

WarmLine
Family Resource Center

Local Directory

*For Families and Professionals Needing Special Resources
For Children From Birth To Three Years Old*

A Guide To Resources In:
Sacramento
Placer
Yolo
Nevada
El Dorado
Alpine
Counties



Summer 2010



Parent's Vision for Their Children

- ♥ We want our children to be happy.
- ♥ We want our children to progress developmentally.
- ♥ We want our children to be safe from ridicule.
- ♥ We want our children to have appropriate social skills.
- ♥ We want our children to have friends who love them for who they are.
- ♥ We want our children to be invited to birthday parties.
- ♥ We want our children to feel loved and accepted by our community.
- ♥ We want our children to reach their greatest potential.
- ♥ We want our children to be involved in fun after-school activities with neighborhood friends.
- ♥ We want our children to have similar opportunities as their same-age peers and siblings.





WarmLine Family Resource Center

WarmLine Family Resource Center is a place where families can turn when they discover their child has special health care or developmental needs. We are parents who have "been there" and our goal is to provide a link to whatever you may need on your journey. We offer a toll-free telephone resource network that gives you access to helpful services, information, referrals, books, videos, a useful website, a listening heart and parent-to-parent support.

WarmLine is an important part of the Early Start program in Sacramento, Placer, Yolo, El Dorado, Nevada, and Alpine Counties. We are parents of children with special needs. We understand what you are going through. We are here to listen when you need information ... or to "just talk."

WarmLine Family Resource Center can make a difference in the lives of families we serve. Family time is often hampered by the stress and demands of locating supportive services. We link callers with resources, often saving them numerous hours of research and frustration. Our services include:

- **Information and Referral:** Linking families with services.
- **Family Support:** Providing one-to-one parent support and support group referrals.
- **Outreach:** Increasing public awareness of disabilities and available services.
- **Advocacy:** Strengthening parents' knowledge and decision-making abilities.
- **Workshops and Seminars:** Training parents and professionals.
- **Resources:** Offering books, tapes, and articles on disability.
- **WarmLine Publications:** "The Family Notebook", "Turning Three Years Old" and others—all available on our web site (www.warmlinefrc.org)
- **Newsletter:** *The Networker* (available by email and on our web site)
- **Community Resource Parents:** Local representatives in each county.

Information is empowering. People going into a situation well prepared have a better chance of being successful when they feel confident of what they know. WarmLine seeks to inform and support parents and professionals in any way we can.

We invite you to visit us at:

Sacramento:

2025 Hurley Way, Suite 100
Sacramento, CA 95825
916-922-9276 / 800-660-7995
Spanish: 916-922-1490
www.warmlinefrc.org
email: warmline@warmlinefrc.org

Placer County:

6960 Destiny Dr., Suite 106
Rocklin, CA 95677
916-632-2100
Spanish: 916-922-1490
www.warmlinefrc.org
email: placerwl@warmlinefrc.org

Yolo County:

Located in
Socially Speaking
907 3rd Street
Davis, CA 95616
530-759-1127
Spanish: 916-922-1490
www.warmlinefrc.org
email: yolowl@warmlinefrc.org

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California's Early Start Program

The California Early Start Program is California's response to federal legislation which assures that services to infants and toddlers with disabilities and their families will be provided in a coordinated, family-friendly manner. The vision for California's program includes family/professional collaboration and family support, as well as coordination of services provided by agencies and service providers in your community. The intent of the program is to assure that families have rights, protections and access to appropriate early intervention services.

Early Intervention Can Help Your Family

Early Intervention is a collection of many types of services designed to enhance the development of infants and toddlers who have developmental delays. It brings together resources you may need to help your child learn and grow and to give you support as well. Early Intervention during the first years of your child's life can make a big difference for your whole family.

Early Intervention may:

- ✓ Help answer your questions about your child's development;
- ✓ Improve both developmental and educational growth;
- ✓ Help children with developmental delays become more independent;
- ✓ Link you with other families who have had similar experiences to provide support to you & your family;
- ✓ Help you understand and maintain a close relationship with your baby and foster this relationship as part of your family.





Family Centered Care

Definition of Family

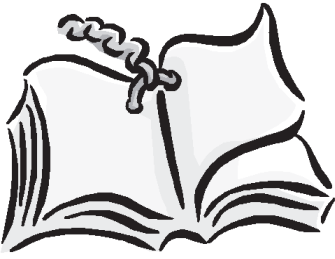
"Families are big, small, extended, nuclear, multi-generational, with one parent, two parents, and grandparents. We live under one roof or many. A family can be as temporary as a few weeks, as permanent as forever. We become part of a family by birth, adoption, marriage, or from a desire for mutual support... A family is a culture unto itself with different values and unique ways of realizing its dreams. Together, our families become the source of our rich cultural heritage and spiritual diversity. Our families create neighborhoods, communities, states, and nations."

Family-Centered Care (FCC) was first defined as part of a program for children with special health care needs and their families. At the very heart of FCC is the recognition that the family is the constant in a child's life. For this reason, Family-Centered Care is built on partnerships between families and professionals. There is no single approach that is right for all families. Family-centered professionals acknowledge and respect family diversity. Family-Centered Care improves and enhances outcomes for children with special needs and provides support for their families as they deal with the challenges and joys of raising a child with special health care or developmental needs.

Family-Centered Care (FCC) Core Concepts:

- ♥ The family is the constant in the child's life. FCC supports and empowers family members as partners and decision-makers in their child's care and helps them feel more confident with their decisions about their child's special health care and developmental needs.
- ♥ FCC requires trust and respect, including respect for each family's values, beliefs, religious and cultural background. FCC values families' knowledge of their children, acknowledges their authority as decision-makers and respects their choices.
- ♥ FCC provides the information families need to make educated choices about treatment and supports the choices they make. When families understand their options, they feel empowered to make decisions about their child's special health care and developmental needs.
- ♥ Families have different life experiences, values, beliefs, education, religious and cultural backgrounds. FCC emphasizes that caregivers must be flexible so they can meet the needs and preferences of all families.
- ♥ As partners in care, professional staff and family members work together as collaborators in the best interest of the child.
- ♥ Families have the right and the authority to care for their children. The core concepts of family-centered care empower families in the care of their children.

About *The Local Directory*



The Local Directory has been designed to help parents and caregivers locate appropriate services for their children and families. A kind of "mini phone book", this directory is useful for families that are concerned about the healthy development of their child or want support in meeting his or her special needs. The Local Directory is specifically designed for **Sacramento, Placer, Yolo, Nevada, El Dorado and Alpine Counties.**

If you feel that your child or family might benefit from any of the services contained in this directory, please contact those agencies that offer the kinds of assistance you or your child may need. Many health or developmental problems can be prevented or helped if you receive the right services as soon as possible.

Because the directory will be used by many families, each having different needs, we have included as many kinds of services as possible. Some agencies have specific eligibility requirements. When you call agencies to ask about their services, it will be important to ask about eligibility requirements. These requirements may include:

- ✓ Nature of your child's needs or disability
- ✓ Income level (some serve low income families only, others may accept insurance, others charge a sliding scale fee for service and still others may be free of charge for everyone.)
- ✓ Residency (where you live)
- ✓ Your family situation (teen parents, parents with a disability, etc.) only as it relates to eligibility

See the following sections on 'Telephone Tips' for further information on contacting agencies.

Every effort has been made to ensure accuracy and completeness in the Local Directory. Please call **WarmLine Family Resource Center (WLFRC)** if you have information that will help make the next edition better.

Please note that numbers are listed under the county name (counties are arranged in order of population) and there is an additional listing for regional numbers whenever possible. Inclusion of a program or resource does not imply endorsement or recommendation by WarmLine.

This 2010 update of The Local Directory was edited by Laura Soto, Tracey Benedict, Cid Van Koersel and Al Millan.



Telephone Tips



When dialing numbers with a different area code, dial 1, the area code and the number (this includes "800" numbers.)

1. **BE PREPARED.** Think about what concerns you have about your child. It might be helpful for you to write them down before making the call(s). Describe what you or your child need and what services you think the agency can provide. Ask if the agency provides any other services.

2. **ALWAYS HAVE A PEN AND A PAPER** with you before calling an agency. (It is a good idea to keep information you are collecting in a notebook.)

3. **TELL WHO YOU ARE** and where you live; a large agency may need to refer you to an office that services families in your city or area.

4. **STATE THE REASON** you are calling:

I'm calling for information about...

I would like to make an appointment for...

I was told to call your office by (name) from (agency)...

I am returning a call from (name)...



5. **FIND OUT IF THERE IS A SPECIFIC PERSON** or branch within that agency with whom you should speak. Write down that person's name and phone number so that you may contact them directly. This way you will be sure you are talking to the right person and, hopefully, you will not have to repeat your whole story.

6. **HAVE INFORMATION AVAILABLE.** The person helping you may need income or insurance information, names of doctors, health clinics or case managers, social security numbers, etc.

7. **TAKE BRIEF NOTES** of your conversation. Be assertive and polite. If you do not understand what is being said, repeat what you do understand and ask the person to clear up any misunderstanding. If you feel you have not been given enough information, ask if there is anyone else there who might be able to help you further.

8. **FOLLOW-UP**

* Find out if and when you need to call back.

* Let the staff know times and phone number that are best for them to reach you.

* Write down any appointments or office visits that you will need to make.

* Double check the address and business hours of the agency.

** Find out what papers, documents or other information you will need before you contact the agency again.

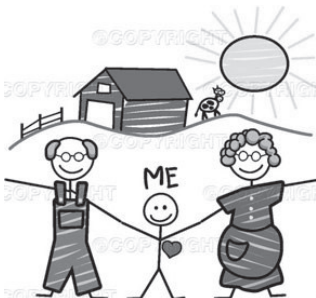
** If the agency is sending information to you, ask when you should expect to receive it. (To speed up the process, you might want to ask the person if the information can be sent by email.)



FURTHER ASSISTANCE - Contact WarmLine Family Resource Center if you want to talk about your concerns with a parent who has had similar experiences.

Tips for Parents

1. You and the special people in your life are the most important people to your baby. The professionals you meet are part of your "support team". Every family is different. Even if you're not sure what type of services your baby needs, let the professionals know what is important for you and your family in helping your child.
2. Identify one person at each agency or program who would be available to speak with you when you have questions about your child or the services that are being delivered.
3. Each agency or program has an information brochure. Collect the ones that offer services for your child and write the names of your contact people on them. (It can be helpful to save some of this information even if you don't currently need it. Your child and family's needs will change and services that you don't need today may be helpful at a later date.)
4. As you will see, there are many services and programs in California and our local communities for children and babies with special health or developmental needs and for those at risk for developmental delays. Sometimes there are so many people and services involved, you will need to set limits for your child and family. Know and respect your priorities. Know what you are, and are not able to manage. This is a sign of strength, not weakness. To do otherwise may lead to exhaustion and to feeling overwhelmed.
5. Occasionally all parents become stressed with the responsibility of caring for a child with special needs. If you or any member of your family needs special help in coping with parenting, please contact your doctor, public health nurse, social worker or service coordinator who can help in finding the best solution. Take care of yourself and enjoy your child's precious and unique qualities.



Remember...
**You are the most important person
in your baby's life!**

Hotlines / Crisis Intervention Lines

When I Need Help Immediately, Who Do I Call?

The Hotline/Crisis Intervention Lines below may or may not be available 24 hours a day.

