

Arlington Public Schools Resources

Arlington Public Schools Special Education Services

<https://www.apsva.us/student-services-special-education/special-education-office-of/>
703-228-6040

Arlington Public Schools Office of Special Education provides support for students with disabilities (ages 2 to 22), parents, principals, and school staff in the evaluation, identification, placement, instruction, and transitional services. APS provides a continuum of services for students with disabilities, preschool through high school, found eligible to receive special education services. The steps to identifying a student as eligible for special education services is a carefully managed process guided by State and Federal regulations.

Arlington Public Schools Special Education Parent Resource Center (PRC)

<https://www.apsva.us/prc>
703-228-7239

The PRC's purpose is to provide Arlington parents the support and information they need as they work with the school system to identify and meet their child's unique learning needs. The PRC offers support and assistance, a lending library, a parent newsletter, parent education workshops and classes, a Super Sibs Club for siblings of children with disabilities, and serves as an information and referral source for families and staff members. Language interpretation is available. The PRC partners with Arlington SEPTA to identify parents to serve as Special Education Parent Liaisons in each building. Liaisons serve as points of contact and conduits of information between the PRC, SEPTA, school PTAs and families of children with disabilities.

Arlington Public Schools Child Find Program

<https://www.apsva.us/student-services-special-education/special-education-office-of/child-find/>
703-228-2700

Children with suspected delays in the areas of cognition, communication, hearing, vision, social-emotional skills, and/or motor skills are referred to a student study committee to determine whether the child requires assessment for consideration of eligibility for special education services.

Arlington Public Schools Teenage Parenting Programs

<https://www.apsva.us/school-overviews/teenage-parenting-program/>
703-228-8700

The mission of these programs is to provide leadership for collaborative, comprehensive services for pregnant and parenting teenagers in Arlington County. The programs offer support group meetings, information, resources, and recreational events.

Arlington Public Schools - School Board

www.apsva.us/schoolboard
703-228-3456

The School Board is composed of five members who serve overlapping four-year terms. Regular School Board meetings are generally held the first and third Thursday of the month in the Board Room of the Education Center, 1426 N. Quincy Street. Board meetings are broadcast live on Verizon Channel 70 and FIOS channel 41 and rerun the following Friday at 9:00 p.m. and the following Monday at 7:30 p.m. Citizens may also download the broadcast from the web site during the meetings. The School Board holds open office hours on Mondays from 5:00 p.m. to

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7:00 p.m. on days that school is in session. Citizens are welcome to meet with a Board member on a walk-in basis during these times and to call the School Board office for more information.

Arlington Public Schools Committees/Associations

Arlington Special Education Advisory Committee (ASEAC)

<https://www.gpsva.us/special-education-advisory-committee/>

The ASEAC is established by the State of Virginia, to advise APS of the unmet needs in the education of children with disabilities and to assist in the formulation and development of plans for improving performance of children with disabilities. ASEAC is a parent-led committee that meets monthly and offers an official forum for families to raise concerns, engage officials, collaborate, and advocate on behalf of students with disabilities.

Arlington Special Education Parent Teacher Association (Arlington SEPTA)

www.ArlingtonSEPTA.org

The Arlington SEPTA formed in 2010 to support, strengthen and promote the welfare of children with special needs and Arlington's special education programs. SEPTA membership is not specific to any one school but instead serves all schools in Arlington. Members include families, students, caregivers, school staff, administrators, friends and community members interested in supporting students with special needs. The Arlington SEPTA organizes events such as a sensory friendly movie screening, educational activities, and social gatherings, and raises money to support educational initiatives including offering small grants for teachers and to bring leading experts with cutting edge methodologies for presentations in Arlington.

