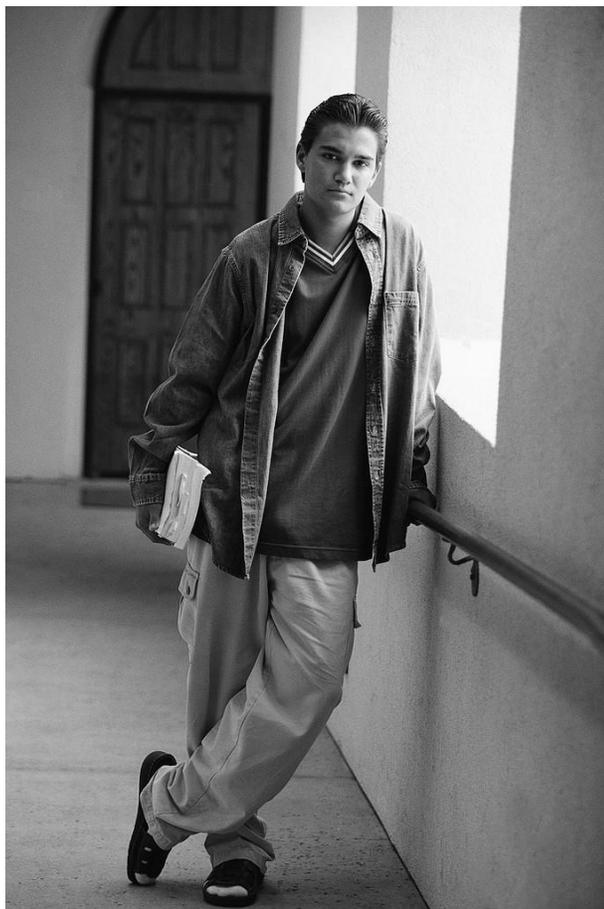


# Region Five

## Transition Guide



Serving North Dakota  
counties of:

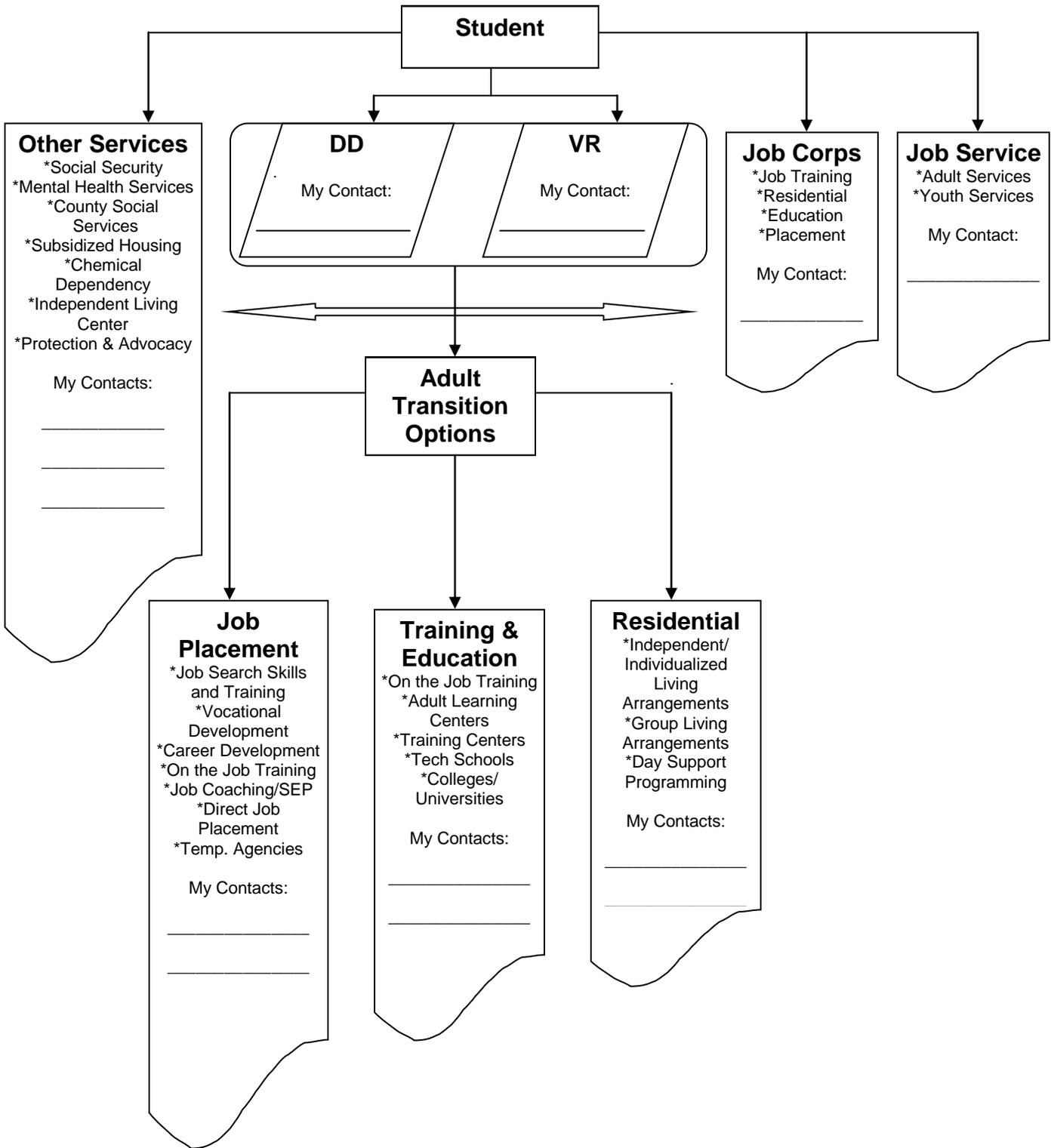
**Cass**  
**Ransom**  
**Richland**  
**Sargent**  
**Steele**  
**Trill**







## Transition Overview



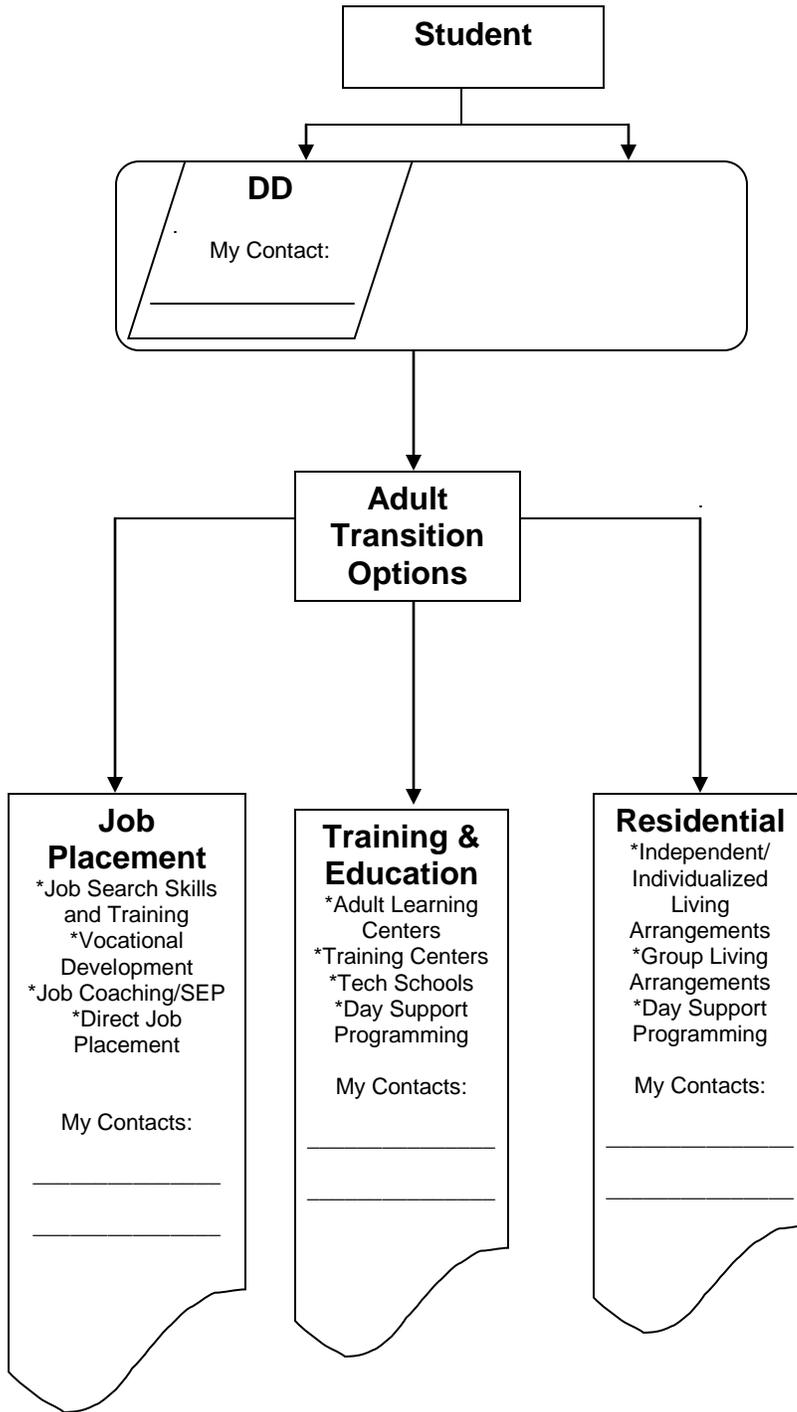
***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***



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**Developmental Disabilities (DD) Case Management**



***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***

## ***Developmental Disabilities (DD) Case Management***

Developmental Disabilities (DD) Case Management is part of the North Dakota Department of Human Services. A DD Case Manager can serve as a starting point to help people with developmental disabilities in finding and getting needed services. Participation in DD Case Management is voluntary. In order to be eligible for DD services, a person must meet the following criteria:

- Have an intellectual disability due to a physical or mental impairment (other than mental illness) or combination of both;
- Substantial limitations in three or more major life areas (self-care, learning, language, self-direction, mobility, economic sufficiency, and independent living);
- The disability manifests itself before age 22 and will likely continue indefinitely.