For County Social Service Departments, please see page 23

**For EMERGENCY ASSISTANCE,
always dial 911**

SACRAMENTO

- California Youth Crisis Line..... (800) 843-5200
- Child & Adolescent Abuse Resource & Evaluation Center
(CAARE) @ UCDCM.....(916) 734-8396
- Children's Protective Services (CPS)..... (916) 875-5437
- Families First, Inc. (Child abuse prevention,
foster care, special education)..... ((916) 388-6400
- La Familia Counseling Ctr. (Spanish)..... (916) 452-3601
- Mental Health
Crisis Line.....(916) 732-3637 or (916) 875-1000
- Child Services Access Team..... (916) 875-9980
- Poison Control (800) 222-1222
- Sacramento Crisis Nursery (North)..... (916) 679-3600
- (South)..... (916) 394-2000
- Suicide Prevention (800) 784-2433
- Victim-Witness Assistance..... (916) 874-5701
- WEAVE (Women Escaping a
Violent Environment) Crisis Line (916) 920-2952

PLACER

- Child Protective Services
Tahoe /Auburn (530) 886-5401
- Family & Children's Services
(Mental Health, formerly ACCESS)
.....(800) 293-1940 or (916) 872-6549
- Family Resource Centers
Auburn Family Resource Ctr..... (530) 887-3536
- Lighthouse-Lincoln Family Resource Ctr.(530) 645-3300
- North Tahoe Family Resource Ctr..... (530) 546-0952
- Roseville Family Resource Ctr..... (530) 774-6802
- Kare Crisis Nursery..... (530) 265-0693
- Peace for Families (Placer Women's Ctr)..... (800) 575-5352
- Poison Control (800) 222-1222
- Suicide Prevention (800) 784-2433
- Tahoe Women's Services Crisis Line
.....(530) 546-7804 or (800) 736-1060
- Victim-Witness Assistance..... (916) 543-8000

YOLO

- Allied Services for Kids (ASK) (Mental Health Crisis)
Davis (530) 753-0797
- West Sacramento..... (916) 371-3779
- Woodland (530) 668-8445
- Child Abuse Hotline (Child Protective Svcs.) (888) 400-0022
or (530) 669-2345
- Families First, Inc. (Child abuse prevention,
foster care, special education,etc.)..... (530) 753-0220
- Mental Health Services
Access..... (888) 965-6647
- West Sacramento..... (916) 375-6350
- Woodland (530) 666-8630
- Poison Control (800) 222-1222
- Sexual Assault & Domestic Violence Ctr. Crisis Line
West Sacramento..... (916) 371-1907
- Woodland (530) 662-1133
- Suicide Prevention (800) 784-2433
- Victim-Witness Assistance..... (530) 666-8187
- Yolo Crisis Nursery (Davis).....(530) 758-6680
- Yolo Family Resource Ctr.....(530) 406-7221
- Yolo Family Service Agency (Davis).....(530) 753-8674
- West Sacramento.....(916) 375-1254
- Woodland.....(530) 662-2211

EL DORADO

- Center for Violence-Free Relationship, Placerville
Crisis Lines:..... (530) 626-1131 / (916) 939-6616
- Child Protective Services
Placerville..... (530) 642-7100
- South Lake Tahoe..... (530) 544-7236
- Food Bank of El Dorado & Alpine Co. (530) 621-9950
- Mental Health Crisis Line..... (530) 622-3345
- Poison Control (800) 222-1222
- South Lake Tahoe Women's Ctr Crisis Line. (530) 544-4444
- Suicide Prevention (800) 784-2433
- Tahoe Youth & Family Services (530) 541-2445
- Crisis Line (Straight Talk)..... (530) 541-3310
- Victim-Witness Assistance
Placerville..... (530) 642-4760
- South Lake Tahoe..... (530) 573-3100



HOTLINE/CRISIS INTERVENTION continued:

NEVADA

Child Protective Services.....	(530) 265-9380 or (888) 456-9380
Kare Crisis Nursery.....	(530) 265-0693
Domestic Violence Coalition	
Crisis Line.....	(530) 272-3467
Truckee Crisis Line.....	(530) 587-3101
Emergency Food & Shelter.....	(530) 265-1340
Housing and Community Svcs.....	(530) 265-1388
Mental Health Crisis Line.....	(530) 265-5811
Nevada Co. Behavioral Health Svcs.....	(530) 265-1437
Truckee.....	(530) 582-7803
Poison Control.....	(800) 222-1222
Suicide Prevention.....	(800) 784-2433
Tahoe Women's Services (530) 582-9117 or (800) 736-1060	
Victim Witness Assistance.....	(916) 543-8000

ALPINE

Alpine County Behavior Health Svcs.....	(530) 694-1816
Alpine County Women's Ctr.....	(888) 750-6444
Calaveras Crisis Center.....	(209) 736-4011
Child Protective Services.....	(888) 755-8099
Food Bank of El Dorado & Alpine Co.....	(530) 621-9950
Mental Health Crisis Line.....	(800) 486-2163
Minden Urgent Care.....	(775) 782-8181
Poison Control.....	(800) 222-1222
Suicide Prevention.....	(800) 784-2433
Victim-Witness Assistance.....	(530) 694-2971
So. Lake Tahoe Women's Center.....	(530) 544-2118

REGIONAL

AIDS Hot Line.....	(800) 367-2437
El Dorado, Placer, Sacramento Co.....	(888) 259-4448
Poison Control.....	(800) 222-1222
Suicide Prevention.....	(800) 784-2433

Information & Referral

*Who Can I Call To Find Out About
Developmental Programs Offered In My Community?*

- ✓ **Alta California Regional Center** is one of twenty-one regional centers throughout the state and serves as a point of entry into the service system for infants birth to 3 years who have developmental delays in our six county area. Regional centers provide intake and assessment to determine eligibility and service needs. They work with other agencies to arrange, purchase and provide services; including early intervention services. They can provide specific information on the services available in each community.
- ✓ **Public Health Agencies** in your community may offer a variety of health services for California children from birth through adolescence, including well-child care, immunizations, and specialized health, therapy and rehabilitation services. They also may offer programs serving the health and medical needs of infants and toddlers with disabilities, those at high risk for disabilities and their families. Call your local public health agency to find out about eligibility requirements and services available in your community.
- ✓ **Family Resource Centers** are designed to provide parent and family oriented support and information. They help parents and family members find and understand local services and the overall early intervention service delivery system. If you have a problem, a concern or need and aren't sure where to go for help, the staff at WarmLine Family Resource Center can guide you to the appropriate agency or resource.



INFORMATION AND REFERRAL continued:

SACRAMENTO

Alta California Regional Center (916) 978-6400
 Public Health Nursing
 North..... (916) 648-0982
 South..... (916) 875-0900

PLACER

Alta California Regional Center (Auburn)....(530) 885-8447
Roseville..... (916) 782-8110
 Auburn Family Resource Ctr. (530) 887-3536
 Kings Beach Family Resource Ctr..... (530) 546-0952
 Lighthouse-Lincoln Family Resource Ctr. (530) 645-3300
 Roseville Family Resource Ctr. (530) 774-6802
 Public Health..... (530) 886-1870
 North Lake Tahoe (530) 546-1900

YOLO

Alta California Regional Center (530) 666-3391
 Public Health
 West Sacramento (916) 375-6380
 Woodland..... (530) 666-8645
 Yolo Family Resource Center..... (530) 406-7221

EL DORADO

Alta California Regional Center
Placerville..... (530) 626-1353
South Lake Tahoe..... (530) 542-0442
 Family Connections El Dorado Family Resource Center
 (530) 626-5164
 Public Health (530) 621-6100
 So. Lake Tahoe (530) 573-3155
 Tahoe Area Coord. Council for the Disabled... (530) 544-1127

NEVADA

Alta California Regional Center.....(530) 272-4231
 Public Health..... (530) 265-1450
 Truckee..... (530) 582-7814

ALPINE

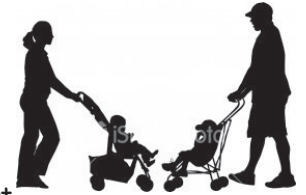
Alta California Regional Center (530) 542-0442
 Choices for Children (530) 694-2129
 Public Health..... (530) 694-235
 Tahoe Area Coord. Council for the Disabled.... (530) 544-1127

REGIONAL

WarmLine Family Resource Center
 Sacramento (916) 922-9276 / (800) 660-7995
 Placer County (916) 632-2100
 Yolo County..... (530) 759-1127
 Spanish..... (916) 922-1490

Support Groups & Organizations

How Can I Get In Touch With Other Parents?



Many parents with children with special needs are seeking the same resources you are and want to meet other parents to exchange information and ideas. Listed below are some parent support networks that you might want to contact. *Most of these groups welcome parents regardless of where they live.* Support group information changes frequently. Please call **WarmLine Family Resource Center** or go to www.warmlinefrc.org for more information.

SACRAMENTO

ADD/ADHD (CHADD)..... (888) 759-9758
 Apoyo De Padres Para Padres (Spanish) (916) 685-1649
 Asperger's Syndrome (916) 682-1740
 Autism..... (916) 683-5652
 Autism (FEAT)..... (916) 491-1033
 Bereavement (Sharing Parents) (916) 424-5150
 Bereavement (Compassionate Friends) (916) 457-4096
 Blind/Visually Impaired (Soc. for the Blind) (916) 452-8271
 Burn Recovery..... (916) 453-2098
 Cystic Fibrosis (UCD Pulmonary Dept.)..... (916) 734-3189
 Deaf-Blind (Cope D-B) (800) 822-7884
 Deaf/Hard of Hearing (916) 349-7500
 Diabetes (PACED) (916) 733-8478
 Down Syndrome (916) 658-1686
 Epilepsy (916) 595-9867
 Head Trauma (916) 485-6711 / (916) 485- 6660
 Heart Conditions (Hearts of Hope)..... (916) 733-7031
 Bereavement (Compassionate Friends) (916) 457-4096
 Blind/Visually Impaired (Soc. for the Blind) (916) 452-8271
 Burn Recovery..... (916) 453-2098
 Cystic Fibrosis (UCD Pulmonary Dept.)..... (916) 734-3189

Deaf-Blind (Cope D-B) (800) 822-7884
 Deaf/Hard of Hearing (916) 349-7500
 Diabetes (PACED)..... (916) 733-8478
 Down Syndrome (916) 658-1686
 Epilepsy (916) 595-9867
 Head Trauma (916) 485-6711 / (916) 485- 6660
 Heart Conditions (Hearts of Hope)..... (916) 733-7031
 Learning Disabilities..... (800) 203-7542
 Mental Illness (NAMI)..... (916) 364-1642
 Muscular Dystrophy..... (916) 921-9518
 NICU (Special Care Parents)..... (916) 658-8588
 Prader-Willi (916) 682-6119
 Scoliosis (916) 684-6382
 Special Needs (Women w/ children w/ special needs)
 (Our Time Out)..... (916) 989-9710
 Special Needs (Women w/ children w/ special needs)
 (Time For Me)..... (916) 922-9276
 Special Needs (Men w/ children w/ special needs)
 (Trailblazers)..... (916) 922-9276
 Tourette Syndrome (916) 338-0863
 Twins (Mothers of Multiples)..... (916) 725-TWIN
 Velo-Cardio-Facial & DiGeorge Syndrome (916) 624-1711

PLACER
 Down Syndrome..... (530) 885-0429
 Down Syndrome..... (916) 532-4773
 Spanish..... (916) 922-1490
 Special Needs (Men w/ children w/ special needs)
 (Trailblazers)..... (916) 632-2100
 Special Needs (Women with children with special needs)
 (Moms Night Out)..... (916) 632-2100

YOLO
 Down Syndrome..... (916) 372-3628
 Special Needs (530) 406-7221
 Special Needs (SKIES)..... (530) 758-8978

EL DORADO
 Family Connections El Dorado..... (530) 626-5164
 Pride & Joy (Infants w/ special needs)
 Georgetown Divide Office..... (530) 333-1917
 Kinship..... (916) 941-8793
 Learning Disabilities (530) 677-5711
 Special Education..... ourorhskids@yahoo.com
 Special Needs (El Dorado Cares) (530) 677-7325
 Special Needs (Native Americans w/ children w/ special needs)
 (Tutoring)..... (530) 621-3096

NEVADA
 Sierra Nevada Children's Svcs (Grass Vly) (530) 272-8866
 Truckee..... (530) 587-5960
 Bereavement..... (530) 272-5739
 Blind/Visually Impaired (Sierra Services for the Blind)
 (530)265-2121

Down Syndrome..... (530) 272-1009
 Special Needs (FREED) (18 and over) (530) 265-4444

ALPINE
 Choices for Children..... (530) 694-2129

RESOURCE CENTERS
WarmLine Family Resource Center
 Sacramento (916) 922-9276 / (800) 660-7995
 Placer County (916) 782-7147
 Yolo County..... (530) 759-1127
 Spanish..... (916) 922-1490

Alpine County:
 Choices for Children..... (530) 694-2129

El Dorado County:
 Family Connections Family Resource Ctr. (530) 626-5164

Nevada County:
 Sierra Nevada Children's Svcs (Grass Vly)..... (530) 272-8866
 Sierra Nevada Children's Svcs. (Truckee)..... (530) 587-5960

Placer County:

Auburn Family Resource Ctr. (Kids First) (530) 887-3536
 Kings Beach Family Resource Ctr..... (530) 546-0952
 Lighthouse-Lincoln Family Resource Ctr. (530) 645-3300
 Roseville Family Resource Ctr. (Kids First)..... (530) 774-6802

Yolo County:
 Yolo Family Resource Center..... (530) 406-7221

Assessment & Intervention

Who Can I Talk To If I Have Concerns About My Baby's Development?