Key Publications and Materials

Parent's Guide to Special Education, Virginia Department of Education (VDOE), Division of Special Education and Student Services, Revised 2010

www.doe.virginia.gov/special_ed/parents/parents_guide.pdf

Securing a Future for Your Child with a Disability: A Parent's Guide to Adult Services in Alexandria City and Arlington and Fairfax Counties, The Arc of Northern Virginia, November 2010,

<https://thearcnova.org/content/uploads/sites/6/2015/08/SECURING-March2015Update.pdf>

Special Education Family Resource and Information Binder, Arlington Public Schools 2012, Revised 2016

www.gpsva.us/prc/family_resource_guide/

Training/Technical Assistance Centers (T/TAC) provides materials, free online training modules, and technical assistance designed to improve educational opportunities and contribute to the success of children and youth with disabilities (birth - 22 years). www.ttaonline.org

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Arlington Public Schools Special Education Family Resource and Information Guide, August 2016



Your Family's Special Education Rights – Virginia Procedural Safeguards Notice, Virginia Department of Education (VDOE), http://www.doe.virginia.gov/special_ed/regulations/state/procedural_safeguards/english_procedural_safeguards.pdf

Autism Speaks' **100 Day Kit** and **Asperger Syndrome and High Functioning Autism Tool Kit** offer newly diagnosed families tools to make the best possible use of the 100 days following their child's diagnosis of autism or AS/HFA. www.autismspeaks.org/family-services/tool-kits/100-day-kit

Autism Spectrum Disorders and the Transition to Adulthood, Virginia Department of Education (VDOE) Office of Special Education and Student Services, October 2010 www.doe.virginia.gov/special_ed/disabilities/autism/

Guidelines for Educating Students with Autism Spectrum Disorders, Virginia Department of Education (VDOE) Office of Special Education and Student Services, October 2010 www.doe.virginia.gov/special_ed/disabilities/autism/

Models of Best Practices in the Education of Students with Autism Spectrum Disorders, Virginia Department of Education (VDOE) Office of Special Education and Student Services, May 2011 www.doe.virginia.gov/special_ed/disabilities/autism/

The **Virginia Commonwealth University Autism Center for Excellence (VCU-ACE)** is funded by the Virginia Department of Education and the Department of Behavioral Health and Developmental Services (DBHDS). VCU-ACE offers training modules for schools and families, and an online Lending Library in partnership with the VCU Rehabilitation Research and Training Center on Workplace Supports and Job Retention. www.vcuautismcenter.org

Arlington County Programs and Offices

Arlington County Behavior Intervention Service (BIS) 703-228-1539

The mission of this program is to prevent the need for a more restrictive program or out-of-home placement for children requiring behavior management services. Specialists educate and train the parent or care provider on behavioral management techniques that address behaviors of concern such as self-injurious behavior, aggression, non-compliance and tantrums.

Arlington County Behavioral Healthcare <https://health.arlingtonva.us/behavioral-healthcare/> 703-228-3000

A range of programs and services are available to help Arlington residents overcome or better manage their mental health and substance abuse issues, including Emergency Services, Adult Mental Health and Crisis Intervention.

Arlington County Child Care Office <https://family.arlingtonva.us/child-care/> 703-228-1685

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This office offers many services to help parents/guardians support their children. It prepares a directory of Early Childhood Programs and Home Day Care Providers that are licensed annually under Chapter 52 of the Arlington County Code, "Child Care Centers, Preschools, Nursery Schools, Parent's Day Out Programs, and Cooperative Playgroup Programs".

Arlington County Community Services Board (ACCSB)

<https://commissions.arlingtonva.us/community-services-board/>

703-228-4871

The Arlington County Community Services Board (ACCSB) consists of community members appointed to oversee services provided by the Department of Human Services to persons challenged by mental health, intellectual disabilities and substance abuse. The ACCSB provides the principal forum for residents and consumers of services to review, comment on and influence the direction of those services. The ACCSB acts as an advocate, educator, community organizer and community planner for services.

Arlington County Department of Parks, Recreation, and Cultural Resources Therapeutic Recreation (TR)

<https://parks.arlingtonva.us/therapeutic-recreation/>

703-228-4740

Arlington County provides specialized services for individuals with disabilities of all ages as they can be at an increased risk of physical, social or intellectual barriers. Specialized services include social clubs, family-centered programming, camps, adapted classes, and leisure education. Everyone is welcome to participate in the County's general recreation programs. The TR Office provides inclusion support for individuals with disabilities in workshops, camps and classes to ensure reasonable accommodations are made in all DPR and contracted programs.

