



Arlington

INDEPENDENT SCHOOL DISTRICT

More Than a Remarkable Education

Transition Resource Guide



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TRANSITION TEAM'S MISSION STATEMENT

Our commitment is to act as a bridge between the community and the special needs population in the Arlington Independent School District, by providing resources and information necessary to help each student and parent make a smooth transition from school to adult living.

OVERVIEW OF THE TRANSITION RESOURCE GUIDE

You and your parent(s) are being provided a list of resources that may assist with making plans for your future. This booklet is to be used as a tool for you and your family. It is not an all inclusive list of local and state agencies, but includes those agencies that have most frequently worked with students in the past. In addition, the resources in this booklet are designed to provide potential options for everyone, so there will be some information that will not be applicable to your individual needs.

It is important to remember that there are no guarantees that you and your parent(s) will receive services or support from any of the agencies listed. Therefore, it is essential to have several plans in mind when preparing for life after graduation.

If you have any questions or concerns, please contact your Post Secondary Facilitator.

REFERENCE GUIDE FOR AGENCY SUPPORTS

Disability	Agency or Support	Services Offered	When to Contact
auditory impairment (AI)	EASTER SEALS TWC:DHHS	may be eligible for hearing aids, communication devices, specialized telecommunication devices, case manager assistance, job development and support, post secondary tuition waivers	as soon as possible
autism (AU)	HHS:MHRM EASTER SEALS TWC	may be eligible for early childhood intervention, case management, behavioral supports, job training, adult living supports	as soon as possible
deaf-blindness	EASTER SEALS TWC: HHS	may be eligible for case manager assistance, orientation and mobility training, job development and support, post secondary tuition waivers	as soon as possible
emotional disturbance (ED)	HHS:MHRM EASTER SEALS TWC	may be eligible for early childhood intervention, case management, behavioral supports, job training, adult living supports	as soon as possible
intellectual disabilities (ID)	HHS:MHRM EASTER SEALS TWC	may be eligible for early childhood intervention, case management, behavioral supports, job training, adult living supports	as soon as possible
multiple disabilities	EASTER SEALS TWC	may be eligible for early childhood intervention, case management, OT/PT, equipment, behavioral supports, job training, adult living supports	as soon as possible
other health impairment (OHI)	EASTER SEALS TWC	may be eligible for early childhood intervention, case management, OT/PT, behavioral supports, job training, adult living supports	as soon as possible
specific learning disability (SLD)	TWC	may be eligible for assistance with vocational assessment, educational supports, equipment, job support and development	in high school
speech or language impairment	EASTER SEALS TWC	may be eligible for speech therapy, communication supports, vocational assessments, educational and job supports	as soon as possible
traumatic brain injury (TBI)	TWC Easter Seals HHS	may be eligible for residential and non-residential treatment including case management, therapy, counseling and vocational supports	as soon as possible
visual impairment (VI)	TWC	may be eligible for case manager assistance, orientation and mobility training, job development and support, post secondary tuition waivers	as soon as possible

MAPPING YOUR FUTURE

Using the next four pages, take some time to plan what you would like to do in the future. Some of the questions will ask what you are good at as well as what you are doing now that may lead to your desired goals. Base your answers on your own opinions as well as information you received from your teacher or post secondary facilitator.

List all areas you feel are your strengths. (ex. reading, writing, math, following directions, organization, interpersonal skills, specific tasks)

List all areas you feel you have difficulty. (ex. reading, writing, math, following directions, organization, interpersonal skills, specific tasks)

After graduating from high school, I will _____.

- Work full time
- Work as an apprentice
- Work part time
- Work as a volunteer
- Not work

After graduating from high school, I will work in the field of:

After graduating from high school, I will _____.

- Earn a Bachelor's degree (4 year college or university)
- Earn an Associate's degree/certification (2 year / junior college)
- Earn a Certification for a trade (trade / technical school)
- Enter into an apprenticeship program for certification
- Enlist in the military
- Take courses in continuing education
- Not pursue any post secondary training / education
- Attend Job Corps.

After graduating from high school, I will attend (ex. TCC, UTA, TSTC)

What classes have you taken or will take that relate to the careers you identified (ex. Woodshop for carpentry, computer courses for programming, health/sciences for medical field, athletics for sports professions)?

List the courses available at your campus that could expose you to elements of your interested career field.

After graduating from high school, I will live _____.

- In an apartment (on my own or with a roommate)
- At home with my family
- In a dorm
- On a military base
- In a supervised apartment
- In a group home or nursing home

What tasks do you perform that are preparing you to live independently (ex. cook, clean, do laundry, pay bills, take care of siblings)?

What type of transportation will you utilize in the future?

- Drive Family/Friends Public Transportation
 Other _____

Do you have a driver's license or permit? yes no

- ◆ Take the PSAT (in 10th grade) and SAT or ACT (in 11th and 12th grade) or other required test.
- ◆ Complete a Free Application for Federal Student Aid (FAFSA) and Texas Application for State Financial Aid (TASFA).
- ◆ Complete admissions applications for colleges and send them to your schools of interest before their deadlines.
- ◆ Determine if you will be living off-campus (with family or in an apartment) or in a dorm. Research apartments and dorms accordingly. Submit applications in a timely manner.

As you can see, there are many activities that must be accomplished in order to meet this one goal. Planning which activities you will accomplish first will help you stay focused and headed in the right direction. Use the example goal/activity box below to help you identify your goals and create activities. More boxes are located in the appendix (at the back).

Below is an example of a work goal and activities for a 9th grade student.

<p>Goal: After graduating from high school, I will work as a police officer or as a teacher.</p> <p><u>Activity</u>: Research career information and requirements for police officers and teachers online.</p> <p><u>Activity</u>: Research colleges that train future police officers and teachers.</p> <p><u>Activity</u>: Research information on classes available through the district for persons interested in those fields (e.g., Ready, Set, Teach I & II or Intro to Criminal Justice, Fundamentals of Criminal Law and Crime in America).</p> <p><u>Activity</u>: Speak to your counselor about taking classes to prepare for a career and/or college.</p>

EMPLOYMENT SUPPORTS

State Agencies

Texas Workforce Solutions

Texas Workforce Solutions assist adults and students with disabilities with vocational support.

Fort Worth, TX (817) 759-3500

Arlington, TX 817-436-4160

www.twc.state.tx.us/agency

Deaf Action Center

Deaf Action Center- Region 3A
3110 Center Plaza Ln.
Dallas, Texas 75235
214-377-1898 video phone
info.assist@dactexas.org

Deaf Action Center-Region 3B
6320 SW Blvd. Suite 104
Fort Worth, TX 76109
817-546-7330 V/TTY
817-887-9108 (fax)

This agency provides an array of supports for those needing interpreter services, assistance in attaining a hearing aid, specialized telecommunications and certification of disability for tuition waivers for post secondary institutions.

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation

Texas Health and Human Services (HHS)

HHS assists people with disabilities and the elderly with community supports.

hhs.texas.gov

Click on doing business with HHS

Disability Determination Services (DDS)

512-437-8000 or 800-252-7009

Appeals to Social Security Administration at 1-800-772-1213

www.texas.gov Search for disability determination.

This agency receives applications for support for Social Security Disability Income (SSDI) and Supplemental Security Income (SSI) and processes them for the Social Security Administration. SSDI may provide for persons who have worked, paid into Social Security and have become disabled, disabled widows or widowers, or disabled children of workers. SSI may

provide support for adults and children unable to work or develop a job skill due to disability. A person could qualify for both programs.

Contact date _____

Person/agency contacted _____

Information requested

Notes from conversation

Early Childhood Intervention (ECI)

MHMR of Tarrant County / ECI of North Central Texas

3880 Hulen Street, Suite 400

Fort Worth, TX 76107

Referral Number: 888-754-0524

Inquiry Line for DARS: 800-628-5115

www.hhs.texas.gov

www.hhs.texas.gov/services/disability/early-childhood-intervention-services

This agency provides help for children birth – 3 years of age. Services and supports may include early identification, screening and assessment, assistive technology, family counseling, nursing services, etc.

Contact date _____

Person/agency contacted _____

Information requested

Notes from conversation

Federal Program

Job Corps

(local office)

2100 N. Main, Suite 220
Fort Worth, TX 76164

817-625-3993 or 800-733-5627

www.jobcorps.gov

Job Corps is a no-cost education and vocational training program administered by the US Department of Labor that helps young people 16 through 24 get a better job, make more money and take control of their lives.

At Job Corps students enroll to learn a trade, earn a high school diploma or GED or get help finding a good job. Individuals who join the program are paid a monthly allowance; the longer an individual stays with the program, the more he/she earns as an allowance. Job Corps provides career counseling and transition support to students for up to 12 months after they graduate from the program.

There are 4 Job Corps facilities in Texas, located in El Paso, McKinney, San Marcos and Laredo. Students live on campus and must meet strict guidelines. For specific information on applying, visit the website or call the local office.

