

RESOURCES FOR PEOPLE WITH SPECIAL NEEDS AND THEIR FAMILIES

Nothing About Me Without Me

FEDERAL

<https://localhelp.healthcare.gov/> Zip code-based directory of organizations counseling families with a family member with a disability or special health care needs on choosing an insurance plan under the Affordable Care Act which preserves that member's Medicaid eligibility

<https://www.dol.gov/agencies/odep/topics> Portal for government agencies

<http://idea.ed.gov> IDEA [special education]

<https://medicalhomeinfo.aap.org> Information on caring for children and youth with special health care needs

www.ncd.gov National Council on Disabilities

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www.nimh.nih.gov

National Institutes of Mental Health

www.ssa.gov

Social Security Administration

www.samhsa.gov

Substance Abuse and Mental Health Services Administration

www.dol.gov/odep/

U.S. Department of Labor: disability employment resources by topic

STATE AND LOCAL

<https://hhs.texas.gov/>

Texas Department of Aging and Disability Services (“DADS”)

www.integralcare.org

Austin/Travis County Integral Care: mental health

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

Helps adults with intellectual and developmental disabilities The Adventurers Academy of Lifelong Learning connect with their community, develop greater lifelong independence and achieve their full potential through social, educational, recreational, and vocational experiences.

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www.bbtrails.org

Williamson County local authority: Bluebonnet Trails

Aging and Disability Resource Centers Zip code-based locator of providers of long-term services
1-855-937-2372

Crisis Intervention Team (Austin/Travis County)
(512) 854-3450 APD; (512) 854-3445 TCSO

www.twc.state.tx.us/
or <https://hhs.texas.gov/>

Texas Department of Assistive and Rehabilitative Services (“DARs”)

<https://www.downhomeranch.org/> Offers social, educational, residential and vocational
Down Home Ranch opportunities to people with intellectual and developmental
Elgin, Texas disabilities through social, educational, residential and
vocational opportunities.

www.dshs.state.tx.us

Texas Department of State Health Services (“DISHES”)

mental health offices by county or zip code:

www.dshs.state.tx.us/mhservices-search/

child and adolescent services:

<http://www.dshs.state.tx.us/mhsa/mh-child-adolescent-services/>

state psychiatric hospitals in Texas:

<http://www.dshs.state.tx.us/mhhospitals/default.shtm>

community mental health centers in Texas:

<http://www.dshs.state.tx.us/mhcommunity/default.shtm>

kidney health care program: <https://hhs.texas.gov/services/health/kidney-health-care>

special health care needs (Title 5): www.dshs.state.tx.us/cshcn/

<http://www.easterseals.com/centraltx/shared-components/document-library/integrate-housing-project.pdf>

Tanya Lavelle (2015) “How Texas Can Help Its Citizens Achieve Recovery Through Investment and Innovation in Supportive Housing”. Easter Seals Central Texas.

www.gov.texas.gov/disabilities/

Governor’s Committee on People with Disabilities

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<https://www.govtrack.us/congress/members/TX> Contact your representative if a federal agency is nonresponsive

www.hacanet.org Housing Authority of the City of Austin

<http://www.hhsc.state.tx.us> Texas Department of Health and Human Services

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<https://www.navigatelifetexas.org/en> Health and Human Services website created with Texas Parent to Parent and others

www.hdwg.org/catalyst/ Information on health insurance for children and youth with special health care needs

www.hdwg.org/catalyst/resources State-by-state list of health insurance consumer assistance resources

<https://hogg.utexas.edu/wp-content/uploads/2016/11/Mental-Health-Guide-2016.pdf> Hogg
Foundation for Mental Health (3rd edition 2016) "A Guide to
understanding Mental Health Systems and Services in Texas"

Psychiatric Emergency Services (PES) Walk-in clinic, Austin Travis County Integral Care,
(512) 472-4357; (844) 398-8252 1165 Airport Blvd., Austin, Texas 78702
Crisisinfo@atcic.org

