Family Centered Events, Information & Resources

Created for Families, by Families
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](http://www.rwjbh.org/childrensspecialized)
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
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 devuélvelo 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, pañales de adultos, sillas de ducha, barandillas de cama, mesas rodantes, sillas de transporte, y mas.

Para mas Informacion Comuniquesse 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.
Announcing 2022 Sessions!

This seven-week virtual parent workshop was developed by the pediatric psychotherapists at Children’s Specialized Hospital to help parents of children ages 2-10 years learn how to better manage their behavior.

Our first cycle of sessions will begin February 2, 2022. This program is free, but registration is required.

For a full list of 2022 dates, please click below:

[2022 Workshop Information](#)

*Registration opens approximately 5 weeks prior to the start of date of each cycle.*
March is Brain Injury Awareness Month!

In honor of Brain Injury Awareness Month, Opportunity Project is hosting a number of events to help support life-changing programs and services that promote overall wellness and build cognitive skills, vocational skills, and self-esteem for individuals with brain injury.

www.OpportunityProject.org
IEP Part II: From Measurable Goals to Progress 2 dates

**Date and Time**
Tue, March 1, 2022
7:00 PM – 8:00 PM EST

TO REGISTER

**Date and Time**
Wed, May 25, 2022
6:30 PM – 7:30 PM EDT

TO REGISTER

This workshop provides strategies to create IEPs with measurable annual goals and objectives and required info about progress

About this event
This workshop provides strategies to create IEPs with clear understandable data-based Present Levels of Academic and Functional Performance which form the foundation for developing measurable annual goals and objectives. Maintaining high expectations and accountability through the measurement of student progress is also discussed.

Presented by: Nicole Pratt

More Information: npratt@spanadvocacy.org
Wednesday Webinar

The Benefits of a Neuropsychological Evaluation

*Presented by Cristina Sperrazza, Psy.D.*

March 2, 2022

Learn the benefits of a neuropsychological evaluation. Dr. Sperrazza will provide a brief explanation of neuropsychology, an overview of the neuropsychological evaluation process, differences between neuropsychological testing and school evaluations, and possible outcomes after a neuropsychological evaluation.

**LEARN MORE AND REGISTER**
Friday Night Fever
Open House!

Join the Activity Connection team for a fun free event for teens.

Friday Night Fever provides monthly events in the community for members to hangout, try new activities, meet friends and navigate the community to promote independence. Activity Connection is looking to expand the Toms River group!

Meet the Friday Night Fever team and learn more about the program. Event includes fun and inclusive activities for teens ages 13-21, free swag, and information for parents about Friday Night Fever and Activity Connection programs.

Friday, March 4, 2022
6:30pm to 8:00pm

Adrenaline Sports Academy
1 S. Main Street
Toms River, NJ 08757

For questions or additional information, please contact:

Activity Connection
908-301-5548
ActivityConnection@childrens-specialized.org

Learn More
IWP Meetings Don't Have to Be Scary

WHEN:  Wednesday, March 9th, 2022
TIME:   6:00 pm to 7:00 pm

You read that right! This discussion will help parents feel prepared and confident when attending their child's IEP meeting. Join Michael Pearson Jr., Assistant Director of Children's Advocacy, as he shares strategies for a productive IEP meeting and gives specific examples of what parents can ask for and how to effectively voice any concerns. Parents are an important part of the IEP Team, and we're here to make sure that you're equipped for success.

Register Here
Fireside Chat

WHEN: Wednesday, March 16th, 2022
TIME: 6:00 pm to 7:00 pm

Join us while we chat with Beverly Roberts, Director of the Mainstreaming Medical Care Program at The Arc of New Jersey, about individuals with IDD who are dually eligible for both Medicare and Medicaid. Beverly will share her extensive knowledge about this topic, share a few resources and take questions at the end of our chat.

Register Here
Now that the holidays are behind us, it is a perfect time for families to start planning an awesome summer experience for their child. We're ready to connect you to many camps, whether it is an overnight camp or a camp that offers sports, adventure, swim, nature, STEM, precollege, performing arts, or a general day camp that has everything from lakes to farms to woods. Visit the in-person fairs and talk directly with camp directors to learn more.

