MANSEF Transition Toolkit

Time for Transition? We Can Help!
Introduction

The Maryland Association of Nonpublic Special Education Facilities (MANSEF) is an association of 85 nonpublic special education facilities approved by the Maryland State Department of Education. These facilities, located throughout Maryland, promote quality services for children and youth with disabilities. They serve more than 4,000 students between the ages of 2 and 21.

MANSEF unites a diverse community of educators, professionals and parents to advocate for the full continuum of services for children and adolescents with disabilities. MANSEF works in partnership with nonpublic special education facilities, families, parent groups, state and local education agencies, government officials, and related service professionals.

The Friends of MANSEF (FOM) is a group of parents who serve in an advisory capacity to the MANSEF Board of Directors. The parents represent counties across Maryland and have children of varying ages with special needs. Members of the FOM advocate on behalf of MANSEF by educating government leaders, policy-makers and members of the public about the educational needs of children with special needs.

While information is available for families who have children with special needs, there are fewer resources for families once their children enter adulthood. In an effort to assist parents like themselves, the FOM created this toolkit to help families navigate their child’s transition to adulthood.

For more information on MANSEF, Friends of MANSEF or questions about this toolkit, please contact:

Dorie Flynn
Executive Director
MANSEF
P.O. Box 6815
Baltimore, MD 21285
www.mansef.org
(410) 938-4413
mansef@aol.com

Disclaimer:
MANSEF makes no endorsement of any of the organizations or individuals included in this toolkit. Content in the kit is for informational and educational purposes only. No information in this guide should be taken as legal advice. MANSEF takes no responsibility and assumes no liability for any information relied upon from this guide. This is not an all-inclusive listing. This is the first edition with the expectation to add additional resources as time permits. The intent is to be a guide for families.
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Tania DuBeau          Patricia Ritter
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An Overview

Life is all about transitions. Throughout the day, we transition from one activity to another or one location to another. We also transition from one stage of life to another.

For your child with special needs, daily transitions can be daunting and life stage transitions can be overwhelming. To ensure a more successful and less stressful transition from school to adult pursuits, you and your child will begin the process of transition planning when your child reaches age 14.

The Transition Plan that your child, you and your child’s IEP team develop will become the driving force of your child’s IEP. It will be updated annually to reflect your child’s career plans and includes employment, postsecondary education or training goals as well as independent living goals.

Another aspect of transition planning includes linking your child to state agencies that may provide supports and services to your child after he/she exits the school system. It is important to note that your child will be moving from an entitlement-based education system to an eligibility-based “adult” services system. Transition planning also includes identifying and linking your child with recreational and social opportunities in your home community.

Transition planning should be as self-directed as possible, with your child’s wishes at the forefront. It is an opportunity to explore career areas of interest as well as postsecondary education and training programs.

To obtain further information about the transition process, visit www.MDTransition.org, the state-sponsored website that features tabs on transition planning, college and secondary educational options, employment services, health care, transportation and additional resources; each tab contains expanded information on related topics. The website, established by the Governor’s Interagency Transition Council (IATC), also features planning guides from a variety of sources, such as the Maryland State Department of Education (MSDE), the Maryland Coalition of Families and MSDE’s Division of Rehabilitation Services. Finally, the website offers a variety of fact sheets covering such topics as assistive technology, employment and career options, tips for parents, travel training and educational issues.

There are many other resources available to students with challenges and their families on a local, regional and state level; this toolkit seeks to provide information and resources on most aspects of postsecondary life to help guide the transition process. Topics to be discussed include Supplemental Security Income (SSI), medical/health care, mental health needs, employment, education, recreational and community opportunities, transportation, legal issues and many others.
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One key item to look for when a youth exits the school system is the appropriately named Maryland Summary of Performance, a companion document to the Maryland High School Diploma and Maryland High School Certificate of Completion. All students receiving special education services through an IEP receive a Maryland Summary of Performance Document, which summarizes the student’s skills, strengths and interests while also providing information that may be useful as the student transitions from school to postsecondary activities, including employment, education or independent living.

The question of disability disclosure is an important consideration. Many youth with challenges may display symptoms of their disability(ies) that are obvious to others in their community. Others, however, may have “silent” or “hidden” disabilities that impact their ability to successfully navigate day-to-day situations. Individuals must disclose disabilities to receive accommodations in postsecondary education settings and in work settings, but when and how to disclose is a highly personal decision. Part of transition planning should include a review of disability disclosure information to help youth make informed decisions that may affect their educational, employment and social lives.

There are other transition-related items to consider. If the youth is not getting a driver’s license, the local Motor Vehicle Administration can issue a Maryland ID card—which will be needed for ID purposes when flying, for example, and in other instances when a state-issued photo ID will be requested. Males must register with the Selective Service upon reaching age 18, regardless of disability. Youth may register to vote upon reaching age 18 as well. Finally, some thought should be given to matters of health care and health insurance—will the youth be able to maintain current insurance? What about current providers? Many times, the youth will need to transition to an adult provider from a pediatric provider.

Legal issues also can come to the forefront for a transitioning youth, as the age of majority in Maryland is 18—meaning all rights to make life-related decisions transfer to the student from their parents or guardians, including decisions related to health situations and mental health care.

In summary, this is a time of change and movement; it can be fraught with uncertainty and potential roadblocks. It also can be an exciting time of growth and skill development as your child prepares to enter the adult world.

It is our intention, as parents of children with special needs, to make you aware of the resources we have discovered through our children’s journey to adulthood. It is our hope this guide will help you and your children avoid the roadblocks and successfully navigate the road from school to postsecondary pursuits.
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Online Resources

*Charting a Life for Individuals With Disabilities and Their Families*
www.mofamilytofamily.org

*Planning Now*
www.md-council.org

*By Their Side — Long-term advocacy supports*
www.bytheirsid.org

*Smart 911 — A free service for preparing for 911 emergencies*
www.smart911.com

*DDA – Service provides*
www.ddamaryland.org/CMRO/providers/html
Contents

I. State Agencies
   • Developmental Disabilities Administration (DDA)
   • Maryland State Department of Education Division of Rehabilitation Services (DORS)
   • Department of Health and Mental Hygiene (DHMH)
     ➢ Behavioral Health Administration (BHA)

II. Benefits
   • SSI/SSDI
   • Medical Assistance (MA)
   • Food Stamps

III. Postsecondary Education and Training

IV. Employment Assistance

V. Mental Health Resources

VI. Health

VII. Transportation Options

VIII. Recreation/Community Opportunities

IX. Sexuality

X. Housing

XI. Financial Planning/Legal Planning

XII. ID Cards

XIII. DDA – Funded Service Providers
   • Day Habilitation
   • Medical Day Program
   • Community Learning Services
   • Deaf Services
   • Self-directed Services

Transition Glossary
I. State Agencies

A. Developmental Disabilities Administration (DDA)
   
   [http://dda.dhmh.maryland.gov](http://dda.dhmh.maryland.gov)
   
   (410) 767-5600
   
   1-877-4MD-DHMH
   
   201 W. Preston St., 4th Floor, Baltimore, MD 21201
   
   webmaster.dda@maryland.gov

   The DDA provides funding for a variety of services for people with disabilities. While DDA funding generally is associated with services for adults (age 21 and older) related to meeting their needs for training, employment and housing, DDA also can fund services for children and their families through **Family Support Services**. The intent of DDA funding for children younger than age 21 is to provide necessary supports to prevent and resolve crises.

   DDA-funded services for transitioning youth are provided through the Community Pathways Waiver. **To be served by DDA under this waiver, your child must have Medical Assistance (MA number)**. The Community Pathways Waiver has two options: the traditional option, in which services and supports are provided to the individual by a provider organization, and the self-directed option, in which services and supports are provided to the individual by staff that are hired and managed by the individual recipient, assisted by a support broker and fiscal manager.

   In addition, the Governor’s Transitioning Youth Initiative (GTYI) is a collaboration funded through a partnership between the Maryland Division of Rehabilitation Services (DORS) and DDA. The purpose of this initiative is to show that all students with disabilities can work and contribute to Maryland’s future after leaving school.

   For a listing of licensed DDA providers, please go to the DDA website and click on the provider listing for your region.

   For a list of the email addresses for the regional offices, go to [http://dda.dhmh.maryland.gov/pages/RegionalOffices.aspx](http://dda.dhmh.maryland.gov/pages/RegionalOffices.aspx).

