

Alphabet Soup:

Family Resources for Children with Special Needs

The guide is meant to serve as a tool for families in the WRSD communities to access services and supports in Central Massachusetts.

For updates, corrections, suggestions please email: wrsdsepac@gmail.com

The mission of the Wachusett Regional School District Special Education Parent Advisory Council (WRSD SEPAC) is to work towards the understanding of, respect for, support and appropriate education for all children with special needs in the WRSD communities.

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Social Security Administration (SSA)

What is it?

SSA pays retirement, disability and survivors benefits to workers and their families and administer the Supplemental Security Income program. They also issue Social Security numbers. The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources.

Who is eligible?

The Supplemental Security Income (SSI) program pays cash benefits to disabled adults and children who have limited income and resources.

Why would I want it?

This is a direct financial assistance program that your child may be eligible. Also, this program is a „gateway“ to other programs. Your child“ s eligibility for SSI can meet automatic eligibility for other programs (for example, automatic eligibility for MassHealth).

How do I apply?

You can complete some or all of the forms online (www.ssa.gov) or call toll-free (1-800-772-1213) to schedule an appointment. They will help you in person or by phone. You can apply for disability benefits online at www.socialsecurity.gov/applyfordisability. You can find the most convenient Social Security office at www.socialsecurity.gov/locator/

SOCIAL SECURITY

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RM301 PHILBIN FED BLDG

881 MAIN ST

FITCHBURG, MA 01420

Phone Number (978) 343-4526

Toll-Free 1-800-772-1213

TTY (800) 325-0778 between 7 a.m. and 7 p.m. Monday through Friday.

The Disability Starter Kit will help you get ready for your disability interview or help you complete the online application. Kits are available in English and Spanish for adults and for children under age 18.

The starter kit provides information about the specific documents and the information that we will request from you. We will ask for more details during the disability interview or when you complete the online Child or Adult Disability Report Form.

The kits also provide general information about the disability programs and our decision-making process that can help take some of the mystery out of applying for disability benefits.

Each Disability Starter Kit contains a:

- Factsheet that answers questions most people ask about applying for disability benefits,
- Checklist of documents and information we will request, and
- Worksheet to help you gather and organize the information you will need for your disability interview or to complete the online forms.

Department of Public Health (DPH)

Dedicated to serve all the people in the Commonwealth, particularly the under served, and to promote healthy people, healthy families, healthy communities and healthy environments through compassionate care, education and prevention.

DPH Mission

- We believe in the power of prevention.
- We work to help all people reach their full potential for health.

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- We ensure that the people of the Commonwealth receive quality health care and live in a safe and healthy environment.
- We build partnerships to maximize access to affordable, high quality health care.
- We are especially dedicated to the health concerns of those most in need.
- We empower our communities to help themselves.
- We protect, preserve, and improve the health of all the Commonwealth's residents.

Department of Public Health
250 Washington Street
Boston, MA 02108-4619
(617) 624-6000
TTY (617) 624-6001

<http://www.mass.gov/dph/>

DPH Public Health Information Line (866) 627-7968

MassHealth

What is it?

The MassHealth program provides comprehensive health insurance-or help in paying for private health insurance-to nearly one million Massachusetts children, families, seniors, and people with disabilities. MassHealth offers a broad range of health-care services by paying for part or all of a MassHealth member's health insurance, or paying medical providers for services given to MassHealth members.

Who is eligible?

Families may be eligible for MassHealth for financial reasons. However, if you or a member of you family have a qualifying disability, then you may also be eligible.

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Why would I want it?

MassHealth participation is the entryway to several benefits in addition to its health insurance benefits. Acceptance into MassHealth serves as a gateway to other benefits including

- Personal Care Attendant
- Medical Transportation
- Dental Care
- Diapers and Medical Equipment

How do I apply?

Go to www.mass.gov and search for MassHealth, Or

<http://www.mass.gov/Eeohhs2/docs/masshealth/appforms/mbr.pdf>

You've been approved for MassHealth. Now what?

You've been approved, but... "WOW, I didn't think that it would cost this much." Guess what! It might not cost that much after all. The next step - determine if you are eligible for premium assistance.

MassHealth Standard/CommonHealth Premium Assistance (MSCPA)

What is it?

MassHealth Standard/CommonHealth Premium Assistance provides financial assistance to families that have a family member that receives services from MassHealth and also has private health insurance.

Why would the Commonwealth do this? Well, almost by definition, our family members with disabilities are expensive healthcare consumers. The state may determine that it is cost effective to encourage families to keep their private insurance in place, and to assume a secondary financial role in their care, rather than have MassHealth assume a primary financial responsibility.

Who is eligible?

Families that:

- Have at least one member eligible for services through MassHealth/CommonHealth.

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- Pay out of pocket for health care premiums. Employer paid health care premiums are not eligible. Many government sponsored health care policies (i.e., military) are not eligible. Premiums paid out of Union Dues may not be eligible.
- Have private insurance that meets the Commonwealths standards for care with respect to early intervention, mental health benefits and other minimum standards of care.

Why would I want it?

Family benefits can be up to \$660 dollars per month (depending upon family size, family income and the out of pocket cost for private health insurance) and are paid directly to the private insurance policy holder. Benefits are first applied toward MassHealth premiums. The remainder is sent as a payment to families.

MSCPA may make it economical for a family to maintain both private health insurance and MassHealth for their family (or disabled child). If MassHealth is your secondary insurer then it will cover eligible co-payments for prescription medication, doctor's services and medical equipment for providers that accept both your primary insurance and MassHealth.

MassHealth insurance may also offer you the benefit of such as diapers at no cost and transportation to medical appointments, if scheduled in advance (Contact your doctor for more Information) that may make it economically worthwhile to maintain both forms of insurance.

How do I apply?

Contact the MassHealth Standard/CommonHealth Premium Assistance (MSCPA) program at 800-862-4840. Tell the person answering the phone that you (your child/ren) have been approved for MassHealth and you would like to know if you are eligible for premium assistance. They will look up your account and help determine to which program you are eligible to apply. If you, or a member of you family, were approved for MassHealth because of a qualifying disability, then you absolutely should be - regardless of income - eligible for premium assistance, if only in the form of a reduced MassHealth premium.

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Find more information about this program on the Commonwealth's website at: <http://www.mass.gov/dph/fch/care/mscpa.htm>.

If you have any other questions, you may also call the Community Support Line at 1-800-882-1435 (TTY: 617-624-5992 for the deaf and hard of hearing).

Okay, I've got MassHealth and I can afford it. What else?

Personal Care Assistance (PCA)

What is it?