<https://www.sotx.org/>
Special Olympics of Texas Provides year-round sports training and athletic competition in a
variety of Olympic-type sports for children and adults with
intellectual disabilities.

www.tcsheriff.org Travis County Sheriff's Office
(512) 974-0845

www.texashousingcounselor.org Interactive site identifying subsidized housing and cost
based on status

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www.tcdd.texas.gov/

Texas Council for Developmental Disabilities

(800) 262-0334 or (512) 437-5432

Travis County Mental Health Public Defender (512) 854-3030 [assists with misdemeanor charges]

Travis County Office of Parental Representation (512) 854-7305 [assists in CPS matters]

Texas Education Agency

Complaint investigation process (512) 463-9414 (512) 463-9560

Division of Legal Services: due process hearings and mediation services (512) 463-0489,

Fax (512) 475-3662. Toll Free Parent Information Line (800) 252-9668

PRIVATE: CENTRAL TEXAS

www.arcoofthecapitalarea.org

The ARC of the Capital Area: programs for children with intellectual disabilities and behavioral health challenges and their families ranging from ACRArt and weekly respite to free guardianship representation

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www.thearcoftexas.org

The ARC of Texas: master pooled special needs trust

<http://www.thearcoftexas.org/idea-manual/> "IDEA, The Manual for Parents and Students About Special Education Services in Texas" (English and Spanish)

www.austinclubhouse.org

(512) 925-5877

Austin Clubhouse: support and activities, including job placement, for people taking charge of their mental illness
info@austinclubhouse.org 610 East 45th, Austin, Texas 78751
(inside Hyde Park Christian Church)

Central Texas Autism Center
(512) 328-5599

3006 Bee Caves Rd., Suite B-200
Austin, TX 78746

www.clearhealthcosts.com

Source for finding health care prices

www.cferr.org/

(512) 758-7686

Communities for Recovery: supports long-term recovery for people with substance use and co-occurring mental health conditions. 4110 Guadalupe, Building 3, Austin, Texas 78751 (on Austin State Hospital Campus)

www.dellchildrens.net/services_and_programs/texas_child_study_center_mental_health_services/

www.disabilityrightstx.org

(800) 252-9108

Disability Rights Texas

www.gethipptexas.com

Texas Health Insurance Premium Payment Program: pays employer-sponsored health insurance premium if one member of the family receives Medicaid

www.InsureCentralTexas.org

Foundation Communities' year-round information resource on insurance through the Texas marketplace ("Obamacare"); scheduled and walk-in appointments

www.lscctx.org

Lone Star Circle of Care: services for low-income people in Austin, Round Rock, Georgetown include general and behavioral health

www.NAMIaustin.org

National Alliance for the Mentally Ill: education, support and advocacy for people with mental illnesses, their families, churches, teachers and school administrators; classes and support groups in Central Texas

www.nerdwallet.com/health/hospitals/compare Number and price of procedures

www.newlifetexas.org

(512) 469-9447

New Life Institute: non-profit, sliding scale professional counseling, 607 Rathervue Place, Austin, Texas 78705; free, walk-in mental health care clinic on Thursday afternoons at Parker Lane United Methodist Church, 2105 Parker Lane

www.panfoundation.org

Patient Access Foundation: help paying for medicine, etc.

<http://prntexas.org>

Partners Resource Network

(800) 866-4726 or (409) 898-4684

<http://samaritan-center.org/>

(512) 451-7337

Samaritan Center: individual and family counseling, psychiatric care, Hope for Heroes and Military Veteran Peer Network, 8956 Research Boulevard, Bldg. 2, Austin, Texas 78758; also in Round Rock, Cedar Park and San Marcos

<https://it.utexas.edu/services/tech-support> UT Technical Assistance

Texas Affiliation of Affordable

221 E. 9th St., Suite 408

Housing Providers

Austin, TX 78701

(512) 476-9901

<https://www.txsilc.org/>

The Texas State Independent Living Council

(512) 371-7353

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American Association on Intellect PO Box 28076, Austin, TX 78755
And Development Disabilities

(512) 458-2669

www.aaidtx.org

Texas Council of community HMHRs

(512) 794-9268

Service Dogs, Inc.

