

June 2021



Family Centered Events, Information & Resources

Created for Families, by Families



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 Mountainside, NJ

[Click here to learn more.](#)



Telehealth Offering: Rehabilitation Technology



Telehealth Evaluations Now Available for:

- Special Needs Beds
- Supportive Strollers
- Activity Chairs
- Bath Equipment
- Special Needs Car Seats
- Simple Walkers

At this time, we can begin the process to assess for custom and power wheelchairs, but final recommendations will need to be completed in the clinic when we re-open.

For questions about Our Rehabilitation Technology Clinic or to make an appointment, please have families contact us at **(908) 389- 5620**.

For **questions** about therapies or any other services, contact a Referral Development Representative at 732-258-7248 or acavallo@childrens-specialized.org

For **referrals** to therapies and all things Children's Specialized Hospital, call 1-888-CHILDREN (244-5373) to schedule an appointment!



Assistance Securing a COVID Vaccine Appointment



The Arc of New Jersey is pleased to let you know about a group of women who are volunteering their time to help secure a COVID vaccine appointment for NJ individuals with intellectual and developmental disabilities (I/DD) age 16 and older and seniors. The **Vaccine Matchmaker program** has over 300 volunteers located throughout New Jersey, working around the clock to secure vaccine appointments for those in need.

It is important to note that the Vaccine Matchmaker volunteers will ask for only the basic information necessary to secure an appointment (name, DOB, email, phone and address). They will never charge a fee or ask for any insurance information, Social Security numbers, or credit card numbers.

Here is a link to their website and the signup form. Please share this information with others with disabilities or senior citizens in New Jersey who are in need of assistance securing a COVID-19 vaccine appointment. If anyone needs special accommodations to be vaccinated, please communicate that need to the Vaccine Matchmaker www.wgirls.org.

Please share this with others who may also be interested.



RIDE UNITED Transportation Access



RIDE UNITED
Transportation Access

Don't let transportation challenges stop you (or your family and friends) from getting vaccinated.

We are now providing free or discounted rides to vaccination sites wherever Lyft services are available. This program is for **everyone**, including people who have collapsible wheelchairs and walkers. Personal aides welcome to ride along!

Dial 2-1-1 and schedule your ride today!

Live. Free. Confidential. Multilingual. Always Open.



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



Wednesday, June 16, 2021 | 12 PM (EST)

Involved Fathers Make a Difference: Support and Insight for Fathers

Presented by Dr. Robert Naseef



Explores the unique perspective men bring to parenting a child with autism. As the father of an adult child with autism, Dr. Naseef provides compassion and understanding of the challenges for men and insight into building the father-child relationship. This presentation helps develop involvement and support for fathers and offers insight into the family impact.

[Register](#)

or scan the QR code below



Arc of NJ Webinars



Zoom With Us: ABLE Act

- **When:** Tuesday, June 22, 2021
- **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.



[Register Here](#)

We will discuss how The ABLE Act can help your loved one with an Intellectual and Developmental Disability.

Contact Info

Lisa Ford

lford@arcnj.org [732-828-2022](tel:732-828-2022)



Creating a Culture of Inclusion: Bullying Prevention Strategies

- **When:** Friday, June 18, 2021
- **Time:** 1:00 PM - 2:00 PM EDT

Presented by the NJ Self-Advocacy Project and NJ Statewide Self-Advocacy Network, this interactive webinar will focus on strategies for identifying and addressing bullying in school and beyond. After attending this webinar, participants will be able to identify different forms of bullying and its prevalence as well as specific ways to help students and adults with disabilities effectively respond to bullying in-person or online. We will review case examples to spur discussion and share techniques for creating a bully-free culture in your classroom, day program, and family home.

[Registration \(gotowebinar.com\)](https://gotowebinar.com)



Arc of NJ Zoom With Us



Zoom With Us: Guardianship and Supported Decision-Making

When: Tuesday, July 27, 2021 6:00 pm-7:00 pm



An overview of Guardianship and Supported Decision-Making, and the different resources available to help you through the process.

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 [732-828-2022](tel:732-828-2022)

[Register Here](#)

Zoom With Us: Accessing DDD Services

When: Tuesday, August 24, 2021 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.



We will talk about what services are available through the DDD Supports Program.