Personal Care Assistance (PCA) is a home-based support offered to individuals, who as a result of a disability require help with activities of daily living. The design of the service is based on the belief that each person knows their own needs best and should have as much control as possible over the way those needs are met.

Who is eligible?

In order to be considered for personal assistance services, an individual must:

Have a severe, chronic disability; Be Medicaid eligible; And require hands-on assistance with at least two personal care areas: bathing, dressing, toileting, eating, range of motion, or transfers/mobility.

Why would I want it?

PCA services can help you care for your child by providing funding to pay for assistance with meeting specific care needs of your child. Typically, your child's independent abilities are compared to that of a non-disabled peer to determine the extra support needed.

The person using the service (or their surrogate) develops a job description to address tasks he or she can't perform independently. Assistance may be provided in areas such as the following, depending on the need: bathing; dressing; range of motion exercises (w/Rx); toileting; eating; medication administration; grooming housekeeping transportation to medical appointments; shopping; laundry; food preparation

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The person using the service (or their surrogate) hires and trains his/her own assistant. The person using the service determines his or her own assistance schedule, rather than trying to arrange life around a care provider's predetermined schedule.

Approved participants are told that the number of hours of support that they are eligible to receive. Person's utilizing the services (or their surrogate) submit bi-weekly timesheets to their coordinator and paychecks are issued directly to PCA service providers. The current wage for PCA services is \$10.83 per hour. Anyone legally eligible to work (i.e., 14+) and not the legal guardian of the recipient is eligible to be a PCA. Examples include: grandparents, family friends, neighbors, etc.

How do I apply?

Please remember that your child must be approved for MassHealth before you can apply for PCA services.

You do NOT need to wait for the MSCPA application to be submitted, reviewed or approved before applying for PCA services. However, you may wish to learn how much, if any services your child will be eligible for through this program before you decide if it is worthwhile to invoke MassHealth and private insurance.

The North Shore ARC is an approved provider for PCA services in our region; there are other approved providers, too. Tell them that you have a child with a disability that has been approved for MassHealth and that you'd like to determine if he or she is eligible for PCA services.

Generally, the intake coordinator from their staff will conduct a phone interview and, if appropriate, will meet you in your home at your convenience. Upon completion of an initial interview, the coordinator will return with additional staff to complete a formal application.

Personal Assistance Services:
A Support Service of The North Shore ARC
6 Southside Road
Danvers, MA 01923
Phone (978-762-0301) Fax (978-777-7362)
On the web at: www.n sarc.org

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PLEASE keep in mind, this is a health program, not an education program. These services are to assure that our children are fed, dressed and, groomed. PCA services do not address the incremental time necessary to teach a child to perform these activities. Teaching these skills to a child, may also be areas of concern in an IEP.

Extended Care Health Option (ECHO)

What is it?

For families that are members of the military, TRICARE's Extended Care Health Option (ECHO) replaced the existing TRICARE Program for Persons with Disabilities (PFPWD). Beneficiaries who still have authorization approvals for PFPWD can continue on those approvals until the expiration or services are requested and authorized under the ECHO program. The following is a summary of TRICARE's Extended Care Health Option:

Who is eligible?

ECHO benefits are available with a qualifying condition to an active duty TRICARE eligible child or spouse of:

- A member of one of the Uniformed Services of the United States, including members of the Reserve Component activated for a period of more than 30 days; or
- Family members eligible for continued TRICARE medical benefits through the Transitional Assistance Management Program (TAMP).
- A former member of a Uniformed Service of the United States when the child or spouse is the victim of physical or emotional abuse.

The following are qualifying conditions under both PFPWD and ECHO:

- Moderate or severe mental retardation
- A serious physical disability
- An extraordinary physical or psychological condition of such complexity that the beneficiary is homebound

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Why would I want it?

In addition to coverage received via the primary TRICARE plan, TRICARE ECHO benefits may include:

- Medical and rehabilitative services
- Training to use assistive technology devices
- Special education
- Institutional care when a residential environment is required
- Transportation under certain circumstances
- Assistive services, such as those from a qualified interpreter or translator, for beneficiaries whose visual or hearing impairment qualifies them for ECHO benefits
- Durable equipment, including adaptation and maintenance
- In-home medical services through TRICARE ECHO Extended Home Health Care (EHHC)
- In-home respite care services (Note: Only one of the following respite care benefits may be used in a calendar month.)
 - ECHO Respite care-16 hours per month when receiving other authorized ECHO benefits
 - EHHC Respite care-up to 40 hours per week (eight hours per day, five days per week) if homebound

How do I apply?

Services covered under the basic TRICARE benefit cannot be authorized under the TRICARE ECHO program-those services must be authorized under the TRICARE program option the beneficiary is using (TRICARE Prime, TRICARE Prime Remote, TRICARE Standard, TRICARE Extra).

If a beneficiary's family member has a condition that may qualify for services under TRICARE ECHO, they should contact their regional contractor for assistance.

Find more information on the web at

<http://www.military.com/benefits/tricare/tricare-extended-care-health-option#3>

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Massachusetts Developmental Disabilities Council (MDDC) Consumer Empowerment Funds

What is it?

The Massachusetts Developmental Disabilities Council (MDDC) provides Consumer Empowerment Funds for individuals to attend conferences or other events in Massachusetts or another state. Applications must be received and approved before the event. The Council will respond to requests based on set program guidelines. The goal of this program is to promote the empowerment of individuals with developmental disabilities and their families by assisting them in their efforts to achieve independence, productivity, integration and inclusion.

Who is eligible?

Legal residents of Massachusetts with developmental disabilities and/or a family member or guardian Definition of Developmental Disabilities.

A "developmental disability", as defined in federal law, is a severe, chronic, often lifelong disability that causes substantial limitations in several major life activities such as: self care, receptive and expressive language, learning, mobility, self-direction, the capacity for independent living, and economic self-sufficiency. It is attributable to a mental, emotional, sensory, and/or physical impairment that is apparent before the age of twenty-two.

Why would I want it?

Individuals/Family members may obtain funding to attend eligible events. Eligible events include:

- Training in self-advocacy, educating policymakers and citizen leadership skills.
- Training to obtain access to services, supports and other assistance.
- Parent training and information under Part D of the Individuals with Disabilities Education Act and other federally funded projects that assist parents of children with developmental disabilities.

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One event per person/family per year for up to \$500.00 maximum; The Council will provide a maximum of \$2,000 per event regardless of how many people apply.

How do I apply?

Complete the application available on their website at: <http://www.mass.gov/mddc/cefp/index.htm> and attach a copy of the brochure/application for the event and a brief summary describing how attending the conference or event will benefit you and/or others.

Mail it to the attention of the Consumer Empowerment Funds Program at the address below.

