



New Beginnings

*Resources for
Children with Special Health Care Needs
In North Dakota*



Family Voices of North Dakota 888-522-9654

New Beginnings on the Internet:

The Guide can also be found on the Family Voices of North Dakota website at:  <http://www.geocities/ndfv/> under interactive.


Additional Copies:

You can make copies of New Beginnings and share it. You can get a single copy.

Toll free: 888-522-9654

Questions/Comments:

If you have questions or comments, contact Donene Feist at feist@daktel.com

Or  (701) 493-2634

Symbol Key:

 = Telephone number

 = Web site

 = Email address

TTY = Phone for Deaf and Hearing Impaired

 = Phone book



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Introduction

What is New Beginnings?

New Beginnings is a guide to help you find and contact resources that you and your child need. The guide is for North Dakota families who have children with special health care needs. The intent of this booklet is to inform families, no matter when they learn of their child's condition, where to look for resources in North Dakota. Please share this guide with other families or the providers who help you.

What is in the guide?

New Beginnings has phone numbers, email, websites, and a list of services for each resource. Talk with your own health care provider about these and other services your child may need.

Are there listings for my city or county?

The listings in New Beginnings are for families who live anywhere in North Dakota. Statewide contacts can help refer you to your local resources. Some listings do include information for your city or county. There may also be a local resource guide for your city or county. You can call **Family Voices of North Dakota toll free at ☎ (888) 522-9654** or ask your own health care provider for local resources.

How do I use the guide?

If you need a service, look under the subject area to find someone who can help you. Or, if you know the name of the organization you want to call, look in the list of resources on page 4 for the name and page number.

If you want to talk with someone about your child's needs and are not sure who to call:

1. Call Family Voices of North Dakota ☎1-888-522-9654

2. Talk with your doctor or health care provider





Tips for Getting Answers To Your Questions

Many families say finding information can be confusing. You can work together with your health care provider as you use the information and services in this guide. Here are tips from other families who have a child with special health care needs:



"It's about not giving up; you need to ask a lot of questions. Persistence is the word I use. Pushy, sometimes yes. But persistence is really it because you don't have to be pushy; you just have to not give up."

- Keep calling and keep asking questions.
- Ask for names and phone numbers of other people to contact.
- If the recorded voice on the phone is confusing, often you can just stay on the line and will be directed to the operator, or you can often dial "0", to be redirected. Written requests or email may result in a prompt response.



"Get very organized, keep a notebook. Write down when you called, who you talked with, and what the conversation was about. You're going to need to go back to that at some point - you're not going to be able to remember it all."

Keep track of:

- Who you talked with, the phone number, and the date of the call.
- The name of the organization and the information you were given.
- What you and what they agreed to - and by what date.
- Their ideas about other people to contact.

- Ask for a business card. Write down the time and day of your contact and what was done.
- Fax, mail, or email your questions to your doctor before your appointment.
- Try using a Care Notebook, a 3-ring binder for notes and papers, such as the FVND Care Notebook at <http://www.geocities.com/ndfv/>



“Become knowledgeable about your child’s illness or disease”

- Get information from your providers, the library, other parents, or the internet.
- Make sure the information you receive is correct and up to date. Ask your doctor or health care provider about the information you find.



“I wasn’t sure I was asking the right questions, because everyone talks a different language, with a lot of acronyms. You need to know the proper words to use to get the right care and services for your child, and in the meantime, ask, ask, ask.”

Provide this key information when you make a call or contact:

- Your child’s age.
- Your child’s diagnosis (if one has been made) or your main concern.
- Where you live (city, county).

Listen to the words others use when talking with you:

- Ask about any word you don’t understand as well as acronyms.
- Write the word down and what it means (have them spell it out).
- Use these words when you talk to others.



"For me, other families were the biggest resource. Other families had been there and knew where I could turn for assistance. See if there are support groups in your area. If you have a diagnosis, the smartest thing you can do is find another family with the same diagnosis."

- Find a support group near you. Talking with other parents can give you energy.
- Ask your child's health care providers or teachers if they know another family whose child has the same diagnosis or needs.
 - Contact Family Voices of North Dakota to assist you in locating the resources you seek for your child ☎ 888-522-9654
 - Contact the North Dakota Family to Family organization to connect you with another family for emotional support ☎(888) 434-7436.
 - Contact the Federation of Families for Mental Health ☎(800) 492-4951
 - Contact Pathfinder Family Center for information on your child's educational needs ☎800-245-5840



"A professional told me years ago the importance of learning more about the child's disease than they did, because you are going to be the best advocate for your child. I think it is important for all families to do, so that they can be the best advocate on behalf of their children"

- Tell people when and how they helped you.
- Think about calling someone back if you find a great resource they did not know about.
- Pass what you learn on to other parents.