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation

County Agencies

Easter Seals of North Texas

1424 Hemphill St.
Fort Worth, TX 76104-4703
817-332-7171
1-888-617-7171 (toll free)
www.ntx.easterseals.com

Easter Seals provides services for children and adults with disabilities and other special needs. The services include the following: Audiology, Autism Treatment Programs, Assistive Technology Services, Benefits Planning, Assistance, and Outreach (Work Incentives Planning and Assistance), Case Management/Client Intervention, CLASS Case Management, Habilitation Services, Home of Your Own (HOYO), Medical Equipment Loans, Medical Rehabilitation, Personal Support Services, Reflections (breast cancer), Respite Care Services, and Employment Services. Individuals must contact the local provider to identify potential costs and eligibility requirements.

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation _____

Expanco

3005 Wichita Court
Fort Worth, TX 76140-1710
817-293-9486

www.expanco.com

Developed to offer competitive employment opportunities consisting of manual tasks including competitive packaging, fulfillment jobs, and Secured Document Destruction. The workforce consists of adults with physical and/or mental disabilities referred through MHMRTC or TWS.

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation

Goodwill Industries

Physical address:
4005 Campus Drive
Fort Worth, TX 76119-0520
Mailing address:
P.O. Box 15520
Fort Worth, TX 76119-0525
817-332-7866

www.goodwill.org or www.goodwillfortworth.org

A nonprofit provider that offers education, training, job placement, career services and additional supports for individuals with physical, mental, and emotional disabilities, as well as, people with disadvantages such as welfare dependency, homelessness, and lack of education. Individuals must contact a local provider to identify any costs / eligibility requirements.

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation

MHMR of Tarrant County (MHMRTC)

3840 Hulen St., North Tower

Fort Worth, TX 76107

Main number: 817-569-4300

Intake number: 817-569-4141

www.mhmrtc.org

Intakes are done on Mondays in Arlington at:

Arlington Community Services

2004 E. Randol Mill Rd. #512

Arlington, TX 76011

817-569-4950

The mission of MHMR of Tarrant County (MHMRTC) is to help the people of Tarrant County overcome the problems associated with mental illness, intellectual disabilities, autism, addictive behavior and early childhood developmental delays by ensuring the availability of quality services.

Mental Health Services provides treatment and assistance to adults with serious and persistent mental illness and also children and adolescents with severe emotional disturbances. Treatment is comprehensive and directed toward stabilization in the home, workplace and community.

Intellectual and Developmental Disabilities (IDD) Services provides services and support for eligible persons with intellectual and developmental disabilities or pervasive developmental disorder in individual, family or foster homes as well as in alternative living residences and small group homes. Vocational Services and supports are provided through job placements in businesses throughout the community and at training and affirmative business sites.

Addiction Services is one of the oldest and largest providers of chemical dependency treatment in the area. The Addiction Services Division offers a complete continuum of services for adults and adolescents, including those with limited resources. Our vision is Treatment and Recovery that works for all those we serve so that no addict need die from the disease of addiction.

Early Childhood Services focuses on a child's strengths and encourages families to do the same to help their child progress. ECI staff works with families in making decisions about services that will meet their child's needs. Families will be involved in all assessments and intervention planning. All assessments and planning services are provided in home at no cost. Developmental services are provided on a sliding fee scale for families whose incomes are more than 250% of the Federal Poverty level.

Contact date _____
Person/agency contacted _____
Information requested _____

Notes from conversation

Workforce Solutions for Tarrant County / Texas Workforce Commission / Youth Opportunities Center

Arlington Workforce Center
140 W. Mitchell Street
Arlington, TX 76010-1801
817-804-4200 and 817-413-4000

The Texas Workforce Commission (TWC) is the state government agency charged with overseeing and providing workforce development to employers and job seekers of Texas. For job seekers TWC provides career development information, job seeking resources, training programs, and, as appropriate, unemployment benefits.

www.workforcesolutions.net

Contact date _____
Person/agency contacted _____
Information requested _____

Notes from conversation

Other Helpful Resources

Career Exploration

Career Cruising (username/password required): www.careercruising.com

Career One Stop: www.acinet.org

Labor Market and Career Information:

www./mci.state.tx.us/

www.twc.state.tx.us/programs/labor-market-career-information-program-overview

Live Career www.livecareer.com

Sanger Learning and Career Center:

www.ugs.utexas.edu/slc

TEA Secondary Transition Guidance:

<http://tea.texas.gov/index2.aspx?id=2147496883>

Texas Project First (see links under “employment”)

www.texasprojectfirst.org

Type employment and transition planning into search.

Transition in Texas: www.transitionintexas.org

Parent Information Resources

www.parentcenterhub.org/nichey-gone/

US Department of Labor – Bureau of Labor Statistics

Click on “Publications” for the Occupational Outlook Handbook:

<http://www.bls.gov/>

Vocational Information Center: www.khake.com

Job Search Resources

Career Builder: www.careerbuilder.com

Career One Stop: www.careeronestop.org

Careers in Oceanography: www.onr.navy.mil/oceanography

Career Site: www.career.com

Cool Works: www.coolworks.com

Employment Guide: www.employmentguide.com

Government Job Search: www.americajob.com

Monster Board: www.monster.com

Nation Job Online: www.nationjob.com

Occupational Outlook: www.bls.gov; student site: www.bls.gov/k12

Yahoo Careers: www.oath.com

Career Development Resources

Career Information Hotline

800-822-PLAN (7526)

EDUCATIONAL RESOURCES

Disability Support Services

Supports for persons with disabilities at the college level may be available. Colleges that receive federal funds must have an office that assists persons with disabilities in accessing the programs that are available.

Supports may include providing:

- ◆ Interpreters
- ◆ Testing accommodations
- ◆ Note taking accommodations
- ◆ Technology assistance
- ◆ Mobility assistance
- ◆ Tutoring

Colleges will **NOT** do the following:

- ◆ Accept accommodations recommended from public school IEPs
- ◆ Reduce your assignments
- ◆ Reduce or modify your tests

A VERY IMPORTANT NOTE! - The schools will not modify or alter the curriculum for anyone. However, they may accommodate.

Tarrant County College (SAR) – Student Accessibility Resources

817-515-3593 (Southeast Campus)

Phone numbers to each TCC SAR office can be found at the website below.

www.tccd.edu/services/support-services/student-accessibility--resources/

University of Texas – Arlington (UTA)

Office for Students with Disabilities

601 S. Nedderman Dr.

University Hall, Room 102, Box 19510

Arlington, TX 76019

817-272-3364 (phone)

817-272-1447 (fax)

www.uta.edu/disability/

Universities/Colleges

- ◆ Private and public available
- ◆ Degrees earned in 4-5 years
- ◆ Costs vary, private typically more expensive
- ◆ Small and large colleges are available
- ◆ Degrees include bachelors and may include masters and doctorate degree plans
- ◆ Admissions requirements fairly standard
 - High school diploma or GED
 - SAT/ACT tests required
 - Applications need to be submitted with letters of recommendation and essay

Junior College

- ◆ Private and public available
- ◆ Programs completed in 1-3 years typically depending on program
- ◆ Costs vary, private typically more expensive
- ◆ Small and large colleges are available
- ◆ Certificates, licenses and associates degrees available
- ◆ Admissions requirements standard
 - Application required
 - A test will likely be required (TSI approved exam in Texas)

Trade/Technical Schools

- ◆ Private and state schools available
- ◆ Programs completed in 2-3 years typically
- ◆ Costs vary, private typically more expensive
- ◆ Both small and large schools available
- ◆ Some schools specialize in one area while others offer many programs
- ◆ Admissions requirements are fairly standard
 - Application required
 - Interview may be required
 - A test will be required (it may consist of a TSI approved exam or a specialized test for the individual school)

Apprenticeships

- ◆ Learn to become a skilled laborer in a trade of interest while working
- ◆ Timeline depends on skills being taught and certification desired
- ◆ Earn money while you learn
- ◆ Some classroom instruction will be required as part of the training
- ◆ Admission into a program is standard
 - Identify a trade you want training in
 - Locate an employer that is willing to hire you and will train you to become skilled in that trade.
 - Register to become an apprentice with the **United States Department of Labor Office of Apprenticeship**.
www.dol.gov/apprenticeship/

Military

- ◆ Signing bonuses may be available.
- ◆ If you are in ROTC for 4 years in high school, you may get a higher wage once enlisted.
- ◆ If you earn a degree or certification before enlisting, your wage may also be increased.
- ◆ If you enlist after graduation from high school, you can have money saved to put towards your education after your tour of duty has been completed.
- ◆ If interested in a specific branch, it is highly advised that you speak to a recruiter.
- ◆ Enlistment requirements are standard
 - Graduate from high school
 - Apply for enlistment
 - Take ASVAB test
 - Pass a physical

Determining What Classes to Take in High School

A key step to planning for the future is taking courses in high school that may prepare you for your career. Whenever possible, take electives and/or required courses that will expose you to topics or skills needed in your areas of interest. Please, utilize resources and information on courses offered by your district (ex. course description handbook, counselor)

College Preparation Checklist

8th Grade

- Think about your area of interest then match it with available high school courses.
- You and your parents are encouraged to participate in ARD meetings to discuss next year's schedule.
- Meet with your counselor to review four-year plans and discuss preliminary college plans.