Massachusetts Developmental Disabilities Council
Attn: Harold Lieberman
1150 Hancock Street
Third Floor, Suite 300
Quincy, MA 02169
Phone: (617) 770-7676 ext. 115; Fax: (617) 770-1987

Please note, this is a reimbursement program. Applications will be reviewed and approved in advanced, but attendees must make the initial payments for services and seek reimbursement from the MDDC. In all categories, individuals will not receive funds to attend conferences or other events specifically related to their professions.

Registry of Motor Vehicles (RMV)

When people think about the RMV they often think only of driver's licenses, license plates and local branch offices. Today's Registry is much more complex and features programs and technology that vastly expands the role of the RMV. Specific area of interest to families of children with disabilities may include:

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Special Placards and Plates

What is it?

Special Placards and Plates are available for vehicles that transport medically disabled drivers and passengers.

Who is eligible?

To obtain Disability Plates, a Placard or a Disability Veteran Plate you must be a Massachusetts resident. In addition, a Massachusetts registered and licensed physician, chiropractor or nurse practitioner must certify that you meet one of the following conditions:

- ❑ Cannot walk 200 feet without stopping to rest.
- ❑ Cannot walk without the assistance of another person, prosthetic aid or other assistive device.
- ❑ Are restricted by lung disease to such a degree that your forced (respiratory) expiratory volume (FEV) in one second, when measured by spirometry, is less than one (1) liter.
- ❑ Use portable oxygen.
- ❑ Have a Class III cardiac condition according to the standards set by the American Heart Association.
- ❑ Have a Class IV cardiac condition according to the standards set by the American Heart Association. A customer in this condition must surrender his or her license.
- ❑ Have Class III or Class IV functional arthritis according to the standards set by the American College of Rheumatology.
- ❑ Have Stage III or Stage IV anatomic arthritis according to the standards set by the American College of Rheumatology.
- ❑ Have been declared legally blind (please attach copy of certification). A customer in this classification must surrender his or her license.
- ❑ Have lost one or more limbs or permanently lost the use of one or more limbs.

To be eligible for a Temporary Placard, the medical professional must certify that the disability is predicted to last at least two (2) months.

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The application form lists specific eligibility requirements. However, it is noteworthy that a child may be determined to be unable to „walk 200 feet without assistance“ for safety behavioral concerns as well as physical ability.

Why would I want it?

Special parking may make some outings possible, or less stressful. These placards/plates allow for preferential parking at most public places. Special Plates are issued to a particular vehicle. Special Placards are portable passes that are valid in whatever vehicle the disable person is being transported.

How do I apply?

The Application for Disabled Placard / Plate is a two page form. You are required to complete the first page of the form only. The second page of the form is to be completed by a Massachusetts licensed physician, chiropractor or nurse practitioner. After you complete the required information, take both pages of the form to your physician, chiropractor or nurse practitioner. <http://www.mass.gov/rmv/forms/20060.pdf>

Department of Mental Retardation (DMR)

What is it?

DMR provides assistance in job placement, transportation, housing, or intense levels of treatment, monitoring and care. DMR provides these services through state-operated programs and with 265 provider agencies across the state.

DMR is dedicated to creating, in partnership with others, innovative and genuine opportunities for individuals with mental retardation to participate fully and meaningfully in, and contribute to, their communities as valued members.

Who is eligible?

Massachusetts has a comprehensive system of specialized services and supports to give individuals with mental retardation and developmental disabilities the opportunities to live the way they choose. The Department of Mental Retardation (DMR) is the state agency that manages and oversees

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this service system. Eligibility criteria are governed by state regulation. If you believe that you might be eligible, then contact DMR for specific information.

Why would I want it?

For Children with Mental Retardation and Developmental Disabilities, DMR services and supports for children with developmental disabilities operate within rules and regulations that are not always easy to understand. DMR strives to provide individuals and families with clear information on regulations, policies, specialized services and supports, and community resources in a manner that is responsive to diverse cultural groups.

Go to the Commonwealth's website www.mass.gov and search for Spectrum of Services.

The Department of Mental Retardation offers service coordination and family support services to eligible children with developmental disabilities and their families. A description of these services is provided below.

- Service Coordination is provided by DMR staff that arranges, coordinates, and monitors the services and supports that DMR provides, purchases or arranges for a DMR eligible child.
- Family Support Services consist of supplemental supports that can help a family to care for their family member at home. Types of family support services include individual and/or family education and training, support groups, family support coordination, supports planning, limited supports for community participation, outreach and education, and respite. For more information about Family Support Services, see our Family Support Guidelines.
- Enhanced Family Support Services consist of 2 types of more comprehensive and intensive services. The Intensive Flexible Family Support Program is a time-limited, goal-oriented service for families experiencing severe stress that is causing the child to be at risk of an out-of-home placement. The Medically Fragile Family Partnership Program provides comprehensive wrap-around supports to families with children with significant cognitive, physical and complex health care needs.

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Specialty Family Support Services consist of the following types of supports:

- The Family Leadership Series which is sponsored annually in different geographic areas of Massachusetts. It is organized into three, two-day workshops focusing on: initiative and leadership, creating a vision and policy-making at the local, state and federal level.
- Autism Support Centers located throughout the Commonwealth. There are seven DMR funded Centers that provide information and referral resources on all five Pervasive Developmental Disorders. Each Center also holds support groups, has a lending library, produces a newsletter and provides various community programs.
- After School Programs which focus on integrating children with disabilities into community programs and activities, such as, Girl and Boy Scouts, karate classes, and YMCA programs. After School supports helps the child to make friends, facilitate a child's sense of belonging, and foster a sense of self-esteem and growth.

Planned Facility-Based Respite which is a planned out-of-home respite service for children that provides short-term temporary relief to families caring for them at home. The program includes overnight, weekend and/or vacation stays, and a variety of recreational, social, cultural and/or educational activities.

Camp Programs which provide integrated summer day or overnight camping experiences for children and offer a variety of activities that include swimming, outdoor education, recreational games, challenge courses, and expressive art.

Several DMR Funded specialty supports are listed separately in this workbook

How do I apply?

The DMR eligibility application process can be initiated as follows:

- By downloading, completing and sending an application form (Application for DMR Eligibility) to the DMR Regional Eligibility Coordinator, or

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- By contacting the DMR Regional Eligibility Team directly at the Intake Referral Number for your local office.

Princeton, Rutland, Sterling

DMR Area Office: North Central

Director: Donna Boucher

Child Adolescent Human Service Coordinator JoAnne Bayliss

Intake Eligibility Coordinator: 413-284-5040

435 Main Street

Fitchburg, MA 01420

Phone: (978) 342-2140

Fax: (978) 342-3313

Holden, Paxton,

DMR Area Office: Worcester

Director: Peter Trayers

Child Adolescent Human Service Coordinator Denise Haley

Intake Eligibility Coordinator: 413-284-5040

40 Southbridge St., #200

Worcester, MA 01608

Phone: (508) 792-7545

Fax: (508)792-7587

TTY Phone: (508) 792-7781

Department of Mental Health (DMH)

What is it?

