

NH COUNCIL ON DEVELOPMENTAL DISABILITIES RESOURCE GUIDE

The New Hampshire Council on Developmental Disabilities has compiled the following resources to help people with disabilities and families find the information, services, and supports they need.

What are developmental disabilities?

Developmental disabilities are significant disabilities originating any time from birth through age 21 that are expected to last a lifetime. Developmental disabilities may be cognitive, physical, or a combination of both.

Information and Referral Services, Guidebooks and Online Resources

Maneuvering Through the Maze: A comprehensive resource guide of state health and human services agencies, educational resources, private associations and organizations that serve people in New Hampshire with physical, developmental, mental health and chronic illnesses and their families, from birth to adulthood. *Produced by NH Family Voices.*

<http://www.nhfv.org/Publications.html>

NH Family Voices: A "Family To Family Health and Education Center" assisting families of children/youth and young adults with chronic health, physical, developmental and mental health challenges. Provides one to one phone assistance, educational materials, online resources, a lending library and quarterly newsletter. (603) 271-4525 or NH only (800) 852-3345 x. 4525. *Funded by state and federal grants, as well as donations from community partners and supporters.*

<http://www.nhfv.org>

Parent Information Center on Special Education (PIC): Telephone/email support to families with questions about early supports and services, special education, and other disability related concerns, interactive workshops for parents, volunteer advocate training and informational materials (online and printed). 54 Old Suncook Road, Concord, NH 03301. 603-224-7005 or (800) 947-7005. *Funded in part or whole by the U.S. Department of Education.* <http://nhspecial.org>

Disability Rights Center (DRC): Information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems. Online resources and materials available on a wide range of disability-related topics. 64 N Main Street, Suite 2, Concord, NH 03301-4913. (603) 228-0432 or (800) 834-1721 (v/tty). *Federally-funded Protection and Advocacy Center.* <http://www.drcnh.org>

ServiceLink Aging & Disability Resource Centers:

All ServiceLink Resource Centers Can Help You:

- Access and make connections to resources you need to make informed choices and live independently in your community;
- Access family caregiver information and supports;

- Explore your future care, evaluate pros and cons of specific choices and develop an action plan based on what is important to you; and
- Understand and access Medicare and Medicaid.

ServiceLink serves people of all ages, income levels and abilities and staff are available during normal business hours Monday to Friday. After hours appointments are available as needed. Offices are located throughout the state. Callers are automatically connected to the ServiceLink office in their area. Funded by the State of New Hampshire and federal government. Call 1-866-634-9412 or visit <http://www.nh.gov/servicelink> for more information.

ServiceLink Community Resource Directory:

Search for services for older adults and people with disabilities online by type of service and community through the ServiceLink Community Resource Directory.

<http://www.referweb.net/nhsl/>

Family Resource Connection of the New Hampshire State Library:

Collects and makes available to New Hampshire residents current and useful information on all aspects of caring for, educating, and raising healthy children, especially young children with special needs. Provides online library catalogue and online directory of children's services. Materials can be borrowed through the library free of charge. 20 Park St., Concord. (800) 298-4321. *A collaborative effort of the NH Departments of Health & Human Services, Education, and the NH State Library.*

<http://www.nh.gov/nhsl/frc/>

Governor's Commission on Disability:

Provides information on the Americans with Disabilities Act (ADA) and accessibility issues, including accessible parking spaces, housing and transportation. Provides online list of state and federal government benefit programs. 121 South Fruit Street, Suite 101, Concord. 1- 800-852-3405, 603-271-2773 <http://www.nh.gov/disability>

NH Statewide Independent Living Council (SILC):

Provides a monthly resource newsletter, archives of past issues and online "tip sheets" on benefits, housing and health care, based on an independent living philosophy. 57 Regional Drive, Concord 1-800-852-3405 or 603-271-0476. *A federally funded independent, cross disability Council.*

<http://www.silcnh.org>

NH Family Ties (Formerly Parent to Parent of NH):

Provides parent matches between experienced parents, who "have been there" with new or "referred" parents of children with special needs (medical, developmental, emotional, learning) who are just beginning to meet the challenges of a disability within the family. Provides information and referral to community resources, services, support groups, state support programs, and others. Contact: Ashlee Fye, Statewide Coordinator at 1-800-499-4153 ext. 241 or visit us on our website

www.nhfamilieties.org.

211 New Hampshire:

Information and referral for general human services including help with food, emergency housing, employment, health care and counseling is available by dialing 211 in NH or 1-866-444-4211 from out of state. *Operated by United Ways of New Hampshire.* <http://www.211nh.org>

Brain Injury Association of New Hampshire:

Resources compiled by the Brain Injury Association of New Hampshire.
<http://www.bianh.org/resourcedir.html>

NH Care Path

A website designed to be a resource for people looking for information about services and supports. Caregivers, families, older adults, and persons living with a disability are invited to explore the website which has information about housing, drug and alcohol services and more. Supported by the State of NH through the Federal Balancing Incentive Program Award.
<http://www.nhservicesandsupports.org>

“Talking Books”

NH Statewide Library, Talking Books Services Section
117 Pleasant Street
Concord, NH 03301
(800) 491-4200 (NH Only)
Or (603) 271-3429

National Institutes of Health

Office of Disease Prevention and Health Promotion
Public Health Service
1101 Wootton Pkwy, Suite LL100
Rockville, MD 20852
(240) 453-8280

National Institute on Neurological Disorders

National Institutes of Health
PO Box 5801
Bethesda, MD 20892
(800) 352-9424 or (301) 496-5751

Wakanow.com Resources for the Disabled Explorer

This site has a list of many resources for people with disabilities who are looking to travel, as well as laws that would pertain to travelers with disabilities.

<http://www.wakanow.com/ng/pages/Accessible-Travel:-Resources-for-the-Disabled-Explorer>

Partnership in Employment: Supporting Adults with Intellectual and Developmental Disabilities in their Communities

https://www.aucd.org/docs/resources/pie_adults_Nov2014_families.pdf

The Partnerships in Employment Technical Assistance Center is a project of the Institute for Community Inclusion at the University of Massachusetts Boston, in partnership with the National Association of State Directors of Developmental Disabilities Services. This page by Jean Winsor goes through what people with disabilities want in terms of employment, as well as day and employment services. There is also information on integrated employment and pre-vocational services. It provides good advice for those who have a disability and are looking to become employed and be part of the community.

Let's Talk Disability: An Intro to Forming Partnerships and Recognizing Barriers

<http://engage.findyouthinfo.gov/blog/disability-advocacy-partnerships>

Youth Engaged 4 Change's page teaches readers about the different barriers people with disabilities face. It also gives advice and ways to overcome those barriers, such as partnering with disability organizations.

Easter Seals Thrive for Women with Disabilities

<http://www.easterseals.com/thrive/>

Thrive's mission is to provide young women with disabilities support to achieve goals and independence. When you're transitioning into an adult, life is filled with tough decisions and support is crucial. We're here to share learnings and supports online so young women with disabilities everywhere can feel the mentorship and fellowship that helps us be our best!

Assistive Technology

Crotched Mountain ATECH Services

57 Regional Drive, Suite #7 Concord, NH 03301 1-800-932-5837, (603) 226-2900

atech@crotchedmountain.org

<http://www.crotchedmountain.org/Programs-and-Services/ATECH-Services/ATECH-Services/>

When a person has a disability, finding the right assistive technology solution can make all the difference. Formerly NH-ATEC, this highly specialized clinical program provides evaluation and consultation services in the area of assistive technology. Services include augmentative and alternative communications (AAC), seating and wheeled mobility, access and independent living and computer access

Affordable Mobility

346 Chester Road

PO Box 507 & 509

Auburn, NH 03032

(603) 483-5922

Fax: (603) 483-4840

All-Ways Accessible, Inc.

128 Hall Street, Suite F
Concord, NH 03301
(800) 725-4387 or (603) 224-9226

Assistive Technology in NH (AT in NH)

University of New Hampshire
Institute on Disability
10 West Edge Drive, Suite 101
Durham, NH 03824
(603) 862-4320 or (855) 374-9969

Community House Calls

238 Jennifer Drive
Chester, NH 03036

Keene Medical

66 Airport Road
Concord, NH 03301
(603) 224-0135 or (800) 427-0137

Martel's Self-Care Products, Inc.

68 School Street
Allentown, NH 03275
(603) 485-3490

Prism Medical

4 Raymond Avenue, Unit 1
Salem, NH 03079
(603) 898-1205

Disability.gov's Technology Resources:

https://www.disability.gov/?s=&fq=topics_taxonomy:%22Technology%5E%5E%22

AbleData Try AT Products Before You Buy

http://abledata.com/abledata_docs/Try%20AT%20Products%20Before%20You%20Buy_PDF.pdf

This document from AbleData gives readers a breakdown of the best ways to find assistive technology products (before buying) that will work well. There is also valuable information about State Assistive Technology Act Programs, Aging Programs, and other resources that can help you make the decision on what assistive technology is right for you.

AbleData How AT Can Help You At Play

http://abledata.com/abledata_docs/How%20AT%20Can%20Help%20You%20at%20Play_PDF.pdf

This document from AbleData has a lot of great information about how assistive technology can help people in outdoor recreation, indoor recreation, and staying active.

Autism

NH Virtual Autism Center

Maintained by NH Council on Autism Spectrum Disorders 21 South Fruit Street, Suite 22, Concord
info@nhcouncilonasd.org

<http://www.nhvirtualautismcenter.info>

Provide a single point of entry to a common, high quality and comprehensive body of information about NH services for those who experience autism spectrum disorders and the best practice guidelines that inform them.

Autism Resource Center

Crotched Mountain ATECH Services, 57 Regional Drive, Concord 603.226.2900, ext. 29 or 1-800-932-5837 autismresources@crotchedmountain.org

<http://www.crotchedmountain.org/Programs-and-Services/ABA-Treatment-for-Young-Children-with-Autism/Autism-Resource-Center/>

The Autism Resource Center is a service at no cost to families that can be your single point of contact for support, information and services for autism-related disorders. The Autism Resource Center will help you to navigate the developmental service system, explore treatment options, identify funding options and advocate for your child. Operated by Crotched Mountain.