**It is important to note that in addition to meeting the eligibility criteria, a person must have Medicaid (Medical Assistance) in order to receive nearly all DD funded services.**

DD Case Management services include:

- Information and referral for important services such as social, medical, educational and vocational options;
- Referral and access to residential supports and employment supports;
- Consultation (for example, attending IEP meetings).

Some additional services for people under 21 include:

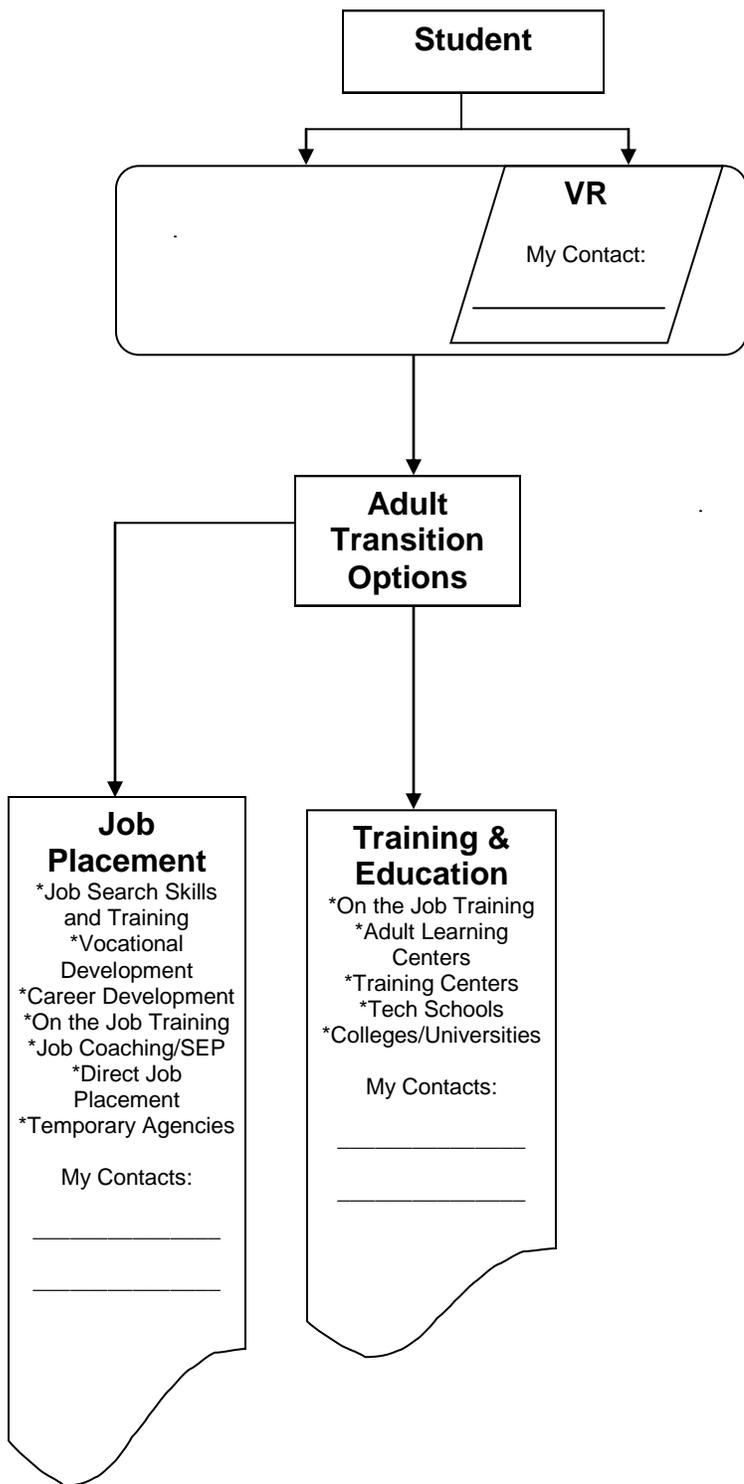
- In home supports for youth who are not safe to be left unattended;
- Reimbursement of some expenses related to the youth's disability.

### **Contact Information:**

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4500  
Toll Free: 1-888-342-4900



**Vocational Rehabilitation (VR)**



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## ***Vocational Rehabilitation (VR)***

Vocational Rehabilitation (VR) is part of the North Dakota Department of Human Services. This program started during World War II to help the returning soldiers find employment. VR is still an employment-based program but has expanded to serve a wider range of individuals. VR can assist people with all types of disabilities to find and maintain employment as long as a person meets the following three eligibility criteria:

- Must have a documented physical or mental impairment
- The impairment is considered a substantial impediment to employment
- Vocational Rehabilitation services are needed in order to secure and maintain employment

In the transition process, a VR representative can be invited to attend an Individualized Educational Plan (IEP) meeting by the student, LD instructor, parents, or advocacy organization. A written release of information must be completed by the student before VR can attend an IEP meeting. Students should apply for VR services during their junior year of high school. It is important to note that the phrase *junior year* is dependent upon the student's graduation date. Therefore, a student who remains in school until the age of 21 will generally not have a case opened until a year before they graduate (i.e. at age 19 or 20).

Services are offered in 6 broad categories:

- **Evaluation:** medical, psychological, education and/or work assessments.
- **Vocational Guidance and Counseling:** interest testing, evaluations of strengths and abilities, exploration of different fields of interest and labor market information.
- **Training:** on the job training (OJT), job coaching/supported employment (SEP), job mentoring, academic training programs.
- **Employment:** resume writing, interview strategies, job referral, placement and follow-up services.
- **Accommodations:** adaptive aids, assistive technology, accessibility and worksite evaluations, ADA issues.
- **Restoration:** medical or psychological treatment, orthotic and prosthetic devices and other types of accommodations.

It should be noted that all VR services must be *employment related*. Also, services are time limited and are individualized according to each student's situation.