The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work and participate in their communities. The Department establishes standards to ensure effective and culturally competent care to promote recovery. The Department sets policy, promotes self-determination, protects human rights and supports mental health training and research. This critical mission is accomplished by working in partnership with other state agencies, individuals, families, providers and communities.

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Who is eligible?

To receive mental health services from the Department of Mental Health (DMH), you must meet the clinical criteria as described in state regulation 104 CMR 29.04 (3)(a) or (3)(b), be determined in need of DMH continuing care services, and have no other means for obtaining the services, as described at 104 CMR 29.04 (4)(a-d).

Determination of eligibility for DMH continuing care services is based on an assessment of:

- whether the individual meets the clinical criteria for DMH continuing care services;
- whether the individual requires DMH continuing care services;
- whether current medical entitlements and/or insurance are available or sufficient to provide for needed continuing care services;
- whether other appropriate services from public or private entities are available.

An application for DMH continuing care services will be accepted if the individual, (or in the case of a minor, the parent or guardian), is a resident of the Commonwealth of Massachusetts.

An individual denied eligibility for DMH Continuing Care Services may reapply if his or her clinical condition or access to insurance or medical entitlements has changed.

Why would I want it?

DMH sets the standards for mental health care for the operation of mental health facilities and community residential programs. DMH also provides clinical, rehabilitative and supportive services for adults with serious mental illness, and children and adolescents with serious mental illness or serious emotional disturbance. More information about the Department's mission, operational goals, and history may be found here: [About the Department of Mental Health](#).

The overarching goal of DMH's service delivery is to integrate public and private services and resources to provide optimal community-based care and opportunities. As the Commonwealth's mental health authority, DMH is mandated by statute to "take cognizance of all matters affecting the mental

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health of citizens of the Commonwealth," and to provide for "research into the causes of mental illness."

Through an Interagency Service Agreement between DMH and MassHealth (formerly known as the Division of Medical Assistance (DMA)), most emergency and acute hospitalization services are provided through MassHealth's mental health and substance abuse vendor, the Massachusetts Behavioral Health Partnership. Extended stay inpatient services and community-based services are provided by DMH, either directly or through contracted vendors.

In addition to DMH's continuing care adult inpatient facilities, latency age and adolescent inpatient and intensive residential treatment facilities, DMH also covers a wide array of community-based mental health services such as the following:

- Residential Options (for both children and adults) □
Case Management
- In-home Treatment (for both children and adolescents)
- Flexible Supports in the Community (for both children and adults) □
Outpatient Services
- Dual-Diagnosis Treatment
- Clubhouses (DMH eligibility not required) □
Day Treatment
- Skills Training
- Supported Employment

DMH Operated Facilities in Area:

Worcester State Hospital

Address: 305 Belmont Street

Worcester, MA 01605

Person in Charge: Anthony Riccitelli, Chief Operating Officer

Telephone: (508) 368-3300

Fax: (508) 363-1515

TTY: (508) 752-0127

Local Service Sites:

Fitchburg Local Service Sites:

515 Main Street

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Fitchburg, MA 01420
Person in Charge: Matthew Broderick
Telephone: (978) 353-4433
Fax: (978) 348-1275
TTY: (978) 343-2637

Towns Served: Ashby, Ayer, Berlin, Bolton, Clinton, Fitchburg, Groton,
Harvard, Lancaster, Leominster, Lunenburg, Pepperell, Shirley, Sterling,
Townsend

Emergency/Crisis 24-hr:

Herbert Lipton MHC

45 Summer Street
Leominster, MA 01453
Person in Charge: Paul Walker
Telephone: 1-800-977-5555/(978) 534-3372
Fax: (978) 537-4966

Gardner

515 Main Street
Fitchburg, MA 01420
Person in Charge: Matthew Broderick
Telephone: (978) 353-4433
Fax: (978) 348-1275
TTY: (978) 343-2637

Towns Served: Ashburnham, Barre, Gardner, Gilbertville, Hardwick,
Hubbardston, New Braintree, Oakham, Princeton, Rutland, Templeton,
Westminster, Winchendon

Emergency/Crisis 24-hr:

North Central Human Services

31 Lake Street
Gardner, MA 01440
Person in Charge: James Keevan
Telephone: (978) 632-9400
Fax: (978) 630-3085

Milford

40 Institute Road, Oaks "B" Bldg.

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WRSD SEPAC (www.wrsd-sepac.org)

Wachusett Regional School District Special Education Parent Advisory Council

No. Grafton, MA 01536
Person in Charge: Pam Druzbecki
Telephone: (508) 887-1100
Fax: (508) 887-8604
TTY: (508) 887-8932

Towns Served: Bellingham, Blackstone, Douglas, Franklin, Grafton, Hopedale,
Medway, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton,
Uxbridge

Emergency/Crisis 24-hr:

Blackstone Valley, Emergency Services Riverside Community Care
P.O. Box 1099
Upton, MA 01568
Person in Charge: Mike Rubin
Telephone: (508) 634-3420
Fax: (508) 634-2603

Southbridge

40 Institute Road, Oaks "B" Bldg.
No. Grafton, MA 01536
Person in Charge: Pam Druzbecki
Telephone: (508) 887-1100
Fax: (508) 887-8604
TTY: (508) 887-8932

Towns Served: Brimfield, Brookfield, Charlton, Dudley, East Brookfield,
Holland, North Brookfield, Oxford, Southbridge, Spencer, Sturbridge,
Wales, Warren, Webster, West Brookfield

Emergency/Crisis 24-hr:

Harrington Memorial Hospital
100 South Street
Southbridge, MA 01550
Person in Charge: Susan Moore Butler
Telephone: (508) 765-9771 ext. 2580
Fax: (508) 765-3147

Worcester

305 Belmont Street

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WRSD SEPAC (www.wrsd-sepac.org)

Wachusett Regional School District Special Education Parent Advisory Council

Worcester, MA 01604
Person in Charge: Brian Minchoff
Telephone: (508) 363-2100
Fax: (508) 363-1521
TTY: (508) 798-2743

Towns Served: Auburn, Boylston, Holden, Leicester, Paxton, Shrewsbury,
West Boylston, Worcester

Emergency/Crisis 24-hr:

U/Mass. Medical Center - Emergency Mental Health Services
55 Lake Avenue North
Worcester, MA 01605
Person in Charge: Linda Perry
Telephone: (508) 856-3562
Fax: (508) 856-1695

How do I apply?