“Take care of yourself; this is so important and so easy to forget. But it is a must so you can take care of your child.”

- It's a lot of work. Take a break to recharge yourself or ask for help.
- Give yourself time each day, 10 minutes or more to do something you like.
- There is a lot of information. Set a limit on how much time you will spend looking for or reading information.
- You may not be able to look for everything at one time.
- Tell your health care provider how you are doing. Ask him or her to help you focus on important information or resources.
- Share your feelings with your family, friends, other parents, and providers.



Advocacy and Legal

In this section you can find community programs that may be low-cost or free. You can also find lawyers and help with legal problems.

North Dakota Protection and Advocacy System

- ☎ Bismarck office (701) 328-2950/ (800) 472-2670
- ☎ Region 1: Williston (701) 774-4345
- ☎ Region 2: Minot (701) 857-7686 Belcourt (701) 477-5066
- ☎ Region 3: Devils Lake (701) 662-9026
- ☎ Region 4: Grand Forks (701) 795-3800
- ☎ Region 5: Fargo (701) 239-7222
- ☎ Region 6: Jamestown (701) 253-3295
- ☎ Region 7: Bismarck (701) 328-2950
- ☎ Region 8: Dickinson (701) 227-7444

🌐 www.ndpanda.org

- Help protecting your child's rights
- Legal help and information
- Find people who help with legal problems

☎ **ARC State Office (701) 223-5349**

☎ **The ARC of Upper Valley (701) 772-6191**

☎ **ARC of Bismarck (701) 222-1854**

☎ **ARC of Bowman (701) 523-5254**

☎ **ARC of Dickinson (701) 483-4272**

☎ **ARC of Cass County (701) 293-8191**

☎ **ARC of Valley City (701) 845-2117**

- Help for children with developmental disabilities
- Help with your child's education and health
- Help when you have a problem getting services for your child

Family Voices of North Dakota

☎ 888-522-9654 or (701) 493-2634

🌐 <http://www.familyvoices.org> (National)

🌐 <http://www.geocities.com/ndfv/> (State)

- Information on healthcare policy for children with special health care needs
- Involves families in policy planning advocacy and resources

Legal Assistance of North Dakota

- Serves low income or elderly individuals

- ☎ Bismarck (701) 258-4270 or 800-932-8882
- ☎ Devils Lake (701) 662-6560 or 800 726- 8980
- ☎ Fargo (701) 232-4495 or 800-342-4696
- ☎ Grand Forks (701) 777-2932 or 800-752-0312
- ☎ Minot (701) 852-3870 or 800-342-4409
- ☎ New Town (701) 627-4719 or 877-627-4122

☞ The Council of Parent Attorneys and Advocates, Inc. (COPAA)

<http://www.copaa.net/>

- Help finding a lawyer
- Help to secure high quality educational services for children with disabilities.

Office of Civil Rights, Division of Disability Rights

☎ 800-514-0383 (TT) or 800-514-0301 (V)

Legislative

☞ <http://www.state.nd.us/lr/>

- Find out who your legislators are
- Find out about legislative bills
- Send messages to the governor and your legislators

Coalitions

☎ North Dakota Disabilities Advocacy Consortium 701-223-0347

☞ <http://www.nddac.org/>

☎ Children's Caucus 701-224-8090

Child Care and Respite

In this section you can find help locating child care and respite.

National Respite Locator Service

☎ (800) 773-5433

🌐 <http://www.respitelocator.org/>

- Help finding respite care

Child Care Resource and Referral Network

☎ Bismarck (701) 221- 3438 or (800) 446-1114

☎ Devils Lake (701) 662-6589

☎ Dickinson (701) 227-0131 or 800-359-2243

☎ Fargo/Moorhead 218-299-7001

☎ Grand Forks (701) 772-7905 or 800-543-7382

☎ Jamestown (701) 252-0350

☎ Minot (701) 838-7800 or 800-450-7801

☎ Williston (701) 774-0749

🌐 <http://www.ndchildcare.org/splash/>

Help finding:

- Child care
- Money for child care
- Other resources

Easter Seals

Can assist in locating respite care services

☎ Dickinson (701) 264-1060

☎ Fargo (701) 237-9908

☎ Grand Forks (701) 772-0704

☎ Jamestown (701) 251-1446

☎ Mandan (701) 663-6828

☎ Minot (701) 838-0669

Child Development/Early Intervention

In this section you can:

- Find help if you have questions about your child's development or growth
 - Find out how to contact the Early Intervention program
 - Get help if your child has developmental disabilities
-

Early Intervention Services/Bismarck State Office

☎ (701) 328-8953

🌐 <http://www.ndearlyintervention.com/>

- For children with developmental disabilities
- Find services and get case management

Early Intervention Program (EI) To be found eligible, your child must be under three years of age, a resident of North Dakota, and based on criteria defined in eligibility regulations, found to have developmental delays or a diagnosed condition or combination of factors that puts him at **high risk** for future delays. Early intervention means early assistance. This program is designed to identify children at risk (through the **Right Tracks program**) in the earliest stages, when the right help can make all the difference. If you know a child who may benefit from this program, please contact the Department of Human Services.