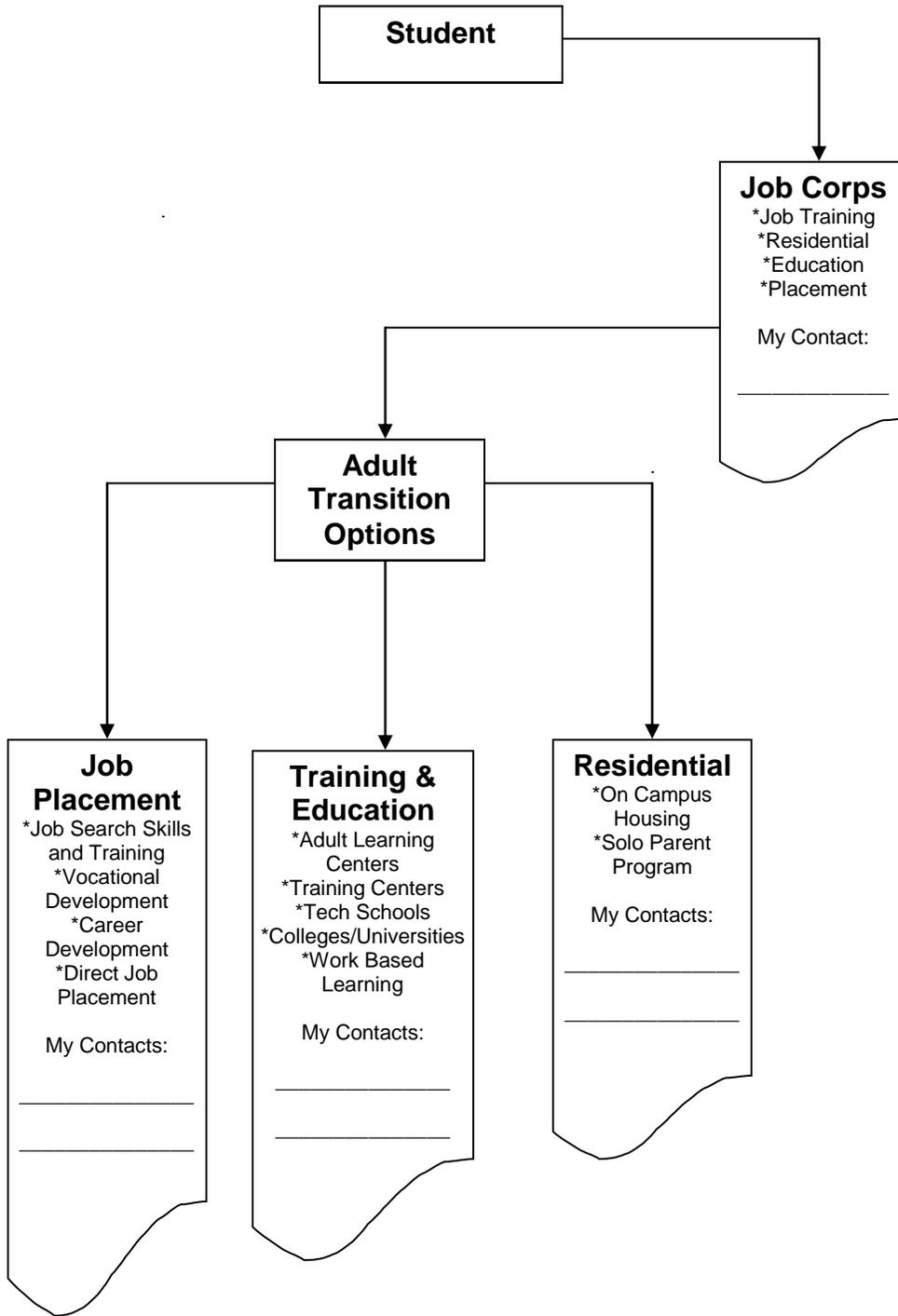
### **Contact Information:**

<http://www.nd.gov/dhs/business/rehabconsult/publications.html>

Rehabilitation Consulting & Services  
(North Dakota Vocational Rehabilitation)  
2624 9<sup>th</sup> Ave SW  
Fargo, ND 58103  
(701) 298-4500  
(888) 342-4900

Counties served by the above office: Cass, Traill, Steele, Richland, Ransom, Sargent

**Job Corps**



***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***

## ***Job Corps***

The Quentin N. Burdick Job Corps Center, in Minot, ND, is a federally funded residential and vocational center that offers training at no charge to its participants. Job Corps is a nationwide program that has served the country for over forty years. Quentin N. Burdick, a former North Dakota senator, brought the program to North Dakota in 1994.

Job Corps provides a way for students to get their high school or general education diploma (GED) in a non-traditional setting. Job Corps also offers several trade programs for students who are working on their diplomas or who have already graduated from high school. These trade programs include:

- Carpentry
- Facilities Maintenance
- Auto Repair
- Welding
- Health Occupations Training
- Food Service/Culinary Arts
- Medical Office Support
- Office Administration
- Computer Repair and Networking

Students can enroll in Job Corps at any time during the year. The program is self-paced and students have up to two years to complete a trade program. Students may choose to participate in a Work-Based Learning Program that provides hands-on training in an actual workplace. Additionally, students who have completed their training have the opportunity to continue their education at Minot State University with assistance from Job Corps.

To be eligible for Job Corps, students must be between the ages of 16 and 24 and meet one of the following criteria:

- Have a qualifying disability
- Have an Individual Education Plan (IEP)
- Meet certain income guidelines

Job Corps also offers a Solo Parent Program, which allows single parents to go to school while providing single parent housing and daycare services.

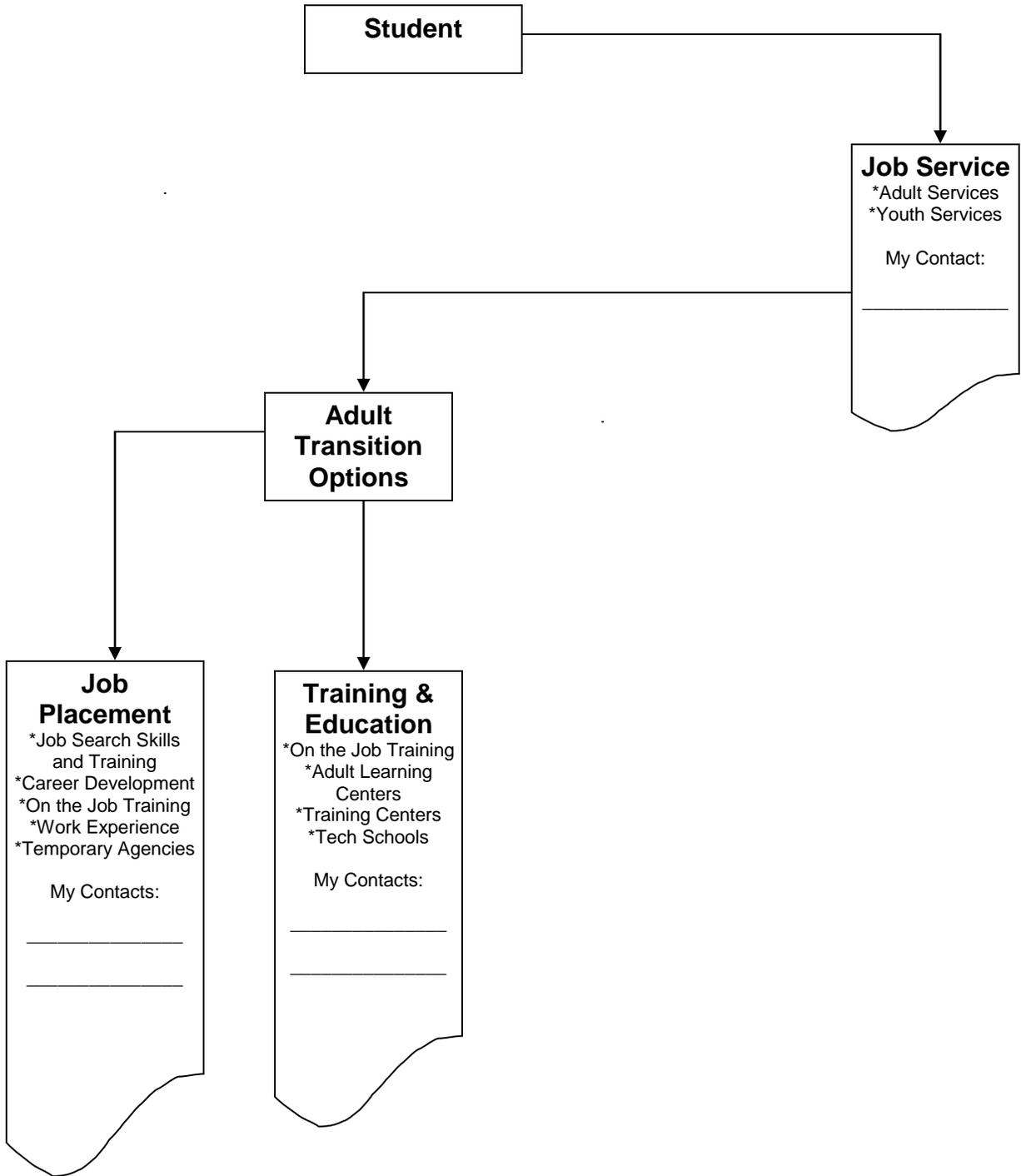
### **Contact Information:**

Quentin N. Burdick Job Corps Center  
1500 University Avenue West  
Minot, ND 58703  
(701) 857-9600  
[www.burdickjobcorps.com](http://www.burdickjobcorps.com)

In Southeast North Dakota (including Fargo-Moorhead) call:  
(701) 234-1714



**Job Service North Dakota**



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## ***Job Service North Dakota***

Job Service North Dakota (JSND) provides services to job seekers and employers designed to meet the current and future needs of the state of North Dakota. Services are offered in the following areas:

- **Resource centers:** The resource centers are furnished with computers and internet access to assist customers in searching for employment, preparing resumes and applications, and interest and proficiency assessments. JSND offers workshops to assist with job seeking activities. Customers can receive assistance and tools are available for career planning, learning about the local, state, and national labor markets, and projections regarding future occupational openings and wages.
- **Skills Assessment and Development:** Customers can assess math, reading, and other skills using a program called Keytrain. This tool is also designed to help individuals improve these skills by completing lessons assigned based on a pretest score. Customers can also test these skills and demonstrate proficiency to prospective employers using the WorkKeys program. Assistance and referral for training in keyboarding and software skills may also be available.
- **Vocational Skills Training:** It may be possible to attend a post-secondary institution, a specialized short-term classroom program, or participate in an on-the-job training program to gain job skills. Training is available in a variety of high wage occupations where there is a high demand for workers. Workforce programs may be able to assist with a portion of the training expenses if a customer meets program eligibility criteria.
- **Youth Program:** The Youth Program is designed to assist eligible youth under the age of 22 in reaching educational and career goals. Activities may include: educational assistance; alternative secondary school choices; summer employment opportunities; paid or unpaid work experiences, internships or job shadowing; occupational skill training; and career planning. Eligibility for the youth program is based on a variety of criteria which include income, education, employment status, or other circumstances.
- **Adult Program:** Specialized services are available for eligible adults over the age of 18 in locating employment opportunities or improving their current work situation. Eligibility is based on a variety of criteria which include income, job layoffs or business closures, or other barriers to employment.