9th Grade

- Continue to evaluate goals and objectives.
- Consider registering for and taking PSAT in October.
- Review college catalogs and begin to match high school courses with what is required for college admission.
- You and your parents are encouraged to participate in ARD meetings to discuss next year's schedule.
- Continue to review college catalog profiles.
- Meet with your counselor to review four-year plans, discuss preliminary college plans, and determine if accommodations will be requested for SAT, ACT, and TSI approved tests.

10th Grade

- Attend college night in the Fall*.
- Register for and take the PSAT in October.
- Meet with counselor to analyze PSAT results.
- Begin to refine college choices and college admission requirements.
- Review four-year plan and match courses with those required for specific college admission.

- You and your parents are encouraged to participate in ARD meetings to discuss junior course selections.
- Review your written goals for life after school. Make changes based on your current interests and skills.

11th Grade

- Attend college night in the Fall*.
- You and your parents are encouraged to participate in ARD meetings to discuss senior course selections.
- Take SAT / ACT/ TSI approved exam** in the Spring.
- Visit colleges – complete early applications as needed.
- Apply for any scholarships that require early submission according to deadlines.
- Review four-year plan and match senior courses with those needed for college admission.

12th Grade

- Attend college night in the Fall*.
- Register for the correct college entrance examination (SAT/ACT/ TSI approved exam**) - especially if you did not take it as a junior.
- Finalize college choices – pay close attention to deadline dates.
- Give letter of recommendation requests to all persons involved at least 3 weeks ahead of deadline dates.
- Attend college campus visitation weekends.
- Make formal applications to colleges.
- Apply for college and local scholarships in a timely manner to meet appropriate due dates.
- Make dorm reservations as required.
- Apply for financial aid before February 1st ,FAFSA application opens October 1st.
- Inform counselor where final transcript is to be sent.
- You are encouraged to participate in ARD meetings to discuss transition IEP goals and progress.

* See your counselor for specific dates and times.

** TSI approved exam or a similar placement test is required at all public colleges in Texas. See your counselor for more information.

Senior Year Tests for College Admission

ACT

The ACT Assessment is designed to assess high school students' general educational development and their ability to complete college-level work. The test covers four skill areas: English, mathematics, reading and science reasoning. Their website is www.act.org.

ASVAB

Armed Services Vocational Aptitude Battery test used for admission into the armed services. Every job in the military has minimum ASVAB scores in one or more sections of the test. Higher scores lead to more job options.

SAT

The SAT is used as a standard way of measuring a student's ability to do college-level work. The test measures verbal and math reasoning abilities. Their website is www.collegeboard.com.

TSI

If you are an incoming college student in Texas, you are required to take the TSI Assessment — unless you are already exempt. Access the following website for more information: www.collegeforalltexas.com

Contact the college/university at which you plan to take the test for details on dates/times to complete this mandatory Pre-Assessment Activity. You must participate in a Pre-Assessment Activity before you take the TSI Assessment. The college/university at which you take your test is required to provide the Pre-Assessment Activity as well as document your participation.

SAT and ACT Testing Dates

For current testing dates, see your school guidance counselor.
You may also refer to the label on the front of this
Transition Resource Guide.

ASVAB - testing dates are coordinated by a military recruiter

Testing Websites

ACCUPLACER

- ◆ www.accuplacer-test.com

ACT

- ◆ www.actstudent.org/index.html

ASVAB

(for ASVAB registration, contact local recruiter office)

- ◆ www.official-asvab.com/applicants..html
- ◆ (website with practice questions)

SAT

- ◆ www.collegeboard.com/testing/

THEA

- ◆ www.thea.nesinc.com/index.asp

TSI

- ◆ www.thecb.state.tx.us/DE/TSI

Testing Accommodations

If you need to take the SAT, ACT or TSI (in Texas only) test for admission into a school and you feel you may need accommodations for the test, you must apply for those accommodations, with the assistance of your school counselor. Documentation concerning your disability and needs will be required. See the following websites for specific information.

- ACT → <http://www.actstudent.org/regist/disab/>
SAT → www.collegeboard.com/ssd/student/index.html

AN IMPORTANT NOTE! If you don't request accommodations the first time you take the test, you cannot request the accommodations if you decide to take the test again.

To receive disability support services, you must establish eligibility with that college. All colleges will require you to submit documentation.

To receive more specific information about the program at your prospective school, contact them directly and request their information and their requirements for establishing eligibility.

Wanting to Pursue Athletics at the College Level?

Courses you take in high school may impact your ability to earn a scholarship or earn admittance into the college of your choice.

NCAA Eligibility Center
www.eligibilitycenter.org

This website is designed to assist students who plan to participate in athletics at the college level. It provides guidelines for course completion, required GPA, and testing requirements, in order to compete at Division 1 and Division 2 schools as a freshman.

Useful Resources

www.achievetexas.org

This website is part of a state initiative to prepare students for a career through such things as career exploration, graduation plan development, and supports at the high school level.

www.applytexas.org

This site allows the user to complete one admissions form and send it with accompanying essays to many participating colleges and junior colleges. In addition to this, you can also apply for housing and scholarships at those colleges using this website.

www.commonapp.org

With instant access to more than 700 colleges and universities around the world the common App us the most seamless way to manage the application process.

www.careersandcolleges.com/

This site provides information about colleges, scholarships, loans and test preparation. The site also provides description of degree required careers.

www.collegeboard.com/

This website was developed by the company that makes the SAT. It provides information on the test, but it also has a college and scholarship search engine within it.

www.collegefortexans.com/

This website is a resource for finding information about colleges, degrees that are available at individual colleges, how to apply, financial aid opportunities and other advice.

www.collegenet.com/elect/app/app

This website provides information on college searches, college applications, and college scholarships to college students or students planning on being a college student. Students can sign up for a free Candidate account. This site allows students to research colleges, submit applications, and participate in various discussion forums.

www.edref.com/

This website is a free online directory providing information on colleges and trade schools. Types of information include the following: schools by name, athletic scholarships, college degree programs, minority colleges, religious colleges, and jobs by location.

www.fafsa.ed.gov/

This website is for completing the Free Application for Federal Student Aid. It is critical that you complete this form as soon as possible if you are interested in attending college. It will require that you and your family have your tax information completed from the previous year in order to accurately complete this form. If you plan to start college in the fall, then you need to

submit the application no later than February to increase your chances at receiving financial aid. FAFSA application opens October 1st.

www.fastweb.com/

This website is an online scholarship database that offers a free scholarship search and personalized scholarship matching. It also provides side-by-side college comparison, financial aid and student loan tips, and part-time jobs and internships search.

www.finaid.org/

This is a free, comprehensive source of student financial aid information, and advice and tools. The website offers information on loans, scholarships, savings, and military.

www.texasgearup.com

This website is an effort to aid rural school districts in East Texas in “achieving the structural, cultural, and instructional changes” that lead to student participation in secondary courses. The website offers information on colleges, financial aid, homework supports, and test taking skills.

www.mappingyourfuture.org/

This site offers advice on determining a career, locating a college and finding funding to pay for your education.

www.autismspeaks.org

College Planning for Students on the Autism Spectrum

www.salliemae.com/

This website is part of the Sallie Mae Corporation that provides student loans for persons attending college.

www.scholarships.com/

This is a scholarship-oriented site that also provides information on financial aid and colleges.

www.testprepreview.com/

This website provides sample tests for many different tests including the ACT, SAT, ASVAB and many other specialized tests for certificates and licenses. It also has information on test taking skills, test anxiety, etc.

www.texastomorrowfunds.org/

This website explains the 529 savings plan for college tuition expenses.

Military Information

www.airforce.com/

This website contains information regarding the United States Air Force.

www.army.mil/

This website contains information regarding the United States Army.

www.marines.com/

This website contains information regarding the United States Marines.

www.navy.mil

This website contains information regarding the United States Navy.

www.uscg.mil/default.asp

This website contains information regarding the United States Coast Guard.

Continuing Education at Tarrant County College (TCC)

www.tccd.edu/academics/cie

Transitional Skills Programs

Southeast Campus
First Choice Program
And Autism Choice
817-515-3420

South Campus
A Step Above and
A Step Above
817-515-4823

Northeast campus
STEPS
817-515-6500

Trinity River Campus
S.T.A.R.
817-515-1071

www.tccd.edu/academics/cie/preparatory-education/transitional-skills

INDEPENDENT LIVING / TRANSPORTATION RESOURCES

Independent living needs vary from person to person. Though the primary focus of this section is providing information on supports for persons with more intensive needs, there is information for anyone trying to relocate or search for an apartment.

Arlington Housing Authority and Community Development Housing

Office address

501 W. Sanford Street, Suite 20

Arlington, TX 76011

Mailing address

P.O. Box 90231

Mail Stop 28-0100

Arlington, TX 76004-3231

817-275-3351

www.arlingtontx.gov/housing

AHA provides rental assistance to eligible low income persons, the elderly and persons with disabilities. Although the rental assistance programs offered by AHA have different funding sources, eligibility requirements and regulatory requirements are designed to provide affordable rental housing for eligible lower income persons.

