workforce is like
- Hear from other teens with experience in advocacy what it took to find their voice

Saturday, February 11

8:30 a.m. to 3 p.m.

ENVIRONMENTAL EDUCATION CENTER, BASKING RIDGE

[REGISTER HERE](#)



Tourette Syndrome - Summer Camp Out



CAMP FANTASTIC – A FAMILY RETREAT WEEKEND
June 23 – 25, 2023

BLACK ROCK RETREAT – Quarryville, PA

Registration Deadline: February 14, 2023

Beautiful Rural Location
Hotel style Air-Conditioned Rooms
Fun and Exciting Camp Activities
Meet New Friends and Connect with Old Ones
Relax with Your TS Community

REGISTER HERE



NJ Dept. of Education: Providing Additional Services to Students with Disabilities Beyond Age 21



NJ Department of Education: Providing Additional Services to Students with Disabilities Beyond Age 21

The New Jersey Department of Education provided guidance to school districts, students, and parents/guardians of students with disabilities regarding the implementation of P.L.2021, c.109, which allows schools to provide additional or compensatory special education and related services to eligible students with disabilities beyond the age of 21.

The guidance includes information for school districts/LEAs about:

- The role of the IEP team in determining the need for additional services
- Sharing information with families about this legislation
- Dispute resolution

Reimbursements to school districts for providing additional services beyond age 21

[Review the Guidance here](#)

[View additional Guidance regarding extending the period of time to file a due process hearing request](#)

[Contact the SPAN Warmline](#)

via email for assistance related to these guidance documents or call 800-654-SPAN (7726)



The Seizure ID Program

Epilepsy Alliance America will be providing more than 2,000 Seizure ID products to people with epilepsy who need them through this one-of-a-kind campaign in the epilepsy community.

The Seizure ID Program is made possible through a partnership with Greenwich Biosciences, now part of Jazz Pharmaceuticals

[Click here to learn more!](#)



Learn about our 2022-2023 Group Programs!



Say & Play (Ages 1 to 6+ years)

SPOT On (Ages 7 to 12 years)

Teen Series (Ages 13+ years)

IT Works: Prevocational and Independent Living Skills Training Program



Services are provided at:
Intensive Therapeutics, Inc.
31 Fairfield Avenue
West Caldwell, NJ 07006



Financial Aid for Students with Intellectual Disability

Resources

Financial Aid for Students with Intellectual Disability*

There are college programs for students with intellectual disabilities that are not giving out a standard college degree. These are called Comprehensive Transition and Postsecondary programs, or CTP programs. This Issue Brief is part of the 'Plain Language Series' from [ThinkCollege.](#)

It includes:

- Definition of federal financial aid
- Types of federal financial aid
- How to get financial aid

[Plain Language Series: Federal Financial Aid \(Link\)](#)

[New Jersey Inclusive Higher Education Collaborative \(Link\)](#)



Special Needs Vaccine Clinic

Special Needs Vaccine Clinic Accepting Appointments in Red Bank, NJ

Autism New Jersey together with the Visiting Nurse Association of Central Jersey (VNACJ) Community Health Center is open for all groups 12 and older.

We offer comprehensive information, support, and vaccine access through our special needs clinic. [Learn more>>](#)

- Extensive planning conversations with families and medical staff
- Individualized, on-site accommodations In-car vaccine option available

[Pre-Register](#)



Mane Stream : Unbridled Possibilities for Children and Adults with Special Needs

OUR MISSION

is to improve the quality of life for individuals with physical, developmental, emotional, and medical challenges through a diverse program of equine assisted activities, therapy services, and educational initiatives.

Programs

- [WHAT WE OFFER](#)
- [THERAPY SERVICES](#)
- [ADAPTIVE RIDING](#)
- [OPERATION: TAKE THE REINS](#)
- [HORSES FOR HEALING](#)
- [SUMMER CAMP](#)
- [FIELD TRIPS](#)

[Click here for more information](#)



MANE STREAM
unbridled possibilities
For Children and Adults
with Special Needs



Special Strides Horse Therapy



Our Mission

Special Strides is a non-profit organization devoted to improving the lives of individuals with special needs. With a unique combination of therapy, horses, and the natural environment, individuals achieve goals appropriate for therapy, recreation, and education. Special Strides provides all individuals an opportunity to “Improve their lives... one stride at a time” regardless of financial status.

Our Vision

Harvesting Hope...Breaking Boundaries...Realizing Potential

Our Values

Respect...Learning...Inclusion...Empathy...Possibility...Positivity...Teamwork

The values of diversity, inclusion, and equity are central to our mission.

<http://specialstrides.com/>



Special Needs Resource Fair



Special Needs Resource Fair

Sunday, February 26, 2023 • 10:00 a.m. to 2:00 p.m.

FREE and open to the community!

In honor of Jewish Disabilities Awareness, Acceptance and Inclusion Month (JDAIM) in February, the JCC of Central NJ is hosting a Special Needs Resource Fair and publishing its 3rd annual Special Needs Resource Directory.

Wide variety of specialties: ABA services • Adaptive programs (karate, aquatics, arts, etc.) • Dentists and orthodontists • Recreational programming • Residential services • Sensory supportive interior design • Special needs attorneys • Special needs products • Summer camp programs • Supported employment • Synagogues • Therapy services • Travel training

[TO FIND OUR MORE AND REGISTER](#)



Virtual Programs DSACNJ.ORG

WEDNESDAY PROGRAMS

Academics (3) 4:15-4:45 pm

Volunteer Instructor: Taylor

Areas of focus: weather, geography, grammar and punctuation, fractions, decimals, percentages
(Virtual)

Arts & Crafts + Guided Drawing 5:00- 5:30pm

Volunteer Instructor: Taylor
(Virtual)

Academics 4/Life Skills 5:45-6:15

Volunteer Instructor: Abby

Areas of focus: time management, creating schedules, money management, value of money, leaving a tip at a restaurant, other life skills for teenagers/adults
(Virtual)

REGISTER @ [DSACNJ.ORG/EVENTS](https://dsacnj.org/events)



Education and Health Care Rights in the Child Protection System



Learn about parent rights related to education and health care in Child Protection Services System

About this event

Is a child with a disability who you care about involved in the Child Protection system?