Antioch University New England-The Center for Autism Spectrum Disorders Training of the Department of Applied Psychology

Antioch New England offers practice-oriented, values-based graduate study that is distinctive, socially relevant, and academically rigorous. Master degrees are offered in education, environmental studies, management, and psychology; and doctoral degrees in environmental studies and psychology. The Center for Autism Spectrum Disorders Training of the Department of Applied Psychology announces Autism Spectrum Disorders Certificate program: A program for teachers, counselors, speech-language pathologists, psychologists, advocates, occupational therapists, and others. For more information, please contact the Office of Admissions, Antioch University New England, 40 Avon Street, Keene, NH 03431-3516, or call 800-552-8380, or e-mail admissions@antiochne.edu or visit their website at www.antiochne.edu

Asperger's Association of New England

Asperger's Association of New England The Asperger's Association of New England (AANE)'s mission is to foster awareness, respect, acceptance, and support for individuals with AS and related

conditions and their families. For more information and to find out exactly how AANE can help you, call (617) 393-3824 or our toll free number (866) 597-AANE.

Blind Services

The New Hampshire Association for the Blind

25 Walker St., Concord

(603) 224-4039 or (800) 464-3075 <http://www.sightcenter.org>

Offers support and help to any New Hampshire citizen of any age who is experiencing vision loss to the point where the person's ability to function in daily living has been impaired.

NH Services for the Blind & Visually Impaired

21 South Fruit Street, Suite 20 Concord, NH 03301

(603) 271-3537

V/TTY: 1-(603) 271-3471 1-800-581-6881

http://www.education.nh.gov/career/vocational/blind_visu.htm

Provides those services necessary to help people with visual loss to enter, re-enter, or maintain employment. Most services are provided without charge to the referred individual as the Services for Blind and Visually Impaired Program is supported by your State and Federal tax dollars.

Crafting the Best IEP for Your Child Who is Blind or Visually Impaired

http://www.perkinselearning.org/webcast/crafting-best-iep-your-child-who-blind-or-visually-impaired?utm_campaign=crafting%20best%20iep%20for%20your%20child&utm_source=webcast%20announcement&utm_medium=email

Presenter Tim Pennington gives advice to parents in this webcast about IEPs and how to get the best results for a child with visual impairment. Pennington himself is the parents of two girls who are visually impaired. The video also comes with a transcript, making it easy to follow along.

Brain Injury

Brain Injury Association of NH

109 North State St., Suite 2, Concord

(800) 773-8400 or (603) 225-8400 (NH Only Information and Resources) 1-800-444-6443 (National toll-free Brain Injury Resource Line) <http://www.bianh.org>

The Brain Injury Association of New Hampshire helps people with brain injury-related disability live in their own home and community. Chartered state affiliate of the Brain Injury Association of America (BIAA; biausa.org). Comprehensive online resource directory.

<http://www.bianh.org/resourcedir.html>

Brain Injury Association of America (National Office)

1608 Spring Hill Road, Suite 110
Vienna, VA 22182
(703) 761-0750

Brain Injury Community Support Program (BISCP)

52 Pleasant Street
Concord, NH 03301
(603) 225-8400

Catholic Medical Center

100 McGregor Street
Manchester, NH 03102
(603) 663-6241 or (800) 437-9666

Community Strategies for New Hampshire-Keene

32 Washington Street
Keene, NH 03431
(603)357-4929

Community Strategies for New Hampshire-Manchester

1480 Elm Street, #1
Manchester, NH 03101
(603) 621-7072
Fax (603) 621-7076

Dartmouth-Hitchcock Medical Center

One Medical Center Drive
Lebanon, NH 03756
(603) 650-5000

Farnum Rehabilitation Center

Cheshire Medical Center
580 Court Street
Keene, NH 03431
(603) 354-6630

Granite Bay Connections

64B Old Suncook Road
Concord, NH 03301
(603) 224-5588

HealthSouth Rehabilitation Hospital

254 Pleasant Street
Concord, NH 03301
(603) 226-9800

Website-www.healthsouthconcord.com

Independent Services Network, Inc.

PO Box 1111
Manchester, NH 03105
(603) 644-3544

Krepfels Center

100 Campus Drive
Portsmouth, NH 03801
(603) 570-2026, Ext 1

Contact: Program Directors

The Krepfels Center is a nonprofit organization dedicated to improving the lives of people living with brain injury from trauma, tumor, or stroke. Krepfels Center offers programs that engage members in meaningful and productive experiences and provides ongoing support and resources to those impacted by brain injury. Age group accepted: 18+

Northeast Rehabilitation Hospital

70 Butler Street
Salem, NH 03079
(603) 893-2900
Website: www.northeastrehab.com

Portsmouth Regional Hospital Rehab and Wellness Center

333 Borthwick Avenue
Portsmouth, NH 03801
(603) 433-4015

Robin Hill Farm

PO Box 1067
Hillsboro, NH 03244
(603) 464-3841
Website: www.robinhillfarm.com

Rose Meadow Farm

PO Box 1450
New Boston, NH 03070
(603) 487-3600
www.rosemeadowfarm.com

Rose Meadow Garden

PO Box 1450
New Boston, NH 03070
(603) 487-3590
www.rosemeadowgarden.com

St. Joseph Hospital Rehab Unit

172 Kinsley Street
Nashua, NH 03061
(603) 595-3175

The PLUS Company, Inc.

19 Chestnut Street
Nashua, NH 03061
(603) 889-0652

Victory Drive

348 Victory Drive
Franklin, NH 03235
(603) 934-6700

Deaf and Hard of Hearing**HEAR in New Hampshire**

Local and national resources for people who are deaf.

<http://www.hearinnh.org/resources.php>

Northeast Deaf and Hard of Hearing Services Inc.

57 Regional Drive, Concord

(603) 224-1850 (Voice) (603) 224-0691 (TTY) Video Phone (VP): 968-5889 or 64.140.226.186

<http://www.ndhhs.org>

New Hampshire's "one-stop" resource for services specific to the Deaf and Hard of Hearing community and for information about hearing loss.

Gallaudet University State Resources for Deaf and Hard of Hearing

http://www.gallaudet.edu/clerc_center/information_and_resources/info_to_go/resources/resources_by_state/state_resources_-_new_hampshire.html

This page from Gallaudet University lists resources that provide information and referral or direct services to deaf and hard of hearing children in the state of New Hampshire. It is a starting point for people who are looking to identify the different types of services statewide.

Independent Living - Adults with Physical Disabilities**Granite State Independent Living**

21 Chenell Drive, Concord

(800) 826-3700 or (603) 228-9680 <http://www.gsil.org>

New Hampshire's only Independent Living Center. Provides information, specialized services, and peer support for persons with disabilities following the principles of personal choice and direction. Provide home care services, personal care, community-based disability supports and employment services including benefit counseling.

Community Works

David and Faye have long been involved in innovative service development, training and facilitation in the field of community living. As independent facilitators and teachers, they conduct planning, training and design sessions for individuals and families, government and community agencies, schools, parent associations and self-advocacy groups throughout the United States and Canada.

<http://www.communityworks.info/>

North Country Independent Living, Inc.

3277 White Mountain Highway

PO Box 518

North Conway, NH 03860

(603) 356-0282 or (888) 400-6245

Website: www.northcountryindependentliving.com

Residential Resources, Inc.

55 South Commercial Street, 4th Floor

Manchester, NH 03101

(603) 657-7227

Alternative Care @ Home

PO Box 834

Grantham, NH 03753

(603) 568-3098 or (603) 863-5239

Contact: dc_hauck@yahoo.com

Ascentria Care Alliance-In-Home Care

261 Sheep Davis Road, Suite A-1

Concord, NH 03301

(603) 224-3010

Caring Companions-Easter Seals

555 Auburn Street

Manchester, NH 03103

(603) 621-3497 or (800) 870-8728

Comfort Keepers

540 Chestnut Street, Suite 104

Manchester, NH 03101

(603) 628-6363

Connecticut Valley Home Care and Hospice

958 John Stark Highway
Newport, NH 03773
(603) 543-6800

Healthy At Home, Inc.

45 High Street, Suite 2
Nashua, NH 03064
(603) 595-4243

Home Care Assistance

265 South River Road, Suite A
Bedford, NH 03110
(603) 714-2696 or (603) 471-3004

25 Roxbury St., Suite C120
Keene, NH 03431
(603) 499-4960

99 Pine Hill Road, Suite 620
Nashua, NH 03063
(603) 821-1820

Home Care Association of New Hampshire

8 Green Street, Suite 2
Concord, NH 03301
(800) 639-1949 or (603) 225-5597

Home Health and Hospice Care

7 Executive Park Drive
Merrimack, NH 03054
(800) 887-5973 or (603) 882-2941

Home Helpers Homecare

172 Rockingham Road, Unit 2
Londonderry, NH 03053
(603) 845-3333

Homemakers Health Services

215 Rochester Hill Road
Rochester, NH 03867
(603) 335-1770

Interim HealthCare

403 Winchester St.
Keene, NH 03431

(603) 352-7290

277 Union Ave., #202
Laconia, NH 03246
(603) 524-7212

608 Chestnut Street, PO Box 1780
Manchester, NH 03105
(603) 668-6956

76 Northeastern Blvd., Suite 33A
Nashua, NH 03062
(603) 880-4412

87 Greenland Road, Suite B-7
Portsmouth, NH 03801
(603) 436-4155

1 Glen Road, #222
West Lebanon, NH 03784
(603) 298-7411

Live Free Home Health Care, LLC
438 NH Route 104
PO Box 218
New Hampton, NH 03256
(603) 217-0149

Living Innovations
1950 Lafayette Road, Bldg. B
Portsmouth, NH 03801
(603) 430-5430

1 Industrial Drive
Windham, NH 03087
(603) 893-7286

MAS Home Care of NH
156 Harvey Road
Londonderry, NH 03053
(603) 296-0960

Personal Touch Home Health Services
5 Dartmouth Drive, #303
Auburn, NH 03032
(603) 437-8239 or (866) 604-9249

Regency Nursing Care, LLC

8025 S. Willow St., Suite 206
Manchester, NH -03103
(603) 665-9800
Website: www.regencyhomehealth.com

Visiting Angels

14 Hooksett Road
PO Box 715
Auburn, NH 03032
(603) 483-8999

11 Northeastern Blvd., #120
Nashua, NH 03062
(603) 821-0277

118 Portsmouth Ave., Ste. B2C
Stratham, NH 03885
(603) 583-489

Legal Assistance**Civil Practice Clinic – UNH Law School**

2 White Street Concord, NH 03301 (603) 225-3350
Contact: Clinical Director
Landlord/tenant, consumer and family problems assistance.
<http://law.unh.edu/academics/clinics/clinic-services>

Disability Rights Center

(603) 228-0432 or (800) 834-1721 (v/tty) <http://www.drcnh.org>

Information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems. Online resources and materials available on a wide range of disability-related topics. Federally-funded Protection and Advocacy Center.

