



# NEW BEGINNINGS RESOURCE GUIDE



**FAMILY VOICES**  
OF NORTH DAKOTA®  
*Navigating Crossroads to Hope*

## **New Beginnings on the Internet:**

The guide can also be found on the Family Voices of North Dakota website at: [www.fvnd.org](http://www.fvnd.org) under Library; Publications 2.

## **Additional Copies:**

You can make copies of the New Beginnings Guide and share it. A Single copy is also available if you call Toll free: **888-522-9654**.

## **Questions/Comments:**

If you have any questions or comments, please contact Donene Feist Family Voices of North Dakota Director at **(701) 493-2634** or by email at [fvnd@drtel.net](mailto:fvnd@drtel.net).

**Family Voices of North Dakota is home to ND Parent to Parent and the Family-to-Family Health Information and Education Center (F2FHIEC).**

**Assisting families as they navigate public and private systems, including health systems and insurance plans, along with public and private services for their children and youth who have special healthcare needs.**

**FVND will aid families in accessing services and resources for their children and how to partner with providers and caregivers. We are here to listen as families describe their encounters with systems and to help guide them to possible solutions.**

**Family Voices of North Dakota Staff is here to advocate and work with families of all needs. Health care providers, public and private agencies, and advocacy or support groups to support family-centered care and medical homes for children with special health care needs. We promote discussion and linkages among families, providers, and government to help better serve the health care community and related needs of children and families in North Dakota.**

**We will develop, produce, and disseminate educational and resource materials. Family Voices also offers technical assistance and workshops on health care financing and best practices for children with special health care needs, as well as ND Parent to Parent support trainings.**

**Providing support to families to have a voice in design of care, development, implementation, and monitoring health care policies and programs for children and families. Family Voices of North Dakota offers 1:1 emotional support and assistance, along with matching families and veteran parents. We document all family needs and family stories as a basis for policy planning and service implementation.**

**W**elcome to the North Dakota Resource Guidebook for Families of Children and Youth with Special Health Care Needs. Like many families of children and youth who have a disability, chronic health or special health care need, you may be feeling overwhelmed. You may be concerned about your child's development progress, looking for a diagnosis and about what your next steps should be. Help is available.

New Beginnings is a guide to help you find and contact resources within your region and across the state for you and your child. The intent of this booklet is to inform and guide families on their journey for their child or youth with a special healthcare need. Please feel free to share this guide with other families and providers in your community.

**\*\*\*\*REMEMBER\*\*\*\***

You can always contact Family Voices of North Dakota Toll free at (888) 522-9654 or email [fvnd@drtel.net](mailto:fvnd@drtel.net).



**FAMILY VOICES**  
OF NORTH DAKOTA®  
*Navigating Crossroads to Hope*







"Sometimes real superhero's live in the hearts of small children fighting big battles." -Anonymous



**PEOPLE FIRST LANGUAGE DESCRIBES WHAT A PERSON HAS, NOT WHAT A PERSON IS.**

**PEOPLE FIRST LANGUAGE PUTS THE PERSON BEFORE THE DISABILITY.**

**When we adopt new ways of thinking and talking about people with disabilities, we will not only exert a positive influence on their lives, but on our society.**

### Examples of People First Language

#### Say:

- People with disabilities
- He has an intellectual disability
- She has autism
- She has an emotional disability
- He is short stature
- Congenital Disability
- Brain Injury
- Accessible Parking
- She needs...he uses

#### Instead of:

- The handicapped/disabled
- He is mentally retarded
- She is autistic
- She is emotionally disturbed
- He is a dwarf/midget
- Birth defect
- Brain damaged
- Handicapped parking
- She has a problem with



# The Early Years



**"Encourage me, support me. Never underestimate my mind. I will reach milestones in my own way and in my own time." -Author Unknown**



**"Child development does-not mean developing your child into the person you think they should be but helping them develop into the best person they are meant to be." -Toni Sorenson**

# Infant Development



Early intervention is a support and service program designed to help families with children with disabilities and/or development delays. Professionals engage with the child and family to improve a child's development and to increase involvement in family and community life. By partnering with families, we provide them with tools and support they need to help their child be successful. Service and supports for children birth to age 3 are designed around and promote family strengths. Early Intervention and early supports between families and professionals to give every child the best start in life.



# Early Intervention Program

Early Intervention is a program designed for Infants and Toddlers ages birth to age 3. To qualify for support and services the child must meet one of the following criteria:

- 50% delayed in an area of development (cognition, communication, motor, self-help, or social emotional skills)
- 25% delay in 2 or more areas of development
- Diagnosis or disability that impairs typical development
- Significant health condition that puts the child at high risk for delays in development
- Vision or hearing loss

To find services for your child, birth to age 3 in your area, contact:

- Minot Infant Development Program: [www.ndcpd.org](http://www.ndcpd.org) 701-858-3054
- Anne Carlsen Early Intervention: [www.annecarlsen.org/early-intervention/](http://www.annecarlsen.org/early-intervention/)
  - Devils Lake 701-638-3882
  - Jamestown 701-253-1862
  - Grand Forks 701-203-9578
  - Fargo 701-364-2660
- Early Intervention Partners  
[www.pediatricpartnersclinic.com/services/early-intervention/](http://www.pediatricpartnersclinic.com/services/early-intervention/) 1-888-8755262
- BECEP Early Intervention: [www.bismarckschools.org/EI](http://www.bismarckschools.org/EI) 701-323-4400
- K.I.D.S. Program: [www.hitinc.org/services/KIDSProgram/](http://www.hitinc.org/services/KIDSProgram/)
  - Dickinson 701-483-4394
  - Mandan 701-667-7798
- Encompass Family Support Services: [www.encompassfss.net](http://www.encompassfss.net) 701-478-1105
- Opportunity Foundation:  
[www.oppfound.org/Services/Infant-Development-Program](http://www.oppfound.org/Services/Infant-Development-Program) 701-774-8593
- Standing Rock Early Childhood Tracking: [www.standingrock.org](http://www.standingrock.org) 701- 854-3678
- T&K Pediatric Services: [www.tandkspeech.com](http://www.tandkspeech.com) 701-252-6066





## Right Track Program

The Right Track Program is a free program for all North Dakota children, birth to age 3. Right Track Consultants meet with you in the privacy of your own home and can provide: Development Screenings; Ideas on stimulating your child's development; and information and referrals to local, state, and national organizations. Contact phone numbers for each zone is listed below.

- |               |              |             |              |
|---------------|--------------|-------------|--------------|
| • Williston   | 701-774-4634 | • Fargo     | 701-298-4606 |
| • Minot       | 701-858-8663 | • Jamestown | 701-253-6416 |
| • Devils Lake | 701-665-2200 | • Bismarck  | 701-238-8985 |
| • Grand Forks | 701-795-3000 | • Dickinson | 701-227-7630 |

ND State Right Track Office

1-800-755-8529

## WIC (Women, Infants and Children)

WIC is a program for pregnant and breastfeeding women, infants, and children younger than the age of 5. WIC offers nutrition information, counseling, and support; breastfeeding information and support; health screenings; a check for nutritious foods and nutritious health screenings.

### WIC State Office

Phone: 701-328-2496

Toll Free: 1-800-472-2286

Website and Office Locations: <http://www.ndhealth.gov/wic>



## Early Head Start Program

Early Head Start is a childhood development program that provides early childhood education, health, nutrition, and parent involvement services to children birth to age 3, expectant mothers and families.

- |               |              |                 |              |
|---------------|--------------|-----------------|--------------|
| • Bismarck    | 701-323-4400 | • Mandaree      | 701-627-4820 |
| • Dickinson   | 701-227-3010 | • New Town      | 701-627-4820 |
| • Jamestown   | 701-252-1821 | • Ft. Totten    | 701-766-4070 |
| • Valley City | 701-252-1821 | • Portland      | 701-788-4868 |
| • Grand Forks | 701-788-4868 | • Fargo         | 701-235-8931 |
| • Mayville    | 701-788-4868 | • Standing Rock | 701-854-7250 |
| • Rugby       | 701-665-4431 | • Devils Lake   | 701-665-4431 |

## Early Childhood Tracking

This is a program for ages birth through age 5, that monitors growth, development, and identifies development concerns.

### Spirit Lake

Fort Totten, ND

Phone: 701-766-1274

### Standing Rock

Fort Yates, ND

Phone: 701-854-3678

### Three Affiliated Tribes

New Town, ND

Phone: 701-627-2458



# **Tribal Nations Head Start Programs**

## Three Affiliated Tribes Head Start Program

Director: Kelly Bradfield

509 9th Street North

New Town, ND 58763

Phone: (701) 627-4820 Fax: (701) 627-4401

## Standing Rock Sioux Tribe 0-5 Head Start Program

Director: Carmelita Bear Ribs

200 Proposal Avenue

Fort Yates, ND 58538-0768

Phone: (701) 854-7250 Fax: (701) 854-7257

## Turtle Mountain Band of Chippewa Indians Head Start Program

Director: Ray Parisien Sr.

1010 Carol James Street

Belcourt, ND 58316

Phone: (701) 477-0260 Fax: (701) 477-8597



**“Don’t Compare Your Child to Others. There’s No Comparison Between  
The **Sun** And The **Moon**. They Shine When It’s Their Time.”**

**-Author Unknown**



# Head Start Programs

Head Start is a **free**, quality preschool program. A Head Start program assesses the emotional and intellectual development of each child, and then tailors the program to meet the child's needs. Head Start is funded to serve children whose parents meet federal income guidelines. At least 10% of children enrolled have an identified disability.

## BECEP Bismarck Head Start Program

Director: Laurel Pickard  
720 North 14th Street  
Bismarck, ND 58501-3623  
Phone: (701) 323-4400 Fax: (701) 323-4405

## Cankdeska Cikana Community College 0-5 Head Start

Director: Carrie Widmer  
816 3rd Avenue North  
Fort Totten, ND 58335  
Phone: (701) 766-4070 Fax: (701) 766-1357

## Community Action Agency Region VI 0-5 Head Start

Director: Tammy Hoggarth  
1411 12th Avenue NE  
Jamestown, ND 58402  
Phone: (701) 252-1821 Fax: (701) 252-7108

## Community Action Partnership Head Start

Director: Jennifer Braun  
107 3rd Avenue SE  
Dickinson, ND 58601  
Phone: (701) 227-3010  
Toll Free: (877) 546-9420 Fax: (701) 225-1968

## Early Explorers Head Start Program

Director: Allison Driessen  
701 Main Street North  
Towner, ND 58788-0150  
Phone: (701) 537-5409 Fax: (701) 537-5312

## Grand Forks Head Start

Director: Tracey Johnson  
3600 6th Avenue North  
Grand Forks, ND 58203  
Phone: (701) 746-2433 ext. 1113 Fax: (701) 746-2450



# Head Start Programs

## Mayville State University Child Development Programs

Director: Jessica Amb  
Mayville State University  
330 3rd Street NE  
Mayville, ND 58257  
Phone: (701) 788-4868 Toll Free: (800) 437-4104  
Fax: (701) 788-4781

## Minot Public School District Head Start

Director: Karen Knowles  
2815 Burdick Expressway East  
Minot, ND 58701  
Phone: (701) 857-4688 Fax: (701) 857-4517

## Southeastern North Dakota Community Action Head Start Birth to Five

Director: Lindsey Perrine  
3233 South University Drive  
Fargo, ND 58104  
Phone: (701) 235-8931 Fax: (701) 298-7622

## West River Head Start Program

Director: Samantha Gregerson  
1007 18th Street NW  
Mandan, ND 58554-1639  
Phone: (701) 667-8668 Fax: (701) 667-7771

## Williston Head Start Save the Children

Director: Michelle D. Eslinger-Schneider  
409 7th Avenue East  
Williston, ND 58801  
Phone: (701) 214-4053 Fax: (701) 572-6129





## Early Childhood Special Education

On a child's 3<sup>rd</sup> birthday, the responsibility for special education and related services for children with disabilities changes from the North Dakota Department of Human Services to the North Dakota Department of Public Instruction. Early Childhood Special Education (ECSE) provides education services for children with disabilities ages 3 through age 5.

