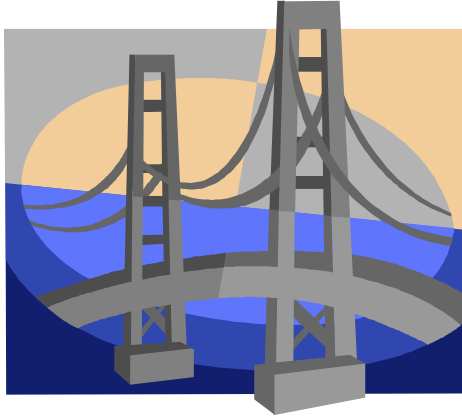


GATEWAYS TO SERVICES



TRANSITION TO ADULT SERVICES

DUTCHESS COUNTY NEW YORK

Fall 2014

Dear Parents and Families,

The Dutchess County Transition Network is comprised of members from school districts, community-based organizations and higher education institutions who meet regularly to discuss ideas and implement strategies which can help students with disabilities and their families, prepare for their transition to adulthood.

This guide was developed to provide information about effective transition planning for students with disabilities receiving special education services as well as to describe the range of services, resources, programs and opportunities that exist in Dutchess County and outline some of the processes for obtaining adult services.

Transition planning is essential and required of school districts. It provides an opportunity for parents and students to work collaboratively with school staff to develop an individualized plan for each student, which identifies future goals and prepares them to learn the skills needed to live, learn and earn an income in their own communities.

You, as parents, have a critical role in providing input which leads to effective transition planning with your young adults. Your job is both to advocate for their needs by sharing your concerns (after all, who knows your child better than you) and to help them transition to advocating effectively, for themselves. We cannot over emphasize the importance of this. This can be a difficult period of transition for parents. You have been advocating for your children by letting your school district know what they need to be successful and now it is time to help them practice using those same advocacy skills.

Learning the steps your family needs to take to ensure that your young adult has access to available services and supports, will allow for continued growth and independence upon exit from school. It will better prepare your adolescent for the transition to adulthood.

This guide was developed with you in mind. It is our hope that this can be used as an effective transition planning tool and reference material for students, families, school staff and community-based organizations, as we prepare our young adults to move from high school to their own community within Dutchess County.

Sincerely,

Members of the Dutchess County Transition Network, including representatives from: Abilities First, Arlington Central Schools, Astor Services for Children, Beacon City School District, Down Syndrome Association of the Hudson Valley, Dutchess ARC, Dutchess BOCES, Dutchess Community College, Dutchess County Department of Mental Hygiene, Hyde Park School District, New Horizons Resources, Pine Plains Central Schools, Red Hook Central School District, Rhinebeck Central School District, Spackenkill Union Free School District, Taconic Developmental Disabilities Regional Office (DDRO), Taconic Resources for Independence, ACCES-VR, Wappingers Central School District, and the Hudson Valley Special Education Parent Center-Westchester Institute for Human Development.

Contact us: Freya Bomba at 845-486-4860 x 1101 or by email to fbomba@acsdny.org
Karen Lynch at 845-452-3913 x 112 or by email to k.lynch@taconicresources.org

TRANSITION PLANNING OVERVIEW

Graduation from high school marks the beginning of adult life. Most young people embark on a journey to create an independent life that includes a good job, a nice place to live, new friends, relationships and activities in their community. There are many choices and decisions for students to make: Should I go to a community college or a four year university? Is a technical or trade school an option? Should I join the Armed Forces? How can I enter the workforce? Should I move out or live at home? Will I drive a car or take a bus to get around? What will I do for fun when I'm not working? It can be both an exciting and frightening time. It is a time of transition, a time of change for all students.

Students with disabilities and their families face even more complex choices and decisions that can require much advance planning. This is recognized on a Federal level through the Individuals with Disabilities Education Act (IDEA) which mandates that school districts provide classified students and their families with Transition Planning and Services in order to facilitate movement from school to post-school activities. In New York State, Transition Services are required to be part of a student's Individualized Education Program (IEP) beginning not later than the first IEP to be in effect when the student is age 15 or earlier, if appropriate. These services are a combination of activities that will lead the student to reach his/her postsecondary goals in the area of training, education, employment and where appropriate, independent living skills.

THE GOAL OF TRANSITION PLANNING

The *goal* of transition planning is to identify and provide students with opportunities and necessary supports while they are in school that will lead the student to achieve his/her post-secondary goals for lifelong learning, community participation, and work for pay.

1. To inform and educate parents, families and students about the world of adult services
2. To determine supports and services needed by the student to live, learn and earn in their community
3. To determine who can provide these services/supports and determine eligibility
4. To determine gaps and barriers in service provision and delivery
5. To establish relationships with adult service providers, so they will have knowledge and understanding of the young adult they will be working with
6. To develop IEP goals that are directly related to the development of skills students will need in the adult world
7. To provide students with the ability to self advocate and make choices that positively affects their quality of life.

THE PROCESS OF TRANSITION PLANNING

The *process* of transition planning requires a partnership among the student, family and school, and, as appropriate, other agencies that can provide transition activities for the student. By its very nature, transition planning is a collaborative effort and must be thought of as an on-going process across multiple school years.