4925 Bell Springs Rd., Dripping Springs, TX 78620

(512) 858-1495

www.servicedogs.org

Texas Low Income Housing
Information Service

1800 W. 6th St., Austin, TX 78703

(512) 477-8910

<https://texashousers.net/>

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Texas Neurorehab Center 1106 West Dittmar Drive 78745
(512) 444-4835 or
(800) 252-5151

www.txp2p.org
Toll free (866) 896-6001

Texas Parent to Parent, 1805 Rutherford Ln, Suite 201,
Austin, TX 78754

Texas Special Olympics 1804 Rutherford Ln., Austin, TX 78754
(512) 835-9873 or
(800) 876-5646

AUSTIN AREA SCHOOLS

ACE Academy 3901 Shoal Creek Boulevard, Austin, TX 78756
(512) 206-4070

Academia Christian Academy 1645 Main Street, Suite A, Buda, TX 78610
(512) 295-0173 (KIS Education)

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Austin Learning Academy (512) 457-9194	1311 Hackberry Street, Austin
Capitol School of Austin (512) 467-7006	2011 West Koenig Lane, Austin
The Marbridge Foundation (512) 282-1144	2310 Bliss Spillar Rd., Manchaca, TX 78652
Odyssey School (512) 472-2262	4407 Red River Street, Austin
Rawson Saunders School (512) 476-8382	2614 Exposition Boulevard, Building A, Austin

Regional Day School Program
for the Deaf in AISD Schools
(512) 414-2433

2117 West 49th Street

Strickland Christian School
(512) 447-1447

7415 Manchaca Road, Austin

Sylvan Learning Center
(512) 960-2385

4036 S. Lamar, Ste. 150, Austin, TX 78704

www.tsbvi.edu

Texas State School for the Blind and Visually Impaired

www.tsd.state.tx.us

Texas State School for the Deaf

PSYCHIATRIC HOSPITALS

www.austinlakeshospital.com

Austin Lakes Hospital, St. David's; gerontological care

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www.austinoakshospital.com Austin Oaks Hospital

www.crosscreekhospital.com Cross Creek Hospital, 8402 Cross Creek Drive,
(855) 738-7930 Austin, Texas

www.dellchildrens.net Dell Children's Hospital

<https://www.dshs.texas.gov/transition/statehospitals.aspx> Austin State Hospital

www.georgetownbehavioral.com Georgetown Behavioral Health Institute

www.seton.net/locations/shoal-creek/ Seton Shoal Creek

EMERGENCY PREPAREDNESS

You can assemble personal grab-and-go bags or backpacks for home, work, school and car using the FEMA guidelines at www.ready.gov.

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Anyone who might need assistance and anyone who is responsible for them should be registered with the nearest fire station and at <http://www.txdps.state.tx.us/dem/stear/public.htm>

A SHORT LIST OF HELPFUL BOOKS

Barnes, Peter. 60 Days to Sanity: A College Freshman's Struggle to Overcome Mental Illness (CreateSpace Independent Publishing Platform 2005, 2011)

Boesky, Lisa. When to Worry: How to Tell If Your Teen Needs Help and What to Do About It (New York: American Management Association, 2007)

Boss, Pauline. Ambiguous Loss: Learning to Live with Unresolved Grief (Cambridge, Massachusetts: Harvard University Press, 1999)

Cecil, Darren. The Disability Handbook: Because from Time to Time, Everyone Needs a Helping Hand (DisABILITY Resources Consulting, 2002)

Cohen, Matthew D. A Guide to Special Education Advocacy: What Parents, Clinicians and Advocates Need to Know (Philadelphia: Jessica Kingsley Publishers, 2009)