**For more information:** <http://www.jobsnd.com>

Job Service North Dakota (Fargo)  
1350 32<sup>nd</sup> St S  
Fargo, ND 58103  
(701) 239-7300

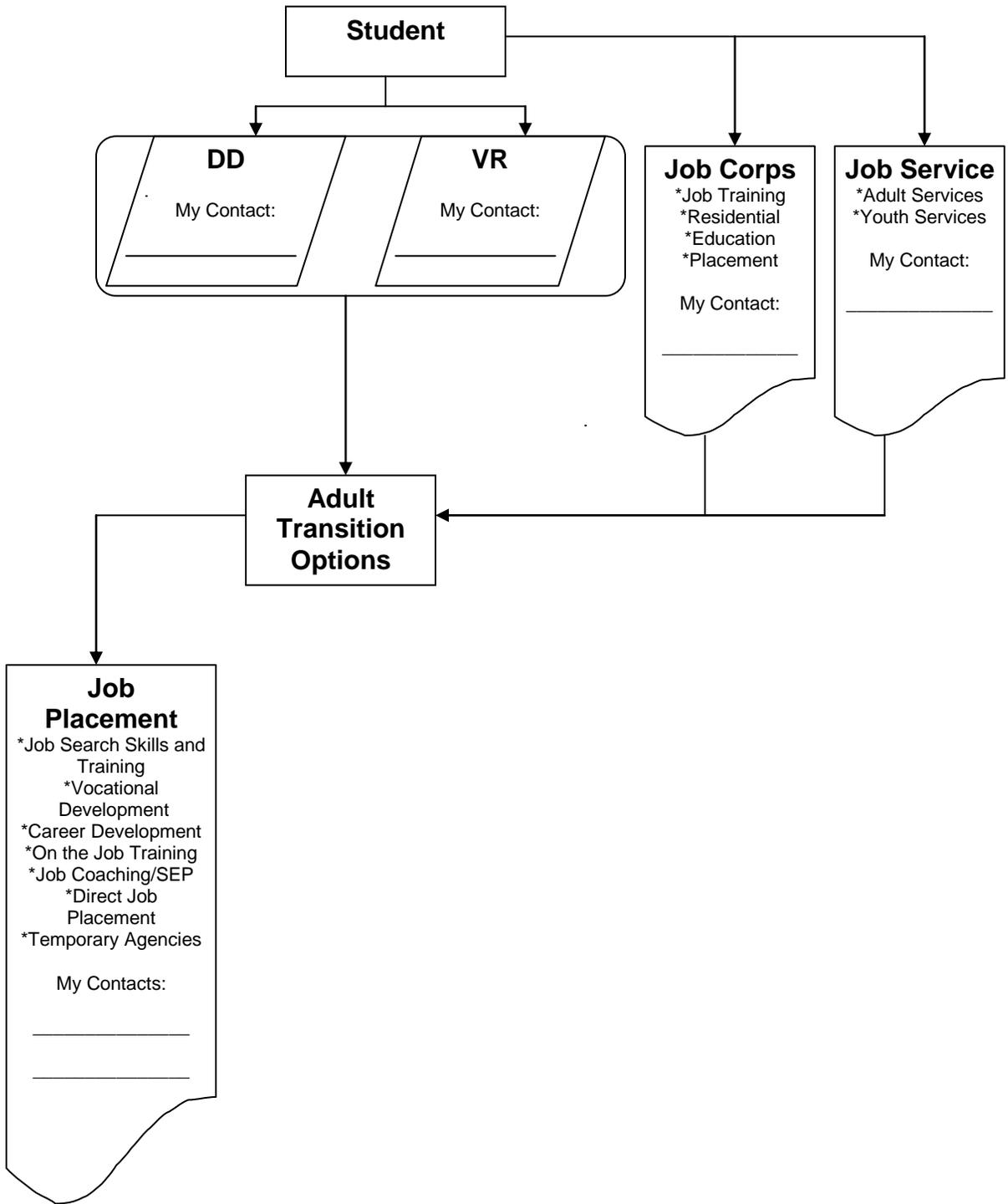
Job Service North Dakota (Valley City)  
325 2<sup>nd</sup> St NW  
Valley City, ND 58072  
(701) 845-8860

Job Service North Dakota (Jamestown)  
1307 12<sup>th</sup> Ave NE, Ste 3  
Jamestown, ND 58402  
(701) 253-6200

Job Service North Dakota (Wahpeton)  
524 2<sup>nd</sup> Ave N  
Wahpeton, ND 58075  
(701) 671-1550

Job Service North Dakota (Grand Forks)  
1501 28<sup>th</sup> Ave S  
Grand Forks, ND 58201  
(701) 795-3700

**Job Placement**



***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***

## ***Job Placement Options***

There are a variety of job placement options available through different agencies for students transitioning out of high school. Students may choose to take advantage of any of the opportunities listed below or find their own employment within the community.

**Job Search Skills and Training:** Workshops are available at Job Service North Dakota that covers topics such as: searching for job opportunities, interviewing, resume writing, and filling out job applications.

**Vocational Development:** Vocational Development programs are short term individualized employment programs based on the individual's desires and needs. An emphasis is placed on basic employment skills and training. Individuals can be evaluated in skill areas such as: the ability to get to work on time, completing assigned tasks, teamwork, hygiene, and ability to work under supervision. A wage may or may not be paid for work performed during this assessment process.

**Career Development:** Assessments are available at different agencies to help students identify their work interests, values, abilities, and aptitudes. These assessments may be computer-based or paper/pencil format. Tutorials are available at Job Service North Dakota for basic computer skills such as typing, data entry, and ten-key as well as Microsoft software programs. Accommodations for most of these assessments can be provided upon request.

**On-the-Job Training (OJT):** On-the-job training programs allow students the opportunity to learn a new skill or job by working rather than by attending school. Students are assisted in locating local employers to train for a permanent position. Employers are reimbursed a percentage of the costs involved in training the individuals. A referral must be made from an agency such as Vocational Rehabilitation or Job Service North Dakota for funding for an OJT.

**Supported Employment/Job Coaching (SEP):** Supported employment helps individuals with disabilities find and maintain competitive employment within the community. After employment is obtained, job coaches are provided to work with and teach the worker the skills needed to keep his/her job. Supports are provided on an individualized basis and can be long term in nature. A referral must be made from an agency such as Vocational Rehabilitation, DD Case Management or Mental Health Case Management for Supported Employment funding.

**Direct Job Placement:** Direct job placement offers assistance to individuals with disabilities in obtaining employment. Job coaching support is limited to short term training only as workers placed directly on the job already have many of the skills required to successfully maintain employment.

**Temporary Employment Agencies:** Temporary employment agencies assist job seekers in finding employment through several methods: day labor, temporary employment, temporary-to-permanent employment, and direct hire. Area businesses contract with employment agencies to recruit and hire employees based on their current staffing needs. A listing of employment agencies can be found in your local telephone directory yellow pages or from Job Service North Dakota.

If interested in any of the above opportunities, contact your case manager for further information or referral to area service providers.



## ***Self-Disclosure & Employment***

Understanding disclosure is important as students transition from high school to employment. When students enter the workforce, the Individuals with Disabilities Education Act (IDEA) no longer applies. Instead, the Americans with Disabilities Act (ADA) and the Rehabilitation Act protect workers from disability-related discrimination and provide access to employment opportunities. Both of these laws require that qualified applicants and employees with disabilities be provided with reasonable accommodations, but **only if an individual discloses their disability and need for accommodations to the employer.**

***This is the time that an individual needs to become their own advocate.***

### **When to disclose a disability**

- Before the job interview if you think you may need accommodations to complete the interview process
- At the interview
- Before any drug testing for illegal drugs, you may want to disclose any prescription medications you are currently taking
- After the job has been offered
- During the course of employment
- Never

### **What to disclose about a disability**

- General information about the disability
- How the impairment impacts the ability to perform the essential functions of the job
- Types of accommodations that have been effective in the past
- Types of accommodations anticipated in performing key job tasks

### **Disclosure Rights and Responsibilities**

*Workers with disabilities are entitled to:*

- Disability information treated as confidential and with respect
- Gather information about any employer's hiring practices
- Decide to disclose a disability at any time throughout the employment process
- Considered for a job based on skills and abilities