Disability Rights Center- Special Education

<http://drcnh.org/IssueAreas/Education.htm>

Provides information, referral, and advocacy for children with disabilities who have problems with special education, obtaining appropriate benefits and services, and other issues. The DRC is frequently court appointed to represent juveniles when the child has a disability.

Guide to New Hampshire Legal Services Programs

http://www.courts.state.nh.us/selfhelp/documents/legal_services_brochure.pdf

Produced by the NH Judicial Branch

NH Legal Services Web Site

<http://www.nhlegalaid.org/>

Legal information, referrals, and *pro se* assistance. Online application for legal assistance. Website provides links and contact information to a number of non-profit agencies that provide a range of services to low income people across the state. Includes online self-help guides.

NH Judicial Branch Self-Help Center

<http://www.courts.state.nh.us/selfhelp/index.htm>

Basic, practical information about the New Hampshire court system, how it works, and what the procedures are for bringing a case to court.

New Hampshire Legal Assistance

<http://www.nhla.org>

Provides free legal advice and representation to low-income people in civil matters involving basic needs, including food, shelter, income, medical care and public benefits, including Medicaid and Medicare.

NH Legal Assistance Offices

Berlin-	(800) 698-8969
Claremont-	(800) 562-3994
Concord-	(800) 921-1115
Manchester-	(800) 562-3174
Portsmouth-	(800) 334-3135

Foreclosure Relief Project 1-877-399-9995

Senior Citizens Law Project 1-888-353-9944 or (603) 624-6000

The “Law Line” – NH Bar Association

Talk to a lawyer free of charge on the 2nd Wednesday of the month, from 6 – 8 p.m. (800) 868-1212

Legal Advice and Referral Center

15 Green Street
Concord, NH 03301
(800) 639-5290 or 9 am-Noon at (603) 224-3333

NH Pro Bono Program

2 Pillsbury Street, Suite 300
Concord, NH 03301
(603) 224-5387

New Hampshire Association for Justice

10 Ferry Street, Suite 311
Concord, NH 03301
(603) 224-7077

Senior Citizens Law Project

1361 Elm Street, Suite 307
Manchester, NH 03101
(603) 624-6000 or (888) 353-9944

Disability.gov's Guide to Disability Rights Laws <https://www.disability.gov/resource/disability-govs-guide-disability-rights-laws>

New Hampshire Governor's Commission on Disability: Winter Reminder

http://www.nh.gov/disability/information/architectural/documents/winter_parking_reminder.pdf

This winter reminder from the New Hampshire Governor's Commission on Disability warns people that obstruction of an access aisle or parking place reserved for persons with a walking disability carries a fine of up to \$250. After a winter event, accessible parking spaces and access aisles must be clear within 24 hours.

New Hampshire Governor's Commission on Disability: Parking Reminder

http://www.nh.gov/disability/information/architectural/documents/parking_reminder.pdf

This friendly reminder from the New Hampshire Governor's Commission on Disability tells people that the access aisle is reserved to allow persons with walking disability placards to transition to and from their vehicle.

Service Animals and Emotional Support Animals from the Americans with Disabilities Act National Network

http://www.nh.gov/disability/documents/service_animal_booklet_ada_network.pdf

This manual goes into everything you need to know about service animals such as: what the definition of a service animal is, handler rights and responsibilities, and laws surrounding the use of service animals.

Mental Health and Crisis Services

SAMHSA Behavioral Health Treatment Services Locator and Treatment Referral Helpline

<http://findtreatment.samhsa.gov/> 1-800-662-HELP (4357)/ 1-800-487-4889 (TDD)

Use the Locator to find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country. Or call the SAMHSA Treatment Referral Helpline. Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA)

NAMI NH

85 North State Street, Concord

(800) 242-6264 or (603) 225-5359 <http://www.naminh.org>

NAMI NH is a statewide network of affiliate chapters support groups, staff and volunteers that provide information, education and support to all families and communities affected by mental illness.

NAMI-NH “Guidebook for Caregivers of Children and Adolescents with Serious Emotional Disorders”

<http://www.naminh.org/uploads/docs/ChildGuide2007.pdf>

NAMI-NH: “A NH Guide to Mental Health and Healthy Aging for Older Adults and Caregivers”

<http://www.naminh.org/uploads/docs/OlderAdultGuideBk.pdf>

NH DHHS Bureau of Behavioral Health

105 Pleasant St., Concord

(800) 852-3345 x5000 or 603-271-5000 <http://www.dhhs.nh.gov/dcbcs/bbh/index.htm>

The NH Bureau of Behavioral Health (BBH) seeks to promote respect, recovery, and full community inclusion for adults, including older adults, who experience a mental illness and children with an emotional disturbance. BBH works to ensure the provision of efficient and effective services to those citizens who are most severely and persistently disabled by mental, emotional, and behavioral dysfunction as defined by NH laws and rules. To this end, BBH has divided the entire state into community mental health regions. Each of the ten regions has a BBH contracted Community Mental Health Center and many regions have Peer Support Agencies.

Community Mental Health Centers

NORTH COUNTRY Northern Human Services

87 Washington St., Conway

603-447-3347 <http://www.northernhs.org>

CLAREMONT/UPPER VALLEY

West Central Behavioral Health Services

9 Hanover St., Suite 2, Lebanon

603-448-0126 <http://www.wcbh.org>

LAKES REGION

Genesis Behavioral Health

111 Church St., Laconia

603-524-1100 <http://www.genesisbh.org>

CONCORD AREA

Riverbend Community Mental Health

31 North State Street, Concord

603-228-1551

<http://www.riverbendcmhc.org>

KEENE AREA

Monadnock Family Services

64 Main St., Suite 201, Keene

603-357-4400 <http://www.mfs.org>

NASHUA REGION

Greater Nashua Mental Health Center at Community Council

7 Prospect St., Nashua

603-889-6147 <http://www.ccofnashua.org>

MANCHESTER AREA

The Mental Health Center of Greater Manchester

401 Cypress St., Manchester

603-668-4111 <http://www.mhcgm.org>

SEACOAST AREA

Seacoast Mental Health Center

1145 Sagamore Ave., Portsmouth

603-431-6703 <http://www.smhc-nh.org>

DOVER, ROCHESTER & STRAFFORD COUNTY Community Partners

113 Crosby Road, Suite 1, Dover

603-516-9300 <http://www.communitypartnersnh.org>

DERRY & SALEM AREA

Center for Life Management (CLM)

10 Tsienneto Rd., Derry

603-434-1577 <http://www.clmbehav.org>

Psychiatric Emergency & Crisis Services

Services are available 24 hours a day, 7 days a week to any person in the state of New Hampshire who may be experiencing psychiatric distress. If you are dealing with an immediate crisis, please call: 911, the statewide suicide hotline at 1-800-273-talk (1-800-273-8255), or the national suicide hotline at 1-800-SUICIDE (1-800-784-2433)

Or visit the emergency room at your local hospital, or contact your local community mental health center.

For less urgent situations, please contact your local community mental health center, or your local peer support agency. Several of these agencies offer “Warm Lines” which provide telephone peer-to-peer support, understanding, sympathy, and advice.

Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Has Spanish link.

Suicide Prevention Lifeline number:1-800-273-TALK (8255)

New Hampshire Suicide Prevention and General Resources www.theconnectproject.org

Telephone numbers: 603-225-5359 or 1-800-242-6264 (These are NOT Crisis response numbers)

Mental Health Peer Support

NH DHHS Bureau of Behavioral Health

105 Pleasant St., Concord

(800) 852-3345 x5000 or 603-271-5000 <http://www.dhhs.nh.gov/dcbcs/bbh/index.htm>

Peer Support Agencies, located throughout New Hampshire, provide services to people with mental illness who are 18 years of age or older and self-identify as a recipient, former recipient, or as at significant risk of becoming a recipient of publicly funded mental health services. Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Services include, but are not limited to: face-to-face and telephone peer support;

outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

See link for a list of peer support groups.<http://www.dhhs.nh.gov/dcbcs/bbh/peer.htm>

Disaster Distress Helpline

<http://disasterdistress.samhsa.gov/> 1-800-985-5990

TTY for Deaf/Hearing Impaired:

1-800-846-8517

Website and helpline for those affected by a disaster and in need of immediate assistance, information, support, and counseling. Callers will be connected to the nearest crisis center.

Disability.gov's Emergency Preparedness Resources

https://www.disability.gov/?s=&fq=topics_taxonomy:%22Emergency+Preparedness%5E%5E%22

Fire Safety for People who are Deaf or Hard of Hearing

<http://www.nfpa.org/safety-information/for-consumers/populations/people-with-disabilities/educational-materials/people-who-are-deaf-or-hard-of-hearing>

Gratitude: 'Tis a gift to be thankful

<http://www.hopetocope.com/tis-a-gift-to-be-thankful/>

This is a page that encourages people to thankful because practicing gratitude feeds your well-being.

Disability Service Providers

Services for Children

Your Pediatrician

Provides the gateway to proper assessment, diagnosis, and initial treatment, services, and supports.

Your Local School District

If you have a child with a disability who is eligible for special education services, your child may receive services from ages 3-21. You should contact your school district before your child turns three, the time when the school district becomes responsible for your child's education.