Central Massachusetts Area

Elaine Hill, Area Director
Worcester State Hospital
305 Belmont Street
Worcester, MA 01604
Phone (508) 368-3838 Fax (508) 363-1500 TTY (508) 752-0127
Ann Scott, Area Operations Manager
Richard Breault, Director of Child/Adolescent Services
Susan Sciaraffa, Director of Community Services
Liz Rollins, Human Rights Coordinator (508) 368-3380

Collaborative Assessment Program (CAP)

What is it?

This program provides a single point of entry into DSS and/or DMH services for youth who have serious emotional disturbance and are at risk of residential placement.

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Who is eligible?

The Collaborative Assessment Program (CAP) is a jointly sponsored program of the Department of Social Services (DSS) and the Department of Mental Health (DMH) with some assistance from the Division of Medical Assistance (DMA). The program provides a single point of entry into DSS and/or DMH services for youth who have serious emotional disturbance and are at risk of residential placement.

Why would I want it?

CAP provides prompt, comprehensive, strengths-based family and child assessments along with parent support programming. Immediate, intensive and flexible community-based services are used to stabilize the child during the assessment period. One goal of CAP is to divert children from inappropriate residential placements. When appropriate, CAP designates agency responsibility to assume ongoing case management.

What does CAP do?

Once a child or youth is determined to be eligible for the program by the CAP director, within a one-month time frame CAP will:

- ❑ Complete a comprehensive assessment which takes into account the mental health as well as safety and permanence needs of the child, while focusing on the family's perspective on what will address their needs.
- ❑ Develop a stabilization plan through wraparound services for the duration of the assessment. Wraparound services are family and community-based services that are designed to meet the immediate and specific needs of the family to help stabilize the child, and allow the child to remain at home where possible. Services may include but are not limited to: intensive family-based clinical services, after-school therapeutic recreation programs, psychological evaluations, and concrete help, e.g., housing, transportation, etc.
- ❑ Arrange and provide the wraparound services.
- ❑ Gather relevant medical and agency records and synthesize prior evaluations and hospitalization reports.

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- Refer family to a Parent Partner for support throughout the assessment process.
- Convene a planning meeting with family and other involved/relevant agencies that uses a strengths-based approach and active family involvement to address the child's and family's issues. The family is brought into the planning process through an active meeting with key resources.
- Develop recommendations for an ongoing service or treatment plan after the assessment is completed.
- Determine whether child and family needs can be met through community based resources, including special education services, or whether ongoing state agency involvement is necessary. If state agency services are needed, determine the appropriate Lead Agency (DSS or DMH) to provide services to the child and family and facilitate the case transfer.
- Chair the conference meeting that transfers responsibility to the designated agency.

What does CAP not do? CAP cannot:

- Serve families already involved with DSS or DMH. □

Ensure residential placements.

- Ensure the continuation of any service provided by CAP, other than case management, once the case is transferred to the designated lead agency.

How do I apply?

A child is determined to be at risk of residential placement as defined by the following:

- CAFAS score is estimated to be 110 or higher. CAFAS is a standardized mental health assessment tool used by DMH as part of their eligibility determination process. The CAP Director will facilitate the determination of the CAFAS score.
- Youth has had more than one hospitalization/ART shelter placement in the past 6 months or family is maintaining youth at home only by

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heroic measures, e.g., parent gave up job to supervise youth at home, or parents sleep in shifts to maintain safety watch, or extensive efforts have been made to place youth within informal network of family and friends.

- Family has attempted to access and utilize all available mental health services e.g., enhanced individual therapy, family therapy, psychopharmacology, home-based treatment for at least 6 months without substantial stabilization.

Complete a Request for Assessment of Risk of Residential Placement. This information can be found searching at the Commonwealth's website (www.mass.gov). The staffing pattern in each CAP office consists of a director, two assessment workers (on average) and family partners. Who should be contacted if you need additional information or want to make a referral.

Beth Lynch
CAP Director
Central CAP
340 Main Street, Suite 720
Worcester, MA 01608
(508) 929-2195

Home Modification Loan Program (HMLP)

What is it?

The Home Modification Loan Program provides no- and low-interest loans to modify the homes of adults and children with disabilities, and elders. Such modifications allow people to remain in their homes to live independently in their communities.

Who is eligible?

Any homeowner who is a frail elder or has a disability, has a household member who has a disability, or rents to an individual with a disability (in a building with fewer than 10 units) may apply for this loan. The residence's owner must apply for the loan. Some landlords may be eligible for a 3% loan for a tenant with a disability.

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In determining who is eligible:

- Income guidelines are based on the total gross household income.
- The unit requiring modifications must be the primary, principal residence of the individual with the disability.
- The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must specifically relate to their ability to function on a daily basis.
- The homeowner cannot have previously obtained an HMLP loan for the same property.
- The modifications cannot have already been made. HMLP does not reimburse for work previously completed.

2008 Income Guidelines: Income guidelines are based on HUD published median income for the Boston MESA and are updated annually.

Household size	up to 100% of Median Income 0% Interest from 100%	up to 200% of Median Income 3% Interest
1	up to \$60,100	up to \$120,000
2	up to \$68,600	up to \$137,200
3	up to \$77,200	up to \$154,400
4	up to \$85,800	up to \$171,600
5	up to \$92,700	up to \$185,400
6	up to \$99,500	up to \$199,000
7	up to \$106,400	up to \$212,800
8	up to \$113,300	up to \$226,600

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Why would I want it?

Based on the income guidelines above, from \$1,000 up to \$30,000 (inclusive of all costs) may be borrowed to perform home modifications. The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must specifically relate to the functional limitation caused by the disability.

Amount borrowed are repaid in either a deferred payment loan (DPL) or an amortized loan, which is secured by a promissory note and/or a mortgage lien. Homeowners eligible for a 0% DPL will not have to repay the loan until the property is sold or has its title transferred. 3% DPL or 3% amortizing loans must be paid in 5 to 15 years, depending on the amount of the loan, and require monthly payment schedules.

How do I apply?

There are six agencies throughout the state that administer the program for MRC. Applicants should contact the provider in their region. To find out which provider will handle your inquiry, look up your town on the list and find the provider's contact information on our contact page.

The provider will send you an application and determine initial eligibility. Homeowners hire the designer and/or the contractor of their choice to modify the home. The Provider Agencies can give you resource materials on choosing and hiring architectural, design, and contracting professionals but cannot recommend specific contractors. If you need assistance or reasonable accommodations during your application process, please let your local provider know.