Time: 12 - 3PM

- 3/5: Middlesex County (Menlo Park Mall, Edison)

Each fair will have different camps depending on location. Click to see our camp directory LINK HERE. We look forward to helping you find great camp match. Happy camping in 2022!

Register and get a gift at the fair!
FREE admission * FREE gift * FREE giveaways * FREE Parking
Our webinar series speakers & topics are as follows:

Thursday March 10th: “How Parents' Social Security Benefits Impact Their Adult Loved One with IDD”
Guest Speaker: Beverly Roberts, Director Mainstreaming Medical Care
Arc of New Jersey
When parents retire and start collecting Social Security, how does that impact their adult child with Intellectual & Developmental Disabilities.
Learn how these valuable federal benefits programs can help your family member and how to apply.

The Allied Wealth Partners Special Needs Division was established to serve unique estate planning and financial considerations of families with a child with special needs.
DIRECT: 973.265.1317
CELL: 973.600.6360
ADDRESS: 14 Walsh Drive Suite 100, Parsippany NJ 07054
WEBSITE: www.alliedwealthpartners.com
Seizure Rescue Webinar

Join us on March 10th, 2022 at 12:00pm for a webinar about vital information surrounding the current options for seizure rescue. This webinar will include information and discussion around medications and non pharmacological options. In addition, for patients and families preparing for healthcare transition to adult providers, information will be provided about family planning toolkit.

Register Today!
Autism Friendly Swim Hour

Sunday Funday!

WHEN:  Sunday, March 13th
WHERE:  Ocean County YMCA
TIME:    3:30pm-5pm

TO REGISTER

For more information, email Daniel at
adaptiveswim@ocymca.org
Scholarship Applications Due March 16

Academic achievement, community involvement, accomplishments as an individual living with Tourette Syndrome, all play a part in the NJCTS Scholarship Committee’s decision in selecting winning candidates each year.

All New Jersey seniors with a TS diagnosis are eligible. Please get your application in by March 16 to be considered.
March Online Programs

**Today’s Challenge, Tomorrow’s Strength: A Support Group for Parents of Children with Tourette**

March 9 at 8 p.m.

This support group is an avenue for parents who are new to a Tourette Syndrome diagnosis to seek support and guidance from parents who have more experience, as well as an opportunity for parents with more familiarity in coping with TS to help guide new families.

**Creative Advocacy: NJCTS Needs YOU!**

March 23 at 7 p.m.

Looking to advocate but not sure how? There are many different ways you educate others and raise awareness. We’ll talk about our upcoming virtual walk, gaining proclamations, and hear from some advocates about how they used outside their box thinking to spread the word about TS. We’d be glad to hear some new ideas as well, so please join us!

**Tourette Talk: Self-Care for the Caregiver**

March 24 at 3:30 p.m.

Dr. Sarah Allen, a mom, parent strategist, doctoral professor, and school program consultant, will lead this discussion on how self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress.

**Community Connections for Young Adults With TS**

March 28 at 7 p.m.

Calling all adults with TS, age 18-35. Join us as we come together to build our community and connect with others navigating both the TS journey and adulthood. Here you can comfortably discuss your experiences, share advice, and build relationships with those who understand your unique challenges.
**WHEN:** Friday, March 18, 2022  
**TIME:** 1:00 pm-2:00 pm  

Our guest presenter for this event is Kristen Bond, a yoga instructor. Her "All Level Yoga Flow" class is for beginners as well as those familiar with yoga. Each posture is taught with precise alignment cues and each movement is linked to a corresponding breath. The language and practice are simplified to empower any level yoga student to move confidently through the flow.

Kristen is a yoga and Pilates instructor at IHT (In-Home Training LLC). Find out more here: [http://ihtnj.com](http://ihtnj.com). 

**To Register**
What Do I Need to Know About: Applied Behavior Analysis (ABA) and Medicaid Funding, Insurance Appeals, and Maximizing Benefits

WHEN: Thursday, March 17, 2022
TIME: 2:00pm - 3:00 pm

Applied behavior analysis (ABA) is a type of interpersonal therapy in which an individual works with a practitioner individually. This specific therapy focuses on improving specific behaviors, such as social skills, communication, reading, and academics, as well as adaptive learning skills. ABA is effective for children and adults with Intellectual and Developmental Disabilities, as well as many Psychological Disorders.