NH Medicaid for Children (Coverage for children up to age 19 and "Katie Beckett" option)

129 Pleasant Street, Concord

(877) 464-2447 Children's Medicaid Unit

<http://www.dhhs.nh.gov/ombp/medicaid/nhmedicaid-children.htm>

Provides comprehensive health and dental insurance to NH children ages 0-19 if their families do not have access to insurance or it is unaffordable (formerly NH Healthy Kids). Also, Home Care for Children with Severe Disabilities (HCCSD), commonly known as the "Katie Beckett" option, is available for severely disabled children up to age 19 whose medical disability is so severe that they qualify for institutional care but who are being cared for at home. Only the income and resources of the disabled child are counted towards eligibility for this program.

Adam's Camp

Loon Mountain,
Lincoln, New Hampshire
<http://www.adamscamp.org>

A one of a kind program designed to help children with special needs realize their potential through 5 days of one-on-one intensive therapy for campers, respite and support for parents, and a 5-day program for siblings.

Family Centered Early Supports and Services (FCESS)

NH Bureau of Developmental Services
105 Pleasant Street Concord, NH 03301

(800) 852-3345, ext. 5034 <http://www.dhhs.state.nh.us/dcbcs/bds/earlysupport/index.htm>

Anyone who is concerned about an infant or toddler's development, including a parent, may make a referral to FCESS. The program is designed for children birth through age two who have a diagnosed, established condition that has a high probability of resulting in delay, are experiencing developmental delays, or are at risk for substantial developmental delays if supports and services are not provided. FCESS are delivered in the family's home by designated non-profit and specialized service agencies located throughout the state.

Spark NH- Early Childhood Resources

Spark NH is New Hampshire's governor-appointed Early Childhood Advisory Council. It is a private-public partnership that works to create a comprehensive coordinated system of programs and supports for young children and their families. <http://sparknh.com>

Special Medical Services

NH Department of Health and Human Services 129 Pleasant Street – Thayer Building Concord, NH 03301-3857

1-800-852-3345 ext 4488 or 603-271-4488

<http://www.dhhs.nh.gov/dcbcs/bds/sms/specialcare.htm>

Special Medical Services, the New Hampshire Title V Program for Children with Special Health Care Needs, administers health programs and services for children ages' birth to 21 years, who have, or are at risk for, a chronic medical condition, disability or special health care need. Works together

with families and their health care providers, community agencies and schools to help obtain access to needed health care and related services. Provides care coordination services; support for child development and neuromotor clinics; nutritional and feeding/swallowing consultation; psychological and physical therapy services.

NH Partners in Health

129 Pleasant Street – Thayer Building Concord, NH 03301-3857
(800) 656-3333; TDD Access: (800) 735-2964. <http://www.dhhs.nh.gov/dcbcs/bds/sms/pih/>
Helps families of children with a chronic health condition that significantly impacts daily life. Partners in Health's role is to advocate, access resources, navigate systems and build capacity to manage the chronic health condition of their child. Locations throughout the state. No income requirements.

NH Partners in Health locations:

REGION 1 Berlin/ Lancaster - Child and Family Services 788-4172 and (800) 640-6486 x4243

REGION 2 Claremont - Child and Family Services 603-542-0053 REGION 3 Laconia - Community Health and Hospice 603-524-8444 REGION 4 Concord - Community Bridges (603) 225-4153

REGION 5 Keene - Monadnock Developmental Services 603-352-1304 REGION 6 Nashua - Gateways 603-459-2744

REGION 7 Manchester - VNA of Manchester and Southern NH 603-622-3781 REGION 8 Portsmouth - Families First 603-422-8208

REGION 9 Dover - Community Partners 603-749-4015 REGION 10 Derry - Gateways 603-459-2763

REGION 11 Conway - White Mountain Community Health 603-447-4240 REGION 12 Lebanon - Child and Family Services 603-518-4348

REGION 13 Littleton - Ammonoosuc Community Health Center 603-444-5962

New Hampshire Connections

New Hampshire aims to improve educational outcomes for all children, while meeting the unique needs of children and youth with disabilities.

admin@picnh.org, (800) 947-7005

CATCH Pediatric Rehabilitation Program

155 Borthwick Avenue
West Building, 3rd Floor
Portsmouth, NH 03801
(603) 433-4015

Exeter Hospital Pediatric Rehabilitation

212 Calef Highway
Epping, NH 03942
(603) 777-1885

Kids Count

2 Delta Drive
Concord, NH 03301
(603) 225-2264

NH Teen Institute

112 West Pearl Street
Nashua, NH 03060
(603) 545-7341

NeuroDevelopmental Institute of NH

45 Londonderry Turnpike
Hooksett, NH 03106
(603) 621-9870

The Youth Council

112 West Pearl Street
Nashua, NH 03060
(603) 889-1090

Easter Seals of New Hampshire

555 Auburn Street
Manchester, NH 03253
(603) 623-8863

Granite United Way-North Country Region

PO Box 311
41 Main Street
Littleton, NH 03561-0311
(603) 444-1555

Provides no direct services, only referral to appropriate contacts.

Homemakers Health Services

215 Rochester Hill Road
Rochester, NH 03867
(603) 335-1770

Special Education

Marc Sheehan's Special Education/Exceptionality Page

Links to special education and exceptionality resources.

<http://www.halcyon.com/marcs/sped.html>

Marc Sheehan's Educational Resource Page

Links to educational resources.

<http://www.halcyon.com/marcs/ed.html>

Marc Sheehan's Lesson Plans Page

Links to lesson plans and subject resources.

<http://www.halcyon.com/marcs/lessons.html>

Crotched Mountain School

1 Verney Drive

Greenfield, NH 03047

(603) 547-3311, Ext., 1894

Website: www.cm-school.org

NH Higher Education Assistance Foundation

4 Barrell Court

PO Box 2097

Concord, NH 03302

(800) 525-2577 or (603) 225-6612

New Hampshire Special Education Advocacy Center

14 Belmont Court

Bedford, NH 03110

(603) 625-2600

Reading Difficulties and Solutions for Passage-Based Reading on the SAT

http://www.idonline.org/article/Reading_Difficulties_and_Solutions_for_Passage-Based_Reading_on_the_SAT

This page will teach learners how to solve many of the problems that plague students while they read Passage-Based Reading passages. It includes common difficulties while reading, solutions to common reading problems, and advice for specific learners.

The Yale Center for Dyslexia and Creativity <http://dyslexia.yale.edu/index.html>

The Yale Center for Dyslexia & Creativity serves as a nexus for research on dyslexia, and is as well a leading source of advocacy and information to better the lives of people with dyslexia.

Services for Children and Adults with Developmental Disabilities and Acquired Brain Injuries

NH DHHS Bureau of Developmental Services

105 Pleasant St., Concord

(800) 852-3345, ext. 5034 <http://www.dhhs.nh.gov/dcbcs/bds/index.htm>

The NH developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities. The NH Bureau of Developmental Services is comprised of a main office in Concord and 10 designated non-profit area agencies that represent specific geographic regions of NH. All direct services and supports to individuals and families are provided in accordance with contractual agreements between BDS and the Area Agencies.

Supports include:

- Service coordination,
- Day and vocational services,
- Personal care services,
- Community support services,
- Early Supports and Services and Early Intervention,
- Assistive technology services; and
- Specialty services and flexible family supports including respite services and environmental modifications.

In-Home Support (IHS) Waiver for Children with Severe Disabilities (see description below)

Area Agencies and communities served:

Region I NORTH COUNTRY

Northern Human Services (Coos, Carroll & Grafton Co.) 87 Washington St., Conway 603-447-3347
<http://www.northernhs.org>

Albany, Bartlett, Benton, Berlin, Bethlehem, Brookfield, Carroll, Chatham, Clarksville, Colebrook, Columbia, Conway, Dalton, Dixville, Dummer, Easton, Eaton, Effingham, Errol, Franconia, Freedom, Gorham, Hart's Location, Haverhill, Jackson, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Lyman, Madison, Milan, Millsfield, Monroe, Moultonborough, Northumberland, Ossipee, Piermont, Pittsburg, Randolph, Sandwich, Shelburne, Stark, Stewartstown, Stratford, Sugar Hill, Tamworth, Tuftonboro, Warren, Waterville Valley, Whitefield, Wolfeboro, Woodstock

Region II UPPER VALLEY

Pathways of the River Valley 654 Main St., Claremont 603-542-8706 <http://www.pathwaysnh.org>
Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Dorchester, Enfield, Goshen, Grafton, Grantham, Hanover, Langdon, Lebanon, Lempster, Lyme, Newport, Orange, Orford, Plainfield, Springfield, Sunapee, Unity, Washington

Region III LAKES REGION

Lakes Region Community Services 719 North Main St., Laconia 603-524-8811 or 800-649-8817
<http://www.lrcsc.org>

Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Ellsworth, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Thornton, Tilton, Wentworth

Region IV CONCORD AREA

Community Bridges
2 Whitney Road, Concord
(603) 225-4153 or (800) 499-4153 <http://www.communitybridgesnh.org>

Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Danbury, Deering, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsborough, Hopkinton

Loudon, Newbury, New London, Northfield, Pembroke, Pittsfield, Salisbury, Sutton, Warner, Weare, Webster, Wilmot, Windsor

Region V MONADNOCK REGION

Monadnock Developmental Services 121 Railroad St., Keene 603-352-1304 or (800) 469-6082
<http://www.mds-nh.org>

Alstead, Antrim, Bennington, Chesterfield, Dublin, Fitzwilliam, Frankestown, Gilsum, Greenfield, Greenville, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester

Region VI NASHUA REGION

Gateways Community Services 144 Canal St., Nashua 603-882-6333 <http://www.gatewayscs.org>
Amherst, Brookline, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mont Vernon, Nashua, Wilton

Region VII MANCHESTER AREA

The Moore Center
195 McGregor St., Unit 400, Manchester 603-206-2700 or 603-668-5423
<http://www.moorecenter.org>

Auburn, Bedford, Candia, Goffstown, Hooksett, Londonderry, Manchester, New Boston

Region VIII SEACOAST REGION

One Sky Community Services
755 Banfield Road, Suite 3, Portsmouth
603-436-6111 Voice/TDD 800-660-4103
<http://www.oneskyservices.org>

Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham

Region IX DOVER & ROCHESTER AREA

Community Partners
113 Crosby Rd., Suite 1, Dover
603-516-9300
<http://www.communitypartnersnh.org>

Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford

Region X SALEM & DERRY AREA

Community Crossroads
8 Commerce Dr., Unit 801, Atkinson
603-893-1299 <http://www.communitycrossroadsnh.org>
Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, Windham

In-Home Support (IHS) Waiver for Children with Severe Disabilities

The In Home Support (IHS) waiver for Children with Developmental Disabilities provides assistance for children with the most significant medical and behavioral challenges requiring long-term supports and services, who live at home with their families, are Medicaid eligible, and meet the ICF/MR level of care and other qualifications of the program. The goal of the IHS waiver is to provide those services which are necessary to allow the individual to remain at home with his/her care-giving family. Services are provided through the Developmental Disabilities Area Agencies listed above.