Transition planning, takes into account the student's needs, strengths, preferences and interests when developing goals for life after high school. Transition planning is incorporated into specific components on the IEP and must include transition services including instruction, related services, community experiences, employment and other post-school living objectives, and, where appropriate, the acquisition of daily living skills and a functional vocational evaluation.

The New York State Education Department (NYSED) has identified **Person-Centered or Strength-Based Planning** as a best practice for developing the transition components of the IEP. In this planning process, the student, his/her family and appropriate school and agency staff meet to discuss questions such as: What are your dreams and wishes for the future? What are your abilities and interests? What are your fears? What are the barriers? What might stand in your way of reaching your goals? What do you need to be successful? This discussion is often referred to as the Level One (Career) Assessment and will lead to the development of measurable post-secondary goals for Employment, Further Education and Community Living, documented on the IEP.

Student Exit Summary

Federal law requires that the school district provide a student with a disability a summary of the student's academic achievement and functional performance prior to school exit for a student whose eligibility for special education services terminates due to graduation from secondary school with a regular diploma or due to exceeding the age eligibility for a free appropriate public education (FAPE) under State law (age 21 in NYS).

The purpose of the Student Exit Summary is to provide the student with a written report that provides essential information to consider as the student transitions from secondary school. The Student Exit Summary should be a useful and relevant document that summarizes individual student abilities, skills, needs and limitations and provides recommendations to support successful transition to adult living, learning and working. It should be designed to assist the student in establishing eligibility for reasonable accommodations and supports in postsecondary settings, the workplace and community and to aid the student in accessing adult services as appropriate. The document should help the student better understand and articulate the impact of his/her disability, individual strengths and needs as well as supports that would be helpful in post-school life.

During a student's Exit CSE meeting, parents and students should ask for copies of all assessment reports or evaluations that documents the criteria needed for special education services, any recognition of achievement, certificates, diploma earned, work-based learning evaluations and any job related references. These are important documents that families should keep in a safe place.

SELF-ADVOCACY

Self-advocacy is a critical skill needed for success in the adult world. Young people, especially those with disabilities, must develop necessary skills to make choices and decisions about matters that will affect them. This requires self-knowledge and self-awareness about their likes, dislikes, skills, abilities, preferences and limitations.

Development of self-advocacy skills allows individuals to share their goals, dreams and needs with others. It provides the individual with the ability and opportunity to ask for services, supports and accommodations that encourage independence and community involvement.

Self-advocacy also requires an understanding of one's disability and its impact on daily functioning. This can be a highly sensitive area for some students, families and schools to acknowledge. Quite often, students receiving special education services have limited knowledge of their educational disability classification or why they are receiving services. Parents and school staff may be reluctant to engage the student in discussion about their disability and how it impacts daily functioning, for fear of creating negative feelings or loss of self-esteem. The students are often passive recipients of special education services: schedules are handed to them; accommodations are automatically provided; decisions are made without them. Typically, many students don't have to speak up to have their needs met or be provided with opportunities for success.

Additionally, there may be a collective, unspoken wish or belief that the student's disability will vanish upon school exit or graduation. Many students learn how to cope effectively with a disability in a school setting but the disability itself remains. New post-school environments can pose new challenges that the student is unaccustomed to and therefore less likely to be able to compensate in the same way, unless well prepared. For example, students with Attention Deficit Disorder may likely continue to have trouble with organizational skills in a work setting; those with a Learning Disability may find writing tasks problematic in a college setting; and social interactions in a community setting, may continue to be difficult for those students with Autism Spectrum Disorders. A major change in thinking must begin early, to plan effectively. Families must consider how these challenges will be handled in the adult world, without the same supports the school district previously provided to the student.

In order to receive any supports or services after school ends, individuals and their families must make their needs known to new individuals, who do not yet know them. It should not be assumed that the school district has somehow arranged for continued services. This involves understanding the needs of your young adult and clearly articulating them to the adult service providers of community-based organizations.

ELIGIBILITY

Another change concerns the eligibility requirements that need to be met in order to access adult services. The Individuals with Disabilities Education Act (IDEA) mandates that students with disabilities are "entitled" to a Free and Appropriate Public Education (FAPE) while in school, and must receive the necessary supports and services they need in order to access the general education curriculum. In comparison, there are few entitlements in the adult world. Families must be able to demonstrate that a service is needed by an individual and then a determination will be made if the individual is considered "eligible" for services based on the documentation provided. Families must learn to navigate new processes and complicated service systems. The terminology and acronyms used by school districts to describe special education services is not the same

language used by adult service providers, which can be quite confusing. Understanding this concept may take some time.

For example, when a Committee on Special Education (CSE) determines a student meets the criteria of a student with a disability in need of special education services, the student is classified with one of thirteen educational classifications which best matches the student's educational needs (i.e. other health impaired, multiple disabilities, or emotional disturbance). These educational classifications do not exist in the world of adult services. Most adult service providers do not consider an "educational classification" as a justification or sufficient documentation needed to provide services; instead they require a "clinical/medical diagnosis".

A medical diagnosis of a disability is often the key to establishing eligibility for adult services. Because of this difference in criteria, it is essential for individuals with disabilities to have a diagnosis determined by a licensed professional or medical/clinical specialist and to have a good understanding of what the diagnosis means and how it might impact the individual's functioning for independent living, continued learning and employment. This knowledge and understanding will help individuals and families in advocating for appropriate services. The documentation of the disability must indicate that without supports, an individual is unlikely to be able to function appropriately in different adult settings.