The doctor who checks your baby regularly can give you information and answer questions about your baby's development. Don't hesitate to seek a second opinion if you feel you need more information. Some **public health nurses** (See Information and Referral on page 11.) may follow a baby's development in the first year of life. In addition, some hospitals have NICU (Neonatal Intensive Care Unit) follow-up programs and specialized medical clinics for their patients.

Sometimes babies need extra help with their development and may "go to school" or have a teacher or therapist work with them at home. Local infant programs also can evaluate your baby and give you information about development. Education and support services are also available for your family. Call the **Infant Development Program** serving your area to discuss your baby's development and ask for an evaluation. (See Infant Development Programs on page 14.)

Alta California Regional Center (ACRC, also called Alta) is a state funded program serving persons with developmental disabilities. Alta's Early Intervention Unit helps families with children birth to 3 years old who have developmental delays. ACRC coordinates a variety of services to families including medical evaluations for diagnostic purposes, as well as developmental, nutritional, vision and hearing assessments. Call Alta (see page 14 for Alta phone numbers by county) and ask for information on Early Intervention assessment and services.

Early Head Start provides free comprehensive child development and family support services to income eligible pregnant women and families with children under age three, including children with disabilities. (See Infant Development Programs on page 14.)



What are "Early Intervention" Services?

The first three years of a child's life are crucial for growth and development. Infants and toddlers who have a developmental delay or disability need special help to reach their full potential.

Early Intervention services and supports in California are provided generally at no charge under a program called Early Start. Early Intervention or Early Start services may be provided by Alta California Regional Center (ACRC) or your Local Education Agency (LEA) and may include:

- ☆ Assistive Technology
- ☆ Audiology (hearing) services
- ☆ Family training, counseling and home visits
- ☆ Some health services
- ☆ Medical services for diagnostic or evaluative purposes only
- ☆ Nursing
- ☆ Nutrition counseling
- ☆ Occupational therapy
- ☆ Physical therapy
- ☆ Psychological services
- ☆ Respite
- ☆ Service coordination
- ☆ Social work services
- ☆ Speech and language services
- ☆ Transportation services
- ☆ Vision services
- ☆ Others as needed

Families may be required to access their health insurance to fund Early Start services. Your ACRC Service Coordinator can give you information about the process.

What is the Prevention Program?

(Excerpted from "A Guide to Regional Center Services for Infants and Toddlers at Risk for Developmental Delay", May 2010, California Dept. of Developmental Services.)

Alta California Regional Center is the point of entry for both Early Start and the Prevention Program. If your child is found to be eligible for the Prevention Program, WarmLine is here to assist you with information and resources. Prevention Program services which are provided through the Regional Centers include:

- ☆ Assessment
- ☆ Developmental Monitoring & Guidance
- ☆ Case Management
- ☆ Referral to Generic Agencies
- ☆ Exit Planning

The areas of development which are considered during the evaluation are:

- ☆ Cognitive (Thinking)
- ☆ Physical
- ☆ Communication
- ☆ Social/Emotional Self-Help

Who is Eligible for Prevention Program Services?

1. Infants and toddlers who are at risk for developmental delay or disability with two or more risk factors;
2. Toddlers age 24 to 36 months of age at the time of initial referral who have a delay of less than 50% in one developmental area;
3. Infants and toddlers with a parent who has a developmental disability.

Who Can Make a Referral to the Prevention Program?

Anyone can make a referral, including parents, medical care providers, neighbors, family members, foster parents and day care providers. Call Alta California Regional Center at 916-978-6249 (for Spanish speakers—916-285-4532) and ask to speak with an Intake Coordinator.

Infant Development Programs

Who Do I Call To Find Out About Infant Development Programs For My Baby?

There are programs in every county specifically designed to meet the needs of children birth to three years old who have special health care and/or developmental needs.

SACRAMENTO

Alta California Regional Center.....(916) 978-6400
Early Head Start(916) 263-3804
Head Start, SETA(916) 263-3804
Sacramento County Office Of Education
Infant Development Program(916) 277-5900

PLACER

Alta California Regional Center (Auburn).....(530) 885-8447
(Roseville).....(916) 786-8110
Early Head Start/Head Start.....(530) 885-5437
Placer County Office of Education(530) 889-8020
Placer Infant Dev. Program(916) 774-2795

YOLO

Alta California Regional Center.....(530) 666-3391
Early Head Start / Head Start.....(530) 668-3001
First Steps Infant Program
West Sacramento.....(916) 371-9561
Woodland.....(530) 668-3873

EL DORADO

Alta California Regional Center
Placerville(530) 626-1353
South Lake Tahoe.....(530) 542-0442
Early Head Start(530) 295-2270
El Dorado County Office of Education.....(530) 622-7130
Lake Tahoe Unified School District.....(530) 543-2318
PRIDE & Joy Program(530) 626-5164

NEVADA

Alta California Regional Center(530) 272-4231
Early Head Start.....(800) 655-0432
First 5 Nevada County(530) 265-0611 x 223
Nevada County Infant Program(530) 265-0611 x 225

ALPINE

Alta California Regional Center(530) 542-0442
Alpine Children's Center(530) 694-2390
Alpine Co. Office Of Education.....(530) 694-2230
Alpine Early Learning Center.....(530) 694-1159

REGIONAL

California Department of Education,
Special Education Department(916) 445-4613



What is an IFSP?

The Individual Family Service Plan (IFSP) is a written plan which provides the framework for meeting the unique needs of your child and family and is based upon your child's strength and your family's concerns and priorities.

The first IFSP meeting should be held after all of the necessary assessment information has been gathered and you have had the opportunity to share your family's concerns, priorities and resources with all of the involved people.

You may invite anyone you want to the meeting to develop or update your child's IFSP. The people who assessed your child should attend; but you may also include any other person you would like to assist you in developing your child's plan, including other family members or friends.

Remember that the IFSP is not a final document and should be reviewed frequently—at least every six months and changed as necessary.

The service coordinator is the person who is responsible for coordinating all Early Intervention services and helping you to identify and obtain the services and assistance you might need to help your child's development. The service coordinator will typically be either from Alta California Regional Center (ACRC), the Local Education Agency (LEA) or an Infant Development Program (IDP).

The IFSP explains:

- ⊙ Your child's present levels of physical development (including vision, hearing and health), cognitive (thinking) development, communication development, social/emotional development and adaptive development.
- ⊙ What is important to you about your child's development, your family's resources , priorities and concerns.
- ⊙ The goals/outcomes for the next 6-12 months upon which you and the team have agreed, how and when they will be measured.
- ⊙ The specific Early Intervention services necessary to meet the unique needs of your child to achieve those goals. This will include *how often, where and how* the services will be delivered, the *natural environments* in which the services will be provided and the payment arrangements, if any. (Natural environment means settings that are "natural" or "typical" for the child's typically developing same-age peers. It includes the home and community settings in which children without delays or disabilities participate. The decision as to whether a location is a natural environment must be made by taking into account the particular services for the individual child and is a team decision made by all IFSP team members, including you as the parent.)
- ⊙ Other Early Intervention services that your child needs and the funding sources to be used to pay for those services.
- ⊙ The dates for the start of the services as soon as possible after the IFSP meeting and the anticipated duration of the services.
- ⊙ The name of the service coordinator who will be responsible for making sure the IFSP is followed and coordination with any other agencies or providers.
- ⊙ The steps to be taken to support your child's transition to preschool at age 36 months.



Services will not begin until the IFSP is signed. If you need to take extra time to review it with your family, you may do so—you do not have to sign the document immediately. At the end of the meeting, you will receive a copy of the IFSP that was developed. (If photo copying equipment is not available at the meeting, a copy will be mailed to you as soon as possible.)

How Can I Prepare for the IFSP Meeting?

Each family receiving Early Intervention services has its own priorities, concerns and resources. The questions below can help you focus on what services might be most useful to your child and family. Remember that your child's needs and your concerns will change over time and that this is just the beginning in the planning process that the IFSP team will use.

As you prepare for the IFSP meeting, think about:

- ⊙ What pleases you most about your child's development?
- ⊙ What concerns you most about your child's development?
- ⊙ What kind of help or information about your child's development or health care do you need?
- ⊙ In the next several months, I'd like to see my child be able to: _____
- ⊙ In addition to my family, other people I would like to include in the IFSP meeting: _____

You know your child best! To prepare for the IFSP meeting, think about the services and supports that your child and family will need, goals and desired outcomes. Write them down and share them with the IFSP team.

Transition to Preschool

What Happens When My Child Turns Three Years Old?

As your child approaches three years old you will be preparing to leave the early intervention program and transition to a preschool program. This transition is a time that can be very exciting - knowing that your child is growing and changing and that you have helped him or her get off to a good start by participating in an Early Start program. It can also be stressful for you and your family as you leave the familiar service providers who may have become a part of your family by coming into your home, sometimes since your child's birth. It will help to relieve your stress if you understand how the process works and the differences between infant and preschool programs.

When your child is about **30 months** of age your service coordinator will notify you and your school district that transition planning is beginning. By **33 months** of age you (and anyone else you choose to invite), your service coordinator and a staff person from the school district will meet to start planning the transition. This is your opportunity to share your child's abilities and strengths and to voice your concerns and expectations about his or her current and future educational needs.

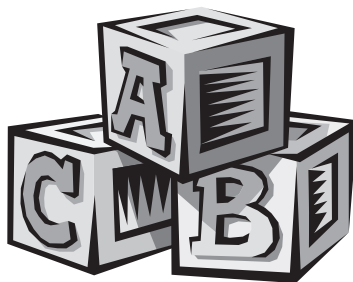
By the age of **36 months** the law requires that an IEP (Individualized Education Plan) meeting be held to determine if your child qualifies for special education services and if so, develop long range (1 year) and short range (3-6 months) goals in the areas where your child has identified needs.

Unlike infant programs that are based on developmental and therapeutic goals and are delivered in the home, preschool programs are based on an educational model. Children generally go to a classroom and instruction is primarily in groups. There will be less emphasis on individual, intensive therapy and skill development than in the infant program. Designated Instructional Services (DIS) may also be provided to your child as determined by the IEP team and may include deaf and hard of hearing services, speech/language therapy, transportation, vision and orientation/mobility services, occupational/physical therapy services and extended school year (summer school). They may be provided in addition to a preschool program. You may, however choose to have your child participate only in DIS programs.

There are several options for preschool programs. Some of these programs have income requirements and, in the case of private preschools, your child may have to be transported to a public school site in order to receive special education services. You should discuss what services your child needs and what options are available with your service coordinator and the school district (LEA) representative - you should be able to visit any placement program(s) recommended before you agree that your child will attend.

Finally, remember that no IEP goals are "written in stone". If, after a few weeks you think that your child's program(s) and/or services need to be revised, you may call an IEP meeting and discuss any changes that are needed with the team.

WarmLine has created a booklet, "Turning Three Years Old", available in both English and Spanish, which explains the process in detail and contains worksheets to help you plan your child's preschool needs. The booklet is available from your service coordinator or from WarmLine Family Resource Center and is also on WarmLine's web site at www.warmlinefrc.org/WarmLinePublications.html. WarmLine staff are also available to answer your questions and guide you through your child's transition to preschool services.



Special Education Local Plan Area (SELPA)

How Do I Find Out About Preschool Options?

Special education and related services are provided or coordinated by the **Special Education Local Plan Areas (SELPA)** and local education agency (school district) for children (3 to 22) with disabilities. Under California's Early Start Program, the SELPA and Regional Center have shared responsibility for developing and coordinating early intervention services, including transition to preschool at the local level. The SELPA can provide local program information and information on other public and private education and related services available in your community.