The goal of ABA is to establish and enhance socially important behaviors. Such behaviors can include academic, social, communication, and daily living skills; essentially, any skill that will enhance the independence and/or quality of life for the individual.

Despite the evidence-based positive outcomes of ABA, finding and obtaining these services can be complicated and costly depending on the individual’s circumstances.

Jon Gottlieb, Esq., the Director of Information Services at Autism New Jersey, will be discussing Medicaid funding for ABA. He will be addressing many of the laws and potential obstacles of obtaining these services. Mr. Gottlieb will review the specifics surrounding providers, insurance coverages, as well as ways to maximize insurance benefits for individuals and their families seeking these services.

To Register
The Right Fit: Find Your Exercise with Adaptive Fitness

WHEN: Wednesday, March 23, 2022
TIME: 11:00 am - 12:00 pm

Matt Locascio returns for another fitness session! This event will explore ways to stay in shape at home. Matt will be focusing on body weight exercises.

"My goal of the training sessions are to help people understand that they can improve their quality of life by focusing on overall wellness. Physical well-being is an excellent starting point towards living a healthier lifestyle."

Matt is the owner of IHT (In-Home Training LLC). Matt has been working with North Jersey residents in exercise prescription and fitness training for over 10 years!

Live viewers will be able to share comments, ask questions, and participate in real time. Please share your video and follow along to make this a true interactive experience!

To Register
It's Time to Sign Up Your Team for NJ Walks for TS

The NJ Walks for TS annual campaign is a wonderful way to spread awareness about Tourette Syndrome throughout New Jersey. It is also our largest fundraising event of the year.

Please consider becoming a team captain in 2022 and help us reach our goals by earning great NJCTS incentives!

NJ Walks for TS Virtual Walk allows your family and friends to show support wherever and however you choose anytime in March, April or May.

Sign Up or Learn More About the Walk
Upcoming Events
See what's happening

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

**Upcoming Events include:**
- **IEP Part II: From Measurable Goals to Progress**
- **Running an Effective SEPAG**
- **Reframing Family-School Partnerships: Sustaining Student Success**

[More events](#)

Don't miss our [Early Childhood Virtual Miniconference](#) series on Wednesday evenings in March from 6:45 - 8:00 p.m.

No se pierda nuestra serie de miniconferencias virtuales los miércoles por la noche en marzo de 6:45 p.m. a 8:00 p.m.

*Live interpretation into Spanish will be available for all sessions.*

*Los talleres se interpretarán simultáneamente al español.*

[Miniconference Flyer in English and Spanish](#)

[Folleto de miniconferencia en inglés y español](#)

**Begins**
- March 2, 2022
  - Comenzará el 2 de Marzo de 2022

[Click this link to register](#)

[Enlace de registro](#)
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)
From the NJ Collaborative for Citizen Directed Supports

Join us on March 8 for
Components of Self-Direction: Challenges & Successes Part One

Pre Conference Session was a Success 2022 NJ Self-Direction Conference Starts March 8, 2022

Components of Self-Direction: Challenges & Successes Part One

Panelists representing multiple roles in self-direction will discuss challenges and successes from their unique perspectives. This live session lays the groundwork for understanding self-direction. The panel will review how it works, and how it is a tangible way for people receiving services, their loved ones, and their teams to use person-centered thinking and planning to direct their services to ensure that their goals, wishes, and desires are always front and center.

Visit the Conference Website for Information to be posted in the coming days.

Visit the NJ Self Direction Conference Website!

From the New Jersey Council on Developmental Disabilities

Adverse Childhood Experiences ((ACEs)
A Promise or A Peril: To Screen or Not to Screen, That Is the Question

Wednesday, March 9th from 9:15am-10:30am ET
Agenda:
• Commissioner welcome
• National debate about whether to screen for ACEs in the clinical setting.
• Risks associated with ACEs screening in pediatric primary care settings
• ACEs through an equity lens

Register
Don’t forget to register for Summer 2022 Programs!