Are you concerned about educational rights for a child with a disability who is engaged in the Child Protection System?

Join a WORKSHOP to learn about the Child Protection System, parent rights related to special education and health care resources!

After the workshop, families will be invited to schedule an individual 30 minute appointment to review their child's IEP and/or health-related issues or concerns.

Presented by: Monique Dujue Wilson

More Information: Contact for more information

jbrinkley@spanadvocacy.org

Multiple Dates Available

[Click for Dates to Register](#)



Join Club Dreams Virtual Yoga



DSACNJ
CLUB DREAMS



Club DREAMS

THURSDAY PROGRAMS

Please join
us for

Virtual Yoga
4:45pm-5:15pm

Register at dsacnj.org/events

[TO REGISTER](#)

Breaking down barriers for people with Down syndrome



Support Group for Caregivers

Support Group

For parents and caregivers of children with Special Needs

**Join us virtually every other Thursday
from 6PM to 7PM.**

Supporting You on Your Parenting Journey

FACT and CAU are hosting
a biweekly parent support group to help you feel supported
and lifted as a parent. This effort is supported by
Union County Children's Interagency Coordinating Council
(CIACC)

Scan the QR Code to register for the meeting



or click this link to register directly:
<https://bit.ly/33Kf8g3>

For more information contact:
Felicia Frazier
Director of Community Engagement & Resource Development
Families & Communities Together
Feliciaf@factnj.org
or
Walter Kalman
Associate Executive Director
Community Access Unlimited
wkalman@caunj.org

**"Ask for help not because you're weak, but because you want to remain strong."
- Les Brown**

UNION COUNTY INTERAGENCY COORDINATING COUNCIL



FAMILY SUPPORT GROUP



Find your community of support

Join CAU and FACT for our support group for parents and adult siblings of children and adults with disabilities! Look for our email reminders to learn whether we are having a presentation that week.

Meetings with presentations will include information about services, DDD, important timelines and more. You will have the opportunity to ask questions and gain knowledge to assist you in advocating for your child's needs.

Discussion-based meetings will focus on your needs as a parent/caregiver, including topics of health and wellness, mental well-being, coping skills and more.

You may choose to attend our discussion-based meetings, meetings with presentations, or both! Talk and connect with families who share similar experiences. Join us to share ideas and opportunities, find peer support and get answers to questions about services.

THURSDAY BIWEEKLY MEETINGS

6:00 PM

ZOOM

Community Access Unlimited | caunj.org

Our next meeting is Thursday at 6 pm. Join and connect with us!

[Register for Family Support Group](#)

[Visit our website to learn more about CAU services](#)

Community Access Unlimited | 80 West Grand St., Elizabeth, NJ 07202



Traumatic Brain Injury Board Members



Traumatic Brain Injury Survivor Board at the New Jersey Division of Disability Services

We are looking for a survivor of traumatic brain injury between the ages of 17 and 21 to serve as a member on the newly established survivor board. Please refer to the role and expectations outlined below to see if you or someone you know would be a good fit.

Role and expectations:

- Serve as a member on the NJ TBI Survivor Board and, along with the TBI Advisory Council, advise the NJ TBI Fund on pertinent issues and concerns.
- Contribute to discussions and activities in subcommittees based on experience and expertise. Subcommittees include:
 - Data Analysis and Evaluation
 - Consumer and Family Needs
 - Racial Equity
 - Resource Infrastructure and Service Providers Capacity.
- Assist in development of advocacy and prevention material and programs for TBI survivors in New Jersey.
- Convey the priorities and recommendations of the TBI Advisory Board to other relevant state or private boards, commissions, committees, or workgroups on which members participate.
- Update the TBI Advisory Board on the work of other relevant boards, commissions, workgroups, and committees.
- Contribute to discussions and implemented plans to coordinate services for individuals with traumatic brain injury.
- **If interested, please contact Sakina Ladha at: sakina.ladha@dhs.nj.gov**



Two federal programs for low income individuals: Lifeline and Affordable Connectivity



The Lifeline program and the Affordable Connectivity Program help make phone and internet service more affordable for low-income individuals. Eligible individuals also qualify for a free smartphone through the Lifeline program. If you participate in certain assistance programs like Medicaid, NJ SNAP or SSI, you automatically qualify for both federal programs. For additional information, please see this link:

<https://nj.gov/humanservices/home/digitalaccessforall.shtml>



Looking for safe, at-home activities to keep you and your family busy?

Our virtual program library is a free hub of on-demand activities that can be done from home by people with disabilities, their families, and service providers.

The library is expanding all the time and has activities in a wide variety of areas, such as arts, life skills, health and wellness, virtual clubs, and more.