You may explore a variety of preschool programs to find one that suits the needs of your child and family. Community preschools, parent participation preschools, school district funded programs, school district special day classes and Head Start are among the potential options. The Head Start program is a free, comprehensive preschool program for income eligible families (or for children with special needs) and programs are available for three and four year old children throughout WarmLine's six county region. Contact your **SELPA**, local **Head Start**, or **WarmLine Family Resource Center** for more information about preschool options.



SPECIAL EDUCATION LOCAL PLAN AREA (SELPA) &

HEAD START:

SACRAMENTO

Elk Grove Unified, SELPA	(916) 686-7780
Folsom-Cordova Unified SELPA.....	(916) 635-2802
Head Start, SETA	(916) 263-3804
Sacramento City Unified SELPA	(916) 643-9163
Sacramento County SELPA	(916) 228-2446
San Juan Unified SELPA	(916) 971-7953

PLACER

Head Start	(530) 885-5437
KidzKount.....	(530) 885-5437
Placer County Office of Education.....	(530) 889-8020
Placer County SELPA	(530) 889-8020
Placer County Office of Education Infant Dev. Program	(916) 774-2795

YOLO

Head Start	(530) 668-5177
First Steps Infant Program	
West Sacramento	(916) 371-9561
Woodland	(530) 668-3800
Yolo County Office of Education	(530) 668-6700
Yolo County SELPA.....	(530) 668-3786

EL DORADO

El Dorado County Office of Education.....	(530) 622-7130
El Dorado County SELPA	
Placerville.....	(530) 295-2228
Tahoe Alpine	(530) 541-2850
Head Start/Early Head Start.....	(530) 622-7130 x 2270

NEVADA

Nevada County Office of Education	(530) 478-6400
Nevada County SELPA	(530) 265-0611

ALPINE

Alpine County Office of Education	(530) 694-2230
Tahoe Alpine, SELPA	(530) 541-2850 x 248



Every SELPA has a group called the **Community Advisory Committee (CAC)** which is made up primarily of parents of children with special needs, which advises the Special Education Department and provides training and information to parents of children who receive Special Education services. Your SELPA can give you information about when the CAC meets. (There is also generally CAC information available on the SELPA or Special Education Department web page.) In addition to learning more about Special Education, participating in your CAC will also give you the opportunity to meet other parents. For more information on CACs, please contact WarmLine.

Nutrition & Feeding Assistance

Who Do I Call If I Have Questions About Feeding My Baby?

If you have questions or concerns about your baby's weight gain, nutritional status or health, always contact your pediatrician with feeding questions.

The **Women, Infants, and Children (WIC) Supplemental Food Program** provides nutrition education and food vouchers for women and children who are income-eligible, including those with special nutritional needs such as PKU, diabetes, and other conditions that may result in a disability or place the mother and/or child at high risk for a disability. The **Le Leche League** provides support and information on nursing techniques. The following groups, as well as your county health department or **Public Health Nurse** (page 11) may be helpful.



SACRAMENTO

Breastfeeding Coalition.....(916) 734-5051
 Le Leche League(916) 442-5920
 Women, Infants and Children (WIC).....(916) 876-5000
(916) 326-5830
 WIC Breastfeeding Helpline(916) 875-2020
 (Spanish) (916) 875-2010

PLACER

Breastfeeding Coalition.....(916) 780-6454
 Le Leche League (916) 631-1721 or (916) 747-1180
 Women, Infants and Children (WIC).....(530) 889-7187
 (Roseville only) (800) 829-7199 x718

YOLO

Breastfeeding Warmline.....(800) 663-8685
 Le Leche League(530) 753-9824
 Women, Infants and Children (WIC)
 Davis(530) 666-8445
 West Sacramento(916) 375-6390
 Woodland(530) 666-8445
 Woodland Food Closet.....(530) 662-7020

EL DORADO

Le Leche League (South Lake Tahoe)..... (530) 318-9939
 Women, Infants and Children (WIC)
 Placerville (530) 621-6176
 Placerville (Spanish Contact) (530) 621-6171
 South Lake Tahoe..... (530) 573-3491

NEVADA

La Leche League (North Lake Tahoe)..... (530) 550-8974
 Women, Infants and Children (WIC) (530) 265-1454
 Truckee (530) 582-7884

ALPINE

Women, Infants and Children (WIC) (530) 573-3491

REGIONAL

Hollister Breastfeeding Equipment (877) 992-6332
 Breastfeeding National Network (BNN)... (800) TELL-YOU
 Le Leche League (800) LA-LECHE

"Out of the Mouths of Babes" by Cheryl Kremer
 From *Chicken Soup for the Soul, Children with Special Needs*

One of my six-year-old daughter's favorite kids in school is a nine-year-old boy named Sammy. According to Nikki, Sammy is in a wheelchair and has a feeding tube.

One day, during one of our after-school chats, I asked, "Nikki, can Sammy talk?"

"Oh yes", she assured me. "He can talk."

"Are you sure?" I asked her. "I thought the kids in his class couldn't talk."

"Yes, he can," insisted Nikki, her voice growing louder. "Sammy talked to me today."

"What did he say?" I asked her.



Child Care / Respite

Where Can I Find A Child Care Provider Who Understands My Baby's Special Needs?

Finding child care for a child with special health care or developmental needs can be challenging. Parents are sometimes faced with providers who are willing, but who have not had previous experience taking care of children with special needs and who are nervous about what might be expected of them. Your local child care referral agency has lists of licensed day care homes and center providers with experience and/or interest in caring for children with special needs. The child care referral agency will ask you a few basic questions about your child's needs and what things you are looking for in a child care setting. The key to this process is to be open about your child's (and your) needs. You will then be given a list of providers to interview.

The agencies with an asterisk (*) are available for resource and referral services.

For more information about inclusive child care, what to look for in a child care setting and tips on how to more effectively communicate with your child care provider, please call WarmLine.

Respite care is short-term care that is provided to families of children who qualify and who are clients of the Alta California Regional Center. Respite care is important because it gives families a "break" from caring for their child with special needs and is typically provided in the family's home. Your child's Alta service coordinator can let you know if your child qualifies for respite services and how to access those services.

Some children with special health care needs will also qualify for in-home nursing care. Ask your Alta service coordinator or nurse case manager if your child qualifies for in-home nursing services.

SACRAMENTO

- *Child Action..... (916) 369-0191
(Ask for "enhanced referral" for child with special needs.)
- My Friends Pediatric Care Center (916) 987-8632
- Sacramento Crisis Nursery (North) (916) 679-3600
(South) (916) 394-2000

PLACER

- *Child Care Services Resource and Referral (530) 745-1380
- Kare Crisis Nursery (530) 265-0693

YOLO

- *Child Care Services..... (530) 757-5695
or (800) 723-3001
- Yolo Crisis Nursery (Davis).....(530) 758-6680

EL DORADO

- *Choices for Children
South Lake Tahoe..... (530) 541-5848
Placerville (530) 676-0707

NEVADA

- Kare Crisis Nursery (530) 265-0693
- *Sierra Nevada Children's Services
Grass Valley (530) 272-8866
Truckee (530) 587-5960

ALPINE

- *Choices for Children (530) 694-2129

REGIONAL

- Community Care Licensing (State agency which licenses child care facilities & provides child care site lists.)
Day Care Licensing (916) 229-4530
Residential Care Licensing..... (916) 263-4700
United Cerebral Palsy (Respite) (916) 779-6262



Financial Concerns

How Do We Get Financial And Other Help With Our Family's Special Needs?

Finances are often a worry for families of children with special health care or developmental needs. In California, there are agencies that assist families with funding for medical services and others which can provide help with other financial concerns.

Speak with your hospital social worker, patient representative or your doctor about applying for any of the programs that may be appropriate for your family. You can also speak with your Alta service coordinator or call WarmLine for more information.

California Children Services (CCS)

CCS is a statewide program for specialized medical care and rehabilitation for children who have a medically eligible diagnosis. Once a diagnosis is established, families must meet income guidelines to qualify for assistance; however, occupational therapy (OT) and physical therapy (PT) are not income dependent. CCS funding is also available to families who have some types of insurance or Medi-Cal. Your doctor or hospital may already have referred your baby to CCS. If not, you may call one of the telephone numbers listed below for more information.



SACRAMENTO	(916) 875-9900	EL DORADO	(530) 621-6128
PLACER.....	(530) 886-3630	South Lake Tahoe	(530) 573-3157
YOLO.....	(530) 666-8333	NEVADA	(530) 265-1450
		ALPINE	(530) 694-2235

Child Health and Disability Program (CHDP)



CHDP provides complete health and dental assessments for early detection and prevention of diseases and disabilities in children and youth (including school entry exams, sports physicals and immunizations). CHDP serves Medi-Cal eligible children birth through 20 years and children from birth through 18 years whose families are at or below 200% of the federal poverty level.

SACRAMENTO	(916) 875-7151	EL DORADO	(530) 621-6110
PLACER	(530) 886-3620	NEVADA.....	(530) 265-1450
YOLO	(530) 666-8249	ALPINE	(530) 694-2235

Child Support Services

Counties have departments specifically to help collect child support that has not been paid. Call "Child Support Services" for more information.

SACRAMENTO	(866) 901-3212	EL DORADO	
PLACER.....	(866) 901-3212	Placerville.....	(530) 621-5600
YOLO.....	(866) 901-3212	South Lake Tahoe	(530) 573-3455
		NEVADA.....	(866) 901-3212
		ALPINE	(866) 901-3212

Family Leave

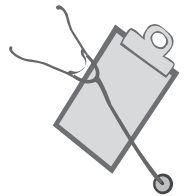
Both the State of California and the federal government offer programs that allow a parent to take up to six weeks (paid or unpaid) time off of work to care for a family member who has a serious medical condition. Each has different requirements, so it is advisable to investigate both programs.

Contact:

- California Employment Development Department: 877-238-4373 or www.edd.ca.gov
- US Dept. of Labor: www.dol.gov
- Labor Project for Working Families: www.paidfamilyleave.org

Healthy Families

Healthy Families provides health and dental care for low-income children under the age of 19 whose families have incomes above the eligibility for Medi-Cal. The program does have an immigration status requirement. Children who are enrolled in Medi-Cal or have employer-sponsored coverage do not qualify.



Call 800-880-5305 for more information or to apply. Download an application packet at www.healthyfamilies.ca.gov

In-Home Support Services (IHSS)



Children who require extra help for their care at home may be eligible for IHSS. This is funding given to your family to supplement your income if you are caring for your baby full-time and it may be used to hire a part-time caregiver. There are income qualifications.

SACRAMENTO (916) 874-9471 PLACER (Auburn).....(530) 886-3680 (Roseville)..... (916) 787-8800 YOLO.....(530) 661-2955	EL DORADO Placerville.....(530) 642-4800 South Lake Tahoe(530) 573-3060 NEVADA.....(530) 265-1639 ALPINE.....(530) 694-2235
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Medi-Cal

If your family's income is within certain guidelines, you may be eligible for Medi-Cal. This provides financial assistance for regular check-ups and special medical care. You may be eligible for both Medi-Cal and CCS. Your hospital or CCS representative can help you apply.

SACRAMENTO.....(800) 747-1222 PLACER Auburn(530) 889-7610 Roseville.....(916) 784-6000 YOLO West Sacramento(916) 375-6200 Woodland.....(530) 661-2750	EL DORADO Placerville(530) 642-7300 South Lake Tahoe.....(530) 573-3200 NEVADA(530) 265-1340 Truckee(530) 582-7803 ALPINE.....(530) 694-2235 REGIONAL(800) 952-5253
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Parking Placard

A person can qualify for a parking placard if certain medical and/or mobility conditions exist. Your baby, who requires extra equipment such as oxygen may qualify for a parking ("disabled") placard.

To Apply for a Disabled Placard or License Plate:

- Download and print a copy of the "Application for Disabled Person Placard or Plates" from www.dmv.ca.gov/forms/reg/reg195.pdf
- Have a doctor sign the disability certification.
- Mail the completed application to the address indicated on the form. For a temporary placard, include a \$6 fee. Permanent placards and license plates are free.
- Or, make an appointment at a local DMV office (800) 777-0133) to deliver the application in person.
- The placard or plates will be received within three weeks after the DMV receives the application.

