

***This list does not imply any Federal or USMC endorsement.**

***This list includes services that may be In-Network or Out-of-Network providers. To find out which services are In-Network or Out-of-Network, contact your regional healthcare contractor or your EFMP Family Caseworker.**

National Resources

- **ADD/ADHD**

- *Children and Adults with Attention Deficit Disorder (CHADD)*: Improves the lives of people living with ADHD. <http://www.chadd.org/>

- **ADVOCACY**

- *The Arc*: <https://www.thearc.org/what-we-do/public-policy/congressional-committees>
- *National Adult Protective Services Association*: Promoting the dignity, health, safety and independence of adults with disabilities and the elderly, fighting to diminish discrimination, abuse, and neglect. Provides advocacy and resources. <http://www.napsa-now.org/>
- *Disability Rights Advocates*: DRA has lawyers, many of whom have disabilities. Its lawyers work in multiple practice areas such as education, employment, emergency planning, health care, access to public and private facilities and services, technology, telecommunications, transportation, and veterans benefits. <http://www.drlegal.org/>
- *Family Voices*: National, nonprofit, family-led organization promoting quality health care for all children and youth, particularly those with special health care needs. <http://www.familyvoices.org/>
- *Friendship Circle International*: Create meaningful relationships and friendships between teen volunteers and children with special needs, increasing confidence, igniting dreams, and redefining worldviews for both parties. <http://www.friendshipcircle.com/>
- *Patient Advocate Foundation*: Education, resources, referrals, consultation, and financial assistance, active advocacy from case managers, doctors, and attorneys to address access to medical care, medical debt, and job retention issues related to your diagnosis. WeChat, email, and/or telephone correspondence. <http://www.patientadvocate.org/>
- *National Alliance on Mental Illness (NAMI)*: Advocacy topics and referral include legal help, public policy, health care reform, criminal justice, access to medications, housing, employment, and an Advocacy Action Center where patrons can take the opportunity to advocate. <https://www.nami.org/Get-Involved/Take-Action-on-Advocacy-Issues>
- *Special Needs Alliance*: A national, non-profit organization committed to helping individuals with disabilities, their families and the professionals who serve them. <http://www.specialneedsalliance.org/>

- *Council of Parents, Attorneys and Advocates*: Protecting the legal and civil rights of students with disabilities. <http://www.copaa.org/>
- *National Special Education Advocacy Institute*: Special education advocacy training for parents. <https://transitioncouncil.org/national-special-education-advocacy-institute/>
- *Social Security*: Benefits for people with disabilities. <http://www.ssa.gov/disability/>
- *Wrights Law*: Special education laws and advocacy. www.wrightslaw.com
- **AUTISM**
 - *TACA (Talk About Curing Autism)*: For families who have just received the autism diagnosis TACA aims to speed up the cycle time from the autism diagnosis to effective treatments. <http://www.tacanow.org/>
 - *Asperger's / Autism Spectrum Education Network*: Education, support, and advocacy for families and individuals affected by autism spectrum disorders. <http://aspennj.org/>
 - *Autism Society*: The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy. <http://www.autism-society.org/>
 - *Autism Speaks*: Promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families through advocacy and support; increasing understanding and acceptance of autism spectrum disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions. <http://www.autismspeaks.org/>
 - *May Institute*: Offers home-based therapy and support to military families seeking access to autism services through TRICARE. www.mayinstitute.org
 - *The Center for Pediatric Behavioral Health* provides empirically-supported psychological treatment services based in applied behavior analysis for children with intellectual and developmental disabilities and behavioral disorders. They have a severe behavior program, a pediatric feeding disorder program, and an early skill acquisition program. The feeding program is part of an interdisciplinary program that includes a nurse practitioner, a dietician, and an occupational therapist. <https://www.centerforpediatricbehavioralhealth.com/>
- **BRAIN INJURY**
 - Brain Injury Association of America: Brain injury advocacy group. <http://www.biausa.org/>
 - Guardian Helmets: Specially designed helmets to protect against traumatic brain injury for those having unique medical needs, special needs or other at risk work or play: <https://guardianhelmets.com/>
- **CANCER**
 - **General Cancer**
 - *American Cancer Society*: Education, prevention, support, and research on dozens of cancer types. <http://www.cancer.org>