Contact Info: Lisa Ford lford@arcnj.org [732.828.2022](tel:732.828.2022)

[Register Here](#)



Planning For Adult Life



Preparing To Get The Most Out Of Your High School Experience

Wednesday, June 9, 2021

7:00 pm8:00 pm

ZOOM LINK WILL BE EMAILED

[Register Now](#)

Getting The Most Out Of Your High School Experience (HOW Series)

As a parent, you want to help your child make choices that are best for his or her needs. This workshop will explain the role your school district will play in the transition process and how you can prepare your child for adult life.

Contact Info

Planning For Adult Life

helpdesk@planningforadulthoodlife.org

[732-828-0972](tel:732-828-0972)



Planning For Adult Life



Preparing To Get The Most Out Of Your High School Experience

When: Thursday, June 10, 2021

Time: 7:30 pm-8:30 pm

ZOOM link will be emailed

[Register Now](#)

Getting The Most Out Of Your High School Experience (HOW Series)

As a parent, you want to help your child make choices that are best for his or her needs. This workshop will explain the role your school district will play in the transition process and how you can prepare your child for adult life.

Contact Info

Planning For Adult Life

helpdesk@planningforadulthoodlife.org

[732-828-0972](tel:732-828-0972)



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

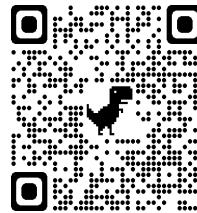


Browse our newly updated resource collections for articles, briefs, fact sheets, checklists, short videos, webinars, and training materials.



[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](#)



The Arc of New Jersey's 31st Annual Conference



A VIRTUAL EVENT!

Thursday and Friday, June 10 and 11, 2021
9 am - 12 pm



[Register Here](#)



Summer 2021 Program



Web Connection *Summer 2021*

The Activity Connection programs at Children's Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The Web Connection programs provide opportunities to develop new skills, participate in physical activities, and enjoy new experiences online.

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.

To register visit:

www.childrens-specialized.org/recreation

Or call (908) 301-5548

[Web Connection Catalog](#)



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!



First Annual NJ Youth Transition Conference



The First Annual NJ Youth Transition Conference created for youth ages 14-21+ who experience I/DD, their families and caregivers and the professionals who serve them, will be held virtually on Oct 1st and 2nd.

Oct 1st is Professional Development Day with a talk track curated of live presentations from state and system stakeholders including Bill Freeman with the Department of Education, Toni Scott of DVRS and more! This day is geared for teachers, CST members, Transition Coordinators, Care Managers, Family Support Partners, providers, etc.

Oct 2nd is Youth & Family Day with the talk track curated of live presentations from state and system stakeholders including DDD, DDS, DVRS, SPAN, NJCDD, DRNJ, CHLP and more. This day is geared for youth in transition ages 14+ and their families, caregivers and/or legal guardians.

Pre-registration is now open.



values into action



From the Division of Disability Services



NJ Department of Health In-Home COVID-19 Vaccine Appointments

The NJ Department of Health has begun accepting requests for in-home COVID-19 vaccine appointments.

If you are unable to leave home to receive a COVID-19 vaccine, or are the healthcare provider or family caregiver of someone who is homebound, you may request an in-home vaccination appointment by completing a [form](#).

For assistance completing the survey by phone, please call the NJ COVID-19 Vaccine Call Center at 1-855-568-0545.

After you submit the completed form, the Department of Health will share information with a home health agency, local health department, or other vaccination providers and you will be contacted to schedule an in-home vaccination appointment.

You can read more about the program at this [website](#).

In order to receive protection as soon as possible, if you are able to safely attend a medical appointment outside the home, we encourage you to book an appointment at an open vaccination site if an opportunity occurs before an in-home appointment is made available to you.

Peri L. Nearon, MPA
Executive Director, Division of Disability Services



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](#)



Registration Open for Camp FantasTIC



You're invited to Camp FantasTIC - a Virtual Family Retreat! It will be a fun-filled day of creative arts, games, parent and mentor sessions, entertainment and a variety of activities for the whole family.

Cost of \$30 per family includes entertainment and workshops, one t-shirt, and a "camp kit" box filled with everything you will need for the fun. *(Additional t-shirts are available when you register for \$10 each.)*

[REGISTER NOW](#)

Registration Open for Camp FantasTIC!



You're invited to **Camp FantasTIC - a Virtual Family Retreat!** It will be a fun-filled day of creative arts, games, parent and mentor sessions, entertainment and a variety of activities for the whole family.