Eligibility requirements and disability documentation differ for, what we will refer to in this guide, as each service "gateway". It is critical for families to understand the eligibility requirements for each and discuss these with their Committee on Special Education (CSE) team. It is also important to understand that being determined **eligible** for a service does not guarantee the actual service will be offered. This can be due to availability of State funding, long waiting lists, or the lack of service providers. It can take a great deal of persistence and perseverance to obtain needed or wanted services throughout adulthood.

I. GATEWAYS TO SERVICES

As mentioned above, individuals must demonstrate their eligibility for services outside of school. There are different gateways to accessing services. Once eligibility has been determined for a particular service, access to funds to provide the needed services, will be initiated by a participating agency/organization.

In Dutchess County, there are five major gateways to services:

- 1. ACCES-VR (Adult Career and Continuing Educational Services-Vocational Rehabilitation)**
- 2. NYSCB (New York State Commission for the Blind)**
- 3. NYS OPWDD (New York State Office for Persons with Developmental Disabilities)**
- 4. NYS OMH (New York State Office of Mental Health)**
- 5. Disability Services Offices at Colleges and other Post-Secondary Education/ Training Institutions.**

Each is described below:

1. ACCES-VR (Adult Career and Continuing Educational Services-Vocational Rehabilitation) is an integral part of the New York State Department of Education. Their overall goal is to assist persons in removing barriers to employment. One such barrier can be a disability which impacts a person's ability to seek, obtain or maintain suitable employment. This is accomplished through vocational rehabilitation (career) counseling, assessment and evaluation, and the development of an individual plan for employment (IPE) with required education, training and support services leading to competitive employment. The Mid-Hudson ACCES-VR office provides vocational services for residents of Dutchess County.

ACCES-VR can provide services for persons with psychiatric, developmental, physical, or learning disabilities and substance/alcohol abuse. An ACCES-VR Counselor has been assigned to work with each school district in Dutchess County. Applications for services are available through the Special Education and Guidance Departments, who have primary responsibility for referring students and can provide much of the necessary documentation such as an IEP or 504 Plan, a Triennial Assessment, psycho-educational evaluation and other documentation of the disability. Parents must provide a signed release of information unless the student is age 18 and able to give consent. Persons not attending school must attend a separate orientation process held by appointment at the local ACCES-VR office to obtain applications, make an intake appointment, and learn about services. Employment plans are tailored to the vocational needs and goals of each individual, aligned with the local labor market. ACCES-VR often contracts with local agencies to provide specific services. Further information is available at 845-452-5325.

2. NYSCB (The New York State Commission for the Blind) is the counterpart of ACCES-VR for persons with legal blindness. Their mission is to enhance employability, maximize independence, and assist in the development of the capacities and strengths of people who are legally blind. In addition to vocational assessment, job training and vocational training, they can provide deaf/blind services, services for legally blind children, transition services, social casework, mobility training and assistive technology. Information about all available services is available at 914-993-5370. Another resource is through Lighthouse International, 111 East 59th Street, New York, N.Y. 10022-1202 at 800-829-0500. There is also a satellite office in Westchester at 914-949-4900.

3. NYS-OPWDD (The New York State Office for People with Developmental Disabilities) provides access to services for people with various developmental disabilities through a network of public and private providers.

The Taconic Developmental Disabilities Regional Office (DDRO) has responsibility for individuals and families residing in Dutchess County. There are a multitude of services that fall under their umbrella provided that the individual in need meets their eligibility requirements.

The process for obtaining services is as follows:

- a. **Contact DDRO Intake (age 8 +) 845-473-5050**

b. Eligibility Determination

Must include:

- ✓ Medical Report reflecting qualifying diagnosis
- ✓ Accepted IQ testing (obtain via school or clinic)
- ✓ Accepted Adaptive Scales (obtain via school or clinic)
- ✓ Background information that shows developmental delays prior to age 22(which may be included in above reports)
- ✓ Transmittal for Determination of Developmental Disability Form

c. Central Registry Release to allow local agencies to share information

d. Obtain Service Coordination (also know as Medicaid Service Coordination)

e. Apply for entitlements (age 18+)

- ✓ For SSI or SSDI (call Social Security Administration 1-800-772-1213)
- ✓ Medicaid (attached to SSI) or call Dutchess County Department of Social Services at 845-486-3340

f. Mandated Selective Service Registration at 18 (males only)

g. Plan for Needs/Services such as Employment, Respite, Day Habilitation, Residential Supports, Recreation, Medical Services, Mental Health Services, Guardianship, Special Need Trusts, Transportation

Services do change please check providers website for up-to-date information.

Opening the Front Door to Possibilities

Opening the door to a richer, fuller life—that’s the goal of OPWDD’s new Front Door—a person-centered approach for people with developmental disabilities that prioritizes individual choices, needs, and desires in making decisions.

The Front Door strives to:

- Improve the way people learn about OPWDD and available service options
- Better connect individual needs to available services
- Give people as many opportunities as possible for self-direction

Front Door services rest on the philosophy of self-determination and the idea that people with developmental disabilities have the right to:

- Enjoy more meaningful relationships with family, friends, and others in their lives
- Experience personal growth
- Fully participate in their communities
- Live in the home of their choice

Ultimately, opening the Front Door means people with developmental disabilities will have the opportunity to pursue their dreams and live the lives of THEIR choosing.