- *National Comprehensive Cancer Network*: The National Comprehensive Cancer Network® (NCCN®), a not-for-profit alliance of 23 of the world's leading cancer centers devoted to patient care, research, and education, is dedicated to improving the quality, effectiveness, and efficiency of cancer care so that patients can live better lives. <http://www.nccn.org/about/default.aspx>
- *Mayo Clinic “Living With Cancer” Newsletter Sign-up*: <https://newslettersignup.mayoclinic.com/?fn=204>
- *CancerCare*: Counseling, support groups, resources, and financial assistance. Meant to support patients, family members and loved ones, and healthcare professionals <http://www.cancercare.org/>
- *Cancer Hope Network*: Trained cancer survivors conduct a one-on-one support program that encourages patients to continue chemotherapy, immunotherapy, radiation, and surgery, even in the face of adverse side effects. www.cancerhopenetwork.org
- *Look Good...Feel Better*: Website that gives beauty tips and tricks for cancer patients during and after intensive treatments. www.lookgoodfeelbetter.org
- **Breast Cancer**
 - *Susan G. Komen Foundation*: <http://ww5.komen.org/>
 - *National Breast Cancer Foundation*: <http://www.nationalbreastcancer.org/>
 - *Air Charity Network*: Providing air transportation for cancer patients. <http://www.aircharitynetwork.org/>
 - *CancerCare*: Provides transportation to and from their cancer treatments. <http://www.cancercare.org/>
 - *Corporate Angel Network*: Provides air travel to treatment centers for cancer patients. www.corpangelnetwork.org
- **Brain Tumors**
 - *American Brain Tumor Association*: <http://www.abta.org>
 - *Leukemia & Lymphoma Society*: Treatment, education, support, and financial matters. <http://www.lls.org/>
 - *Lymphoma Research Foundation*: Education, advocacy, personalized support network, research, resources, referral. <http://www.lymphoma.org> & Questionnaire for support network match-ups <http://www.lymphoma.org/site/apps/fc/form.asp?c=bkLTKaOQLmK8E&b=6292571>
 - *National Bone Marrow Transplant Link*: Information, education, support for patients and caregivers- <http://www.nbmtlink.org/>
- **Ovarian Cancer**
 - *Ovarian Cancer National Alliance*: Support, connection with patients and survivors, guidance, education, advocacy, resources, clinical trials, and symptom journals. <http://www.ovariancancer.org/>

- *National Ovarian Cancer Coalition*: Raising awareness and promoting education, literature, new diagnosis info packets, and tips on how to navigate through care. <http://www.ovarian.org>
 - **Pancreatic Cancer**
 - *Pancreatic Cancer Action Network*: Research, patient support, advocacy, and treatment options, education. <http://www.pancan.org/>
 - *National Pancreatic Cancer Foundation*: Early detection research, educational awareness, financial assistance, and online support groups. <http://pancreaticcancerfoundation.com>
 - **Skin Cancer**
 - *The Skin Cancer Foundation*: Prevention, early detection, treatment, physician locator, support, education, events, recommended products, and healthy living. <http://www.skincancer.org>
 - *American Melanoma Foundation*: Facts, prevention, diagnosis, treatment, and resources for support. <https://melanomafoundation.org/>
 - *Aim at Melanoma*: Education, research, advocacy, support, and discussion boards. <http://www.aimatmelanoma.org/en/index.html>
 - **Thyroid Cancer**
 - *Thyroid Cancer Survivor's Association, Inc. (ThyCa)*: Facts, types, stages, diagnosis, treatment, specialist locator, low-iodine diet and cookbook, support, education, resources, and literature. <http://www.thyca.org/newly-diagnosed/>
- **CHRONIC HEALTH ISSUES**
 - **Asthma, Allergies & Respiratory Conditions**
 - *The Asthma and Allergy Foundation of America*: General information, education, everyday living tips, email correspondence with an allergist, advocacy, support, and clinic locator. http://www.aafa.org/index_noflash.cfm
 - *The American Lung Association*: Education, everyday living tips, and advocacy initiatives. <http://www.lung.org>
 - *Food Allergy Research & Education*: Research initiatives, education, tools, resources, support group directory, treatment & management, and advocacy. <http://www.foodallergy.org/>
 - **Diabetes**
 - *American Diabetes Association*: General information, facts, FAQs, research, support and networking, advocacy, management and treatment tips and tools, recipes, fitness, diabetes 24/7 online tool to help track and manage treatment plan. <http://www.diabetes.org/?loc=logo>
 - *Diabetic Connect*: Lifestyle forum for individuals with diabetes. Popular topics include weight management, recipes, newly diagnosed, medications, and complications. <http://www.diabeticconnect.com/>

- *JDRF*: Type 1 Diabetes support for any life stage, research info, advocacy, lifestyle tips, online support, downloadable toolkits, Care Kits for newly diagnosed (include sling bag, testing supplies, T1D literature). <http://jdrf.org>
- **Cerebral Palsy**
 - *United Cerebral Palsy*: Provides services and support on a community-by-community basis, serving the unique needs of people with disabilities in their region. <http://ucp.org/>
- **Epilepsy**
 - *Epilepsy Foundation*: General information, resources, education, “e-Communities,” lifestyle tips, newsletters, research, financial assistance, advocacy, and community events. <http://www.epilepsyfoundation.org/>
 - *Epilepsy.com*: Project initiative by The Epilepsy Therapy Project that gives lifestyle tips, support communities, information on the most recent therapies & medications, and online seizure diary. <http://www.epilepsy.com> & <http://www.facebook.com/epilepsytherapyproject>
 - *Lundbeck*: Organization that sponsors meeting the needs of those with central nervous system disorders, particularly epilepsy. Partners with the community and other foundations to bring art therapy, Talk About It ©, events, research, sponsored clinical trials, and lifestyle tips. <http://www.yourpartnerinepilepsy.com/>
 - *The Epilepsy Advocate*: Free magazine, community of caregivers and advocates providing education and lifestyle tips, and resources. <http://www.epilepsyadvocate.com/>
- **Heart Conditions**
 - *American Heart Association*: Prevention, education, resources for patients, caregivers, healthcare professionals on most recent, innovative, and effective treatments for heart conditions. <http://www.heart.org/HEARTORG/>
 - *HeartHub*: Information portal for patients to access info on heart disease, heart attacks, risk factors, cholesterol, diabetes, arrhythmia, stroke, prevention, treatment, tools, and BMI calculator. <http://www.hearhub.org>
 - *Mended Hearts*: Organization providing peer-to-peer support to heart patients, families, and caregivers through phone, online, and hospital visits. Supports education and resource connection as well as emotional support, lifestyle tips, prevention, and treatment of heart surgery and other serious heart conditions. <http://mendedhearts.org/>
 - *World Heart Federation*: Investment in education, research, prevention, and advocacy (i.e. Go Red for Women) to reduce heart disease and stroke occurrences around the world regardless of socio-economic status. Get resources, FAQs, new, and upcoming events. <http://www.world-heart-federation.org/>