Browse listings to find activities like:

- Participating in dance, yoga, and other movement activities
- Learning about internet safety
- Virtually touring places like Disney World and museums
- Making your own Jeopardy templates

Finding self-advocacy support

[Browse Programs](#)



Kessler Foundation Performing a Walking Study to Train the Hip and Knee



Eligibility

Children and young adults who may be eligible for the study:

- are between 7 to 21 years old
- are diagnosed with brain injury including but not limited to Cerebral Palsy, Stroke, Traumatic Brain Injury (TBI)
- have a walking pattern where the knee is straight when the foot is off the ground
- are able to walk on a treadmill without assistive devices

Study Requirements

Children and young adults in the study will:

- wear lightweight sensors on the waist, leg and shoe to measure movement
- walk on a treadmill while watching a display that shows the walking pattern
- try to change the walking pattern to score points

This study has two 1-hour (60 minute) treadmill walking appointments at either of the below locations:

Kessler Foundation

1199 Pleasant Valley Way
West Orange, NJ 07052

Children's Specialized Hospital

150 New Providence Road
Mountainside, NJ 07092

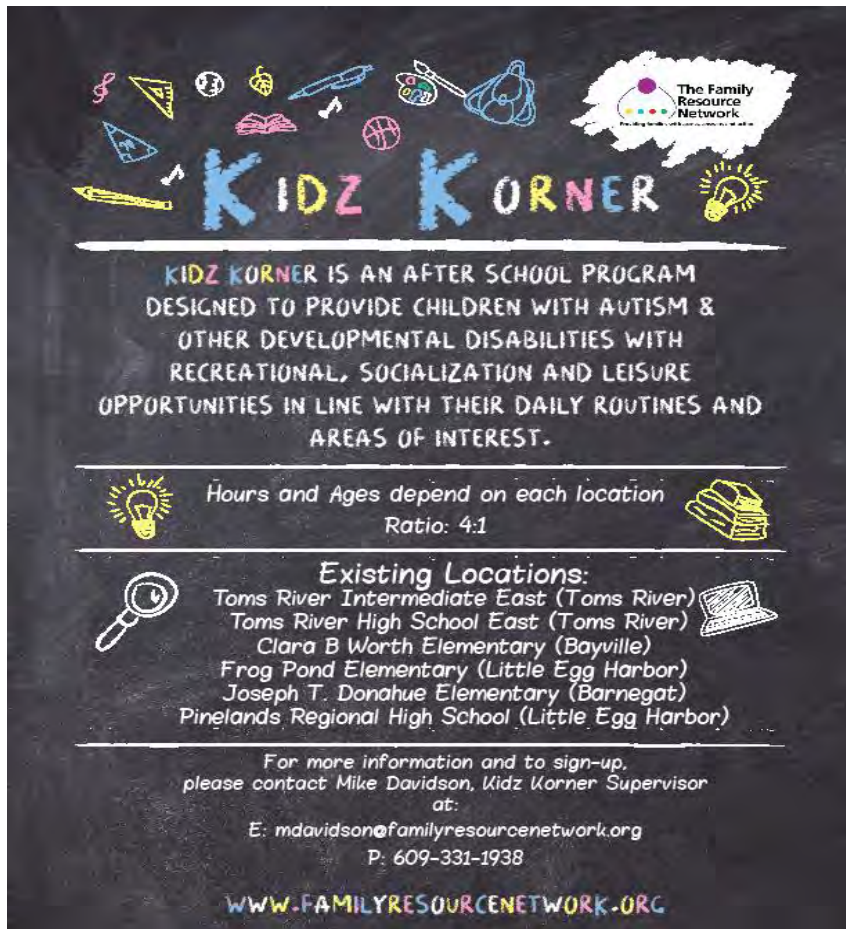
Participants who complete this study will receive \$50 for their time.

For more information, please contact:

Xuan Liu, Ph.D.
Principal Investigator
Kessler Foundation
973-324-3561, xliu@kesslerfoundation.org



KIDZ KORNER AFTER SCHOOL PROGRAM



The Family Resource Network
Providing tools and resources to support families

KIDZ KORNER

KIDZ KORNER IS AN AFTER SCHOOL PROGRAM DESIGNED TO PROVIDE CHILDREN WITH AUTISM & OTHER DEVELOPMENTAL DISABILITIES WITH RECREATIONAL, SOCIALIZATION AND LEISURE OPPORTUNITIES IN LINE WITH THEIR DAILY ROUTINES AND AREAS OF INTEREST.

Hours and Ages depend on each location
Ratio: 4:1

Existing Locations:
Toms River Intermediate East (Toms River)
Toms River High School East (Toms River)
Clara B Worth Elementary (Bayville)
Frog Pond Elementary (Little Egg Harbor)
Joseph T. Donahue Elementary (Barnegat)
Pinelands Regional High School (Little Egg Harbor)

For more information and to sign-up,
please contact Mike Davidson, Kidz Korner Supervisor
at:
E: mdavidson@familyresourcenetwork.org
P: 609-331-1938

WWW.FAMILYRESOURCENETWORK.ORG

- KIDZ KORNER AFTER SCHOOL PROGRAM
- For more information:
- WWW.FAMILYRESOURCENETWORK.ORG
- MDAVIDSON@FAMILYRESOURCENETWORK.ORG
- or call 609-331-1938



Gas Voucher Transportation Assistance



Medicaid Program (Non-Emergency Transportation: N.E.T.): N.E.T. is a free program that offers gas money or transportation to Medicaid recipients. It pays for the expenses of taking a child to Medicaid covered doctor visits. This program provides reimbursement for travel to any non-emergent appointments, basically anything but an ambulance visit to the emergency room. Contact the Medicaid office (**number on the back of your Medicaid card**) to find out if you qualify. This is a reimbursement program. That means you must attend your appointments first, before you are paid. After you have applied for the services and are approved, you will receive a debit card in the mail. The funds will be electronically deposited to your card. You should plan on paying for your own transportation for up to three months. After that, you will have money on your debit card. Steps to take for the program:

- Call the phone number on the back of your Medicaid Card
- Select the appropriate option to connect
- Tell the service representative that you want to apply for the N.E.T. program
- Have available: your Medicaid card, your doctor's name, the date of your next appointment, and the doctor's telephone number

Other Resources:

-Salvation Army- Free gas vouchers, free gas cards for low income individuals and more general transportation help are offered at most Salvation Army locations. However, only a small number of individuals who apply for these resources will be accepted. Funding is extremely limited, and varies based on the cost of gasoline. The most common reasons for releasing funds are for help reaching school, doctor's appointment, job training, or an interview. Contact the Salvation Army or go into a local location to apply.