Supplemental Security Income (SSI)

If your baby has a disability that will last more than one year, he or she may qualify for Supplemental Security Income (SSI). If your baby is found eligible you may receive financial support. The amount is dependent upon family income. If your family qualifies, your baby will also receive MediCal under SSI.

(800) 772-1213www.ssa.gov

Temporary Assistance for Needy Families (TANF)

TANF may provide eligible applicants with financial assistance (food stamps, etc.). Income must fall within established guidelines based on family size.

SACRAMENTO.....(916) 874-2072	EL DORADO
PLACER (North Lake Tahoe).....(530) 546-1900	Placerville.....(530) 642-7300
Auburn.....(530) 889-7610	South Lake Tahoe(530) 573-3200
YOLO	NEVADA.....(530) 265-1340
West Sacramento(916) 375-6200	Truckee.....(530) 582-7803
Woodland(530) 661-2750	ALPINE(530) 694-2555

Utilities

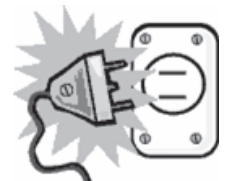
Pacific Gas and Electric Company's (PG&E) Medical Baseline Program provides additional quantities of energy at the lowest (baseline) price to residential customers with certain medical conditions.

Customers dependent on life-support equipment and those with special heating or cooling needs may be eligible to receive a standard medical baseline rate.

For more information or to print out the application, go to:

www.pge.com/myhome/customerservice/financialassistance/medicalbaseline/howtoapply/ or call 800-743-5000.

Sacramento Municipal Utility District (SMUD) also has a medical equipment discount rate. For more information or print out the application, go to www.smud.org/en/residential/services/Pages/medical-rate.aspx or call 888-742-SMUD (7683).





Public Service Agencies

How Can I Find Out About Other Public Services?

Agencies provide a range of services that may include assessment, counseling, dental, vision, AIDS information, family planning, prenatal care, nutrition, and general health care.

Health Departments & Related Agencies

SACRAMENTO	EL DORADO
North(916) 648-0982	Placerville..... (530) 621-6100
South.....(916) 875-0900	South Lake Tahoe..... (530) 573-3155
PLACER(530) 886-1870	NEVADA (530) 265-1450
North Lake Tahoe .. (530) 546-1970	Truckee (530) 582-7814
YOLO(530) 666-8650	Maternal Child Health Program (800) 371-6662
	ALPINE (530) 694-1816

Social Services

SACRAMENTO.....(916) 875-2072	EL DORADO
PLACER	Placerville..... (530) 642-7300
Children's System of Care(530) 889-6701	South Lake Tahoe (530) 573-3200
YOLO(530) 661-2750	NEVADA.....(530) 265-1340
	Truckee (530) 582-7803
	ALPINE (530) 694-2235

Drug and Alcohol Treatment

SACRAMENTO.....(916) 874-9754	EL DORADO.....
PLACER	Placerville (530) 621-6146
Auburn(530) 889-7240	South Lake Tahoe..... (530) 573-4370
Roseville.....(916) 787-8800	NEVADA (530) 265-1437
YOLO(Crisis & Access) (888) 965-6647	ALPINE (530) 694-1816
Davis(530) 757-5530	
West Sacramento(916) 375-6350	
Woodland.....(530) 666-8630	

Mental Health Services

SACRAMENTO.....(916) 875-7070	EL DORADO..... (530) 621-6200
(Child Services Access Team).....(916) 875-9980	NEVADA (530) 265-1437
PLACER	Truckee (530) 582-7803
Roseville.....(916) 787-8800	ALPINE (530) 694-1816
Tahoe.....(530) 889-7240	
YOLO(Crisis & Access) (888) 965-6647	
Davis(530) 757-5530	
West Sacramento(916) 375-6350	
Woodland.....(530) 666-8630	

Health Care

Where Can I Find Medical Care For My Baby?

Some of the funding sources listed previously may help with medical care after a child goes home from the hospital, although some funding may be limited to specific services. It will be helpful to discuss what your baby's medical needs at home will be, even while your baby is still hospitalized. While still in the hospital, you can talk with your baby's doctor, the hospital discharge planner or the hospital social worker to help you find outside medical care resources such as Medi-Cal or CCS.

If you already have a pediatrician, let the hospital know his or her name. If you do not have a pediatrician, ask the doctor, discharge planner or social worker to help you find one who is familiar with your child's diagnosis and who accepts the type insurance that your baby has.

Another good way to find a doctor is to ask other parents for recommendations.

Ways To Work With Your Doctor

- ✓ Select a doctor with whom you feel comfortable. You'll be working *together* to help your child.
- ✓ Be assertive about asking for what your child needs.
- ✓ If you don't understand what the doctor has told you, ask for clarification. It may be helpful for you to ask the doctor's nurse to summarize what you've been told.
- ✓ Write down your questions as you think of them and take them with you to your child's appointment. Write down the answers to your questions and keep them with your baby's medical information.
- ✓ You may want to bring a friend or if possible, an Early Intervention provider to help you ask questions and hear what is being said. Having that person take notes for you is always helpful.
- ✓ Give honest and direct answers and expect the same. Have confidence in your own observations and opinions.
- ✓ Don't hesitate to seek a second opinion if you feel you need more information.
- ✓ *Ask for and keep copies of medical records and reports in a notebook.* A parent record-keeping notebook (called the "Family Notebook") is available from WarmLine (and also at www.warmlinerc.org/WarmLinePublications.html). The Center for Children with Special Health Care Needs also has a care notebook a www.cshcn.org/planning-record-keeping/care-notebook



(Having copies of reports is especially important since, because of federal health care privacy laws, it can be time consuming for agencies to get copies of medical records from providers. If you already have copies, you can provide them when ever they are needed.)

A note about medical records: When children are young, especially if they have complex medical needs, it's important to maintain records that include procedures and tests that were performed and their dates. Parents are encouraged to continue to do so even after children are medically stable since that information will also be needed by adult medical providers and when applying for programs such as Social Security Income (SSI) when the child becomes an adult.

What Kinds of Medical Specialists Might Be Involved In My Baby's Care?

Some common medical specialists involved with an infant with special medical needs are:

- ✓ **Pediatrician** or family practice doctor - a doctor who is responsible for well child care. He or she can provide your child's routine health care, refer you to specialists and monitor your child's development.
- ✓ **Pulmonologist** - a doctor who specializes in lung problems.
- ✓ **Neurologist** - a doctor who specializes in the child's nervous system and brain development.
- ✓ **Ophthalmologist** - a doctor who diagnoses and treats eye and vision problems.
- ✓ **Cardiologist** - a heart specialist.
- ✓ **Gastroenterologist** - a doctor who specializes in the digestive system.
- ✓ **Orthopedist** - a doctor who monitors bone growth and development.



There may be other specialists involved with your child who are not physicians, such as an audiologist for hearing, speech therapist for speech development or nutritionist for diet and feeding problems. Sometimes your baby may need a physical therapist (PT) or occupational therapist (OT) to help with his/her movement and mobility skill development. These specialists generally work on referral from your doctor, educational program, or other early intervention program.

With All These Special Doctors, How Do I Know Whom To Call When I Have A Question?

This is an important question to ask the hospital doctor before your baby is discharged, especially if you have not yet had an opportunity to talk with your baby's pediatrician or family doctor.

When you visit your pediatrician or family doctor after your baby is first discharged from the hospital or first diagnosed with a special health care need, discuss the medical specialists your baby will be seeing and ask who should be consulted and under what circumstances.

If you are ever not sure whom to call, you should first call your primary pediatrician or family doctor. He or she can then refer you to the appropriate specialist.

Keep the numbers of all of your baby's doctors handy so you don't have to spend time looking them up.

Where Can I Find Dental Care For My Baby/Toddler?

Dental health needs are as important as other health needs. Children have all of their "baby teeth", typically, by age two. Your child should visit a dentist within six months of the first tooth erupting, by age one or when your pediatrician recommends.

Finding a dentist for your child with special needs can be challenging. A dentist who does take patients with special needs may not take your dental insurance. To find a dentist for your child, ask your pediatrician or other medical specialist(s) for recommendations. You may also talk with friends and ask them if they recommend their child's dentist. While WarmLine does not endorse or recommend providers, we do maintain a list of dentists who have had experience with children with special needs. If your child has services through Alta, you can also ask your service coordinator for name(s) of dentists who might be available to care for your child.

Legal Rights / Advocacy

Who Can Help Me Understand My Legal Rights?

Sometimes it is difficult to decide what is right for your child's developmental and educational programs. There may even be a time when you and the service providers disagree on the best program. Sometimes you may need help convincing agencies that your child needs special equipment or assistance. At times like these, it might be helpful to learn more about your child's legal rights to services. There are organizations that are available to provide information, consult with you about your needs and may help you to advocate for your child.

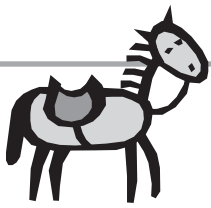
Area Board III.....(916) 263-3085	NICHCY: National Information Center for
California Department of Education	Children and Youth with Disabilities (800) 695-0285
Procedural Safeguards Referral Service..(800) 926-0648	Office of Clients Rights Advocacy (OCRA). (916) 575-1615
Capitol People First(916) 486-2657 (800) 390-7032
Court Appointed Special Advocates (CASA)	Parent Training & Information Centers &
El Dorado County(530) 622-9882	Community Parent Resource Centers:
Nevada County.....(530) 265-9550	*Disability Rights & Education Defense Fund (DREDF)
Placer County.....(530) 887-1006	(Yolo Co.) (800) 348-4232
Sacramento County(916) 875-6460	*Rowell Family Empowerment Center.....
Yolo County.....(530) 661-4200	(Sacramento, Placer, El Dorado, Nevada, Alpine Co.)
Disability Rights California..... (916) 488-9950 (877) 227-3471
.....(800) 776-5746	Patients' Rights Advocates (916) 654-2327
Health Rights Hotline.....(916) 551-2100	WarmLine Family Resource Center
.....(888) 354-4474	Sacramento.....(916) 922-9276 / (800) 660-7995
Legal Services of Northern California.....(916) 551-2150	Placer County..... (916) 632-2100
National Fathers Network.....(425) 653-4286	Yolo County..... (530) 759-1127
	Spanish (916) 922-1490

Resource Libraries, Toys, Equipment, Etc.

Where Can I Find Materials And Books About My Baby's Special Needs?

Our experience as parents of children with special challenges has shown us the enormous value of information, technical knowledge and support. Resource libraries located in each county often feature a variety of resources. Materials are also located in county libraries and many support groups have their own resource libraries.

Alta California Regional Center, George F. Kelso Foundation	Marshall Medical Community Health Library
Library (Sacramento)..... (916) 978-6252	(Placerville).....(530) 626-2778
Child Care Services (Davis)..... (530) 757-5695	Sacramento Co. Office of Education
.....(800) 723-3001	Infant Dev. Program (Sacramento).(916) 277-5900
Children's Therapy Center (Woodland)(530) 668-1010 Choices for Children (Markleeville)..... (530) 694-2129	Sierra Nevada Children's Services
Early Start Library (Sacramento)..... (916) 492-4020	Grass Valley (530) 272-8866
Early Start Resources..... (800) 869-4337	Truckee.....(530) 587-5960
Family Connections El Dorado	Sutter Health Resource Library (Sacramento)(916) 733-3880
Family Resource Center (Placerville).... (530) 626-5164	WarmLine Family Resource Center.....
FEAT..... (916) 491-1033	Sacramento (916) 922-9276 / 800-660-7995
Greengate Elementary School Library (Woodland)	Placer County(916)782-7147
..... (530) 668-3800	Yolo County (530) 759-1127
	Spanish.....(916) 922-1490
	Woodland Toy Library.....(530) 666-2918



Recreational Opportunities

How Can I Find Recreational Activities For My Family ?

(This list includes activities for all ages—not just birth to three.)

Many specialized recreation activities are available as well as opportunities to participate in regular recreational programs. Most programs do not have residency requirements.

Special events, such as the **Special Kids Picnic** occur regularly and there are always new events and activities being planned. Please visit WarmLine's Event Calendar at www.warmlinefrc.org or call **WarmLine Family Resource Center** for more information regarding recreation in your area.