○ **Pain Management (non-cancer related)**

- *American Chronic Pain Association*: Lists of conditions from migraines to fibromyalgia to arthritis to chronic back pain, information on treatments and facts on medications, online and printable tools for pain management, lifestyle tips, publications & articles, and resources. <https://theacpa.org/>
- *PainACTION*: Online database and tool to help individuals create a personalized plan to track, organize, and manage pain treatment to include lifestyle tips, tools for coping, daily tracker, and information for any condition that causes or exacerbates pain. <http://www.painaction.com/>
- *American Headache Society Committee for Headache Education (ACHE)*: Migraine education, awareness, treatment, prevention, research has useful handouts, toolkits, events, and recent articles. <http://www.achenet.org>
- *National Headache Foundation*: Head Wise Magazine, tools, FAQs, webinars, and lifestyle tips on managing chronic headaches. <http://www.headaches.org/>
- *Neurology Now*: Online magazine that covers a variety of neurological conditions such as migraines, epilepsy, Alzheimer's, and fibromyalgia. <http://journals.lww.com/neurologynow/pages/default.aspx>
- *Spine Health Online*: Chronic back and neck pain information, treatment, prevention, pain management techniques, before and after surgery treatment & info, alternative medicine, resources, and support. <http://www.spine-health.com/>
- *Chronic Fatigue & Immune Deficiency Syndrome Association of America*- Free literature, book lists, resources, advocacy, facts, and FAQs for Chronic Fatigue Syndrome and Fibromyalgia. <http://solvecfs.org/>

● **DEAF AND HARD OF HEARING**

- *AbleData*: Database of thousands of assistive technology products with reviews and general information, resources, literature on the latest assistive technology breakthroughs and interactive resources. <http://www.abledata.com/>
- *American Speech-Language-Hearing Association* Help consumers with questions about speech & language pathology, audiology, deaf and hard of hearing conditions and treatments. <http://www.asha.org/>
- *National Association of the Deaf*: Civil rights organization that provides advocacy, news, and education. <http://www.nad.org>
- *Hearing Loss Association of America*: Information, community support, webinars, newsletters, free and low cost products, resources, and advocacy, prevention, and lifestyle tips. <http://www.hearingloss.org/>

• VISION

- *American Foundation for the Blind*: Provides services to and acts as an information clearinghouse for people who are blind or visually impaired and their families, professionals, organizations, schools, and corporations. <http://www.afb.org/default.aspx> & also hosts a family of websites:
 - VisionAware™ - <http://www.visionaware.org/>
 - FamilyConnect® - <http://www.familyconnect.org/parentsitewhome.asp>
 - CareerConnect® - <http://www.afb.org/section.aspx?FolderID=2&SectionID=7>
 - BrailleBug® (Intro to Braille for Kids) - <http://braillebug.afb.org/>
 - AccessWorld (Database of assistive technology) - <http://www.afb.org/aw/main.asp>
- *AbleData*: Database of thousands of assistive technology products with reviews and general information, resources, literature on the latest assistive technology breakthroughs and interactive resources. <http://www.abledata.com/>
- *National Federation for the Blind*: Education, referrals, resources for independent living, working, education, and recreation, technology products such as mobile apps and handheld reader. <https://nfb.org/>
- *AbleData*: Database of thousands of assistive technology products with reviews and general information, resources, literature on the latest assistive technology breakthroughs and interactive resources. <http://www.abledata.com/>

• INDEPENDENT LIVING AND MOBILITY

- *National Council on Independent Living*: Advocacy, toolkits, events, and newsletter (The Advocacy Monitor) to support inclusion, civil rights, environmental considerations for all adults with disabilities. <http://www.ncil.org/>
- *Maxim Healthcare Services*: Helping loved ones get the necessary assistance needed at home to maintain a safe, independent and happy lifestyle. <https://www.maximhealthcare.com/>
- *Elder Help*: Helping the population of growing seniors with financial assistance, transportation, and other support services. <http://www.elderhelpofsandiego.org/>

• INCLUSION

- *TASH*: Equity and Inclusion Opportunities for People with Disabilities. <http://tash.org/>