Functional Communication Therapies, Inc.

We are a multi-faceted facility designed to meet a variety of communication needs. We provide services to both pediatric and adult population. Our facility consists of highly qualified, ASHA certified, NH State Licensed speech and language pathologists who strive to meet the needs of individuals looking to improve communication skills, academic performance and activities of daily living. For more information, please call 603-935-9723 or www.fctherapies.org

CHaD Family Center

Dartmouth-Hitchcock Medical Center
One Medical Center Drive
Lebanon, NH 03756
(603) 653-9899

Special Needs Support Center

12 Flynn Street
Lebanon, NH 03766
(603) 448-6311

The Children's Place and Parent Education Center

27 Burns Avenue
PO Box 576
Concord, NH 03302-0576
(603) 224-9920

Developmental Disabilities Self-Advocacy**ABLE NH**

21 South Fruit Street, Suite 22, Concord
603-271-3236 <http://www.ablenh.org>

ABLE (Advocates Building Lasting Equality) advocates for the human and civil rights of all children and adults with disabilities and promotes full participation by improving systems of supports, connecting families, inspiring communities and influencing public policy.

Disability Rights Center (DRC)

64 North Main Street, Suite 2, 3rd Floor Concord, NH 03301-4913
(603) 228-0432 or (800) 834-1721 (v/tty) <http://www.drcnh.org>

Information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related problems. Online resources and materials available on a wide range of disability-related topics.

Granite State Independent Living

21 Chenell Drive, Concord
(800) 826-3700 or (603) 228-9680 <http://www.gsil.org>

New Hampshire's only Independent Living Center. They offer information, specialized services, and peer support for persons with disabilities following the principles of personal choice and direction. They provide home care services, personal care, community-based disability supports and employment services including benefit counseling.

New Hampshire Council on Developmental Disabilities

21 South Fruit Street, Suite 22, Concord
603-271-3236 <http://www.nhcdd.org>

The New Hampshire Council on Developmental Disabilities is dedicated to dignity, full rights of citizenship, equal opportunities, and full participation for all New Hampshire citizens with developmental disabilities.

People First of New Hampshire

4 Park St., #304B, Concord
603-271-3236 <http://www.peoplefirstofnh.org>

Statewide umbrella of 17 self-advocacy groups for people with intellectual and other developmental disabilities around the state providing resources, training, and support. Call for the chapter in your area or on how to start one.

Advocating Change Together (ACT)

Advocating Change Together (ACT) started in 1979 in response to the growing concern that individuals with developmental disabilities were being isolated and excluded from decisions regarding their lives. ACT is a grassroots, member-controlled organization, run by and for persons with developmental and other disabilities. ACT has been successful in organizing persons with disabilities around common issues of concern because of a commitment to one premise: It is not the individual who must change to fit society, but rather, society and systems that must change to accommodate all people. Through our Common Vision workshops and Tools for Change educational materials, ACT works at both ends of the stream — providing information, skill building, and leadership opportunities to individuals with disabilities and challenging institutional barriers, which limit full inclusion in society. <http://www.selfadvocacy.org/>

Services for People with Physical Disabilities

Granite State Independent Living

21 Chenell Drive, Concord
(800) 826-3700 or (603) 228-9680 <http://www.gsil.org>

New Hampshire's only Independent Living Center. They offer information, specialized services, and peer support for persons with disabilities following the principles of personal choice and direction. They provide home care services, personal care, community-based disability supports and employment services including benefit counseling.

United Spinal Association Spinal Cord Resource Center <http://www.spinalcord.org/>

United Spinal Association is dedicated to enhancing the quality of life of all people living with spinal cord injuries and disorders (SCI/D), including veterans, and providing support and information to loved ones, care providers and professionals.

We believe no person should be excluded from opportunity on the basis of their disability. Our goal is to provide people living with SCI/D programs and services that maximize their independence and enable them to remain active in their communities.

Muscular Dystrophy Association

360 Route 101, Unit 5,
Bedford, NH 03110
(603) 471-2722

Multiple Sclerosis Society

1361 Elm Street, Suite 106
Manchester, NH 03101
(603) 623-3502 or (800) 344-4867

Money available for durable medical equipment, respite, home modifications, counseling, and air conditioners

Kelly Brush Foundation

1 Aspen Drive
South Burlington, VT 05403
(802) 846-5298

For recreational equipment dealing with spinal cord injury

Travis Roy Foundation

Dealing with spinal cord injuries.

Hemenway & Barnes, LLP
60 State Street, 8th Floor
Boston, MA 02109
(617) 619-8257

National Spinal Cord Injury Association

75-20 Astoria Blvd.
Jackson Heights, NY 11370
(718) 803-3782

GED/Adult Education

NH Bureau of Adult Education

GED & Adult Education Information 21 So. Fruit St., Suite 20, Concord 603-271-6698
<http://www.nhadulted.org>

The New Hampshire Bureau of Adult Education supports educational services to adults who have not received a high school diploma or GED certificate or who do not read, write, or speak English. Grants to school districts and not-for-profit organizations make it possible for local adult education programs to serve adult learners whose skills range from very basic to high school level.

Applying for Benefits

Government Benefits for People with Disabilities

<http://www.nh.gov/disability/information/community/benefitsforpeople.htm>

A list of links and contact information for government benefit programs that support people with disabilities.

Apply Online for Benefits with NH EASY

New Hampshire's Electronic Application System (NH EASY offers NH residents a fast and easy way to apply online for cash, medical, Child Care, Medicare Savings Program, and/or Food Stamp benefits.

<https://nheasy.nh.gov>

NH Department of Health and Human Services District Offices

Local offices where you can apply for Medicaid (including the Katie Beckett program for children with severe disabilities), the Medicaid for Employed Adults with Disabilities (MEAD) Program, food stamps and other state programs and public benefits.

Berlin District Office

650 Main Street, Suite 200
Berlin, NH 03570

(603) 752-7800; (800) 972-6111

TDD Access Relay: (800) 735-2964

Fax: (603) 752-2230

Claremont District Office

17 Water Street, Suite 301
Claremont, NH 03743

(603) 542-9544; (800) 982-1001

TDD Access Relay: (800) 735-2964

Fax: (603) 542-2367

Concord District Office

40 Terrill Park Drive
Concord, NH 03301

(603) 271-6200; (800) 322-9191

TDD Access Relay: (800) 735-2964

Fax: (603) 271-6451

Conway District Office

73 Hobbs Street
Conway, NH 03818
(603) 447-3841;
(800) 552-4628
TDD Access Relay: (800) 735-2964
Fax: (603) 447-1988

Keene District Office

809 Court Street
Keene, NH 03431
(603) 357-3510;
(800) 624-9700
TDD Access Relay: (800) 735-2964
Fax: (603) 352-2598

Laconia District Office

65 Beacon Street West
Laconia, NH 03246
(603) 524-4485;
(800) 322-2121
TDD Access Relay: (800) 735-2964
Fax: (603) 528-4105

Manchester District Office

195 McGregor Street, South Tower, Suite 110
Manchester, NH 03102
(603) 668-2330;

(800) 852-7493

TDD Access Relay: (800) 735-2964
Fax: (603) 668-5442

Rochester District Office

150 Wakefield Street, Suite 22
Rochester, NH 03867
(603) 332-9120;
(800) 862-5300
TDD Access Relay: (800) 735-2964
Fax: (603) 335-5993

Seacoast District Office

50 International Drive

Portsmouth, NH 03801
(603) 433-8300;
(800) 821-0326
TDD Access Relay: (800) 735-2964
Fax: (603) 431-0731

Southern District Office

3 Pine Street Extension, Suite Q
Nashua, NH 03060
(603) 883-7726;
(800) 852-0632
TDD Access Relay: (800) 735-2964
Fax: (603) 883-2064

Government Agencies

Social Security

70 Commercial Street, Suite 100,
Concord, NH 03301-5005
Tel: (603) 224-1939
(v); (603) 225-8475
(TTY); Toll-free: 1-800-772-1213;
FAX: (603) 228-5206
<http://www.ssa.gov>

Applicants for SSDI and SSI can file for benefits online at SSA.gov Web site, by phone or by visiting a local Social Security Office.

Social Security Disability Determination Service (DDS)

21 South Fruit Street, Suite 30
Concord, NH 03301
603-271-3341
1-800-266-8096
<http://www.education.nh.gov/career/vocational/dds.htm>

DHHS Aid to the Permanently and Totally Disabled (APTD) Disability Determination Unit

603-271-4445 or (800) 852-3345 x4445

Provides Medicaid and cash assistance to those meeting medical and financial criteria.

Disability.gov's Guide to Disability Benefits

<https://www.disability.gov/resource/disability-govs-guides-to-disability-benefits>

Disability.gov's Benefits section has hundreds of resources about Social Security disability benefits and assistance programs and services for people with disabilities, seniors and their families.

The National Business and Disability Council at the Viscardi Center

<http://www.viscardicenter.org/services/nbdc/>

The National Business & Disability Council (NBDC) at The Viscardi Center is an employer organization and comprehensive resource for disability best practices. Its corporate partners are predominantly Fortune 1000 companies and government employers committed to disability diversity. By becoming a NBDC Corporate Partner, companies can proactively strengthen and diversify their workforce as well as comply with the requirements of the American with Disabilities Act (ADA) and other federal regulations. NBDC can also assist companies in marketing to the 56.7 million Americans with disabilities, as well as gain greater insight into the economic contributions that accessible information and communication technology provides to companies.