Consolidated Supports and Services (CSS)

Consolidated Supports and Services (CSS) is an OPWDD Home and Community Based Services waiver self-directed service option that empowers people with disabilities and their families to design and manage services based on their individual needs and goals. CSS supports the essence of community inclusion, and because the CSS Plan is individually created by the participant and those the participant chooses to help, each CSS plan is as unique as the participant who designed it. With assistance from a financial

management services agency (FMS), CSS participants control their own individualized, portable CSS budgets, and may choose to hire and manage their own staff supports. CSS Plans and Budgets allow participants to access the supports needed to:

- live at home or in a home of their own,
- pursue interesting and meaningful employment, volunteer, or other community activities,
- engage in satisfying, productive relationships with family, friends, and community members, and
- Maintain a healthy lifestyle.

4. OMH (Office of Mental Health) Mental and Behavioral Health Services

The mission of the NYS Office of Mental Health is to promote the mental health of all New Yorkers with a particular focus on providing hope and recovery for adults with serious mental illness and children with serious emotional disturbances.

In Dutchess County in the public sector, the Department of Mental Hygiene provides mental health services directly and through a network of non-profit providers. Individuals are served through children's service providers up to age 18, after which they may be served in adult programs. Many programs that provide those services are licensed through the NYS Office of Mental Health.

Service eligibility is determined through a psychiatric diagnosis. Some services (e.g. special housing, case management) are available primarily for those individuals who qualify as "seriously and persistently mentally ill". The key to obtaining and maintaining services is to have a treatment service provider or case manager that can facilitate referrals for additional services, and most important, eligibility for benefits to support those services.

Fees are charged for mental health services and some public clinics may offer a sliding scale fee. However, it is extremely important to determine if your transitioning child will qualify for benefits such as SSI, SSDI or Medicaid, since these are needed for housing and many treatment services. Eligibility is determined through application through the local Social Security office (SSI, SSDI) or Dutchess County DSS (public assistance and Medicaid).

**Call Helpline - (845)485-9700 or TEXT "DMH" to 741 741
To Connect with Dutchess County Helpline – 24/7**

Can assist with scheduling intakes in any of the public health clinics for assessment, diagnosis, outpatient treatment, and provide immediate service during time of crisis.

Single Point of Access (SPOA) – 486-3737 One application for: Case Management, Housing, & AOT (Assisted Outpatient Treatment) Referral by clinician

Additional services – Partial Hospital, Vocational/Educational, Support Groups (referral through treatment provider or case manager)

5. Disability/Accommodative Services – Office of College and Postsecondary Schools*

With the passage of Section 504 of the Rehabilitation Act of 1973 and the subsequent passage and updating of the 1990 Americans with Disabilities Act, colleges and post secondary schools have seen an increase in enrollment in the numbers of students with disabilities. Many of these students will need supports and accommodations to achieve success. The goal of disability services offices is to ensure accessible educational opportunities and access to the curriculums. Programs, services and supports vary from school to school, so it is important for prospective students to investigate them thoroughly. It is important to note that most often, students with disabilities must meet the same admission criteria as students without disabilities and requests for disability services is a separate process from completing an initial admissions application.

The process for obtaining Disability Services may vary slightly from institution to institution but most often will include the following steps:

1. Contact the Disabilities Office at the student’s college of choice and request an application
2. Return the completed application with documentation specific to the student’s disability that could include a:
 - a. __Recent (completed in past 1-3 years) Psycho-educational Evaluation
 - b. __Psychological Evaluation
 - c. __Psychiatric Evaluation
 - d. __Medical Evaluation/Report
 - e. __IEP or 504 Plan (not sufficient as documentation, but can provide useful information)
3. Face to Face meeting between the individual student and disabilities counselor to determine appropriate supports and services
4. Reapplication to Disabilities Office by student (not parent) each semester.

*Most services and supports are provided at no-cost to eligible students. Funding for tuition, room, board, etc. is most frequently based on family income and requires completing of the FAFSA (Free Application for Federal Student Aid) , working with the Financial Aid Office, and in select cases, the ACCES-VR Office.

TRANSITION PLANNING CONSIDERATIONS

Below are areas to consider when planning for your child’s future:

1. *Employment/Post-Secondary Education/Day Services*

- Will your child have a job in the community?
- Will your child need vocational supports such as job coaching?
- Will your child benefit from applying for ACCES-VR services?
- Will your child attend College/Technical/Trade School/Adult Education Class?
- Will your child needs supports or accommodations to succeed in college?

- Will your child have the skills necessary to pursue their career interests?
- Will your child benefit from a Day Program that includes activities other than employment?

2. Residential/Housing

- Where will your child live? (e.g. at home, in a group home, in private housing away from home? In a college dorm?)
- Will your child be able to live independently? Will he/she require supervision or support?
- Will an application for housing or residential services be needed?
- What housing services is my child eligible for and what is available?
- Will your child have appropriate independent living skills?

3. Financial Supports:

- Will your child be self-supporting?
- Will your child be entitled to benefits such as Supplemental Security Income (SSI)?
- Will a Supplemental Needs Trust need to be established?
- Will an application for Public Assistance or Food Stamps be needed?