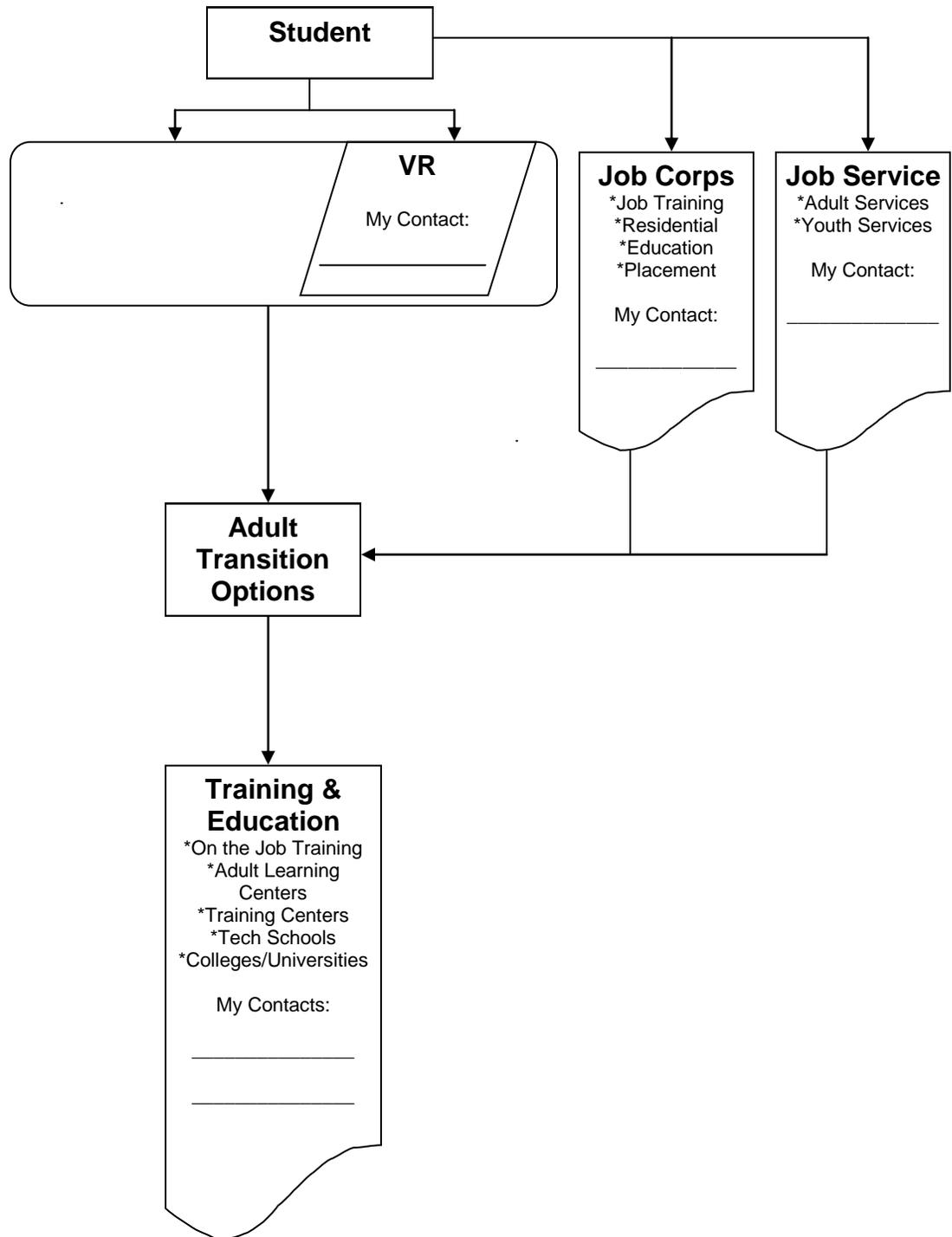
*Workers with disabilities are responsible for:*

- Disclosing information about the disability and the need for any work-related accommodations
- Openly discuss all skills and abilities related to the essential functions of the job
- Be honest, self-determined, and proactive in advocating for accommodations.

### **How to Disclose a Disability**

- Disclose information regarding the disability on a "need-to-know" basis
- Only provide details as they apply to the need for work-related accommodations
- Discuss disability and accommodation needs with a supervisor or human resources department representative

**Training & Education**



***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***

## ***Training and Education Options***

**On-the-job Training (OJT):** On-the-job training programs allow students the opportunity to learn a new skill or job rather than attend school. Students are assisted in locating local employers to train for a permanent position. Employers are reimbursed a percentage of the costs involved in training the individual. A referral must be made from an agency such as Vocational Rehabilitation or Job Service North Dakota for funding for an OJT.

**Adult Learning Centers:** Adult Learning Centers provide services designed to help individuals increase knowledge and improve basic skills such as reading, writing, English language usage, and GED preparation. Many Adult Learning Centers also offer short term occupational training in areas such as basic computer skills and certified nursing assistant classes. Students will want to check with each learning center in their area to determine what specific training programs are available.

**Training Centers:** Short term occupational training can be obtained through training centers. Training centers are not associated with post-secondary schools and offer training in specific occupations such as welding, certified nursing assistant, truck driving, or computer courses. Training centers may also offer supported employment services and assistance with obtaining and maintaining a job.

**Vocational and Technical Schools & Community Colleges:** Vocational and Technical Schools and Community Colleges are post-secondary schools that provide training opportunities ranging from short term certificate programs to two-year diploma programs (A.A., A.S. and A.A.S. degrees). Training programs at these schools are typically designed to provide specific occupational skills and knowledge.

**Colleges and Universities:** Colleges and universities offer long term classroom training ranging from a two-year degree to a graduate degree based on the size of the institution. Programs vary widely among schools and training can be obtained in a specific career field or a generalized area such as "Liberal Arts".

### **How do I pay for training?**

The following options may be available to help students in funding their training program:

- Federal Student Financial Aid (FAFSA)
- Self-pay or private loans through lending institutions
- Scholarships and grants
- Agencies such as Vocational Rehabilitation, Developmental Disabilities, or Job Service North Dakota may have funding for training available based on program eligibility criteria.

**Some programs and training providers may require a funding source be in place and have funding approved prior to accessing services and programs.**



## ***Self-Disclosure and Requesting Accommodations for Higher Education***

Understanding disclosure is especially important as students transition from high school to postsecondary education systems. In this transition process, students are leaving a system where they are entitled to receive services, and entering another where they may be eligible for reasonable accommodations if they have a documented disability, make their needs for accommodations known, and if they are covered by the law.

To receive accommodations in postsecondary school, information about the disability must be shared, or disclosed, with the relevant personnel. Disclosure means that students with disabilities share personal information about their disability for the specific purpose of receiving accommodations. There is no standard form or set of requirements regarding what people must share about their disabilities. Thus, the student will need to decide what, if anything, he or she wants to reveal. Unlike in grades K-12, it is a student's responsibility to personally disclose his or her disability to someone who has the authority to provide accommodations.

### **When to disclose a disability**

- Prior to enrollment
- At the time of enrollment
- After being diagnosed with a disability
- At any time during the course of the educational process.

### **What to disclose about a disability**

- Information about the disability, including assessments and documentation of the disability
- Types of academic accommodations that have been used in the past
- Types of academic accommodations that are anticipated in the postsecondary setting
- Assistive technology that may be needed after high school

### **Students should be able to describe how their disability affects the following aspects of learning:**

- Classes (lectures, laboratory, web-based classes, collaborative groups)
- Assignments (reading, writing, calculating, keyboarding, library work)
- Communication (speaking, listening, using phones and e-mail)
- Evaluation (tests, papers, oral reports, group presentations, projects)
- Time constraints (timed tests, deadlines, assignment due dates)
- Attendance (class, required activities, residential living requirements)

### **How students can disclose their disability:**

- Contact the disability support services office located on campus to discuss the impact of the disability on learning and to arrange accommodations.

***Transition from High School to College***

As a student transitions from high school to college, a student with a disability should not assume the accommodations and services provided in high school will be identical to those offered at the college level. Colleges and universities are responsible to provide equal access to the learning environment for individuals with disabilities. Access is provided through approved reasonable accommodations that are based on the functional limitations of the disability. Equal access does not necessarily mean “same” access.

***Differences between High School and College***

<b><i>In high school, the school has the responsibilities which include the following:</i></b>	<b><i>Responsibilities for colleges and universities change as follows:</i></b>
Identify students with disabilities and involve parents/guardians in placement decisions.	Provide access for students with disabilities who self -identify, meet the Americans with Disability Act (ADA) definition of disability and the college or university's criteria for admission. Access is provided through reasonable and appropriate accommodations, academic adjustments, and/or auxiliary aids which are determined on a case by case/course by course basis. Assure confidentiality of all information pertaining to a student's disability. Promote student self advocacy skills.
Provide assessment of disabilities.	Request a student with a disability provide current documentation completed by a qualified professional to verify the need for reasonable accommodations, academic adjustments, and/or auxiliary aids. Provide referral resources for disability assessments. College and universities are not responsible for testing and identifying a disability.
Classify disabilities according to specified diagnostic categories.	The Americans with Disabilities Act (ADA) definition is used to determine eligibility for services. Student must provide the Disability Services office with current medical or psychological evaluations to verify disability and functional limitations. The college and university will review and revise institutional, programmatic, employment and other policies and procedures to assure that they do not discriminate against qualified individuals with disabilities.

<p>Place students in programs that accommodate the students' needs and structure a large part of the students' weekly schedule.</p>	<p>A student with a disability needs to meet the requisite qualifications and essential technical standards, both academic and institutional, including the student code of conduct. The student is responsible to self structure his/her course schedule and other weekly activities. The student must request the needed accommodation each semester.</p>
<p>Modify educational programs and prepare Individualized Education Plans (IEP's).</p>	<p>Provide access to program and service choices equal to those available to the general public through reasonable accommodations. <i>Reasonable access and accommodations cannot alter the essential content of a course or program, pose a direct threat to the health and safety of others, fundamentally alter the nature of the service provided and/or pose an undue financial hardship or administrative burden on the institution.</i> There are no IEP's or 504 plans at postsecondary. The plans do not follow the student into the college and/or university setting.</p>

Students can access post-secondary education and/or training on their own, or they can access training with the assistance of Vocational Rehabilitation, Job Service, or Job Corps. If college or university education/training is not an option for a student, alternative training may be obtained through On-the-Job Training programs, Adult Learning Centers, and Educational and Vocational Training Centers.