Contact date _____

Person/agency contacted _____

Information requested

Notes from conversation

Medicaid Waivers and Interest Lists

hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers

www.mhmrtarrant.org/Portals/0/PDF/IDD_InterestListsForMedicaidWaiverPrograms.pdf

Medicaid waivers allow the state to be more flexible in how it spends money to provide some long-term services to some people with disabilities or elderly citizens who are eligible for Medicaid. Waivers override certain rules for how that funding can be used. Now, if eligibility requirements are met, people can receive the services they need in their own homes or other community settings. In Texas, there are several different waiver programs that offer a broad range of home and community-based services. There are different rules and funding amounts associated with each of the different waivers. In general, though, they all help people with disabilities or elderly citizens obtain the supports they need.

Applicants are placed on the interest lists on a first-come, first-served basis. When a person's name comes to the top of the lists, he or she will be contacted by a caseworker to determine eligibility. The wait time to be contacted by a caseworker can be up to 13 years. **Therefore, individuals are strongly encouraged to place their names on the interest lists as soon as possible.** In addition, individuals are advised to update their contact information yearly. Below is a list of several available Medicaid Waiver programs:

- Home and Community-based Services (HCS) 817-569-4226
- Community Living Assistance and Support Services (CLASS) 877-438-5658
- Medically Dependent Children's Program (MDCP) 877-438-5658
- Texas Home Living (TxHmL) 817-569-4226
- Deaf Blind with Multiple Disabilities (DBMD) 512-438-2622 or 877-438-5658

Contact date _____

Person/agency contacted _____
Information requested _____

Notes from conversation _____

Texas Health and Human Services (HHS)

HHS assists people with disabilities and the elderly with community supports. 2561 Matlock 1540 New York Ave.
Arlington TX 76014 Mansfield TX 76010

hhs.texas.gov

hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation _____

Easter Seals North Texas

Administrative offices

1424 Hemphill St.

Fort Worth, TX 76014

817-332-7171 888-617-7171 (toll free) <http://ntx.easterseals.com>

Easter Seals provides services for children and adults with disabilities and other special needs. The services include: Audiology, Autism Treatment Programs, Benefits Planning, Assistance, and Outreach (Work Incentives Planning and Assistance), CLASS Case Management, Homemaker Services, Medical Rehabilitation, Personal Assistance Services, Respite Care Services for adults with Alzheimer's and Dementia, Outpatient Rehabilitation and Workforce Development. Individuals must contact the local provider to identify potential costs and eligibility requirements.

Contact date _____

Person/agency contacted _____

Information requested

Notes from conversation

Helping Restore Ability (HRA)

4300 Beltway Place, Suite 130

Arlington, TX 76018

817-469-1977

866-471-9999 (toll free)

www.helpingrestoreability.org/

Services offered at HRA include:

- Client Managed Personal Attendant Services (CMPAS)
 - For clients requiring assistance with at least one person, daily living needs such as bathing, dressing, toileting, transfer, feeding or meal preparation
- Consumer Directed Services (CDS)
 - Empowers consumers to make personal decisions related to the delivery of Personal Assistance Services and Respite Services with his/her current home
- Medically Dependent Children Waiver Program
 - Provides respite care for families with medically involved children and young adults as a cost effective alternative to providing for their care in a nursing facility
- Directions Home
 - Works on ways to increase the supply of supportive housing and expanding opportunities and services for clients
- Home Health
 - Assists with services such as skilled nursing, physical therapy, occupational therapy, speech therapy and Attendant Care

Contact date _____

Person/agency contacted _____

Information requested

Notes from conversation

Planned Living Assistance Network (PLAN) of North Texas

5420 Arapaho Rd.

Dallas, Texas 75248

972-690-7526

www.plantx.org

PLAN of North Texas provides a comprehensive program for adults with mental illness that supplements the care giving of family today and beyond.

Plan Clubhouse

13321 Emily Rd.

Dallas, TX 75240972-792-9603

Plan Clubhouse is a community for individuals with severe mental illness that encourages participants to engage in society, volunteer at the Clubhouse and transition into employment.

Contact date_____

Person/agency contacted_____

Information requested

Notes from conversation

REACH of Fort Worth

1000 Macon St. Suite 200

Fort Worth, TX 76102-4527

817-870-9082 www.reachcils.org/

REACH of Fort Worth offers the following services: Information and Referral, Peer Counseling/Peer Support, Advocacy Assistance and Training, Nursing Home to Community Relocation Assistance (Home by Choice Program), Youth Outreach and Transition Assistance, Weekly Adjustment to Disability Training Sessions, Technical Assistance and Training in Complying with the ADA, Advice and Training for Architectural and Attitudinal Barriers that People with Disabilities Encounter, Community Education on Disability Related Topics, Social/Recreational Activities, Weekly Support Group Meetings, Assistive Equipment Loan of Manual Wheelchairs, Ramps, Grab Bars and Handrails Installed (Project Ramp), and Free Durable Medical Equipment and Supplies (e.g., walkers, shower chairs) when available.

Contact date _____

Person/agency contacted _____

Information requested _____

Notes from conversation _____

Other Independent Living / Housing Resources

Apartments.com

This website has useful information on finding an apartment, moving and other skills necessary for independent living.

www.apartments.com

Breckenridge Village

15062 CR 1145

Tyler, TX 75704

903-596-8100

www.breckenridgevillage.com

Catholic Charities – Housing Counseling Program

917 W. Sanford St.
Arlington, TX 76012
817-274-2560
www.ccdofw.org

Marbridge

2310 Bliss Spillar Rd.
Manchaca, TX 78652
512-282-1144
www.info@marbridge.org

Mountain State Centers for Independent Living

This website provides information on many aspects of living on your own including looking for an apartment, personal safety, cooking, money management and healthy living.
www.mtstcil.org/

Move.com

This website provides information about apartments across the country, roommates and budgeting. www.move.com

New Danville

Mailing Address:
P.O. Box 7181
The Woodlands, TX 77387-7181
Physical Address:
10951 Shepard Hill Rd.
Willis, TX 77318
936-344-6200
www.info@newdanville.org

Tarrant County Human Services

100 E. Weatherford St.
Fort Worth, TX 76196
817-884-1111
www.tarrantcounty.com/ehumanservices

Texas Department of State Health Services

Provides information on-line concerning mental health issues, community services, publications and opportunities for support services throughout the state.

www.dshs.state.tx.us

The Association for Independent Living of Dallas (AFIL)

2826 Storey Lane
Dallas, TX 75220-4550
214-351-0798

www.inquiry@afildfw.org

Information for Transportation Needs

American Red Cross-Wheels

1515 South Sylvania Avenue
Fort Worth, TX 76111
800-RED-CROSS (800-733-2767)

www.redcross.org/tx/dallas-fort-worth

DART-Dallas Area Rapid Transit

Office Address:
1401 Pacific Avenue
Dallas, TX 75202
214-979-1111
Mailing Address:
P.O. Box 660163
Dallas, TX 75266-0163

www.dart.org

Fort Worth Transportation Authority

1600 E. Lancaster Road
Fort Worth, TX 76102
817-336-7433

www.the-t.com

Handitran

Office Address:
Handitran-City of Arlington
1101 W. Main St.
Arlington, TX 76013

Mailing Address:
Handitran-City of Arlington
Mail Stop 06-0100
P.O. Box 90231
Arlington, TX 76004-3231

817-459-5390

www.arlingtontx.gov/handitran

Via Rideshare

817-784-7382

www.arlington-tx.gov/residents/via

Grand Connection

Mailing Address:
The Grand Connection
City of Grand Prairie Transit Service
P.O. Box 534045
Grand Prairie, TX 75053
972-237-8546

www.gptx.org/city-government/city-departments/transportation-services/transit

My Ride

682-587-7099

info@myridenorthtexas.org (email)

www.myridenorthtexas.org

The goal of My Ride is to increase awareness of transportation options and services for those with disabilities, so every Tarrant County citizen can become independent and get where they need to go.

National Highway Traffic Safety Administration

(adapting motor vehicles for people with disabilities)

NHTSA Headquarters
1200 New Jersey Avenue SE West Building
Washington, DC 20590
888-327-4236

www.nhtsa.gov Click accessibility.

National Mobility Equipment Dealers Association

3327 W. Bearss Avenue

Tampa, Florida 33618

866-948-8341

813-264-2697

www.nmeda.org

Ride 2 Work

210 W. South St.

Arlington, TX 76010

817-277-6620

www.arlington-tx.gov/cdp/transportation/ride2work/

Texas Department of Public Safety

8301 Brentwood Stair Road

Fort Worth, TX 76120

817-285-1900

www.txdps.state.tx.us

COMMUNITY EXPERIENCES

This section is devoted to helping you and your parents locate activities, services and recreational opportunities that may be of interest.

About.com – Hobbies www.discoverahobby.com

This website will give you ideas for hobbies to pursue in your free time.

All Star Equestrian Foundation

P.O. Box 892, Mansfield, TX 76063 (mailing address)

6601 FM 2738, Burleson, TX 76028 (physical address)

817-477-1437

www.allstarfoundation.org/

This group provides persons with disabilities with therapeutic horse riding, also known as hippotherapy.