Vocational Rehabilitation

Helps people with disabilities of all ages get jobs.

NH Department of Education
Bureau of Vocational Rehabilitation
21 South Fruit St., Suite #20,
Concord
(800) 299-1647

<http://www.education.nh.gov/career/vocational/>

Berlin Regional Office	752-2603-271
Concord Regional Office	603-271-2327
Keene Regional Office	603-357-0266
Lebanon Regional Office	603-448-5793
Manchester Regional Office	603-669-8733
Nashua Regional Office	603-889-6844
Portsmouth Regional Office	603-436-8884

Special Education

NH Department of Education

Bureau of Special Education 101 Pleasant St., Concord 03301 603-271-6693

http://www.education.nh.gov/instruction/special_ed/index.htm

Comprehensive reports, data and regulations relative to special education are available online.

NH Circuit Court - Probate Division

45 Chenell Drive, Suite 2
Concord, NH 03301-8541
Phone: 1-855-212-1234 email: probateservice@courts.state.nh.us
<http://www.courts.state.nh.us/probate/index.htm>

The Circuit Court Probate Division has jurisdiction over a variety of issues including all matters related to wills, trusts and estates, guardianships and involuntary commitment proceedings, adoptions, name changes and partition of real estate. Probate Judges preside over these cases from courthouses located in each of the ten counties throughout the state.

NH Department of Health and Human Services

New Hampshire Department of Health and Human Services 129 Pleasant Street, Concord.
(800) 852-3345
<http://www.dhhs.nh.gov>

The New Hampshire Department of Health and Human Services (DHHS) provides services for individuals, children, families and seniors and administers programs and services such as mental health, developmental disability, substance abuse and public health. The DHHS web site contains a comprehensive description of programs and services administered by the Department and how to apply.

NH Department of Health and Human Services - Frequently called numbers

NH DHHS Family-Centered Early Supports and Services

105 Pleasant St., Concord
603-271-5122 or (800) 852-3345, ext. 5122 or 5034

NH DHHS Bureau of Developmental Services

105 Pleasant St., Concord
(800) 852-3345, ext. 5034 or 603-271-5034

NH DHHS Division of Family Assistance

129 Pleasant St., Concord
(800) 852-3345 x9700 or 603-271-9700

NH DHHS Special Medical Services Bureau

97 Pleasant Street, Concord
800) 852-3345 x4488 or 603-271-1188

NH DHHS Bureau of Maternal & Child Health

29 Hazen Dr., Concord
(800) 852-3345 x4517 or 603-271-4517

NH DHHS Bureau of Behavioral Health

105 Pleasant St., Concord
(800) 852-3345 x5000 or 603-271-5000

Bureau of Elderly & Adult Services

(serving elders and physically disabled adults) 129 Pleasant St., Concord
(800) 852-3345 x9203 or 603-271-9203

DHHS Aid to the Permanently and Totally Disabled (APTD) Disability Determination Unit

603-271-4445 or (800) 852-3345 x4445

Provides Medicaid and cash assistance to those meeting medical and financial criteria.

Work Incentive Resource Center

<http://nhwirc.org>

New Hampshire's online destination for information about benefits, planning and work incentives for individuals with disabilities.

Bullying

Stand Up to Bullying New Hampshire

<http://standuptobullyingnh.org>

STAND UP New Hampshire is a one-day program to take a stand against all forms of bullying. During the day, students will discuss the issue in a town meeting, hear from inspirational speakers, and caucus to exchange ideas and discuss action plans for their schools.

Disability.gov's Bullying Resources

https://www.disability.gov/?s=&fq=topics_taxonomy:%22Education%5EBullying+Prevention%5E%5E%22

Links about bullying compiled by Disability.gov.

Come Together NH

<http://www.cometogethernh.org>

Come Together NH is the next evolution of the Anti-Bullying Taskforce of the New Hampshire Council on Developmental Disabilities. They are committed to bringing awareness, intervention and prevention of peer abuse/bullying to NH schools and communities.

StopBullying.gov

<http://www.stopbullying.gov>

A federal government website that provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

Emergency Preparedness

American Red Cross, NH Chapter Headquarters

2 Maitland Street
Concord, NH 03301
(603) 225-6697

Injury Prevention Program-Maternal and Child Health Services, Bureau of Population Health and Community Services

Department of Health and Human Services
29 Hazen Drive
Concord, NH 03301
(603) 271-4517

Children's Alliance of New Hampshire

2 Delta Drive
Concord, NH 03301
(603) 225-2264

Injury Prevention Center

Dartmouth-Hitchcock Medical Center
52 LaBombard Road
Lebanon, NH 03766
(877) 783-0432 or (603) 653-8360

NH Bureau of Emergency Medical Services

Department of Public Safety

33 Hazen Drive

Concord, NH 03301

(603) 223-4200

NH Children's Trust, Inc.

10 Ferry Street, #315

Concord, NH 03301

(603) 224-1279

NH Highway Safety Agency

78 Regional Drive, Bldg. 2

Concord, NH 03301

(800) 735-2964 or (603) 271-2131

Safety and Health Council of NH

2 Whitney Road, Suite 11

Concord, NH 03301

(603) 228-1401

WISE-Program Centers

38 Bank Street

Lebanon, NH 03766

(603) 448-5525 or (866) 348-9473

Medline Systems

2 Mary E. Clark Dr.

PO Box 103

Hampstead, NH 03841

(603) 329-7889

Valued Relations, Inc.

7 Church Street

Dover, NH 03820

(800) 888-0338

Disability.gov's Emergency Preparedness Resources

https://www.disability.gov/?s=&fq=topics_taxonomy:%22Emergency+Preparedness%5E%5E%22

Fire Safety for People who are Deaf or Hard of Hearing

<http://www.nfpa.org/safety-information/for-consumers/populations/people-with-disabilities/educational-materials/people-who-are-deaf-or-hard-of-hearing>

Employment

New Hampshire Vocational Rehabilitation Guide

http://www.education.nh.gov/career/vocational/cust_guide.htm

A description of the vocational rehabilitation process and overview of the entire NHVR process, from application to post-employment services.

Southern New Hampshire Services Employment and Training Program

<http://www.snhs.org/programs/workforce-development/workforce-investment-act-wia>

An employment and training program funded by the U.S. Department of Labor to help Dislocated Workers and other Eligible Adults access the tools they need to manage their careers through information and high quality services and to help U.S. companies find skilled workers.

Southern New Hampshire Services Workplace Success Program

<http://www.snhs.org/programs/workforce-development/workplace-success/>

Workplace Success is a partnership between the Department of Health and Human Services- Division of Family Assistance, SNHS, and the other New Hampshire Community Action Agencies. The goal of the program is to prepare participants to enter a volunteer work experience position within a nonprofit, business, or local/state government host site for 20-30 hours per week until they obtain full-time paid employment.

Work Incentive Resource Center

<http://nhwirc.org>

New Hampshire's online destination for information about benefits, planning and work incentives for individuals with disabilities.

Work Ready-NH

<http://www.ccsnh.edu/workforce-training/workready-nh>

WorkReadyNH helps job-seekers and career builders improve their skills and add two nationally recognized credentials to their resume. WorkReadyNH helps companies foster a skilled workforce, and find qualified applicants and employees.

Granite Bay Connections

64B Old Suncook Road
Concord, NH 03301

(603) 224-5588

New England Job Corp

50 Bridge Street
Manchester, NH 03103
(603) 627-2891 or (603) 647-6844

Educational and Vocational training for youth 16-24 years with no history of court involvement.

Services for the Blind and Visually Impaired

21 South Fruit Street, Suite 20
Concord, NH 03301
(603) 271-3537

Disability.gov's Employment Resources

http://www.disability.gov/?s=&fq=topics_taxonomy:%22Employment%5E%5E%22

Employer Assistance and Recruiting Network (EARN)

Employer Assistance and Recruiting Network EARN is a free nationwide service, here to help you connect with employers interested in hiring your clients. EARN is the premier recruiting source for employment service providers working with jobseekers with disabilities. We will send you job alerts for new postings in your area and work with you to increase job opportunities for your jobseekers. Enroll with EARN at or contact us if you have any questions about our program. We also encourage you to visit us at www.earnworks.com for more information about how EARN can work for you.

Housing

NH Housing Finance Authority

32 Constitutional Drive Bedford, NH 03110
(800) 640-7239 or (603) 472-8623 TDD: (603) 472-2089 www.nhhfa.org

New Hampshire Housing Finance Authority is a self-supporting public benefit corporation. Although established by statute as a public instrumentality, the Authority is not a state agency and receives no operating funds from a state government. The Authority administers a broad range of programs designed to assist low- and moderate-income persons and families with obtaining decent, safe and affordable housing. Home Ownership Programs, Multi-family Housing Programs, and Rental Assistance Programs.

Local Housing Authorities:

Berlin and Lancaster- 752-4240

Dover- 742-5804

Laconia- 524-2112

Nashua- 883-5661

Salem- 893-6417

Claremont- 542-6411

Exeter- 778-8110

Newmarket- 659-5444

Somersworth- 692-2864

Concord- 224-4059

Lebanon- 298-5753

Portsmouth- 436-4310

Derry- 434-8717

Keene-352-6161

Manchester- 624-2100

Rochester- 332-4126

Brain Injury Association of New Hampshire Housing Assistance Guide

<http://www.bianh.org/pdf/Housing.pdf>

List of housing assistance resources compiled by the Brain Injury Association.