-Saint Vincent de Paul- Society of St. Vincent de Paul is one of the largest charity organizations. Contact the nearest Catholic Church in your town or county and inquire if they have a Society of St. Vincent de Paul Conference near you, people of all backgrounds and religions can get help. As funding and resources allow, if someone needs a bus token or free gasoline to get to a job interview or appointment, then St. Vincent may be able to provide this. Funding is very limited so only certain centers or churches will be able to offer gas.

-Local charities and religious organizations may provide financial assistance for gas or transportation.



On Track Resources

On Track Resources

We provide child study team services (case management, full child study team evaluations) to the Lakewood, NJ non public school system. We services 70+ schools through our contract with the Lakewood BOE.

Our Mission

To provide each child with a comprehensive evaluation in order to determine the best approach catered to each specific child.

[CLICK FOR MORE INFORMATION](#)



Understanding HIPPA

Understanding HIPPA: What Parents Need to Know About Privacy and Their Adult Child's Health Information

As your child grows into adulthood, both your rights and the rights of your child under HIPAA change.

[This document](#) answers frequently asked questions (FAQs) about when parents can access their adult child's protected health information.

Readers are encouraged to view this resource on-line as it includes links to additional detailed information.

Funded by Substance Abuse and Mental Health Services Administration



Department of Human Services - Education & Training College Accessibility Series



Colleges and universities offer a wide range of services to ensure support to students with disabilities while providing certain basic disability access. However, the responsibility ultimately falls on the student to request the disability-related accommodations required. See the informative guides below developed by BestColleges.com to assist you in planning your post-secondary education.

[Overview of College Resources for Students with Disabilities](#)

[Financial Aid & Scholarships for Students with Disabilities](#)

[How to Access College Disability Services and Accommodations](#)

Please direct any questions regarding specific training/educational programs to the hosting agency.

College Guides for Students with Disabilities

[Physical Disabilities](#)

[Learning Disabilities](#)

[Visual Impairments](#)

[Deaf and Hard of Hearing](#)

[Psychiatric Disabilities](#)

Department of Human Services Education & Training Page

<https://www.state.nj.us/humanservices/dds/hottopics/education/>



Art Therapy Group for Neuro divergent Young

Supportive & kind community
Coping skills, relaxation, enjoyable activity
Social support & peer connection
Skill building
Creative problem solving
Self-expression & self compassion
Wellness, positivity & quality of life enhancement

Embodied Art Therapy & Yoga, LLC
Cathy Rosa, MS, ATR-BC, RYT-200 Clinton NJ (732) 439-3385
WWW.ArtTherapyAndYoga.Com



Nourish Your Mind With Our Brand New Mid-Day Webinar Series



The Family Resource Network is inviting you to nourish your mind with the Brunch for the Brain webinar series!

Focusing on mental health for the person with the disability and/or their caregiver.

The year-long webinar series take place on the third Wednesday of every month at 12 PM (EST).

All webinars are being offered free of charge.

[Click for more information](#)



FACEBOOK SUPPORT GROUPS

Facebook Support Groups



Facebook groups bring together individuals who share a common interest. When you join a group that's made up of people who share the same need, you'll have multiple opportunities to receive and offer support to individuals with IDD and their families.

[CLICK HERE FOR A LISTING OF FACEBOOK GROUPS](#)



The Arc of New Jersey Family Institute



From the Community Health Law Project



NJ Human Services Announces Partnership with Community Health Law Project to Increase Access to Legal Services for Deaf and Hard of Hearing Individuals with Lower Incomes

Human Services Acting Commissioner Sarah Adelman announced on July 26th that the Department has partnered with the Community Health Law Project to increase access to legal services for deaf and hard of hearing individuals with lower incomes.

The partnership is a collaboration between Human Services' Division of the Deaf and Hard of Hearing ([DDHH](#)) and Division of Mental Health and Addiction Services ([DMHAS](#)).

Through the partnership, eligible deaf and hard of hearing individuals can receive legal assistance and supports with matters related to their public assistance, health insurance, social security benefits, landlord-tenant disputes, foreclosure defense, family law issues, consumer protection and debt collection and more. In addition, CHLP is able to meet communication access needs including ASL interpreting and captioning.

[More Info](#)



Planning For Adult Life – Guardianship Matters

Why Guardianship Matters to You

In New Jersey, the age of majority is 18. This means that by this time an individual is presumed capable of making decisions as well as taking legal responsibility for those decisions. This law does not change if a child has a developmental disability. Parents do not automatically remain their child's natural guardian. For some adults who are incapable of making decisions, guardianship may be an avenue for parents, family members, or caregiver to ensure/determine their best interest. Obtaining guardianship is an extensive process and should not be taken lightly. Guardianship entails making decisions about where a person lives, what care and supervision is required, how to interact with the medical community and if the person is deemed incapable of making decisions, they will lose rights to vote, to drive, and to marry. Only a judge can decide a person's abilities and incapacitates and considers the person's needs before appointing a guardian. An assessment is done on the individual to measure their capacity for self-determination or skills in making decisions for themselves.



There are varying degrees of guardianship:

Full Guardianship

States that the individual cannot make decision on their own behalf. This allows for the Guardian to make all legal, financial, personal, and medical decisions for the individual.