4. Transportation:

- Will your child obtain a driver's license?
- Will your child be able to utilize public transportation?
- Will your child require access to specialized transportation?

5. Medical/Health/Insurance:

- What special health conditions does your child have?
- Will your child require specialized adult health care?
- Will your child require specialized adult dental care?
- Will your child have access to adult health insurance?
- Will adult health insurance cover any mental health treatment?
- Will an application for Medicaid insurance be needed?
- Check how long children can remain on your private insurance?

6. Case Management/Service Coordination/Clinical Services

- Will my child need/be eligible for a Case Manager or Service Coordinator?
- Will my child be linked to appropriate adult services at age 18 or upon exit from school?
- What support services will be needed for your family to enable your child to successfully transition to adulthood?
- Will your child have ongoing clinical needs (medication, psychiatry, substance abuse treatment, speech, occupational/physical therapy?) Who will provide this?

7. Legal/Advocacy/Guardianship

- Will your child be able to advocate for him/herself in different settings?

- Will your child need training and practice to develop self-advocacy skills?
- Will your child need to obtain benefits, treatment and reasonable accommodations at work or in college?
- Will your child be capable of making financial, property or health decisions or is there a need to establish legal guardianship?
- Will your child have assets that need to be protected by a Special Needs Trust?
- Will your child know how to access the legal system, if necessary?

8. Social/Personal/Recreational

- Will your child have hobbies, interests or belong to social groups?
- Will your child have the skills necessary to develop positive social interactions with others in the community?
- Will your child have the skills to effectively communicate with family members and friends?
- How will your child spend his/her free time?

9. Respite- Short-term temporary Care/Emergency Care

- Will your family require overnight respite services?
- Will your family require at-home respite care?
- Will your family require occasional respite?
- Will your child require safety skills/self-preservation skills training?
- Will your child have the ability to access emergency care?

TIMELINE FOR TRANSITION PLANNING

From an individual student perspective, the following is a series of activities that may need to be considered during the student’s transition from school to adult life. All items will not be applicable to all students. The list is provided to serve as an optional planning tool.

Action/Transition Activity	Responsibility	Suggested Age Range
Administer Career/Level I Assessment	CSE team, Special Education Staff, Student, Families	12 – 14
Complete periodic vocational evaluations (as applicable)	Job Coaches, Special Education Staff	12-21
Develop a career plan	Guidance Dept. Students, Special Education Staff	12-21 (any age)
Develop self-advocacy skills	Students, Families, Special Education Staff, Agency Representatives	12-21

Identify Appropriate Gateway(s) to Adult Services (OPWDD, OMH, College, ACCES-VR)	Families, Special Education Staff, CSE team, Agency Representatives	12-21
Explore the possibility of adding a CDOS exiting credential to a Regents Diploma	Guidance Dept., CSE team, Students and Families	12-16
Determine Eligibility Documentation Needed for Appropriate Gateways and discuss with CSE	Families, Agency Staff, Special Education Teachers, School Psychologists	12-21
Initiate Intake Process with Gateway Agencies - OMH, OPWDD* * can be initiated at age 8	Families, Students, Special Education Teachers	12-21
Explore community leisure activities	Families, Students	12-21
Assure that copies of work-related documents are available: Birth certificate, Social Security Card, Working papers (ages 14-17), Obtain Non-Driver ID card thru DMV (16+)	Families, Students	14-18
Develop transition component of IEP, review and update annually, notify parents that transition services will be incorporated in the IEP beginning at age 15, invite agency representatives to planning meetings as appropriate	CSE team, Special Education Teachers, Families and Students	14-21
Obtain parental consent so that the appropriate adult agency representative can be involved (as applicable)	Families, Special Education Staff, Agency Representatives	14-21
Consider summer employment/volunteer experience	Families, Students, agency representatives	14-21
Introduce and discuss transition services	CSE team, Special Education Staff	15 (or younger if appropriate)
Participate in strength-based person centered planning	Students, Families, Special Education Staff, Adult Agency Representatives	15-21 (any age)
Develop measurable post-school goals with the student	CSE team, Special Education Staff, Students, Families	15-21

Explore School-to-Work Opportunities/Programs	CSE team, Special Education Staff	16-21
Complete ACCES-VR application for Employment Services	Special Education Teachers, Guidance Dept., Parents, Students	11 th -12 th grade or with- in 2 years before exit year
Apply for Post-Secondary Disability Services	Students, Parents	18

II. LIST OF SERVICE PROVIDERS

1. EMPLOYMENT/POST SECONDARY PROGRAMS

ACCES-VR (Adult Career and Continuing Education Services – Vocational Rehabilitation)

301 Manchester Road, Suite 200
 Poughkeepsie, NY 12603
 Phone: 845-452-5325
 Fax: 845-452-5336
 TTY: 845-452-2910
 Contact Person: Dutchess-Putnam Unit Supervisor

Students must be at least 16 year of age and in their 2nd to last year of school attendance to apply. Applications can be obtained in most High School Special Education and Guidance Offices.