- Family support and respite care
- Medical help
- Call the region which includes your county

Region 1: Williston

☎ (701) 774-4600


Region 2: Minot

☎ (701) 858-3054


Region 3: Devils Lake

☎ (701)-662-6324


Region 4: Grand Forks

 (701)-795-3000


Region 5: Fargo

 (701)-298-4500


Region 6: Jamestown

 (701) 253-6300


Region 7: Bismarck


 (701)-221-3490


Region 8: Dickinson


 (701)-483-4394


Early Childhood

 Belcourt (701) 477-6471


 Bismarck (701) 221-3490


 Ft. Totten (701) 766-1254


 Ft. Yates (701) 854-3678


 New Town (701) 627-3682


Healthy Start

 Belcourt (701) 477-5778


 Bismarck (701) 328-2323


 NewTown (701) 627-4566


 St. Michael (701) 766-1244


 Trenton (701) 572-8110


Early Head Start


 Devils Lake (701) 662-9049


 Fargo (701) 235-8931

 Ft. Yates (701) 854-7250

 Ft. Totten (701) 766-4070

 Jamestown (701) 252-1821

 Mayville (701) 788-4868

 Minot (701) 857-4688

Head Start Programs

Education programs for children 3-4 years old

- ☎ Bismarck (701) 221-3490
- ☎ Dickinson (701) 227-3010
- ☎ Fargo (701) 235-8931
- ☎ Grand Forks (701) 746-2433 Ext. 8-12
- ☎ Jamestown (701) 252-1821
- ☎ Mandan (701) 663-9507 Ext.168
- ☎ Mayville (701) 788-4868
- ☎ Minot (701) 857-4688
- ☎ Towner-(701) 537-5409
- ☎ Williston-(701) 572-2346

Native American Head Start Programs

- ☎ Ft. Totten -Spirit Lake (701) 766-4070
- ☎ Ft. Yates-Standing Rock (701) 854-7250
- ☎ New Town-Three Affiliated Tribes- (701) 627-4820
- ☎ Belcourt-Turtle Mountain (701) 477-0260

WIC - Food and Nutrition Program for Women, Infants and Children

☎ Healthy food for pregnant, breastfeeding and postpartum women and children under age 5 who qualify. Contact the ND Health Department to locate WIC in your local community

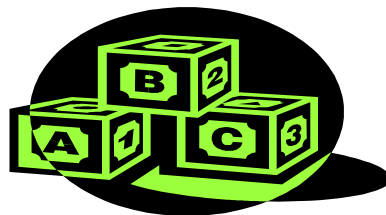
 [NORTH DAKOTA DEPARTMENT OF HEALTH](#)

DIVISION OF MATERNAL AND CHILD HEALTH

600 E. BOULEVARD AVENUE, DEPT. 301

BISMARCK, ND 58505-0200

TOLL FREE: 1-800-472-2286 | FAX: 701-328-1412



Community Health

In this section you can find


- Help with your child's medical needs
 - Public Health Services
 - Cultural or ethnic community health clinics
 - Help with your child's care at home
 - Help for children who may be dying
-

Community Health Clinics

 Look in the Yellow Pages under Clinics, then under Medical.


- Health clinics that focus on the needs of ethnic or cultural groups
- Many provide health and social services


Community Health Centers in North Dakota

 Northland Community Health Center-Rolette (701) 246-3391

 Valley Community Health Center/Larimore (701) 343-6418

 Valley Community Health Center/Northwood (701) 587-6000


 Family Health Care Center/Fargo Clinic (701) 239-7111

 Family Health Care Center/ Fargo Homeless Health Services (701) 298-9245

 Family Health Care Center-Fargo Native American Program (701) 235-6036

 Northland Community Health Center-McClusky (701) 363-2296


 Northland Community Health Center-Turtle Lake (701) 448-9255

 Coal Country Community Health Center-Halliday (701) 938-4464

 Coal Country Community Health Center-Beulah (701) 873-4445

 Coal Country Community Health Center-Center (701) 794-8798

Home Health Care

 Look in the Yellow Pages under Home Health Services or Nurses. Or ask your doctor.