## **Local Training Providers**

### **Adult Learning Centers**

- Fargo Adult Learning Center  
315 N University Dr  
Fargo, ND 58102  
(701) 446-2807  
[www.fargo.k12.nd.us](http://www.fargo.k12.nd.us)
- Moorhead Adult Basic Education  
2410 14<sup>th</sup> St S  
Moorhead, MN 56560  
(218) 284-3400  
[communityed.moorhead.k12.mn.us](http://communityed.moorhead.k12.mn.us)
- West Fargo Adult Learning Center  
109 3<sup>rd</sup> St E  
West Fargo, ND 58078  
(701) 356-2008  
[www.west-fargo.k12.nd.us](http://www.west-fargo.k12.nd.us)
- Evaluation and Training Center  
424 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 241-4858
- F-M Ambulance Service  
2215 18<sup>th</sup> St S  
Fargo, ND 58103  
(701) 364-1750  
[www.fmambulance.com](http://www.fmambulance.com)
- Giving & Learning Program  
5300 12<sup>th</sup> St S  
Fargo, ND 58104  
(701) 237-4700  
[www.givinglearning.org](http://www.givinglearning.org)

### **Training Centers**

- Charism  
622 23<sup>rd</sup> St S  
Fargo, ND 58103  
(701) 241-9385  
[www.charism.org](http://www.charism.org)
- Corvel Corporation  
1321 23<sup>rd</sup> St S Suite A  
Fargo, ND 58103  
(701) 293-6204  
[www.corvel.com](http://www.corvel.com)
- Cultural Diversity Center  
303 Roberts St N  
Fargo, ND 58102  
(701) 526-3000  
[www.culturaldiversityresources.org](http://www.culturaldiversityresources.org)
- Dakota Manufacturing Extension Partnership  
51 N Broadway Suite 505  
Fargo, ND 58102  
(701) 271-9410  
[www.datkotamep.com](http://www.datkotamep.com)
- Dakotas Joint Apprenticeship & Training Committee (Dakotas JATC)  
2901 1<sup>st</sup> Ave N  
Fargo, ND 58102  
(701) 293-1300  
[www.dakotasjatc.org](http://www.dakotasjatc.org)
- Grant's Mechanical, Inc  
3239 15<sup>th</sup> St S  
PO Box 7128  
Fargo, ND 58106  
(701) 232-8891  
[www.grantsmech.com](http://www.grantsmech.com)
- Job Corps (Quentin Burdick Job Corps)  
1500 University Ave W  
Minot, ND 58703  
(701) 234-1714  
[www.burdickjobcorps.com](http://www.burdickjobcorps.com)
- Lynnes Welding Training (Dave's Welding)  
2206 Main Ave E  
West Fargo, ND 58078  
(701) 356-0871  
[www.learntoweld.com](http://www.learntoweld.com)
- Motivation, Education & Training (MET)  
1326 25<sup>th</sup> St SW Suite D  
Fargo, ND 58103  
(701) 241-8442  
[www.metinc.org](http://www.metinc.org)
- Open Door Center (Valley City & Lisbon)  
209 2<sup>nd</sup> St SE  
Valley City, ND 58072  
(701) 845-1124
- Piercing Academy  
1502 Broadway N  
Fargo, ND 58102  
(701) 239-0001  
[www.piercingacademy.com](http://www.piercingacademy.com)

- Productive Alternatives  
715 11<sup>th</sup> St N Suite 201  
Moorhead, MN 56560  
(218) 291-5866
- Professional Training Institute  
3217 Fiechtner Dr SW  
Fargo, ND 58103  
(701) 235-6401
- Red River Human Service Foundation  
701 6<sup>th</sup> St N  
Wahpeton, ND 58075  
(701) 642-2442  
[www.rrhsf.org](http://www.rrhsf.org)
- Self-Sufficiency Center  
201 11<sup>th</sup> St N  
Fargo, ND 58102  
(701) 237-6355
- Ridgewater College - Willmar  
\*Occupational Skills Program  
2101 15<sup>th</sup> Ave NW  
PO Box 1097  
Willmar, MN 56201  
(320) 222-5200  
1-800-722-1151  
[www.ridgewater.edu](http://www.ridgewater.edu)
- Salon Professionals Academy  
1435 University Dr S  
Fargo, ND 58103  
(701) 478-1772  
[www.thesalonprofessionalacademy.com](http://www.thesalonprofessionalacademy.com)
- Sister Rosalind Gefre School of Professional Massage  
1519 1<sup>st</sup> Ave S  
Fargo, ND 58103  
(701) 297-5993  
[sisterrosalind.org](http://sisterrosalind.org)

### **Vocational & Technical Schools**

- Central Lakes College – Brainerd  
\*Occupational Skills Program  
501 W College Dr  
Brainerd, MN 56401  
(218) 855-8000  
[www.clcmn.edu](http://www.clcmn.edu)
- Ingenu Beauty School  
1024 Center Ave  
Moorhead, MN 56560  
(218) 236-7201
- Josef's School of Hair Design  
627 NP Ave  
Fargo, ND 58102  
(701) 235-0011  
[www.josefsschoolofhairdesign.com](http://www.josefsschoolofhairdesign.com)
- Moler Barber College of Hair Styling  
16 8<sup>th</sup> St S  
Fargo, ND 58103  
(701) 232-6773  
[molerbarbernd.college-info.com](http://molerbarbernd.college-info.com)
- Park Avenue School of Cosmetology  
306 Main Ave S  
Park Rapids, MN 56470  
(218) 237-2260  
[www.parkavenuecosmetology.com](http://www.parkavenuecosmetology.com)
- Skills & Technology Training Center  
1305 19<sup>th</sup> Ave N  
Fargo, ND 58102  
(701) 231-6900  
[www.trainfargo.com](http://www.trainfargo.com)

### **Community Colleges**

- Minnesota State Community & Technical College  
1900 28<sup>th</sup> Ave S  
Moorhead, MN 56560  
(218) 299-6500  
[www.minnesota.edu](http://www.minnesota.edu)
- North Dakota State College of Science  
800 6<sup>th</sup> St N  
Wahpeton, ND 58086  
(701) 671-2191  
[www.ndscs.nodak.edu](http://www.ndscs.nodak.edu)
- Rasmussen College  
4012 19<sup>th</sup> Ave SW  
Fargo, ND 58103  
(701) 277-3889  
[www.rasmussen.edu](http://www.rasmussen.edu)

## **Colleges & Universities**

- Concordia College  
901 S 8<sup>th</sup> St  
Moorhead, MN 56560  
(218) 299-4321  
[www.cord.edu](http://www.cord.edu)
  
- Mayville State University  
330 3<sup>rd</sup> St NE  
Mayville, ND 58257  
(701) 786-4770  
[www.mayvillestate.edu](http://www.mayvillestate.edu)
  
- Minnesota State University – Moorhead  
1104 7<sup>th</sup> Ave S  
Moorhead, MN 56560  
(218) 477-4000  
[www.mnstate.edu](http://www.mnstate.edu)
  
- North Dakota State University  
1600 University Dr  
Fargo, ND 58102  
(701) 231-8011  
[www.ndsu.nodak.edu](http://www.ndsu.nodak.edu)
  
- University of Mary (Fargo location)  
1351 Page Dr S  
Fargo, ND 58103  
(701) 232-7088  
[www.umary.edu](http://www.umary.edu)
  
- University of North Dakota – Fargo Center  
1919 N Elm  
Fargo, ND 58102  
(701) 293-4186  
[www.undfargo.und.edu](http://www.undfargo.und.edu)
  
- Valley City State University  
101 College St SW  
Valley City, ND 58072  
(701) 845-7297  
[www.vcsu.edu](http://www.vcsu.edu)

## **Other Resources**

- Federal Student Financial Aid Application  
[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