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**Regional Offices:**

Central Maryland Regional Office
(Anne Arundel County, Baltimore City, Baltimore, Harford and Howard Counties)
(410) 234-8200
1401 Severn St., Baltimore, MD 21230
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Eastern Shore Regional Office
(Caroline, Cecil, Dorchester, Kent, Queen Anne’s, Somerset, Talbot, Wicomico and Worcester Counties)
(410) 572-5920; 1-888-219-0478
TDD Line: 1-800-735-2258
926 Snow Hill Road, Salisbury, MD 21804

Southern Maryland Regional Office
(Calvert, Charles, Montgomery, Prince George’s and St. Mary’s Counties)
(301) 362-5100; 1-888-207-2479
TDD: (301) 363-5131
312 Marshall Ave., 7th Floor, Laurel, MD 20707

Western Maryland Regional Office
(Allegany, Carroll, Frederick, Garrett and Washington Counties)
(301) 791-4670; 1-800-735-2258; 1-888-791-0193
1360 Marshall St., Hagerstown, MD 21740

B. Maryland State Department of Education (MSDE)
Division of Rehabilitation Services (DORS)
http://dors.maryland.gov
(410) 554-9442; 888-554-0334
2301 Argonne Drive, Baltimore, MD 21218
d dors@maryland.gov

The Maryland Division of Rehabilitation Services (DORS) offers programs and services that help people with disabilities go to work. DORS is an agency of the Maryland State Department of Education. DORS programs include:

- The Office of Field Services, which prepares people with disabilities to go to work or helps them to stay on the job. Rehabilitation counselors provide or arrange for services that may include career counseling, assistive technology, vocational training and/or job placement assistance.

- The Office for Blindness & Vision Services (OBVS), which specializes in helping people whose primary disability is blindness or vision loss go to work and stay independent.

- The Workforce & Technology Center (WTC), a comprehensive rehabilitation facility that offers career assessment services, career and skills training, job placement assistance, assistive technology services and other medical and support services.
Friends of MANSEF Transition Toolkit

Regional Offices:
Baltimore City and Eastern Baltimore County Regional Office
410-333-6119
TTY or VP: 410-333-5288
1010 Park Ave., Suite 110, Baltimore, MD 21201
region3.dors@maryland.gov

Central Maryland and Upper Shore Regional Office
(Baltimore, Cecil, Harford, Howard and Kent Counties)
410-998-2040
TTY or VP: 410-321-4035
10461 Mill Run Circle, Suite LL1, Owings Mills, MD 21117
region5.dors@maryland.gov

D.C. Suburbs Regional Office
(Montgomery and Prince George’s Counties)
301-306-3600
TTY or VP: 301-200-8084
4451-Z Parliament Place, Lanham, MD 20706
region6.dors@maryland.gov

Southern Maryland and Lower Shore Regional Office
(Anne Arundel, Calvert, Caroline, Charles, Dorchester, Queen Anne’s, St. Mary’s, Somerset, Talbot, Wicomico and Worcester Counties)
410-974-7604
2525 Riva Road, Suite 101
Annapolis, MD 21401
region2.dors@maryland.gov

Western Maryland Regional Office
(Allegany, Carroll, Frederick, Garrett and Washington Counties)
301-733-1341
TTY or VP 301-200-8082
16 W. Washington St., Hagerstown, MD 21740
region1.dors@maryland.gov

C. Maryland Department of Health and Mental Hygiene (DHMH)
Behavioral Health Administration (BHA)
http://bha.dhmh.maryland.gov/Pages/index.aspx
(410) 402-8300; 410-402-8600
Dix, Mitchell and Vocational Rehabilitation Buildings
55 Wade Ave., Catonsville, MD 21228
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The Department of Health and Mental Hygiene’s Office of Behavioral Health provides an integrated process for planning, policy and services to ensure that a coordinated quality system of care is available to individuals with behavioral health conditions. The Behavioral Health Administration, through publicly funded services and supports, promotes recovery, resiliency, health and wellness for individuals who have emotional, substance use, addictive and/or psychiatric disorders.

Statewide Advocacy

The Parents’ Place of Maryland
801 Cromwell Park Drive, Suite 103, Glen Burnie, MD 21061
1-800-394-5694 or 410-768-9100
info@ppmd.org
www.ppmd.org
Parent-led organization to empower families as advocates and partners in improving education and health outcomes for their children with disabilities and special health care needs.

Maryland State Department of Education
Parent Resource Centers
www.marylandpublicschools.org/msde/divisions/earlyinterv/infant_toddlers/about/family_support_services.htm
II. Benefits

A. Supplemental Security Income (SSI)/Supplemental Security Disability Income (SSDI)

**Supplemental Security Income**


SSI is a federal assistance program designed to provide income to older, blind or disabled people who have limited assets with which to support themselves. The SSI program is managed by the Social Security Administration (SSA), but financed by the general tax fund. Because the program is not financed by Social Security taxes, there are no work requirements necessary to qualify for SSI.

When a person age 18 or older applies for SSI, the Social Security Administration also will determine whether they are eligible for Social Security Disability Insurance (SSDI), which is based on the individual's own earnings history. Since the vast majority of individuals with a disability turning 18 years old have not had any gainful/paid employment, they will be deemed not eligible for SSDI. However, the Social Security Administration automatically reviews their eligibility for SSDI when they apply for SSI, and sends a letter stating their eligibility status.

**Apply Online:** [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability)

A person age 18 or older with a qualifying disability can apply for monthly benefits as soon as they turn 18 years old. There are restrictions in terms of the amount of income (both earned and unearned) they can have, as well as the amount of assets they can have.

**Social Security Administration**

[www.ssa.gov](http://www.ssa.gov)

Social Security Office Locator

(800) 772-1213

The application for SSI begins by contacting the Social Security office closest to the person's home to request an interview. The application form can be completed and submitted online prior to the interview. It is helpful to bring to the interview a copy of the completed application and copies of all relevant documents.
Friends of MANSEF Transition Toolkit

Maryland PROMISE Project
http://mdpromise.org
(888) 232-8554
mdpromise@transcen.org

The Maryland PROMISE Project is a new statewide program to assist children ages 14–16 who are receiving SSI in transitioning successfully from school to adulthood. The program offers career-related services to help participants achieve better outcomes, including graduating from high school ready for college and a career, enrolling in postsecondary education and job training, and obtaining competitive employment in an integrated setting. Services also are offered to eligible family members.

B. Medical Assistance (MA)

Maryland Medical Assistance Program
(855) 642-8572
www.benefits.gov/benefits/benefit-details
https://mmcp.dhmh.maryland.gov/SitePages/Home

Medicaid, also called Medical Assistance, is a program that pays the medical bills of certain needy and low-income individuals. It is administered by the state and pays medical bills with federal and state funds.

Medicaid coverage automatically is granted to individuals receiving other public assistance, including Supplemental Security Income (SSI), Temporary Cash Assistance (TCA) and Foster Care.

Low-income families, children, pregnant women, and aged, blind or disabled adults also may qualify for Medicaid. You can have private health insurance and be eligible for Medicaid.

You must file an application to find out whether you are eligible for Medicaid. To do this, you can apply online at www.marylandhealthconnection.gov, or apply by telephone, or request a paper application by calling the Maryland Health Benefits Exchange Consolidated Service Center at (855) 642-8572 or TTY (855) 642-8573. You also may go to the local Department of Social Services where you live.
C. Food Stamps

Supplemental Nutrition Assistance Program (SNAP)
Department of Human Resources (DHR)
311 West Saratoga St., Baltimore, MD 21201
(800) 332-6347
www.dhr.state.md.us/blog/?page_id=5514

The Supplemental Nutrition Assistance Program (SNAP), called the Food Supplement Program (FSP) in Maryland, formerly known as Food Stamps, helps low-income households buy the food they need for good health.

Applicants must file an application, be interviewed, and meet all financial and technical eligibility factors prior to issuance of FSP benefits. Some people who have little or no money may qualify for Expedited Food Supplement benefits right away.

File an application with your local Department of Social Services. You also may file an application by mail, fax or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/home to apply online.
III. Postsecondary Education and Training

Maryland Association of Community Colleges
www.mdacc.org

Provides information about Maryland's 16 community colleges that have credit programs, and continuing education and workforce development courses.

College Living Experience
www.experiencecle.com
401 North Washington St., Suite 420, Rockville, MD 20850
800-486-5058

College Living Experience (CLE) has been providing postsecondary supports to students with autism, Asperger's Syndrome, ADHD and other varying exceptionalities. Dedicated to providing the highest quality of individualized services in the areas of academics, independent living, social skills and career development, CLE supports are tailored to each young adult served. It is through personalized services that the CLE team celebrates the uniqueness of students so as to make a lasting impact in their lives and in their communities.