Gottlieb, Eli. Best Boy (New York: W. W. Norton & Co., 2015)

Grandin, Temple. Thinking in Pictures: My Life with Autism (New York: Random House, 2008)

Grandin, Temple and Duffy, Kate. Developing Talents: Careers for Individuals with Asperger Syndrome and High-Functioning Autism (Shawnee Mission, Kansas: Autism Asperger Publishing Company, 2004)

Greene, Ross W. Lost at School: Why Our Kids With Behavioral Challenges Are Falling Through the Cracks and How We Can Help Them (New York: Scribner: A Division of Simon & Schuster, Inc., 2008)

Jackins, Barbara D., Blank, Richard S., Shulman, Ken W., Onello, Harriet H. Managing a Special Needs Trust: A Guide for Trustees (Brookline, MA: DisABILITIESBOOKS, Inc. 2012, edition)

Kingsley, James and Levitz, Mitchell. Count Us In: Growing Up with Down Syndrome (New York: Harcourt Brace and Company, 1994)

Klein, Stanley D., Ph.D. and Kemp, John D., eds. Reflections from a Different Journey: What Adults with Disabilities Wish All Parents Knew (Brookline, MA: DisABILITIES, Inc. in collaboration with Abilities!, Albertson, NY, 2nd ed. 2011)

Klein, Stanley D. Ph.D. and Schive, Kim (eds.) You Will Dream New Dreams: Inspiring Stories by Parents of Children with Disabilities (Kensington Books, 2004)

Krouk-Gordon, Dafna and Barbara D. Jackins. Moving Out: a Family Guide to Residential Planning for Adults with Disabilities (Bethesda, Maryland: Woodbine House, 2013)

Matlin, Marlee. Deaf Child Crossing (New York: Simon & Schuster, 2002)

Montalvan, Luis and Bret Witter. Until Tuesday: A Wounded Warrior and the Golden Retriever Who Saved Him (New York City: Hyperion, 2010)

Montalvan, Luis and Bret Witter. Tuesday Tucks Me In (New York City: Roaring Book Press, 2014)

Morgan, Peggy Lou. Parenting an Adult with a Disability or Special Needs: Everything You Need to Know to Protect Your Child's Future (New York: AMACOM Books, 2009)

Morgan, Peggy Lou. Parenting Your Complex Child (New York: AMACOM Books, 2006)

Mount, Beth. Person-Centered Planning: Finding Directions for Change Using Personal Futures Planning (New York: Capacity Works, 2000)

Oxford University Press. Hospice Care for Children (2008)

Pelka, Fred. What We Have Done: an Oral History of the Disability Rights Movement (Boston: University of Massachusetts Press, 2012)

Rubin, Sue. Autism is a World (DVD) Directed by Geraldine Wurburg

Shapiro, Joseph. No Pity: People with Disabilities Forging a New Civil Rights Movement (New York: Three Rivers Press, 1994)

Shore, Steven. Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome 2nd ed. (Autism Asperger Publishing Company, 2003)

Shusterman, Neal. Challenger Deep (New York: HarperCollins, 2015)

Siegel, Lawrence M. The Complete IEP Guide: How to Advocate for Your Special Needs Child (Berkeley, California: Nolo, 2011) 7th ed

Silberman, Steve and Oliver Sacks. NeuroTribes: The Legacy of Autism and the Future of Neurodiversity (New York: Avery, 2015)

Simon, Lizzie. Detour: My Bipolar Road Trip in 4-D (New York: Atria Books, 2002)

Widdifield, Mary and Elin Widdifield. Behind the Wall: The True Story of Mental Illness as Told By Parents (Minneapolis: Langdon Street Press, 2015)

Wright, Hal. The Complete Guide to Creating a Special Needs Life Plan: A Comprehensive Approach Integrating Life, Resource, Financial, and Legal Planning to Ensure a Brighter Future for a Person with Disabilities (Philadelphia: Jessica Kingsley Publishers, 2013)