**Camp Helping Hands**

**Summer Dates & Times**

**Session 1:**
June 27th to July 22nd, 2022  (closed Monday July 4th)
Weekdays, 9:00 AM to 3:00 PM

**Session 2:**
July 25th to August 19th, 2022
Weekdays, 9:00 AM to 3:00 PM

[Register for Helping Hands]

**Camp Leaps & Bounds**

**Dates & Times**

**Session:**
July 25th to August 19th, 2022
Weekdays, 9:00 AM to 3:00 PM

[Register for Leaps & Bounds]

**IT Works: Summer Program**

**Dates & Times**

**Session 1:**
June 27th to July 22nd, 2022  (closed Monday July 4th)
Weekdays, 9:00 AM to 3:00 PM

**Session 2:**
July 25th to August 19th, 2022
Weekdays, 9:00 AM to 3:00 PM

[Register for IT Works]

Contact Us

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

Learn how to use telehealth to help traumatized youth with suicidal and self-harm behaviors

National Children’s Alliance (NCA) is also launching a new mental health webinar series this month, starting with a look at using telehealth technology to help traumatized youth with suicidal and self-harm behaviors. Register for the March webinar now:

- **Telehealth Considerations for Traumatized Youth with Suicidal and Self-Harm Behaviors**, Thursday, March 24, 1:00-2:00 p.m. EDT.

We’ll announce more of the monthly mental health webinar topics as registration for each one opens. Up next in April will be a training on integrating trauma-focused assessments into clinical practice.

[Register Now](#)
RESOURCE FAIR & FAMILY FUN DAY

MARCH 26, 2022

FAMILIES... the event is free of charge, but registration is required:

Click here
Managing Your Child’s Behavior

2022 Virtual Workshops for Parents

Need Help Managing Your Child's Behavior?

This parent workshop was developed by the pediatric psychotherapists at Children’s Specialized Hospital to help parents of children ages 2-10 years learn how to manage their behavior.

Each Seven-Part Course Will Cover:

- Causes of misbehavior
- Setting limits and dealing with tantrums
- Managing sibling conflicts
- Developing and implementing behavioral systems
- Parent stress management, self-care, and support systems

1

Wednesdays
February 2 - June 8
7 - 8:30 PM

2

Mondays
February 7 - April 4
6:30 - 8 PM

3

Wednesdays
April 27 - July 27
7 - 8:30 PM

4

Mondays
May 2 - June 20
6:30 - 8 PM

5

Wednesdays
June 15 - September 21
7 - 8:30 PM

6

Mondays
July 11 - August 22
6:30 - 8 PM

7

Wednesdays
August 10 - September 28
7 - 8:30 PM

8

Mondays
September 12 - November 21
6:30 - 8 PM

9

Wednesdays
October 19 - January 18
7 - 8:30 PM

10

Mondays
December 5 - January 30
6:30 - 8 PM

11

Wednesdays
December 7 - January 11
7 - 8:30 PM

IMPORTANT:

- Participants should select 1 cycle above and attend all classes in that cycle.
- This program is free, but registration is required.
- Registration will be available on the website 5 weeks prior to the start date.
- Dates and times are subject to change.
- Scan or click the QR code to find a session.

扫 0.17:22 un.
We are proud to present the annual Hinkle Prior & Fischer Virtual Parent Empowerment Conference.

Providing a weeks worth of informative workshops featuring recognized experts and leaders in the disability community, this conference hi-lights innovation through action.

For a complete list of speakers, keynote panels, and breakout sessions, visit our conference website today!

REGISTER NOW
Music Therapy

Art With A Heart: Sibling Support Group

Art based support group for siblings of individuals with special needs

<table>
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<tr>
<th>Ages</th>
<th>Dates</th>
<th>Location</th>
<th>Cost</th>
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<td>7 to 11 years</td>
<td>Jan 11th - Feb 15th</td>
<td>ONLINE</td>
<td>$80</td>
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<td>Tuesday, 4pm</td>
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Having a sibling with special needs presents unique challenges in a young person's life. This support group will use the joyful modality of art-making to connect siblings with one another, to share their experiences and uplift all.