Contact your local School District where you reside for services in Early Childhood Special Education.

**Department of Public Instruction Special Education Department**

**701-328-2277**

**1-866-741-3519**

[www.dpi.state.nd.us/speced1](http://www.dpi.state.nd.us/speced1)



**"If they can't learn the way we teach, we teach the way they learn."-Dr.  
O.Iovaas**

# USpireND

**Healthy Families** is there in supporting you to become a confident parent that you want to be, helping you build a parent plan, breastfeeding support, car seat safety checks, and cribs for kids.

**Healthy Families ND**

[www.uspirend.org](http://www.uspirend.org)

**(701) 941-2825**



## ND Child Care Aware

Child Care Aware of North Dakota is a training and information hub for childcare providers and offers parents customized referrals to licensed childcare options. They work hard to build the capacity of childcare in North Dakota and insure those children can play and learn in a safe and healthy environment.

**For more information about ND Child Care Aware:**

[www.ndchildcare.org](http://www.ndchildcare.org)





# North Dakota Interagency Coordinating Council

To provide leadership for a coordinated statewide interagency system of comprehensive early intervention services and prevention awareness for children with disabilities and at-risk children birth through five. To provide a vehicle for assuring the coordination of planning, development, and implementation activities related to this effort across those public and private agencies whose services deal with children, families, or individuals, including children birth through five with disabilities. We envision a seamless system of partners dedicated to the support of every child and family wherein each child has inherent worth and immeasurable potential and resides in a caring community.

<https://www.nd.gov/dhs/services/disabilities/earlyintervention/ndicc/ndicc-index.html>



*"Your child will teach you more than you will ever teach them."*

*-Melissa Noelle Brown Oliveras*

## Project Carson

Project Carson is a project which offers support to new parents who receive a prenatal or at birth diagnosis. Project Carson is sponsored by Pathfinders Parent Center, Designer Genes of Bismarck, and Family Voices of North Dakota. This program offers support through a partnership of professionals, organizations, and parents who have personal experiences in receiving a prenatal or at birth diagnosis. Project Carson's goal is to assure that families receiving a diagnosis, whether it be before or after birth, have access to a support network of parents and organizations that understand the emotions, joys, and challenges that come with the word "diagnosis".

**Contact Phone: 1-888-522- 9654**

**“Embrace the unique way your child is blooming – even if it’s not in the garden you imagined.” -Jenn Soehlin**



# Educational Services



**“The more that you READ, the more things you will KNOW. The more that you LEARN, the more places you will GO.” - Dr. Seuss**

**The Americans with Disabilities Act** of 1990 (ADA), the individuals with Disabilities Education Act (IDEA), and Section 504 of the Rehabilitation Act of 1973 represent three attempts to improve the living conditions of those with disabilities. ADA is a civil rights law to prohibit discrimination solely based on disability in employment, public services, and accommodations.

Since 1975, every child with a disability has been entitled to a free and appropriate public education (FAPE) designed to meet the individual needs under the rules and regulations of the Individuals with Disabilities Act. However, some children with special needs do not receive services under IDEA but are served under Section 504 of the Rehabilitation Act of 1973. Section 504, a civil rights law, prohibits discrimination based on disabling conditions by programs and activities receiving or benefiting from federal financial assistance.

# North Dakota Department of Public Instruction

The Department of Public Instruction is the lead state agency that enforces all state statutes and federal regulations pertaining to the establishment and maintenance of public schools and related programs. Programs will include Special Education, Title Programs, Section 504, Early Childhood Education, ND School for the Blind, ND School for the Deaf, and the State Library.

**701-328-2260**

[www.dpi.stat.nd/us](http://www.dpi.stat.nd.us)

*"There is no greater disability in society, than the inability to see a person as more." -Robert M. Hensel*





## North Dakota Special Education Units

Wilmac Special Education Unit/Williston ND	701-572-6757
Souris Valley Special Education Unit/Minot ND	701-857-4410
Peace Garden Special Education Unit/Bottineau ND	701-228-3743
Northern Plains Special Education Unit/Stanley ND	701-628-3211
Lake Region Special Education Unit/ Devils Lake ND	701-662-7690
East Central Special Education Unit/New Rockford ND	701-947-5015
Turtle Mountain Special Education Unit/Belcourt ND	701-477-6471
Fort Totten Special Education Unit/Fort Totten ND	701-766-1452
Grand Forks City Special Education Unit/Grand Forks ND	701- 746-2230
Pembina Special Education Unit/Cavalier ND	701-265-8080
Upper Valley Special Education Unit/Grafton ND	701-352-2574
Fargo Special Education Unit/Fargo ND	701-446-1009
Rural Cass County Special Education Unit/Mapleton ND	701-282-4538
West Fargo Special Education Unit/West Fargo ND	701-356-2003
South Valley Special Education Unit/Hankinson ND	701-242-7031
Wahpeton Special Education Unit/Wahpeton ND	701-642-5499
Griggs/Steele/Traill Special Education Unit/Portland ND	701-788-2004



## North Dakota Special Education Units

Sheyenne Valley Special Education Unit/ Valley City ND	701-854-3402
Lone Tree Special Education Unit/Harvey ND	701-324-4811
James River Special Education Unit/Jamestown ND	701-252-3376
Jamestown Special Education Unit/Jamestown ND	701-252-3376
South Central Prairie Special Education Unit/Napoleon ND	701-754-2971
Emmons County Special Education Unit/Linton ND	701-254-4221
Burleigh County Special Education Unit/Bismarck ND	701-258-6299
Bismarck Special Education Unit/Bismarck ND	701-323-4028
Morton Sioux Special Education Unit/Mandan ND	701-751-6500
Oliver Mercer Special Education Unit/Hazen ND	701-748-6383
Standing Rock Special Education Unit/Fort Yates ND	701-854-4722
Southwest Special Education Unit/Mott ND	701-824-2937
Dickinson Special Education Unit/Dickinson ND	701-456-0002
West River Education Unit/Dickinson ND	701-483-1257



*"I Am Different...Not Less." -Temple Grandin*

## Early Childhood Special Education

Early Childhood Special Education serves children, ages 3 to 5, who demonstrate delays in development and qualify for an Individual Education Program (IEP) under the Individuals with Disabilities Education Act (IDEA). No income guidelines apply to the Early Childhood Special Education Program. It is funded through local, state, and federal dollars. Contact your local School District where you reside for services in Early Childhood Special Education.

<https://www.nd.gov/dpi/sites/www/files/documents/SpeEd/Special%20Education%20Directory.pdf>

Department of Public Instruction Special Education Department

701-328-2277



## Gearing Up for Kindergarten

This parent and family involvement program supports child development, school readiness, and healthy parenting. Parents will learn techniques to help their child develop academic, social, emotional, motor and language skills. NDSU Extension Services.

[www.gearingupnd.org](http://www.gearingupnd.org)

701-231-8011



# Home Education

Home Education is becoming an ever more popular option for parents in North Dakota. Home Education provides parents more flexibility in educating their children the way they feel most benefits them.

Frequently Asked Questions: [www.nd.gov/dpi/familiescommunity/families/home-education](http://www.nd.gov/dpi/familiescommunity/families/home-education)

ND Home School Laws including students with Disabilities: ND Century Code 15. 1-23

[www.ndlegis.gov/cencode/t15-1c23.pdf?20150714132045](http://www.ndlegis.gov/cencode/t15-1c23.pdf?20150714132045)

## ND Home School Association

The North Dakota Home School Association is a statewide Christian 501(c)(3) organization that has supplied information and resources to anyone in need since 1985. It provides home education information and support for parent directed home education.

[www.ndhsa.org](http://www.ndhsa.org)

701-936-0356

## School for the Deaf

### Resource Center for Deaf and Hard of Hearing

The ND School for the Deaf and Resource Center for Deaf and hard of Hearing provides an educational setting for those in ND with a hearing loss. The school provides specialized methods of instruction for hearing impaired youth. The school provides a comprehensive academic program for preschool through grade 8. The Resource Center provides information and referrals to other agencies as well as provides outreach.

[www.ndsd.nd.gov](http://www.ndsd.nd.gov)

701-665-4400

Toll Free: 1-800-887-2980





## **ND Vision Services and School for the Blind**

ND Vision Services and School for the Blind offers center-based services as well as regional outreach for those in ND who are blind or visually impaired. ND Vision Services and School for the Blind is a division of the ND Department of Public Instruction.

[www.ndvisionservices.com](http://www.ndvisionservices.com)

**701-795-2700**

**Toll Free: 1-800-421-1181**

## **Anne Carlsen**

Anne Carlsen in Jamestown offers educational services for children and youth with disabilities. The Anne Carlsen School is approved and accredited under ND Department of Public Instruction. Contact Anne Carlsen in Jamestown ND for more information.

[www.annecarlsen.org](http://www.annecarlsen.org)

**1-800-568-5175**



**“WHY FIT IN WHEN YOU WERE BORN TO STAND OUT?”**

**-DR. SEUSS**

## Dakota Memorial School

Dakota Memorial School is an individualized education program for children with complex learning issues. We help the most troubled, complicated, and amazing kids by providing best-in-class education, where we look kids in the eye, walk with them, and help them become their best selves in this world and in Christ. Dakota Memorial School supports students with complex learning needs due to psychiatric, behavioral, and trauma issues.

[www.dakotaranch.org/education-facility/](http://www.dakotaranch.org/education-facility/)

**Dakota Memorial School: Bismarck      701-221-5310**

**Dakota Memorial School: Fargo      701-551-6508**

**Dakota Memorial School: Minot      701-857-4211**

## ASTEP

**ASTEP** (Advancing Students Toward Education and Employment Program) ASTEP is an inclusive college program for students with intellectual and developmental (I/DD) disabilities. Located at Minot State University since 2010, ASTEP partners with MSU and Dakota College at Bottineau to provide the only program in North Dakota to support young adults with I/DD to attend college. In an inclusive and supportive environment, ASTEP students attend college courses with students who don't have disabilities, earn meaningful credentials, gain employment, and learn independent living and social skills. ASTEP's goal is to make the dream of college a reality for students with I/DD and create quality futures for these individuals to live and work in their communities.

[www.ndcpd.org/astep/](http://www.ndcpd.org/astep/)

**701-858-3580**



## REACH @ BSC

**REACH@BSC** (Reaching Employment, Academic and Community Heights) is an inclusive college program for students with intellectual disabilities at BSC in Bismarck. REACH students will attend college, take inclusive courses to earn meaningful credentials, complete community employment internships and learn important independent living and social skills while engaged in campus and residence life. The mission of BSC's REACH program is to offer high quality applied learning to empower individuals with intellectual disabilities to achieve independence, community integration, and employment.

[www.bismarckstate.edu/students/services/reach/](http://www.bismarckstate.edu/students/services/reach/)

701-224-5479



## ASPIRE

**ASPIRE** (Action and Support to Promote Inclusive Experiences) is a program at Dakota College at Bottineau in a partnership with the North Dakota Center for Person with Disabilities (NDCPD). ASPIRE is a three-year post-secondary education program for students ages 18-26 which offers an inclusive and supportive environment for students with intellectual disabilities.

[www.dakotacollege.edu/ASPIRE](http://www.dakotacollege.edu/ASPIRE)

701-848-4339

## ND Department of Health and Human Services School Resources

K-12 School guidance resources

<https://www.health.nd.gov/schools-child-care-universities>

Public Hotline Number 1-866-207-2880 Monday-Friday



## ND School Nurse Organization

ND School Nurse Organization provides education and leadership for nurses actively working within a school. School nurses actively engage in children's health and health outcomes. Contact your local school district for more information on school nurses.