If you are interested in sending your child to camp during the summer, you should know that most camps have registration periods during the late winter and spring, so plan to register early.

✓ Clubs, Group Activities

Boys & Girls Club.....	(916) 442-2582
Boy Scouts of America.....	(916) 929-1417
Campfire Girls and Boys.....	(916) 635-3435
Girl Scouts of America.....	(916) 638-4475

✓ Golf/Tennis

Disabled Sports USA.....	(916) 722-6447 x 101
First Tee of Sacramento.....	(916) 455-7888

✓ Gymnastics

Gold Country Gymnastics (Grass Vly).....	(530) 273-3680
Tricks Gymnastics (Placer Co.).....	(916) 791-4496
Tricks Gymnastics (Sacramento Co.).....	(916) 481-4496

✓ Movement Activities

Project Play.....	(916) 278-5041
Baby and Me (Truckee).....	(530) 587-2313 x 110
Music for Me (Truckee).....	(530) 582-7720

✓ Snow Skiing/Ice Skating

Hockey, Sled (Skatetown).....	(916) 783-8550
Ice Skating, Special Friends (Skatetown).....	(916) 783-8550 x109
Skiing, Disabled Sports USA.....	(916) 722-6447
Skiing, Tahoe Adaptive Ski School.....	(530) 581-4161
Skiing, Environmental Travel Companions.....	(415) 474-7662

✓ Team Sports

Challenger Little League (Nevada County).....	(530) 274-9456
Challenger Little League (Sacramento).....	(916) 381-0898
Challenger Soccer.....	(916) 554-0889
Power Soccer.....	(916) 554-0889
River Cats Independence Field (Baseball).....	(916) 808-2340
Super Kicks Soccer.....	(916) 962-1048

✓ Water Activities

Kayaking/Rafting.....	(415) 474-7662
No. Calif. Swimstitute.....	(916) 851-0840
Sailing (BAADS).....	(415) 281-0212
Swim School, Debbie Meyer.....	(916) 972-0343
Swim Lessons, Warm Water (Bowman-Solinsky).....	(530) 265-3245
Water Skiing, Disabled Sports USA.....	(916) 722-6447
WAVE Camp.....	(916) 808-6017

✓ Recreation, Miscellaneous

Assn. for People w/ Dev. Disabilities (Grass Vly).....	(530) 274-9729
Blind Olympics.....	(530) 626-5587
California Disabled Discount Pass (State Park).....	(800) 777-0369
California Fishing License (Free for regional center clients— contact your service coordinator for application.)	
Camp Guide Book (www.acacamps.org).....	(800)333-5344
Disabled Sports USA.....	(530) 581-4161 / (916) 722-6447
Fishing- Kids Catch a Smile Day.....(http://kidscatchasmileday.com Annual one-day free event at Aerojet in Sacramento)	
Fishing- No Limits Fishing Derby (Nevada Co.).....	(530) 274-9456
Golden Access Passport (Federal Parks).....	(888) ASK-USGS
NorCal Kids Bowling (Placer Co.).....	(530) 559-2200
Special Olympics.....	(916) 375-1930

✓ Recreation Depts. with Adaptive Programs

Some recreation departments have adaptive programs but many of the “regular” activities may also be appropriate for children with special needs. Talk with the recreation leaders to find out if a program is appropriate for your child and what accommodations he or she may need.

Many recreation districts are building accessible playgrounds. Call or check their web sites for availability.

Auburn Recreation District.....	(530) 885-8461
Cordova Recreation & Park Dept.....	(916) 362-1841
Davis, City of, Alternative Recreation.....	(530) 757-5694
Roseville, City of, Adaptive Recreation.....	(916) 774-5200
Accessible playgrounds at Mahany and Maidu Parks)	
Sacramento, City of, Access Leisure.....	(916) 808-3809
Sacramento, Co. of, Therapeutic Rec. Svcs.....	(916) 381-0255
Tahoe City Parks and Recreation.....	(530) 583-3796
Truckee-Donner Parks and Recreation.....	(530) 582-7725
West Sacramento, City of, SPARKS Prog.....	(916) 617-4620

✓ Therapeutic Horseback Riding

Grace Foundation (El Dorado Hills).....	(916) 719-1040
Horses for Healing (Auburn).....	(530) 887-9573
Kids & Horses (Minden).....	(775) 267-1775
Lakeside Therapeutic Riding Ctr. (Granite Bay).....	(916) 652-2197
Project R.I.D.E., Inc (Elk Grove).....	(916) 685-7433
Ride and Shine (Shingle Springs).....	(530) 676-1920
Ride to Walk (Lincoln).....	(916) 434-0693
Saddle Pals (Orangevale).....	(916) 988-7734

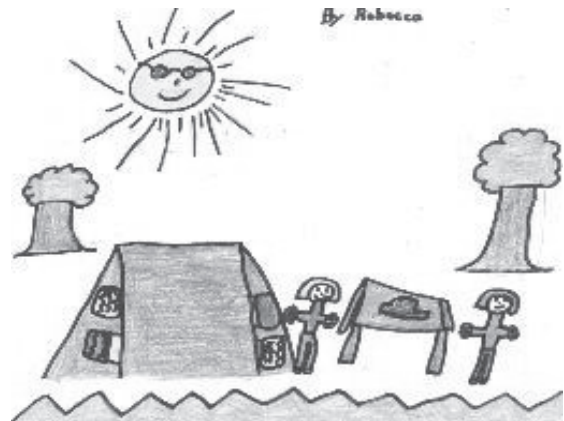
✓**Marshall Arts**

- Ah Po's Karate Studio.....(916) 331-5800
- Ajay's Karate, Inc.....(916) 681-4141
- Granite Bay Karate.....(916) 791-4948
- Kovar's Karate Center, Inc.....(916) 791-7650
- Langley's Karate School.....(916) 435-4000

✓**Other Activities**

- Camp Sacramento.....(916) 277-6098
- Effie Yeaw Center(916) 489-4918
- Fairytale Town.....(916) 808-5233
(Child with special needs & one adult are admitted free.)
- Kids Zone Museum/Truckee(530) 587-5437
- NorCal Kids Club.....www.norcalkidsclub.com
- Placer Nature Center.....(530) 878-6053
- REACH After-School Teen Program (Sacramento & Elk Grove)
.....(916) 422-2477
- Sacramento Zoo.....(916) 808-5880
(Child w/ special needs and one adult are each 1/2 price.)
- Sky High Sports (Trampoline).....(919) 853-8567
- Sierra Nevada Children's Museum(530) 587-5437
- Sierra Nevada Children's Svcs (Grass Vly).....(530) 272-8866
(Truckee)(530) 587-5960
- Society for the Blind, Children's Enrichment Program
.....(916) 452-8271
- Southside Park(916) 808-2340
(Fully accessible playground at 6th and U Streets in Sacramento)
- Woodland Toy Library.....(530) 666-2918

Notes

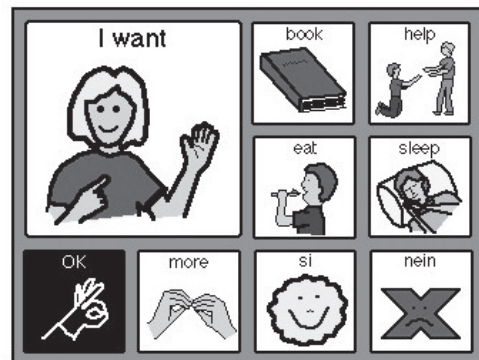


Technology / Assistive Devices / Equipment

Where Can I Find Out About Technology That Might Help My Child?

Technology can make a big difference for people with disabilities, enhancing their active participation in their communities. Adaptive or assistive technology is described in Federal Legislation as: "...any item, piece of equipment, or product system whether acquired off the shelf, modified or customized that is used to increase, maintain, or improve functional capabilities of individuals with disabilities." Your child's Individual Family Service Plan (IFSP) must include a statement on the benefits of any recommended assistive device or service. There are several groups specializing in assistive device information, computer opportunities and equipment. You might also want to talk with your service coordinator about assistive technology.

- Alliance for Technology Access.....(800) 914-3017
www.ataccess.org
- Assistive Technology Network.....(800) 390-2699
www.atnet.org
- California Children's Services (CCS)
(for medically eligible conditions)..... See page 17
- Communication Technology Education Center.....
.....(916) 921-5639
- Easter Seals Superior California.....(916) 485-6711
- SEEDS Workgroup on Early Education Technology (SWEET)
www.scoe.net/seeds/resources/at/at.html
.....(916) 228-2379



Agencies & Groups Helpful for Parents of Children with Special Healthcare & Developmental Needs

"(Sp)" indicates that the website is also available in Spanish.

Advocacy/Family Support/General Information

- ☆ *American Academy of Pediatrics* (General information on health of children with special needs, especially how to make a "care notebook")
www.aap.org 847-434-4000
- ☆ *Area Board 3* (Advocates on behalf of people w/ disabilities in California.)
www.Areaboard3.org 916-263-3085
- ☆ *The ARC* (Nat'l organization of and for people w/ mental retardation & related disabilities.)
www.thearc.org 800-433-5255
- ☆ *California Association of Family Empowerment Centers* (Provide information, resources, technical assistance, and more for a statewide network of local FECs which provide family education, empowerment, and parent-professional collaborative activities for families of children with disabilities ages 3-22 years old.)
www.cafec.org 916-285-1801
- ☆ *Capitol People First* (Self-Advocates Training Self-Advocates.)
www.peoplefirstca.org 916- 552-6625
- ☆ *Center for Children with Special Health Care Needs* (improve and promote the health and well being of children with special health care needs and their families)
www.cshcn.org
- ☆ *Circle of Inclusion* (Supports inclusion of children with special needs)
www.circleofinclusion.org (Sp.)
- ☆ *Disability Rights Education & Defense Fund (DREDF)* Parent Training & Information Center for Yolo County
www.dredf.org 800-348-4232 / 510-644-2555
- ☆ *Disability Rights California* (Formerly Protection & Advocacy) (Advocating and advancing the rights of Californians with disabilities.)
www.disabilityrightsca.org/ 916-488-9950
- ☆ *Family Village* (Site for children and adults w/ disabilities and their families, and their friends and allies.)
www.familyvillage.wisc.edu
- ☆ *Family Voices of California* (Grass roots family advocacy group focusing on health care related issues.)
www.familyvoicesofca.org/
- ☆ *Fathers Network* (Supports fathers of children with special needs)
www.fathersnetwork.org (Sp.)
- ☆ *Health Rights Hotline* (Provides free assistance and information about rights in health care.)
www.hrh.org (Sp.) 916-551-2100 / 888-354-4474
- ☆ *Make-A-Wish Foundation* (Grants wishes to children w/ life threatening medical conditions)
www.wish.org 916-437-0206
- ☆ *Mothers United for Moral Support (MUMS)* (Nat'l parent match organization)
www.netnet.net/mums/ 877-336-5333
- ☆ *National Information Ctr. For Children & Youth w/ Disabilities (NICHCY)* (Info. on disabilities in infants, toddlers, children, and youth, IDEA, No Child Left Behind (as it relates to children with disabilities), and more.)
www.nichcy.org 800-695-0285
- ☆ *Rowell Family Empowerment Center* (Parent Training & Information Center for Northern California)
www.rfenc.org 877-227-3471
- ☆ *Placer ARC* (Advocacy, Resources & Choices) Programs for individuals with developmental disabilities.
www.placerarc.org 916-781-3016



- ☆ *Sibling Support Project* (Supporting the life-long concerns of siblings of people who have special needs.)
www.siblingsupport.org
- ☆ *WarmLine Family Resource Center* (Support and resources for families of children w/ special needs)
www.warmlinefrc.org *Sacramento:* 916-922-9276 / 800-660-7995 *Roseville:* 916-782-7147
Davis: 530-759-1127 *Spanish:* 916-922-1490

Health Services

- ☆ *California Children's Services* (Health care for children who qualify and who have an eligible diagnosis)
www.dhcs.ca.gov/services/ccs/Pages/default.aspx
- ☆ *Health Rights Hotline* (Provides free assistance and information about rights in health care.)
www.hrh.org (Sp.) 916-551-2100 / 888-354-4474
- ☆ *My Friends Pediatric Day Healthcare Center* (Respite care for medically fragile children up to age 21.)
www.myfriendsonline.org 916-987-8632
- ☆ *Shriners Hospitals* (Free medical care for children up to 18 years who have orthopedic diagnoses, spinal cord injuries, limb deficiencies, burns or who require plastic surgery.)
www.shrinershq.org/Hospitals/NorthernCalifornia 916-453-2000