NYSCB (New York State Commission for the Blind)

445 Hamilton Avenue
 White Plains, New York 10601
 914-993-5370

Taconic Regional Office

38 Firemen’s Way
 Poughkeepsie, New York
 Contact: Tanya Shook, Employment and Training Program Supervisor
 Phone: 845-471-9226 x 103 Fax: 845-473-7198
 Email: Tanya.Shook@opwdd.ny.gov

Student trainees must be in their last two years of high school and be OPWDD eligible.

SCHOOL TO WORK PROVIDERS

For referral information, contact your child’s CSE Chairperson, as school to work programming is an IEP driven activity.

Abilities First - Integrated Employment Services

488 Freedom Plains Road Suite 136
 Poughkeepsie, NY 12603
 845-454-7750
 Providing programs in Arlington, Beacon, Hyde Park, New Paltz, Poughkeepsie, Red Hook, Rhinebeck, and Wappingers School Districts

Dutchess ARC - Career Options

8 Industry Street
 Poughkeepsie, NY 12601
 Contact: Joan Szerba
 845-471-8876 X117

Providing programs in Dover, Hyde Park, Pawling, Poughkeepsie, Spackenkill and Wappingers School Districts

Dutchess BOCES Alternative and Special Education Programs

5 BOCES Road
Poughkeepsie, NY 12601
Contact: Norah Merritt, Director
845-486-8004

YSSE Youth Soft Skills Empowerment

Emmanuel Cordero, Director
82 Washington St. Suite 203A
Poughkeepsie, NY 12601
845-705-9186
Providing programs in Arlington

PLEASE NOTE: SPECIALIZED EMPLOYMENT SERVICES – REQUIRES A REFERRAL

Career Options, Dutchess ARC

8 Industry Street
Poughkeepsie, NY 12601
845-471-8876 X173
Referral Source: ACCES-VR, CBVH
Job development, coaching and placement in enclave, supported and competitive employment situations

Integrated Employment Services, Abilities First

488 Freedom Plains Road Suite 136
Poughkeepsie, NY 12603
845--454-7750
Referral Source: ACCES-VR, NYSCB
Job development, coaching and placement in enclave, supported and competitive employment situations

Gateway Industries

7 – A Mansion Street
Poughkeepsie, NY 12601
845-473-7127
Referral Source: ACCES-VR, NYSCB
Job development, coaching and placement in enclave, supported and competitive employment situations

Occupations, Inc

21 Grand Street
Newburgh, NY 12550
845-562-7244
Referral Source: ACCES-VR, NYSCB
Job development, coaching and placement in enclave, supported and competitive employment situations

GENERAL EMPLOYMENT SERVICES

Dutchess Works

New York State Department of Labor
233 Main Street
Poughkeepsie, NY 12601
845-473-9000

Dutchess County Regional Chamber of Commerce

One Civic Center Plaza
Poughkeepsie, New York 12601
845.454.1700 fax: 845.454.1702

Hands On! The Hudson Valley

7 Pinewood Road, Suite 3C
Hyde Park, New York 12538
845-229-4680
Volunteer Opportunity matching

POST SECONDARY PROGRAMS

Browns Auto Driving School

115 Sherwood Heights
Wappingers Falls, NY 12590
845-297-6222

Culinary Institute of America

AOS and BS Programs
Learning Strategies Center
Roth Hall S217
1946 Campus Drive
Hyde Park NY 12538
845-451-1219

Professional Culinary Academy

Certificate Programs in Food Studies
70 S Hamilton
Poughkeepsie, NY 12601
845-473-9665

Dutchess BOCES

Career and Technical Institute (CTI)
5 BOCES Road
Poughkeepsie, NY 12601
845-486-8001
*Adult Education and MTI (Manufacturing and
Technical Institute)*
229D Manchester Road
Poughkeepsie, NY 12603
845-483-3640

Dutchess Community College

53 Pendell Road
Poughkeepsie, NY 12601
AA, AS, Certificate and non-credit programs
Office of Accommodative Services
Contact: Paula Perez, 845-790-3631
Perez@sunyDutchess.edu

Dutchess School of Driving

653 Route 82
Hopewell Junction, NY 12533
845-226-6700

L and S Computer Tutors

380 Washington Avenue
Kingston, NY 12401
845-331-7740

Marist College

3399 North Road
Poughkeepsie, NY 12601
Office of Special Services
845-575-3274
SpecServ@Marist.edu

Mount Saint Mary College

330 Powell Avenue
Newburgh, NY 12550
BA and BS Programs
Office of Student Development
Services for Students with Disabilities
845-569-3115

SUNY New Paltz

1 Hawk Dr.
New Paltz, NY 12561-2449
BA and BS Programs
Disability Resources Center
Student Union Building 210
845-257-3020
drc@newpaltz.edu

Mental Health America/ACCES-VR

Supported Education at Dutchess Community
College
Contact: Through ACCES-VR Counselor

Ulster Community College

49 Cottekill Road
Stone Ridge, NY 12484
AA, AS, Certificate and non-credit programs
Student Support Services TRiO Program
845-688-6054

***Some colleges in NYS now offer
postsecondary programs for students with
intellectual/developmental disabilities, which
do not require a high school diploma as an
admissions criterion.**

Visit www.THINKCOLLEGE.net

2. RESIDENTIAL/HOUSING

GATEWAY TO ACCESS: OPWDD

Taconic Regional Office

New State Cares

38 Fireman's Way, Poughkeepsie, NY 12603

For referral information contact: 845-473-5050 x 103

For Individuals who are OPWDD Eligible. (See OPWDD information above).