- Connect with other siblings
- Celebrate a unique sibling relationship
- Navigate the responsibilities of having a sibling with special needs

REGISTER HERE
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
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
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
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/33Kf8g8

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
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
Join Club Dreams Virtual Yoga

破開限制，為Down syndrome患者的障礙

TO REGISTER

破開限制，為Down syndrome患者的障礙
Planning is underway to re-open the Social Security offices, which closed in March 2020 at the start of the COVID pandemic. It is anticipated that the Social Security offices will reopen on March 30th. According to an article in the New York Times: “This agreement will allow all the parties to wait and see what happens with the latest wave of the pandemic,” said Rich Couture, chief negotiator for the American Federation of Government Employees, one of three unions representing the agency work force involved in the talks. “Hopefully it subsides, but if it doesn’t, we can take further action to postpone the reopening if necessary.” For further information, see this article:

Click Here
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 this winter?

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
We are excited to announce that Paint the Pony Purple is returning to its March performance schedule in conjunction with Purple Day 2022. Mark your calendars to join this energizing day to help us increase epilepsy awareness! All your favorite parts of the day will be back including amazing musical performances, raffles, and so much more!

Purchasing a ticket allows Epilepsy Services of New Jersey to continue raise awareness, provide services and improve the quality of life for those affected by Epilepsy and their loved ones.

Click Here to Learn More!
Planning is well underway for the 2022 National Self-Direction Conference on April 11th and 12th in Baltimore, Maryland. We are thrilled to bring the self-direction community together again to share relevant policy updates, discuss innovative best practices, and highlight exemplary self-direction programs from around the country. We will share more information about our dynamic speakers and sessions in the coming weeks.

Before the holiday break, don’t forget to register for the conference and sign up for a showcase or sponsorship!

Register
Transitional Services for Autistic Adolescents & Young Adults

The Occupational Therapy department at Children’s Specialized Hospital has partnered with New Jersey Autism Center of Excellence (NJACE) to develop independent living skills among autistic adolescents and young adults.

The program will provide client-centered, group-based interventions for autistic adolescents and address parent needs through education.

The Autism Transition Project will address:
- Self-advocacy
- Self-care
- Home management
- Work
- Leisure

Our goal is to increase competitive employment, independent or support living, and promote secondary education to improve quality of life for the autistic population and their families.

Eligibility
Autistic adolescents, between the ages of 14-21
Parents or guardians of autistic adolescents or adults

Sessions will be 1-hour (60 minutes) and take place two times per week for 12 weeks.

What to Expect
Prior to the start of the program, autistic adolescents will need to participate in an evaluation to set client-centered goals and assess current skills in transition areas.

Location
This program is being offered at the below locations:

Children’s Specialized Hospital - Toms River
94 Stevens Road
Toms River, NJ 08755

Children’s Specialized Hospital - Union
2840 Morris Ave
Union, NJ 07083

If you are interested in participating, please contact:

Toms River
Emily Lowry, M.S., OTR/L
ELowry@childrens-specialized.org
1-888-244-5373 ext. 53786

Union
Rachael Hintze, M.S., OTR/L
RHintze@childrens-specialized.org
1-888-244-5373 ext. 59824
Join us for this wonderful opportunity for parents of children, teens, and young adults who have been diagnosed with Tourette Syndrome to connect and share experiences. Whether your child is newly diagnosed or has been on this journey for some time, the Global TS Parent Summit is an opportunity to ask questions about supporting them through high school, college, and beyond, tips on fostering healthy relationships with immediate and extended family, and a chance to gain a community of parents who can relate to your struggles—and your successes!

Each panel discussion will be followed by breakout sessions for further discussion and to network. A 30 minute break will take place between sessions.

Session 1
School Transitions: Setting your Child up for Success in High School and Beyond

Session 2
Positive Family Relationships: Tips and Strategies for Children and Parents

TO REGISTER
Registration for Summer 2022 Programs NOW OPEN!