- Medical equipment
- Help with health care for your child in your home
- * Ask if the home health care agency is licensed.

Check with your insurance program or case manager about your home-care benefits

Hospice Information

 Look in the Yellow Pages under Hospice, Health Services or Nurses. Or ask your doctor.

Indian Health Service (I.H.S.)

 Look in the blue (Government) section of the White Pages, under Federal, Indian Health Service.

 <http://www.ihs.gov>

- Health services and advocacy for American Indians and Alaska Natives


Migrant Health Centers in North Dakota

 Grafton Migrant Health Center (701) 352-4555

 Cass County Public Health (701) 241-8575

- Medical care for farm worker families
- Resources and services where you live
- Call to find your local clinic

Public Health Departments in your District or County

 Look in the blue (Government) section of the phone book or ask your health care provider.


 <http://www.health.state.nd.us/localhd/>

They help you find:

- Food
- WIC
- Immunizations
- Nurses and other people to help with your child's care

 1-800-472-2286/ND Department of Health

Your Hospital


 Look in your phone book under Hospitals

- Health care
- They may have a resource center or classes

Counseling


In this section you can find help for your child's mental health and help with how to find a counselor or therapist.


Community Mental Health Centers

 Look in the blue (Government) section of the White Pages under County, then Community and Human Services, Mental Health.

- Help for people with mental health concerns
- Family counseling

National Mental Health Services Knowledge Exchange Network

 (800) 789-2647

 (301) 443-9006 (TDD)

 <http://www.mentalhealth.org>

 ken@mentalhealth.org


- Information about mental health services
- Help finding services where you live for you or your family

Private Counselors and Therapists

 Look in the Yellow Pages under Counselors, or ask your doctor.

- Check if they have worked with families of children with special needs


Mental Health Association North Dakota


 (701) 255-3692


Mental health information and referral


 Mental Health Help Line 1-800-472-2911

NAMI (National Association of Mental Illness)

 Dickinson (701) 483-6105

 Grand Forks (701) 772-8237

 Minot (701) 852-8202

 Williston (701) 774-0296

Community Resources

In this section you can find help with your other needs for your family.

Community Action Agencies

- ☎Region 1: Williston (701) 572-8191
- ☎Region2: Minot (701) 839-7221
- ☎Region3: Devils Lake (701) 662-6500
- ☎Region 4: Grand Forks (701) 746-5431
- ☎Region 5: Fargo (701) 232-2452
- ☎Region 6: Jamestown (701) 252-1821
- ☎Region 7: Bismarck (701) 258-2240
- ☎Region 8: Dickinson (701) 227-0131

Foster Care Resources

Path: (Treatment Foster Home Care)

- ☎Administrative Office: (701) 293-9968 or 800-376-6608
- ☎Bismarck (701) 224-9611 or 800- / 766-9279
- ☎Devils Lake (701) 662-4913 or 800- 766-9389
- ☎Dickinson (701) 225-3310 or 800 -766-9351
- ☎Fargo/Wahpeton (701) 280-9545 or 800- 766-9321
- ☎Grand Forks (701) 775-7725 or 800- 766-9356
- ☎Jamestown (701)251-9150 or 800- 766-9363
- ☎Minot (701) 839-8887 or 800- 766-9885
- ☎Turtle Mountain (701) 477-0525 or 800-303-4961
- ☎Williston (701) 572-7650 or 800-766-9387

Public Libraries

☎North Dakota State Library (800) 892-8622

📖 Look in your phone book.

- Find books and other information about your child's health or illness

Talking Book and Braille Library

☎ (800) 843-9948

- Reading help and book loans for children and adults who are blind, deaf-blind, visually impaired, physically disabled or learning disabled

Job Corps Center

Residential education and job training

☎ Quentin Burdick Job Corps Center/Minot- (701) 857-9600

Job Services of North Dakota

<http://www.jobsnd.com/>

☎ State office (701) 328-2836

☎ Beulah (701) 873-5607

☎ Bismarck (701) 328-5000

☎ Devils Lake (701) 662-9300

☎ Dickinson (701) 227-3100

☎ Fargo (701) 239-7300

☎ Ft. Yates (701) 854-7463

☎ Grafton (701) 352-4450

☎ Grand Forks (701) 795-3700

☎ Jamestown (701) 253-6200

☎ Minot (701) 857-7500

☎ New Town (701) 627-4390

☎ Oakes (701) 742-2546

☎ Rolla (701) 477-5631

☎ Valley City (701) 845-8860

☎ Wahpeton (701) 671-1550

☎ Williston (701) 774-7900

North Dakota Association for the Disabled

Assists people with mental and physical disabilities in the state of North Dakota, many of whom are not eligible for services from other agencies.