George Mason University
Mason LIFE Program
www.masonlife.gmu.edu
(703) 993-3905
Helen A. Kellar Institute for Human Disabilities
Graduate School of Education
4400 University Drive, MSN 1F2, Fairfax, VA 22030

The Mason LIFE (Learning Into Future Environments) Program is a supportive academic university experience offering a four-year curriculum of study to post-secondary students, ages 18–23, with intellectual and developmental disabilities.

Online Resources

www.thinkcollege.net


www.MDtransition.org
Federal Student Aid  
http://www.ifap.ed.gov/ifap/index.jsp

**Postsecondary Prep Programs**

*Best Buddies*  
www.bestbuddies.org  
(410) 327-9812  
1-877-MY-BUDDY  
Enables students with intellectual and other disabilities to participate in a mutual friendship with general education peers.

*Project Access Summer Institute*  
www.howardcc.edu/services-support/academic-support/disability-support-services/project-access/  
Howard County Community College, Columbia, MD  
(410) 772-4625  
Intensive, four-week program of instruction in academics, college success skills and career counseling. Designed to facilitate the transition of high school students with disabilities into postsecondary education.

*Project College Bound Adolescent and Employment Readiness Center*  
Children's National Medical Center, Washington, DC  
Informational workshops on a quarterly basis for parents and students and summer institute for students with disabilities grades 10–12 who plan to transition to postsecondary education setting.

*Community College of Baltimore County - Single Step*  
www.ccbcmd.edu/Programs-and-Courses/Adults-with-Disabilities.aspx  
Single Step provides students with academic, pre-vocational, social and independent living skills.

**Education and Training**

Adventist Community Services  
(301) 585-6556  
Silver Spring, MD  
Offers courses twice a year in GED and life skills.

The George Washington University Health Resource Center  
https://heath.gwu.edu  
Operates the national clearinghouse on postsecondary education for individuals with disabilities.
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Gudelsky Institute for Technical Education (GITE)
(240) 567-7905
Montgomery College, Rockville, MD
http://cms.montgomerycollege.edu/edu/department2.aspx?id=21388
State-of-the-art technical education and training facility offering instructional programs in automotive, building and construction, and computer publishing and printing

Maryland Apprenticeship and Training Program
(410) 767-2246
Baltimore, MD
www.dllr.state.md.us/
Registration and certification agency for skilled trade programs in the state.
IV. Employment Assistance

Abilities Network
Niki Biggs – 443-761-1051,
nbiggs@abilitiesnetwork.org
8503 LaSalle Road, Towson, MD 21286

Alliance, Inc.
Erica Goldman – 410-282-5900, x 3013
eygoldman@allianceinc.org
8003 Corporate Drive, White Marsh, MD 21236

The Arc Baltimore
Mary Stemler - 410-296-2272 x5305,
Bob Fonte x5310, Victoria Lyford-Pike (Hispanic outreach) x 5307
mstemler@thearcbaltimore.org
bfonte@thearcbaltimore.org
vlyford-pike@thearcbaltimore.org

Athelas Institute
Danielle Harrington – 410-964-1241 x 111
dplummer@athelasinstitute.org
9104 Red Branch Rd, Columbia, MD 21045

Center for Social Change
Dana Dimas – 410-579-6789
dana@centerforsocialchange.org
6600 Amberton Drive, Elkridge, MD 21075

Chimes/Intervals
Kathy Edwards - 410-358-6661
kedwards@chimes.org
4814 Seton Drive, Baltimore, MD 21215

Choose Work
www.choosework.net
Get answers to your questions, access information and resources, and receive expert advice on work incentives and the Ticket to Work Program.

Companions, Inc.
Ade Obadare – 410-394-8790
aobadare@companionsmd.org
1829 Reisterstown Rd., Suite 350, Pikesville, MD 21228
Friends of MANSEF Transition Toolkit

Creative Options, Inc.
Tracey Aydlett - 410-780-4095 x214
contaydlett@creativeoptionsmd.com
9411 Philadelphia Road, Suite H, Rosedale, MD 21237

DORS
http://dors.maryland.gov/crps/Pages/resources.aspx
PETS – Pre-employment Training Services

eMerge, Inc.
Mary Brady – 443-288-8251
mbrady@emergeinc.org
9180 Rumsey Road #D-2, Columbia, MD 21045

Erosun
Eartha Thomas - 410-828-9400
ethomas@erosun.org
929 Taylor Avenue, Towson, MD 21286

Fidelity Resources, Inc.
Tina Balogun - 410-337-0340
Tbalogun_fidelityresourcesinc@verizon.net
1018 A Cromwell Bridge Road, Towson, MD 21284

Gallagher Services
Holly Reasner – 410-252-4005 x126
hreasner@cc-md.org
2520 Pot Spring Road, Timonium, MD 21093

Home Sweet Home DD, Inc.
Dr. Meta K. Townsend - 443-618-4344
homesweethomedddinc@comcast.net, metaktownsend@comcast.net
9535 Liberty Road, Randallstown, MD 21133

Humanim
Aparna Nagaraju – 410-381-7171 x5160,
anagaraju@humanim.com@humanim.com
6355 Woodside Court, Columbia, MD 21046

Independent Living Experience
www.independentlivingexperience.org
Independent Living Experience (ILE) is a customized support service for adults with disabilities desiring a life of independence. The client receives personalized supports to assist in the process of creating meaningful and
valuable circles of support. A circle of support provides assistance, guidance, relationships, safety, and community to our clients. ILE will provide job coaching for clients both in and outside the workplace to remain a productive employee.

Itineris, Inc.
Caroline Hubbard – 443-275-1100
chubbard@itinerisbaltimore.org
2050 Rockrose Avenue, Baltimore, MD 21211

Jewish Community Services
Andrea Fenwick - 410-843-7434
afenwick@jcsbaltimore.org
5750 Park Heights Avenue, Baltimore, MD 21215

The League
Michaella Nasikan – 410-323-0500 x 416
mnasikan@leagueforpeople.org
8806 Orchard Tree Lane, Towson, MD 21286

L.I.F.E., Inc.
Shaunda McCready – 410-735-5433,
mccreadys@lifeinc.org
2822 Hollins Ferry Rd., Baltimore, MD 21230

Linwood Center
Dwayne Wilson - 410-465-1352
dwilson@linwoodcenter.org
3421 Martha Bush Drive, Ellicott City, MD 21043

Maryland Transitioning Youth Website
www.mdtransition.org
Transition Planning Guide: Preparing Children with Disabilities to Move from School to Appropriate Postsecondary Outcomes

Maryland Work Incentives Network
www.innow.org/md-win/md-win
www.md-win.org
(301) 277-2839
TDD: Use Maryland Relay: 711
12301 Old Columbia Pike, Suite 101, Silver Spring, MD 20904
401 Hungerford Drive, 3rd Floor, Rockville, MD 20850
1300 Caraway Court, Suite 200, Largo, MD 20774
6420 Allentown Road, Camp Springs, MD 20748
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NCIA
India Gordon – 443-780-1375
igordon@ncianet.org
2621 Lord Baltimore Drive, Baltimore, MD 21244

New Beginnings
Mya Holt - 410-597-8092
mholt@newbeginningsagency.org
3691 Offutt Road, Randallstown, MD 21133

North Star Special Services, Inc.
Annie Brown - 410-922-4931
abrown@northstar-ss.org
9633 Liberty Road, Suites E, F, G, Randallstown, MD 21133

Penn-Mar Human Services
Rhonda Morano - 410-343-1069
rmorano@penn-mar.org
310 Old Freeland Road, Freeland, MD 21053

Progress Unlimited
Pamela Ledsome – 410-363-8550 x 3131
pledsome@progressunlimited.org
11431 Cronhill Drive, Suite C, Owings Mills, MD 21117

Saint Peter’s Adult Learning Center
Cindy McCabe – 410-685-7340
cmccabe@stpetersalc.org
13 S. Poppleton Street, Baltimore, MD 21201

Shared Support MD
Gail Godwin - 410-945-4536
fax 1-855-316-1085
gail@sharedsupportmd.org

Shura, Inc.
Nancy DeVaughn – 443-660-7664
NDeVaughn@shurainc.org
116 Slade Avenue, Pikesville, MD 21208

Spectrum Support
Joyce Brooks – 410-281-7822
jbrooks@spectrum-support.org
1708 Whitehead Road, Baltimore, MD 21244
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Unified Community Connections
Shari Carver - 410-513-8900
scarver@unified.org
11650 Crossroads Circle, Suite A, Middle River, MD 21220

workFirst
Valessa Sneed – 410-381-7171 ext 5181
vsneed@humanim.com
1701 N. Gay Street, Baltimore, MD 21213

Work Opportunities Unlimited
Roseline Ifidon - 443-637-7422 or 443-413-7824,
rifidon@workopportunities.net
8000 Jumpers Hole Rd. #204, Pasadena, MD 21122
V. Mental Health Resources

Maryland Department of Health and Mental Hygiene
http://dhmh.maryland.gov/dhmh/
(410) 767-6500
1-877-4MD-DHMH (1-877-463-3464)
dhmh.healthmd@maryland.gov
201 W. Preston St., Baltimore, MD 21201
dhmh.healthmd@maryland.gov

The Department of Health and Mental Hygiene is tasked with ensuring that a comprehensive system of mental health services and supports are available and accessible for adults from age 18 throughout the lifespan. Mental health programs administered through the Mental Hygiene Administration include a variety of services, such as group homes, vocational programs, mobile treatment services, outpatient mental health centers, psychiatric rehabilitation programs, psychiatric day treatment services, residential rehabilitation programs, residential crisis services and respite care.