Saturday June 12, 2021

(Visit the [website](#) for up-to-date information.)

10:00 am – Welcome

10:15 am – Craft Options w/Arts Horizons

11:10 am – Youth and Sibling Chat or Parent session

12:00 pm – Lunch Break

12:30 pm – Workshops (*Baking with Kelley; Learn Magic with [Jason Michaels](#); African Drumming with Arts Horizon*)

1:20 pm – Mentor Panel

1:50 pm – Afternoon Wrap-up

>>Enjoy the afternoon with your family<<

7:00 pm – Good Evening – Break out your Glow Sticks!

7:15 pm – Virtual Escape Rooms (*three to choose from*)

8:20 pm – Live Performance by [Pamela Schuller](#) for the whole family

9:00 pm – Good Night!

Intensive Therapeutics 2021-2022 Group Programs



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



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](#)



Trichotillomania.

What is it and How is it

Facilitated by Anna Urbaniak, Ph.D

This session will provide fundamental information regarding trichotillomania (obsessive hair pulling), such as what it is and ways to diagnose. The facilitator will give an overview of different treatment modalities for trichotillomania, as well as include a description of the ComB model, which is considered the gold standard in the treatment and assessment of trichotillomania. Join the discussion and learn more about the complexity of this disorder.

OUR FACILITATOR:



Anna Urbaniak, Ph.D received her Bachelor's degree in Psychology from Rutgers University, where she graduated with honors. Her Master's degree is in Clinical Health Psychology from Appalachian State University, and she received her doctorate in Clinical Psychology from Fairleigh Dickinson University, an American Psychological Association (APA) accredited program. Dr. Urbaniak specializes in the treatment of obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), and anxiety disorders in children, adolescents, and adults utilizing evidence-based treatments.

Monday, June 7 at 3 p.m.

[REGISTER HERE](#)



Understanding and Treating Selective Mutism as a Social Communication Anxiety Disorder



Thursday, June 17 at 3 p.m.

Selective Mutism is a childhood anxiety disorder characterized by a child's inability to speak and engage in effective communication in at least one social setting. Other anxiety disorders such as social anxiety and social phobia often go along with Selective Mutism. These disorders can interfere with academic performance as well as the development of healthy social relationships.

Join this session to learn about what Selective Mutism is, the developmental factors that can contribute to it, some of the behaviors indicative of it, how Selective Mutism differs from shyness and some treatment and accommodation strategies that can be used to address it.

OUR FACILITATOR:

Jennifer Brittingham, LPC is a Licensed Professional Counselor (LPC) who completed her Master's degree in the Clinical Counseling Psychology Program at Arcadia University. Jennifer has been a team member of the Smart Center since 2005. She conducts S-CAT® Program evaluations and treatment to families, S-CAT® Parent coaching and training sessions to families across the country and abroad, and provides school consultation and training to school districts and other organizations both on-site and via web workshops. Jennifer graduated from Arcadia University with her M.A. in Clinical Counseling Psychology in 2008 and was a Pennsylvania Counseling Association Graduate Leader from 2007 to 2008. Prior to her work at the SMart Center, Jennifer has worked as a case manager for children with intellectual disabilities, elementary school special education resource assistant, and as both a college counselor, as well as a college drug and alcohol counselor and support group leader.

[REGISTER HERE](#)



Join us for the 2021 Sibling Leadership Network Conference



What: 2021 Sibling Leadership Network Conference

When: June 18 & 19th with post-conference workshops on June 22, 23, & 24th

Where: Virtually on Zoom

Who: Adult siblings of people with disabilities and parents/family members and professionals

Why: To provide a space for adult siblings and sibling supporters to connect for peer support and share information

How much: Tickets ranges from \$18-30 per day/ticket

Visit: www.siblingleadership.org for more details and to register

The Sibling Leadership Network (SLN) provides siblings of individuals with disabilities the information, support and tools to advocate with their brothers and sisters and to promote the issues important to them and their entire families.



Building Sandcastles: The Secret Ingredients to Positive Behavior Change for Parents and Children

When: June 29, 2021

Time: 6:00pm-8:00pm

Event Location: Online

All parents and caregivers are invited to join us for a FREE workshop on how to support each child's unique behavior needs. Attendees will have opportunities to present specific challenges during our expanded Q&A session.