Arlington County Families

<https://family.arlingtonva.us/arlingtonfamilies-com/>

703-228-1550

Arlington Families provides parents and caregivers resources about what's happening for families in Arlington, Virginia. Visit the website to find a playground, meet other parents in a workshop, learn about school options, discover something fun to do over the weekend, or get connected to practical parenting tips and ideas. Information is organized by age group.

Arlington County Intellectual & Developmental Disability Services

<https://aging-disability.arlingtonva.us/programs/dev-disability/>

703-228-1700

Arlington County offers assistance to residents age 3 and older and adults with Intellectual Disabilities and/or Developmental Disabilities and their families with finding and using community services. Services may include support coordination to access appropriate services; residential services for individuals 18 years and older to maximize independence; and employment, habilitation and transportation to enable adults to prepare for and engage in meaningful employment and/or training to increase functional skills and self-sufficiency. Services are contingent on funding availability and eligibility criteria.

Arlington County Parenting Resources

<https://family.arlingtonva.us/early-childhoodparent-resources/>

703-228-1551

This program provides families with tools, strategies and skills to help provide a safe, healthy, and nurturing environment for children. The program offers classes, workshops, an online program,

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and information and referral services for other Arlington County and Northern Virginia resources in English and Spanish.

Arlington County Parent-Infant Education (PIE) Program

<https://health.arlingtonva.us/public-health/health-clinics-services/parent-infant-education-program-pie/>

703-228-1630

The goal of the PIE program is to reduce the impact of developmental delays and disabilities on the growth and development of infants and toddlers, birth to 2 years of age, by helping families to work effectively with their child and by providing early intervention services.

Arlington County Program for Women, Infants, and Children (WIC)

<https://health.arlingtonva.us/public-health/health-clinics-services/women-infants-children-wic-program/>

703-228-1260

This federally funded program has as its goals the prevention of nutritional deficiencies and the support of optimum growth and development among the persons served. The program provides a combination of direct nutritional supplements, nutrition education, and access to health care and social services for medically indigent pregnant, breast-feeding, and postpartum women; their infants; and their children up to the age of five years.

Arlington County Project Family

<https://family.arlingtonva.us/project-family/>

703-228-1549

Project Family is a free early childhood and parenting program offering weekly pre-natal, infant and early childhood classes for families with children from birth through five years of age. Classes are interactive and easily accessible at sites throughout Arlington County. Project Family focuses on the whole child and teaches parents activities to promote the child's physical, language, cognitive, and social-emotional development, emphasizing the importance of routines and learning through play. Classes are culturally sensitive, provide support and networking opportunities, and familiarize parents with best practices related to child development, health, safety and nutrition. Classes are offered in Spanish, English, and bilingually.

Arlington Partnership for Children, Youth and Families (APCYF)

<https://apcyf.arlingtonva.us/>

703-228-1667

The APCYF's mission is to improve the health, wellbeing, and safety of children, youth, and families in Arlington through researching young people's needs, advocating for improved policies and programs to meet those needs, and engaging all members of our community as part of the solution.

Arlington Support Groups and Networks

Arlington ADHD Support Group and Listserv

The Arlington ADHD Support Group is for parents/guardians of children with ADHD/ADD to share information and resources, experience, and advice. Parents/guardians share experiences, discuss techniques that have helped children, and exchange ideas. Meetings are held

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occasionally but most interaction is via the listserv. To join the listserv, contact Nadine Asef-Sargent at nadine.asef@gmail.com.

