



New Beginnings

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



Family Voices of North Dakota 888-522-9654

New Beginnings on the Internet:

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

Additional Copies:

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

Toll free: 888-522-9654

Questions/Comments:

If you have questions or comments, contact Donene Feist at fvnd@drtel.net

Or  (701) 493-2634

Symbol Key:

 = Telephone number

 = Web site

 = Email address

TTY = Phone for Deaf and Hearing Impaired

 = Phone book



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Introduction

What is New Beginnings?

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

What is in the guide?

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

Are there listings for my city or county?

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

How do I use the guide?

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

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

Call Family Voices of North Dakota

☎1-888-522-9654

and we will be happy to assist you in navigating your way to find the appropriate service or resource for you and your family.



Tips for Getting Answers To Your Questions

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



Don't Give Up

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

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



Keep Notes

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

Keep track of:

- Who you talked with, the phone number, and the date of the call.
- The name of the organization and the information you were given.
- What you and what they agreed to - and by what date.
- Their ideas about other people to contact.
- Ask for a business card. Write down the time and day of your contact and what was done.
- Fax, mail, or email your questions to your doctor before your appointment.
- Try using a Care Notebook, a 3-ring binder for notes and papers, such as the **FVND Care Notebook** at www.fvnd.org



Educate Yourself

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

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



Learn the Language

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

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

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

Listen to the words others use when talking with you:

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



Take Care of Yourself

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

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



Look to Other Families

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

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



Give Feedback and Share What You Find

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

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



Be True to Yourself!

Advocacy and Legal

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

ARC Offices

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

The ARC of North Dakota

☎ (701) 772-6191 ✉ dsheppard@arcuv.com

The ARC of Barnes County

☎ (701) 845-4189 ✉ bigpandmrsg@csicable.net

ARC of Bismarck

☎ (701) 258-7949 ✉ arcbis@midconetwork.com

🌐 www.thearcofbismarck.org

The Little Missouri Arc (Bowman)

☎ (701) 523-3330

ARC of Dickinson

☎ (701) 483-4272 ✉ arcdickinson@ndsupernet.com

ARC of Cass County

☎ (701) 293-8191 ✉ arcadmin@arccassnd.com

🌐 <http://www.arccassnd.com/>

Children's Caucus

- Ensures that all families have access to high-quality developmentally-appropriate early childhood care and education programs. Promotes the healthy development of all children. Supports a juvenile justice system. Ensures children are safe in their homes and communities from all forms of abuse, neglect, exploitation and violence.

☎ 701-224-8090

🌐 <http://www.ndchildren.org/>

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

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

🌐 <http://www.copaa.org>

Dakota Children's Advocacy Center

The Dakota Children's Advocacy Center is a child-friendly setting that coordinates services for children who may have been abused. The process involves a team of professionals from several agencies including law enforcement, social services, prosecution, mental health, medical and advocacy.

☎ 701-323-5626

🌐 <http://www.medcenterone.com/dcac/>

Family Voices of North Dakota

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

☎ 888-522-9654 or (701) 493-2634

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

🌐 <http://www.fvnd.org> (State)

✉ fvnd@drtel.net (state)

Legal Assistance of North Dakota

- Legal Services of North Dakota Serves low income or elderly individuals and has offices in Bismarck, Minot, Fargo, Belcourt and New Town.

☎ 1-800-634-5263 Under age 60

☎ 1-866-621-9886 Age 60+

🌐 <http://www.legalassist.org/>

Legislative

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

🌐 <http://www.legis.nd.gov/>

North Dakota Protection and Advocacy System

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

☎ Bismarck office (701) 328-2950/ (800) 472-2670

☎ Region 1: Williston (701) 774-4345

☎ Region 2: Minot (701) 857-7686 Belcourt (701) 477-5066

☎ Region 3: Devils Lake (701) 665-4426

☎ Region 4: Grand Forks (701) 795-3800

☎ Region 5: Fargo (701) 239-7222

☎ Region 6: Jamestown (701) 253-3295

☎ Region 7: Bismarck (701) 328-2950

☎ Region 8: Dickinson (701) 227-7444

✉ panda@nd.gov

🌐 www.ndpanda.org

North Dakota Disabilities Advocacy Consortium

- The NDDAC is a group of North Dakota organizations interested in advocating for public policy that benefits North Dakotans with disabilities and their families.