Presenter: Heidi Spiegel, M.A., BCBA

Family Faculty, Jessica Krill

Topics will include:

Identifying triggers to challenging behavior

Tools and techniques to help the family support positive behavior change

Question-and-answer on families' specific behavior challenges



[Register Here](#)



Trauma Informed Classroom Treated?



Trauma Informed Classroom

August 18, 2021

Presented by Bobbie Downs, Ed.D.

During this presentation, we will recognize the prevalence and realize the impact of Adverse Childhood Experiences (ACEs) so that we can respond in a trauma-informed way and resist re-traumatization. We will explore the way that trauma can shape learning and behavior while also discussing strategies for mitigating the potential impact.



[Register Here](#)



NJ Center for Tourette Syndrome and Associated Disorders Inc. |
908 575 7350 | 50 Division St. Ste 205
Somerville NJ 08876 | www.njcts.org



CSH, we need your help!



By completing the Living Safely with Disabilities and Special Health Needs Survey, you can help guide efforts and recommendations to improve safety education and information to more appropriately and respectfully include and address the needs of people with disabilities.

Who can take the survey?

The survey is geared to the audience listed below. You can also take the survey more than once if you identify as more than one of the options below. We value input from each of these perspectives!

- A person with a disability or special health need
- A parent or caregiver
- An educator or trainer
- An emergency responder

How long will the survey take me to complete? This survey should take about 10-15 minutes to complete.

What types of questions will I be asked?

The first question in the survey will determine which questions you will be asked. The survey features a variety of questions that may ask you to select from a set of choices or may ask you to type a brief response. There are questions about age range, gender, and race/ethnicity. We hope you will feel comfortable answering these questions as this information can help us show how safety experiences and needs may be different for different people.

Is this survey anonymous?

This survey is completely anonymous, so please answer honestly and to the best of your ability. No information that can identify you is collected.

When and how can I take the survey?

[Click here to complete the survey](#) between today and June 30



Living Safely
with disabilities and special health needs



NJCTS Leadership Academy



New Dates for Virtual Academy: August 6 - 7, 2021

The NJCTS Tim Howard Leadership Academy is designed to develop self-leadership, advocacy skills, and resilience in teens with Tourette Syndrome and its associated disorders. Of course, we are hoping to be able to once again meet in person, but in the meantime we are planning a spectacular virtual event. We encourage all of you to join us to connect with others in the TS community.

Eligible participants are entering sophomore, junior or senior year of high school in the Fall of 2021 or will have completed senior year of high school by June 2021. No application is required.

Registration is coming soon, but if you would like to be one of the first to sign up, fill out the form below to be notified.

[Virtual Leadership Academy Interest Form \(google.com\)](https://www.google.com)

NJ Center for Tourette Syndrome and Associated Disorders

50 Division Street, Suite 205 / Somerville, NJ, 08876

www.njcts.org / info@njcts.org / 908.575.7350



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



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.



NJ Mental Health Cares

NJ Mental Health Cares

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)

7 days per week, 8am - 8pm

New  Jersey
Mental Health Cares
New Jersey's Behavioral Health and Referral Service



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



Brain injury support groups allow persons with brain injuries and their family members to meet others in similar situations. They gain valuable emotional support, form friendships, obtain information, and discuss a variety of brain injury topics.

There are 20 Alliance-affiliated support groups in New Jersey, serving 17 counties. The Alliance monitors the activities of these groups, the qualifications of their leaders, and provides information on a regular basis.

Virtual Support Group Sessions for Survivors and Caregivers

Virtual support groups for survivors are every other Wednesday at 11:00am

[Click here to learn more.](#)



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



Activity Connection

Registration for Summer Programs is now open!

The Activity Connection programs at Children's Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The programs provide opportunities to make new friends, develop new skills, participate in physical activities, and enjoy new experiences.