Arlington Autism Dads Group

This is a group for dads of children with autism who seek to share information, experiences, and support. Contact Dan Marx at autismdadsgroup@gmail.com or dwxmarx@gmail.com

Arlington Autism Group (AAG) and Listserv

The AAG is a family support group and autism information list serve. The group shares articles and research, distributes event notices, and supports advocacy work in Arlington County as well as social events throughout the year, with occasional coffees, lunches, and an annual summer potluck at Madison Manor Park. Contact Donna Budway at donnabudway@aol.com

Arlington Inclusion Task Force

The parent-led Arlington Inclusion Task Force was created in June 2014 to increase opportunities for the authentic and supported inclusion of students with disabilities within Arlington Public Schools (APS). Contact Tauna Szymanski at arlingtoninclusion@gmail.com

Arlington Reading Group

<https://groups.yahoo.com/neo/groups/ArlingtonReading/info>

This is a support group for parents of students with reading challenges in Arlington Public Schools. The group is also open to Arlington Public Schools teachers and administration. Members support each other through advice and information sharing in their efforts to help children read and to gain the resources and support they need both from the school and outside the system

Arlington Special Education Advisory Committee (ASEAC)

<https://www.gpsva.us/special-education-advisory-committee/>

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Arlington Special Education Parent Teacher Association (Arlington SEPTA) and Listserv

www.ArlingtonSEPTA.org

The Arlington SEPTA formed in 2010 to support, strengthen and promote the welfare of children with special needs and Arlington's special education programs. SEPTA membership is not specific to any one school but instead serves all schools in Arlington. Members include families, students, caregivers, school staff, administrators, friends and community members interested in supporting students with special needs. The Arlington SEPTA organizes events such as a sensory friendly movie screenings, educational activities, and social gatherings; and raises money to support educational initiatives including offering small grants for teachers, and bringing leading experts with cutting edge methodologies to Arlington.

Asperger Syndrome Information and Support (ASIS) Group and Listserv

<https://groups.yahoo.com/neo/groups/ArlingtonASIS/info>

ASIS is an online discussion group for parents, grandparents, and caregivers of children with Asperger's Syndrome, high functioning autism, or non-verbal learning disabilities in Northern Virginia. Over 150 families with children ranging from ages 3 - 30 years old are part of this group.

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Mothers of North Arlington (MONA) – Special Moms Support Group and Listserv

www.monamoms.org

This group offers parents a chance to meet and exchange advice, concerns and support. Although the group is formed from North Arlington, family members from throughout the region are welcome. The group shares information on the listserv and meets on the first Friday morning of every month usually at 9am. Contact Katherine Harris at harriskath@gmail.com

National Alliance on Mental Illness (NAMI)

NAMI provides a variety of cost-free support groups and classes for parents and other caregivers who are concerned about a child, teen, young adult or other loved one struggling with mental health conditions. These include:

- Support Group for Parents with School Age Children (Pre-K through Grade 12). This Support Group meets the 2nd and 4th Sundays of the month from 7:00pm-8:30pm at Cherrydale Baptist Church, 3910 Lorcom Lane, Arlington. For more information contact Michelle Best at mczero@yahoo.com
- Support Group for Parents of Children, Teens and Young Adults. This Support Group meets the third Sunday of each month from 1:00pm-2:30 pm at Trinity Presbyterian Church, 5533 N. 16th St, Arlington. For more information contact Naomi Verdugo at verdugo.naomi@gmail.com or 703-862-9588.
- Spanish Language Support Group. This Support Group meets the LAST Wednesday of each month from 7:00pm–9:00 pm at Merrifield Center, 8221 Willow Oaks Corporation Dr., Room #1-328, Fairfax, VA. To register and obtain more information, contact Rosita Kline, MSW, at 703-256-7021 or r.arancibiakline45@gmail.com.

Northern Virginia Support Groups

ACCESS Ministry of McLean Bible Church

http://mbctyson.org/pages/page.asp?page_id=84047

703-639-2000

ACCESS Ministry offers services for special needs families, including "Breakout Fridays" and "Breakaway Saturdays" (monthly respite), and a Parent to Parent Support Group. The annual Accessibility Summit is a disability conference for parents and professionals.

Allergy & Asthma Network Mothers of Asthmatics

www.aanma.org, info@aanma.org

1-800-878-4403

This group provides support to patients and families living with asthma, allergies, food allergies and related conditions by answering questions by phone and e-mail, and offering information, resources, a newsletter, and a magazine. Many publications are available in Spanish.