Limited Guardianship

States that the individual may need some help in certain areas. This allows for the Guardian to help only in the areas determined by the court.

Conservator

States that the individual is not incapable of making decisions however, requires assistance in financial responsibilities. If an individual is capable of understanding what they are signing, there are options of assistance that does not require a judge.

Surrogate a substitute or person to carry out a certain duty or role instead of the individual.

Representative Payee

Allows for an individual or organization to be appointed to manage the Social Security and SSI for someone who cannot manage his or her money. A payee must use the benefits to pay for the current and foreseeable needs of the beneficiary and properly save any benefits not needed to meet current needs. Helpful Link: www.ssa.gov/pubs/EN-05-10076.pdf

Dual Power of Attorney

Allows for an individual to choose a surrogate to make financial and legal decisions as well as access the persons records.

Medical Power of Attorney

Allows for an individual to choose a surrogate to make medical decisions and to access records.

Advanced Directive/ Living Will

This allows for the individual to choose a surrogate to make decisions on what medical/mental health treatments a person would accept or refuse if or when unable to communicate their choice.

Helpful Links:

www.Ganji.org

www.PlanNJ.org



SPAN's Virtual Learning Opportunities and

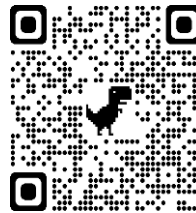


Browse our newly updated resource collections for articles, briefs, fact sheets, checklists, short videos, webinars, and training materials.



[Inclusion Resource Collection](#)

Here you will find resources on the benefits of inclusion for students with and without disabilities, inclusion in education, strategies and tips for families, and inclusion webinars.



[Literacy Resource Collection](#)

Here you will find materials on supporting literacy achievement in the classroom, activities to promote literacy at home and in your school/district, as well as literacy webinars.



[NJTSS Resource Collection](#)

Here you will find basic information on multi-tiered systems of support, NJTSS framework and its components, practical strategies and tips for families and parents, as well as NJTSS webinars.



SELF-DIRECTED SERVICES IN NJ AND THE ROLE OF THE SUPPORTS BROKER

We are proud to share that The Collaborative for Citizen Directed Supports assisted in developing this new resource from The Boggs's Center on Developmental Disabilities for Self-Directed Services and Supports Brokerage!

Understanding Self-Directed Services in New Jersey and the Role of the Supports Broker serves as a guide for people with disabilities, families, Support Coordinators, and Supports Brokerage providers interested in learning more about Self-Direction in New Jersey and the role of the Supports Broker in supported self-direction. Available in English and Spanish.

[Access New Resource](#)



Curious About VIANJ?



values into action

Supporting People with Disabilities and Their Families Since 2007

Curious About VIANJ?

Learn all about us by scanning our new QR code with your smart phone!



Autistic Volunteers are needed for a research Study

**Do you want help
managing depression?**

**Autistic volunteers are
needed for a research study!**

Researchers at Rutgers University are recruiting autistic adults for a research study to evaluate the efficacy of a 12-week mental health treatment designed to help with symptoms of depression

You may be eligible if you...

- Are at least 18 years of age
- Have a previous diagnosis of autism spectrum disorder
- Can understand English
- Have someone who will participate with you (e.g., parent, sibling, friend)

If you are eligible, you will be asked to complete:

- 12 therapy sessions (option online or in-person)
- Questionnaires and 4 assessment visits

If you participate, you will be compensated: Up to \$150 for completion of assessment visits



*If you are interested, please complete
the screening form at:*

redcap.link/depressiontreatment

If you have questions, email us at:
LifeSPANLab@gsapp.rutgers.edu

Date: 06/30/2021
Version: 1.0

Clinical Investigator: Vanessa Bal, PhD
604 Allison Road, Piscataway, NJ 08854

Title of Study: Adaptation of a Behavioral Activation
Treatment to Treat Depression in Autistic Adults

[Click to complete the screening form](https://redcap.link/depressiontreatment)



Your child may qualify for a research study on behavioral therapies for children with Autism



IRB NUMBER: 2014-3795
IRB APPROVAL DATE: 05/27/2020

Is your child diagnosed with an Autism Spectrum Disorder?



Is your child between the ages of 6 and 9.5 years old?

Your child may qualify for a research study on behavioral therapies for children with Autism!

- Eligible participants receive **Autism diagnostic testing** and assessments of **functional skills and sensory behaviors**
- Participants may be randomly selected to receive **30 one-hour sessions** of Sensory Integration therapy or Applied Behavior Analysis. The **goal of both therapies** is to see **improvements in a child's functional skills** and a **reduction of maladaptive behaviors**.
 - ◊ **Sensory Integration Therapy (SIT)** works to improve sensory-motor factors that affect a child's functional skills. Children do sensory-motor play-based activities and apply skills to functional tasks.
 - ◊ **Applied Behavior Analysis (ABA)** works to identify skills that impact a child's every day functioning. The interventionist breaks down each skill into teachable steps, to facilitate learning.
- Participants will be **compensated \$250** throughout the course of the study and will receive a summary **report** of evaluations and a list of **referred practitioners** of ABA and SIT

Follow the QR code to view study website and access our secure online screener



Contact for information:

Lauren Laffoon
732-240-8621

LLaffoon@childrens-specialized.org

Location:

Children's Specialized Hospital
94 Stevens Road
Toms River, New Jersey 08755

This study is funded by the National Institute of Child Health and Human Development



Free At-Home COVID-19 Test Kits



From the NJ Division of Developmental Disabilities

Federal Government to Provide Free At-Home COVID-19 Test Kits

Residential households in the U.S. are able to order one set of 4 free at-home rapid antigen COVID-19 tests from [USPS.com](https://www.usps.com). There is a limit of one order per residential address and shipping is free. Eligible households are encouraged to obtain COVID-19 tests so they are available if needed.