Camp Helping Hands

Winter Dates & Times

**Session 1 (Ages 3-4+)**

January 31st to February 25th, 2022
(closed Monday, February 21st)

**Session 2 (Ages 1-2+)**

March 7th to April 1st, 2022
Weekdays, 10:00am to 1:00pm

Registration Due January 14th, 2022

Summer Dates & Times

**Session 1:**

June 27th to July 22nd, 2022
(closed Monday, July 4th)

**Session 2:**

July 25th to August 19th, 2022
Weekdays, 9:00am to 3:00pm

Registration Due by April 1st, 2022

Register for Helping Hands

Camp Leaps & Bounds

Summer Session:

July 25th to August 19th, 2022
Weekdays, 9:00am to 3:00 pm

Register for Leaps & Bounds

IT Works:

**Session 1:**

June 27th to July 22nd, 2022
(closed Monday, July 4th, 2022
Weekdays, 9:00am to 3:00 pm

**Session 2:**

July 25th, to August 19th, 2022
Weekdays, 9:00am to 3:00 pm

Register for IT Works

Register for Helping Hands
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
Today, Wednesday, December 15th marks the anniversary of the first COVID-19 vaccinations administered in New Jersey.

Locations throughout NJ will have walk-in availability to help make booster doses as available and accessible as possible.

The CDC has approved booster shots for all individuals 16 years and older. The CDC recommends that anyone 16 and older receive a booster dose to those who completed their two-dose regimen of Pfizer or Moderna six months prior, and for those who received a Johnson & Johnson vaccine two months prior. The booster has proven effective at increasing the body’s immune response against the Delta variant and the new Omicron variant.

[Vaccination Appointment Finder]
At Intensive Therapeutics, we value a collaborative, interdisciplinary approach. We offer sessions incorporating both occupational and speech therapy. This allows us to look at the child as a whole within the context of various settings.

Additionally, we communicate with all members of the child’s team, including, parents/caregivers, therapists from other disciplines, teachers, and more.

Learn more about our available group programs for the 2021-2022 school year:

- **Say & Play (Ages 1 to 6+ years)**
  - Learn more about Say & Play.
- **SPOT On (Ages 7 to 12 years)**
  - Learn more about SPOT On.
- **Teen Series (Ages 13+ years)**
  - Learn more about our Teen Series program and module dates.

**Services are provided at:**
Intensive Therapeutics, Inc.
31 Fairfield Avenue
West Caldwell, NJ 07006
City of Newark After School Program

After School Program
For Ages 7-17

Program Schedule:
October 4th – June 17th
Monday - Friday

Programs & Activities:
3:00pm – 4:45pm:
Homework Assistance & Tutoring Program

5:00pm – 7:00pm:
- Arts & Crafts
- Computer & Internet Access
- Table & Board Games
- Ice Skating
- Karate
- Indoor Swimming
- Step Team
- Field Trips
- Boxing
- Designing
- Dance Team
- Flag Football
- & Much More TBA...

Locations:
Marquis Bo Porter Sports Complex
378 Lyons Ave.
973-733-8006

Boylan Street Recreation Center
916 S. Orange Ave.
973-733-8947

SI/KAG Recreation Center
226 Rome St.
973-733-3707

Rotunda Recreation Center
75 Clifton Ave.
973-733-3677
KIDZ KORNER AFTER SCHOOL PROGRAM

For more information:

WWW.FAMILYRESOURCENETWORK.ORG
MDAVIDSON@FAMILYRESOURCENETWORK.ORG
or call 609-331-1938
The NJCTS Tim Howard Leadership Academy is a unique, interactive experience designed just for teens with TS. During their four day stay on the campus of Rutgers University in Piscataway, NJ, participants will develop and hone their sense of self leadership, self-advocacy and resilience.

Engaging programming blends opportunities to learn more about TS and commonly associated diagnoses, with those designed to form bonds, connections, and gain a sense of community with other teens who share the diagnoses.

Eligible applicants:

- Have a diagnosis of Tourette Syndrome from a qualified medical practitioner
- Are comfortable being away from home for four consecutive days
- Are able to sit in a workshop setting for up to an hour at a time
- Are entering sophomore, junior, or senior year of high school or have just completed senior year of high school by June 2022 (or international equivalent.)
- Can meaningfully participate in an intensive learning experience with others

Please direct questions to admissions@njcts.org

Download Application (PDF)
Save the Date! 18th Annual Autism Beach Bash

18TH ANNUAL AUTISM BEACH BASH

SUNDAY SEPTEMBER 11TH, 2022

14th Ave. beach in Belmar, NJ
9:00am - 3:00pm
Registration check-in at 8:00am

NEW JERSEY’S LARGEST
FAMILY FRIENDLY
AUTISM EVENT.