• INTELLECTUAL, DEVELOPMENTAL AND LEARNING DISABILITIES

- *The Arc (intellectual and developmental disabilities)*: Protects people with intellectual and developmental disabilities and their families on the federal level through our public policy efforts. <http://www.thearc.org/>
- *Easter Seals*: Services for children with disabilities. www.easterseals.com
- *National Center for Learning Disabilities*: Empowers parents and young adults, transforming schools and advocating for equal rights and opportunities. www.nclld.org
- *NICHCY (National Dissemination Center for Children with Disabilities)*: Center for parent information and resources. <http://nichcy.org/>

- *Learning Disabilities Association of America*: Works to support all people with a learning disability successfully function in society. <http://www.ldanatl.org/>
- *Council for Exceptional Children*: Group of professional educators dedicated to advancing the success of children with exceptionalities. <https://www.cec.sped.org/>
- *National Down Syndrome Congress*: Education, advocacy and empowerment. <http://ndscenter.org/>
- *National Down Syndrome Society*: Helps those with down syndrome enhance the quality of their life. <http://www.ndss.org/>
- *International Rett Syndrome Foundation*: Accelerate full spectrum research to cure rett syndrome and empower families with knowledge and connectivity. <http://www.rettysyndrome.org/>
- *United Cerebral Palsy Association*: Resource for people with cerebral palsy. <http://www.ucp.org/>
- **MENTAL, EMOTIONAL AND BEHAVIORAL HEALTH**
 - *National Alliance on Mental Illness*: Dedicated to education & awareness of mental illness, advocacy, education, and support for mental illness patients. <http://www.nami.org/>
 - *Healthy Minds*: American Psychiatric Association resource center with articles on living with mental illness and treating those with mental illness. Information is targeted at particular population whether it be age, ethnicity, stage in life as well as organized by diagnosis. <http://healthymindsnetwork.org/>
 - *National Mental Health Consumers' Self Help Clearinghouse*: News & alerts, training, publications, resources, and a consumer-driven service directory for those with mental illness looking to help themselves advocate and cope. <http://mhselfhelp.squarespace.com>
 - *Depression & Bipolar Support Alliance*: Education, training, treatment options, wellness tools, research, peer support, lifestyle tips, and outreach. <http://www.dbsalliance.org/site/PageServer?pagename=home>
 - *Anxiety & Depression Association of America*: Information on different anxiety and mood disorders, resources guides, self-help materials, support, outreach, advocacy, personal testimonies, lifestyle tips, management and treatment. <http://www.adaa.org/>
 - *My Depression Connection, Anxiety Connection, Bipolar Connection*: Information, FAQs, resources, support each with its own site.
 - Depression - <http://www.healthcentral.com/depression/?ic=1102>
 - Anxiety - <http://www.healthcentral.com/anxiety/?ic=1102>
 - Bipolar- <http://www.healthcentral.com/bipolar/>
 - *Wings of Madness*: Information, latest research, lifestyle tips, treatment, diagnosis, and support for those diagnosed with Depression. <http://www.wingofmadness.com/>
 - *1800PPDMOMS*: Part of the Kristin Brooks Hope Center, this is a website and hotline for mothers with Postpartum Depression or who suspect they might have PPD. Provides screening, support, and resources- <http://www.1800ppdmoms.org/>

- *To Write Love On Her Arms*: Organization dedicated to removing the stigma of depression, addiction, self-injury, eating disorders, suicide and bridging the gap between mental illness and treatment. Fundraising merchandise, blog entries, and events. <http://twloha.com/home>
- *iFred*: International Foundation for Research & Education on Depression is dedicated to removing the stigma or “rebranding” depression, providing timely resources for individuals with depression and their friends and families. Provides information on types of depression, management and treatment, support groups, online communities, and national movement “Field Of Hope”. <http://www.ifred.org/>
- **NURSING**
 - www.care.com
 - www.sittercity.com
- **RESOURCES FOR SERIOUSLY ILL CHILDREN/ADULTS**
 - *Dream Factory*: Grants dreams for critically and chronically ill children. <http://dreamfactoryinc.org/>
 - *Make a Wish Foundation*: Grants the wish of a child with a life-threatening medical condition. <http://wish.org/#sm.00001ngx2k6wvqcnnzen9dn28q7tw>
 - *Give Kids the World Village*: Is a 79-acre, non-profit resort that provides weeklong, cost-free vacations to children with life-threatening illnesses and their families. <http://www.gktw.org/>
 - *Ronald McDonald House*: Keeps families with sick children close to each other and the care and resources they need. <https://www.rmhc.org/>
 - *Starlight Children’s Foundation*: A tool for health care providers and families in their daily efforts to entertain, distract and create better outcomes for sick children. <https://www.starlight.org/starlight-programs/>
- **TRAVEL**
 - *National Patient Travel Center*: Providing patients with air travel to treatment centers. <http://www.patienttravel.org/>
 - *Road to Recovery (American Cancer Society)*: Helping patients get to and from treatment centers. <https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>
- **ADDITIONAL RESOURCES**
 - *Military OneSource*: Central hub and “go-to-place” for military communities. Information related to special needs consultation, resource research, non-medical counseling, education and employment support, financial counseling, emergency travel, disaster relief and deployment and transition support. www.militaryonesource.mil
 - *Family Subsistence Supplemental Allowance*: This program supplements a military member's income to a high enough level so that the member's family doesn't need to get benefits under the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP), formerly known

as the food stamp program. <http://militarypay.defense.gov/PAY/Allowances/fssa.aspx>