Resources/Supports

Maryland Coalition of Families (MCF)
www.mdcoalition.org
(410) 730-8267
10632 Little Patuxent Parkway, Suite 234, Columbia, MD 21044
(888) 607-3637
info@mdcoalition.org

Information and resources specifically targeting the needs of transition-age youth with mental health challenges. This includes having on staff a transition-age youth specialist to assist families of individuals ages 16–24 years, and having a handbook titled “Navigating the Transition Years” as well as a workshop for families that covers the information in the handbook.

Maryland Transitioning Youth
www.mdtransition.org/Health Care.htm
This comprehensive website full of assistance for transition-age youth in Maryland includes a section devoted to information and resources about mental health services.
On Our Own Maryland
www.onourownmd.org
7310 Esquire Court, 3rd Floor, Elkridge, MD 21075
(410) 540-9020
oomd@onourownmd.org

Statewide mental health consumer education and advocacy group that promotes equality in all aspects of society for people who receive mental health services and develops alternative, recovery-based mental health initiatives.

NAMI (National Alliance on Mental Illness) Maryland
www.namimd.org
10630 Little Patuxent Parkway, Suite 475, Columbia, MD 21044
(410) 884-8691

Provides educational resources and events, statewide outreach, advocacy and affiliate organizational support. Local NAMI Maryland affiliates offer free peer support, education and outreach programs, and engage mental health advocates in their communities.

Transition Year
www.transitionyear.org

Online resource center to help parents and students focus on emotional health before, during and after the transition to college. The site provides resources to help address emotional issues that are most likely to interfere with success at college.
VI. Health

All youth with disabilities and special health care needs eventually will move from a pediatric to an adult health care system. There are a number of resources available to help this transition be successful.

The Maryland Department of Mental Health and Hygiene (DHMH)’s Office for Genetics and People with Special Health Care Needs Youth to Young Adult Health Care Transition
http://phpa.dhmh.maryland.gov/genetics
(410) 767-5602

Provides information about helping young people with special health care needs plan their move from the child-centered health care system to the adult-centered health care system.

Maryland Transitioning Youth
www.mdtransition.org

Got Transition
www.gottransition.org
Website dedicated to improving health care transition supports for youth moving into the adult health care system. It includes information about a variety of resources for youth, families and providers.

Healthy Transitions
http://healthytransitionsny.org
This website was developed by the New York State Developmental Disabilities Council and focuses on helping youth with developmental disabilities, ages 14 to 25, to foster self-determination through new skills, videos and tools.

Resources

“A Youth Guide to Transition from Pediatric to Adult Health Care” and Toolkit
http://mahec.net/innovation-and-research/special-initiatives/chat-project
“Transition to Adulthood: A Health Care Guide for Youth and Families”
http://autisticadvocacy.org/wp-content/uploads/2014/07/ASAN-
healthcare-toolkit-final.pdf. Developed by the Autistic Self Advocacy Network
(ASAN), this toolkit provides information for people with disabilities and
their families about how to choose a source of health care coverage, create a
health care support network, integrate health care transition goals into their
educational plans and manage their health care. It includes useful guides and
worksheets for keeping track of health care records, making doctor's
appointments and talking to doctors about health concerns.

**Online Resources**

Office of the Maryland Attorney General — Health care directive form
www.oag.state.md.us/Healthpol/AdvanceDirectives.htm

Aging With Dignity — Health care directive form
www.agingwithdignity.org

Informed Consent for Healthcare
www.myhealthconsent.org
VII. Transportation Options

Maryland Transit Administration (MTA)
http://mta.maryland.gov
(6 St. Paul St., Baltimore, MD 21202
410) 539-5000
Toll Free: 1-866-RIDE-MTA (1-866-743-3682)

The Maryland Transit Administration (MTA) is a division of the Maryland Department of Transportation. MTA operates local and commuter buses, light rail, Metro subway, Maryland Area Regional Commuter (MARC) train service and a comprehensive Paratransit (Mobility) system. MTA also manages the Taxi Access system.

http://mta.maryland.gov/Mobility
Mobility/Paratransit service is for citizens who are unable to use local bus, Metro/subway or light rail service. Mobility/Paratransit service is provided by the MTA via contracts with Veolia Transportation, MV Transportation and First Transit Inc.

Taxi Access
www.taxiaccess.org
(410) 664-2030

The MTA Call-a-Ride Service is available to MTA-certified Mobility customers who meet eligibility requirements. Call-a-Ride Service is not part of MTA Mobility Service, but rather a separate and distinct MTA service provided under contract by participating area taxicab and sedan companies. Customers deal directly with the companies.

Maryland Motor Vehicle Administration
www.mva.maryland.gov

Includes information on how to apply for a driver's license (Rookie Driver program, driver's education opportunities with accommodations, reporting medical conditions) and how to apply for a disability license plate or placard.

Washington Metropolitan Area Transit Authority (WMATA)
www.wmata.com/accessibility
(202) 962-1100

The Washington Metropolitan Area Transit Authority (Metro) was created by an interstate compact in 1967 to plan, develop, build, finance and operate a balanced regional transportation system in the national capital area.
Friends of MANSEF Transition Toolkit

Metro Access
www.wmata.com
8405 Colesville Road, Building 3, 4th Floor, Silver Spring, MD 20910
(301) 562-5360

www.wmata.com/accessibility/doc/Accessible_Transportation_Options
Will help people with disabilities and senior citizens coordinate their transportation needs. It includes a comprehensive listing of public transportation options available in Maryland (the counties of Montgomery, Prince George’s, Anne Arundel and Baltimore, and Baltimore City and Central Maryland), as well as in DC and Northern Virginia.

www.wmata.com/accessibility/doc/sd_tips_brochure
Provides a lot of useful information about riding Metro for people with disabilities and senior citizens. It includes information on reduced fares for people with disabilities and senior citizens, customer assistance telephone numbers, tips for riding Metrobus and Metrorail, and answers to frequently asked questions.

www.wmata.com/accessibility/doc/Reduced_Fare_Application
Includes information about program qualifications, explains how to obtain a reduced fare Metro Disability ID card, and describes the eligibility and certification process.

Travel Training

Travel training is designed to teach individuals with disabilities how to travel safely and independently on accessible, fixed-route public transportation, such as bus, subway and light rail. Specifically trained personnel provide the travel training in a group or on a one-to-one basis. Travel training is provided by both the Maryland Transit Administration (MTA) and the Washington Metropolitan Area Transit Authority (WMATA).

DORS Driver Evaluations — The Workforce and Technology Center Division of Rehabilitation Services accepts only DORS clients. The listed providers are known to the Maryland Motor Vehicle Administration (MVA) to be able to complete driving assessments/evaluations for medical fitness to drive.
www.mva.maryland.gov/_resources/docs/ot-driving-rehabList.pdf
Friends of MANSEF Transition Toolkit

VIII. Recreation and Community Opportunities

Anne Arundel County

Anne Arundel County Department of Recreation and Parks
Adaptive Recreation Programs (Annapolis)
www.aacounty.org/RecParks/recreation/adaptive
(410) 222-7313 ext. 3554
Offer a variety of programs year-round, including sports activities and social activities.

Best Buddies
www.bestbuddiesmaryland.org
(410) 327-9812
Offer programs designed to foster one-to-one friendships between students with and without disabilities in middle school, high school and college. Also offers a “Citizens” program to foster friendships between adults with and without disabilities in corporate and civic communities and “e-Buddies,” a safe online forum to develop one-to-one friendships between people with and without disabilities.

Challenger Baseball
Marley Area Little League
(410) 987-1937
Baseball program for children 5 and older with disabilities.

Mane Event Equestrian Program
Andover Equestrian Center (Linthicum Heights)
www.ManeEventRide.org
(410) 662-7858
Equestrian program serves riders of all ages, abilities, and skill levels. Program focuses on special needs and physical therapy, including therapeutic riding.