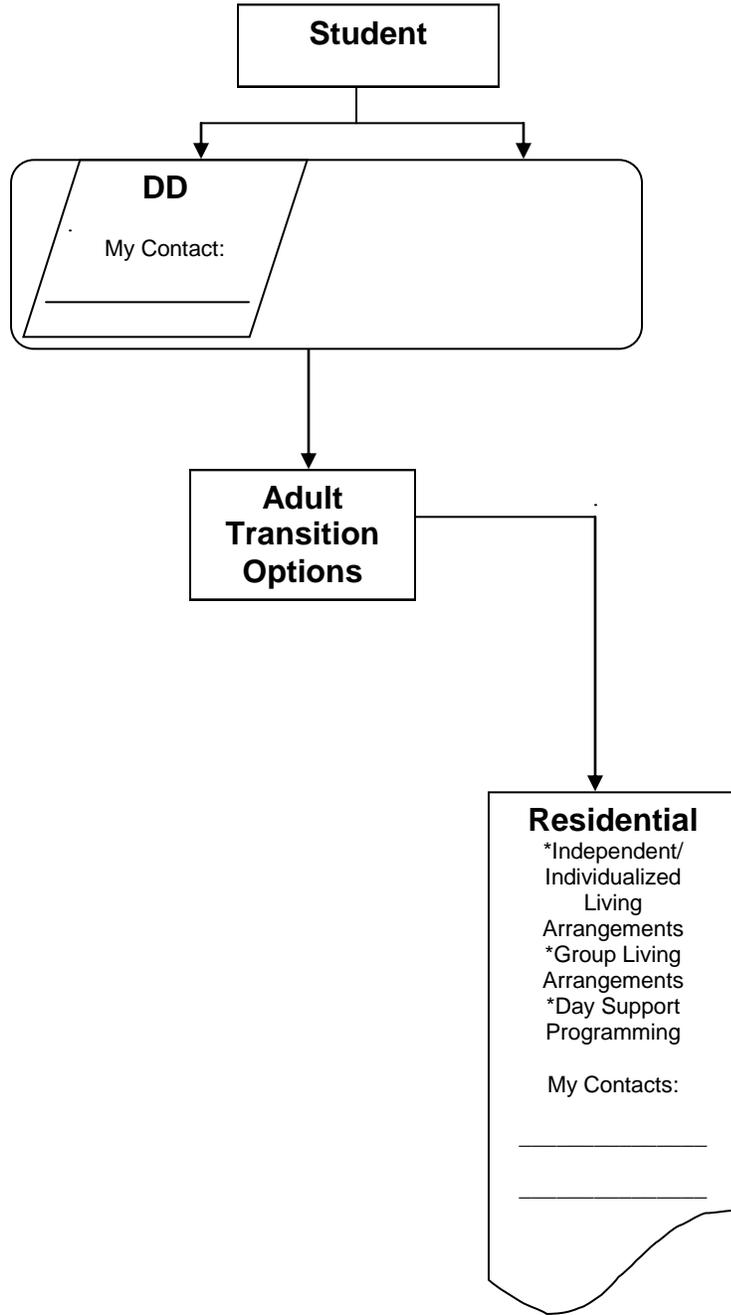
\*may also be able to access the federal student financial aid application through your college's website under the "Financial Aid" link

## **Disability Support Services Information**

- Concordia College  
Disability Services  
(218) 299-3514
  
- Mayville State University  
Academic Support Services  
(701) 788-4720
  
- Minnesota State Community and Technical College  
Disability Services  
(218) 299-6514
  
- Minnesota State University – Moorhead  
Disability Services  
(218) 477-5859
  
- North Dakota State College of Science  
Disability Support Services  
(701) 671-2623
  
- North Dakota State University  
Disability Services  
(701) 231-8463
  
- University of Mary – Fargo  
Disability Support Services  
(701) 353-8264 (Bismarck)
  
- University of North Dakota – Fargo Center  
Disability Services for Students  
(701) 777-3425 (Grand Forks)
  
- Valley City State University  
Student Academic Services  
(701) 845-7302



**Residential Services**



***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***

## ***Residential Services***

Residential services are individualized community based living services that can range from minimal support to 24 hour care. Services are developed with the DD Case Manager to meet the specific needs of the person and to maximize self-esteem, self-sufficiency and integration into the community. Services typically include assessments, training, and monitoring in areas such as:

- **Home Care**
- **Personal Care**
- **Nutrition/Cooking**
- **Health/Medical Maintenance**
- **Money Management**
- **Mobility Skills**
- **Social Skills**
- **Accessing Benefits**
- **Advocacy**

When a student is considering residential services, there are a variety of options available. Three common options are SLA, ISLA and MSLA.

- **SLA (Supported Living Arrangement)** - residential supports for individuals living in their own home or apartment setting. It may include instruction in budgeting, shopping, laundry, etc. Support is provided on an intermittent basis and is generally less than 20 hours per month
- **ISLA (Individualized Supported Living Arrangement)** – individualized support s designed to help individuals achieve their goals. The level of support provided will vary based on the person’s needs. Services may include assistance with cooking, cleaning, and budgeting.
- **MSLA (Minimally Supervised Living Arrangement)** – this living arrangement offers 24 hour support from staff. A person participating in MSLA will have one or more roommates. Each person receives continuous support designed to assist him/her in developing the skills necessary to live independently and pursue their personal interests.

Individuals who have residential support services may also receive case management services through their residential service provider. These case management services may include:

- Assistance with accessing benefits
- Dealing with Social Security issues
- Assistance with money management
- Representative Payee services
- Assistance in arranging housing or dealing with housing issues
- Counseling on personal issues
- Advocating for the individual’s or family’s service requests

Residential services are paid for through Medicaid or private payment arrangements. Contact your DD Case Manager to determine your eligibility for residential support services, referral to local providers, and payment options.

### **Local Provider Information:**

Community Living Services, Inc.  
111 N University Dr  
Fargo, ND 58102  
(701) 232-3133

Friendship, Inc  
801 Page Dr  
Fargo, ND 58103  
(701) 235-8217

Fraser, Ltd  
2902 S University Dr  
Fargo, ND 58103  
(701) 232-3301

Red River Human Services  
2506 35<sup>th</sup> Ave SW  
Fargo, ND 58104  
(701) 235-0971

**Adult Services**

**Student**

**Other Services**

- \*Social Security
- \*Mental Health Services
- \*County Social Services
- \*Subsidized Housing
- \*Chemical Dependency
- \*Independent Living Center
- \*Protection & Advocacy

My Contacts:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***This all begins with you understanding what your disability is and how it affects you in work, daily living, and education.***

## **Social Security**

Cash benefits may be available to individuals who have a disability and are unable to work. Benefits need to be applied for through the Social Security Administration. The application requires you to provide information about your medical condition, education, and work history. Once the application is submitted, it can take several months to receive an approval or denial of disability benefits.

Social Security pays disability benefits under two different programs:

- The Social Security Disability Insurance (SSDI) program pays benefits to you and qualifying family members if you worked long enough and paid Social Security taxes.
- The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial guidelines.

To be eligible for SSI or SSDI a person must be determined by Social Security to be medically disabled and unable to work under Social Security rules. A person's disability must be expected to last at least 12 months.

\*\*\*If you are on SSI prior to age 18, you will need to reapply for benefits when you turn 18. Social Security uses different eligibility criteria for adults than it does for children. Case managers and staff at Centers for Independent Living can assist individuals in applying for Social Security benefits.

### **Contact Information:**

Social Security Administration  
657 2<sup>nd</sup> Avenue North  
Fargo ND 58102  
701-239-5607  
TTY 701-239-5020

Rehab Inc.  
3350 35<sup>th</sup> Ave S  
Fargo, ND 58104  
(701) 478-9122  
1-866-912-9122

Social Security Administration  
402 DeMers Avenue  
Grand Forks, ND 58201  
701-772-5518  
TTY 1-800-325-0778



## ***Mental Health Services***

Individuals seeking mental health services can find a large variety of service providers designed to meet their needs. Services may include, but are not limited to:

- **Individual Counseling**
- **Group Counseling**
- **Family Counseling**
- **Alcohol and Drug Addiction Counseling**
- **Social Skills Training\*\***
- **Case Management Services**
- **Psychological Services**
- **Psychiatric Services**
- **Medication Management & Review Services**

Mental health services may be paid for through Medicare, Medicaid, personal health insurance, on a sliding-fee scale, or private pay.

### **Contact Information:**

\*There are many mental health providers located within our community. This list is to be used only as a starting point to access services and should not be viewed as a comprehensive list of providers.

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4500

Knowlton O'Neill & Associates  
1401 13<sup>th</sup> Ave E  
West Fargo, ND 58078  
(701) 364-0060

Prairie at St. John's  
510 4<sup>th</sup> St S  
Fargo, ND 58103  
(701) 476-7216

Solutions Behavioral Healthcare Professionals  
891 Belsly Blvd  
Moorhead, MN 56560  
(218) 287-4338

Meritcare Mental Health Services  
1720 S University Dr  
Fargo, ND 58103  
(701) 461-5600

Innovis Health  
1702 S University Dr  
Fargo, ND 58103  
(701) 364-6260

Fraser, Ltd\*\*  
2902 S University Dr  
Fargo, ND 58103  
(701) 232-3301

\*For a list of other providers, [www.myfirstlink.org](http://www.myfirstlink.org) has a more comprehensive list of mental health services available in our community. FirstLink can also be accessed by calling (701) 235-7335.



## **Social Services**

Social Service offices often serve as the initial point of contact for families who are in need of economic assistance. Social Service offices provide applications and determine eligibility for programs such as

- **Economic Assistance Programs**
  - ❖ Food Stamps
  - ❖ Temporary Assistance to Needy Families (TANF)
  - ❖ General Assistance
  - ❖ Low Income Home Energy Program (LIHEAP)
  - ❖ Medical Assistance
  - ❖ Child Care Assistance
- **Family Services**
  - ❖ Intensive In-home Services
  - ❖ Family Case Management Services
  - ❖ Supervised Visitation
  - ❖ Unwed Parent Program
  - ❖ Parent Aide Services
- **Adult Services**
  - ❖ Adult Protective Services
  - ❖ Adult Day Care
  - ❖ Chore Services
  - ❖ Non-medical Transportation
  - ❖ Personal Attendant Care
- **Information and Referral** - assistance is provided for individuals in areas such as employment, training, housing, transportation, legal, financial, medical, mental health services, or other public or private human services.