For sponsorship or other inquiries:
ph: 877.237.4477 | email: info@autismbeachbash.org
The Family Resource Network will re-convene many of the nation's industry leaders and family caregivers for the National Caregivers Conference on October 16-17, 2022.

For the first time, NCC will be delivered in a hybrid format, combining an in-person conference experience in Philadelphia, PA with a virtual component.

The Conference Committee invites you to submit a session or workshop proposal for the National Caregivers Conference 2022.

Call for proposals will remain open through January 31, 2022.

More Information
WHAT: The Union County 4H club is seeking 1st and 2nd graders to join! We will have a ton of fun getting to know each other through activities including learning to write to pen pals, making crafts, participating in singing lessons, share cooking recipes, playing online games, and of course, show and tell.

COST: $20 dollar fee for the year.

We welcome children with special needs and all abilities. Like all 4H programs, we emphasize community, friendship and skills for building a life of meaningful engagement. We help students develop public speaking skills in particular, and host a presentation night each spring.

TO REGISTER: Please contact the Union County 4-H Agent James Nichnadowicz at jnichnadowicz@ucnj.org
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: 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
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/](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
Find Your Community of Support
Family Support Group

What: Support group for parents and adult siblings of children and adults with disabilities. Talk and connect with families who share similar experiences.

When: Thursday Biweekly Meetings
6pm-7pm

Register for 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 I caunj.org
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 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](#)
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 a 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 persons needs before appointing a guardian. An assessment is done on the individual to measure their capacity for self-determination or skills in make 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 Resource Collections

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?

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!
Young Adults with Autism May Need Help With Interviews

**YOUNG ADULTS WITH AUTISM MAY NEED HELP WITH JOB INTERVIEWS**

- Join an online study and receive **FREE** online job interview training.
- **PLUS** you will be compensated for your time!
- We are looking for youth between the ages of 14-26 diagnosed with autism.

**Contact us:**
autismresearch@kesslerfoundation.org

**Kessler Foundation**

**IRB APPROVED:** 11/23/2018
**EXPIRATION DATE:** 11/2/2021
KESSLER FOUNDATION

**hover your camera over QR code to access the study link!**
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

Click to complete the screening form
Your Child may qualify for a research study on behavioral therapies for children with Autism

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 everyday 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.

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. 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 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
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

<table>
<thead>
<tr>
<th>AGED, BLIND, OR DISABLED (ABD)</th>
<th>NJ FAMILYCARE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supplemental Security Income (SSI) Medicaid</strong>&lt;br&gt;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/ssaoftices&lt;br&gt;Medicaid Only&lt;br&gt;For individuals with IDD who do not receive monthly SSI, but meet SSI income and resource limits. bit.ly/medicaidonly</td>
<td>- Also called Medicaid Expansion.&lt;br&gt;- Eligibility is based on income, not on the individual having a disability.&lt;br&gt;- The maximum monthly income limit increases each year.&lt;br&gt;- The maximum gross income for a single adult in 2021 is $1,074/month.&lt;br&gt;- The individual cannot be listed as a dependent on their parent’s tax return.&lt;br&gt;- The individual cannot receive Medicare.&lt;br&gt;- ABD is a better route if eligible.</td>
</tr>
<tr>
<td><strong>Disabled Adult Child (DAC)</strong>&lt;br&gt;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/docmedicaid</td>
<td></td>
</tr>
<tr>
<td><strong>New Jersey Care... Special Medicaid Program</strong>&lt;br&gt;For individuals with IDD with income below $1,074/month. Contact your County Board of Social Services: bit.ly/njcbss</td>
<td></td>
</tr>
<tr>
<td><strong>NJ Workability</strong>&lt;br&gt;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</td>
<td></td>
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<tr>
<td><strong>Long Term Services and Supports</strong>&lt;br&gt;Applies to younger individuals who need significant support, such as private-duty nursing, etc. bit.ly/longtermssupport</td>
<td></td>
</tr>
</tbody>
</table>

**How to Get It**<br>Apply for SSI at age 18 bit.ly/Apply4SSI<br>ABD Medicaid Application bit.ly/ABDapplication

**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.

**What’s Covered?**<br>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 brborders@archnj.org or 732-246-2567.

**September 2021**
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
Apply NOW for Help with Housing or Utilities!

Recently, the federal government issued a limited eviction moratorium beginning August 3rd through October 3rd for renters living in communities experiencing a surge in COVID-19 cases.