Maryland Therapeutic Riding (Crownsville)
www.horsethatheal.org
(410) 923-6800
Offer horseback riding programs for children and adults with a wide range of physical, mental and emotional challenges. Programs include therapeutic riding, hippo therapy and horsemanship lessons.
Friends of MANSEF Transition Toolkit

Special Olympics of Anne Arundel County
www.soaa.md.org
(410) 923-0383
Offers a variety of programs year-round, including sports activities and social activities.

Baltimore City

Baltimore City Department of Recreation and Parks
Therapeutic Recreation
Farrin Baybrook Recreation Center
http://bcrp.baltimorecity.gov/recreation/therapeuticrecreation
(410) 396-1550
Offers a variety of programs year-round, including sports activities and social activities.

Downtown Sailing Center (Baltimore City)
www.downtownsailing.org/accessible
Accessible sailing opportunities in downtown Baltimore.

Jewish Community Services
www.jcsbaltimore.org
(410) 466-9200
CS residences enable adults with developmental disabilities to live as independently as possible and participate fully in community life. Currently, JCS provides residential services in nine professionally staffed homes—Alternative Living Units (ALUs)—in Northwest Baltimore City/Baltimore County communities. Each ALU is home to three adults with developmental disabilities.

Baltimore County

Allied Sports
www.bcps.org/offices/athletics/alliedSports
(410) 887-2328
6901 North Charles St., Towson, MD 21204
Interscholastic inclusive program that affords students with disabilities an equal opportunity to participate in high school sports alongside their nondisabled peers.

Baltimore Adapted Recreation and Sports
www.barsinfo.org
(410) 771-4606
Community-based nonprofit organization dedicated to providing year-round recreational opportunities to both children and adults with disabilities.
Baltimore County Department of Recreation and Parks
Office of Therapeutic Recreation Services
www.baltimorecountymd.gov/agencies/recreation/programdivision/therapeutic
Loch Raven Center
1801 Glen Keith Blvd., Parkville, MD
(410) 887-5370
Provide a wide variety of recreation opportunities and services for individuals with disabilities countywide.

Baltimore Saints Hockey
www.baltimoresaintshockey.org
(410) 370-1818
P.O. Box 42793, Towson, MD 21284
Hockey program for both children and adults with traumatic brain injury or intellectual disability such as autism or Down syndrome.

IMAGE Center
300 East Joppa Road, Suite 312, Towson, MD 21286
(410) 982-6311
Fax: (410) 372-4037
info@imagemd.org
Offers independent living skills training, advocacy, peer mentoring and community outreach.

Maryland Danceability Special Needs Performing Arts
Specialneedkids@gmail.com
www.danceability.webs.com
1711 Poplar Place, Dundalk, MD 21222
Founded with the vision that people of all abilities have the right to dance, move and shake. Classes open to all ages.

Rebounders
www.rebounders.com
(410) 252-3374
7 W. Aylesbury Road, Timonium, MD 21093
Sensory/motor/gymnastics program for children of all ages with any minimal to severe physical, mental, emotional, social, language or sensory challenges.

Special Olympics Maryland, Baltimore County
www.somdba.org
info@somdba.org
Offers a variety of sports training and competition programs year round.
Friends of MANSEF Transition Toolkit

Charles County

*Melwood Access Adventures* (Nanjemoy)
(301) 870-3226
[www.melwood.com](http://www.melwood.com)
Fun, friendships and vacations for adults and children with developmental and physical disabilities.

*Special Olympics Charles County*
(301) 934-9305
Special Olympics Maryland, in partnership with the Charles County Department of Community Services, offers year-round programs for athletic conditioning, training and competition.

Frederick County

*Boys and Girls Clubs of Frederick County* (Frederick)
[http://bgfco.org](http://bgfco.org)
(301) 600-1875
413 Burck St., Frederick MD, 21701
The Boys and Girls Clubs of Frederick County provide a safe place for Frederick-area children ages 6–18 to go after school and during the summer. Programs are offered in six core areas: character and leadership; education and career; health and life skills; the arts; sports, fitness and recreation; and computer technology.

*Camp Journey Adolescent Respite Program* (Frederick)
[www.waystationinc.org](http://www.waystationinc.org)
(301) 682-3446 or 1-888-878-5066 ext. 6149
Located near the scenic Catoctin Mountains, Camp Journey Adolescent Respite Program serves families with adolescents who are currently active in therapy to deal with emotional and behavioral challenges. A program where adolescents from the ages of 11 to 17 can have regularly scheduled visits of a few hours a week, a day or two a week, or a couple weekends a month, while participating in a variety of activities, such as hiking, fishing, swimming and trips.

*Challenger Little League*
Fred Laliberte (301) 694-8673
Guy Berry (301) 471-9701
gberry@comcast.net
Any child with disabilities who wants to have lots of fun can play in this Little League. Previous experience is not necessary to be part of this wonderful program, just a willingness to play and wear a real baseball uniform.
Friends of MANSEF Transition Toolkit

*Frederick County 4-H Therapeutic Riding Program* (Lewistown)
www.fc4htrp.org
(301) 898-3587
Successful and experienced horseback riding program for children with all types of disabilities.

*Frederick County Parks and Recreation — Friday Night Rec.* (Frederick)
www.recreater.com
301-600-2936
A program designed for persons with Intellectual Developmental Disabilities, ages 14 years and older.

*Special Olympics*
www.somdfrederick.org
Anne MacDonald (301) 694-7779
amacdonald@somd.org
Providing year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual and other disabilities. Check the website to see all the different activities.

*YMCA Kids Unlimited Programs*
www.frederickymca.org
Kelly Presnell (301) 663-5131, ext. 1248
kpresnell@frederickymca.org
1000 North Market St., Frederick, MD 21701
Programs for children and young adults with special needs—Respite care, parents’ night out (evening and weekend hours), unified summer camps. In addition, children may attend a variety of general camp programs, with staff accommodations provided whenever possible. Will try to accommodate all students with special needs on a case-by-case basis.

**Howard County**

*Columbia Center for Theatrical Arts*
6655 Dobbin Road, #4, Columbia, MD
(410) 381-0700
www.cctarts.com
Programs include musical theatre for individuals with special needs.

*Howard County Department of Recreation and Parks*
*Therapeutic Recreation and Inclusion Services*
www.howardcountymd.gov/TREC
Susan Potts, (410) 313-4628, spotts@howardcountymd.gov
Ruth Coleman, (410) 313-4708, rucoleman@howardcountymd.gov
Offer a wide variety of activities for individuals with disabilities of all ages.
Kinetics Dance Theatre School of Contemporary Dance  
3280 Pine Orchard Lane, Ellicott City, MD  
(410) 480-1686  
[www.kineticsdance.org](http://www.kineticsdance.org)  
Programs include classes for individuals with special needs.

MarTar Swim School  
6801-B Douglas Legume Drive, Elkridge, MD 21075  
(410) 799-8887  
[martarswimming@comcast.net](mailto:martarswimming@comcast.net)  
Teach individuals with disabilities to swim.

Special Olympics Maryland, Howard County  
[www.somdhc.org](http://www.somdhc.org)  
(410) 740-0500  
Provide year-round training and competitive sports program for children and adults with disabilities.

Therapeutic Recreational Riding Center  
3750 Shady Lane, Glenwood, MD  
(410) 489-5100  
[info@trrcmd.org](mailto:info@trrcmd.org)  
[www.trrcmd.org](http://www.trrcmd.org)  
Provide physical and occupational therapy on horseback; work with individuals with a range of disabilities.

Montgomery County

Adventist Health Care (Silver Spring)  
(301) 439-1401  
Adult program operates weekdays from 7:30 a.m. to 5 p.m. to serve recreational (and other) needs.

American Red Cross (Silver Spring)  
(301) 588-2515  
[www.redcross.org](http://www.redcross.org)  
Offers health and safety classes on first aid and lifeguarding.

Bethesda Academy of Performing Arts Bapa’s Imagination Stage (Bethesda)  
(301) 961-6060  
[www.imaginationstage.org](http://www.imaginationstage.org)  
Theater program offered for people with disabilities.
Friends of MANSEF Transition Toolkit

B’Nai B’rith Youth Organization (Rockville)
(301) 984-6073
Offers a social group for persons with disabilities ages 13–21; one parent must be Jewish.

Chi Centers (Silver Spring)
(301) 439-4330
www.chicenters.org
Organizes outings for individuals with developmental disabilities.

The Interplay Company at Strathmore (Bethesda)
(301) 229-0829
www.interplayband.org
Music performance program for adults (17 and older) with and without disabilities.