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Asperger Adults of Greater Washington

www.aagw.net

AAGW is a support and social group for adults 18 and over who live in the region and who have Asperger's, high-functioning autism, nonverbal learning disorder, semantic pragmatic disorder or PDD-NOS. The group meets monthly and members attending their first meeting may bring a family member or friend. Contact Mark at info@aagw.net

Autism Society of Northern Virginia (ASNV)

www.asnv.org

703-495-8444

ASNV advocates for citizens of all ages with autism; provides support for families and caregivers; ensures access to education, vocational training, housing, transportation, recreation and other lifespan needs; aids in the collection and dissemination of information about autism; and fosters and reinforces awareness and respect for the rights of autistic adults, parents and siblings of people with autism. Contact info@asn.org, assistant.director@asn.org or director@asn.org

Brain Injury Services, Inc.

www.braininjurysvcs.org

703-451-8881

Brain Injury Services helps children and adults with a brain injury build the skills and confidence they need to lead a fulfilling and productive life.

Disability Scoop

www.disabilityscoop.com

This website offers news and information relevant to the developmental disabilities community, including coverage of timely stories on Autism, Intellectual Disabilities, Cerebral Palsy, Down Syndrome and more.

Down Syndrome Association of Northern Virginia (DSANV)

www.dsanv.org

The mission of this organization is to ensure that all individuals with Down Syndrome and their families receive the support necessary to participate in, contribute to and achieve fulfillment of life in their community.

Education, Information, and Events – Bi-Weekly Bulletin on Autism

Local resident and founder of Parents of Autistic Children of Northern Virginia compiles a twice weekly email digest that lists relevant news, articles, research, and events of interest to the autism community. This comprehensive digest is free. Contact CampbellsServices@gmail.com

Hearing Loss Support Group and Listserv

kidswithhearingloss-subscribe@yahogroups.com

Jewish Social Services Agency

www.jssa.org

JSSA offers a wide range of counseling, educational and career services, in-home support, hospice and nursing care and social services provided by a highly skilled and caring staff of mental health and nursing professionals. JSSA provides services and support for more than 25,000 individuals a year, from the very young to the very old. JSSA serves families of all religions.

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National Capital Area: Asperger's/High-Functioning Autism Parent Support Groups
aspergers_nca@hotmail.com

Northern Virginia Association for Deaf and Hard of Hearing Persons (NVRC)
www.nvrc.org, info@nvrc.org

NVRC provides a wide range of services including presentations, coping skills classes, technology demonstrations, exhibits, a daily e-mail news service, private consultations, and much more.

Northern Virginia Parents of Multiples (NVPOM)
membership@nvpom.com

This organization caters to parents of multiples. Membership benefits include monthly meeting, a monthly newsletter, new moms group, listserv, shared ideas and experiences, and more.

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

The OASIS center joined with MAAP Services for Autism and Asperger Syndrome to create a single resource for families, individuals, and medical professionals who deal with the challenges of Asperger Syndrome, Autism, and Pervasive Developmental Disorder / Not Otherwise Specified (PDD/NOS). The website provides information about therapies, schools, and related issues as well as links to other groups, publications, and resources for families, students and adults.

Parents for Autistic Children's Education (PACE)

Meets monthly at Fairfax Hospital's Education Conference Center.

Contact: pace-tm@excite.com

Parents of Autistic Children of Northern Virginia (POAC-NOVA) and Listserv
www.poac-nova.org, president@poac-nova.org

POAC-NOVA provides support to families of children with autism and professionals working with children with autism in Northern Virginia. The organization answers questions by phone and e-mail; offers monthly support group meetings, information and resources, and social events; has an active listserv; distributes a newsletter; and provides a variety of training opportunities for parents of children with autism across the spectrum.

Proactive Parents Support Group

This group is for families of children with all types of disability. The group meets monthly at Kings Park Library, 9000 Burke Lake Road, Burke, Virginia from 7-9 pm.

Contact: troutmanbeth@yahoo.com

Spina Bifida Association of the National Capital Area
www.sbanca.org

This chapter serves individuals with spina bifida and their families living in Virginia and surrounding areas. Member services include monthly support groups, annual holiday party and fall picnic, free publications, SBAA and CPSBA newsletters, individual support and information, sibling support, family matching and emergency financial assistance on a case-by-case basis.