☎ Bismarck (701) 258-7327 888-578-NDAD (6323)

☎ Grand Forks (701) 775-5577 800-532-NDAD (6323)

☎ Minot (701) 838-8414 888-999-NDAD (6323)

☎ Williston (701) 774-0741 877-777-NDAD (6323)

☎ Fargo (701) 281-8215 888-363-NDAD (6323)

Dental

In this section you can find help with your child's dental needs.

Family Health Center Dental -Fargo

☎ 701-271-3332

Pediatric Dentists

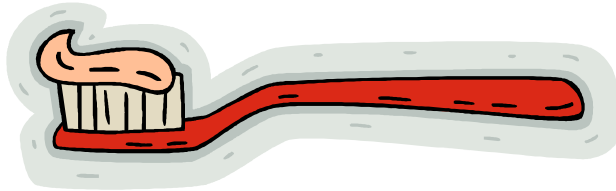
📖 Look in the phone book under Dentists - Pediatric

☎ Call your doctor or health care provider to ask for help finding a dentist who cares for children with special needs

Dental Access Programs

☎ (701) 364-5364

We will be adding more information on Dental Resources as we obtain them



Disability Services

**In this section you can find help for Disability Services,
Vocational Rehabilitation services, Client Assistance program,
Independent Living Centers**

Developmental Disabilities Regional Offices

- ☎Region 1: Williston (701) 774-4600
- ☎Region 2: Minot (701) 857-8500
- ☎Region 3: Devils Lake (701) 665-2200
- ☎Region 4: Grand Forks (701) 795-3000
- ☎Region 5: Fargo (701) 298-4500
- ☎Region 6: Jamestown (701) 253-6300
- ☎Region 7: Bismarck (701) 328-8803
- ☎Region 8: Dickinson (701) 227-7575

Vocational Rehabilitation

- Assists individuals with disabilities to achieve competitive employment and increased independence through rehabilitation services
 - Provides training and employment services to eligible individuals with physical or mental impairments so they can become and remain employed

North Dakota Vocational Rehabilitation

600 South 2nd Street, Suite 1B

Bismarck, ND 58504

☎ (701) 328-8950

- ☎Bismarck Region: (701) 328-8800
- ☎Devils Lake Region: (701) 665-2235
- ☎Dickinson Region: (701) 227-7600
- ☎Fargo Region: (701) 298-4459
- ☎Grand Forks Region: (701) 795-3100
- ☎Jamestown Region: (701) 253-6388
- ☎Minot Region: (701) 857-8643
- ☎Williston Region: (701) 774-4662

☎Fort Totten: (701) 766-4446

☎ Fort Yates: (701) 854-3861

☎ New Town (701) 627-2688

☎ Belcourt (701) 477-5998

North Dakota Client Assistance Program

Assists clients and client applicants of North Dakota Vocational Rehabilitation services, Tribal Vocational Rehabilitation, or Independent Living services.

600 South Second Street

Suite 1B

Bismarck, ND 58504

☎ 701-328-8947 - Phone

Independent Living Centers (ILC'S)

ILC's work toward equality and inclusion for people with disabilities through programs of empowerment, community education, and systems change.

☎ Dakota Center for Independent Living/Bismarck (701) 222-3636

☎ Freedom Resource Center for Independent Living/Fargo (701) 478-0459

☎ Independence/Minot (701) 839-4724

☎ Options/East Grand Forks (218) 773-6100

North Dakota Center for Persons with Disabilities

NDCPD is a University Center of Excellence on Developmental Disabilities, Education, Research and Services. It is part of a network of similar programs at universities throughout the United States. University Centers of Excellence (UCE) such as the NDCPD serve the disability community by

- providing interdisciplinary training to students who are seeking professions in the human service arena
- providing inservice training for professionals and others serving people with disabilities and their families
- disseminating information about effective best practices regarding services for people with disabilities
- providing technical assistance to agencies and programs serving the disabilities community.

☎ Minot (800)233-1737 or (701)858-3580

Family Support

In this section you can find help seeking support for siblings, teens, parents, and fathers.

Family Voices of North Dakota

☎ 888-522-9654 or (701) 493-2634

🌐 <http://www.familyvoices.org> (National)

🌐 <http://www.geocities.com/ndfv/> (State)

- Assistance in locating resources, assistance in navigating private and public systems for children with special health care needs
- Assistance driven by family need/Health Information and Education Center

Federation of Families for Children's Mental Health

Dedicated exclusively to helping children with mental health needs and their families achieve a better quality of life

☎ Bismarck State Office (800) 492-4951 or (701) 222-3310

☎ Fargo Regional Office (701) 235-9923

ND Family to Family

F2F support network based on the philosophy that parents who have successfully adapted to their children's disabilities or special health care needs, are the best support for other parents of children with special needs.