Arlington Public Library

<http://arlingtonlibrary.org/>

George W. Hawkes Downtown Library
100 S. Center Street
Arlington, TX 76010-1183
817-459-6900

East Arlington Branch Library
1624 New York Ave.
Arlington, TX 76010-4724
817-275-3321

Lake Arlington Branch Library
4000 West Green Oaks Blvd.
Arlington, TX 76016-4442
817-478-3762

Northeast Branch Library
1905 Brown Blvd.
Arlington, TX 76006-4605
817-277-5573

Southeast Branch Library
900 S.E. Green Oaks Blvd.
Arlington, TX 76018-1708
817-459-6395

Southwest Branch Library
3311 S.W. Green Oaks Blvd.
Arlington, TX 76017
817-459-6386

Woodland West Branch Library
2837 West Park Row Dr.
Arlington, TX 76013-2261
817-277-5265

Big Brothers Big Sisters of Tarrant County

205 W. Main Street
Arlington, TX 76010
817-277-1148
888-887-BIGS (2447) – toll free
817-265-4777 (fax)

BBBS of Greater Dallas
450 E John Carpenter Freeway
Suite 300

Irving, TX 7562
817-877-BIGS (2447)
www.bbbstx.org

This organization pairs up a young person with an adult to act as a mentor to them. For information on how to become a part of this group or to enroll your child, visit the website or contact the district offices at this website.

Boys and Girls Club of Arlington, Inc.

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

Affordable and accessible programs for ages 6-18. Provides character development, health and life skills training. The following is a list of local branches and their contact information. The following is a list of local branches:

Main Branch
608 North Elm Street
Arlington, TX 76011
817-275-6551 (administrative office)
817-701-1100 (office)
817-861-4922 (fax)

Don Kromer Branch
200 E. Cravens Park Dr.
Arlington, TX 76018
817-557-4553

East Branch
2011 Wynn Terrace
Arlington, TX 76010
817-460-5088

North Branch
2020 Baird Farm
Arlington, TX 76060
817-275-0956

Boy Scouts of America

www.scouting.org/

P.O. Box 54190
Hurst, TX 76054
817-231-8500
817-231-8600 (fax)

www.longhorncouncil.org

The Boy Scouts of America is a group that provides activities, character development, skill development and unique opportunities to boys across the United States. The website above will lead you to your local Boy Scout Council.

Campfire First Texas Council

2700 Meacham Boulevard
Fort Worth, TX 76137
817-831-2111

www.campfirefw.org

Provides programs for ages 5-17 in areas of Club Services, Outdoor, Community Services and Outreach, and Work Family / Child Care.

Girl Scouts of Texas Oklahoma Plains

4901 Briarhaven Road
Fort Worth, TX 76109
817-737-7272 or 800-582-7272

www.gs-top.org

Group activities for ages 5-17 focusing on developmental, educational, emotional and social needs.

Girls Inc. of Tarrant County

2820 Matlock Road
Arlington, TX 76015
817-468-0306 (office)
817-557-3008 (fax)

www.girlsinctarrant.org

Provides after-school and summer programs for children ages 5-12. Also provides programs for prevention, tutoring, field trips, sports and social activities.

Parks and Recreation Department of Arlington

www.arlingtontx.gov/parks/

Facilities provided by the city of Arlington offer many opportunities for recreation, education and socialization. The following is a list of local branches and their contact information.

Office address:

717 W. Main St.
Arlington, TX 76013

Mailing address:

P.O. Box 90231
Arlington, TX 76004-3231
817-459-5474

Cliff Nelson
4600W. Bardin
817-561-2819

Dottie Lynn
3200 Norwood
817-277-5001

Elzie Odom
1601 NE Green Oaks
817-459-6434

Hugh Smith
1815 New York
817-275-1351

Special Olympics of Texas Area 11

8701 Bedford-Eules Road

Suit 330

Hurst, TX 76053

817-284-0074

www.specialolympicstexas.org

Special Olympics provides persons with disabilities the opportunity to socialize and compete with others in a wide variety of events. Basketball, softball, volleyball, soccer, bowling and swimming are just some of the events in which athletes compete. To learn more, contact the office listed above, and/or visit the website provided.

Stars and Strides Stables

228 Sandpiper Drive

Weatherford, TX 76088

817-929-0020

www.starsandstrides.org

This group provides persons with disabilities with therapeutic horse riding, also known as hippotherapy.

TCC - College for Kids

College for Kids is a three-week summer enrichment program for children in the first through eighth grades. Children can enroll in academic, arts and crafts, science and technology, and health and fitness classes. Courses are taught by experienced and motivated faculty who encourage and challenge students in an atmosphere that supports inquiry and exploration.

www.tccd.edu/academics/cie/lifelong-learning/youth-programs/college-for-kids

Texas Parks and Wildlife Department

www.tpwd.state.tx.us/

This agency maintains Texas parklands for its citizens. Listed on the website, you will find information on parks, hunting, fishing, camping and much, much more.

The Miracle League

<http://miracleleaguedfw.org/>

P.O. Box 14528

Arlington, TX 76094

817-733-6076

info@miracleleaguedfw.org

Victory Therapy Center

10600 Dunham Road

Roanoke, TX 76262

682-831-1323

www.victorytherapy.org

This group provides persons with disabilities with therapeutic horse riding, also known as hippotherapy.

YMCA

www.ymca.net/

The YMCA provides many opportunities including swimming, weight training, basketball, soccer, classes and much more. You can locate the nearest available site through their website by typing in your zip code.

YMCA - Arlington Locations

Administrative Office

1148 W. Pioneer Parkway

Arlington, TX 76013

817-299-9629

Central

2200 South Davis Street

Arlington, TX 76013

817-274-9622

North

1005 Skyline Drive

Arlington, TX 76011

817-548-9622

Cooper Street
7120 S. Cooper
Arlington, TX 76001
817-419-9629
Special Olympics Texas

YWCA

www.ywca.org

The YWCA provides opportunities for women such as classes, career development, fitness, etc. You can locate the nearest available site using their website by typing in your zip code.

Camp Websites

Camp C.A.M.P.: www.campcamp.org

Camp Channel: www.campchannel.com

Camps For Adults: www.grownupcamps.com

Camp Summit: www.campsummittx.org

Camp Thurman: www.campthurman.org

Information On Camping Opportunities: www.easter-seals.org

Kids Camp: www.kidscamps.com

Lion's Club Summer Camp Program: www.lionscamp.com

Texas Occupational Therapists Association: www.tota.org/camps.html

Volunteer Opportunities in Arlington, TX

Anyone interested in being a volunteer for any of the City of Arlington departments and programs should access the following website:

www.arlington-tx.gov/volunteer

All volunteers will have to complete the on-line application process in order to participate.

If there are questions about the volunteer program you can contact:

817-459-6845

City of Arlington – Workforce Service Department

RELATED SERVICES AND RESOURCES

Autism

Autism Society

www.autism-society.org/

Autism Treatment Center – Dallas Chapter

10503 Metric Dr.

Dallas, TX 75243

972-644-2076 (main)

877-666-2747

www.atcoftexas.org

Dallas Asperger's Network Information Support and Help (DANISH)

DANISHInc@aol.com

www.aspergerinfo.org

Autism Care and Treatment

www.act-today.org

nonPareil Institute

469-247-1101 (office phone)

Office Address:

5240 Tennyson Parkway, Suite 105

Plano, TX 75024

Mailing Address:

P.O. Box 260652

Plano, TX 75026-0652

www.npitx.org/

Online Asperger Syndrome Information and Support (OASIS)
www.aspergersyndrome.org

ARC of Greater Tarrant County
5765 Westcreek Dr.
Fort Worth, TX 76133
817-877-1474
www.arcgtx.org/

Attention Deficit Disorder

Attention Deficit Disorder Association (ADDA)
www.add.org

Children and Adults with Attention Deficit Disorder (C.H.A.D.D.)
800-233-4050
www.chadd.org

Deaf and Hard of Hearing / Auditory Impairment

Deaf Action Center

Deaf Action Center- Region 3 A
3115 Cedar Plaza Ln.
Dallas, Texas 75235
214-377-1898 Video Phone
info.assist@dactexas.org email

Deaf Action Center-Region 3B
6320 SW Blvd. Suite 104
Fort Worth, TX 76109
817-546-7330

The Deaf Resource Library

www.deaflibrary.org/

Down Syndrome

Down Syndrome Guild of Dallas

1702 N Collins Blvd.
Suite 170
Richardson, TX 75080
214-267-1374
www.downsyndromedallas.org

National Down Syndrome Society

www.ndss.org

General Supports and Newsletters

211

www.211texas.org

2-1-1 (phone number)

2-1-1 Texas, a program of the Texas Health and Human Services Commission, is committed to helping Texas citizens connect with the services they need. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from over 60,000 state and local health and human services programs. Information available includes, but is not limited to, the following: caregiving, child care, food, health services, housing, in-home services, and transportation.