Please visit <https://www.covidtests.gov/> for more information.

[Order COVID Tests](#)



Updated Guide to Selecting a Support Coordination

From The Boggs Center on Developmental Disabilities

Updated Guide to Selecting a Support Coordination Agency Now Available

The Boggs Center has updated *Selecting a Support Coordination Agency: Making Choices, Becoming Empowered*, a guide for people with disabilities to use with the support of family, friends, and others close to them when choosing the agency they receive support coordination services from.

[Download Resource](#)



We're Recruiting!



Children's Specialized Hospital's **Research Center** strives to advance pediatric rehabilitation by initiating and supporting evidence-based studies that explore innovative interventions, technologies and approaches to specialized care for children and adolescents. See below for details on one of our current studies.

Study: Characterizing Action-Control in Healthy Children

This research study aims to understand how healthy children control their behavior and choose their actions. It involves completing paper-and-pencil measures, computer-based games, and brain magnetic resonance imaging (MRI). No contrast/dyes or injections will be used in the study. Results from this branch of the study will be compared to patterns of learning in children with ADHD to characterize any learning deficits in this population.

Who's Eligible?

- Healthy children with no prior medical diagnoses.
- Children between the ages of 6 and 10.
- Must be able to speak English well.
- Ability to play a computer- based game.
- Capable of undergoing an MRI scan (there will be a training session to make sure the child is able to undergo the actual MRI scan).

Participation in this study will include 2-3 visits to the following **Kessler Foundation** locations:

- 120 Eagle Rock Ave, Suite 100, East Hanover, NJ 07936
- 1199 Pleasant Valley Way, West Orange, NJ 07052

For more information, please contact:

Dr. Joman Y. Natsheh
Principal Investigator
973-391-7858, jnatsheh@kesslerfoundation.org

Michael Dacanay
Research Assistant
973-324-8453, mdacanay@kesslerfoundation.org

Participants will be compensated for their time and children who complete the MRI scan are eligible to receive a copy of the images and a certificate of completion.

[About Our Research Center](#)



Types of Medicaid Eligibility in NJ

TYPES OF MEDICAID ELIGIBILITY IN NJ

AGED, BLIND, OR DISABLED (ABD)

Supplemental Security Income (SSI) Medicaid

Provided automatically when a person with IDD is approved for SSI benefits. Apply for SSI at age 18 or above through your local SSA Office here: bit.ly/ssaoffices

Medicaid Only

For individuals with IDD who do not receive monthly SSI, but meet SSI income and resource limits. bit.ly/medicaidonly

NJ Workability

Offers healthcare to individuals with IDD ages 16–64 who are employed and whose income would disqualify them from other forms of Medicaid. bit.ly/njworkability

HOW TO GET IT

Apply for SSI at age 18
bit.ly/Apply4SSI
ABD Medicaid Application
bit.ly/ABDapplication

WHAT'S COVERED?

Doctor visits, prescriptions, x-rays, dental, lab testing, eyeglasses, mental health, hospitalization, specialist visits, hearing aids, Personal Care Assistant (PCA), Personal Preference Program (PPP)

For specific questions about Medicaid or the application process, contact Beverly Roberts at broberts@arcnj.org or 732-246-2567.

Disabled Adult Child (DAC)

For persons whose SSI ended because they received benefits from a parent who retired, became disabled, or died. Request for information (RFI) is for people who have DDD. bit.ly/dacmedicaid

New Jersey Care... Special Medicaid Program

For individuals with IDD with income below \$1,074/month. Contact your County Board of Social Services: bit.ly/njcbss

Long Term Services and Supports

Applies to younger individuals who need significant support, such as private-duty nursing, etc. bit.ly/longtermsupport

QUICK FACT

Medicaid is an entitlement-based program. Anyone who is determined eligible by the Medicaid Office has the right to receive Medicaid and its related services. Eligibility is not guaranteed.

NJ FAMILYCARE

- Also called Medicaid Expansion.
- Eligibility is based on income, not on the individual having a disability.
- The maximum monthly income limit increases each year.
- The maximum gross income for a single adult in 2021 is \$1,074/month.
- The individual cannot be listed as a dependent on their parent's tax return.
- The individual cannot receive Medicare.
- ABD is a better route if eligible.

HOW TO GET IT

Applicants must have financial eligibility.
NJ FamilyCare Quickstart
bit.ly/njfamilycare

QUICK FACT

Adults must have legal resident status for 5 years to be eligible. Children and pregnant women with legal resident status are eligible, regardless of length of residency.

WHAT'S COVERED?

Doctor visits, prescriptions, x-rays, dental, lab testing, eyeglasses, hospitalization, mental health, preventative screenings, regular checkups

Support Groups

Click below for more information on any of the following support groups available to families.

- [New Dad Support Groups](#)
- [Moms Connection](#)
- [Weekly Parents Group](#)
Parenting Through the Pandemic;
Creating Work/Life Balance at Home
Through the Pandemic



Vaccinate to Keep Kids Healthy!

Vaccinate to Keep Kids Healthy!

Preventing disease is always better than treating it. Vaccines protect against diseases that once caused serious illness, disability, and death, including COVID-19. By using small amounts of antigens, or germs that cause the immune system to react, vaccines help your child's body recognize and learn to fight off serious and potentially deadly diseases. Following the **recommended immunization schedule** helps ensure that your child is protected from 14 diseases before the age of 2, such as:

- Polio
- Flu
- Measles
- Mumps
- Whooping Cough
- Chicken Pox

Did You Know?