[www.ndsno.com](http://www.ndsno.com)



## ND School Board Association

The North Dakota School Boards Association is a leading advocate for public education. NDSBA is governed by a board of seven local school board members elected by their peers. Staff members have many years of experience in school-related work and, by working cooperatively with school board members around the state, combine to form an effective voice for public education. NDSBA exists to serve the needs of school leaders in areas of board training, information, and presentations.

[www.ndsba.org](http://www.ndsba.org)

701-255-4127



## Safety and Healthy Schools

The North Dakota Department of Public Instruction is responsible to ensure students are healthy and all schools are safe. Our passion aligns with our mission that all students achieve their maximum educational, emotional, physical, and social potential in a healthy and safe school and community environment. This is achieved through partnerships to ensure all students have lifelong positive habits, resources, and supports to learn and grow to their fullest potential.

[www.nd.gov/dpi/districtschools/safety-health](http://www.nd.gov/dpi/districtschools/safety-health)

701-328-2824



## ND Indian Education Advisory Council

The North Dakota Indian Education Advisory Council (NDIEAC) is established by the North Dakota Department of Public Instruction to act in an advisory role to the department in matters affecting the education of Indian students in North Dakota. The North Dakota Indian Education Advisory Council shall advocate for greater cooperation among tribal, state, and federal organizations, institutions, groups, and agencies for the express purpose of promoting high-quality education and equal education opportunity for North Dakota's Indian students.

[www.nd.gov/dpi/education-programs/indian-education/north-dakota-indian-education-advisory-council](http://www.nd.gov/dpi/education-programs/indian-education/north-dakota-indian-education-advisory-council)

701-328-2254



## English Learner/ Multicultural Education

The North Dakota English Learner (EL) education program offers training and resources for educators and parents to identify and support students learning English. EL programs offer English learners' opportunities to develop their English language skills while also learning academic content.

[www.nd.gov/dpi/education-programs/english-learnermulticultural-education](http://www.nd.gov/dpi/education-programs/english-learnermulticultural-education)

701-328-2254





# **U.S. Department of Education**

The U.S. Department of Education is the agency of the federal government that establishes policy for, administers, and coordinates most federal assistance to education.

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

1-800-872-5237

## **Individuals with Disabilities Education Act**

The Individuals with Disabilities Education Act (IDEA) ensures that all children with disabilities are entitled to a free appropriate public education to meet their unique needs and prepare them for further education, employment, and independent living.

<https://www.ncld.org/get-involved/learn-the-law/idea/>

## **ND IDEA Advisory Committee**

North Dakota shall have a seamless education system that is responsive to the needs of all children, adolescents, and young adults, and their families. Parents and students must be given the opportunity to participate as full partners in all educational endeavors. We must build the capacity in general education for all children, while supporting each individual student's rights and the gains made since the passage of federal legislation in special education. In such a system all children reap the benefits of a free appropriate public education through effective, research based, instructional programs and practices based on equitable standards with accountability and high expectations for all.

[www.nd.gov/dpi/familiescommunity/community/boards-and-committees/idea-advisory-committee](http://www.nd.gov/dpi/familiescommunity/community/boards-and-committees/idea-advisory-committee)

Contact ND Department of Public Instruction / Special Education Unit

701-328-2277



## Protection and Advocacy

Uniting to champion the equality and inclusion of people with disabilities where we live, learn, work and play. P&A is concerned with asserting the human, civil and legal rights of people with disabilities, especially those who cannot articulate and act to protect deprivations. P&A operates in a manner which is consistent with the belief that people with disabilities have the same legal and constitutional rights and guarantees as every other American citizen. One of the priorities of Protection and Advocacy is Education. Protection and Advocacy goal is for students with disabilities to receive a free and appropriate education.

[www.ndpanda.org](http://www.ndpanda.org)

1-800-472-2670

## Pathfinder Parent Center

Pathfinder Parent Center is a state-wide non-profit that provides resources, information, training and support for parents and professionals for both general education and special education.

[www.pathfinder-nd.org](http://www.pathfinder-nd.org)

701-837-7500



## Federation of Families

ND Federation of Families for Children's Mental Health is a parent-run organization focused on the needs of children and youth with emotional, behavioral, or mental disorders and their families. Federation of Families addresses the unique needs of those with mental health disorders from birth to transition to adulthood.

[www.ndffcmh.org](http://www.ndffcmh.org)

701-222-3310

## Family Voices of ND

Family Voices of ND is the Health Information and Education Center for children and youth with special health needs, chronic health conditions and disabilities. Family Voices of North Dakota (FVND) aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. Family Voices provides families' tools to make informed decisions, advocates for improved public and private policies, builds partnerships among professionals and families, and serves as a trusted resource on health care. Family Voices of North Dakota is statewide.

[www.fvnd.org](http://www.fvnd.org)

1-888-522-9654

"I wouldn't change **you** for the **world**, but  
I would change the **world** for you"



# Transition

## PERSONAL HORIZONS



Transition means a coordinated set of activities for a person with a disability that is designed to be a results-oriented process that is focused on improving the academic and functional achievement of the person with a disability. The transition process facilitates the movement from school to post-school activities including post-secondary education, vocational education, integrated employment (including supported employment), continuing and adult education, adult services, independent living, and community participation. Transition is based on the individual child's needs, considering strengths, preferences, and interests, including instruction related services, community experiences, the development of employment and other post-school adult living objectives and acquisitions of daily living skills and functional vocational evaluation.

## Got Transition

Got Transition is the federally funded national resource center on healthcare transition. It is aimed to improve transition from pediatric to adult healthcare using evidence driven strategies for healthcare professionals, youth, young adults, and their families.

[www.gottransition.org](http://www.gottransition.org)

202-769-0486



## Pacer's National Parent Center on Transition and Employment

The road to adulthood for youth with disabilities is filled with opportunity, and parents play a key role. PACER's National Parent Center on Transition and Employment is ready with the information families want, presented in a way families can use.

[www.pacer.org/transition/](http://www.pacer.org/transition/)

1-888-248-0822

"Not A Label. Not A Word. Not A Derogatory Term You heard.

I'm A Who. Same As You. Do You Have A Name? Me Too.

I'm A Mind. A Heart. A Personality.

An Equal Part Of The Overall We.

I'm A Him Or A Her. A He Or A She.

Who Am I? I'm Simply Me. A Person. Not A Disability."





# North Dakota Department of Public Instruction

Transition planning for the movement from high school to adult living is required for all students receiving special education services, according to federal legislation, Individuals with Disabilities Act (IDEA 2004). IEP teams must now include transition planning in the first IEP that will be in effect when the child is 15 years of age, or younger if deemed appropriate by the IEP team.

[www.nd.gov/dpi/what-transition](http://www.nd.gov/dpi/what-transition)

701-328-2260

## North Dakota Division of Vocational Rehabilitation

ND Vocational Rehabilitation mission is to assist North Dakotans with disabilities to improve their employment opportunities and to assist North Dakota businesses in finding solutions to their disability-related issues. ND DVR (ND Vocational Rehabilitation) services to individuals include (not limited to): diagnosis and evaluation, vocational counseling and planning, information and referral, adaptive equipment, physical and mental restoration services, employment maintenance, transportation, vocational training including supported employment and job placement and follow-up.

[www.nd.gov/dhs/dvr](http://www.nd.gov/dhs/dvr)

1-800-755-2745

Williston 701-774-4662 or 1-800-231-7724

Minot 701-857-8642 or 1-888-470-6968

Devils Lake 701-665-2235 or 1-888-607-8610

Grand Forks 701-795-3100 or 1-888-256-6742

Fargo 701-298-4459 or 1-888-342-4900

Jamestown 701-253-6388 or 1-800-639-6292

Bismarck 701-328-8950 or 1-888-862-7342

Dickinson 701-227-7600 or 1-888-227-7525



## Transition ND

This is an app for students with disabilities with an IEP, ages 14 and older. This app is available on Google Play.

<https://www.transition-nd.com/>

## North Dakota Center for Persons with Disabilities

ND Center for Persons with Disabilities (NDCPD) is a University Center of Excellence on Developmental Disabilities, Education, Research and Services located at Minot State University. NDCPD provides education and research which empowers communities to welcome, value and support the well-being and quality of life for people of all ages and abilities.

[www.ndcpd.org](http://www.ndcpd.org)

701-858-3580

1-800-233-1737

## Launch My Life

To promote, improve and educate about services that help young adults with disabilities move from high school into college, training, or a job. The consortium partners are North Dakota Center for Persons with Disabilities (NDCPD); North Dakota Department of Public Instruction (ND DPI) Special Education; North Dakota Department of Human Services; Division of Vocational Rehabilitation (ND DVR); North Dakota Protection and Advocacy Project (ND P&A); North Dakota State Council on Developmental Disabilities (NDSCDD).

[www.launchmylifend.com](http://www.launchmylifend.com)

1-800-233-1737

**“ There Is Ability In Every Disability ”**



## Protection and Advocacy

In North Dakota, the organization designated by the Governor to serve as the protection and advocacy system is the Protection & Advocacy Project (P&A), also known as Disability Rights North Dakota. P&A is an independent state agency established in 1977 to advance the human and legal rights of people with disabilities. P&A strives to create an inclusive society that values everyone. Protection and Advocacy has different programs including for persons with disabilities in transition.

[www.ndpanda.org](http://www.ndpanda.org)

1-800-472-2670

701-328-2950

## Family Voices of ND

Family Voices of ND is the Health Information and Education Center for children and youth with special health needs, chronic health conditions and disabilities. Family Voices of ND (FVND) aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. Family Voices provides families tools to make informed decisions, advocates for improved public and private policies, builds to make partnerships among professionals and families, and serves as a trusted resource on health care. Family Voices is available statewide. Family Voices of ND in conjunction with ND Special Health Care Services has created a transition curriculum called "Transition Café". This curriculum is designed for youth with special health care needs and disabilities. Call Family Voices of ND for more details on this program and others.

[www.fvnd.org](http://www.fvnd.org)

701-493-2634

1-888-522-9654



## Pathfinder Parent Center

Pathfinder Parent Center is ND's statewide parent information center and training center for parents of children that are at-risk due to learning challenges or have disabilities for ages birth to 26. Pathfinder Parent Center helps parents and educators to connect, plan for and become engaged in each child/person's education in both general education and special education services.

[www.pathfinder-nd.org](http://www.pathfinder-nd.org)

701-837-7500

1-800-245-5840

## Federation of Families

ND Federation of Families for Children's Mental Health is a parent-run organization that is focused on the needs of children and youth with emotional, behavioral, or mental disorders and their families. ND Federation of Families provides support, advocacy, and education. They address the unique needs of those with mental health disorders from birth to transition to adulthood.

[www.ndffcmh.org](http://www.ndffcmh.org)

701-222-3310



**"Being a special needs parent means celebrating strengths, choosing to believe there is sun behind the clouds, and never ever giving up."**

# Social Security

Supplemental Security Income (SSI) is a means-tested program that provides cash payments to disabled children, disabled adults, and individuals aged 65 or older who are citizens or nationals of the United States. Supplemental Security Income is a means-tested program that provides cash payments to disabled children, disabled adults, and individuals aged 65 or older who are citizens or nationals of the United States. Supplemental Security Income is a means-tested program that provides cash. Social Security Disability Insurance (SSDI) is a payroll tax-funded federal insurance program of the United States government. It is managed by the Social Security Administration and designed to provide monthly benefits to people who have a medically determinable disability that restricts their ability to be employed.