Jewish Community Center (Rockville)
(301) 881-0100
www.jccgw.org
Hevara Young Adult Group — socialization groups for those ages 18–25 with disabilities.
Independent Living Skills — variety of classes for adults 18 and older (swimming, dance, art, cooking, money management, relationships, etc.).

Jewish Youth Philanthropy Institute (Rockville)
(301) 348-7348
www.jypi.org
Teens paired with teens and/or adults with developmental disabilities to perform community service work.

Lt. Joseph P. Kennedy Institute, Maryland Division (Rockville)
(202) 281-2700
www.catholiccharitiesdc.org/developmentaldisabilities
Community Companions program provides an after-school social/recreation program for individuals with developmental disabilities up to age 21.

Making Connections (Bethesda)
(301) 656-9140
A friendship and singles group for adults with developmental disabilities.

Montgomery Cheetahs Special Hockey
www.montgomerycheetahs.org
montgomerycheetans@gmail.com.
Bring together kids of all ages with a developmental disability to teach the game of hockey and sportsmanship.
Montgomery County Department of Recreation (Silver Spring)  
(240) 777-6870  
Offers a range of therapeutic recreation programs (mainstreaming available) for individuals with disabilities.

Potomac Community Resources (Potomac)  
(301) 365-0561  
[www.pcr-inc.org](http://www.pcr-inc.org)  
Provides social, recreational, therapeutic and education programs and supports for teens and adults with developmental disabilities.

Rock Creek Foundation for Mental Health Socialization Program (Silver Spring)  
(301) 589-8303  
Offers a socialization program for individuals ages 18 and older.

SEEC (Values in Action) (Rockville)  
(301) 576-9000, ext. 250  
[www.seeconline.org](http://www.seeconline.org)  
Medical day care program that provides recreational and therapeutic support for those 16 and older.

Special Olympics Maryland, Montgomery County  
[www.somdmontgomery.org](http://www.somdmontgomery.org)  
[director@somdmontgomery.org](mailto:director@somdmontgomery.org)  
Provides a year-round sports program for children and adults with developmental disabilities.

Upcounty Community Resources Inc. (upper Montgomery County)  
[www.UCResources.org](http://www.UCResources.org)  
Provide social outings and day programming for individuals with developmental differences.

YMCA (Bethesda-Chevy Chase)  
(301) 530-2735  
[www.ymca.net](http://www.ymca.net)  
Offers a Saturday morning adaptive swim program for children and adults.
Friends of MANSEF Transition Toolkit

Prince George’s County

*ManeStream Therapeutic Riding Program*
9439 Merkel Road, Bowie, MD 20715
(703) 431-0564
ames610@gmail.com
(410) 322-2993
lauriebay@msn.com
Therapeutic horseback riding lessons to children and adults with disabilities.

*Maryland-National Capital Park and Planning Commission*
[www.mncppc.org](http://www.mncppc.org)
Mission is to improve the quality of life for all of Maryland citizens and of the communities in which these citizens live, including providing leisure and recreational experiences.

*Special Programs Division*
7833 Walker Drive, Suite 110, Greenbelt, MD 20770
(301) 446-3400
Information in Spanish: (301) 445-4509
TTY: (301) 446-3402
[www.pgparks.com/Things_To_Do/Individuals_with_Disabilities.htm](http://www.pgparks.com/Things_To_Do/Individuals_with_Disabilities.htm)
Kids-Day-Out (KDO) therapeutic recreation and extended care programs, spring camps, updated disability program and service information.

*Special Olympics Maryland*
[www.eteamz.com/somdpgc](http://www.eteamz.com/somdpgc)
Trish Miles, patricia.miles@pgcps.org
Martin Lampe, martin.lampe@nrl.navy.mil
Bob Janus, (301) 808-4087
Dave Gill, (301) 253-4758
Special Olympics provides year-round sports training and athletic competition for people with developmental disabilities.

*Washington Ice Dogs Special Hockey* (Laurel)
[www.washingtonicedogs.org](http://www.washingtonicedogs.org)
Mike Hickey, President
Mhickey@specialhockey.org
Provides children and young adults with developmental disabilities the opportunity to play ice hockey.
Summer Camps/Vacation/Miscellaneous Resources

*Melwood's Camp Accomplish and Access Adventure*
(301) 599-8000
[https://www.melwood.org](https://www.melwood.org)
Summer sleep-away camp for children and teens with and without disabilities. Also offers supported vacations throughout the year.

*Joni and Friends*
[www.joninandfriends.org](http://www.joninandfriends.org)
Offers five-day retreats for families of children with disabilities in multiple locations around the United States.

*The League for People with Disabilities*
[www.leagueforpeople.org](http://www.leagueforpeople.org)
(410) 323-0500
Year-round camping.

**Summer Camp Guide**

Baltimore’s Child Magazine
[www.baltimoreschild.com](http://www.baltimoreschild.com)

[www.thearcofpgc.org](http://www.thearcofpgc.org)
The Arc of Prince George’s County offers a directory of day and overnight camps and vacation planning for children and adults with special needs.

*Trips Inc.*
[http://tripsinc.com](http://tripsinc.com)
1-800-686-1013
Offers travel vacations throughout the United States and internationally to people of various abilities in a safe, respectful and fun atmosphere.

**Vacation Programs**

*Easter Seals*
[www.easterseals.com/de/our-programs/camping-recreation](http://www.easterseals.com/de/our-programs/camping-recreation)

*Hammer Travel*
[www.hammertravel.org](http://www.hammertravel.org)
Offers a variety of travel opportunities for individuals with developmental disabilities.

*Jewish Community Center Camps*
[www.jcc.org/camps/owings-mills/special-needs](http://www.jcc.org/camps/owings-mills/special-needs)
The League for People With Disabilities
www.leagueforpeople.org/programs-services/camping-therapeutic-recreation

The Sarah Petit Fund
Administered by the Arc of Prince Georges County
spetitfund@thearcofpgc.org
Supplements recreational and travel expenses for people with developmental disabilities.

YMCA Special Needs Camp
https://frederickymca.org/programs/camps/summer-day-camps/kids-unlimited

Young Life Capernaum Camp
www.younglife.org/ForEveryKid/Capernaum/Pages/default.aspx
IX. Sexuality and Relationships

Adaptive Behavior and ASD: Life, Safety, Independence and Community Competence
Dr. Peter F. Gerhardt

Adolescents on the Autism Spectrum
Chantal Sicle-Kira
www.amazon.com/Adolescents-Autism-Spectrum-Cognitive-Transition
Guide to the cognitive, emotional, social and physical needs of preteens and teenagers with autistic disorders.

The Boy's Body Book
Kelli Dunham
Topics include: From hair care to athlete's foot, a head-to-toe guide to what's happening with your changing body. Your guide to the care and keeping of friends, parents, teachers, brothers and sisters.

The Importance of Social and Sexual Education for Individuals with Down Syndrome
Leslie Walker-Hirsch, M.Ed., FAAMR
www.ndss.org/Resources/Wellness/Sexuality/Social-and-Sexual-Education
Author is a social development and sexuality consultant and co-creator of CIRCLES, a multimedia program for teaching individuals with cognitive disabilities about social and sexual relationships and boundaries.

Organization for Autism Research
www.researchautism.org/resources/reading/index.asp#AGuideToSafety
The guide is written by parents, first responders, educators and community members who share their strategies and resources to address safety threats that commonly arise during childhood, adolescence and adulthood. This tool will educate parents about how to prevent and mitigate emergency events, safety threats that may affect their child in the future, and how to teach safety habits that will build a foundation for safety in adulthood.
Friends of MANSEF Transition Toolkit

Our Whole Lives Curriculum
Unitarian Universalist Association
www.uua.org/re/owl
Honest, accurate information about how sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making and has the potential to save lives.

Sexuality Education for Children and Adolescents with Autism Spectrum Disorders
Laura E. Solomon, Psy.D.
www.amazon.com/Sexuality-Relationship-Education-Adolescents-Disorders/dp/1849053855

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism
Mary Wrobel
www.amazon.com/Taking-Care-Myself-Personal-Curriculum/dp/1885477945
Through simple stories, the author teaches caregivers exactly what to say and not say, and shows how you can create helpful stories of your own. The ultimate goal is to maximize the child’s potential for independence and lifelong social success. Helpful sections include hygiene; health; modesty; growth and development; menstruation; touching and personal safety; masturbation; and using a urinal.