☎ 701-231-6040

🌐 <http://www.nddac.org/>

Office of Civil Rights, Division of Disability Rights

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

🌐 <http://www.justice.gov/crt/drssec.php>

Child Care and Respite

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

Child Care Resource and Referral Network

- Child care
 - Resources for child care providers
- ☎ Western North Dakota 800-450-7801 or 888-223-1510
- ☎ Eastern North Dakota 888-778-3435 or 800-452-3646
- ☎ Cass, Traill, and Richland Counties 800-452-3646
- ☎ Stutsman, Barnes, Ransom, Sargent, Steele, Logan, LaMoure, Dickey, Eddy, Griggs, Foster, and Wells Counties 888-77-0350 or 800-452-3646
- 🖥 <http://www.ndchildcare.org/>

North Dakota Association of Community Providers

- The North Dakota Association of Community Providers is a state-wide association whose membership provides a wide range of services for people with disabilities - Developmental, Intellectual, Mental Health, and Physical.
 - Use the below link to help find respite care providers in your community.
- ☎ (701) 222-4778
- 🖥 <http://www.ndacf.org/providers.htm>

Path Inc

- Treatment Foster Care is available to children and youth from birth through age 18 with emotional, behavioral, intellectual, developmental, or medical needs who can benefit from specialized help in a family setting.
 - Respite Foster Care provides temporary childcare to families needing a break from caring for their foster children or their own children. PATH provides a variety of specialized programs and services specific to the needs of the local communities.
- 🖥 http://www.pathinc.org/services_nd.asp

☎ Bismarck	701-224-9611	or	1-800-766-9279
☎ Devils Lake	701-662-4913	or	1-800-766-9389
☎ Dickinson	701-225-3319	or	1-800-766-9351
☎ Fargo	701-280-9545	or	1-800-766-9321
☎ Grand Forks	701-775-7725	or	1-800-766-9356
☎ Jamestown	701-251-9150	or	1-800-766-9363
☎ Minot	701-839-8887	or	1-800-766-9885
☎ Turtle Mt	701-477-0525	or	1-800-303-4961
☎ Williston	701-572-7650	or	1-800-766-9387

Child Development/Early Intervention

In this section you can:

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

Early Intervention Services

- For children with developmental disabilities
- Find services and get case management
- To be found eligible, your child must be under three years of age, a resident of North Dakota, and based on criteria defined in eligibility regulations, found to have developmental delays or a diagnosed condition or combination of factors that puts him at high risk for future delays.

BECEP Early Intervention: Burleigh, Morton, Sioux, Grant, Oliver, Mercer, McLean, Emmons, Kidder & Sheridan Counties

☎ 701-323-4400

K.I.D.S. Program: Stark, Dunn, Billings, Hettinger, Bowman, Slope, Adams, & Golden Valley Counties

☎ 701-483-4394

Lake Region Kids Program: Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner Counties

☎ 701-662-6324

Minot Infant Development: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, and Ward counties.

☎ 701-858-3054

Northeast Regional Kids: Grand Forks, Nelson, Pembina, and Walsh Counties

☎ 701-775-8934

South Central Kids Program: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, and Wells Counties

☎ 701-952-3500

Southeast Kids Program: Cass, Ransom, Richland, Sargent, Steele, & Traill Counties

☎ 701-446-3927

Williston Infant Development: McKenzie, Williams and Divide Counties

☎ 701-774-4600

Early Intervention/Infant Development State Office

☎ 701-328-8953

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

Early Childhood Tracking

New Town (Mandan, Hidatsa, Arikara Nation)	☎ (701)-627-4820
Fort Totten (Spirit Lake)	☎ (701)-766-4070
Fort Yates (Standing Rock Sioux Nation)	☎ (701)-854-3678
Belcourt (Turtle Mountain)	☎ (701)-477-0260

Early Head Start

Educational programs for children birth - three and pregnant mothers.