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

**SSI**

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

**SSDI**

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

**1-800-772-1213**

## Local Offices

**Minot 1-866-415-3193**

**Fargo 1-877-335-4114**

**Bismarck 1-877-319-6044**

**Jamestown 1-855-848-7938**

**Grand Forks 1-888-617-0456**





## Independent Living Centers

Centers for Independent Living (CILs) provide independent living services for people with disabilities. CILs are at the core of ACL's independent living programs, which work to support community living and independence for people with disabilities across the nation based on the belief that all people can live with dignity, make their own choices, and participate fully in society. These programs provide tools, resources, and supports for integrating people with disabilities fully into their communities to promote equal opportunities, self-determination, and respect.

**Dakota Center for Independent Living:** [www.dakotacil.org](http://www.dakotacil.org)

**Bismarck 701-222-3636**

**Dickinson 701-483-4363**

**Freedom Resource Center for Independent Living:** [www.freedomrc.org](http://www.freedomrc.org)

**Fargo 701-478-0459**

**Wahpeton 701-672-1648**

**Lisbon 701-683-6850**

**Independence, Inc. Center for Independent Living:** [www.independeccecil.org](http://www.independeccecil.org)

**Minot 701-839-4724**

**Options, Center for Independent Living:** [www.myoptions.info](http://www.myoptions.info)

**East Grand Forks: 218-773-6100**

**Serves counties in ND: Towner, Ramsey, Benson, Eddy, Foster, Pembina, Walsh, Grand Forks, Nelson, Griggs, Steele, Traill.**

## ND State Council on Developmental Disabilities

The council advocates for policy changes that promote choice, independence, productivity, and inclusion for all North Dakotans with developmental disabilities (DD). The council supports and provides funding for projects and activities that maximize opportunities for consumers and families. The NDSCDD serves in a planning and advisory capacity to state policymakers and agencies relative to services for persons with developmental disabilities. The council is made up of 20 members appointed by the Governor. Sixty percent of the members are persons with developmental disabilities, or are a parent, guardian, or immediate relative of a person with DD. The University Center for Excellence in Developmental Disabilities, Protection and Advocacy project, and community DD service providers other forty percent is comprised of state agency representatives along with members from North Dakota's

[www.nd.gov/scdd](http://www.nd.gov/scdd)

**701-328-4847**



## ND Guardianship

Guardianship is a court action appointing someone to make decisions for you when you become incapable of making your own decisions due to an illness or when an incapacity endangers your health or safety. There are two types of guardianships, a full guardianship, and a limited guardianship.

### Adult Guardianship

[www.ndcourts.gov/legal-self-help/adult-guardianship](http://www.ndcourts.gov/legal-self-help/adult-guardianship)

### Minor Guardianship

[www.ndcourts.gov/legal-self-help/minor-guardianship](http://www.ndcourts.gov/legal-self-help/minor-guardianship)

## Catholic Charities of North Dakota

We can provide guardianship services for vulnerable individuals 18 years and older. Our mission is to serve elderly persons and individuals with mental health issues or any other type of vulnerability. Our work is to provide support and direction for the individuals who have no source of support and are having difficulty living and making decisions in their daily lives. We are here to help the person make informed, person-centered decisions through understanding of consequences and dignity of risk on the spectrum of life choices.

[www.catholiccharitiesnd.org](http://www.catholiccharitiesnd.org)

Fargo 701-235-4457

Bismarck 701-255-1793

Grand Forks 701-775-4196

Minot 701-852-2854

## Guardianship Association of North Dakota

**GAND** works to educate current and future guardians, the public and legislators regarding issues affecting vulnerable adults and surrogate decision making. GAND continues to work to identifying gaps in our state law and promoting positive changes to legislation that affects vulnerable individuals in North Dakota. GAND is a strong voice that helps to represent the many unmet needs of people too vulnerable to speak for themselves.

[www.gand.org](http://www.gand.org)

701-224-1815 Ext. 5



## Guardian Establishment Program

The North Dakota Department of Human Services operates the Guardianship Establishment Program. This is a state-funded program that can provide financial assistance to people who are petitioning for guardianship of an incapacitated adult. You **MUST** complete the application **BEFORE** petitioning the Court for guardianship.

Application link:

[www.nd.gov/eforms/Doc/sfn01177.pdf](http://www.nd.gov/eforms/Doc/sfn01177.pdf)

701-328-4613



## Legal Services of North Dakota

Legal Services of ND's mission is to provide high quality legal advice, education and representation to low-income North Dakotans as well as disadvantaged elderly in areas of civil law.

[www.legalassist.org](http://www.legalassist.org)

Under 60 years of age: 1-800-634-5263

Over 60 years of age: 1-866-621-9886

## Guardian and Protective Services, Inc.

Guardian and Protective Services, Inc. is a non-profit organization that provides protective services to vulnerable elderly, mentally ill, brain injured and disabled adults in North Dakota who have limited family support, no family members, or no capable friends to assist them.

[www.gapsinc.org](http://www.gapsinc.org)

701-222-6600

## Self-Directing Supports

Self-directed supports are the result of a relatively new waiver option available in North Dakota. Gives families' greater choice and control in making decisions and obtaining support.

[www.nd.gov/dhs/services/disabilities/docs/self-directed-support-workbook.pdf](http://www.nd.gov/dhs/services/disabilities/docs/self-directed-support-workbook.pdf)



# Youth as Self-Advocates

**Youth as Self Advocates (YASA)**, formerly known as Kids as Self Advocates, is a national advisory board of teen and young adult leaders with disabilities who represent diverse races and cultures, have different disabilities and health care needs, and come from different regions of the country. We are leaders in our communities, and we help spread helpful, positive information among our peers to increase knowledge around various issues concerning us. We also help health care professionals, policymakers and other adults in our communities understand what it is like to live our lives. We share our personal stories to help improve services and supports for ourselves and other youth.

[www.familyvoices.org/yasa](http://www.familyvoices.org/yasa)

1-888-835-5669

**The transition process is designed to help students with disabilities move smoothly from school to adult life.**

**Transitioning to adulthood is difficult regardless of a youth's abilities, so transition planning is key to ensuring success in adulthood for young people with disabilities.**

**Early Planning is Essential!**



# **Advocacy and Legal**

**Take Action**



**“Nothing About Us Without Us”**



# The Arc of North Dakota, Inc.

The Arc is the largest national community-based organization advocating for and with people with intellectual and developmental disabilities (IDD) and serving them and their families. We work tirelessly to uphold our vision that every individual and family living with IDD in the United States has access to the information, advocacy, and skills they need to support their full inclusion and participation in the community throughout their lifetimes. With hundreds of state and local chapters across the country, The Arc's chapter network is on the frontlines from first breath to last to ensure that people with IDD have the support and services they need to be fully engaged in their communities.

[www.thearc.org/chapter/the-arc-of-north-dakota-inc/](http://www.thearc.org/chapter/the-arc-of-north-dakota-inc/)

701-222-1854

## Local ND Chapters

- Little Missouri Arc: [www.thearc.org/chapter/little-missouri-arc/](http://www.thearc.org/chapter/little-missouri-arc/)  
701-523-3330 Bowman ND
- The Arc of Barnes County: [www.thearc.org/chapter/the-arc-of-barnes-county/](http://www.thearc.org/chapter/the-arc-of-barnes-county/)  
701-845-4139 Valley City ND
- The Arc of Bismarck: [www.thearc.org/chapter/the-arc-of-bismarck/](http://www.thearc.org/chapter/the-arc-of-bismarck/)  
701-222-1854 Bismarck ND
- The Arc of Cass County: [www.thearc.org/chapter/the-arc-of-cass-county/](http://www.thearc.org/chapter/the-arc-of-cass-county/)  
701-293-8191 Fargo ND
- The Arc of Dickinson: [www.thearc.org/chapter/the-arc-of-dickinson-inc/](http://www.thearc.org/chapter/the-arc-of-dickinson-inc/)  
701-483-4272 Dickinson ND
- The Arc, Upper Valley Inc. [www.thearc.org/chapter/the-arc-upper-valley-inc/](http://www.thearc.org/chapter/the-arc-upper-valley-inc/)  
701-772-6191 Grand Forks ND

## Protection and Advocacy

In North Dakota, the organization designated by the Governor to serve as the protection and advocacy system is the Protection & Advocacy Project (P&A), also known as Disability Rights North Dakota. P&A is an independent state agency established in 1977 to advance the human and legal rights of people with disabilities. P&A strives to create an inclusive society that values everyone. Protection and Advocacy has different programs including for persons with disabilities in transition.

[www.ndpanda.org](http://www.ndpanda.org)

1-800-472-2670

701-328-2950



## Legal Services of North Dakota

Legal Services of ND's mission is to provide high quality legal advice, education and representation to low-income North Dakotans as well as disadvantaged elderly in areas of civil law.



[www.legalassist.org](http://www.legalassist.org)

**Under 60 years of age: 1-800-634-5263**

**Over 60 years of age: 1-866-621-9886**

## Children's Advocacy Centers of North Dakota

Children's Advocacy Centers of ND, (CACND) ensures that every child in North Dakota who needs it, will have reasonable, consistent access to a full array of evidence-based services and an effective multidisciplinary response to his or her case and care. One in every 10 children in North Dakota will be a victim of sexual abuse by their 18th birthday. The Children's Advocacy Center of North Dakota exists to change those numbers and lead the fight against the cycle of child abuse through a stronger, more approachable model.

[www.nationalcac.org/find-a-cac/](http://www.nationalcac.org/find-a-cac/)

- **Dakota Children's Advocacy Center:** [www.dakotacac.org](http://www.dakotacac.org) 701-323-5626 Bismarck
- **Red River Children's Advocacy Center:** [www.rrcac.org](http://www.rrcac.org) 701-234-4580 Fargo
- **Northern Plains Advocacy Center:** [www.northernplainscac.org](http://www.northernplainscac.org) 701-852-0836 Minot

## North Dakota Child Protection Program

Protect the health and welfare of children by encouraging the reporting of children who are known to be or suspected of being abused or neglected. Provide adequate services for the protection and treatment of abused and neglected children and to protect them from further harm. Identify the cause of children's deaths, where possible; Identify circumstances that contribute to children's deaths; and recommend changes in policy, practices, and law to prevent children's deaths.

[www.nd.gov/dhs/services/childfamily/cps/](http://www.nd.gov/dhs/services/childfamily/cps/)

**Reporting Line**

**1-833-958-3500**



## Prevent Child Abuse North Dakota

Our primary prevention programs seek to curb abuse and neglect before it happens. We educate caregivers and professionals in helping to strengthen families, and guide community members on how to support children and families

[www.pcand.org](http://www.pcand.org)

701-223-9052



## North Dakota Department of Labor and Human Rights

We are responsible for enforcing the North Dakota Human Rights Act and the North Dakota Housing Discrimination Act. These laws prevent discrimination in employment, housing, public accommodation, public service, and credit transactions or lending.

[www.nd.gov/labor/human-rights](http://www.nd.gov/labor/human-rights)

1-800-582-8032

701-328-2660

## High Plains Fair Housing

The mission of High Plains Fair Housing Center is to strengthen communities and to ensure equal access to fair housing in the region through training, education, enforcement, and advocacy. The vision of High Plains Fair Housing Center recognizes the importance of “home” as a component of the American dream. We envision a country free of housing discrimination where each individual, group, and community enjoy equal housing opportunity and access in a bias-free and open housing market.

[www.highplainsfhc.org](http://www.highplainsfhc.org)

1-866-380-2738

701-203-1077

Bismarck Satellite Office:

701-204-6676



### Why Advocate?

“Unless someone like you cares  
a whole awful lot, Nothing is  
going to get better. It's not.”  
- Dr. Seuss, The Lorax



## Office of Civil Rights, Division of Disability Rights

To advance the nation's goal of equal opportunity, integration, full participation, inclusion independent living, and economic self-sufficiency for people with disabilities through enforcement, regulation, and technical assistance. The Disability Rights Section works to achieve equal opportunity for people with disabilities by implementing the Americans with Disabilities Act, Section 504 of the Rehabilitation Act, and executive Order 12250. The Section's enforcement, regulatory, coordination, and technical assistance activities, along with an innovative mediation program, provide a multi-faceted and dynamic approach for this mission.