- *Supplemental Nutrition Assistance Program (SNAP)*: Offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits. FNS also works with State partners and the retail community to improve program administration and ensure program integrity. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
- *Supplemental Security Income*: A Federal income supplement program funded by general tax revenues (not Social Security taxes) to help aged, blind, and disabled people, who have little or no income; and provides cash to meet basic needs for food, clothing, and shelter.
- *WIC (Women, Infant, and Children)*: A Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. <https://www.fns.usda.gov/wic/women-infants-and-children-wic>
- *Medicare*: Federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease. <https://www.ssa.gov/medicare/>
- *INDEX*: Provides information and referral; technical assistance; training; online education; and technology services. <https://www.disabilityinfo.org/>
- *American Red Cross*: Alleviates human suffering during emergencies through charity and volunteers. www.redcross.org
- *Computer/Electronic Accommodations Program (CAP)*: Provides accommodating equipment in the workplace for the disabled. www.cap.mil
- *CADRE*: Mediates and collaborates to resolve disagreements about special education and early intervention programs. <https://www.cadeworks.org/>
- *National Center on Education, Disability and Juvenile Justice (EDJJ)*: Works with the Justice system to provide special education services to juveniles in the Justice system. www.edjj.org
- *Department of Education IDEA*: provides information on how states and agencies are required to deliver early intervention, special education and other related services. <https://www2.ed.gov/policy/speced/guid/idea/idea2004.html>

State Resources

North Carolina American Academy of Pediatrics

Advances and distinguishes the role of pediatric medicine as a healthcare destination and support the ongoing success of our membership through education, advocacy, community awareness, benchmarking and promoting standards of excellence. www.ncpeds.org

North Carolina Assistive Technology Program

A state and federally funded program that provides assistive technology and services statewide to people of all ages and abilities. www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program

Assistive Technology Center at University of North Carolina Wilmington

The Watson College of Education hosts the Center for Assistive Technology which serves as a lending site for AT equipment. This facility focuses on persons with disabilities and those who provide education, therapy, intervention and care for them and which holds new and innovative materials and equipment. <https://www.uncw.edu/ed/assist/>

Autism Society of North Carolina

Helps address areas of need and expand services for the autistic community in North Carolina. Provides support for all North Carolinians affected by autism. This organization works to improve the lives individuals and families impacted by autism through advocacy, training and education, and direct services. www.autismsociety-nc.org

BEGINNINGS of North Carolina

Provides technical information, emotional support, resources and referrals to parents and professionals serving children who are deaf or hard of hearing. www.ncbegin.org

Carolina Institute for Developmental Disabilities (CIDD)

Comprehensive program for services, research, and training relevant to individuals with developmental disabilities and their families. Provides a continuum of clinical services from complex, interdisciplinary evaluations on-site to more limited and selected clinical services and training in NC. Brings together state-of-the-art research and clinical practices to ensure the best care for the citizens of NC. www.cidd.unc.edu

Center for Parent Information and Resources (CPIR)

Central resource for information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRC's), so that they can focus their efforts on serving families of children with disabilities. www.parentcenterhub.org

North Carolina Children and Youth with Special Health Care Needs Help Line

Information and referral Help Line for those living with, caring for and concerned about a child with special health care needs. Callers can learn of health care programs and funding resources available to them. Email: CYSCH.Helpline@dhhs.nc.gov Phone: 1-800-737-3028

Community Alternatives

Provides supports and services to individuals with developmental and other disabilities. <http://www.comalt.org/>

North Carolina Council on Developmental Disabilities

Works collaboratively, across the State, to assure that people with intellectual and developmental (I/DD) and their families participate in the design of and have access to needed community services, individualized support and other forms of assistance that promote self-determination, independence, productivity and inclusion in all areas of community life. Identifies problems facing its community through its five-year planning process and funds innovative projects and initiative that promote the goals of Developmental Disabilities Assistance and Bill of Rights Act (DD Act) for all North Carolinians. www.nccdd.org

Decoding Dyslexia North Carolina (DDNC)

Are a group individuals & parents that share the experiences of the journey with dyslexia and the services that our children have received or wished were available in our local school districts. Aims to raise dyslexia awareness, empower families to support their children, and inform policy-makers on best practices to identify, remediate and support students with dyslexia in North Carolina. http://www.decodingdyslexianc.org/?page_id=68

disAbility Resource Center

Provides non-residential, community based and consumer directed services to persons with disabilities. <http://www.drc-cil.org/>

Disability Rights North Carolina

Team of attorneys, advocates, paralegals and support staff provide advocacy and legal services at no charge for people with disabilities across North Carolina. www.disabilityrightsncc.org

Easter Seals/United Cerebral Palsy of North Carolina and Virginia

Prepares children with disabilities to engage in the world and supports families to become and stay connected in their communities. <http://www.easterseals.com/NCVA/our-programs/>