Applications are initially reviewed by regional Provider Agencies to determine both income eligibility and eligibility of the proposed modification. Applicants are then contacted by the Provider Agency and asked to provide additional information including, but not limited to: income, a professional's certification that the modification relates to the individual's functional need, and home modification plans, if available. Income verification will be requested in the form of photocopies of earning statements, tax returns, benefit confirmation and/or pay stubs. Applicants who show total household income in excess of 200% of HMLP income guidelines are not eligible.

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If the income and proposed modifications meet HMLP guidelines for eligibility, the Provider Agency will then conduct an initial inspection of the property to verify that the proposed modification meets program guidelines.

If the application is determined eligible, the applicant will be notified by the Provider Agency by phone and can expect a Commitment Letter to follow which will include:

- The type of loan for which the applicant is eligible, including rate and terms;
- The amount of the loan, based on the estimated cost of the modification; and
- Notification that the final loan amount will include the proposed costs of the work performed, plus other Property Owner/Borrowers fees, i.e. origination fees, closing costs, permitting fees, etc.

Find more information about this program on the Commonwealth's website at: <http://www.mass.gov> and searching for **Home Modification Loan Program**.

The Provider Agency for Central Massachusetts is

RCAP Solutions Financial Services, Inc (RCAP)

Linda Dellasanta ldellasanta@RCAPsolutions.org

978-630-6725 or 1-800-488-1969

Fax: 978-630-2751 TTY/TDD: 978-630-6754

Website: <http://www.rcapsolutions.org/>

Catastrophic Illness In Children Relief

What is it?

The Catastrophic Illness in Children Relief Fund (CICRF) helps families bear the excessive financial burdens associated with the care of children with special health care needs and disabilities. CICRF is a payor of last resort. It provides financial assistance for Massachusetts families with children experiencing a medical condition requiring services that are not covered by a private insurer, federal or state assistance, or any other financial source.

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The Fund is designed to act as a safety net for families who have excessive expenses related to a child's medical needs. The family may be responsible for these expenses due to:

- A lack of insurance or dependent coverage
- Expenses that are greater than the maximum benefit allowed by their insurance company
- Pre-existing conditions, co-payments, and other expenses that are not covered by insurance

CICRF is a reimbursement program. The expense must have already been incurred in order to be eligible for the Fund and to receive reimbursement. In cases of extreme medical emergency, the CICRF Commission may grant approval before the expense is incurred.

NOTE: Because the amount in the Fund varies from year to year, and the number of requests varies as well, CICRF cannot guarantee funding in all cases. Families are advised not to assume or make financial decisions based on the expectation that the Fund will pay, even if they have received payment for a similar expense in the past.

Why would I want it?

The following expenses may be eligible for payment/reimbursement if found to be reasonable. The categories include, but are not limited to:

- Payments to health care providers
- Specialized pediatric ambulatory care
- Addiction/mental health services
- Acute or specialized hospital care, both in and outpatient
- Medical equipment or disposable medical supplies
- Medications
- Medically related home and vehicle modifications
- Medical transportation
- Home health care
- Related travel expenses for out of state treatment
- Following special review, experimental treatment or medications

The Commission will consider other reasonable expenses related to the treatment, palliation, habilitation, or rehabilitation of a child's illness or medical treatment.

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CICRF may pay for expenses related to experimental treatment in certain circumstances. In general, however, the Fund will not pay for treatment in Phase I clinical trials.

Only expenses for which the family is directly responsible as a result of the child's medical condition may be considered for payment or reimbursement. For example, expenses covered by health or other insurance cannot be included in the calculation of total eligible expenses.

In all cases, CICRF should be considered the payor of last resort after the family makes all reasonable attempts to pursue other funding.

Who is eligible?

In order to be eligible for the Catastrophic Illness in Children Relief Fund :

- The family's out-of-pocket expenses related to their child's medical condition must be more than 10% of the family's gross annual income up to \$100,000 and 15% of any portion of the annual family income that is above \$100,000, in a given twelve month period.
- The applicant must be 21 years of age or younger.*
- The applicant must be a resident of Massachusetts.
- The applicant must be under the care of a licensed health care provider with staff privileges at a hospital licensed or accredited to provide pediatric or neonatal care.

The Fund will consider expenses incurred within the last 24 months prior to the application date.

* Eligibility was extended from age 18 to age 21, effective July 8, 2006. Policies and procedures for applicants between the ages of 19 and 21 are currently being developed.

How do I apply?

The application can be downloaded from this site. You may fill out the application form using your computer and then print it and mail it to the address below. You may also print the blank application form and fill it out by hand and mail it. To maintain confidentiality, the application form cannot be transmitted electronically.

Currently the application is available only in English.

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If you need help in translating or completing the application, please call the 800 number located at the bottom of each web page and the Commission Staff Director will assist you.

Download the application form at: <http://www.mass.gov/cicrf/apply.htm>

To request that an application be mailed to you, please call or write:

Catastrophic Illness in Children Relief Fund

Division for Perinatal, Early Childhood, and Special Health Needs

Massachusetts Department of Public Health

250 Washington St., 5th Floor

Boston, MA 02108-4619

Phone: 1-800-882-1435

TTY 617-624-5992

The ARC of Massachusetts (ARC)

Our mission is enhancing the lives of individuals with intellectual and developmental disabilities and their families. We accomplish this through advocacy of supports and services based in the community. ARC

The Arc of Massachusetts

217 South Street

Waltham, MA 02453

Tel: (781) 891-6270

Fax: (781) 891-6271

E-mail: arcmass@arcmass.org

On the web at: <http://www.arcmass.org/>

ARC Community Services (Serving Sterling and Princeton)

564 Main Street

Fitchburg, MA 01420

Phone: 978-343-6662

Fax: 978-343-8852

Email: info@arccommunityservices.org

on the web at: <http://www.arccommunityservices.org/>

Southern Worcester County ARC (Serving Holden, Paxton and Rutland)

The Center of Hope

P. O. Box 66

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WRSD SEPAC (www.wrsd-sepac.org)

Wachusett Regional School District Special Education Parent Advisory Council

Southbridge MA 01550

PH: (508) 764-4085

FX: (508) 765-0255

Email: howard@thecenterofhope.org

On the web at: www.thecenterofhope.org

James Howard - Executive Director

Autism Resource Center of Central Massachusetts (ARCCM)

The Autism Resource Center was conceived in 1996 by a group of parents to serve primarily as an information and referral service for children and families affected by disorders within the Autism Spectrum; Autism, PDD NOS and Asperger's. The Center services DMR Region II. This encompasses North Central, Worcester, and South Valley areas. Middlesex West and Newton-South Norfolk areas are also covered. All totaled there are 90 towns within the Autism Resource Center's service area.