[www.justice.gov/crt/disability-rights-section](http://www.justice.gov/crt/disability-rights-section)

202-307-1197

Speak with an ADA Specialist

1-800-514-0383

## North Dakota Disabilities Advocacy Consortium

The ND Disabilities Advocacy Consortium (NDDAC) advocates for public policy to ensure that people with disabilities have the supports and services they need to be as productive and independent as possible.

701-328-4847

[www.nddac.org](http://www.nddac.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. Our membership is made up of North Dakota companies that are owned, operated, and governed by Boards of Directors to provide services specifically for people with disabilities. In addition, our membership roster includes other non-corporate entities that function to support the goals and objectives of the Association. Our Association strives to stimulate public interest and understanding. We share information, expertise and develop and enhance special programs. We conduct research and studies, promote advocacy and are a proactive liaison with governmental agencies on behalf of all North Dakota citizens with disabilities.

[www.ndacp.org](http://www.ndacp.org)

701-390-1021



## Mental Health America of North Dakota

Mental Health America of North Dakota (MHAND) is a consumer-run 501(c)(3) non-profit organization. Since 1952, the residents of our state have had a safe, trusted, and confidential place to turn when seeking help for behavioral health (mental health and substance use) issues. MHAND promotes mental wellness for the health and well-being of all North Dakotans – every day and in times of crisis.



[www.mhand.org](http://www.mhand.org)

701-255-3692

## National Alliance on Mental Illness

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

[www.nami.org](http://www.nami.org)

703-524-7600

## Community Action Partnership of North Dakota

The Community Action Partnership of North Dakota is a private, non-profit membership organization representing the seven Community Action Agencies in North Dakota. Community Today, the eight Community Action Agencies in North Dakota provide programs and services in all 53 counties. By combining local, state, private, and federal resources the Community Action Agencies enable low- and moderate-income people of all ages to secure the opportunities they need to obtain and maintain self-sufficiency. We serve the collective interests of our members and the low-income population of the state through representation and education.

Williston 701-572-8191 [www.willistoncap.org](http://www.willistoncap.org) Devils Lake 701-662-6500 [www.dpcaa.org](http://www.dpcaa.org)

Dickinson 701-227-0131 [www.dickinsoncap.org](http://www.dickinsoncap.org) Grand Forks 701-746-5431 [www.rrvca.com](http://www.rrvca.com)

Minot 701-839-7221 [www.capminotregion.org](http://www.capminotregion.org) Bismarck 701-258-2240 [www.cap7.com](http://www.cap7.com)

Fargo 701-232-2452 [www.sendcaa.org](http://www.sendcaa.org) Jamestown 701-252-1821 [www.cap6.com](http://www.cap6.com)

*"Mental health is not a destination, but a process. It's about how you drive, not where you're going."-Anonymous*

# American Foundation for the Blind

We speak up for children who are blind or visually impaired, to make sure everyone has an equal opportunity to succeed. Advocate for blind and visually impaired persons for equal employment. Transforming those who are aging to better services and support.

[www.afb.org](http://www.afb.org)

212-502-7600



## Rocky Mountain ADA Center

The Rocky Mountain ADA (Americans with Disabilities Act) Center serves individuals in North Dakota, Colorado, Utah, Montana, Wyoming, and South Dakota. Provide guidance and training. Meeting the Challenge is an accessibility compliance consulting firm that serves individuals and organizations with rights and responsibilities for compliance with federal disability rights laws. Meeting The Challenge has the broad-based knowledge, resources, and affiliate network to provide clients with solutions to solve their disability law compliance challenges and increase access for people with disabilities.

[www.rockymountainada.org](http://www.rockymountainada.org)

1-800-949-4232

If you are a caregiver, parent, self-advocate and wanting to tell your story or journey to help others, to influence policy-makers, to make changes;

Contact Family Voices of North Dakota and we will be happy to help, educate on ND Legislation Process or refer you to other agencies as well that can help you present your unique story.

Family Voices of North Dakota

[www.fvnd.org](http://www.fvnd.org)

1-888-522-9654

701-493-2634



# **State and County System Services North Dakota**

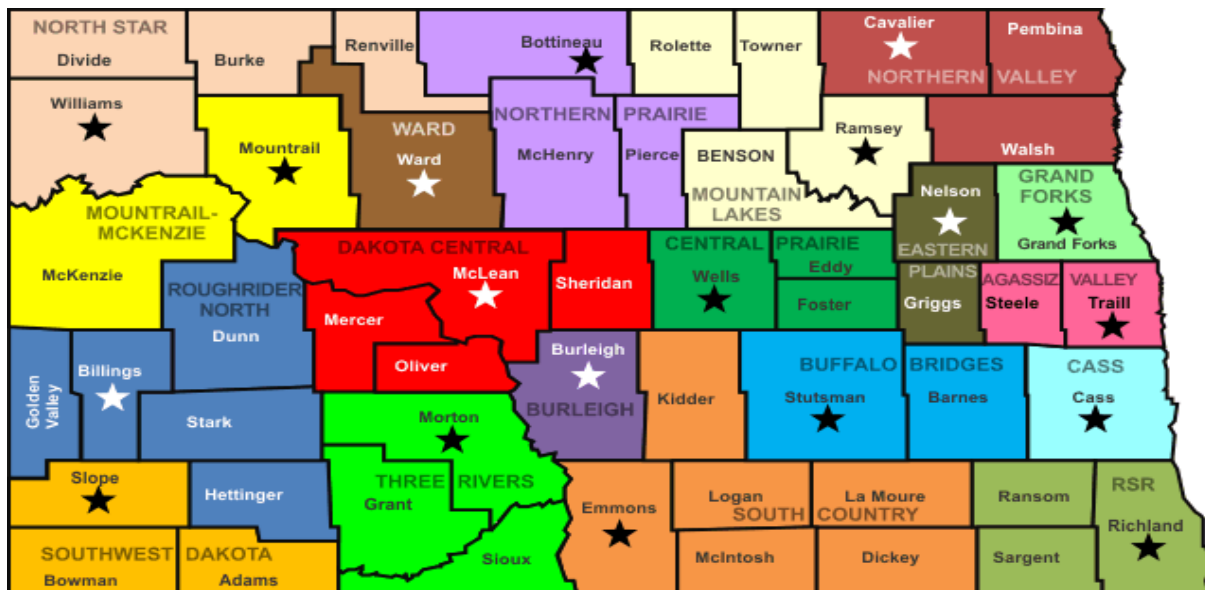


## **Is Your Child or Youth Eligible?**

**State Services are to provide quality, efficient, and effective human services, which improve the lives of people. Providing services to help vulnerable North Dakotans of all ages to maintain and enhance their quality of life.**

# Human Service Zones

The Human Service Zones' local offices in the counties (*formerly known as county social service offices*) have professionals on site who can help people who need these services and supports: Supplemental Nutrition Assistance Program (SNAP/Food Stamps), Temporary Assistance for Needy Families (TANF), heating assistance, Medicaid, including children's health services; basic care assistance; child care assistance; child welfare (foster care, child protection services); and referrals to other local resources and programs. Host Cities are listed below.



1. Mountrail/McKenzie: 18 2nd Ave SE; Stanley ND; 701- 628-2925
2. Roughrider North: 67 1<sup>st</sup> Street SE; Beach ND; 701-872 -412 1
3. North Star: 110 West Broadway. Ste 202; Williston ND; 701- 774-6300
4. Southwest Dakota: 104 1<sup>st</sup> Street NW, Suite 8; Bowman ND; 701- 523-3285
5. Ward County: 225 3<sup>rd</sup> Street SE; Minot ND; 701-852 -3552
6. Dakota Central: 712 5<sup>th</sup> Avenue; Washburn ND; 701-462 -3581
7. Three Rivers: 210 2<sup>nd</sup> Avenue NW; Mandan ND; 701-667-3395
8. Burleigh County: 415 E. Rosser Avenue; Bismarck ND; 701-222-6622
9. Northern Prairie: 314 West 5<sup>th</sup> Street, Ste 1; Bottineau ND; 701-228- 3613
10. Mountain Lakes: 524 4<sup>th</sup> Avenue NE #19; Devils Lake ND; 701- 662- 7050
11. Central Prairie: 600 Railway Street N. #266; Fessenden ND; 701-547 -3694
12. South Country: 100 NW 4<sup>th</sup> Street; Linton ND; 701-254-4502
13. Northern Valley: 324 7<sup>th</sup> Avenue; Langdon ND; 701-256-2175
14. Grand Forks County: 151 S. 4<sup>th</sup> Street. Ste 201; Grand Forks ND' 701-787-8535
15. Eastern Plains: 210 B Avenue W. Ste 104; Lakota ND; 701-247-2945
16. Agassiz Valley: 114 W. Caledonia Avenue; Hillsboro ND; 701-636-5220
17. Cass County: 1010 2<sup>nd</sup> Avenue S.; Fargo ND; 701-241-57477
18. Buffalo Bridges: 116 1<sup>st</sup> Street E.; Jamestown ND; 701-952-6868
19. RSR: 413 3<sup>rd</sup> Avenue N.; Wahpeton ND; 701-642-7751

# North Dakota Department of Health and Human Services

Gov. Doug Burgum signed House Bill 1247 that will combine the Department of Health and Department of Human Services into one. On Sept. 1, 2022, the departments will officially be merged and be called the North Dakota Department of Health and Human Services. One of the main reasons for the merge is the services as many of them cross paths daily.

<b>Northwest Human Service Center Williston</b>	<b>701-774-4600</b>	<b>1-800-231-7724</b>
<b>North Central Human Service Center Minot</b>	<b>701-857-8500</b>	<b>1-888-470-6968</b>
<b>Lake Region Human Service Center Devils Lake</b>	<b>701-665-2200</b>	<b>1-888-607-8610</b>
<b>Northeast Human Service Center Grand Forks</b>	<b>701-795-3000</b>	<b>1-888-256-6742</b>
<b>Southeast Human Service Center Fargo</b>	<b>701-298-4500</b>	<b>1-888-342-4900</b>
<b>South Central Human Service Center Jamestown</b>	<b>701-253-6300</b>	<b>1-800-260-1310</b>
<b>West Central Human Service Center Bismarck</b>	<b>701-328-8888</b>	<b>1-888-328-2662</b>
<b>Badlands Human Service Center Dickinson</b>	<b>701-227-7500</b>	<b>1-888-227-7525</b>

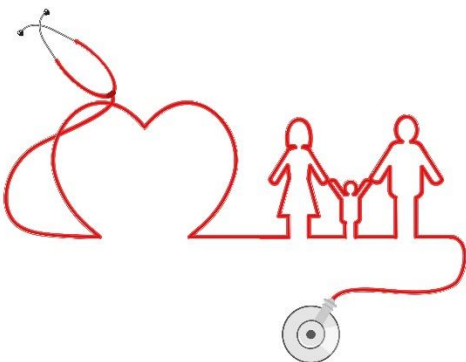
## Special Health Care Services

Special Health Care Services promote a system of care and services that improves the health and well-being of individuals with special health care needs and their families. Improves health outcomes of CSHCN by advancing a quality, comprehensive system of care that promotes the health development and well-being of children and their families. Provides services and resources that support coordinated management of specific chronic health conditions. SHCS has financial programs for diagnostic, treatment, and Russel Silver Syndrome; Newborn Screening and Follow-up Program; and Coordinated Services Programs including Multi-Disciplinary Clinics.