In addition, Governor Murphy signed legislation that expands COVID-19 Emergency Rental Assistance and Utility Assistance Programs.

For more information, or to apply for rental or utility assistance, please use the following links to access the programs:

- **First, know your rights:** [https://legalfaq.org](https://legalfaq.org)
- **For general assistance questions, call 211 or check the website:** [www.nj211.org](http://www.nj211.org)
- **State Rental Assistance Application:** [https://njdca.onlinepha.com](https://njdca.onlinepha.com)
- **A video tutorial on completing the application:** [https://njdca.onlinepha.com/en-US/Pages/View/152/how-tenants-can-apply-for-cverap](https://njdca.onlinepha.com/en-US/Pages/View/152/how-tenants-can-apply-for-cverap)
- **Comprehensive Statewide Housing Resources:** [https://www.housinghelpnj.org/](https://www.housinghelpnj.org/)
- **Renters may also access assistance at both the County and City level using the federal database of rental assistance programs:** [www.consumerfinance.gov/renthelp](http://www.consumerfinance.gov/renthelp)
- **New Jersey Utility Assistance:** [www.state.nj.us/bpu/assistance/programs](http://www.state.nj.us/bpu/assistance/programs)
- **If you have children and didn’t automatically receive the federal Child Tax Credit, sign up for it:** [www.irs.gov/credits-deductions/child-tax-credit-non-glier-sign-up-tool](https://www.irs.gov/credits-deductions/child-tax-credit-non-glier-sign-up-tool)
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@epilepsy nj.org.
NJ Mental Health Cares

If you’re concerned about your mental health or the mental health of someone you love, NJMentalHealthCares can help. The free helpline offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)
7 days per week, 8am - 8pm
Register Ready

Register today—be ready for tomorrow!

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 911
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]
New Law Extends Special Education Services

A Practical Guide to the Law to Extend Special Education Eligibility

Our guide will help you understand whether your child qualifies for an extra year and how to work with your district to access it.

If this law applies to your child, how easy it will be to access depends on whether your IEP team agrees that your child requires an additional year of instruction.

Read Our Guide

As always, if you require support or information, please contact us at 800.4.AUTISM, 609.588.8200 or visit www.autismnj.org.
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
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?

Call 888-244-5373 to request an appointment.
Stay Informed on COVID-19: Disability Rights NJ

Stay Informed at 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.
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.

Call 609-802-6605 to learn more.

Or, text FOOD to 877-877 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/
Managing Your Child’s Behavior Virtual Workshop

This seven-week parent workshop was developed by the pediatric psychotherapists at Children’s Specialized Hospital to help parents of children ages 2-10 years learn how to manage their behavior.

The course will cover:

- Causes of misbehavior
- Setting limits and dealing with tantrums
- Managing sibling conflicts
- Developing and implementing behavioral systems
- Parent stress management, self-care, and support system

This program is free, but registration is required.

For more information, including how to register, click here and search for “Managing Your Child’s Behavior”
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
Join the local T1D Community

At JDRF, we’re leading the fight against type 1 diabetes (T1D) by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for millions of people around the world—including our local New Jersey Metro and Rockland County Chapter.

**BLUE CREW**
If you have a grade school aged child living with T1D, we invite him or her to join our monthly virtual Blue Crew meet-up on Zoom! Join for fun activities, games and crafts!

**TEENS & PRE-TEEN VIRTUAL MEET-UPS**
Our Youth Ambassadors are leading virtual meet-ups for teens and pre-teens on Zoom. They’ll break-out into small groups so you’ll be with peers close in age!

**PARENTS SUPPORTING PARENTS**
Make a cup of hot tea, pour a glass of wine or just find a cozy, quiet spot and join our Outreach Volunteers for an hour to chat, relax, and connect with other T1D parents. The parents meet monthly on a Wednesday evening on Zoom.

**EDUCATIONAL PROGRAMS**
We also host educational programs throughout the year (examples include T1D Caregiver 101, Taking T1D to College, and Carb Counting for Beginners).

Find more information on these and other events at: www.jdrf.org/newjerseymetro

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