This program is funded by the Department of Mental Retardation (DMR) and administered by Horace Mann Educational Associates, Inc. The Autism Resource Center is a family governed project and is overseen by a Family Steering Committee made up of parents who represent the concerns and ideas of families from the five geographical areas within the service region.

Family supports and networking, education and information are vital services the Center provides. The Autism Resource Center is designed to help parents, educators, service providers, and medical professionals provide effectively for those diagnosed within the Autism Spectrum. The Center does not recommend any single program or treatment but instead offers information on a great variety of issues giving parents and professionals what they need to make educated choices. What does the Autism Resource Center offer?

Family Supports

- Mothers Network Brunch
- Asperger's Parent Group
- Sibling Groups
- Family Days....at Camp*
- College Internships
- Autism/PDD Parent Group
- Parent to Parent
- Family Fun Days
- Autism Awareness Projects
- Volunteer Program

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Educational Supports

- Parent/Professional Workshops
- Annual Conference - Tying It Together
- Information Resource Library
- Phone Support
- Teacher Education Summer Institute (2 days)
- Advocacy Skills Workshops
- Quarterly Newsletter and Website

Autism Resource Center of Central Massachusetts 71
Sterling Street
West Boylston, MA 01583
Phone: 508-835-4278
Email: autism@hmea.org
On the web at: www.arccm.org

Family Ties of Massachusetts

Family TIES of Massachusetts is a statewide information and parent-to-parent support project for families of children with special needs and chronic illness. It is administered by parent coordinators housed in each of the regional offices of the Massachusetts Department of Public Health.

Its site shares up-to-date information on services, supports, and personal experiences from Early Intervention through the transition into adult services. The Family TIES Parent-to-Parent Program provides a unique type of sharing and support among parents who share similar life situations.

Family Ties publishes a service directory available on line that lists more than 700 entries. The majority of the organizations listed in this directory provide services for children from birth to 22 years of age, some also serve adults. <http://www.massfamilyties.org/directory.html>

Family TIES
Phone: 1-800-905-TIES (8437).
On the web at: www.massfamilyties.org

Barbara Donati, Central Regional Coordinator
508-792-7880 Ext. 2337 or e-mail: bdonati@fcsn.org

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Wachusett Regional School District Special Education Parent Advisory Council

Federation for Children with Special Needs (FCSN)

The Federation is a center for parents and parent organizations to work together on behalf of children with special needs and their families. The Federation operates a Parent Center in Massachusetts which offers a variety of services to parents, parent groups, and others who are concerned with children with special needs.

The Federation places a tremendous value on parents because of the contributions they make as the leaders of families toward supporting the health, education, and development of their children at home and in society.

The Federation promotes the active and informed participation of parents of children with disabilities in shaping, implementing, and evaluating public policy that affects them.

The Federation believes in the power of parents helping parents and has infused a proven model of peer support throughout all its work.

Most Federation staff members are parents or family members of children with disabilities and people with disabilities.

They offer a variety of supports including parent training and other services.

Federation for Children with Special Needs
1135 Tremont Street, Suite 420
Boston, MA 02120
Phone: (617) 236-7210 or (800) 331-0688 (in MA)
Fax: (617) 572-2094
Email: fcsninfo@fcsn.org
On the web at: www.fcsn.org

Mass Advocates for Children (MAC)

Massachusetts Advocates for Children, formerly Massachusetts Advocacy Center, is a private non-profit organization dedicated to being an independent and effective voice for children who face significant barriers to equal educational and life opportunities. MAC works to overcome these barriers by changing conditions for many children, while also helping one child at a time.

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MAC carries out its mission through a series of programs, projects and initiatives where it applies its various strategies to achieve results. Major project areas include:

- Autism Project
- Children's Law Support Project
- Special Education
- Boston School Reform
- Somerville Project
- Trauma and Learning Policy Initiative

Helping Traumatized Children Learn: supportive school environments for children traumatized by family violence, a Report and Policy Agenda, available for download or purchase from their website.

Massachusetts Advocates for Children
25 Kingston Street, 2nd. Floor
Boston, MA 02116
Phone: 617-357-8431
Helpline: 617-357-8431 extension 224
Email: help@massadvocates.org
Fax: 617-357-8438

Massachusetts Association of Special Education Parent Advisory Councils (MASSPAC)

The mission of MASSPAC is to maintain a state-wide network of parents, professionals, and school-based councils in a shared effort to understand, respect, and support appropriate education for all children with special needs in our respective communities.

Many areas of this website are only accessible to paying members. Individual memberships are \$40 per year.

Email: info@masspac.org
On the web at: www.masspac.org

Massachusetts Families Organizing for Change (MFOFC)

The mission of MFOFC is to provide sustained advocacy and leadership training in pursuit of high quality, individualized community support and

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service options, including family support, for people with disabilities and their families.

Members of MFOFC have written and passed legislation to create statewide policy and practice for individual and family support. We have sponsored various conferences, workshops and forums to inform and educate individuals, families and community members about advocacy, services and local, state and federal resources.

MFOFC provides information, leadership training and support to families, and also has regular regional meetings for families and individuals. Each region of Massachusetts has representation at the statewide Steering Committee. We welcome all people who are interested in the issues we pursue and encourage new members to join with us.

Programming Includes:

- Family Leadership Series
- Other events (see Calendar of Events)
- Family Matters: MFOFC Newsletter

MFOFC Partners with Professionals & Community Organizations, such as:

- Community Education: We educate members of our communities about the contributions of individuals with disabilities and/or chronic illnesses and their families and the kinds of support they need.
- Leadership Training: We support the education and empowerment of individuals and families through leadership training. With the increased leadership and advocacy skills of families, we strengthen the ability to create change in the way support is provided to individuals with disabilities and their families.

Massachusetts Families Organizing For Change

PO Box 61

Raynham, MA 02768

Phone: 508-824-6946

Fax: 508-824-6946

Toll Free: 800-406-3632

Email: mfofc@comcast.net

On the web at: www.mfofc.org

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Wachusett Regional School District Special Education Parent Advisory Council

Central Massachusetts Families Organizing For Change (CMFOC)
P.O. Box 358
Winchenden, MA. 01475
On the Web at: www.cmfoc.org
Laura Casey-Black, Regional Coordinator
Email: CaseyBlack922@aol.com

Massachusetts Technology Assistance Resource Team (MasSTART)

MasSTART is a free program providing services for children with special health care needs and who are assisted by medical technology in the school setting. This program is sponsored by the Massachusetts Department of Public Health Bureau of Family and Community Health Division for Special Health Needs.

This is a free service to help families and schools plan for the health care and safety of children with special needs. Services are available to families who have children with complex health care needs, health care providers, school personnel, early intervention providers, and community agencies.