[www.health.nd.gov/Youth/special-health-services](http://www.health.nd.gov/Youth/special-health-services)

**1-800-755-2714**

**701-328-2436**



# **North Dakota Oral Health Program**

## **Department of Health**

The mission of the North Dakota Oral Health Program is to improve the oral health of all North Dakotans through prevention and education. The primary goal of the Oral Health Program is to prevent and reduce oral disease. Oral health and good dental hygiene are essential components of primary care and overall health.

North Dakota Oral Health Coalition's purpose is to coordinate partners and organizations throughout the state of North Dakota to create a collective impact by targeting oral health disparities. This proposed work focuses long-term on increasing access to oral health, improving North Dakotans' oral health literacy, and developing integration between all professions impacted by oral health.



[www.health.nd.gov/prevention/oral-health-program](http://www.health.nd.gov/prevention/oral-health-program)

**701-328-4930**

**701-328-2372**

## **Disease and Condition**

Data for infectious and non-infectious mandatory reportable conditions.

[www.health.nd.gov/condition-data](http://www.health.nd.gov/condition-data)

**701-328-2372**

## **North Dakota Immunization Information System**

Monitoring vaccination coverage rates is important to the people of North Dakota, to public and private health-care providers and to government agencies. Maintaining high vaccination coverage helps protect all North Dakotans from vaccine preventable disease. IISs are confidential population based, computerized information systems that attempt to collect vaccination data for all persons within a state or geographical area.

[www.health.nd.gov/immunize/coverage-rate](http://www.health.nd.gov/immunize/coverage-rate)

**701-328-2372**



# Local Public Health Units

North Dakota's public health system is decentralized with 28 independent local public health units working in partnership with the North Dakota Department of Health. The 28 local public health units are organized into single or multi-county health districts, city/county health departments or city/county health districts. North Dakota local public health units have a long history of providing personal and population-based health services to residents in their city and/or county jurisdictions. The most common activities and services provided by local public health are child immunizations, adult immunizations, tobacco use preventions, high blood pressure screening, injury prevention screening, blood lead screening and Early and Periodic Screening Diagnosis and Treatment.

**Bismarck-Burleigh Public Health: 701-355-1540**

[www.bismarcknd.gov/95/Public-Health](http://www.bismarcknd.gov/95/Public-Health)

**Central Valley Health Unit: 701-252-8130**

[www.centralvalleyhealth.org](http://www.centralvalleyhealth.org)

**Custer Health: 701-667-3370**

[www.custerhealth.com](http://www.custerhealth.com)

**Emmons County Public Health: 701-254-4027**

[www.emmonsnd.com/public-health](http://www.emmonsnd.com/public-health)

**First District Health Unit: 701-852-1376**

[www.fdhhu.org](http://www.fdhhu.org)

**Grand Forks Public Health Department: 701-746-4636**

[www.grandforksgov.com/government/city-departments/public-health](http://www.grandforksgov.com/government/city-departments/public-health)

**Lake Region District Health Unit: 701-662-7040**

[www.lrdhu.com](http://www.lrdhu.com)

**McIntosh District Health Unit: 701-288-3957**

[www.facebook.com/McIntosh-District-Health-Unit](https://www.facebook.com/McIntosh-District-Health-Unit)



**Pembina County Health: 701-265-4248**

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

**Richland County Health Department: 701-642-7735**

[www.richlandcountyhealth.org](http://www.richlandcountyhealth.org)

**Sargent County District Health Unit: 701-724-3725**

[www.sargentnd.com/dept\\_district\\_health\\_unit.php](http://www.sargentnd.com/dept_district_health_unit.php)

**Steele County Public Health Department: 701-524-2110**

<http://www.co.steele.nd.us/health>

**Traill District Health Unit: 701-636-4434**

[www.co.traill.nd.us/departments/district-health](http://www.co.traill.nd.us/departments/district-health)

**Walsh County Health Department: 701-352-5139**

[www.co.walsh.nd.us/](http://www.co.walsh.nd.us/)

**Cavalier County Health District: 701-256-2402**

[www.cavaliercountyhealth.com](http://www.cavaliercountyhealth.com)

**City-County Health Department: 701-845-8518**

[www.citycountyhealth.org](http://www.citycountyhealth.org)

**Dickey County Health District: 701-349-4348**

[www.dickeynd.com/health-district](http://www.dickeynd.com/health-district)

**Fargo Cass Public Health: 701-241-1360**

[www.fargond.gov/city-government/departments/fargo-cass-public-health](http://www.fargond.gov/city-government/departments/fargo-cass-public-health)

**Foster County Health Department: 701-652-3087**

[www.fostercounty.com/public-health](http://www.fostercounty.com/public-health)

**Kidder County District Health Unit: 701-475-2582**

[www.facebook.com/KCDHU](http://www.facebook.com/KCDHU)





**LaMoure County Public Health Department: 701-883-5356**

[www.lamourecountynd.com/public-health](http://www.lamourecountynd.com/public-health)

**Nelson/Griggs District Health Unit: 701-322-5624**

[www.nelsongriggshealth.com](http://www.nelsongriggshealth.com)

**Ransom County Public Health Department: 701-683-6140**

[www.ransomcountynd.net/public-health](http://www.ransomcountynd.net/public-health)

**Rolette County Public Health District: 701-477-5646**

[www.rcphs.com](http://www.rcphs.com)

**Southwestern District Health Unit: 701-483-0171**

[www.swdhu.net](http://www.swdhu.net)

**Towner County Public Health District: 701-968-4353**

[www.facebook.com/TownerCountyPublicHealthDistrict](https://www.facebook.com/TownerCountyPublicHealthDistrict)

**Upper Missouri District Health Unit: 701-774-6400**

[www.umdhu.org](http://www.umdhu.org)

**Wells County District Health Unit: 701-547-3756**

[www.wellscountynd.com](http://www.wellscountynd.com)

## **Tribal Health**

**Spirit Lake Sioux Nation: 701-766-4221**

[www.spiritlakenation.com](http://www.spiritlakenation.com)

**Three Affiliated Tribes: 701-627-4781**

[www.mhanation.com](http://www.mhanation.com)

**Trenton Indian Services Area: 701-774-0461**

**Standing Rock: 701-854-8500**

[www.standingrock.org](http://www.standingrock.org)

**Turtle Mountain Chippewa: 701-477-6111**



## **North Dakota Data and Statistics**

### **North Dakota Autism Database**



A database which includes a record of all individuals diagnosed with ASD. The information collected will be used to complete epidemiologic surveys, research, and analysis, and provide services to individuals with an ASD.

By studying the prevalence of ASD diagnoses in North Dakota over time, we will be gathering important information that will:

- **Inform public policy decisions**
- **Improve community awareness**
- **Assist in the identification of risk factors**
- **Improve services and support for people with ASD**

[www.health.nd.gov/asd](http://www.health.nd.gov/asd)

**701-38-2436**

## **North Dakota Behavioral Risk Factor Surveillance System**

The Behavioral Risk Factor Surveillance System (BRFSS) is the nation's premier system of health-related telephone surveys that collect state data about U.S. residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.

[www.health.nd.gov/BRFSS/data](http://www.health.nd.gov/BRFSS/data)

**701-328-2372**

## **North Dakota Healthy Steps**

North Dakota Healthy Steps is the Children's Health Insurance Program in North Dakota. CHIP is intended to meet the needs of working families, who cannot afford health insurance coverage for their children, yet earn too much to qualify for Medicaid. Coverage is available for uninsured children age 18 and younger who live in families with qualifying incomes.

[www.nd.gov/dhs/services/medicalserv/chip/](http://www.nd.gov/dhs/services/medicalserv/chip/)

**1-844-854-4825**



## North Dakota Children and Family Services

The North Dakota child welfare system is county administered and state supervised. The Children and Family Services Division is responsible for many programs and services and sets policies and procedures for child welfare services offered and delivered statewide. Most of the state's child welfare services are provided directly through 19 human service zones (formerly 53 county social service offices). The division has administrative staff assigned to various jurisdictions across the state to offer public agencies support, technical assistance and continuous quality improvement related to child protection, in-home and foster care case practice.

[www.nd.gov/dhs/services/childfamily](http://www.nd.gov/dhs/services/childfamily)

**1-800-245-3736**

**701-328-2316**

## North Dakota Division of Developmental Disabilities

Developmental Disabilities provides support and training to individuals and families to maximize community, independence, and self-sufficiency; to prevent institutionalization; and to enable institutionalized individuals to return to the community. To achieve this goal, the Developmental Disabilities Division contracts with private, nonprofit, and for-profit organizations to provide an array of residential services, day services, and family support services.

[www.nd.gov/dhs/services/disabilities](http://www.nd.gov/dhs/services/disabilities)

**1-800-755-8529**

**701-328-8930**



## North Dakota Autism Services

The Autism Services Unit of North Dakota provides information to parents and professionals on state service delivery and supports for those with an autism spectrum disorder and their families. This includes the North Dakota Autism Medicaid Waiver, the North Dakota Autism Voucher Program and North Dakota Autism Task Force.

[www.nd.gov/dhs/autism](http://www.nd.gov/dhs/autism)

**1-800-755-2604**

**701-328-4630**



## **North Dakota Behavioral Health Division**

The Behavioral Health Division provides leadership for the planning, development, and oversight of the state's behavioral health system. The Division works with partners within the Department of Human Services and the state behavioral health system to improve access to services, address behavioral health workforce needs, develop policies, and ensure quality services are available for those with behavioral health needs. Includes Children's Mental and Behavioral Health and Qualified Residential Treatment Programs.

[www.behavioralhealth.nd.gov](http://www.behavioralhealth.nd.gov)

**701-328-8920**

## **North Dakota Division of Vocational Rehabilitation**

To assist North Dakotans with disabilities to improve their employment opportunities and to assist North Dakota businesses in finding solutions to their disability-related issues.

[www.nd.gov/dhs/dvr](http://www.nd.gov/dhs/dvr)

**1-800-755-2745**

**701-328-8950**

## **North Dakota Vision Rehabilitation Services**

The incidence of visual impairment is on the rise, impacting the lives of individuals and families. If you have an uncorrectable vision impairment, help is available from the Division of Vocational Rehabilitation. Vision rehabilitation services have two separate programs that are offered, the Older Individuals who are Blind Program and the Employment Program.

[www.nd.gov/dhs/dvr/individual/older.blind](http://www.nd.gov/dhs/dvr/individual/older.blind)

**701-328-8954**



# North Dakota Child Support

Child Support works with parents, employers, and other partners to help ensure children receive court ordered financial and medical support. With online access parents, employers, and partners can connect with Child Support 24/7.



[www.childsupport.dhs.nd.gov](http://www.childsupport.dhs.nd.gov)

701-328-5440

## North Dakota Child Care Assistance Program

The Child Care Assistance Program helps income-eligible families pay for childcare while they work or attend school or training. The Child Care Assistance Program helps income-eligible families pay for childcare while they work or attend school or training.

[www.nd.gov/dhs/services/financialhelp/childcare](http://www.nd.gov/dhs/services/financialhelp/childcare)

1-800-755-2716

701-328-2332

## Low Income Home Energy Assistance Program

The Low-Income Home Energy Assistance Program (LIHEAP) helps eligible low-income families with home heating costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources. The program also covers weatherization services (insulation, weather stripping around doors and windows, etc.) furnace cleaning, repair, and replacement, chimney cleaning and inspection and emergency assistance.

[www.nd.gov/dhs/services/financialhelp/energyassist](http://www.nd.gov/dhs/services/financialhelp/energyassist)

1-800-755-2716

701-328-2332

**“REPEAT AFTER ME: My Dream Life, Career And Income  
Are Possible. I Have A Plan And It's In Motion. I'm  
Going To Make It Happen No Matter What.”**

**-Author Unknown**



## North Dakota Medicaid

Medicaid was authorized in 1966 for the purpose of providing an effective base upon which to provide comprehensive and uniform medical services that enable persons previously limited by their circumstances to receive needed medical care. It is within this broad concept that the Medicaid Program in North Dakota participates with the medical community in attempting to strengthen existing medical services in the state. Funding is shared by federal and state governments, with eligibility determined at the county level. Medicaid pays for health services for qualifying families with children, and people who are pregnant, elderly, or disabled.