Tender Hearts

www.tender-hearts.net, info@Tender-Hearts.net

Tender Hearts is a support group for families of children with congenital heart defects offering mutual support, hope, family events, speakers, resources, and fundraising opportunities for

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families in the Washington, D.C. metro area. The group offers a listserv, newsletter, parent matching program, and social events.

Virginia Association for Parents of Children with Visual Impairments

www.vaapvi.org

This association provides support to families and caregivers caring for children from ages 0-21 who are blind or visually impaired. It offers support group meetings, information and resources, a resource center, social and recreational events, a newsletter, a family matching program, advocacy, workshops, and answers questions by phone and e-mail.

Virginia Smiles

www.virginia-smiles.org, info@virginia-smiles.org

This organization provides education, information, and emotional support to individuals born with a cleft lip and/or cleft palate and serves as a resource to providers in the medical community who treat those who were born with a cleft. It offers a newsletter, outreach seminars, a family-oriented video entitled A Beautiful Child and social events for parents and the medical community to network, including support group meetings, a summer picnic and a holiday party. It also offers a college scholarship to a high school senior in Virginia who was born with a cleft lip/cleft palate.

Advocacy/Classes/Training/Support

The Arc of Northern Virginia

www.thearcofnova.org

703-208-1119

The Arc for People with Intellectual and Developmental Disabilities (The Arc) promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. The Arc frequently offers workshops on topics such as estate planning, Medicaid Waivers and adaptive communication. This organization provides support to individuals of all ages with developmental and intellectual disabilities and their families in Northern Virginia.

Arc of Virginia Family Involvement Project

1-888-604-2677, ext. 103

This organization provides support to and advocacy for families of children receiving early intervention services in Virginia by answering questions by phone and e-mail and offering information, resources, and a listserv. Support is also available through a one-on-one parent-to-parent telephone matching program.

Autism Speaks

www.autismspeaks.org

Autism Speaks has grown into the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. The organization offers families many helpful resources (including their *100 Day Kit* and the *Asperger Syndrome and High Functioning Autism Kit*) and opportunities to organize and connect with others.

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Center for Adoption Support and Education (CASE)

www.adoptionsupport.org

703-256-3820

CASE is a non-profit organization dedicated to providing support and education to everyone in the adoption community. CASE offers workshops and webinars for parents, professionals and educators.

Center for Parent Information and Resources

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

The Center for Parent Information and Resources (CPIR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities. CPIR houses many of NICHCY's resources.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) of Northern Virginia

<https://www.meetup.com/novachadd/>

703-641-5451

CHADD is a national non-profit, organization providing education, advocacy and support for individuals with AD/HD. CHADD publishes a variety of printed materials to keep members and professionals current on research advances, medications and treatments affecting individuals with AD/HD. These materials include Attention! Magazine, the CHADD Information and Resource Guide to AD/HD, News From CHADD, a free electronically mailed current events newsletter, and other publications of specific interest to educators, professionals and parents.

Council for Exceptional Children (CEC)

www.cec.sped.org

1-888-232-7733, TTY: 1-866-915-5000

The CEC is the largest international professional organization dedicated to improving the educational success of individuals with disabilities and/or gifts and talents (twice exceptional). CEC advocates for appropriate governmental policies, sets professional standards, provides professional development, advocates for individuals with exceptionalities, and helps professionals obtain conditions and resources necessary for effective professional practice. The CEC provides: professional development opportunities and resources; specialized information; journals and newsletters on new research findings, classroom practices, federal legislation, and policies; conventions and conferences; and special education publications.

The ENDependence Center of Northern Virginia

www.ecnv.org

The ENDependence Center is a community-based resource and advocacy center managed by and for people with disabilities ages 18 and above. ECVN promotes the independent living philosophy and equal access for all people with disabilities and seeks to empower people with physical, mental, cognitive and sensory disabilities to direct their own lives.