ARC of Greater Tarrant County Newsletters

If you would like to receive the ARC of Greater Tarrant County e-newsletter or a paper copy please contact The ARC of Greater Tarrant County at 817-877-1474 or e-mail info@arcgctc.org . You can also access information about the ARC of Greater Tarrant County by visiting their website at: www.arcgctc.org

ARC of Northeast Tarrant County Newsletters

If you would like to receive the ARC of Northeast Tarrant County e-newsletter, please send an email to: arcnetc@att.net . You can also access information about the ARC of Northeast Tarrant County by visiting their website at: www.arcnetc.org

The Council for Exceptional Children (CEC)

2900 Crystal Dr. Ste. 1000

Arlington, VA 22202

888-232-7733

866-915-5000 tty

cec@cec.sped.org (e-mail)

www.cec.sped.org

Easter Seals of Greater NW Texas

1424 Hemphill St.
Fort Worth, TX 76104
888-617-7171 (toll free)
www.tx-nw.easter-seals.org

Lawyer Referral Service

1315 Calhoun Street
Fort Worth, TX 76102
817-338-4092
www.tarrantbar.org

March of Dimes

6815 Manhattan Blvd. #102
Fort Worth, TX 76120
817-924-9944
www.marchofdimes.com

Mission Arlington

210 W. South St.
Arlington, TX 76010
817-277-6620 (office)
817-277-3388 (fax)
www.missionarlington.org/

National Alliance for Caregiving

www.caregiving.org

National Respite Network – Respite Locator Service

919-490-5577
703-256-2084
<http://archrespite.org>

Center for Parent Information and Resources

35 Halsey St. 4th Floor
Newark, NJ 07102
973-642-8100

Resource Connection of Tarrant County

1100 Circle Drive
Fort Worth, TX 76119-8111
817-531-7600

www.tarrantcounty.com/tc_resource/

Self Advocates Becoming Empowered

P.O. Box 872
Mason, OH 45040

www.sabeusa.org

Special Needs Advocates for Parents

www.specialneedsadvocate.com

Tarrant Cares

www.tarrantcares.org

Texas Runaway Hotline

888-580-HELP (888-580-4357)

www.dfps.state.tx.us/Runaway_Hotline/default.asp

Texas Youth Hotline

800-98-YOUTH (800-989-6884)

www.dfps.state.tx.us/youth_hotline/default.asp

United Way of Metropolitan Tarrant County

401 W. Sanford St., Suite 2600
Arlington, TX 76011-7072
817-548-9595

www.unitedwaytarrant.org

Resource Book: "Blue Book Directory of Community Resources, First Call"

West Texas Legal Service

600 E. Weatherford St.
Fort Worth, TX 76102
817-336-3943
800-252-9690
877-9TEXBAR

www.texaslawhelp.org

Intellectual Disabilities

Advocates for Special People

P.O. Box 121652

Arlington, TX 76012

817-308-6500

www.advocatesforspecialpeople.org

advocates@advocatesforspecialpeople.org

American Association on Intellectual and Developmental Disabilities (AAIDD)

501 3rd Street NW, Suite 200

Washington, DC 20001

202-387-1968

800-424-3688

www.aamr.org

ARC of Greater Tarrant County

5765 Westcreek Dr.

Fort Worth, TX 76133

817-877-1474

www.arcgctc.org

ARC of Northeast Tarrant County

P.O. Box 14455

Haltom City, TX 76117

817-834-7700

www.arcnetc.org

Green Oaks Adult Learning (GOAL)

GOAL is a part of the Green Oaks School.

500 Houston St.

Arlington, TX 76011

817-861-5000

Learning Disabilities

Council for Learning Disabilities

11184 Antioch Rd.

Box 405

Overland, KS 66210

913-491-1011

www.cldinternational.org

International Dyslexia Association

40 York Rd., 4th Floor

Baltimore, MD 21204

410-296-0232

www.interdys.org

LD ONLINE

WETA Public Television

2775 S. Quincy St.

Arlington, VA 22206

www.ldonline.org/

Learning Disabilities Association of America (LDA)

4156 Library Road

Pittsburgh, PA 15234

412-341-1515

412-344-0224 (fax)

www.ldanatl.org

National Center for Learning Disabilities (NCLD)

32 Laight St. 2nd floor

New York, NY 10013

www.nclid.org

Mental Health

Mental Health America

500 Montgomery St.
Suite 820
Alexandria, VA 22314
703-684-7722
800-969-6642
www.nmha.org

NAMI of Dallas (National Alliance on Mental Illness)

2812 Swiss Ave.
Dallas, TX 75204
214-341-7133
www.namidallas.org

NAMI of Tarrant County (National Alliance on Mental Illness)

3136 West 4th St.
Fort Worth, TX 76107
817-332-6677
<http://www.namitarrant.org/>

Medical Concerns

American Diabetes Association of Texas

4100 Alpha Rd. Suite 100
Dallas, TX 75244
972-392-1181
www.diabetes.org

Cystic Fibrosis Foundation Northeast Texas Chapter

4040 North Central Expressway Suite 730 Dallas, TX 75204	3840 Hulen St #600 Fort Worth, TX 76107 817-249-7744
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www.cff.org
www.cff.org/chapters/fortworth

Epilepsy Foundation of Texas

5080 Spectrum Dr. Suite 1150E
Addison, TX 75001
214-420-2737
888-548-9716

Houston Office

2401 Fountainview Dr. #900
Houston, TX 77057
713-789-6295
888-548-9716
www.epilepsyfoundation.org
www.eftx.org

National MS Society

www.nationalmssociety.org/

National Organization on Fetal Alcohol Syndrome

www.nofas.org

National Tourette Syndrome Association

1200 Eton Court, NW 3rd Floor
Washington, DC 20007
718-224-2999
www.tsa-usa.org

Spina Bifida Association of North Texas

801 Avenue H East
Suite 101
1-800-621-3141
972-238-8755
<http://spinabifidant.org/>

The Brain Injury Association of Texas

316 W. 12th St. Suite 405
Austin, TX 78701
800-392-0040
www.biatx.org

Tourette Syndrome Association Texas Chapter

P.O.Box 147

Richmond, TX 77406

281-238-8096

www.tourettetexas.org

Vision

American Council of the Blind

1703 N Beauregard St.

Suite 420

Alexandria, VA 22311

202-467-5081 or 800-424-8666

www.acb.org

National Federation of the Blind

200 East Wells St. at Jernigan Place

Baltimore, MD 21230

410-659-9314

<https://nfb.org>

National Library Service for the Blind and Physically Handicapped

202-707-5100 or 888-NLS-READ (888-657-7323)

www.loc.gov/nls

SPECIAL TOPICS FOR PERSONS WITH INTENSIVE NEEDS

Adult Mental Health Services

Mental illness, which consists of psychological or psychiatric symptoms, affects a large portion of the population of the United States and the world. While mental illnesses are often misunderstood, these illnesses are treatable, enabling individuals to lead productive and satisfying lives.

Q: *Who is eligible?*

A: Individuals who have:

- Major Depression
- Bipolar Disorders
- Schizophrenia
- And other serious mental illness

Q: *What services are offered?*

A:

- Psychiatric Services
- Medication Related Services
- Counseling Services
- 24 Hour Crisis Services
- Hospitalization Work Behavior
- Symptoms Management
- Community Daily Living
- Socialization

Q: *Who Provides These Services?*

A:

- Psychiatrists
- Nurses
- Licensed Counselors
- Social Workers

Q: *What Do These Services Cost?*

A: Services are based on an individual's ability to pay. Insurance information will need to be provided in order to determine individual cost. Cost may range from 100% co-pay to 0% co-pay.

Q: *How Do You Access Services?*

A: Call one of the numbers listed below. Ask for the Intake Worker and an appointment will be scheduled.

- **Addiction Services –MHMR Recovery Center**
817-569-4600
- **Mental Health Association of Tarrant County**
817-335-5405
- **Mental Health Housing Development**
- **603 W. Magnolia Ave.**
Fort Worth, TX 76104
817-926-8717
- **Mental Health Point of Entry (Crisis Hotline) MHMR ICARE Call Center**
817-335-3022 or 800-866-2465
- **National Alliance for the Mentally Ill - NAMI of Tarrant County**
3136 West 4th St.
Fort Worth, TX 76107
817-332-6677

Guardianship

REGARDLESS OF A PERSON'S DISABILITY, WHEN THAT PERSON TURNS 18, THEY ARE CONSIDERED A LEGAL ADULT.

What this means is, the person has the right to enter into contracts, make decisions without needing consent from another person, etc. **Texas laws permit another person to petition for guardianship of someone who may not be able to make decisions for themselves.**

To do this, the individual seeking the petition will need to go to court. He/she could hire a lawyer, or possibly petition directly to the courts in some cases.

The process cannot begin until the person is almost 18. Whether you represent yourself or hire a lawyer, the courts will assign a lawyer to the person from whom you are trying to get guardianship. They will take the stance of protecting the rights of that person. You or your lawyer, with input from a court investigator, will argue whether there is justification for taking over the decision-making rights of the person.

The process may take weeks or even months, so one must prepare in advance if they wish to seek guardianship.