Food Stamps, Temporary Assistance for Needy Families (TANF), heating assistance, Medicaid, children's health services, basic care assistance, child care assistance, home and community-based services and supports for the elderly and individuals with disabilities, personal care assistance, and child welfare programs (foster care, child protection services, child care licensing, and related services). Social Services can also provide referrals to other local resources and programs when appropriate.

### **Contact Information:**

Cass County Social Services  
1010 2<sup>nd</sup> Ave S  
Fargo, ND 58103  
(701) 241-5761  
TTY: (701) 239-6784

Ransom County Social Services  
205 4<sup>th</sup> Ave W  
Lisbon, ND 58054  
(701) 683-5661

Richland County Social Services  
413 3<sup>rd</sup> Ave N  
Wahpeton, ND 58078  
(701) 642-7751  
TTY: (701) 724-3302

Sargent County Social Services  
355 Main St S  
Forman, ND 58032  
(701) 724-6241 ext 7  
TTY: (701) 724-3302

Traill County Social Services  
114 West Caledonia Ave  
Hillsboro, ND 58045  
(701) 636-5220

Steele County Social Services  
201 Washington Ave  
Finley, ND 58230  
(701) 524-2584

## ***Public Housing***

### **Housing Authority Owned Properties**

Each Housing Authority has property it owns and rents to individuals who qualify. Rent is based on income and other qualifying criteria and paid to the housing authority. Maintenance of the apartment is the responsibility of the tenant. Individual features vary and may include things like playgrounds, community rooms, exercise rooms, laundry facilities/hookups, off-street parking, close proximity to services such as grocery store medical facility, or staff available on site to assist with a wide variety of services. Homes available to individuals and families vary from one-bedroom apartments to duplexes and single family homes located throughout the community. Eligibility requirements vary and individuals are encouraged to contact their local housing authority to apply.

### **Section 8 Rental Assistance**

Rental Assistance applicants are responsible for finding their own apartment. Apartments rented must fall within certain rent limits. A portion of the monthly rent is paid for by the housing authority and a portion of the rent is paid by the individual. The apartment lease is between the client and the landlord. The landlord is responsible for the maintenance and upkeep of the facility. Properties eligible for Rental Assistance must be located within the local housing authority jurisdiction. Eligibility requirements vary and individuals are encouraged to contact their local housing authority to apply.

### **Contact Information:**

Fargo Housing Authority  
325 Broadway  
Fargo, ND 58102  
(701) 293-6262

Ransom County Housing Authority  
112 1<sup>st</sup> St NE  
Ashley ND 58413-7009  
(701) 288-3645

Cass County Housing  
230 8<sup>th</sup> Ave W  
West Fargo, ND 58078  
(701) 282-3443

Traill County Housing Authority  
16 W Caledonia Ave  
Hillsboro, ND 58045  
(701) 436-5785

Richland County Housing  
230 8<sup>th</sup> Ave W  
West Fargo, ND 58078  
(701) 282-3443

Cooperstown Housing Authority  
\*Serves Griggs, Steele, and Nelson County  
807 Burrell Ave NW  
Cooperstown, ND 58425  
(701) 797-2386

Barnes County Housing Authority  
\*Serves Barnes and Sargent County  
120 12<sup>th</sup> St NW  
Valley City, ND 58072  
(701) 845-2600



## ***Chemical Dependency Services***

Chemical Dependency services provide assistance with helping individuals with alcohol and/or drug addictions obtain and maintain sobriety. There are a variety of different programs available although each has the same primary goal...sobriety. Some of the possible programs available include:

- **Alcohol and Drug Evaluation** – comprehensive evaluations of alcohol and drug use completed to determine the level of recommended treatment.
- **Residential Treatment** – offers support and therapeutic primary treatment within a residential setting.
- **Outpatient Treatment** – designed for individuals who do not need the intensive level of support received within a residential setting but do have a need for ongoing intensive therapeutic treatment.
- **Family Program** – treatment services are provided for an individual's extended family, friends, and/or roommates to assist the individual achieve a healthy recovery.
- **Continuing Care** - offers less intensive addiction services to assist individuals continue the recovery process after completing primary treatment.
- **Transitional Living Centers** – extended living arrangements for individuals that have completed primary treatment but who still wish to have a chemically-free and supported living environment.

### **Contact Information:**

\*There are many chemical dependency treatment providers located within our community. This list is to be used only as a starting point to access services and should not be viewed as a comprehensive list of providers.

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4500

Prairie at St. John's  
510 4<sup>th</sup> St S  
Fargo, ND 58103  
(701) 476-7216

ShareHouse  
4227 9<sup>th</sup> Ave SW  
Fargo, ND 58103  
(701) 282-6561

Drake Counseling Services  
1202 23<sup>rd</sup> St S  
Fargo, ND 58103  
(701) 293-5429

Meritcare Chemical Dependency Services  
1720 S University Dr  
Fargo, ND 58103  
(701) 461-5300

First Step Recovery  
409 7<sup>th</sup> St S  
Fargo, ND 58103  
(701) 293-3384

\*For a list of other providers, [www.myfirstlink.org](http://www.myfirstlink.org) has a more comprehensive list of mental health services available in our community. FirstLink can also be accessed by calling (701) 235-7335.

## ***Centers for Independent Living***

Centers for Independent Living (CILs) are consumer-controlled community-based agencies that provide independent living services designed to assist individuals with disabilities maintain their independence and productivity. CILs also serve as a disability rights organization and provide services at no charge to consumers with disabilities of any age.

Core Services provided by the CILs include the following:

- **Information and Referral** – includes information on disability-related topics, referral to area service agencies and programs, and help in applying for services.
- **Individual Advocacy** – empowering individuals to make decisions and choices in all areas of their lives, as well as assistance in obtaining access to services, programs, or benefits.
- **Independent Living Skills Training** – training areas include budgeting, meal preparation and planning, social skills training, driver's written test training, and personal care.
- **Peer Mentoring** – individuals with disabilities provide support and foster independence for other individuals with disabilities.
- **Systems Advocacy** – include efforts to change local, state, and federal policies; and to assist individuals in obtaining access to facilities, services and opportunities.

Other no cost services available through the CILs may include community education and recreation. The CILs also offer fee-for-services in the areas of access surveys, independent living assessments, telephone sales, and ramp programs.

Centers for Independent Living also offer transition services for students enrolled in secondary education. These services can include advocacy at IEP meetings, peer mentoring, transition planning, and independent living skills training in both individual and group settings.

### **Contact information:**

#### ***Freedom Resource Center for Independent Living, Inc.***

2701 9<sup>th</sup> Ave SW, Suite H

Fargo, ND 58103

V/TTY: (701) 478-0459

Toll free: 1-800-450-0459

Counties: Barnes, Cass, Dickey, LaMoure, Logan, McIntosh, Ransom, Richland, Sargent, Stutsman

#### ***Dakota Center for Independent Living***

3111 E Broadway

Bismarck, ND 58501

V/TTY: (701) 222-3636

Counties: Adams, Billings, Bowman, Burleigh, Dunn, Emmons, Golden Valley, Grant, Hettinger, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, Sioux, Slope, Stark

#### ***Independence, Inc.***

300 3<sup>rd</sup> Ave SW, Suite F

Minot, ND 58701

(701) 839-4724

Counties: Bottineau, Burke, Divide, McHenry, McKenzie, Mountrail, Pierce, Renville, Rolette, Ward, Williams

#### ***Options Interstate Resource Center for Independent Living, Inc.***

318 3<sup>rd</sup> St NW

East Grand Forks, MN 56721

V/TTY: (218) 773-6100

Counties: Benson, Cavalier, Eddy, Foster, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Traill, Towner, Walsh, Wells

### ***Protection and Advocacy Project***

The Protection and Advocacy Project (P & A) is an independent state agency that protects and advocates for the rights of persons with disabilities within established priorities. All eligible individuals are served at no cost, regardless of disability, age, or income status. P & A works exclusively for the person with the disability, with all efforts focused on the expressed interests of the consumer, within his or her legal rights.

P & A will also assist individuals in the advocacy process in order to receive disability-related assistive technology (AT) devices and services. Information and referrals can be made to area AT providers for consumers to determine the services they wish to utilize.

The Protection and Advocacy Project believes that people with disabilities should be empowered to advocate on their own behalf to the greatest extent possible. And individual should have the opportunity to shape his or her own personal destiny. Services provided by P & A shall promote consumer control in the decision-making process and focuses on the empowerment of individuals with disabilities in order to foster independence, productivity, and integration into the community.

#### Contact Information:

*Administrative Office:*  
400 East Broadway, #409  
Bismarck, ND 58501  
(701) 328-2950  
1-800-472-2670  
[www.ndpanda.org](http://www.ndpanda.org)

*Fargo Regional Office:*  
1351 Page Dr, Ste 303  
Fargo, ND 58103  
(701) 239-7222

*Grand Forks Regional Office:*  
311 S 4<sup>th</sup> St, #112  
Grand Forks, ND 58201  
(701) 795-3800

*Jamestown Regional Office:*  
311 1<sup>st</sup> Ave S  
Jamestown, ND 58401  
(701) 253-3295

### ***Acknowledgements***

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