Community Action Programs

Community Action Programs, Belknap/Merrimack Counties www.bm-cap.org

Concord- 225-6880

Franklin- 934-3444

Laconia- 524-5512

Meredith- 279-4096

Suncook- 485-7824

Warner- 456-2207

Rockingham Community Action

www.rcaction.org

Portsmouth- 436-3896/1-800-639-3896 Salem- 898-8435

Southern New Hampshire Services (Hillsborough County) www.snhs.org

Manchester- 647-4470/1-800-322-1073

Nashua- 889-3440/1-877-211-0723

Peterborough- 924-2243

Southwestern Community Services (Cheshire and Sullivan Counties) www.scshehelps.org

Keene- 352-7512/1-800-529-0005

Claremont- 542-9528

Community Action Partnership of Strafford County www.straffordcap.org

General: 603-516-8130

Dover Outreach: 603-516-8126

Farmington Outreach- 603-516-8191

Rochester Outreach- 603-516-8131

Tri-County Community Action (Coos, Carroll and Grafton Counties) www.tccap.org

Berlin- 752-3248

Littleton- 444-6653

Colebrook- 237-8168

Plymouth- 536-8222

Lancaster- 788-4477

Woodsville- 747-3013

Lebanon- 448-4553

Carroll County- 323-7400/1-888-842-3835

Concord Area Trust for Community Housing

79 South State Street

Concord, NH 03301 (603) 225-8835

<http://catchhousing.org>

CATCH Neighborhood Housing is a 501(c)3, non-profit organization offering a full spectrum of housing services in Merrimack County, New Hampshire. CATCH has earned a reputation for excellence by being involved and committed to the community, to CATCH residents, to our buildings, and to our neighbors. CATCH prides itself on creating innovative housing solutions for low- or moderate-income individuals and families

Referral Agencies for the Homeless

The Salvation Army

58 Clinton Street
Concord, NH 03301
(603) 225-5586

Families in Transition

122 Market Street
Manchester, NH 03101
(603) 641-9441

New Horizons

199 Manchester Street
Manchester, NH 03103
(603) 668-1877

The Way Home

214 Spruce Street
Manchester, NH 03103
(603) 627-3491

The Front Door Agency

7 Concord Street
Nashua, NH 03064
(603) 886-2866

Headrest Crisis

14 Church Street
Lebanon, NH 03766
(603) 448-4872
(603) 448-4400 (Hotline)
(800) 639-6095 (Teen Hotline)

Disability.gov's Guide to Housing <https://www.disability.gov/resource/disability-govs-guide-housing>

This guide has information about government agencies and organizations that can help you find an affordable place to live. You'll also find information about rental assistance programs, assisted living facilities and modifying your home to make it accessible.

Disability Rights Center

<http://www.drcnh.org/IssueAreas/housing.htm>

The DRC provides information, advice, and legal representation to individuals who have problems with housing who have been discriminated against due to their disability.

Granite State Independent Living's Home Access Modification <http://www.gsil.org/community-based-disability-supports/home-access-modification>

Granite State Independent Living's trained staff can consult with you around your accessibility needs and provide referrals to licensed vendors throughout the State of New Hampshire. In many cases their trained staff can assist in establishing a plan and identifying funding sources for your accessibility project.

Laconia Area Community Land Trust

<http://www.laclt.org>

Assists low and moderate-income families with achieving economic self-sufficiency through the development of permanently affordable housing opportunities and associated support programs.

New Hampshire Community Loan Fund

7 Wall Street Concord, NH 03301 (603) 224-6699

<http://www.communityloanfund.org>

The New Hampshire Community Loan Fund collaborates with a wide range of donors and lenders, and with business, nonprofit and government partners. Together, we provide the financing and support that people with low and moderate incomes need to have affordable housing, quality jobs, child care and early education for their children, and to become financially independent.

NH HUD

http://portal.hud.gov/hudportal/HUD?src=/states/new_hampshire/renting

Resources about subsidized apartments and public housing.

Also included in the site: **Housing Choice Vouchers Fact Sheet**

http://portal.hud.gov/hudportal/HUD?src=/topics/housing_choice_voucher_program_section_8

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments.

Housing choice vouchers are administered locally by public housing agencies (PHAs). The PHAs receive federal funds from the U.S. Department of Housing and Urban Development (HUD) to administer the voucher program.

If you are interested in applying for a voucher, contact your local PHA. For further assistance, please contact the HUD Office nearest to you.

State of NH Foreclosure Prevention Initiative

www.homehelpnh.org

On this site, you will find important tips on alternatives to foreclosure as well as other valuable resources to assist you. There is also a list of qualified housing counselors who can help you assess your situation and offer specific suggestions.

USDA Rural Development in Vermont/New Hampshire

<http://www.rurdev.usda.gov/NHVT Housing.html>

Housing resources for New Hampshire and Vermont.

Transition

Monadnock Center for Successful Transitions

<http://mcst-nh.org>

Monadnock Center for Successful Transitions (MCST) offers resources to students and adults with a wide variety of disabilities, as well as their families.

National Secondary Transition Technical Assistance Center's Age Appropriate transition assessments toolkit

<http://nstattac.org/content/age-appropriate-transition-assessment-toolkit-3rd-edition>

Designed to help with the selection of assessments for students in regards to transition planning.

NH Parent Information Center's Life After High School Toolkit

http://www.nhspecialed.org/documents/Transition_Tool_Kit_w_IEP.pdf

Strategies, tools, resources for families of youth with disabilities to assist in creating successful transition plans.

Transition and Career Development Resources

<http://NextSteps-NH.org>

This website is part of the Next Steps NH project and houses information that directly addresses transition questions and needs. There are navigation buttons to highlight key areas for different users, tools to help identify job interests and options for college and other post high school programs, and extensive information about essential elements of transition planning.

The Transition IEP Requirements Tool can be found at <http://nextsteps-nh.org/transition-iep-requirements>

Print resources are included on <http://nextsteps-nh.org/publications>

The Next Steps NH project provides support to selected New Hampshire high schools in order to increase the graduation rate of students with disabilities, and students at risk. It is supported by the New Hampshire Department of Education, Bureau of Special Education through a State Personnel Development Grant from the U.S. Department of Education, Office of Special Education programs for the years 2012-2016.

Disability.gov's Guide to Student Transition Planning

<https://www.disability.gov/resource/disability-govs-guide-student-transition-planning>

Links to transition resources.

Promoting Successful Transitions for Youth with Serious Mental Health Conditions

<https://www.youtube.com/watch?v=BXIT94bFh04>

This webinar was sponsored by the Transitions Research and Training Center, University of Massachusetts Medical School Worcester, MA and goes through ways for youth to successfully transition, based on findings from the National Longitudinal Transition Study- 2 (NLTS2).

Grads of Life

<http://gradsoflife.org/tools-to-act/>

The Grads of Life campaign seeks to change perceptions employers have of young people with atypical resumes. The GradsofLife.org website offers the tools to connect leading employers to employment pathways, including mentoring, school-to-work, internships, and hiring.

TransCen, Inc.

<http://www.transcen.org/>

TransCen, Inc. is a non-profit 501(c)3 organization dedicated to improving educational and employment outcomes for people with disabilities. Our work is driven by the belief that there is a job for everyone who wants one, regardless of the nature of their disability, or other barriers to employment, their need for workplace support and accommodation, or economic circumstance. Our associates develop, implement, and research innovative practices regarding school-to-adult life transition, career and workforce development, and inclusive community participation.

Transportation

Alliance for Community Transportation

<http://www.communityrides.org>

The Alliance for Community Transportation (ACT) is the state-designated Regional Coordination Council (RCC) for Southeast New Hampshire. ACT's mission is to "facilitate the implementation of coordinated community transportation" and "encourage the development of improved and expanded regional community transportation services."

Brain Injury Association of New Hampshire

<http://www.bianh.org/Transportation.pdf>

Transportation resources gathered by the Brain Injury Association of New Hampshire.

Cooperative Alliance for Regional Transportation (CART)

(603) 434-3569 <http://cartrides.org/index.htm>

Provides fixed route and curb-to-curb demand-response transportation serving the New Hampshire towns of Chester, Derry, Hampstead, Londonderry and Salem. Limited service to Plaistow and Windham are also available.

NH's Services and Supports Page on Transportation

<http://nhservicesandsupports.org/transportation>

Travel Training Curriculum and Guide

<http://www.projectaction.org/Initiatives/YouthTransportation/TransportationEducationCurriculum.aspx>

Strategies for integrating transportation content, including travel instruction, into the educational experience for students, including students with disabilities.

Transportation Services

<http://www.naric.com/?q=en/FAQ/where-can-i-find-transportation-services>

National Rehabilitation Information Center's information on finding transportation services.

Disability.gov's Transportation Resources

http://www.disability.gov/?s=&fq=topics_taxonomy:%22Transportation%5E%5E%22

Livability Initiative from U.S. Department of Transportation Federal Highway Administration

<http://www.fhwa.dot.gov/livability/>

This webpage is intended to provide information on the FHWA Livability Initiative as well as provide updates on the Department of Housing and Urban Development (HUD), Department of Transportation (DOT), and Environmental Protection Agency (EPA) Interagency Partnership for Sustainable Communities.

Society for Accessible Travel and Hospitality

<http://sath.org/>

The Society for Accessible Travel & Hospitality (SATH), founded in 1976, is an educational nonprofit membership organization whose mission is to raise awareness of the needs of all travelers with disabilities, remove physical and attitudinal barriers to free access and expand travel opportunities in the United States and abroad. Members include travel professionals, consumers with disabilities and other individuals and corporations who support our mission.

Good News Garage

325 Merrill St.

Manchester, NH 03103

(603) 669-6937

Service: Donated, reconditioned autos to qualified recipients for cost of repairs

New Hampshire Transit

Dept. of Transportation- Bureau of Rail & Transit

(603) 271-04043

Advance Transit

(802) 295-1824

Provides service in the Upper Valley area including Canaan, Enfield, Lebanon, West Lebanon, and Hanover, Hartford Village, Harland Wilder, Norwich and White River Junction, Vermont. All buses are accessible for people with disabilities and equipped with bicycle racks. Free ride matching service available.

Concord Area Transit

(603) 225-1989

Providing three different transportation services in Concord and the surrounding area. Bus service to and from downtown Concord, senior transit service and service for people with disabilities.

Manchester Transit Authority

(603) 623-8801

Providing transportation to get around Manchester. In addition to its regular routes, the MTA offers Dial-A-Bus, the Step-Saver (door-to-door transportation for senior citizens and people with disabilities) and summer excursion buses to the lakes and Seacoast regions.