The Unwritten Rules of Social Relationships; Decoding Social Mysteries Through the Unique Perspectives of Autism
Dr. Temple Grandin and Sean Barron
www.amazon.com/Unwritten-Rules-Social-Relationships-Perspectives/dp/193256506X?ie=UTF8&qid=1463520308&ref_=tmm_hrd_s_watch_0&sr=1-1
X. Housing

Students should apply for a housing choice voucher in their county or city at age 18. An application is available on the local government’s Housing Office website. The waiting list for a housing voucher can be years long—and the family circumstances of the younger person and the family can and probably will change during those years. A young person who loves living at home at age 18 may be ready to flee the nest at 27! It is best practice to apply early, and be sure to notify the office of any changes of address so as not to miss important correspondence. Always provide a second contact.

Guide to Housing (National)
This guide has information about government agencies and organizations that can help individuals with disabilities find an affordable place to live. It includes information about rental assistance programs, assisted living facilities and modifying a home to make it accessible.

Housing Resources (Maryland)
Developmental Disabilities Administration
http://dda.dhmh.maryland.gov/SitePages/housinglinks
This section of the DDA website includes links to a wide variety of information and resources in Maryland, including public housing, Centers for Independent Living, tax credits, improving a home to make it accessible, rental assistance and homeownership for individuals with disabilities.

Integrated Living Opportunities
wwwilonow.org
Integrated Living Opportunities (ILO) is a nonprofit organization serving Washington, D.C., and Montgomery County, Maryland. ILO helps families create intentional communities to facilitate networks of support for adults with developmental disabilities (self-advocates), enabling them to live as integrated, contributing members of their communities. These intentional communities of peers and caring people are connected to the self-advocates for the rest of their lives, even after the parents are gone.

Section 8 Housing (National)
www.gosection8.com
Resource affordable housing listing
Maryland Statewide Independent Living Council

www.msilc.org

The Maryland Statewide Independent Living Council (MSILC) is a governor-appointed advisory council that promotes independent living across the state of Maryland. The MSILC is composed of people with disabilities, parents of disabled individuals, representatives of advocacy groups and service providers from public and private agencies. The MSILC is committed to enhancing freedom and independent decision making of individuals with disabilities.

Centers for Independent Living

www.mdcilready.com

Community-based, cross-disability, nonprofit organizations that are designed and operated by people with disabilities. CILs are unique in that they operate according to a strict philosophy of consumer control, wherein people with all types of disabilities directly govern and staff the organization. Centers for Independent Living provide peer support; information and referral; individual and systems advocacy; and independent living skills training.

Online Resources

The Place of My Own Checklist


Special Needs Alliance — Buying a home using trust funds

www.specialneedsalliance.org/the-voice/5/9
www.specialneedsalliance.org/the-voice/6/7
XI. Financial Planning/Legal Planning

Financial planning should begin by the child’s 13th birthday so that he or she is eligible for government benefits at age 18. The child may not have more than $2,000* in resources when applying for SSI or Medical Assistance; there is a five-year look-back period, meaning that the Social Security Administration and Medical Assistance can look at the child’s financial records five years prior to the date of application for services.

All young people expecting to access DDA-funded services MUST have a Medical Assistance number!

* This number has not changed for years and is not likely to change any time soon.

It also is important for a youth to be building a credit record. Most property owners perform a credit check as part of the application process. Certainly bad credit is a barrier—but having no credit history also can be a barrier. Credit can be established through the use of a credit card, building a rental history and through prompt payment of cell phone bills and utilities. For more resources about establishing credit, visit www.fdic.gov/consumers/consumer/ccc/establish.html.

Maryland Developmental Disabilities Council
“Planning Now: A Futures and Estate Planning Guide for Families of Children and Adults with Developmental Disabilities”
www.md-council.org/publications-reports-videos/request-form
This comprehensive guide provides information for families of individuals with a wide range of disabilities. It was designed to explain important issues and ideas that families need to consider; provide a basic understanding of financial, legal and planning tools that can help families organize and develop their plan; and assist families in selecting and working effectively with planning professionals. It includes information about government financial and health care benefits, as well as information about wills, trusts and letters of intent.

Eligibility for government benefits depends on a person’s income and assets. Your child may not have more than $2,000 in assets and resources at age 18 (an adult in the eyes of the law). It is critical to begin the planning.

M & L Special Needs Planning
http://specialneedsplanning.net
M&L Special Needs Planning’s mission is to educate families in an emphatic, methodical, non-threatening way. We do this by providing workshops and creating financial security with comprehensive special needs life plans and government benefit counseling for the individual with special needs, siblings
and parents. Offers workshops on Navigating the Financial World of the Family with Special Needs to Understanding SSI/Medicaid & SSDI/Medicare.

Special Needs Alliance
www.specialneedsalliance.org
The Special Needs Alliance is a national, nonprofit organization committed to helping individuals with disabilities, their families and the professionals who serve them. Many of our member attorneys have family members with special needs; all of them work regularly with public benefits, guardianships/conservatorships, planning for disabilities and special education issues.

Online Resource

Futures and Estate Planning
www.servicecoordinationinc.org
XII. ID Cards

If you live in Maryland but do not have a driver's license, you can use a Maryland ID card as your photo identification to prove your identity, age or address.

**Information about the ID card, including how to apply for a card, is available at the following sites:**
- DMV (not official government site)
  www.dmv.org/md-maryland/id-cards.php
- MVA (official government site)
  www.mva.maryland.gov/drivers/apply/id-card.htm
- Pathfinders for Autism
  www.pathfindersforautism.org/articles/view/parent_tips_navigating-the-mva
XIII. DDA-FUNDED SERVICE PROVIDERS

**SE** - Supported Employment
**DH** - Day Habilitation
**MD** - Medical Day Program
**CLS** – Community Learning Service
**DS** – Deaf Services
**SDS** – Self-directed Services

**Abilities Network** (SE)
Niki Biggs (SE) – 443-761-1051, nbiggs@abilitiesnetwork.org
Chrystin Reid (CLS) – 4433-900-6408, creid@abilitiesnetwork.org
8503 LaSalle Road, Towson, MD 21286

**Alliance, Inc.** (SE, DH)
Erica Goldman – 410-282-5900, x 3013
egoldman@allianceinc.org
8003 Corporate Drive, White Marsh, MD 21236

**The Arc Baltimore** (SE, DH, CLS)
Mary Stemler - 410-296-2272 x5305, mstemler@thearcbaltimore.org
Bob Fonte x5310, bfonte@thearcbaltimore.org
Victoria Lyford-Pike (Hispanic outreach) x 5307
vlyford-pike@thearcbaltimore.org
7215 York Road, Baltimore, MD 21212

**Athelas Institute** (SE, DH)
Danielle Harrington – 410-964-1241 x 111
dplummer@athelasinstitute.org
9104 Red Branch Rd, Columbia, MD 21045

**Center for Social Change** (SE, DH)
Dana Dimas – 410-579-6789
dana@centerforsocialchange.org
6600 Amberton Drive, Elkridge, MD 21075

**Chimes/Intervals** (SE, VOC, DH)
Kathy Edwards - 410-358-6661,
kedwards@chimes.org
4814 Seton Drive, Baltimore, MD 21215

**Companions, Inc.** (SE,CLS)
Ade Obadare – 410-394-8790
aobadare@companionsmd.org
1829 Reisterstown Rd., Suite 350, Pikesville, MD 21228
Friends of MANSEF Transition Toolkit

Creative Options, Inc. (DH, SE)
Tracey Aydlett - 410-780-4095 x214
comtaydlett@creativeoptionsmd.com
9411 Philadelphia Road, Suite H, Rosedale, MD 21237

eMerge, Inc. (DH, SE)
Mary Brady - 443-288-8251
mbrady@emergeinc.org
9180 Rumsey Road #D-2, Columbia, MD 21045

Erosun (DH, SE)
Eartha Thomas - 410-828-9400
ethomas@erosun.org
929 Taylor Avenue, Towson, MD 21286

Fidelity Resources, Inc. (SE)
Tina Balogun - 410-337-0340
Tbalogun_fidelityresourcesinc@verizon.net
1018 A Cromwell Bridge Road, Towson, MD 21284

Gallagher Services (SE, DH, MD)
Holly Reasner – 410-252-4005 x126
hreasner@cc-md.org
2520 Pot Spring Road, Timonium, MD 21093

Home Sweet Home DD, Inc. (SE, DH, VOC)
Dr. Meta K. Townsend - 443-618-4344
homesweethomeddinc@comcast.net, metaktownsend@comcast.net
9535 Liberty Road, Randallstown, MD 21133

Humanim (SE, DH, VOC, DS)
Aparna Nagaraju – 410-381-7171 x5160,
anagaraju@humanim.com@humanim.com
6355 Woodside Court, Columbia, MD 21046

Itineris, Inc. (SE, DH, CLS, SDS)
Caroline Hubbard – 443-275-1100
chubbard@itinerisbaltimore.org
2050 Rockrose Avenue, Baltimore, MD 21211