[www.nd.gov/dhs/services/medicalserv/medicaid](http://www.nd.gov/dhs/services/medicalserv/medicaid)

1-800-755-2604

701-328-2068



## North Dakota Medicaid Expansion

Expansion of Medicaid gives more individuals the opportunity to have affordable coverage, preventive services, and greater economic security in the event of accidents or illness. We are building on the success of Medicaid to make health care coverage more accessible for North Dakotans.

[www.nd.gov/dhs/medicaidexpansion](http://www.nd.gov/dhs/medicaidexpansion)

1-800-755-2604

701-328-7068

## Supplemental Nutrition Assistance Program (SNAP)

This program helps low-income North Dakotans meet their nutritional needs. Food Stamps.

[www.nd.gov/dhs/services/financialhelp/foodstamps](http://www.nd.gov/dhs/services/financialhelp/foodstamps)

1-800-755-2716

701-328-2332





## Life Skills and Transition Center

The Life Skills and Transition Center (LSTC) is a state-operated, comprehensive support agency serving people with intellectual and developmental disabilities in Grafton. LSTC serves as a crisis and stabilization center, as well as a safety net for people whose needs exceed community resources.

[www.nd.gov/dhs/locations/developmental](http://www.nd.gov/dhs/locations/developmental)

1-800-252-4911

701-352-4200

## North Dakota Housing Help

North Dakota renters and homeowners, get the financial assistance information you need. Includes rent help, homeowners help and emergency housing stability.



[www.aaplyforhelp.nd.gov/housing](http://www.aaplyforhelp.nd.gov/housing)

1-800-755-2716

701-328-2332

## North Dakota Domestic Violence Services

There are 22 agencies in North Dakota that provide domestic violence services at some level. A total of 20 organizations have provided complete information about their program to this site for a statewide completion rate of 90%. These programs can be found in 18 different cities.

[www.domesticshelters.org/help/nd](http://www.domesticshelters.org/help/nd)

1-800-799-7233

"Behind every strong person is a story that gave them no choice."

-Author Unknown



# First Link 211

First-Link is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help and crisis intervention. First-Link answers the 211-help line, the National Suicide Prevention Lifeline and communicates via Text line **898-211**. First-Link provides these services across the entire state of North Dakota and parts of Minnesota. **Dial 2-1-1 or text your zip code to 898-211** from anywhere in our service area for confidential help and support.



[www.myfirstlink.org](http://www.myfirstlink.org)

**211**

## 988 Suicide and Crisis Lifeline

The **National Suicide Hotline Designation Act** (federal legislation designating 988 as the three-digit dialing code for the Lifeline) was signed into law in October 2020. This triumph was the outcome of many years of activism by the mental health community for the creation of an easy-to-remember telephone number that would increase accessibility of the Lifeline. The Federal Communications Commission has required telephone providers to make calling to the Lifeline via 988 accessible by July 16, 2022. \*\*\* 988 is not yet active across all communications access points in the United States. If you or someone you know is in crisis now, please call **1-800-273-TALK (8255)** to be connected to the National Suicide Prevention Lifeline.

[www.behavioralhealth.nd.gov/988](http://www.behavioralhealth.nd.gov/988)



## North Dakota Insurance Department

The North Dakota Insurance Department oversees the insurance marketplace that exists within the state of North Dakota. Established in 1889, the department serves the public by providing education, regulation, and enforcement of insurance laws and policies. North Dakota is part of the U.S. insurance regulatory framework that is designed to promote fairness and protect consumers in the complexity of the U.S. insurance marketplace. The department consists of six divisions that include assisting consumers in navigating the marketplace, investing insurance fraud, and monitors the financial strength of insurance companies operating in North Dakota.

[www.insurance.nd.gov](http://www.insurance.nd.gov)

**1-800-366-6888**

**701-328-2440**

# Family Support



It's not easy to describe the experience of raising a child with special needs. From the outside, it may look challenging and stressful. But in the heart of a parent, it is an experience of evolution and growth. Parents and Caregivers share our life experiences, our kids' smiles, and their achievements, not to convince ourselves and others of their perfection, but simply as parents whose children are their pride and joy. Still, even the most resilient of parents need some inspiration and reassurance sometimes.

## Family Voices of ND

Family Voices of ND is the Health Information and Education Center for children and youth with special health needs, chronic health conditions and disabilities. Family Voices of North Dakota (FVND) aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. Family Voices provides families' tools to make informed decisions, advocates for improved public and private policies, builds partnerships among professionals and families, and serves as a trusted resource on health care. Family Voices of North Dakota is statewide.

North Dakota has many support groups for specific disabilities, mental and behavioral health, and chronic illness. Some are face to face and others are on social media. Please contact Family Voices of North Dakota and we can give you up-to-date groups and how to contact. Changes in family support groups are changing often so difficult to place in a guidebook but certainly we can help connect families. Family Voices of North Dakota houses the North Dakota Parent to Parent Program. The Parent-to-Parent Program is a statewide network of parents supporting families of children with developmental delays, disabilities, and special health needs. We have parents who have experienced the feelings and emotions that come after learning that our children have a developmental delay, disability, or other special health needs. They offer moral support and encourage parents to feel comfortable and optimistic about the future. **Parent to Parent** is dedicated to supporting families at their most challenging times and to celebrating each new victory. Parents helping parents...it's a simple concept that works. Contact Family Voices of North Dakota for more information.

**Project Carson** is a project which offers support to new parents who receive a prenatal or at birth diagnosis. Project Carson is sponsored by Pathfinders Parent Center, Designer Genes of Bismarck, and Family Voices of North Dakota. This program offers support through a partnership of professionals, organizations, and parents who have personal experiences in receiving a prenatal or at birth diagnosis. Project Carson's goal is to assure that families receiving a diagnosis, whether it be before or after birth, have access to a support network of parents and organizations that understand the emotions, joys, and challenges that come with the word "diagnosis".

[www.fvnd.org](http://www.fvnd.org)

701-493-2634

1-888-522-9654



## Federation of Families

ND Federation of Families for Children's Mental Health is a parent-run organization that is focused on the needs of children and youth with emotional, behavioral, or mental disorders and their families. ND Federation of Families provides support, advocacy, and education. They address the unique needs of those with mental health disorders from birth to transition to adulthood.

[www.ndffcmh.org](http://www.ndffcmh.org)

701-222-3310



## Pathfinder Parent Center

Pathfinder Parent Center is ND's statewide parent information center and training center for parents of children that are at-risk due to learning challenges or have disabilities for ages birth to 26. Pathfinder Parent Center helps parents and educators to connect, plan for and become engaged in each child/person's education in both general education and special education services.

[www.pathfinder-nd.org](http://www.pathfinder-nd.org)

701-837-7500

1-800-245-5840

## Mental Health America of North Dakota

Mental Health America of North Dakota (MHAND) is a consumer-run 501(c)(3) non-profit organization. MHAND promotes mental wellness for the health and well-being of all North Dakotans – every day and in times of crisis. MHAND has consistently fought for the needs of children, adults and families through the programs and activities such as education, support groups, supportive action/advocacy and many more.

[www.mhand.org](http://www.mhand.org)

701-255-3692

**"The Strongest people are not those who show strength in front of us but those who win battles we know nothing about."**



# North Dakota American Foundation Suicide Prevention



Bringing together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter. We focus on eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public about risk factors, and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

[www.afsp.org/chapter/north-dakota](http://www.afsp.org/chapter/north-dakota)

701-371-1194

## North Dakota Suicide Prevention Coalition

We provide hope to all generations through advocacy, communication, collaboration, and education. If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. It's important to take care of yourself when you are supporting someone through a difficult time, as this may stir up difficult emotions. If it does, please reach out for support yourself.

[www.ndspec.org/states/north-dakota](http://www.ndspec.org/states/north-dakota)

[www.facebook.com/ndspc](https://www.facebook.com/ndspc)

Send message to: [ndsuiicidepreventioncoalition@gmail.com](mailto:ndsuiicidepreventioncoalition@gmail.com)

If you are in need of immediate help, call:

1-800-273-8255





# First Link 211

First-Link is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help and crisis intervention. First-Link answers the 211-help line, the National Suicide Prevention Lifeline and communicates via Text line **898-211**. First-Link provides these services across the entire state of North Dakota and parts of Minnesota. **Dial 2-1-1 or text your zip code to 898-211** from anywhere in our service area for confidential help and support.



[www.myfirstlink.org](http://www.myfirstlink.org)

211

## CAWS North Dakota (Crimes Against Women)

CAWS North Dakota works to strengthen connections. We focus our energy and resources on connecting victims of sexual and domestic violence, as well as, dating violence, stalking and human trafficking to services in their communities. We also connect diverse partners in communities across the state to better serve victims, from social and legal services to law enforcement and legislators.

[www.cawsnorthdakota.org](http://www.cawsnorthdakota.org)

1-888-255-6240

701-255-6240

U.S. National Domestic Violence Hotline

1-800-799-7233

National Teen Dating Abuse Hotline

1-866-331-9474

Strong Hearts Native Helpline

1-844-762-8483

**"I will not be another flower, picked for my beauty and left to die. I will be wild, difficult to find, and impossible to forget."**

**-Erin Van Vuren**





Dakota OutRight's mission is to improve the lives of LGBTQIA2S+ people in Central North Dakota through connection, visibility, and advocacy vision is LGBTQIA2S+ people will walk freely without fear and have total inclusion, equality, and equity.

[www.dakotaoutright.org](http://www.dakotaoutright.org)

## North Dakota Brain Injury Network

The North Dakota Brain Injury Network (NDBIN) is funded by a contract with the North Dakota Department of Human Services to provide information and support to individuals with brain injury and family members, and to assist them with navigating the service system. The NDBIN program office is located at the Center for Rural Health, University of North Dakota School of Medicine & Health Sciences in Grand Forks, North Dakota. NDBIN staff can provide personalized assistance in finding support groups, referrals to pre-employment training, and help identifying and accessing appropriate benefits and programs

[www.ndbin.org](http://www.ndbin.org)

**1-855-866-1884**

## Service Member and Family Support Centers

Service Member and Family Support Center (SMFSC) are operated regionally throughout North Dakota. They are here to provide support and assistance to Service Members and their Families by offering information about military, federal, state, and local resources. Soldier & Family Readiness is a key factor in the unit readiness. We provide proactive education, assistance, and support to Soldier & Family Readiness Groups (SFRG).

<https://www.ndguard.nd.gov/service-member-family-support-0/service-member-and-family-support-center-smfsc>

**Bismarck 1-800-242-4940**

**Fargo 1-800-460-1407**

**Grand Forks 701-792-4568**

**Devils Lake 701-665-7896**

**Minot 701-420-5861**



# Native American Training Institute

In May 1994, four North Dakota tribes – the Standing Rock Sioux Tribe, the Three Affiliated Tribes, the Spirit Lake Sioux Tribe, and the Turtle Mountain Band of Chippewa – began discussions of common child welfare issues with the North Dakota Department of Human Services Children and Family Services Division, Casey Family Programs, and the North Dakota Indian Affairs Commission. Together, we identified a critical need for training and worked together to build the right tools. We envisioned trainings that anyone in the process, from foster and adoptive parents to tribal courts to law enforcement, would benefit from. The common needs of the Tribes resulted in the shared vision of the Native American Children and Family Services Training Institute, and we opened our doors in 1995. In 2001, we revised our name to the Native American Training Institute (NATI).