Residential opportunities can include Family Care Homes, Individual Residential Alternatives (IRA's most commonly known as group homes), Supported and Supportive Apartments operated by a variety of agencies. Contact your Medicaid Service Coordinator for information about accessing these services.

GATEWAY TO ACCESS: OMH (Office of Mental Health)

Dutchess County Department of Mental Hygiene

Single Point of Access - Housing, Case Management & AOT

For information only contact Maureen Hernades at 845-486-3737

For individuals, who qualify as severely and persistently mentally ill, requires referral from a Case Manager/Treatment Provider

GENERAL HOUSING RESOURCE:

Hudson River Housing

313 Mill Street

Poughkeepsie, NY 12601

revans@hudsonriverhousing.org

(845) 454-5176 - Office

(845) 485-1641 Fax

3. GATEWAY TO FINANCIAL SUPPORTS

Social Security Administration

332 Main Street, Poughkeepsie, New York 12601

877-405-6747 (Poughkeepsie Office)

Provides supplemental security income (SSI) or social security disability insurance (SSDI) to persons with disabilities. There is an application process to determine eligibility. Interviews are by appointment.

Dutchess County Department of Community and Family Services

60 Market Street

Poughkeepsie, NY 12601

845-486-3000

Food Stamps, Public Assistance

Eligibility Based on Financial Need

Taconic Resources for Independence, Inc

82 Washington Street, Suite 214

Poughkeepsie, NY 12601

845-452-3913 - Office

845-485-3196 - Fax

Contact Person: Mobile Benefits Advocate

Benefits Counseling: TRI offers free benefits counseling and planning to individuals receiving SSD, SSI, Medicare, and Medicaid regarding the relationship between their benefits and working.

Estate Planning/Supplemental Needs Trust

A Supplemental Needs Trust is a trust created by a family member for a chronically and severely disabled beneficiary, in order to supplement government benefits such as [Medicaid](#) rather than diminishing such benefits. [Medicaid](#) and other government benefit programs consider the resources and income of an individual for purposes of determining eligibility for assistance and the amount of such assistance. However, by establishing a Supplemental Needs Trust, the beneficiary's eligibility for Medicaid and other government benefits is not jeopardized. Legal services are needed to create this specific type of trust and not every attorney has the required experience. Local attorneys that have been helpful to families in Dutchess County in the past include:

Ellen Baker
Rebecca Blahaut
McCabe and Mack
63 Washington Street
Poughkeepsie, NY 12601
845-486-6800

Littman and Krooks
300 Westage Bus. Ctr. Dr. #400
Fishkill, NY 12524
(845) 896-1106

Ronald Tomlins
310 Mill Street
Poughkeepsie, NY 12601
845-473-2555

Thomas Dietz &
Robert Dietz
1 Cannon Street
Poughkeepsie, NY 12601
845-452-4000

Mark Metzger
65 Market Street, Ste. 101
Poughkeepsie, NY 12601
845-473-4040

4. TRANSPORTATION

Abilities First

Specialized bus and van transportation for individuals participating in some OPWDD funded vocational and day programs.
Contact: Mark Hildebrandt @ 845-485-9803

Driver Rehabilitation of the Hudson Valley

Driving Assessments, Driving Instruction for Individuals requiring specialized lessons
Mary Beth Meyer. OTR, CDRS
7 Pinewoods Road
Hyde Park, NY 12538
845-229-2626

Loop Bus Service

Call 845-473-8424 for schedules

Taconic Innovations Transportation Services

Transportation services and supports to employment; community activities; medical appointments and school sites
1-866-337-0578 ex 3107

5. MEDICAL/INSURANCE

Medical coverage and medical insurance can be of paramount importance, especially for those who have health issues or ongoing needs for medication or therapies. Most private insurances provide coverage for dependents up to age 26. If your child has a significant documented disability that will prevent them from gainful employment, some insurance policies will continue to provide coverage even when they are out of school. If you think your child might be eligible, contact the Human Resources or Benefits department where you work and inquire about “disabled dependent” coverage.

Dutchess County Department of Family and Community Services
Medicaid/Medicare
60 Market Street
Poughkeepsie, NY 12601
845-486-3340

Hudson Valley Cerebral Palsy Associations
Medical incl. OT & PT and Dental Clinic Services
40 John Barrett Road
Patterson, NY 12563
Contact: Gary Edelstein
845-878-9078

Family Health Plus/Child Health Plus
1-877-934-7587

6. SERVICE COORDINATION/CLINICAL SERVICES

GATEWAY TO ACCESS: OPWDD

This is a partial listing of OPWDD Agencies Providing Medicaid Service Coordination in Dutchess County for an up-to-date listing go to <http://www.opwdd.ny.gov/node/500>

Abilities First, Inc.
70 Overocker Road
Poughkeepsie, NY 12601
Contact: Nancy Cleveland
845-485-9803 x 247

Anderson Center for Autism
4885 Route 9
PO Box 367
Staatsburg, NY 12580
Contact: Teresa Butler
845-889-4034

Cardinal Hayes Home for Children
82 St. Joseph Drive
North Ave.
Millbrook, NY 12545
845-677-6363