Jewish Community Services (SE)
Andrea Fenwick - 410-843-7434
afenwick@jcsbaltimore.org
5750 Park Heights Avenue, Baltimore, MD 21215
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**The League** (SE, CLS, DS, DH, MD)
Michaella Nasikan (SE) – 410-323-0500 x 416, mnasikan@leagueforpeople.org
Dawn Latorre (DH) – 410-323-0500 x 338 dlatorre@leagueforpeople.org
Ashley Banks (MD) – 410-323-0500 x 365 kboabanks@leagueforpeople.org
1111 E. Coldspring Lane, Baltimore, MD 21239 (DH, MD)
8806 Orchard Tree Lane, Towson, MD 21286 (SE, CLS, DS)

**L.I.F.E., Inc.** (SE, MD)
Shaunda McCready (SE) – 410-735-5433 mccreadys@lifeinc.org
Terry Forrest (MD) – 410-735-5433, forrestt@lifeinc.org
2822 Hollins Ferry Rd., Baltimore, MD 21230

**Linwood Center** (SE, DH)
Dwayne Wilson - 410-465-1352 dwilson@linwoodcenter.org
3421 Martha Bush Drive, Ellicott City, MD 21043

**NCIA** (SE, DH)
India Gordon – 443-780-1375 igordon@ncianet.org
2621 Lord Baltimore Drive, Baltimore, MD 21244

**New Beginnings** (SE)
Mya Holt - 410-597-8092 mholt@newbeginningsagency.org
3691 Offutt Road, Randallstown, MD 21133

**North Star Special Services, Inc.** (SE)
Annie Brown - 410-922-4931 abrown@northstar-ss.org
9633 Liberty Road, Suites E, F, G, Randallstown, MD 21133

**Penn-Mar Human Services** (SE, CLS)
Rhonda Morano - 410-343-1069 rmorano@penn-mar.org
310 Old Freeland Road, Freeland, MD 21053
Progress Unlimited (SE, CLS, MD)
Pamela Ledsome (SE, CLS) – 410-363-8550 x 3131
pledsome@progressunlimited.org
Wendy Young (MD) – 410-363-8550
wyoung@progressunlimited.org
11431 Cronhill Drive, Suite C, Owings Mills, MD 21117

Saint Peter’s Adult Learning Center (SE, DH, CLS)
Cindy McCabe – 410-685-7340,
cmccabe@stpetersalc.org
13 S. Poppleton Street, Baltimore, MD 21201

Shared Support MD (SE, CLS, SDS)
Gail Godwin - 410-945-4536,
fax 1-855-316-1085
gail@sharedsupportmd.org

Shura, Inc. (SE, DH)
Nancy DeVaughn – 443-660-7664
NDeVaughn@shurainc.org
116 Slade Avenue, Pikesville, MD 21208

Spectrum Support (SE, DH)
Joyce Brooks – 410-281-7822
jbrooks@spectrum-support.org
1708 Whitehead Road, Baltimore, MD 21244

Unified Community Connections (SE, DH, CLS)
Shari Carver - 410-513-8900,
scarver@unified.org
11650 Crossroads Circle, Suite A, Middle River, MD 21220

workFirst (SE, DH)
Valessa Sneed – 410-381-7171 ext 5181
vsneed@humanim.com
1701 N. Gay Street, Baltimore, MD 21213

Work Opportunities Unlimited (SE)
Roseline Ifidon - 443-637-7422 or 443-413-7824,
rifidon@workopportunities.net
8000 Jumpers Hole Rd. #204, Pasadena, MD 21122
Transition Glossary

**Accommodations**—Changes in a work environment or in an educational setting that allow a person with a disability to perform the duties of a job or access the material for a class. These adjustments—frequently inexpensive or not very extensive—allow a person with a disability to have the same access to and success in a work or school setting.

**Assistive Technology**—Any item, piece of equipment or system used to increase, maintain or improve functional capabilities of individuals with disabilities. Includes such items as communication devices, adapted appliances for accessible living, environmental control devices, modified housing, adapted computers and specialized software. These devices can be bought commercially or modified and customized to suit an individual.

**Case Management**—A service that helps people identify their strengths and needs to coordinate and locate community specialized services. This may include helping people make plans regarding financial decisions, personal relationships, etc. Also known as service coordination or resource coordination.

**Centers for Independent Living (CIL)**—Community-based, nonresidential, private nonprofit agencies that offer a wide range of services to help people with disabilities live independently. They are operated by and for individuals with significant disabilities.

**Community Rehabilitation Programs**—Private, nonprofit programs that provide rehabilitation services to individuals with disabilities. In order to provide high-quality services throughout the state, DORS frequently purchases services from these sites, including career assessment services, work adjustment training, job placement services and supported employment.

**Coordinator of Community Services**—A person who assists a youth and family with transition planning and then accessing funds and programs to complete the transition plan. Local, regional, state and national resources may be discussed, such as information regarding employment, government benefits, advocacy, college, health insurance, housing, futures and estates planning, recreation, transportation and much more. Information is tailored to address each person’s individualized plan.

**Crisis Prevention (CP)**—The second priority category for services funded by DDA. People in this category have been determined to have an urgent need for services, but do not qualify for Crisis Resolution. The person qualifies for this category by meeting one or more criteria as stated in the regulations.
Crisis Resolution (CR)—The top priority category for services funded by DDA. To qualify for this category, the person has to be in a crisis by meeting one or more criteria as stated in the regulations.

Critical Needs List (CNL)—The name given to the waiting list for people who are eligible for and are requesting services from the Developmental Disabilities Administration.

Current Request—The third or lowest priority category for services funded by DDA. To qualify for this category, the applicant shall indicate at least a current need for services.

“DD” Eligible—One of two eligibility categories in which a person needs to meet the following criteria:
- Have a physical or mental condition other than a sole diagnosis of mental illness;
- The disability is considered severe and chronic in nature;
- The disability was manifested before the age of 22;
- The disability results in the person being unable to live independently; and
- The person needs assistance to plan and coordinate services.

Developmental Disabilities Administration (DDA)—A Maryland state agency whose mission is to ensure the full participation of individuals with developmental disabilities and their families in all aspects of community life. The DDA can provide funds for the continuation of supported employment after provision of time-limited services by DORS and closure of the record of services.

Division of Rehabilitation Services (DORS)—The Maryland Division of Rehabilitation Services offers programs and services that help people with disabilities go to work or stay independent in their homes and communities. DORS is an agency of the Maryland State Department of Education, and is composed of the public vocational rehabilitation program and the Disability Determination Services.

Futures Planning (Person-Centered Plan or Essential Lifestyle Plan)—The process of sharing and gathering information on the dreams, desires, wants and needs of people in order to develop an Individual Plan specifically tailored to their lives. A comprehensive plan may include personal, financial and legal components.

Governor’s Transitioning Youth Initiative—An initiative in Maryland to help youth with disabilities work and contribute to Maryland’s future after leaving school. GTYI offers supported employment services and day programs through the Developmental Disabilities Administration (DDA).
Independent Living Services—Programs that enhance the ability of an individual with significant disabilities to live independently and function within the family and community. These services also can help a person get and keep employment.

“SO” Supports Only Eligible—The second category of eligibility for DDA-funded services, the person needs to meet the following criteria:

- Have a physical or mental condition other than a sole diagnosis of mental illness; and
- The disability is considered severe and chronic in nature.

Reasonable Accommodation—Changes in a work environment that allow a person with a disability to more easily apply for, or perform the duties of, a job. These adjustments, frequently inexpensive, allow a person with a disability to have the same benefits of employment as a person without a disability.

Self-Advocate—Those individuals who have chosen to assert their right to choose what is best for them.

Self-Determination—Practicing self-determination means the individual makes the decisions about his or her life, supports and how his or her budgeted funds are spent.

SSI/SSDI—Acronyms for Social Security disability benefits. Social Security Disability Insurance (SSDI) provides cash benefits to insured workers who meet the definition of disability. It also provides for their eligible dependents. Supplemental Security Income (SSI) provides monthly cash benefits to children and adults who meet income and resource guidelines and are disabled. More information can be found at www.ssa.gov.

Supported Employment—Provides assistance for people who are working jobs in the community. The help can be in the form of job coaching, educating co-workers or negotiating with employers to help the person be as independent as their abilities allow.

Transitioning Youth—A youth between the ages of 14 and 25. Transition planning begins at age 14 in the school system, specifically within the IEP process, and continues through the school exit. The process of transitioning to the post-school “adult” world typically continues through age 25 and sometimes beyond.

Vocational Rehabilitation—Programs designed to help individuals with disabilities enter or re-enter gainful employment.