Developmental Disabilities

- ☆ *Alta California Regional Center (ACRC)* (Serves people with developmental disabilities and their families.)
www.altaregional.org 916-978-6400
- ☆ *California Department of Developmental Services (DDS)* (Serves people with developmental disabilities and their families.)
www.dds.cahwnet.gov 916-654-1690 / 800-515-2229
- ☆ *Easter Seals* (Developmental services, employment training, adult day programs and warm water therapy)
www.superiorca.easter-seals.org 916-485-6711

Special Education

- ☆ *Area Board 3* (Advocates on behalf of people w/ disabilities in California.)
www.Areaboard3.org 916-263-3085
- ☆ *California Department of Education, Special Education Division* (State agency which oversees both general and special education programs)
www.cde.ca.gov/sp/se/ 916-319-0800 (Procedural Safeguards: 800-926-0648)
- ☆ *Disability Rights California* (Formerly Protection & Advocacy) (Advocating and advancing the rights of Californians with disabilities.)
www.disabilityrightscalifornia.org/ 916-488-9950
- ☆ *National Information Ctr. For Children & Youth w/ Disabilities (NICHCY)* (Info. on disabilities in infants, toddlers, children, and youth, IDEA, No Child Left Behind (as it relates to children with disabilities), and more.)
www.nichcy.org 800-695-0285
- ☆ *Wright's Law* (Info. about special education law, education law, and advocacy for children with disabilities.)
www.wrightslaw.com/



Diagnosis/Disability Specific (Alphabetical by Diagnosis/Disease)

☆ <i>Family Village</i>	(Links to sites that address many specific diagnoses.)	
www.familyvillage.wisc.edu		
☆ <i>Mothers United for Moral Support (MUMS)</i> (Nat'l parent match organization. Helpful for rare diagnoses.)		
www.netnet.net/mums/	877-336-5333	
☆ <i>Mothers of Asthmatics</i>		(asthma)
www.aanma.org (Sp)	800-878-4403	
☆ <i>Families for Early Autism Treatment (FEAT)</i>		(autism)
www.feat.org	916-463-5323	
☆ <i>C.H.A.D.D.</i>		(ADD/ADHD)
www.chaddnorcal.org	800-759-9758	
☆ <i>Association of Birth Defect Children</i>		(birth defects)
www.birthdefects.org	407-566-8304	
☆ <i>American Cancer Society</i>		(cancer)
www.cancer.org (Sp)	916-446-7933	
☆ <i>John Tracy Clinic for Preschool Deaf Children</i>		(deaf)
www.jtc.org (Sp)	800-522-4582	
☆ <i>NorCal Center for Deafness</i>		(deaf)
www.norcalcenter.org	916-349-7500	
☆ <i>National Down Syndrome Society</i>		(Down syndrome)
www.ndss.org	800-221-4602	
☆ <i>United Cerebral Palsy, Sacramento</i>	(developmental disabilities, cerebral palsy)	
www.ucpsacto.org	916-565-7700	
☆ <i>Genetic Alliance</i>		(genetic disorders)
www.geneticalliance.org (Sp)	202-966-5557	
☆ <i>Kids with Heart</i>		(heart disorders/disease)
www.kidswithheart.org	800-538-5890	
☆ <i>Juvenile Diabetes Research Foundation</i>		(juvenile diabetes)
www.jdrf.org/norcal	916-920-0790	
☆ <i>March of Dimes</i>		(prematurity, birth defects)
www.marchofdimes.com	916-922-1913	
☆ <i>National Alliance for the Mentally Ill</i>		(mental illness)
www.namicalifornia.org (Sp.)	916-364-1642	
☆ <i>Mitochondrial Disease Foundation, United</i>		(mitochondrial disease)
www.umdf.org	800-317-8633	
☆ <i>MIND Institute (UC Davis)</i>		(neurodevelopmental disorders)
www.mindinstitute.org	888-883-0961 / 916-703-0280	
☆ <i>National Institute of Neurological Disorders and Stroke</i>		(neurological diseases)
www.ninds.nih.gov	800-352-9424	
☆ <i>National Organization for Rare Disorders (NORD)</i>		(rare disorders)
www.rarediseases.org	800-999-6673 / 203-744-0100	



County Listing of Resources

(Counties are listed in order of population.)

Where Can I Find A Listing Of The Resources In My County?

Sacramento

Information & Referral for Developmental Programs & Services

- Alta California Regional Center..... (916) 978-6400
- Info Line Sacramento 211 or (916) 498-1000
- Public Health, North..... (916) 648-0982
- Public Health, South..... (916) 875-0900

Infant Development / Education

- Early Head Start..... (916) 263-3804
- Elk Grove Unified School District
 - Special Education Local Plan Area (916) 686-7780
- Folsom-Cordova Unified School District
 - Special Education Local Plan Area..... (916) 635-2802
- Head Start, SETA (916) 263-3804
- Sacramento City Unified School District
 - Special Education Local Plan Area (916) 643-9163
- Sacramento County Office Of Education
 - Infant Development Program..... (916) 277-5900
- Sacramento County Office of Education
 - Special Education Local Plan Area..... (916) 228-2446
- San Juan Unified School District
 - Special Education Local Plan Area (916) 971-7953

Child Care/Respite

- Child Action..... (916) 369-0191
(Ask for "enhanced referral".)
- My Friends Pediatric Health Care Ctr..... (916) 987-8632
- Sacramento Crisis Nursery (North)..... (916) 679-3600
(South) (916) 394-2000

Nutrition/Feeding Assistance

- Breastfeeding Coalition of Sacramento (916) 734-5041
- Le Leche League..... (916) 442-5920
- Women, Infants and Children (WIC)
 - (916) 876-5000
 - (916) 326-5830
- WIC Breastfeeding Helpline (916) 875-2020
Spanish (916) 875-2021

Support Groups

Please see pages 11 & 12

Recreation

Please see "Recreation" pages

Resource Libraries

Please see page 25

Financial Assistance

- CCS - California Children's Services (916) 875-9900
- CHDP-Children's Health & Disability Prog.... (916) 875-7151
- Child Support Services (866) 901-3212
- In-Home Support Services..... (916) 874-9471
- Medi-Cal..... (888) 747-1222
- SSI - Supplemental Security Income..... (800) 772-1213
- TANF - Temporary Assistance for Needy Families
 - (916) 874-2072

Public Service Agencies

- County Health Dept., North..... (916) 648-0982
- County Health Dept., South..... (916) 875-0900
- Drug and Alcohol Treatment..... (916) 874-9754
- Social Services (916) 874-2072
- Mental Health Services (916) 875-7070

Emergency

For EMERGENCY ASSISTANCE, always dial..... 911

Hotline/Crisis

- California Youth Crisis Line (800) 843-5200
- Child & Adolescent Abuse Resource
& Evaluation Center (CAARE)..... (916) 734-8396
- Children's Protective Services (CPS) (916) 875-5437
- Families First, Inc. (child abuse prevention,
foster care, special education)..... (916) 388-6400
- La Familia Counseling Center, Inc.
(Spanish) (916) 452-3601
- Mental Health Crisis Line.... (916) 732-3637 / (916) 875-1000
Child Services Access Team..... (916) 875-9980
- Poison Control..... (800) 222-1222
- Sacramento Crisis Nursery (North)..... (916) 679-3600
(South)..... (916) 394-2000
- Suicide Prevention (800) 784-2433
- Victim-Witness Assistance..... (916) 874-5701
- Women Escaping a Violent Environment
(WEAVE) Crisis Line (916) 920-2952

Notes



El Dorado

Information & Referral for Developmental Programs & Services

- Alta California Regional Center
- Placerville(530) 626-1353
- So. Lake Tahoe(530) 542-0442
- Family Connections El Dorado
- Family Resource Center.....(530) 626-5164
- Public Health.....(530) 621-6100
- Public Health, So. Lake Tahoe(530) 573-3155
- Tahoe Area Coordinating Council for the Disabled
-(530) 544-1127

Infant Development / Education

- Early Head Start.....(530) 295-2270
- El Dorado Co. Office of Education.....(530) 622-7130
- Head Start.....(530) 622-7130 x 2270
- Lake Tahoe Preschool/Toddler Program.....(530) 543-2318
- Lake Tahoe Unified School District.....(530) 543-2318
- PRIDE & Joy Program(530) 626-5164
- Special Education Local Plan Area
- Placerville(530) 295-2228
- Tahoe-Alpine(530) 541-2850

Child Care/Respite

- Choices for Children, Placerville.....(530) 676-0707
- Choices for Children, South Lake Tahoe(530) 541-5848

Nutrition/Feeding Assistance

- Le Leche League (South Lake Tahoe)(530) 318-9939
- Women, Infants & Children (WIC)
- Placerville(530) 621-6176
- Placerville (Spanish Contact).....(530) 621-6171
- South Lake Tahoe (English & Spanish)....(530) 573-3491

Support Groups

Please see pages 11 & 12

Recreation

Please see "Recreation" pages

Resource Libraries

- Family Connections, El Dorado Family Resource Ctr.
-(530) 626-5164
- Marshall Medical Community Health Library (530) 626-2778
(Placerville)
- Lake Tahoe Unified School District.....(530) 541-2850

Financial Assistance

- CCS - California Children's Services
- Placerville(530) 621-6128
- South Lake Tahoe(530) 573-3157

- CHDP-Children's Health & Disability Program
-(530) 621-6110
- Child Support Services
- Placerville(530) 621-5600
- South Lake Tahoe.....(530) 573-3455
- In-Home Support Services.....
- Placerville.....(530) 642-4800
- So. Lake Tahoe.....(530) 573-3060
- Medi-Cal, Placerville.....(530) 642-7300
- Medi-Cal, South Lake Tahoe(530) 573-3200
- SSI - Supplemental Security Income(800) 772-1213
- TANF - Temporary Assistance for Needy Families,
- Placerville(530) 642-7300
- Tahoe(530) 573-3200

Public Service Agencies

- County Health Dept.(530) 621-6100
- South Lake Tahoe.....(530) 573-3155
- Drug and Alcohol.....(530) 621-6146 / 530-573-4370
- Mental Health.....(530) 621-6200
- Social Services.....(530) 642-7300

Emergency

For EMERGENCY ASSISTANCE, always dial 911

Hotline/Crisis

- Center for Violence-Free Relationships, Placerville
- Crisis Lines:.....(530) 626-1131 / (916) 939-6616
- Child Protective Services,
- Placerville.....(530) 642-7100
- So. Lake Tahoe(530) 573-3201
- Child Support Services, Placerville.....(530) 621-5600
- South Lake Tahoe(530) 573-3455
- Food Bank of El Dorado & Alpine Counties... (530) 621-9950
- Mental Health Crisis Line.....(530) 622-3345
- Poison Control(800) 222-1222
- South Lake Tahoe
- Women's Center Crisis Line(530) 544-4444
- Suicide Prevention(800) 784-2433
- Tahoe Youth & Family Services(530) 541-2445
- Crisis (Straight Talk).....(530) 541-3310
- Victim Witness Assistance
- Placerville(530) 642-4760
- So. Lake Tahoe.....(530) 573-3100

Notes



Alpine
**Information & Referral for
 Developmental Programs & Services**

- Alta California Regional Center (530) 542-0442
- Choices for Children (530) 694-2129
- Public Health (530) 694-2235
- Tahoe Area Coordinating Council for the Disabled
- (530) 544-1127

Infant Development / Education

- Alpine Children's Center (530) 694-2390
- Alpine County Office Of Education (530) 694-2230
- Alpine Early Learning Center (530) 694-1159
- Tahoe Alpine,
 Special Education Local Plan Area (530) 541-2850 x 248