North Carolina Early Intervention and Early Childhood Libraries

Houses a large collection of print and video materials that focuses on young children with special needs and those who are typically developing, their families, and recommended practices for serving them. www.ncei-eclibrary.org

North Carolina Early Intervention for Children Deaf or Hard of Hearing

Provides services to children who are deaf, hard of hearing, or deaf/blind, age's birth to three, and their families. Concentrating on language and communication skill development, itinerant professionals provide family-centered intervention in home and daycare settings. www.ncdhhs.gov/assistance/hearing-loss/early-intervention-for-deaf-hard-of-hearing

North Carolina Infant-Toddler Program

Provides supports and services for families and their children, birth to three, who have special needs. www.bearly.nc.gov

Early Childhood Technical Assistance Center

Improves state early intervention and early childhood special education service system, increases the implementation of effective practices and enhances the outcomes of these programs for young children and their families. <http://ectacenter.org/>

Exceptional Children's Assistance Center (ECAC)

Improves the lives and education of all children through a special emphasis on children with disabilities. It affirms the right of all individuals, from all backgrounds and cultures, with or without disabilities, to an appropriate education and other needed services. They seek to make the right a reality by providing information, education, outreach, and support to and for families with children across North Carolina. www.ecac-parentcenter.org

Family Support Network of North Carolina

Promotes and provides support for families with children who have special needs. www.fsnnc.org

First in Families North Carolina (FIENC)

Helps people with disabilities and their families to believe in their dreams, achieve their goals, and give back to others. Assists children and adults to be more involved and contributing to members of their communities by helping them meet current goals and plan for future; acquire needed goods and services and find opportunities to give back to others. www.fifnc.org

March of Dimes North Carolina Chapter

Helps babies in North Carolina start life in the healthiest way possible. Through education and intervention, the March of Dimes North Carolina Chapter, helps moms-to-be learn how to take care of themselves before, during and after their pregnancy. <http://www.marchofdimes.com/northcarolina>

North Carolina Mental Health (Department of Health and Human Services)

<https://www.ncdhhs.gov/providers/provider-info/mh-dd-sas>

Office of Special Education and Rehabilitative Programs

Dedicated to improve results of infants, toddlers, children and youth with disabilities ages birth through 21 by providing leadership and financial support to assist states and school districts.

<https://www2.ed.gov/about/offices/list/osers/index.html?exp=1>

The Parker Autism Foundation

Serves children with autism spectrum disorder and their families in the Greater Charlotte Region.

www.parkerautismfoundation.org

Prevent Child Abuse North Carolina

Supports the development of safe, stable, nurturing relationships for children in the families and communities to prevent child abuse and neglect. www.preventchildabusenc.org

Smart Start and North Carolina Partnership for Children, Inc.

Prepares young children to be successful in a school setting. www.smartstart.org

TEACCH

Creates and cultivates the development of exemplary community-based services, training programs, and research to enhance the quality of life for individuals with Autism Spectrum Disorder and their families. www.TEACCH.com

North Carolina Division of Vocational Rehabilitation: Independent Living Services

Offer services that provide an alternative to institutionalization; improve functioning in one's family, home, and community; and assist in preparing a person for a vocational rehabilitation program.

<https://www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities>

Women, Infants and Children (WIC)

Special Supplemental Nutrition Program for Women, Infants, and Children. www.nutritionnc.com/wic

Zero to Three

Works to ensure that babies and toddlers benefit from the early connections that are critical to their well-being and development. www.zerotothree.org

Local Resources

Adult and Family Services Unit, Department of Social Services

Services include: Adult protective services, at risk case management (housing, food, and health services), adult care, home monitoring, guardianship, adult care home placement. (910)-989-0230.

Agape Leadership Development

Homeschool support group for Eastern NC, homeschooling resources, field trips, social events, annual testing and graduating. www.agapeleadership.com

Autism Society of NC – Onslow County Chapter

Meets 3rd Wednesday of the month at 1000. More information available at <https://www.autismsociety-nc.org/events/onslow-county-chapter-meeting/>

Blank Canvas Awareness

Provides the community with access to teacher/parent/employee dyslexia trainings, awareness art shows, specialized tutoring, mentor tutors program, and reading dog programs.

www.blankcanvasawarenessart.com

Community Alternatives Program for Children (CAP/C)

Program for medically fragile children under the age of 21 who are at risk for having to live in a nursing home or hospital.

<https://dma.ncdhhs.gov/medicaid/get-started/find-programs-and-services/community-alternatives-program-for-children>

Caring Community Clinic

Immediate care facility offering short term care, and a dental clinic that is open by appointment only.

www.onslowco.org/clinic

Carobell

Special needs, continuing education, summer camp, residential services, adult day vocational program. www.carobell.org

Child Advocacy Center

Prevents life-long problems by providing a comprehensive, culturally competent, multidisciplinary team response to allegations of child abuse in a dedicated, child-friendly setting.

http://www.onslowkids.org/our_work/child-advocacy-center/

Coastal Enterprises of Jacksonville, Inc.

Rehabilitation and job training for individuals with disabilities. www.coastalenterprisesinc.org

Cooperative Extension

4-H youth development, classes and workshops, agriculture and food, community, forest resources, health and nutrition, home and family, lawn and garden, soil, water and air.