Children with disabilities are at higher risk for vaccine-preventable illnesses. They may also have more significant illness, prolonged hospitalization, and greater risk of mortality. The American Academy of Pediatrics (AAP) suggests children with disabilities follow the CDC's immunization recommendations to promote optimal health.

Vaccine Facts

The CDC estimated that vaccination of children born between 1994 and 2018 prevented:

- 419 million illnesses
- 26.8 million hospitalizations
- 936,000 deaths

Questions or Concerns?

Vaccines are safe and effective. They are rigorously tested by research from top doctors, public health professionals, and scientists. Serious side effects are very rare. Your child's health care provider can answer any questions and share up-to-date information about all vaccines recommended to keep your child healthy, including COVID-19 vaccines and boosters.

Learn More about Vaccines for Your Child from the CDC:
<https://www.cdc.gov/vaccines/parents/index.html>

¡Vacunas para mantener a los niños sanos!

¡Vacunas para mantener a los niños sanos!

Es mejor prevenir una enfermedad que tener que tratarla. Las vacunas protegen contra afecciones que, alguna vez, causaron enfermedades graves, discapacidad y muerte, incluida la COVID-19. Mediante el uso de pequeñas cantidades de antígenos o gérmenes que hacen que el sistema inmunitario reaccione, las vacunas ayudan a que el cuerpo de su hijo reconozca y aprenda a combatir enfermedades graves y potencialmente mortales. Seguir el **calendario de vacunación recomendado** ayuda a garantizar que su hijo esté protegido contra 14 enfermedades antes de cumplir los 2 años, incluidas las siguientes:

- Polio
- Measles
- Whooping Cough
- Flu
- Mumps
- Chicken Pox

¿Sabía que...?

Los niños con discapacidades tienen un mayor riesgo de contraer enfermedades que se pueden prevenir con vacunas. Además, pueden tener una enfermedad más importante, una hospitalización prolongada y un mayor riesgo de mortalidad. La American Academy of Pediatrics sugiere que los niños con discapacidades sigan las recomendaciones de vacunación de los Centers for Disease Control and Prevention a fin de promover una salud óptima.

Datos sobre las vacunas

Los CDC estimaron que las vacunas de los niños nacidos entre 1994 y 2018 evitaron:

- 419 millones de enfermedades
- 26.8 millones de hospitalizaciones
- 936,000 muertes

¿Tiene Preguntas o inquietudes?

Las vacunas son seguras y efectivas. Están rigurosamente probadas por investigaciones de los mejores médicos, profesionales de la salud pública y científicos. Los efectos secundarios graves son muy poco frecuentes. El proveedor de atención médica de su hijo puede responder cualquier pregunta y compartir información actualizada sobre todas las vacunas recomendadas para mantener a su hijo saludable, incluidas las vacunas y los refuerzos contra la COVID-19.

Obtenga más información de los CDC sobre las vacunas para su hijo:
<https://www.cdc.gov/vaccines/parents/index.html>

Referencias:

- Making the Vaccine Decision: Addressing Common Concerns (CDC): <https://www.cdc.gov/vaccines/parents/when-vaccinate/vaccine-decision.html>
- Reason to Follow: CDC's Recommended Immunization Schedule (CDC): <https://www.cdc.gov/vaccines/parents/schedule/reasons-follow-schedule.html>
- Diseases You Almost Forgot About (Thanks to Vaccines) (CDC): <https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html>
- Vaccines for Children Infographic: Protecting America's Children Every Day (CDC): <https://www.cdc.gov/vaccines/programs/fc/protecting-children.html>
- Brey, A.W., & Peck, J.L. (2022, June 23). Vaccination Strategies to Keep Children with Special Needs Healthy: Clinical Advisor. <https://www.clinicaladvisor.com/clinical-advisor-june-2022/>
- Vaccinating kids with Special Needs (Henry Ford Health): <https://www.henryford.com/blog/2019/01/vaccinating-kids-with-special-needs>

ESNJ Prescription Assistance Fund

The goal of ESNJ is to support you on your epilepsy journey by ensuring that you have continued access to treatment and care.

Through our Medication Assistance Program we have funds available for people with epilepsy who are temporarily unable to afford the purchase of their anti epileptic medication.

This fund is available one time, once a year. There is a limit to the amount allowed.

For more information, email
info@epilepsynj.org.



Register Ready



**Register today—
be ready for tomorrow!**

**Help emergency responders plan for
and support your family members
who have disabilities or
access and functional needs
in the event of a disaster**

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register at:

www.registerready.nj.gov

or call **211** within NJ or **877-652-1148** toll free

- Free
- Voluntary
- Secure and confidential
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don't wait for help — call 9 1 1



Brain Injury Alliance NJ

Virtual Support Group



As you know, BIANJ has been hosting virtual support groups, during the day and evenings to help you stay connected. Effective July 1st, BIANJ's support groups will follow this schedule:

Caregiver Support Groups:

Every other Wednesday at 11:00 AM
Second Tuesday of every month at 6:30 PM*

Survivor Support Groups:

Every other Wednesday at 11:00 AM
Third Thursday of every month at 6:30 PM*

Virtual Happy Hours for Survivors and Caregivers:

Last Wednesday of every month at 5:30 PM

**please note the evening groups will now be offered once per month*

[Register Now](#)



Patient & Family Portal

In our Portal, you can...

- Get secure access to refill prescriptions and review medications any time
- View upcoming appointments and review past medical and therapy needs
- View, print, and share patient records at a moment's notice
- Have 24/7 access so you can pay bills when it's most convenient for you

Not signed up yet?

Email PortalHelpDesk@childrens-specialized.org to receive your access code.

Already signed up?