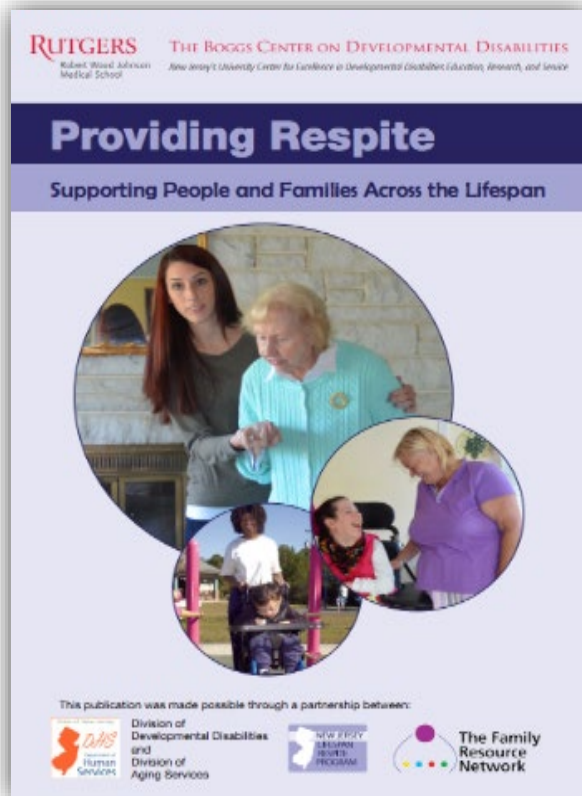
All programs are led by Children's Specialized Hospital's therapists, certified program instructors, coaches, and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

[Click here to learn more, browse programs, and register.](#)

For questions, call Activity Connection at (908) 301-5548.



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.



Getting Ready For Your Virtual Telehealth Visit



Getting Ready For Your Virtual Telehealth Visit



Try the Virtual Visit Application
Click on the test doxy.me link and test it on your desktop or mobile device before your visit.



Be On Time
Log in early for your virtual visit.



Find a Quiet Space
The area should be private and free from distractions. Please find an indoor space where you can be seated rather than in car or walking.



Adjust Your Lighting
Close blinds and limit any natural light coming through.



Be Ready to Start
Please be sure you and your child are ready to participate in your telehealth visit at the time of your appointment.



Be in the State of NJ
To participate in a telehealth appointment, your child is required to be in the state of NJ at the time of your visit. If you are out of state and need to reschedule, please call us at 1-888-244-5373 ext. 3020.



Speak Clearly
Speak slowly and clearly into the microphone.



Set Up Your Camera
Place your camera at eye level for a full view of your face.

*Developed by
Family Faculty
in collaboration
with staff.*



Preparandos Para Su Visita Virtual de Telesalud



Preparandose para su visita virtual de Telesalud



Prueba la aplicacion de visita virtual

Haga clic en el enlace de prueba Doxy.me y pruebelo en su computadora o dispositivo movil antes de su cita.



Este a tiempo

Inicie session temprano para su visita virtual.



Encuentre un lugar tranquilo

El area debe ser privada y sin distracciones. Por favor encuentre un espacio interior donde pueda sentarse en lugar de ir en automovil o caminando.



Ajusta su iluminacion

Cerrar las cortinas/persianas y limitar la entrada de luz natural.



Este Listo para Comenzar

Por favor asegure que usted y su hijo/a esten listos y preparados para participar en su visita de telesalud en el momento de su cita.



Estado de Nueva Jersey

Para participar en una cita de telesalud su hijo/a debe estar ubicado en el Estado de Nueva Jersey en el momento de su visita. Si se encuentra fuera del estado y necesita reprogramar su cita, llámenos al 1-888-244-5373 ext. 3030



Hable Claro

Hablar despacio y claramente al microfono.



Configure su camara

Coloque su camara a la altura de los ojos para una vista completa de su cara.

*Desarrollado por
Facultad Familiar
en colaboracion
de el Personal.*



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.

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.

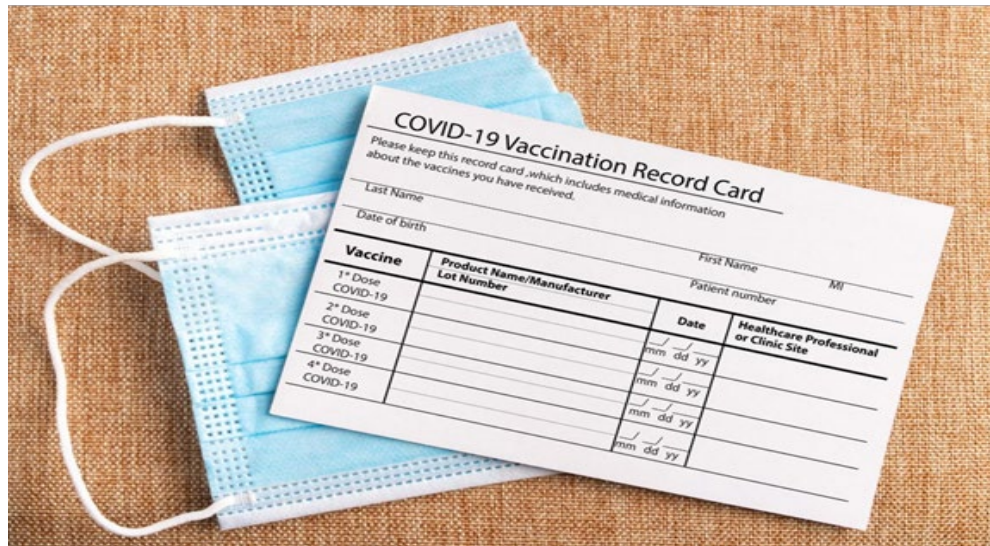
For more information, including how to register, [click here](#) and search for “Managing Your Child’s Behavior”