<http://onslow.ces.ncsu.edu>

Down Syndrome Network of Onslow & Carteret Counties (DSNOCC)

Bring families together to share information, experiences, and ideas with each other, to educate our community about Down syndrome, to celebrate our beautiful children, and to have fun.

<http://dsnocc.org/resources/>

Department of Social Services

Social worker for the blind. (910)-455-4145.

Early Headstart

Comprehensive child and family development program serving low-income families.

http://www.onslowkids.org/our_work/child-advocacy-center/

Educational & Developmental Intervention Services (EDIS)

Provides multidisciplinary developmental evaluations and developmental services for children birth through 36 months who live in base housing; no cost to families for evaluations or services.

<http://www.med.navy.mil/sites/nhcl/Patients/HS/Pages/EDIS.aspx>

Phone: 910-450-4127.

Emergency Services

- Carolina's Poison Control: 1(800)-222-1222
- Emergency Services: (910)-347-4270
- Jacksonville Police Department: (910)-455-4000
- Onslow County Sheriff's Department: (910)-455-3113

Family Support Network of the Crystal Coast

Regional parent support information and resource for those with a child born prematurely, with developmental disability or loss of child. Promotes early intervention. www.fsnnc.org

Guardian Ad Litem

Trained adult volunteers advocating for abused and neglected children in court, and other services.

<http://www.nccourts.org/County/Onslow/GAL/Default.asp>

Marine Corps Community Services, Lejeune-New River (Marine and Family Programs)

www.mccslejeune-newriver.com

- Family Care Branch:
 - Child and Youth Programs – Childcare options for children ages 6 weeks – 12 years old (or have not yet entered 7th grade).
 - The Exceptional Family Member Program – Provides support for military families that have a family member with a special medical or educational need.
 - School Liaison Officer – Provides guidance and support during school transition.
- Family Readiness:
 - Family Readiness Training – Supports the personnel and information technology enablers of the Unit, Personal, and Family Readiness Program, as well as outlines the roles and responsibilities of the Family Readiness Command Team.
 - Volunteer Coordinator Program – Encourages Marines, Sailors, and families to get involved in their units, within the Marine Corps and within their local communities.
 - Like Skills Training – Facilitates workshops that offer opportunities for personal and professional growth.
 - Readiness and Deployment Support – Supports commands and families during times of pre-deployment, mid-deployment and post-deployment.
 - LINKS – Is an orientation that provides an introduction into the Marine Corps

lifestyle.

- CREDO – Is designed to enhance job performance and overall quality of life through weekend retreats and enrichment events.
- **Behavioral Health:**
 - New Parent Support Program – A team of licensed social workers, counselors and registered nurses who provide education and supportive services to military families (or single military parents) from the early stages of pregnancy to the develop of your child up through age 5.
 - Community Counseling – Offers counseling services for individuals, couples, families, and children and teens.
 - Family Advocacy Center – Works towards preventing domestic violence by offering resources, education, support, and intervention and treatment programs.
 - Military and Family Life Counselors – Provide counseling, consultation and training free of cost and completely confidential with no records kept.
 - FOCUS Project – Provides 8-session resilience training for families.
 - Substance Abuse Counseling Center – provides timely, consistent and effective care for active duty military members with substance misuse or abuse related problems which interfere with occupational and interpersonal functioning.
 - Sexual Assault and Preventative Response Program: Provides 24-hour support and advocacy to all Marines, Sailors and military dependents over 18 years of age.
- **Personal and Professional Development:**
 - Transition Readiness – is designed to give Marines and their family's ownership of their transition from the military to civilian.
 - Education Assistance – Assists personnel in starting or completing their journey towards their college degree.
 - Family Member Employment Assistance – Provides assistance, training and other career development opportunities to military spouses and family members.
 - Relocation Assistance – Helps you navigate PCS orders to help make the process a "Smooth Move."
 - Personal Financial Management – Provides assistance with financial concerns free of charge.

MSAA Jacksonville Apartments

Special needs, housing. (910)-938-3632.

Navy Marine Corps Relief Society

Provide, in partnership with the Navy and Marine Corps, financial, educational, and other need-based assistance to active-duty and retired Sailors and Marines, their eligible family members, and survivors. <http://www.nmcrrs.org/pages/our-mission>

NC211

Connects the community with a network of more than 18,000 resources in NC. Can assist you with food, housing and utilities, child care, education programs, financial education and counseling. Access to health care, job training, support groups, mental health and substance abuse, senior services, and disaster services. www.uwonslow.org/211

Onslow Commission for Persons with Disabilities

Serve citizens with disabilities and educate the public. www.onslowcommission.org

Onslow County Health Department

Health promotion and prevention programs for: children services, adult health services, educational classes, and environmental health services. www.onslowcountync.gov/health

Special Education Alliance (SEAL)

Parents and professionals who support our disabled community in Eastern North Carolina. <http://www.seal4enc.com/about-us>

TEACCH (Treatment and Education of Autistic and related Communication Handicapped Children)

The Wilmington TEACCH® Center serves individuals with Autism Spectrum Disorders in the southeastern region of North Carolina. Services include diagnostic evaluations, treatment planning and implementation, education, consultation, training opportunities and research. <https://www.teacch.com/regional-centers/wilmington-teacch-center>