☎ 888-434-7436 or (701) 777-2359

🌐 <http://www.med.und.nodak.edu/depts/rural/family/contact/index.html>

Pathfinder Family Center

Provides information, training, resources in meeting the education needs of children with disabilities

☎ (701) 837-7500 or 800-245-5840

🌐 <http://pathfinder.minot.com/index2.html>

North Dakota Learning Disabilities Association

☎ (701) 247-2667 or (701) 222 1490 in Bismarck

☎ (701) 663-6141 or (701) 663-1949 Mandan

- Provides services and support for children and adults with learning disabilities and their families

Religious Organizations (Churches, Synagogues, or Temples, etc.)

📖 Look in the Yellow Pages, under Churches, Religious Counseling or Organizations, or Synagogues.

They may provide:

- Emergency funding
- Housing
- Counseling
- Day care
- Support groups

Sibling Support

☎ Call your ARC in Cass County or in Grand Forks to find a local Sibshop for brothers and sisters in your area

Fargo- (701) 293-8191

Grand Forks (701) 772-6191

Workshops for brothers and sisters of children with special needs

Military Family Support

☎ Family Advocacy Program-Minot AFB 701-723-5096

☎ Family Support Center-Grand Forks AFB 701-747-3241

☎ Family Support Center-Minot AFB 701-723-3091

STOMP (Specialized Training of Military Parents)

☎ (800) 572-7368 (Voice or TTY)

North Dakota National Guard Family Support

☎ 701-333-2058 or 1-800-242-4940 or email

jackie.huber@nd.ngb.army.mil

Catholic Family Services

☎ Bismarck 701-255-1793

☎ Fargo 701-235-4457

☎ Grand Forks 701 775-4196

☎ Minot 701-852-2854

Lutheran Social Services

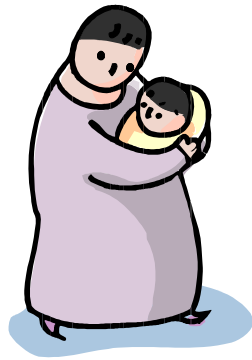
☎ Bismarck (701) 223-1510

☎ Fargo (701) 235-7341

☎ Grand Forks (701) 772-7577

☎ Minot (701) 838-7800

☎ Williston (701) 774-0749



Public and Private Health Assistance

In this section you can find help getting information about who to call if you need help paying for your child's needs.

Medical Services Division: ND Department of Human Services

☎ (800) 755-2604 or 701-328-2321

🌐 <http://www.nd.us/childrenshealth>

📖 **Look in the Blue (Government) section of the phone book under County, then under Social Services**

- Food stamps
- Help finding a place to live
- Help applying for Medicaid /Healthy Steps
- Respite or therapeutic day care

Children Special Health Services (CSHS)

☎ Bismarck 701-328-2436 or 800-755-2714

Provide services for children with special health care needs and their families and promote family-centered, community-based, coordinated services and systems of health care. A complete list of conditions that qualify for financial help is available through the state office. **To apply for CSHS, you may apply at your County Social Service Office**

- The Multidisciplinary Clinic Program is a resource to help families manage their child's chronic health condition. Most clinics supported by Children's Special Health Services (CSHS) provide multidisciplinary team evaluations where families have an opportunity to see many different providers in one place at one time.
- The Care Coordination Program through Children's Special Health Services (CSHS) helps families access services and resources in their community, and when needed, across multiple service delivery settings
- Provides medical food and low-protein modified food products to individuals with Phenylketonuria (PKU) and Maple Syrup Urine Disease (MSUD).
- Operates a resource center that provides the following public information services free of charge: 1) toll free numbers to assist in locating resources; 2) targeted outreach information and referral efforts; 3) resource library; 4) education and consulting services; 5) other public information activities.

Service Organizations

📖 Look in the Yellow Pages under Clubs or Fraternal Organizations. Easter Seals, Rotary, Elks, Kiwanis Club and other service organizations.

- May help you with money, services and support

Supplemental Security Income (SSI)

- Extra money for your child's medical care if your child has a disability.