Need Help Getting Vaccinated?



Get Help with Vaccinations



The Brain Injury Alliance of New Jersey has secured a volunteer to help people affected by brain injury sign up and schedule COVID-19 vaccine appointments.

If you would like assistance in securing a vaccine, please contact us at **732-783-6172**.



International Summer STEM & STEAM Camps



INTERNATIONAL IVY SUMMER ENRICHMENT PROGRAMS



Small Classes in Science, Technology, Engineering, Robotics, Arts, Math, Business, Minecraft and more!

Registration Open for In-Person and Virtual Summer Camp 2021

VIRTUAL CAMP

Campers between the ages of 3-15 learn STEAM from home.

All classes are weekly, Monday to Friday, June 21, 2021 to August 20, 2021.

Enroll your child for one week or multiple weeks.

3 class periods a day: 9 AM, 1:30 PM, 6 PM EST.

Always a live instructor to guide students and interactions!

IN-PERSON CAMP

Campers between the ages of 3-15 learn STEAM at camp while observing Covid-19 safety protocols.

NJ Locations in Chatham, Paramus, Princeton, Short Hills, Summit and Somerset.

All classes are weekly, Monday to Friday, June 28, 2021 to August 20, 2021.

Families can enroll for one week or multiple weeks, with full-day or half-day options.

Come join us for a positive and nurturing summer camp experience!

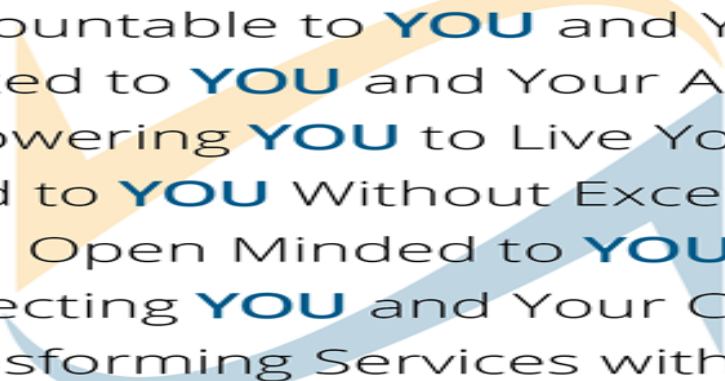
Enroll now at International Ivy or call **908-899-1338** for more information.

Always Live Instructors, Small Classes, Many STEAM options. Offering STEM programs for kids across North Jersey, Central Jersey and South Jersey. In-person summer camps also available in Delaware and Maryland. Kids will learn, explore, and have a fun summer camp experience!



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

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

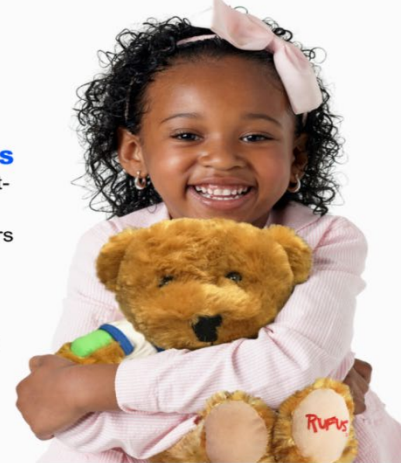
Our Youth Ambassadors are leading virtual meet-ups for teens and pre-teens on Zoom. They'll break-out into small groups so you'll be with peers close in age!

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

JDRF New Jersey Metro
1480 Route 9 North, Suite 306
Woodbridge, NJ 07095
newjerseymetro@jdrf.org
732.219.6654

Scan the QR reader to be taken
directly to our website!