Trillium

Mental health, intellectual/developmentally disabled, and substance abuse services. www.trilliumhealthresources.org

TRC Tutor

Helps children build stronger academic skills, while learning the techniques to manage anxiety. www.therapeutic-recreation.com

The United Way of Onslow County

To advance the common good in Onslow County by focusing on the building blocks for a good life- education, income, and health, and create long-lasting changes by addressing the underlying causes of community problems. www.uwonslow.org

USO – United Services Organization

Offers computer services, family area, snack bar, TV/lounge area, library, children’s area, pool and ping-pong tables. Offers additional programming for active duty military to include a food pantry. <https://northcarolina.uso.org/>

Vocational Rehab

Provides employment, independent living, assistive technology, consumer rights, and disability determination services for those with physical, psychiatric, or intellectual disabilities; and those who are deaf or hard of hearing, or other communicative disorders.

<https://www.ncdhhs.gov/divisions/dvrs>

Women's Infant and Children (WIC)

Services women who are pregnant, breastfeeding or just had a baby. <http://www.onslowcountync.gov/216/WIC>

Inclusive Recreational Opportunities

- **TOPSoccer**: US Youth Soccer's program for enriching the lives of young players with disabilities through the game of soccer. www.usyouthsoccer.org/programs/topsoccer/
- **MCCS, Lejeune-New River, Semper Fit**: Provides recreational opportunities to valid ID card holders aboard Marine Corps Base, Camp Lejeune and Marine Corps Air Station, New River. Contact your program of interest to see how they can accommodate disabilities. Simply visit the website and navigate to your specific areas of interest: www.mccslejeune-newriver.com/
- **Special Olympics of Onslow County**: Provides year-round sports training and athletic competitions for people with intellectual disabilities. Over 900 athletes compete in local and state events each year: <http://sonc.net/local-programs/onslow-county/>
- **Onslow County Parks and Recreation**: Provides recreational opportunities in Onslow County. Contact Onslow County Parks and Recreation to learn how they are practicing inclusive recreation: <https://www.onslowcountync.gov/152/Parks-Recreation>
- **Jacksonville Parks and Recreation**: Provides recreational opportunities in Jacksonville, NC. Contact Jacksonville Parks and Recreation to learn how they are practicing inclusive recreation: <https://jacksonvillenc.gov/recreation>
- **Swansboro Parks and Recreation**: Provides recreational opportunities in Swansboro, NC. Contact Swansboro Parks and Recreation to learn how they are practicing inclusive recreation: <https://swansboro.recdesk.com/Community/Page?pageId=3431>
- **Special Needs Baseball**: Provides a baseball league for individuals requiring special accommodations: <https://www.facebook.com/Special-Needs-Baseball-189105857729/?eid=ARAmXnQ6LWkVdU0hqX6J1nKKW7hdvnIm5YtHVU7veA73h57nq7wvIFy2Y9vxf0gQWKfAX2d0D7bxjCV>
- **Special Needs Camp Guide**: A digital book providing nationwide opportunities for individuals with disabilities to participate in camps. Provides tools and resources on planning and preparing: <https://view.joomag.com/msnn-special-needs-camp-guide/0386017001390415784>
- **Cheerleading and Martial Arts**: Inclusive cheerleading and martial arts programs are available at: <http://www.championsinmotion.org/champions-in-motion/about-champions-in-motion>
- **Jessica's Dance Academy**: Offers a therapeutic dance class: <https://www.jessicasdanceacademy.com/>

Local ABA Providers

- Autism Learners: <https://www.autismlearners.com/>
- Autism Therapeutic Services (ATS): www.autismts.com
- Behavioral Consulting for Autism, LLC: <https://www.behavioralconsultingnc.com/>
- Butterfly Effects: www.butterflyeffects.com
- Carolina Autism Institute: No website, 910-939-5240
- Carolina Center for ABA & Autism Institute: www.carolinacenterforaba.com
- Center for Pediatric Behavioral Health <https://www.centerforpediatricbehavioralhealth.com/>
- Coastal Autism Solutions: <http://coastalautismsolutions.com/services/>
- Creative Consultants: www.creativeconsultantsnc.com
- Del Mar Center for Behavioral Health: www.delmarbehavioralhealth.com
- Delta Behavioral Group: <http://www.deltadb.com/>
- Early Intervention Consulting: www.earlyinterventionconsulting.com/Home_Page.html
- FAITH: www.faithisallyouneed.net
- Lighthouse ABA Therapy: www.lighthouseabanc.com
- May Institute: www.mayinstitute.org
- Move, Learn, Play: www.movelearnplayot.com
- Priorities ABA: www.prioritiesaba.com
- Spectrum Learning Solutions: www.spectrumlearningnc.com
- Strategic Behavioral Center: www.strategicbh.com

Emergency Preparedness

- ***Ready North Carolina:*** <http://readync.org>
- ***FEMA Ready America:*** <http://www.ready.gov>
- ***American Red Cross:*** <http://www.redcross.org> & <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities>
- ***Ready:*** <https://www.ready.gov/individuals-access-functional-needs>