Based on family income and child's disability

☎ (800) 772-1213 Federal

🌐 <http://www.ssa.gov/>

☎ Bismarck- 701-250-4200

☎ Devils Lake 701-662-6290

☎ Dickinson 701-250-4200

☎ Fargo 701-239-5607

☎ Grand Forks 701-772-5518

☎ Jamestown 701-252-6024

☎ Minot 701-852-0604

☎ Williston- 701-572-0682

CHIP: Children's Health Insurance Plan/Healthy Steps

☎ (800) 755-2604

🌐 <http://www.hispokane.org/hkn/index.htm>

🌐 <http://maa.dshs.wa.gov/CHIP/Index.html>

- Low cost health insurance for your child
- You may apply even if your income is too high for Medicaid

Covering Kids & Families

(ND Health Coverage Programs)

☎ 877-KIDS-NOW OR 877-543-7669

Caring Program for Children

Privately-funded Coverage Program

☎ 800-342-4718

Prescription Programs

Prescription Connection (Low Cost Prescriptions)

Prescription Connection for ND is a program of the North Dakota Insurance Department that connects qualified people with discount drugs, direct from the manufacturer.

If you are currently taking prescription medication, and do not have health insurance or do not qualify for other prescription assistance, you may be eligible for this assistance.

Each individual pharmaceutical company has its own eligibility criteria. The criteria may include one or more of the following: Income guidelines, Asset guidelines, Citizenship status, Veterans benefits status, and Prescription benefits currently received through other programs, such as Medicaid

We are always looking for individuals who are interested in helping people in their communities. If you are interested in becoming a volunteer counselor for the program, please contact us.

ND Insurance Department
600 East Boulevard Avenue
State Capitol, Fifth Floor
Bismarck, ND 58505
701.328.2440 - phone
701.328.9610 - fax
☎ 888-575-6611

Family Voices of North Dakota

☎ 888-522-9654 or (701) 493-2634

🌐 <http://www.familyvoices.org> (National)

🌐 <http://www.geocities.com/ndfv/> (State)

- Information on healthcare policy for children with special health care needs
- Involves families in policy planning advocacy and resources
- Assistance in locating resources, assistance in navigating private and public systems for children with special health care needs
- Assistance driven by family need/Health Information and Education Center

Insurance Commissioner

☎ 800.247.0560

☎ 701.328.2440 - phone

🌐 <http://www.state.nd.us/ndins/contact/>

- Information about health insurance

Information and Referral

In this section you can find help with where to look if you need more information about your child's illness or needs.

Family Voices of North Dakota

☎ 888-522-9654 or (701) 493-2634

🖥 <http://www.familyvoices.org> (National)

🖥 <http://www.geocities.com/ndfv/> (State)

- Health Information and Education Center for children with special health care needs
- Information on healthcare policy for children with special health care needs
- Involves families in policy planning advocacy and resources
- Assistance in locating resources, assistance in navigating private and public systems for children with special health care needs
- Assistance driven by family need/Assistance in locating information and resources, support groups,

Internet Web Sites

🖥 Internet Resources for Special Children:

<http://www.irsc.org:8080/irsc/irscmain.nsf>

🖥 Family Village: <http://www.familyvillage.wisc.edu/websites.html>

🖥 Our-Kids Listserv: <http://www.our-kids.org/>

🖥 Band-Aides and Blackboards:

<http://www.faculty.fairfield.edu/fleitas/contents.html>

🖥 Washington Parent Power: <http://www.washingtonparentpower.org>

- Information about your child's health
- Talk with your doctor or nurse about what you find

National Information Center for Children and Youth with Disabilities (NICHCY)

☎ (800) 695-0285 (Voice/TTY)


🖥 <http://www.nichcy.org/>

 nichcy@aed.org

Ask for information about:

- Your child's disability
- Help for your child age birth to 22
- Special education for your child
- Family issues
- Organizations that help people with disabilities
- Helping your child take care of himself

National Organization for Rare Disorders (NORD)

 (800) 999-6673

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

- Provides information about rare diseases

Medical and Adaptive Equipment

In this section you can get help finding equipment.

Medical Supplies and Equipment

📖 Look in the Yellow Pages under Medical Equipment and Supplies, Home Health Care Equipment and Supplies, or Wheelchair.

- Check with your insurance plan about which agencies it covers

North Dakota Interagency Project for Assistive Technology

☎ Bismarck (701) 328-9544

☎ Cavalier (701) 265-4807

☎ Fargo (701) 239-7228

F/M Hero

Healthcare Equipment Recycling Organization

2204 5th Avenue North

Moorhead, MN 56560

☎ Phone: (218) 284-6111

☎ Fax: (218) 284-6112

✉ E-mail: fmhero@702com.net

🌐 Website: www.fmhero.org

Recreation

In this section you can get help finding recreation programs for your child with special needs.

North American Riding for the Handicapped Association

☎ (800) 369-7433

💻 <http://www.narha.org>

✉ narha@narha.org

- Horseback riding for people with and without disabilities

Parks and Recreation

📖 Look in the Blue (Government) section of the White Pages under County or City Listings, Parks and Recreation.