North Country Transportation

(603) 752-1741

Serving Coos and Northern Grafton Counties.

Century Ambulance Service

Cost: NH Medicaid, Hours: Monday-Saturday, 5:30 am-7 pm. Services: Wheelchair accessible for all medical appointments. (603) 369-3034.

Contocook Valley Transportation Co.

(877) 428-2882

Dial-A-Ride (Hopkinton)-

Hours: M, W, and F 10 am-Noon. (603) 746-4357

Community Caregivers of Greater Derry

Cost: Donation, Hours: 9 am- 3 pm. Service: No wheelchair service. Provides services for medical and dental appointments by clients enrolled in the program. (603) 432-0877.

Great Bay Services

Hours: M-F, 8 am-3:30 pm. Service: Wheelchair accessible for transportation of clients. (603) 436-2014.

Lamprey Health Care

Cost: \$5.00 requested donation, Hours: M-F, 8 am-4 pm. Call for fixed routes and times; wheelchair accessible. (603) 659-2424.

Liberty Livery and Elderly Transportation

18 Daniel Street
Exeter, NH 03833
(603) 772-9256
(Serving Seacoast and Southern NH)

DriveAbility

711 Alumni Drive
Exeter, NH 03833
(603) 580-7927

COAST ADA Para transit

Cost: Varies. Hours: 6 am-11 pm depending on route. Service: Must have a disability. Need to complete application. (603) 743-5777.

Winnepesaukee Transit Agency

Cost: \$1-\$4 charge, \$.50 for 60 years and older. Hours: 8 am-5 pm, fixed route. Service: Wheelchair accessible for any use/need. (603) 528-2496.

Tamworth Caregivers

P.O. Box 223
Tamworth, NH 03886
(603) 323-7697

Provides transportation services for Tamworth residents (only). Please give 48-hour notice.

Ride-Away

54 Wentworth Avenue
Londonderry, NH 03053
888-RIDE-AWAY

Caregivers

Caregiver Action Network

10400 Connecticut Avenue, Suite 500
Kensington, MD 20895
(800) 896-3650 or (301) 942-6430

Easter Seals: The New Faces of Caregiving

<http://www.easterseals.com/explore-resources/for-caregivers/the-new-face-of-caregiving.html>

Easter Seals provides services to help children and adults with disabilities and/or special needs as well as support to their families, and this page is a great resource for parents taking care of children with disabilities as well as others who take care of people with disabilities.

Long-Distance Caregiving from National Institute on Aging

http://www.nia.nih.gov/health/publication/long-distance-caregiving-getting-started?utm_source=20141201_LDCgetstarted&utm_medium=email&utm_campaign=ealert

The National Institute on Aging's Long-Distance Caregiving page explains everything you need to know about caregiving from a distance. The page has helpful hints on how to go about caregiving long-distance and lists resources available to those who want to caregive from a long-distance.

College of Direct Support

The College of Direct Support is an on-line web based educational resource for you in providing direct support to individuals with developmental disabilities. The CDS offers Direct Support Professionals (DSPs) training opportunities that deepen and enhance their extremely important roles as caregivers, teachers, mentors, counselors, community connectors, and friends in the lives of the people we support. This site is a collaborative effort, developed by WebInservice, a division of MC Strategies, Inc., in cooperation with the University of Minnesota's Research and Training Center on Community Living and the Sertoma Center's MyLife Foundation in Knoxville, TN.
<http://directcourseonline.com/direct-support/>

Developmental Disabilities Nurses Association

As nurses in the specialized field of Developmental Disabilities, our mission is to continually develop our expertise in order to assure the highest quality of life to the people we serve throughout their life span." The Developmental Disabilities Nurses Association (D.D.N.A.) exists to provide opportunities for exploration of common issues and concerns, education, and professional recognition to those nurses involved in the lives of individuals with developmental disabilities. Visit their web site at <http://www.ddna.org/> for their web based educational programs go to <http://www.healthsoftonline.com/hsi/ddnacatalog.asp>

Social Role Valorization

Social Role Valorization (SRV) is a high-level service and relationship theory based on empirical knowledge for the design and rendering of both formal and informal services and relationships to any kind of people with any kind of need or condition, but especially those who are devalued or at risk thereof. It is the purpose of this site to provide information and some resources about Social Role Valorization (SRV), information about training opportunities and a forum for discussion.
<http://www.socialrolevalorization.com/>

UNH Continuing Education/Counseling and Social Work

One-day seminars in current topics in counseling and social work are held in the Durham, Manchester, and Portsmouth Centers. The cost is \$99/each and includes lunch. For registration call 862-2015. To learn more about the workshops call 862-1088 or visit their website at www.learn.unh.edu

Northern NH Area Health Education Center

Provides health and human service professionals with continuing education workshops and conferences offered in rural northern New Hampshire. To take advantage of their educational opportunities, visit their website at www.nnhahec.org

ABLE Act Information

Text from the bill available here: <https://www.congress.gov/bill/113th-congress/house-bill/5771?q=%7B%22search%22%3A%5B%22ABLE+Act%22%5D%7D>

This article on Autism Speaks gives a basic summary on what the new law can do for you: [http://www.autismspeaks.org/advocacy/advocacy-news/able-act-law-2015-what-you-need-know?utm_source=/advocacy/advocacy-news/able-act-law-2015-what-you-need-know&utm_medium=text-link&utm_content=ABLE Act](http://www.autismspeaks.org/advocacy/advocacy-news/able-act-law-2015-what-you-need-know?utm_source=/advocacy/advocacy-news/able-act-law-2015-what-you-need-know&utm_medium=text-link&utm_content=ABLE+Act)

This article from Smart Apps for Special Needs has valuable information about what qualifies as an ABLE account and what the funding could potentially be used for: <http://www.smartappsforspecialneeds.com/2015/01/achieving-better-life-experience-act-of.html>

This article from *The Wall Street Journal* goes into detail about who could qualify as beneficiaries for the ABLE Act accounts: <http://www.wsj.com/articles/a-new-savings-plan-for-the-disabled-1420939307>

This story by Justin King on vox.com answers many general questions that one might have about the ABLE Act and how it will affect people with disabilities: <http://www.vox.com/2014/12/19/7418291/able-act>

The National Disability Institute created a 10 item list for people who want to know more about the ABLE Act: <http://www.realeconomicimpact.org/News.aspx?id=460>

This graphic explains the ABLE Act visually for better understanding: <http://www.allsup.com/media/files/ABLE-infographic.pdf>

Dental Information

NH Healthy Families Health Plan

2 Executive Drive
Bedford, NH 03110
(866) 769-3085

Well Sense Health Plan

1155 Elm Street, 6th Floor
Manchester, NH 03101
(877) 957-1300

Ammonoosuc Community Health Services

25 Mt. Eustis Road
Littleton, NH 03561
(603) 444-2464

Child Health Services

1245 Elm Street
Manchester, NH 03101
(603) 668-6629

Coos County Family Health Services

133 Pleasant Street
Berlin, NH 03570
(603) 752-2040

59 Paige Hill Road
Berlin, NH 03570
(603) 752-2900

2 Broadway Street
Gorham, NH 03581
(603) 466-2741

HealthLink-Laconia

Lakes Region General Hospital
80 Highland St.
Laconia, NH 03246
(603) 524-3211

HealthLink-Franklin

Franklin Regional Hospital
15 Aiken Avenue
Franklin, NH 03235
(603) 934-2060

NH Medication Bridge Program

125 Airport Road
Concord, NH 03301
(603) 225-0900; Fax: (603) 225-4346

Seacoast Area Physiatry

875 Greenland Road, Unit C4
Portsmouth, NH 03801
(603) 431-5529

Willow Eye Care

345 South Willow Street
Manchester, NH 03103
(603) 625-1774

Vachon Dental

57 Webster Street
Manchester, NH 03104
(603) 627-2092

NH Dental Society

23 South State Street
Concord, NH 03301
(603) 225-5961

NH Technical Institute-Dental Hygiene Program

31 College Drive; MacRury Hall
Concord, NH 03301
(603) 230-4023

Core Pediatric Dentistry

5 Hampton Road
Exeter, NH 03833
(603) 773-4900
Ages 1-17 years old (only)

Donated Dental Services (Dental Lifeline Network) – statewide program. Assists elderly, disabled and medically challenged individuals. 800-292-1241.

Easter Seals Dental Center (Manchester) – 603-621-3482.

Dr. James Manning of Brookfield – 603-522-9900. Dr. Manning works with people who have disabilities.

Three dental schools in Boston have dental clinics and could be explored. Here are the links:
http://dental.tufts.edu/1175090438731/TUSDM-Page-dental2ws_1176988224004.html

<http://dentalschool.bu.edu/patients/dentalplan/index.html>

<http://www.harvarddentalcenter.harvard.edu/asp-html/>

Recreation

Northeast Passage

The mission of Northeast Passage is to create an environment where individuals with disabilities can recreate with the same freedom of choice, quality of life, and independence as their non-disabled peers. We do this by developing, delivering, and evaluating innovative barrier-free recreation and health promotion programs. Our guiding principles are promoting client independence through education and problem solving, creating opportunities, and collaborating with others to create a strong network of accessible recreation. Please visit their website at www.nepassage.org

Crotched Mountain Accessible Recreation and Sports (CMARS)

1 Verney Drive
Greenfield, NH 03047
(603) 547-3311, Ext. 1664
Website: www.cm-cmars.org

Field of Dreams, RPT

55 Ferrin Road
Chichester, NH 03258

NE Disabled Sports

PO Box 26
Lincoln, NH 03251
(603) 745-6281, Ext. 5663 or 745-9333

New England Handicapped Sportsman's Association

PO Box 2135
1398 Route 103
Newbury, NH 03255
(603) 763-9158

New Hampshire Special Olympics

650 Elm Street
Manchester, NH 03101
(603) 624-1250

One Step Further

82 Waukegan Street
Meredith, NH 03253
(603) 279-7829

Touchstone Farm, Inc.

Webster Highway
13 Pony Farm Lane
Temple, NH 03084
(603) 654-6308

UpReach Therapeutic Riding, Inc.
153 Paige Hill Road
PO Box 355
Goffstown, NH 03045
(603) 497-2343