🌐 <http://www.ndheadstart.com/>

Devils Lake	☎ (701) 665-4431
Dickinson	☎ (701) 227-3010
Fargo	☎ (701) 235-8931
Ft. Yates	☎ (701) 854-7250
Ft. Totten	☎ (701) 766-4070
Grand Forks	☎ (701) 788-4868
Jamestown	☎ (701) 252-1821
Mayville	☎ (701) 788-4781
Minot	☎ (701) 857-4688

Head Start Programs

Education programs for children 3-4 years old

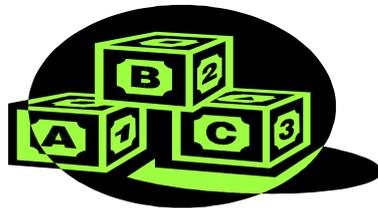
🌐 <http://www.ndheadstart.com/>

Bismarck	☎ (701) 323-4400
Dickinson	☎ (701) 227-3010
Fargo	☎ (701) 235-8931
Grand Forks	☎ (701) 746-2433 Ext. 8-12
Jamestown	☎ (701) 252-1821
Mandan	☎ (701) 667-8668 Ext.168
Mayville	☎ (701) 788-4868
Minot	☎ (701) 857-4688
Towner-	☎ (701) 537-5409
Williston	☎ (701) 572-2346
Ft. Totten -Spirit Lake	☎ (701) 766-4070
Ft. Yates-Standing Rock	☎ (701) 854-7250
New Town-Three Affiliated Tribes-	☎ (701) 627-4820
Belcourt-Turtle Mountain	☎ (701) 477-0260

Right Track Program

- Right Track Consultants can meet with you in the privacy of your own home and can provide: Developmental Screenings; Ideas on stimulating your child's development; and Information and referrals to local, state, and national organizations.

Region 1: Williston	☎ (701) 774-4634
Region 2: Minot	☎ (701) 858-8663
Region 3: Devils Lake	☎ (701)-665-2200
Region 4: Grand Forks	☎ (701)-795-3000
Region 5: Fargo	☎ (701)-298-4606
Region 6: Jamestown	☎ (701) 253-6416
Region 7: Bismarck	☎ (701)-238-8985
Region 8: Dickinson	☎ (701)-227-7630



Community Health

In this section you can find

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

Community Health Clinics

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

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

Community Health Centers in North Dakota

 Northland Community Health Center-Rolette	(701) 246-3391
 Valley Community Health Center/Larimore	(701) 343-6418
 Valley Community Health Center/Northwood	(701) 587-6000
 Family Health Care Center/ Fargo Homeless Health Services	(701) 298-9245
 Family Health Care Center-Fargo Native American Program	(701) 235-6036
 Northland Community Health Center-McClusky	(701) 363-2296
 Coal Country Community Health Center-Beulah	(701) 873-4445
 Coal Country Community Health Center-Center	(701) 794-8798

Home Health Care

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

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

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

Hospice Waiver for Children

- To support families so they can care for their children in their homes as long as possible avoiding lengthy hospital stays and delaying or avoiding institutional care.

 kbarchenger@nd.gov

 1-800-366-6888

Indian Health Service (I.H.S.)

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

 <http://www.ihs.gov>

- Health services and advocacy for American Indians and Alaska Natives

Migrant Health Centers in North Dakota

 Grafton Migrant Health Center (701) 352-4555

 Cass County Public Health (701) 241-8575

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

Public Health Departments in your District or County

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

They help you find Food, WIC, Immunizations, Nurses and other people to help with your child's care.

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

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

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

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

 <http://www.ndhealth.gov/wic/wicoffers.htm>

 1-800-472-2286

Your Hospital

 Look in your phone book under Hospitals

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

Counseling

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

Community Mental Health Centers

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

- Help for people with mental health concerns
- Family counseling

Federation of Families for Children's Mental Health

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

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

☎ Fargo Regional Office (701) 235-9923

🌐 <http://www.ndffcmh.org/>

Mental Health Association North Dakota

- Promotes mental health through education, advocacy, understanding and access to quality care for all individuals.

☎ (701) 255-3692

🌐 <http://www.mhand.org/>

Mental Health Information and Referral

☎ Mental Health Help Line 1-800-472-2911

NAMI (National Association of Mental Illness)

🌐 <http://www.nami.org>

Bismarck NAMI Missouri Valley Kate Brovold

☎ (701)471-0253 (701)471-0253

Dickinson NAMI-SWND Burton Wilcox

☎ (701) 483-6105 (701) 483-6105

Fargo NAMI Fargo/Moorhead Jana Tronier

☎ (701)541-1755 (701)541-1755

Minot NAMI Northwest ND Diane Weros

☎ (701)857-3345 (701)857-3345

Williston NAMI Williston Shoni Schoenheit

☎ (701)770-5414 (701)770-5414

National Mental Health Services Knowledge Exchange Network

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

 (800) 789-2647

 (301) 443-9006 (TDD)