- Recreation and play for children

SKIFORALL Foundation

☎ (425) 462-0978

☎ (425) 462-0979 (TTY)

💻 <http://www.skiforall.org>

✉ info@skiforall.org

- Recreation for people with disabilities including skiing, cycling, hiking, camping, rafting, paddling, and day camps

Special Olympics North Dakota

2616 S 26th St

Grand Forks, ND 58201-6413

☎ (701) 746-0331

- Physical activities and competition for children and adults with developmental disabilities

Summer Camps and Programs for Children with Special Needs

Camp Grassick/Dawson North Dakota

☎ (701) 327-4251

Youth Organizations (for example: YMCA, Campfire Boys and Girls)

📖 Check your phone book to find groups in your area.

- Recreation programs that include children with disabilities

School

In this section find help for your child's education needs.

Find your child's special education program

 Look in the Blue (Government) section of the White Pages under Schools.


Find your school district and the number for Special Education.

They can provide:

- Help with planning special education, intervention and remediation for health concerns
- Academic and psychological testing, speech and language services, early intervention programs and family outreach
- Some districts provide special education services for eligible children from birth to three years of age

Department of Public Instruction


 General Information (701) 328-2260

 Office of Special Education (701) 328-2277


 <http://www.dpi.state.nd.us/>

Special Education Units:


Bismarck Special Education Unit:

 (701) 355-3028


Buffalo Valley Special Ed Unit/Jamestown

 (701) 252-3376


Burleigh County Special Ed Unit

 (701) 258-6299


Dickey/Lamoure Special Ed Unit

 (701) 883-5729

Dickinson Special Ed Unit

 (701) 456-0002

East Central Special Ed Unit/New Rockford

 (701) 947-5015

Emmons County Special Ed Unit

☎ (701) 254-4221

Fargo Special Ed Unit

☎ (701) 446-1012

Fort Totten Special Ed Unit

☎ (701) 766-1452

Grand Forks City Special Ed Unit

☎ (701) 746-2230

Griggs/Steele/Traill Special Ed Unit

☎ (701) 788-2004

Lake Region Special Ed Unit

☎ (701) 662-7690

Lonetree Special Ed Unit/Harvey

☎ (701) 324-4811

Morton /Sioux Special Ed Unit

☎(701) 663-9531

Northern Plains Special Ed Unit/Bottineau

☎ (701) 228-3743

Oliver/Mercer Special Ed Unit

☎ (701) 748-6383

Peace Garden Special Ed Unit/Bottineau

☎ (701) 228-3743

Pembina Special Ed Unit

☎ (701) 265-8080

Rural Cass County Special Ed Unit

☎(701) 446-1012

Sheyenne Valley Special Ed Unit/Valley City

☎ (701) 845-3402

Souris Valley Special Ed Unit

☎ (701) 857-4410

South Central Prairie Special Ed Unit/Napolean

☎ (701) 754-2971

South Valley Special Ed Unit/Hankinson

☎ (701) 242-7031

Southwest Special Ed Unit/Mott

☎ (701) 824-2937

Turtle Mountain Special Ed Unit

☎ (701) 477-6471

Upper Valley Special Ed Unit/Grafton

☎ (701) 352-2574

Wahpeton Special Ed Unit

☎ (701) 642-5499

West Fargo Special Ed Unit

☎ (701) 356-2003

West River Special Ed Unit/Dickinson

☎ (701) 483-1257

Wilmac Special Ed Unit/Williston

☎ (701) 572-6757

Child and Adolescent Services School

2605 Circle Drive

Jamestown, ND 58401

☎ (701) 253-3200

Anne Carlson Center for Children

301 7th Ave. NW

Jamestown, ND 58401

☎(701) 252-3850

ND Vision Services/School for the Blind
500 Standford Rd
Grand Forks, ND 58203
☎(701) 795-2700

ND School for the Deaf
1401 College Drive
Devils Lake, ND 58301
☎(701) 662-9000

Developmental Center
701 W 6th St.
Grafton, ND 58237
☎(701) 352-4200

Home Schooling

☎Bismarck State Office (701) 223-4080

School Nurses

Ask at your child's school if there is a school nurse.

- School nurses can help with your child's medical care at school



Notes & Acknowledgements

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- This guide is not a complete list of resources or an endorsement by Family Voices of North Dakota

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- Information in this guide is maintained by Family Voices of North Dakota.
- If you have any changes, errors or additions, please contact Donene Feist at 📞 (701) 493-2634 or ✉️ feist@daktel.com.
- You can also find New Beginnings on the FVND website
🌐 <http://www.geocities.com/ndfv/>