For more information on how to seek guardianship, research information at the following websites or contact a lawyer **who has experience in guardianship cases.**

**ANOTHER IMPORTANT NOTE!
NOT ALL PERSONS WITH A DISABILITY NEED GUARDIANSHIP.**

Texas Project First
www.texasprojectfirst.org/Guardianship.html

Texas Guardianship Association
www.texasguardianship.org/

Medical Facilities in the Area

Southeast Public Health Center

536 W. Randol Mill Road
Arlington, TX 76011
817-321-4716

Public Health Department

1301 S. Bowen Rd.
Arlington, TX 76013
817-264-4500

www.tarrantcounty.com/ehealth/cwp/view.asp?A=763&Q=430097

John Peter Smith Health Network

1500 S. Main St.
Fort Worth, TX 76104
817-921-3431 Hospital Operator
817-702-3431 Appointments
www.jpshealthnet.org

Tarrant County Public Health Center

2596 E Arkansas Ln. #190
Arlington, TX 76014
817-4724

Texas Health Arlington Memorial Hospital

800 W. Randol Mill Road
Arlington, TX 76012
817-960-6100
www.texashealth.org/landing.cfm?id=106

Special Needs Trust / SSI Spotlight On Trusts

Q: *What is a trust?*

A: A trust is a legal arrangement regulated by state law in which one party holds property for the benefit of another. A trust can be set up for an SSI beneficiary. A trust can contain cash, other liquid assets, real estate or personal property that could be turned into cash.

Q: *Can a trust be set up to give an SSI beneficiary more financial independence?*

A: Yes. This type of trust is one where the SSI beneficiary does not have the legal authority to control how the money is spent, and a trustee manages the trust and decides how to spend the money to meet the person's needs.

Q: *How do resources in this type of trust count in the SSI program?*

A: Money or property in this type of trust for a SSI beneficiary (or person whose resources are deemed available to a SSI beneficiary) does not count toward the SSI resource limits of \$2,000 for an individual (or \$3,000 for a couple).

NOTE: Some trusts, which are not counted as resources for SSI purposes, may affect Medicaid eligibility. In these cases, the State will determine Medicaid eligibility.

Q: *How does money from the trust affect the individual's SSI payments?*

A: Money paid directly to the provider for items other than the person's food, clothing, and shelter does not reduce SSI payments. Items that are not "food, clothing, or shelter" include medical care, telephone bills, education and entertainment.

Q: *How can you find out more about setting up a trust?*

A:

1. Consult a lawyer or financial advisor to find out more about trusts.
2. Your local Social Security office has a list of groups that can find you a lawyer or give you free legal services, if you qualify.
3. You may also contact the state or local bar association or the Legal Services Corporation for legal assistance, if you qualify.
4. You can contact your local bank to set up a Special Needs Trust account.
5. The following groups are known to assist families in developing a Special Needs Trust account:

The National Special Needs Network

www.nsn.com/frequently-asked-questions/

Merrill Lynch Special Needs Financial Services Group
www.ml.com/special-needs-financial-services.html

Social Security Administration

Supplemental Security Income (SSI) Social Security Administration

www.ssa.gov

This website may be of great benefit to you if you are not able to work due to a handicapping condition. Eligibility is based on the parents' income until the person with the disability turns 18. At that point, eligibility is based on your income. If you are determined to be eligible, you will receive a check for a particular amount dependent upon the need. More importantly, the state of Texas will issue Medicaid coverage at that point. This is medical coverage that will aid you as long as you qualify. To stay eligible, you must not have more than \$2,000.00 in your name. For more information on SSI, please research information at the websites www.ssa.gov or www.ssa.gov/benefits/disability/

You may also contact them at 800-772-1213 or 800-325-0778 (TTY).

Your Texas Benefits

www.yourtexasbenefits.com

TexCare Partnership

Q: *What is TexCare Partnership?*

A: TexCare Partnership is a children's health insurance campaign developed especially for Texas families. Its purpose is to provide health insurance for children at a price that fits the budgets of Texas families.

Q: *Who qualifies?*

A: Uninsured children newborn through age 19. The child must be a Texas resident and a U.S. citizen. The TexCare Partnership offers

three separate health insurance programs for children: Children's Medicaid, Children's Health Insurance Program (CHIP) and CHIP Perinatal which is for Texas residents who are pregnant, uninsured and not eligible for Medicaid.).

Each program has its own set of rules and benefits package for qualifying children. You can find out which program your child may qualify for with one phone call, or by completing one simple application. Parents do not have to be a US citizen to apply.

Q: *What is covered?*

A: Benefits include doctor visits for dental, mental health and medical services such as regular check-ups, immunizations, x-rays, hearing and vision tests. Emergency care, hospital stays, surgery and services for children with disabilities and special health care needs will be covered. For CHIP Perinatal, benefits include up to 20 prenatal visits, prescription drug coverage based on formulary, hospital facility charges and two post partum visits for the mother.

Q: *What do I pay?*

A: Rates are flexible and are based on the number of people in your family and your family's income and expenses. You can call the TexCare partnership today to find out exactly how much it will cost to insure your children.

Q: *How do I apply?*

A: You can apply by completing a form on the following website: www.texaschildrenshealthplan.org/what-we-offer/chip

You can also apply over the phone by calling the state's TexCare Member Service at 877-647-6558 or 1-877-543-7669 1-877-KIDS-Now Monday through Friday 8am -8pm.

OTHER ADULT NEEDS

Driver's License

Students can take driver's education in a number of ways.

- ◆ School districts often have courses on their campuses. Some districts offer the class only in the summer. Others have them throughout the school year.
- ◆ Businesses can provide driver's education throughout the year. The costs vary from business to business, so it is wise to call several local or available businesses that can provide this service.
 - ◆ Parents can now act as the instructor for a driver's education program. The Texas Department of Public Safety has information about what the parents' role will be in this program and how to enroll. The information can be found at www.tdlr.texas.gov/

www.dps.texas.gov/driverlicense/teendriver.htm

Selective Service

Registering is important to the future of young men and the country.

Q: *What is Selective Service?*

A: The Selective Service System is a government agency. The system's job is to provide men for service in the Armed Forces in case of a national emergency.

Q: *What is Selective Service Registration?*

A: When you register, you add your name to a list of all men in the nation, ages 18 through 25. The list would be used to identify men for possible military service in a national emergency.

Q: *What happens if there is a draft?*

A: There has not been a draft since 1973, but if there were an emergency, and Congress ordered another draft, Selective Services would conduct a birthday lottery to decide the order in which to call men. Men who turn 20 in that calendar year would be called first in a sequence determined by the lottery. If more men were needed, those 21 to 25 might be called, youngest first. At that point, men will be evaluated for mental, physical and moral fitness which would determine their status, be it inducted into the military or deferred or exempted from service. For more information on who must register, please refer to the following website, www.sss.gov

Q: *Am I required to register?*

A: Yes, it is the law. If you do not register and are prosecuted, you could go to jail for up to five years and you can be fined up to \$250,000. Not registering hurts you in other ways also. You cannot qualify for federal student grants or loans, job training benefits or most federal employment.

Q: *Is registration hard?*

A: No, it is simple. Just go to any post office and ask for a *Selective Service Registration Card*. Fill in your name, address, telephone number, date of birth and Social Security Number. Then, give the card to the postal clerk (postage is required); they may ask for identification, so bring your driver's license or some other form of identification. It only takes about five minutes.

Q: *Do I have to register at a post office?*

A: Maybe not. You may receive a registration card in the mail. Simply fill it out and mail it. Also, check with your school's guidance office. You may be able to register there. You may also register on-line at www.sss.gov . If you wish, you may call 847-688-6888.

Q: *When should I register?*

A: 30 days prior of your 18th birthday or following 29 days after. If you are applying for federal student aid or job training, you can register up to 120 days before you turn 18 to avoid delays. If you cannot register on time because you are in a hospital or prison, you do not have to register until you are released. Upon release or discharge, you have 30 days to register.

Q: *What if it is more than 30 days after I have turned 18 and I have not registered?*

A: Register at a post office or on-line immediately. Selective Service will accept a late registration, but the longer you wait, the longer you are breaking the law.

Q: *Do all men have to register?*

A: The law requires all 18 year old men to register. The only young men exempt from registration are foreigners who are in the U.S. temporarily as tourists, diplomats or students, men on active duty in the Armed Forces and students at U.S. military academies. **Immigrant non-citizen males, 18-25, must register.**

Q: *How do I prove I registered?*

A: After you register, Selective Service will mail you a card. Keep it as proof that you have registered. You may need it if you apply for federal employment, federal student aid or job training. If you do not get your card within 90 days of registering, write to: Registration Information Office, P.O. Box 94638, Palatine, IL 60094-4638 or call 847-688-6888.

Q: *What if I change my address?*

A: Notify Selective Service of your new address on a *Change of Information* form. You can get one at any post office or you can use the *Change of Address* form that comes with your acknowledgement card.

The registration form can be obtained at the local post office or you can register on-line at www.sss.gov. To confirm registration or get a new card, call 847-688-6888.