Formed Families Forward

www.formedfamiliesforward.org

703-539-2904

Formed Families Forward is a non-profit organization dedicated to supporting foster, kinship, and

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adoptive families of children and youth with disabilities and other special needs that serves families, educators and child welfare professionals in the Northern Virginia area.

Jewish Social Services Agency

www.jssa.org

JSSA offers a range of counseling, educational and career services, in-home support, hospice and nursing care and social services provided by a highly skilled and caring staff of mental health and nursing professionals. JSSA provides services and support for more than 25,000 individuals a year, from the very young to the very old. The JSSA serves families of all religions.

Mary & Melissa Blog Radio Show

www.blogtalkradio.com/themaryandmelissashow, www.facebook.com/mary_melissa

This call-in advocacy radio talk show airs nationwide. It is led by two mothers living in the Nation's Capital who share the hurdles of raising kids with disabilities/special needs and host a variety of experts and community leaders to discuss ways of supporting special students.

Northern Virginia Family Services - Multicultural Information and Referral Hotline

www.nvfs.org

703-385-3267, 571-748-2500

The NVFS offers multicultural mental health services to address the mental health needs of individuals for whom existing services are inaccessible due to income, language and/or cultural barriers. Clients include individuals from all cultural and ethnic groups whose mental health and stability is compromised as a result of trauma, poverty, chronic stress, and other challenges. Services address such issues as depression, anxiety, loss and trauma, and are offered in variety of modalities, such as individual, couples, group and family therapy.

Northern Virginia Cued Speech Association

www.nvcsa.org, info@nvcsa.org

This organization offers cued speech classes for adults and family oriented activities and camps for the hearing impaired.

Parent Advocacy Coalition for Educational Rights (PACER) Center

www.pacer.org

The mission of PACER Center is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents. PACER Center was created by parents of children and youth with disabilities to help other parents and families facing similar challenges. PACER offers assistance to individual families, workshops, materials for parents and professionals, and leadership in securing a free and appropriate public education for all children.

Parent Education Advocacy Training Center (PEATC)

www.peatc.org

703-923-0010 (Voice/TTY), 1-800-869-6782

PEATC's mission is to build positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Its special focus is on children with disabilities. It offers services and support for families and professionals; research-based information and training; and opportunities for strategic partnerships and advocacy for systemic improvement.

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Special Needs Kids Info

www.specialneedskidsinfo.com

This website provides resources to families with special needs children, birth to elementary school aged, who are new to the world of special education or whose children have been recently diagnosed, in Virginia and surrounding areas.

Training/Technical Assistance Centers (T/TAC)

www.ttaonline.org

Virginia T/TAC seeks to improve educational opportunities and contribute to the success of individuals with disabilities from birth to 22 years. T/TAC offers quality training and technical assistance in response to local, regional, and state needs, and free online training modules.

United States International Council on Disabilities

www.usicd.org, info@usicd.org

202-480-2332

The USICD promotes the rights and full participation of persons with disabilities through global engagement and United States foreign affairs. The membership of USICD has a vision of a world where the equal rights of persons with disabilities are protected and advanced, where the capacities and talents of persons with disabilities are celebrated and elevated, and where people with disabilities come together across borders as a global disability community.

Virginia Commonwealth University's Autism Center for Excellence (VCU-ACE)

www.vcuautismcenter.org

The VCU-ACE program is funded by Virginia Department of Education (VDOE) and the Department of Behavioral Health and Developmental Services (DBHDS). VCU-ACE believes in the right for persons with ASD to achieve their full potential and to live self-directed, fulfilling lives, and strives to accomplish this through the provision of training, technical assistance, collaboration on services and supports, and research. The mission is to build state-wide capacity to improve outcomes of individuals with Autism Spectrum Disorders (ASD) by improving the knowledge, skills, and understanding of families, educators, and professionals who support someone with a spectrum disorder. VCU-ACE and APS are collaborating to increase understanding and proper implementation of evidence based practices for students with ASD across the age range and to offer direct modeling and coaching to classroom teachers, therapists, and paraprofessionals. VCU-ACE offers online training modules and information.

Wrightslaw

www.Wrightslaw.com

The Wrightslaw website contains free articles on many special education topics and information about training opportunities.