[www.nativeinstitute.org](http://www.nativeinstitute.org)

701-255-6341

## The Compassionate Friends

The Compassionate Friends offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet to talk, listen, share, and provide each other emotional support after the devastating death of a child. When you attend chapter sessions, you won't find professionals running the meetings and giving advice. We are not therapists and we do not provide counseling. Everyone will be just like you – someone who is going through the natural grieving process.

[www.compassionatefriends.org](http://www.compassionatefriends.org)

1-877-969-0010

Bismarck: 701-258-2219

[www.compassionatefriends.org/chapter/bismarck-chapter/](http://www.compassionatefriends.org/chapter/bismarck-chapter/)

Minot: 701-468-5643

[www.compassionatefriends.org/chapter/minot-chapter/](http://www.compassionatefriends.org/chapter/minot-chapter/)

Carrington: 701-984-2520

[www.compassionatefriends.org/chapter/tcf-of-the-carrington-area/](http://www.compassionatefriends.org/chapter/tcf-of-the-carrington-area/)



## Addies Angels

Addie's Angels was created through a desire by two grieving parents. After the loss of their angel daughter, Adelyn (Addie), the Thompsons saw a lack of mental health services surrounding pregnancy, pregnancy loss, and child loss. They formed Addie's Angels to help provide additional mental health services to the community.

[www.addiesangelsnd.org](http://www.addiesangelsnd.org)

701-237-1597

\*\*\*\*\* Also, should check with local hospitals for grief support or call family Voices of ND and we will try to locate support near you. \*\*\*\*\*

## Caring Bridge

From the launch of the very first CaringBridge site, we've been working toward a single vision: a world where no one goes through a health journey alone. To turn this vision into reality, we've made it our mission to build bridges of care and communication providing love and support on a health journey. CaringBridge is your free online tool for sharing health updates. It is an easy and ad-free way to communicate health news to family and friends—all in one place.

[www.caringbridge.org](http://www.caringbridge.org)

651-789-2320



"How lucky am I to have something that makes saying goodbye so hard." -Winnie The Pooh

# Other Resources



Family-centered care is an approach to the planning, delivery, and evaluation of health care that is grounded in mutually beneficial partnerships among health care providers, patients, and families. It redefines the relationships in health care.

Patient and family-centered practitioners recognize the vital role that families play in ensuring the health and well-being of infants, children, adolescents, and family members of all ages. They acknowledge that emotional, social, and developmental support are integral components of health care. They promote the health and well-being of individuals and families and restore dignity and control to them.

Family-centered care is a way of providing services that assures the health and well-being of children and their families through respectful family/professional partnerships. It honors the strengths, cultures, traditions, and expertise that families and professionals bring to this relationship. Family-centered care improves the patient's and family's experience with health care, reduces stress, improves communication, reduces conflict, and improves the health of children with chronic health conditions.

What defines a family? Here are some thoughts. Families are big, small, extended, nuclear, multi-generational, with one parent, two parents, and grandparents. We live under one roof or many. A family can be as temporary as a few weeks, as permanent as forever. We become part of a family by birth, adoption, marriage, or from a desire for mutual support. As family members, we nurture, protect, and influence each other. Families are dynamic and are cultures unto themselves, with different values and unique ways of realizing dreams. Together, our families become the source of our rich cultural heritage and spiritual diversity.

***"We who have children and youth with special healthcare needs have learned patience, joy and resilience which comes from the lessons our children and youth have taught us. Through them our lives have been enriched, learning from those lessons and sharing them with those who also have devoted their lives, partnering with parents and providers in each step. Family Voices of ND is an important connection for families not only to connect with one another but in assisting them in accessing vital information."***

***Donene Feist***

***Director of Family Voices of ND***



**FAMILY VOICES**  
OF NORTH DAKOTA®  
*Navigating Crossroads to Hope*



# North Dakota Association for the Disabled

**North Dakota Association for the Disabled (NDAD)** is a nonprofit, charitable organization founded in 1975 by concerned citizens for the purpose of assisting people with disabilities in the state of North Dakota, many of whom are not eligible for services from other agencies. Often, disabling conditions or health issues can be very costly. NDAD follows a philosophy that people with disabilities can live more satisfying, productive lives if they have the opportunity. Many times, this requires the purchase of specialized equipment, medical treatment, or other services.

[www.ndad.org](http://www.ndad.org)

Grand Forks (main office): [www.grandforks@ndad.org](mailto:www.grandforks@ndad.org) 701-775-5577 or 1-800-532-6323

Bismarck: [www.bismarck@ndad.org](mailto:www.bismarck@ndad.org) 701-751-0739 or 1-888-703-0358

Fargo: [www.fargo@ndad.org](mailto:www.fargo@ndad.org) 701-281-8215 or 1-888-363-6323

Minot: [www.minot@ndad.org](mailto:www.minot@ndad.org) 701-838-8414 or 1-888-999-6323

## North Dakota Center for Persons with Disabilities

North Dakota center for Persons with Disabilities (NDCPD) is a federally funded University Center of Excellence on Developmental Disabilities (UCEDD) which is part of a national network. The US Department of Health & Human Services provides funding for UCEDDs which are based on 5-year cycles. NDCPD provides service, education, and research which empowers communities to welcome, value and support diverse people of all abilities to advance self-determination and inclusion throughout the lifespan. NDCPD has four functional areas that drive the work of our main funding and the work of our funded grants and projects. These areas are derived from the IDEA act and for each, we have a Core Coordinator to manage activities within their perspective areas: community services and training, research, preservice and information dissemination.

[www.ndcpd.org](http://www.ndcpd.org)

1-800-233-1737

701-858-3580

*"Start by doing what is necessary; then what is possible; and suddenly you are doing the impossible."  
-Author Unknown*



## North Dakota Assistive

North Dakota Assistive is a non-profit organization that strives to bring assistive technology devices and services into the lives of North Dakotans and Minnesotans of all ages who need it. Our goal is to help bridge the gap between ability and disability using assistive technology.

[www.ndassistive.org](http://www.ndassistive.org)

Fargo 1-800-895-4728 or 701-365-4728

Bismarck 1-800-895-4728 or 701-258-4728

## Nexus- PATH Family Healing

At Nexus Family Healing, we believe every child is worth it — and every family matters. We provide telehealth and in-person appointments for people needing mental health and trauma recovery support. We also support our communities with in-home, in-school, and other onsite therapy services. We provide short- and long-term treatment programs at our residential facilities for kids who need intensive support and care. When children enter foster care due to an unsafe and/or unstable home environment, we provide foster homes to care for these kids while their families get back on their feet. We work hard with the child's custodial team to reunite these families. When that isn't possible, we provide adoption services that result in a loving, stable home.

[www.nexusfamilyhealing.org](http://www.nexusfamilyhealing.org)

Fargo: 701-280-9545

Bismarck: 701-224-9611

Devils Lake: 701-662-4913

Minot: 701-839-8887

Dickinson: 701-225-3310

Williston: 701-572-7650

Grand Forks: 701-775-7725

Belcourt: 701-447-0525

Jamestown: 701-225-3310

## North Dakota Special Olympics

Special Olympics is an international organization\* dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. Special Olympics North Dakota (SOND) serves athletes, partners, coaches, and other partners through 11 Area Programs in the state. We offer sports all year round with weekly practices, periodic games, and annual tournaments. Whatever your interest in Special Olympics, we're excited to have you join us make a real difference in people's lives.

[www.specialolympicsnd.org](http://www.specialolympicsnd.org)

701-746-0331



## **Federally Qualified Health Centers in North Dakota**

A Federally Qualified Health Center (FQHC) is a community-based organization that provides comprehensive primary care and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay or health insurance status.

[www.npidb.org/organizations/ambulatory\\_health\\_care/federally-qualified-health-center-fqhc\\_261qf0400x/nd/](http://www.npidb.org/organizations/ambulatory_health_care/federally-qualified-health-center-fqhc_261qf0400x/nd/)

### **Coal Country Community Health Centers**

**Killdeer: 701-764-5822**

**Hazen: 701-749-2257**

**Beulah: 701-873-4445**

### **Community Health Services Inc.**

**Grafton: 701-352-4048**

### **Family Health Care Centers**

**Fargo 2 locations: 701-298-9245 and 701-271-3344**

**Valley City: 701-271-3344**

**West Fargo: 271-3344**

### **Northland Health Centers**

**Minot 2 locations: 701-838-3051 and 701-448-2054**

**Bowbells: 701-377-6400**

**Rolla: 701-477-3111**

**Turtle Lake: 701-448-9225**

**McClusky: 701-363-2296**

**Rollette: 701-246-3391**

**Bismarck: 701-448-2054**

### **SPECTRA Health**

**Grand Forks: 701-757-2100**

**Larimore: 701-343-6418**

## **North Dakota Homeless Coalition**

The mission of the North Dakota Coalition for Homeless People is to lead the effort to end homelessness through coordination, education, and advocacy. NDCHP played a vital role in organizing a broad coalition of housing advocates and the housing divisions of human needs organizations and foundations. These efforts created the Housing Alliance of North Dakota (HAND), which led the campaign for the housing trust fund.

[www.ndhomelesscoalition.org](http://www.ndhomelesscoalition.org)

**701-428-2481**



## Youthworks

We are a private, 501(c)3 nonprofit agency with a Board of Directors. The agency was established in 1979 as Mountain Plains Youth Services Coalition and we have been providing direct services since 1986. In our services directory are programs for runaway, homeless and street youth; juvenile offenders; youth failing in school; youth suspended or expelled from school; young parents and pregnant moms (under 22); youth arrested and unable to immediately return home; youth needing emergency care; youth needing peer support or cross-age mentoring; and youth with anger issues. We provide family counseling during the day and in the evening at the convenience of the parents.

[www.youthworksnd.org](http://www.youthworksnd.org)

**Fargo: 701-232-8558**

**Bismarck: 701-255-6909**

**Minot: 701-837-6516**

**Grand Forks: 701-741-4970**

## National Center for Learning Disabilities

One in five people have learning and attention issues, including specific learning disabilities like dyslexia and/or attention issues like ADHD. These individuals are just as capable as their peers, but many struggle in school and beyond because they fail to get the support they need. We know that with the right support, they can thrive. NCLD works every day to make meaningful change for individuals with learning and attention issues.

[www.nclld.org](http://www.nclld.org)

**301-966-2234**



## National Organization for Rare Diseases

**NORD**, a 501(c)(3) organization, is a patient advocacy organization dedicated to individuals with rare disease. NORD, along with its more than 300 patient organization members, is committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and patient services and the organizations that serve them.

[www.rarediseases.org](http://www.rarediseases.org)

**617-249-7300**





**Date of referral:** \_\_\_\_\_

**Referred by:** \_\_\_\_\_

## Referral Form

Please obtain parent/guardian's permission to release the following information to Family Voices of North Dakota, a Health Information and Education Center, that provides Training, Information and Support to families affected by special needs. We will keep all information confidential and use it only for the purposes of supplying educational and resource materials; assisting families navigate systems and with individual needs; adding families to mailing list for newsletter and special announcements.

Please Print

Child's Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Child's Birth: \_\_\_\_\_

Special Need/Concern: \_\_\_\_\_

Would you like Family Voices of North Dakota to mail you literature about your child's special need? Yes \_\_\_\_ No \_\_\_\_

Would you like to talk with staff regarding resources and information?

Yes \_\_\_\_ No \_\_\_\_

X \_\_\_\_\_

(Patient/Parent or Guardian's Signature Approving the Release of Above Information to Family Voices ND)

Fax completed form to Family Voices of ND at 701-493-2635

Family Voices of ND

P.O. Box 163, Edgeley, ND 58433

Call toll free 1-888-522-9654

Family Voices of ND is a non-profit 501(c) 3 organization dedicated to providing a place for North Dakota families touched by special needs to become empowered to lead independent lives.



**Date of referral:** \_\_\_\_\_

**Referred by:** \_\_\_\_\_

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**Send File of Emergency Contact Form.**