Voter Registration

To be eligible to register to vote in Texas, you must:

- Be a U.S. citizen
- Be a resident of the county in which you are registering
- Be 18 years old (you may register at 17 years and 10 months)
- Not be a convicted felon (unless a person's sentence is completed, including any probation or parole)
- Not be declared mentally incapacitated by a court of law

You can receive information about voting in Texas on-line at www.sos.state.tx.us.

APPENDIX

The following pages may provide you with assistance as you research, take notes from your agency contacts, and discover quick facts/ useful hints.

Post-Secondary Education Opportunities in Texas

Technical Schools (public)

College/University	Website
Texas State Technical College-Abilene	http://tstc.edu/campuses/abilene
Texas State Technical College-Breckenridge	http://tstc.edu/campuses/breckenridge
Texas State Technical College-Brownwood	http://tstc.edu/campuses/brownwood
Texas State Technical College-Fort Bend Co	http://tstc.edu/campuses/fortbendco
Texas State Technical College-Harlingen	http://tstc.edu/campuses/harlingen
Texas State Technical College-Marshall	http://tstc.edu/campuses/marshall
Texas State Technical College-North Texas	http://tstc.edu/campuses/northtexas
Texas State Technical College-Sweetwater	http://tstc.edu/campuses/sweetwater
Texas State Technical College-Waco	http://tstc.edu/campuses/waco
Texas State Technical College-Williams Co	http://tstc.edu/campuses/williamsonco

Junior Colleges (public)

College/ University	Website
Alvin Community College	www.alvincollege.edu
Amarillo College	www.actx.edu
Angelina College	www.angelina.edu
Blinn College	www.blinn.edu
Brazosport College	www.brazosport.edu
Brookhaven College	www.brookhavencollege.edu
Cedar Valley College	www.cedarvalleycollege.edu
Central Texas College	www.ctcd.edu
Cisco College	www.cisco.edu
Clarendon College	www.clarendoncollege.edu
Coastal Bend College	www.coastalbend.edu

College of the Mainland	www.com.edu
Collin County Community College	www.collin.edu
Del Mar College	www.delmar.edu
Eastfield College	www.eastfieldcollege.edu
El Centro College	www.elcentrocollege.edu
El Paso Community College	www.epcc.edu
Frank Phillips College	www.fpctx.edu
Galveston College	www.gc.edu
Grayson County College	www.grayson.edu
Hill College	www.hillcollege.edu
Houston Community College	www.hccs.edu
Howard College	www.howardcollege.edu
Kilgore College	www.kilgore.edu
Lamar State College at Orange	www.lSCO.edu
Lamar State College at Port Arthur	www.lamarpa.edu
Laredo Community College	www.laredo.edu
Lee College	www.lee.edu
Lonestar College Kingwood	www.lonestar.edu/kingwood
McLennan Community College	www.mclennan.edu
Midland College	www.midland.edu
Montgomery College	www.lonestar.edu/montgomery
Mountain View College	https://www.mountainviewcollege.edu
Navarro College	www.navarrocollege.edu
North Central Texas College	www.nctc.edu
Lone Star College – North Harris	www.lonestar.edu/northharris
North Lake College	www.northlakecollege.edu
Northeast Texas Community College	www.ntcc.edu
Northwest Vista College	www.alamo.edu/nvc

Odessa College	www.odessa.edu
Palo Alto College	www.alamo.edu/pac/
Panola College	www.panola.edu
Paris Junior College	www.parisjc.edu
Ranger College	www.rangercollege.edu
Richland College	www.rlc.dcccd.edu
San Antonio College	www.alamo.edu/sac/
San Jacinto College	www.sanjac.edu
South Plains College	www.southplainscollege.edu
South Texas College	www.southtexascollege.edu
Southwest Collegiate Institute for the Deaf / Howard College	https://howardcollege.edu/swcid/
Southwest Texas Junior College	www.swtjc.edu
St. Philip's College	www.alamo.edu/spc/
Tarrant County College	www.tccd.edu
Temple College	www.templejc.edu
Texarkana College	www.texarkanacollege.edu
Texas Southmost College	www.tsc.edu
Tomball College	www.lonestar.edu/tomball.htm
Trinity Valley Community College	http://www.tvcc.edu/
Tyler Junior College	www.tjc.edu
Vernon College	www.vernoncollege.edu
Victoria College	www.victoriacollege.edu
Weatherford College	www.wc.edu
Western Texas College	www.wtc.edu
Wharton County Junior College	www.wcjc.edu

Junior Colleges (private)

College/University	Website
Jacksonville College	www.jacksonville-college.edu
Lon Morris College	http://www.beabearcat.com/
Southwestern Christian College	www.swcc.edu

Universities and Colleges (private)

College/ University	Website
Abilene Christian University	www.acu.edu
Austin College	www.austincollege.edu
Austin Community College	www.austincc.edu
Baylor University	www.baylor.edu
College of the Ozarks	www.cofo.edu
Concordia University at Austin	www.concordia.edu
Dallas Baptist University	www.dbu.edu
Eastern New Mexico University Occupational Training Program	http://www.roswell.enmu.edu/special-services/
East Texas Baptist University	www.etbu.edu
Full Sail University	www.fullsail.edu
Hardin Simmons University	www.hsutx.edu
Houston Baptist University	www.hbu.edu
Howard Payne University	www.hputx.edu
Huston-Tillotson University	www.htu.edu
Jarvis Christian College	www.jarvis.edu
LeTourneau University	www.letu.edu
Lubbock Christian University	www.lcu.edu
McMurray University	www.mcm.edu
Northwood University	www.northwood.edu
Our Lady of the Lake	www.ollusa.edu
Paul Quinn College	www.pqc.edu

Rice University	www.rice.edu
Schreiner University	www.schreiner.edu
Southern Methodist University	www.smu.edu
Southwestern Adventist University	www.swau.edu
Southwestern Assemblies of God University	www.sagu.edu
Southwestern University	www.southwestern.edu
St. Edward's University	www.stedwards.edu
St. Mary's University	www.stmarytx.edu
Texas Christian University	www.tcu.edu
Texas College	www.texascollege.edu
Texas Lutheran University	www.tlu.edu
Texas Wesleyan University	www.txwes.edu
Trinity University	https://new.trinity.edu/
University of Dallas	www.udallas.edu
University of Mary Hardin-Baylor	www.umhb.edu
University of St. Thomas	www.stthom.edu
Wayland Baptist University	www.wbu.edu
Wiley College	www.wileyc.edu

Universities and Colleges (public)

College/University	Website
Angelo State University	www.angelo.edu
Lamar University	www.lamar.edu
Midwestern State University	www.mwsu.edu
Prairie View A&M University	www.pvamu.edu
Sam Houston State University	www.shsu.edu
Stephen F. Austin State University	www.sfasu.edu
Sul Ross State University	www.sulross.edu
Tarleton State University	www.tarleton.edu

Texas A&M International University	www.tamiu.edu
Texas A&M University	www.tamu.edu
Texas A&M University Galveston	www.tamug.edu
Texas A&M University-Commerce	http://www.tamuc.edu/
Texas A&M University-Corpus Christi	www.tamucc.edu
Texas A&M University-Kingsville	www.tamuk.edu
Texas A&M University Texarkana	www.tamut.edu
Texas Southern University	www.tsu.edu
Texas State University	www.txstate.edu
Texas Tech University	www.ttu.edu
Texas Women's University	www.twu.edu
University of Houston	www.uh.edu
University of Houston-Clear Lake	www.uhcl.edu
University of Houston-Downtown	www.uhd.edu
University of Houston-Victoria	www.uhv.edu
University of North Texas	www.unt.edu
The University of Texas at Arlington	www.uta.edu
The University of Texas at Austin	www.utexas.edu
The University of Texas at Dallas	www.utdallas.edu
The University of Texas at El Paso	www.utep.edu
The University of Texas at San Antonio	www.utsa.edu
The University of Texas at Tyler	www.uttyler.edu
The University of Texas of the Permian Basin	www.utpb.edu
The University of Texas Rio Grande Valley	www.utrgv.edu
West Texas A&M University	www.wtamu.edu

Phone Contact Notes

Contact date_____
Person/agency contacted_____
Information requested

Notes from conversation

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Person/agency contacted_____
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Phone Contact Notes

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Internet Research Notes

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Goals and Activities

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References

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Individual Transition Planning, Marak, Mark. 2001

2007 Blue Book Directory of Community Resources, Published by United Way of Tarrant County.

Texas Education Agency – Education Service Center Region 11, Transition in Texas / Texas Transition and Employment Guide:
www.transitionintexas.org

Transition Resource Guide 2008-2009, Published by Vela Transition Planning Services, LLC.

The Arlington Independent School District shall comply fully with the nondiscrimination provisions of all federal and state laws, rules and regulations by assuring that no person shall be excluded from consideration for recruitment, selection, appointment, training, promotion, retention or any other personnel action, or be denied any benefits or participation in any educational programs or activities which it operates on the grounds of race, religion, color, national origin, sex, disability, age, or veteran status (except where age, sex or disability constitutes a bona fide occupational qualification necessary to proper and efficient administration).

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