Local Annual/Biennial Conference Opportunities

Accessibility Summit

www.accessibilitysummit.org

Held annually in the spring at McLean Bible Church in Vienna, Virginia, this conference features workshops on a variety of special education topics with local and nationally recognized speakers. Workshops are divided into three tracks: Family & Caregiver, Church, and Community.

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CHADD National and Regional Conferences

www.chadd.org, www.novachadd.org

CHADD offers an Education Conference on AD/HD for parents, adults with AD/HD, educators and mental health professionals.

Fairfax County Public Schools (FCPS) Special Education Conference

<https://www.fcps.edu/resources/family-engagement/parent-resource-center>

FCPS features workshops on a variety of special education topics with presenters from FCPS and invited speakers.

FutureQuest

<http://futurequest.gmu.edu/>

FutureQuest is a free, regional, biennial career and college forum for students with disabilities, parents and professionals.

Interdisciplinary Council on Developmental and Learning Disorders (ICDL) Conference

www.icdl.com

The goal of the ICDL Annual conferences is to help parents and professionals integrate knowledge and competencies from different disciplines that will improve prevention, assessment, diagnosis, and treatment of emotional and developmental disorders in infancy and childhood.

Organization for Autism Research

www.researchautism.org

The Organization for Autism Research is devoted to applied research in autism. Speakers from around the country report on ongoing research.

Resources for Military Families

Autism Education, Information, and Events for Military Families – Bi-Monthly Bulletin

Local resident and founder of Parents of Autistic Children of Northern Virginia compiles a twice monthly email digest that lists relevant news, articles, research, and events of interest to military families within the autism community. This comprehensive digest is free.

Contact CampbellsServices@gmail.com

Exceptional Family Member Program (EFMP) – Henderson Hall

www.dcmilitary.com

703-614-7200

The Exceptional Family Member Program provides assistance to military families with special needs. An exceptional family member can be a child, spouse or a dependent parent who requires medical or educational services due to a physical, intellectual or emotional need. Examples of a special need include allergies, asthma, autism, attention deficit disorder, cerebral palsy, dyslexia and depression. Enrollment in EFMP is mandatory and structured to assign Marines to installations where their exceptional Family member can receive needed care. The EFMP manager provides assistance with medical and educational resources, advocacy, workshops,

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respite care and family support groups. An advocate for any age, the program also helps you with questions about your child's individual educational plan.

Exceptional Family Member Program (EFMP) – Fort Belvoir

www.belvoir.armymwr.com

703-805-4590

Exceptional Family Member Program (EFMP) – Fort Myer

703-696-3510, 703-696-1229

Exceptional Family Member Program – United States Marine Corps

www.mccshh.com/efmp

Specialized Training of Military Parents (STOMP)

<http://wapave.org/programs/specialized-training-military-parents-stomp>, pave@wapave.com

1-800-572-7368 and 1-253-565-2266 (can call collect)

STOMP is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. It provides support to military families worldwide, including Active Duty, Reserve, and retired military. It offers support group meetings, information and resources, social and recreation events, a listserv, monthly newsletter, respite, workshops, and answers questions by phone and e-mail.

Respite Care

What is Respite Care?

One of the challenges of parenting a child with a disability is finding someone qualified to care for your child when you need a break, need a babysitter, or have an emergency. Respite care provides trained adults to temporarily care for your child in these situations. Many respite care providers will also care for typical siblings of children with disabilities. Many accept insurance, waivers, or will accept a sliding payment scale based on income.

- Access Ministries of McLean Bible Church, www.mcleanbible.org, 703-639-2000
- The ARC of Northern Virginia, www.thearcofnova.org, 703-208-1119
- Caring Communities, www.caringcommunities.org, 866-CARING-4 (866-227-4644)
- Eddie's Club, www.eddiesclub.org, 703-304-2330
- First American Home Health Care, 703-922-9555
- Jill's House, <http://jillshouse.org>, 703-639-5660
- Mary's Family, 540-364-4757
- Northern Virginia Family Services (NVFS), www.nvfs.org, 571-748-2500

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