 <http://www.mentalhealth.org>

 ken@mentalhealth.org

Private Counselors and Therapists

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

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

Community Resources

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

Community Action Agencies

Region 1 (Williston):	☎ (701) 572-8191	✉ deeannl@willistoncap.org
Region 2 (Minot):	☎ (701) 839-7221	✉ willy@capminotregion.org
Region 3 (Devils Lake):	☎ (701) 662-6500	✉ dpcaalundon@yahoo.com
Region 4 (Grand Forks):	☎ (701) 746-5431	✉ kkeys@rrvca.com
Region 5 (Fargo):	☎ (701) 232-2452	✉ jimkappel@sendcaa.org
Region 6 (Jamestown):	☎ (701) 252-1821	✉ kathy@cap6.com
Region 7 (Bismarck):	☎ (701) 258-2240	✉ brendac@cap7.com
Region 8 (Dickinson):	☎ (701) 227-0131	✉ administration@dickinson.cap.org

Foster Care Resources

Path: (Treatment Foster Home Care)

🌐 http://www.pathnd.org/about_us

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

Public Libraries

☎ North Dakota State Library (800) 892-8622

📖 Look in your phone book.

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

Talking Book and Braille Library

☎ (800) 843-9948

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

Job Corps Center

Residential education and job training

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

🌐 <http://quentinnburdick.jobcorps.gov/home.aspx>

Job Services of North Dakota

🌐 <http://www.jobsnd.com/>

☎ State office	(701) 328-2836
☎ Beulah	(701) 873-5607
☎ Bismarck	(701) 328-5000
☎ Devils Lake	(701) 662-9300
☎ Dickinson	(701) 227-3100
☎ Fargo	(701) 239-7300
☎ Ft. Yates	(701) 854-7463
☎ Grafton	(701) 352-4450
☎ Grand Forks	(701) 795-3700
☎ Jamestown	(701) 253-6200
☎ Minot	(701) 857-7500
☎ New Town	(701) 627-4390
☎ Oakes	(701) 742-2546
☎ Rolla	(701) 477-5631
☎ Valley City	(701) 845-8860
☎ Wahpeton	(701) 671-1550
☎ Williston	(701) 774-7900

Dental

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

Pediatric Dentists

📖 Look in the phone book under Dentists - Pediatric

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

Dental Access Programs

☎ (701) 364-5364

🌐 <http://www.rrdentalaccess.com/>

Donated Dental Services

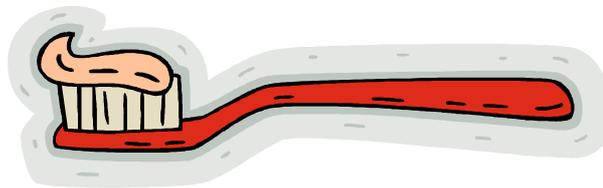
Provides oral health care to vulnerable individuals and is a partnership between the ND Department of Health's Oral Health Program.

☎ (866)-572-9390

🌐 http://nfdh.org/joomla_nfdh/content/view/75/112/

North Dakota Dental Association

🌐 <http://www.nddental.com/>



Disability Services

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

Developmental Disabilities Regional Offices

- Developmental Disabilities provides support and training to individuals and families in order to maximize community and family inclusion, independence, and self-sufficiency; to prevent institutionalization; and to enable institutionalized individuals to return to the community.

 <http://www.nd.gov/dhs/services/disabilities/dd.html>

-  Region 1: Williston (701) 774-4600
-  Region 2: Minot (701) 857-8500
-  Region 3: Devils Lake (701) 665-2200
-  Region 4: Grand Forks (701) 795-3000
-  Region 5: Fargo (701) 298-4500
-  Region 6: Jamestown (701) 253-6300
-  Region 7: Bismarck (701) 328-8888
-  Region 8: Dickinson (701) 227-7500

Independent Living Centers (ILC'S)

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

Dakota Center for Independent Living (Bismarck)

 (701) 222-3636  <http://www.dakotacil.org/>

Dakota Center for Independent Living (Dickinson)