MasSTART providers work collaboratively with the Department of Public Health to: help school team understand special health care needs; work with team to resolve issues; train school personnel to meet special health care needs; assist in development of individual health care plan and emergency plan for school; provide educational programs; and provide referrals and resource information.

DPH MasSTART
Massachusetts Department of Public Health
Division for Special Health Needs, Fourth Floor
250 Washington Street
Boston, MA 02108-4619
617-624-5070 or 800-882-1435
Email: division.shn@state.ma.us

Central Region
University of Massachusetts Medical Center
Pediatric Pulmonary and Cystic Fibrosis Center

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WRSD SEPAC (www.wrsd-sepac.org)

Wachusett Regional School District Special Education Parent Advisory Council

55 Lake Avenue North Worcester, MA 01655
Contact: Dorothy Page, FNP, MSN
508-856-4155
Email: PageD02@ummhc.org

Mental Health Legal Advisors Committee (MHLAC)

MHLAC is an independent state agency that specializes in the rights of individuals with mental health disabilities. Our areas of concern include, among others, right to receive and refuse mental health services, education law, and basic civil rights in facilities and the community. We work closely with our clients - communicating by phone or in person. We aim to serve low income families and we do not charge for our services. We are especially interested in serving youth who have been confined in DYS placements and who may not have ongoing legal assistance, or youth who are transitioning back to the community from such placements.

Its publication, Just for Youth: Advocating for Youth in the Massachusetts Department of Youth Services a comprehensive resource for youth involved with DYS, is available on line or you may request a paper from them.

<http://www.mass.gov/mhlac/Justforyouthfinal.pdf>

National Alliance on Mental Illness (NAMI)

Dedicated NAMI members, leaders, and friends work across all levels to meet a shared NAMI mission of support, education, advocacy, and research for people living with mental illness through various activities, including:

Public Education and Information Activities

- ❑ Public awareness activities such as Mental Illness Awareness Week, held during the first week of each October, helps dispel the stigma surrounding mental illness and encourage early intervention and treatment.
- ❑ In Our Own Voice - Available in selected communities across the country, this educational speakers bureau is presented by trained consumers living with mental illness to groups from all aspects of the community and both educates the public and supports consumer recovery and empowerment while dispelling the stigma of mental illness.

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- Family and Consumer Peer Education and Support Activities
- NAMI offers a cadre of education programs including Family-to-Family, NAMI's Provider Education Program, Peer-to-Peer, and other state and local programs offered by trained family and consumer teachers to help educate other families, consumers, and professionals.
- Support groups are offered through many of NAMI's over 1100 affiliates in communities across the country by families and consumers for families and consumers.

Advocacy on Behalf of People Living with Mental Illness and for the Health of our Communities

- NAMI advocates on the federal level to ensure nondiscriminatory and equitable federal and private-sector policies are in place as well as a commitment to research for the treatment and cures for mental illness.
- NAMI's Campaign for the Mind of America, a grassroots political communications initiative, focuses on building relationships at national, state, and local levels with community leaders and elected officials to ensure that policy decisions are reflective of the best economic, science, recovery, and systems choices while ensuring the best outcomes.
- NAMI Action Centers, including the Multicultural Action Center, the Children & Adolescent Action Center, and the Center on Law and Criminal Justice, works to address unique systems and populations by developing, promoting, and disseminating appropriate education, advocacy, research, and support models tailored to meet specific needs.

NAMI

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

Toll free help line: 800.950.6264

Main: (703) 524-7600

Fax: (703) 524-9094

TDD: (703) 516-7227

Last Updated: October 15, 2008

WRSD SEPAC (www.wrsd-sepac.org)

Wachusett Regional School District Special Education Parent Advisory Council

Member Services: (888) 999-NAMI (6264)

On the web at: www.nami.org

Fitchburg NAMI

North Central MA

(978) 772-4243

Email: maureen_s_smith@msn.com

On the Web www.namincm.org

Worcester NAMI

Central MA

(508) 368-3562

info@namicentralmass.org

Email: info@namicentralmass.org

National Grid (Massachusetts)

If you are a residential customer and meet EITHER of the criteria below, you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive.

Eligibility Criteria:

- Your household income does not exceed 200% of the federal poverty level
- You currently receive benefits under one of the following programs:
EAEDC, Food Stamps, Fuel Assistance, Head Start, **Mass Health**,
National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, Non-Service Pension

More information and the application for this program are available on the web at

http://www.nationalgridus.com/masselectric/home/rates/4_lowincome.asp

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Wachusett Regional School District Special Education Parent Advisory Council

Parents For Residential Reform (PFRR)

PFRR is a project of the Federation for Children with Special Needs, that provides support, information, referral, and other information to parents and professionals regarding residential educational settings and group home care. PFRR has developed a network of families in similar situations throughout MA and now nationwide

Parents for Residential Reform
1135 Tremont Street - Suite 420
Boston, MA 02120
617-236-7210 x345
pfrr@fcsn.org
On the web at www.pfrr.org

Parent/Professional Advocacy League (PAL)

PAL is the Statewide Organization of the Federation of Families for Children's Mental Health. PAL provides support, education, and advocacy around issues related to children's mental health.

PAL works in partnership with:

- families whose children and adolescents have emotional, behavioral and neurological needs.
- professionals who develop policy and provide services to children and their families.

Children's Hospital Boston teamed up with the Boston Bar Association (BBA) to publish the How-To Guide to Children's Mental Health Services in Massachusetts . A first-of-its-kind reference tool, the guide offers advice and insight into accessing services and advocating for children with mental health care needs. It's intended for parents, mental health and primary care providers, emergency physicians, and staff from schools, public health and social service agencies. For copies, call the Office of Child Advocacy at Children's Hospital at (617) 355-6090, or download a copy from the Children's Hospital website.

Parent/ProfessionalAdvocay League (PAL)
59 Temple Place
Suite 664

Last Updated: October 15, 2008

WRSD SEPAC (www.wrsd-sepac.org)

Wachusett Regional School District Special Education Parent Advisory Council

Boston, MA 02111
Phone: (617) 542-7860
Toll Free: (866) 815-8122
Fax: (617) 542-7832
Email: info@ppal.net
On the web at www.ppal.net

Wrightslaw

Parents, educators, advocates, and attorneys come to Wrightslaw for accurate, reliable information about special education law, education law, and advocacy for children with disabilities. Begin your search for information in the Advocacy Libraries and Law Libraries. You will find thousands of articles, cases, and free resources about dozens of topics:

- IDEA 2004
- Special Education Law
- Advocacy
- Training & Seminars

Also they offer a free newsletter with references, resources and strategies.

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Email: webmaster@wrightslaw.com
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