Access the portal at my.childrens-specialized.org



Providing Respite: Supporting People & Families Across the Lifespan



In partnership with the NJ Lifespan Respite Program, The Boggs Center on Developmental Disabilities at Rutgers University has published [Providing Respite: Supporting People and Families Across the Lifespan](#).

This booklet offers an overview of respite and highlights the positive impact that respite makes in the lives of people with disabilities, seniors, and their families.

[To access, click here.](#)



Schedule a Virtual Telehealth Visit

What are benefits of receiving services through this platform?

- Quick access to your child's initial evaluations
- Eliminates any delay in beginning a beneficial treatment plan
- Provides an opportunity to meet and begin to develop a relationship with your provider allowing them to get to know you and your child
- Your child will be seen in the comfort of their natural home environment
- Doxy.me link allows for easy access using your smartphone, computer, or tablet

What can I use for my child's virtual visit?



Computer
or Laptop



Web Cam



Tablet



Smart Phone



Call 888-244-5373 to request an appointment.



Stay Informed on COVID-19: Disability Rights NJ

Stay Informed at [DRNJ-COVID.org](https://www.drnj-covid.org)

Dedicated to providing resources during the coronavirus pandemic, this new site shares valuable information and the actions we've taken to protect and advocate for people with disabilities, along with important resources from our partners to help you navigate this crisis.

DRNJ is a private, non-profit, consumer-directed organization established to:

- Advocate for and advance the human, civil and legal rights of citizens of New Jersey with disabilities;
- Promote public awareness and recognition of individuals with disabilities as equally entitled members of society;
- Advise and assist persons with disabilities, family members, attorneys and guardians in obtaining and protecting the rights of individuals with disabilities; and
- Provide education, training and technical assistance to individuals with disabilities, the agencies that serve them, advocates, attorneys, professionals, courts and others regarding the rights of individuals with disabilities.



Fun Activities To Do at Home With Your Child

Fun Activities

- Play cards, go fish, war, solitaire, memory.
- Take turns reading to each other.
- Have a spa night.
- Look through old photo albums together.
- Watch your child's favorite television show or movie together.
- Do a puzzle.
- Play a board game.
- Sit outside and look at the stars or clouds.
- Eat meals together.
- Help your child send an email to a grandparent, aunt, or uncle.
- Help your child write a letter to a friend or relative.
- Go bird watching. Try to identify the birds you find.
- Play a video game together.
- Pull out a box of toys they haven't played with for a while.
- Plant seeds from something you've eaten, such as an apple or watermelon.
- Play I-Spy, hot or cold, mother may I, red light/green light.
- Sing Karaoke.
- Teach your dog tricks.
- Let your child teach you about something they know or do well.

Movement, Exercise & Outdoor Play

- Play hide and go seek.
- Workout together.
- Write down exercises on separate pieces of paper and put them in a box, shake it and pull one out at a time. Do what it says! 10 jumping jacks, jog in place, do a somersault, 10 sit ups, 10 touch your toes, 10 arm circles, 10 lunges, walk sideways, make up your own!
- Play hop-scotch.
- Ride bikes.
- Play Simon-says
- Take a walk in the woods collect acorns, pretty rocks, & leaves.
- Rake leaves together.
- Play tag.
- Wash your car together.
- Teach your child how to ride a bike.
- Learn a new dance, Chicken Dance, Electric Slide, The Hustle, The Macarena dance
- Help your child practice a sport they enjoy. Have a catch.
- Draw on the sidewalk with sidewalk chalk.
- Have a picnic outside.
- Have a dance party.



The Center on Nutrition & Disability

If you have been impacted by the pandemic and are in need of food, the Center on Nutrition and Disability is here to connect you to your local food resources.

www.nokidhungry.org

Or, text **FOOD to 304-304** and you will receive a message with local sites to receive free summer meals. No paperwork to fill out. No income requirements.



Helpful Links & Resources

National Information Center for Children and Youth with Disabilities

<https://www.parentcenterhub.org/nichcy-gone/>

National Organization for Rare Disorders

www.rarediseases.org

New Jersey Department of Human Services

www.state.nj.us/humanservices

New Jersey Developmental Disabilities Council

www.njcdd.org

New Jersey Protection and Advocacy

www.drnj.org

Catastrophic Illness in Children Relief Fund (CICRF)

<https://www.state.nj.us/humanservices/cicrf/home/>



Values in Action New Jersey

Our Values

Accountable to **YOU** and Yours
Dedicated to **YOU** and Your Ambitions
Empowering **YOU** to Live Your Life
Kind to **YOU** Without Exception
Open Minded to **YOU**
Respecting **YOU** and Your Choices
Transforming Services with **YOU**

**Our Values Into Action NJ Team is at your service
and always dedicated to your support!**

**Values into Action NJ provides Support Coordination in service
for people with disabilities aged 21+ and their families,
across the state of New Jersey.**

**Using a person-directed, family-centered approach, we structure our
services to assist individuals through the process of self-direction and
empower them to remain in charge of their plans (and their lives).**

www.ValuesIntoActionNJ.org



Webinar: Principles in the Treatment and Management of Anxiety



Cultivating Calm: Principles in the Treatment and Management of Anxiety

Thursday, February 23 at 7:00 p.m.

Anxiety can be uncomfortable at best and debilitating at worst. In our February Tourette Talk, Psychologist Dr. Jill Richards will define the different types of anxiety that can affect us and provide an overview of the principles of treatment approaches to each. Join us on Thursday, February 23rd at 7pm for our February Tourette Talk “Cultivating Calm: Principles in the Treatment and Management of Anxiety.”

[REGISTER HERE](#)



NJCTS

*Nation's First Center of Excellence
for Tourette Syndrome*