 (701) 483-4363  <http://www.dakotacil.org/>

Freedom Resource Center for Independent Living/Fargo

 (701) 478-0459  <http://www.freedomrc.org/>

Freedom Resource CIL, Inc. (Branch) (Wahpeton)

 (701) 672-1648  <http://www.freedomrc.org/>

Freedom Resource CIL, Inc. (Branch) (Jamestown)

 (701) 252-4693  <http://www.freedomrc.org/>

Independence Inc (Minot)

 (701) 839-4724  <http://www.independencecil.org/>

Independence Inc (Williston)

 (701) 572-7373  <http://www.independencecil.org/>

Options Center for Independent Living (East Grand Forks)

 (218) 773-6100  <http://www.macil.org/options.html>

North Dakota Vocational Rehabilitation

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

 <http://www.nd.gov/dhs/dvr/>

 (701) 328-8950

 Bismarck Region: (701) 328-8800

 Devils Lake Region: (701) 665-2235

 Dickinson Region: (701) 227-7600

 Fargo Region: (701) 298-4459

 Grand Forks Region: (701) 795-3100

 Jamestown Region: (701) 253-6388

 Minot Region: (701) 857-8643

 Williston Region: (701) 774-4662

 Fort Totten: (701) 766-4446

 Fort Yates: (701) 854-3861

 New Town: (701) 627-2688

 Belcourt: (701) 477-5998

Family Support

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

Caring Bridge

Free personal and private websites that connect people experiencing a significant health challenge to family and friends making each health journey easier.

☎ 651.789.2300

🌐 www.caringbridge.org

Catholic Family Services

☎ Bismarck 701-255-1793

☎ Fargo 701-235-4457

☎ Grand Forks 701 775-4196

☎ Minot 701-852-2854

🌐 <http://www.catholicfamilyservices.org/>

Family Voices of North Dakota

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

☎ 888-522-9654 or (701) 493-2634

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

🌐 <http://www.fvnd.org> (State)

✉ fvnd@drtel.net

Federation of Families for Children's Mental Health

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

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

☎ Fargo Regional Office (701) 235-9923

🌐 <http://www.ndffcmh.org/>

Lutheran Social Services

☎ Bismarck (701) 223-1510

☎ Fargo (701) 235-7341

☎ Grand Forks (701) 772-7577

☎ Minot (701) 838-7800

☎ Williston (701) 774-0749

🌐 <http://www.lssnd.org/>

Military Family Support

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

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

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

🌐 <http://www.ndguard.ngb.army.mil/family/Pages/default.aspx>

North Dakota National Guard Family Support

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

🌐 <http://www.ndguard.ngb.army.mil/family/Pages/default.aspx>

ND Parent to Parent

P2P support network based on the philosophy that parents who have successfully adapted to their children's disabilities or special health care needs, are the best support for other parents of children with special needs.

☎ 888-522-9654 or (701) 493-2634

🌐 <http://www.fvnd.org>

Pathfinder Family Center

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

☎ (701) 837-7500 or 800-245-5840

🌐 <http://www.pathfinder-nd.org/>

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

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

They may provide:

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

Sibling Support

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

STOMP (Specialized Training of Military Parents)

☎ (800) 572-7368 (Voice or TTY)

🌐 <http://www.stompproject.org/>

Support Groups

As support groups are ever changing, it is difficult to place them in any given publication. Please contact the Family Voices of North Dakota office and we will assist you in locating a local support group that will meet your needs.

☎ Family Voices of North Dakota (701) 493-2634 or 888-522-9654

✉ fvnd@drtel.net



Public and Private Health Assistance

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

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

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

Bridge to Benefits

Bridge to Benefits is a multi-state project sponsored by the Children's Defense Fund - Midwest Region focused on improving the well-being of families and individuals by linking them to public work support programs and tax credits.

🌐 <http://nd.bridgetobenefits.org/>

Caring Program for Children

Privately-funded Coverage Program

🌐 <http://www.ndcaring.org/>

☎ 800-342-4718

Children Special Health Services (CSHS)

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

🌐 <http://www.ndhealth.gov/cshs/>

Provide services for children with special health care needs and their families and promote family-centered, community-based, coordinated services and systems of health care. A complete list of conditions that qualify for financial help is available through the state office or on their website.

CHIP: Children's Health Insurance Plan/Healthy Steps

Low cost health insurance for your child.