Child Care/Respite

- Choices for Children (530) 694-2129

Nutrition/Feeding Assistance

- Women, Infants and Children (WIC) (530) 573-3491

Support Groups

- Choices for Children (530) 694-2129

Resource Library

- Choices for Children (530) 694-2129

Recreation

Please see "Recreation" pages

Financial Assistance

- CCS - California Children's Services (530) 694-2235
- CHDP- Children's Health & Disability Prog. . (530) 694-2235
- Child Support..... (866) 901-3212
- In-Home Support Services (530) 694-2235
- Medi-Cal (530) 694-2235
- SSI - Supplemental Security Income (800) 772-1213
- TANF - Temporary Assistance for Needy Families
 (530) 694-2555

Public Service Agencies

- Drug and Alcohol Treatment (530) 694-1816
- Mental Health Services (530) 694-1816
- Social Services (530) 694-2235
- Health Department (530) 694-2235

Emergency

For EMERGENCY ASSISTANCE, always dial911

Hotline/Crisis

- Alpine Co. Behavior Svcs. (Mental Health) ... (530) 694-1816
- Alpine Co. Women's Ctr. (888) 750-6444
- Calaveras Crisis Center..... (209) 736-4011
- Child Protective Services..... (530) 694-2151
 After 5 pm (888) 755-8099
- Food Bank of El Dorado & Alpine Counties ... (530) 621-9950
- Minden Urgent Care (775) 782-8181
- Poison Control..... (800) 222-1222
- So. Lake Tahoe Women's Center (530) 544-2118
- Suicide Prevention (800) 784-2433
- Victim/Witness Assist. Program (530) 694-2971

Notes



Regional

Information & Referral for Developmental Programs & Services

- WarmLine Family Resource Center(800) 660-7995
 Sacramento(916)922-9276
 Placer County(916) 632-2100
 Yolo County(530) 759-1127
 Spanish(916)922-1490

Education

- California Department of Education,
 Special Education Department(916) 445-4613
 Intertribal Council of California(916) 973-9581

Child Care/Respite

- Community Care Licensing:
 Day Care Licensing(916) 229-4530
 Community Care Licensing:
 Residential Care Licensing(916) 263-4700
 United Cerebral Palsy(916) 779-6262

Nutrition/Feeding Assistance

- Breast Feeding National Network (BNN)(877) 992-6332
 Hollister Breast Feeding Equipment(866) 992-6332
 Le Leche League(800) LA-LECHE

Support Groups

Please see pages 11 & 12

Recreation

Please see "Recreation" pages.

Resource Libraries

Please see page 25.

Technology

Please see page 25

Local & National Organizations That Support Families

Please see page 27

Legal/Advocacy

- Area Board III(916) 263-3085
 Bureau of Family Support(916) 875-7400
 California Department of Education Procedural Safeguards ..
 Referral Service(800) 926-0648
 Capitol People First(916) 729-4980
 Court Appointed Special Advocates (CASA)
 El Dorado County(530) 622-9882
 Nevada County(530) 265-9550
 Placer County(530) 887-1006

- Sacramento County(916) 875-6460
 Yolo County(530) 661-4200
 Disability Rights California(916) 488-9950
(800) 776-5746

- Disability Rights & Defense Fund (DREDF)
 Parent Training & Information Center for Yolo County
(510) 644-2555
 Health Rights Hotline(916) 551-2100 / (800) 354-4474
 Legal Services of Northern California(916) 551-2150
 National Fathers Network(425) 653-4286
 NICHCY: National Information Center
 for Children and Youth with Disabilities . (800) 695-0285
 Office of Clients Rights Advocacy (OCRA) ... (916) 575-1615
 or(800) 390-7032
 Patients Rights Advocates(916) 737-7104
 Rowell Family Resource Center
 Parent Training & Information Center for
 Sacramento, Placer, El Dorado, Nevada & Alpine Co.
(877) 227-3471

Financial Assistance

- Medi-Cal(800) 952-5253
 Social Security Administration(800) 772-1213

Emergency

For EMERGENCY ASSISTANCE, always dial 911

Hotline/Crisis

- AIDS Hot Line(800) 367-2437
 El Dorado, Placer, Sacramento Co.(888) 259-4448
 Poison Control(800) 222-1222
 Suicide Prevention(800) 784-2433

Notes

Emergency Preparedness for Children with Special Needs

"I used to get overwhelmed about emergency preparedness, but once I broke it down into small steps it got easier. Each week I put a few items on my shopping list. Then I got other supplies at second hand stores and the Red Cross. I feel better knowing I'm ready instead of worrying about getting ready". -Parent

Consider your child's needs if there was:

- ☆ No water, electricity, telephone, heat, air conditioning, computer
- ☆ No local access to prescription refills or health products
- ☆ No refrigeration
- ☆ Separation from your family
- ☆ Evacuation to a shelter or elsewhere
- ☆ Confinement to home
- ☆ Limited health care access
- ☆ Lack of transportation
- ☆ Limited emergency rescue services

Planning for Special Needs

- ☆ Talk with your family about different types of emergencies... and how to care for your child with special needs during an emergency
- ☆ Talk with...your child's health care team about how to care for your child during different types of emergencies. Develop a plan for how you will communicate with (them) during an emergency.
- ☆ Plan for back-up sources of heat, refrigeration and electricity. Your family can use an emergency shelter for storing medicine, charging equipment, help with medical needs, getting a meal and more. You do not have to be staying in a shelter to use its resources. For more information go to: *Using a Generator When Disaster Strikes* at www.redcrossalcoast.org/Portals/0/Generator%20Fact%20Sheet%2007.pdf
- ☆ If your child depends on dialysis or other life-sustaining treatment, know the location of more than one facility and find out *their* plans for emergencies and how your child will get treatment, medication, etc. Get their emergency contact numbers.
- ☆ Store extra medications and equipment at your child's school (*or other alternate site*).

- ☆ Create and practice an escape plan for your home. Are there clear exit paths for a child who uses mobility devices or has vision loss?
- ☆ For each person in the home, keep a pair of shoes stored under their bed to use in an evacuation.
- ☆ Talk to your local police and fire departments about their emergency services or plans for people with special needs.
- ☆ Plan for your child's service animal.
- ☆ Obtain a medical alert and/or identification bracelet for your child. (*Consider wearing a matching one in case you become separated and are unable to communicate.*)
- ☆ In the event of a disaster, listen to your emergency radio station.

Create a Support Network

A support network includes family, neighbors or friends that can help you and your child.

- ☆ Tell your support network about your child's special needs and where your emergency supplies are stored.
- ☆ Give a trusted member of your network a key to your home.
- ☆ Agree upon a system with your neighbors to signal for help if phones and electricity are not working.
- ☆ Show others how to handle your child's...equipment.
- ☆ Talk to other families who have a child with the same condition ...about ideas and tips.

Pack Emergency Supplies Including:

- ☆ A copy of your child's up-to-date Emergency Information Form and care plan. (Sample forms are available at www.aap.org/advocacy/eif.doc)
- ☆ Current medical information and ...records stored in an easy to carry format such as a CD or flash drive. Keep at least one paper copy in a waterproof bag.
- ☆ Two weeks worth of medical supplies such as syringes, dressing materials, nasal cannulas or suction catheters.
- ☆ At least a 3 day supply of medications (14 days is ideal). Talk with your child's doctor about how to obtain an extra supply. Keep prescription infor-

mation in your wallet, car and survival kit, along with the name, location and phone number of an out-of-town pharmacy. Ask your doctor or pharmacist how to properly store medications for use in an emergency. Note: Rotate prescription supplies so that medication does not expire.

- ☆ Back-up power support (generator or battery) for electrical medical equipment. (*Due to deadly fumes, use generators, camp stoves or grills outdoors.*)
- ☆ Have a way to charge your cell phone without electricity. You can use a car adaptor or crank radio/flashlight that includes a cell phone charger. Look for battery powered or travel versions of medical equipment your child uses.
- ☆ An AC adaptor for your car that can run small electrical equipment such as a nebulizer. Know how long your battery will last while using the adaptor.
- ☆ Manual wheelchair or other non-electric equipment.
- ☆ Extra contact lenses, lens supplies, glasses.
- ☆ Batteries for hearing aids, communication devices.
- ☆ Special dietary foods and supplies.
- ☆ Cooler and chemical ice packs for storing medications that must be kept cold.
- ☆ Items that calm or entertain your child.
- ☆ Identification to be carried by each child in case your family gets separated.
- ☆ Proof of service animal status to insure it can go with you into a shelter. (*Don't forget to keep vaccination records with other important emergency papers and make sure the animal has identification.*)
- ☆ Store your supplies in water and pest-proof containers that are easy to get to. Update supplies and emergency contact and medical forms each year and replace water every six months. Store batteries out of devices until ready for use.

☆ **Disability Resource Center**

www.disabilitypreparedness.gov/ppp/disabil.htm

Emergency preparedness for special needs including specific tips by disability.

☆ **Family Voices**

www.familyvoices.org/info/emergencies.php

"Emergencies and Disasters: Keeping Children and Youth with Special Health Care Needs Safe"



Links to Other Emergency Preparedness Resources for Special Needs:



“Alphabet Soup”—Common Acronyms

AAC Augmentative Alternative Communication
ABA Applied Behavior Analysis
ACRC Alta California Regional Ctr.
ACOE Alpine Co. Office of Education
ADA Americans with Disabilities Act
ADD Attention Deficit Disorder
ADHD Attention Deficit Hyperactivity Disorder
ASD Autism Spectrum Disorder
AT Assistive Technology
AUT Autism
CAC Community Advisory Committee
CCS California Children Services
CH Communicatively Handicapped
CP Cerebral Palsy
DD Developmentally Delayed
DDS Dept. of Developmental Services
DHOH Deaf and Hard of Hearing
DIS Designated Instruction and Services
DOE Department of Education
ED Emotionally Disturbed
EDCOE El Dorado Co. Office of Education
ECSE Early Childhood Special Education
FBA Functional Behavior Assessment
FRC Family Resource Center
HI Hearing Impaired
IBI Intensive Behavioral Intervention
IDEA Individuals with Disabilities Education Act
IEP Individualized Education Program
IFSP Individualized Family Service Plan
IHSS In-home Support Services
IPP Individual Program Plan
IQ Intelligence Quotient
LD Learning Disabled/Learning Disability
LEA Local Education Agency (local school district)
LH Learning Handicapped

LRE Least Restrictive Environment
LSH Language, Speech and Hearing (specialist)
MD Muscular Dystrophy
MD Multiple Disabilities
MH Multihandicapped
MM Mild/Moderate
MR Mentally Retarded
NCOE Nevada Co. Office of Education
NPS/NPA Nonpublic school/Nonpublic agency
OH Orthopedically Handicapped
OI Orthopedically Impaired
OHI Other Health Impaired
O&M Orientation and Mobility
OT Occupational Therapy
PCOE Placer Co. Office of Education
PDD Pervasive Developmental Disorder
PDD/NOS Pervasive Developmental Disorder, Not Otherwise Specified
PHN Public Health Nurse
PSP Preschool Specialist Program
PT Physical therapy
RC Regional Center
RTI Response to Intervention
SCOE Sacramento Co. Office of Education
SDC Special Day Class
SELPA Special Education Local Plan Area
SH Severely Handicapped
SI Severely Impaired
SLD Specific Learning Disability
SLI Speech and Language Impairment
SLT Speech / Language Therapy
SLP Speech & Language Pathologist
SPD Sensory Processing Disorder
SSI Supplemental Security Income
SST Student Study Team
TBI Traumatic Brain Injury
TDD Telecommunications Device for the Deaf
VI Visually Impaired
YCOE Yolo Co. Office of Education

WarmLine Family Resource Center

"Serving Families and Professionals Involved with
Children with Special Needs Since 1993."

Sacramento:

2025 Hurley Way, Suite 100
Sacramento, CA 95825
916-922-9276 / 800-660-7995
Spanish: 916-922-1490
Fax: 916-922-9341
email: warmline@warmlinefrc.org
www.warmlinefrc.org

Placer County:

6960 Destiny Dr., Suite 106
Rocklin, CA 95677
916-632-2100
Spanish: 916-922-1490
Fax: 916-782-7148
email: placerwl@warmlinefrc.org
www.warmlinefrc.org

Yolo County:

Located in
Socially Speaking
907 3rd Street
Davis, CA 95616
530-759-1127
Spanish: 916-922-1490
email: yolowl@warmlinefrc.org
www.warmlinefrc.org

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