☎ (800) 755-2604

🌐 <http://www.nd.gov/dhs/services/medicalserv/chip/>

Covering Kids & Families

(ND Health Coverage Programs)

☎ 877-KIDS-NOW OR 877-543-7669

🌐 <http://www.coveringkidsandfamilies.org/>

Family Voices of North Dakota

- Information on healthcare policy for children with special health care needs
- Assistance in locating resources, assistance in navigating private and public systems for children with special health care needs

☎ (888)-522-9654 or (701) 493-2634

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

🌐 <http://www.fvnd.org> (State)

Insurance Commissioner

Information about health insurance

☎ (701)328-2440 or (800)247-0560

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

Medical Services Division: ND Department of Human Services

☎ (800) 755-2604 or 701-328-2321

🌐 <http://www.nd.gov/dhs/services/medicalserv/medicaid/>

Prescription Programs

Prescription Connection (Low Cost Prescriptions)

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

☎ (701)328-2440 or (888)575-6611

🌐 <http://www.rxconnectnd.org/>

Service Organizations

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

- May help you with money, services and support

Supplemental Security Income (SSI)

- Extra money for your child's medical care if your child has a disability. Based on family income and child's disability

☎ (800) 772-1213 Federal

🌐 <http://www.ssa.gov/>

☎ Bismarck 701-250-4200

☎ Devils Lake 701-662-6290

☎ Dickinson 701-250-4200

☎ Fargo 701-239-5607

☎ Grand Forks 701-772-5518

☎ Jamestown 701-252-6024

☎ Minot 701-852-0604

☎ Williston 701-572-0682

Information and Referral

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

Family Voices of North Dakota

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

☎ 888-522-9654 or (701) 493-2634

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

🌐 <http://www.fvnd.org> (State)

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

Find information about your child's disability, special education for your child, family issues, organizations that help people with disabilities, and helping your child take care of himself.

☎ (800) 695-0285 (Voice/TTY)

🌐 <http://www.nichcy.org/>

✉ nichcy@aed.org

National Organization for Rare Disorders (NORD)

Provides information about rare diseases

☎ (800) 999-6673

🌐 <http://www.rarediseases.org/>

Medical and Adaptive Equipment

In this section you can get help finding equipment.

Medical Supplies and Equipment

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

- Check with your insurance plan about which agencies it covers

North Dakota Interagency Project for Assistive Technology

 Bismarck (701) 355-4615

 Cavalier (701) 265-4807

 Fargo (701) 365-4728

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

Project Hero

Collects and redistributes donated healthcare materials to benefit those in need.

 Phone: (218) 212-1921

 info@fmhero.com

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

Recreation

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

Hope Inc

Non profit organization committed to assisting families with children who are physically and mentally challenged. Through a variety of programs, HOPE aims to assist and empower these children to achieve their full potential.

☎ (701) 866-9002

🌐 <http://hopeinonline.org/>

North American Riding for the Handicapped Association

Horseback riding for people with and without disabilities

☎ (800) 369-7433

🌐 <http://www.narha.org>

✉ narha@narha.org

Parks and Recreation

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

- Recreation and play for children

SKIFORALL Foundation

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

☎ (425) 462-0978

☎ (425) 462-0979 (TTY)

🌐 <http://www.skiforall.org>

✉ info@skiforall.org

Special Olympics North Dakota

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

☎ (701) 746-0331

🌐 <http://specialolympicsnorthdakota.org/home/>

Summer Camps and Programs for Children with Special Needs

Camp Grassick/Dawson North Dakota

☎ (701) 327-4251

School

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

📖 Look in the Blue (Government) section of the White Pages under Schools. Find your school district and the number for Special Education.

They can provide:

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

Department of Public Instruction

☎ General Information (701) 328-2260

☎ Office of Special Education (701) 328-2277

🌐 <http://www.dpi.state.nd.us/>

Pathfinder Family Center

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

☎ (701) 837-7500 or 800-245-5840

🌐 <http://www.pathfinder-nd.org/>

Special Education Units:

Bismarck Special Education Unit:

☎ (701) 323-4028

✉ cindy_wilcox@bismarckschools.org

Burleigh County Special Ed Unit

☎ (701) 258-6299

✉ Burleigh@midconetwork.com

Dickinson Special Ed Unit

☎ (701) 456-0002

✉ dotmartinson@sendit.nodak.edu

East Central Special Ed Unit/New Rockford

☎ (701) 947-5015

✉ Cheryl.wold@sendit.nodak.edu

Emmons County Special Ed Unit

☎ (701) 254-4221

✉ Janelle.ferderer@sendit.nodak.edu

Fargo Special Ed Unit

☎ (701) 446-1012

✉ yatesjo@fargo.k12.nd.us

Fort Totten Special Ed Unit

☎ (701) 766-1452

✉ Hayley.ness@sendit.nodak.edu

Grand Forks City Special Ed Unit

☎ (701) 746-2230

✉ tori.johnson@gfschools.org

Griggs/Steele/Traill Special Ed Unit

☎ (701) 788-2004

✉ mary.stammen@sendit.nodak.edu

Jamestown Special Ed Unit

☎ (701) 252-3376

✉ rhoda.young@sendit.nodak.edu

James River Special Ed Unit

☎ (701) 252-3376

✉ rhoda.young@sendit.nodak.edu

Lake Region Special Ed Unit

☎ (701) 662-7690

✉ connie.hovendick@sendit.nodak.edu

Lonetree Special Ed Unit/Harvey

☎ (701) 324-4811

✉ carrie.odden@sendit.nodak.edu

Morton /Sioux Special Ed Unit

☎ (701) 663-9531

✉ msseu@msdl.org

Northern Plains Special Ed Unit/Bottineau

☎ (701) 965-6313

✉ kgustafson@kidsprogramnd.com

Oliver/Mercer Special Ed Unit

☎ (701) 748-6383

✉ Pamela.m.aman@sendit.nodak.edu or jesse.krieger@sendit.nodak.edu

Peace Garden Special Ed Unit/Bottineau

☎ (701) 228-3743

✉ melissa.deckert@sendit.nodak.edu

Pembina Special Ed Unit

☎ (701) 265-8080

✉ psec@polarcomm.com

Rural Cass County Special Ed Unit

☎ (701) 282-4538

✉ benda.jordan@sendit.nodak.edu

Sheyenne Valley Special Ed Unit/Valley City

☎ (701) 845-3402

✉ carol.jabs@sendit.nodak.edu

Souris Valley Special Ed Unit

☎ (701) 857-4410

✉ r.charley@sendit.nodak.edu

South Central Prairie Special Ed Unit/Napolean

☎ (701) 754-2971

✉ kfschaue@nd.gov

South Valley Special Ed Unit/Hankinson

☎ (701) 242-7031

✉ jporter@rrt.net

Southwest Special Ed Unit/Mott

☎ (701) 824-2937

✉ swsped@ndsupernet.com

Standing Rock Special Ed Unit

☎ (701) 854-4722

✉ rhonda.white@sendit.nodak.edu

Turtle Mountain Special Ed Unit

☎ (701) 477-6471

✉ sherry.manning@sendit.nodak.edu

Upper Valley Special Ed Unit/Grafton

☎ (701) 352-2574

✉ linda.g.jenkins@sendit.nodak.edu

Wahpeton Special Ed Unit

☎ (701) 642-5499

✉ rosemary.hardie@sendit.nodak.edu

West Fargo Special Ed Unit

☎ (701) 356-2003

✉ bell@west-fargo.k12.nd.us

West River Special Ed Unit/Dickinson

☎ (701) 483-1257

✉ wriver@goesp.com

Wilmac Special Ed Unit/Williston

☎ (701) 572-6757

✉ shuss@wilmacsped.com

Other Education Services

Child and Adolescent Services School
Jamestown, ND
☎ (701) 253-3200

Anne Carlson Center for Children
Jamestown, ND
☎ (701) 252-3850
<http://www.annecenter.org/>

ND Vision Services/School for the Blind
☎ (701) 795-2700
💻 <http://www.ndvisionservices.com/>

ND School for the Deaf
☎ (701) 662-9000
💻 <http://www.nd.gov/ndsd/>

Developmental Center
☎ (701) 352-4200
💻 <http://www.nd.gov/dhs/locations/developmental/>

Home Schooling

☎ Bismarck State Office (701) 223-4080
💻 <http://ndhsa.org/>

School Nurses

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

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



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

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- If you have any changes, errors or additions, please contact Donene Feist at
- 📞 (701) 493-2634 or ✉️ fvnd@drtel.net
- You can also find New Beginnings on the FVND website
🌐 <http://www.fvnd.org>