Community League, Inc.
1 South Street
Beacon, NY 12508
Contact: Josh Lubin
845-838-0515

Devereux Foundation
40 Devereux Way
PO Box 40
Red Hook NY 12571
Contact:
845-758-1899

**Dutchess ARC
NYS/ARC**
84 Patrick Lane
Poughkeepsie, NY 12603

Contact: Kelly Tetrault Simpson
845-635-8084 x145

Eagle Case Management
10 Kent Rd
Red Hook, NY 12571
Contact: Jonathan Fisher
(845) 758-2330

Greystone Programs, Inc..
36 Violet Avenue
Poughkeepsie NY, 12601
Contact: Amanda Nuccio,
Community Services Coordinator
845-297-3602, 845-454-7158

Keli House Community Services
1070 Route 9 Suite 101
Fishkill, NY 12534
845-765-1246/ 845-765-1247

Maranatha Human Services, Inc.
235 Main St.
Poughkeepsie, NY 12601
Contact: Quantica Smith
845-441-7313

New Horizons Resources, Inc
123 West Road
Pleasant Valley, NY 12569
Contact: Sandy Swan
845-473-3000

Occupations, Inc.
845-692-4454

Resource Center for Accessible Living
727 Ulster Ave.
Kingston, NY 12404
845-331-0541 x33

**Taconic Developmental Disabilities
Regional Office**
38 Firemen's Way
Poughkeepsie, NY 12603
Contact 845-473-5050
Team Leader
845-382-1899 X105

Taconic Innovations, Inc.
872 Route 376
Wappingers Falls, NY 12590
Contact: Charles Anide
845-296-1042 ext. 102

UCP of Putnam and Southern Dutchess
Hudson Valley Community Services
40 Jon Barrett Rd.
Patterson, NY 12563
Contact: Angela Vidile
845-878-9078 ext. 4206

OPWDD Agencies Providing Clinical Services

Dutchess ARC Article 16 Clinic
8 Industry Street
Poughkeepsie, NY 12603
Contact: Christine Henning at 845 471-8876
Rehabilitation Counseling, Psychology,
Occupational Therapy, Social Work, Nursing,
Speech, Podiatry and Nutrition.

**The Anderson Center for Autism Article 16
Clinic**
4885 Route 9, PO Box 367
Staatsburg, NY 12580
Contact: (845) 889-9200.
Diagnostic assessment for autism spectrum
disorders, Occupational Therapy, Physical Therapy,
Speech and language pathology, psychological
services

GATEWAY TO ACCESS: OMH (Office of Mental Health)

For All OMH Clinical Programs Call Helpline: 845-485-9700
Dutchess County Department of Mental Hygiene HELPLINE 845-486-9700

Mental Health America
Case Management Unit
253 Mansion Street
Poughkeepsie, NY 12601
Contact: Lisa Connelly
845-473-2500 x.3001

Family Services
29 North Hamilton Street
845-452-1110
50 North Hamilton Street
845-452-1170
Variety of Clinical and Support Services for
Individuals and Families

Hudson Valley Mental Health, Inc.
Families First
Provides Clinical Services. Locations in Beacon,
Dover, Millbrook, Poughkeepsie, Rhinebeck
Call Helpline: 845-485-9700
Lexington Center for Recovery
41 Page Park Drive
Poughkeepsie, NY 12603
845-486-2950
Programs and Services for persons
With chemical dependency issues

**Dutchess County Department of
Mental Hygiene: *Partial Hospital Program***
230 North Road, Poughkeepsie, NY 12601

7. ADVOCACY/SPECIAL EDUCATION INFORMATION/LEGAL/GUARDIANSHIP

Taconic Resources for Independence

82 Washington Street
Poughkeepsie, NY 12601
845-452-3913

Provides advocacy services for persons of all disabilities as well as educational advocacy for parents and families.

Hudson Valley Special Education Parent Center-Westchester Institute for Human Development

A free resource providing informational workshops and individual consultation to parents of children with disabilities regarding all aspects of the special education process including transition planning. Contact Outreach Coordinators at 845-891-1305 or 914-493-7665

Dutchess County Department of Mental Hygiene

Annual Public Forums for discussion about community services and supports needed for individuals with Developmental Disabilities, Mental Health issues, and Chemical Dependency issues are widely advertised in local newspapers and other media sources.

Legal Services of the Hudson Valley

54 Noxon St.
Poughkeepsie, NY 12601
845-452-7911

Provides a full array of services to low income individuals and families to meet the legal needs for essentials of life and preserve the stability of client households.

NYS Justice Center for the Protection of People with Special Needs

161 Delaware Ave,
Delmar, NY 12054-1310
518-549-0200 or 1-855-373-2122

Information on guardianship or alternatives, broad range of advocacy services regarding care and treatment of the disabled

GUARDIANSHIP

At age 18 all young adults; whether they have a disability or not, reach the age of majority and are free of their parents' decisions. They are considered adults. In the case of someone with a disability, he/she is considered independent unless a guardian is legally appointed to control wages/funds, health decisions and property of that person or any combination of the three. Though many doctors and medical facilities would probably not question decisions of an involved parent, except perhaps for end-of-life decisions, families should strongly consider obtaining guardianship if there is any question about an individual's capacity to make medical decisions, manage his/her affairs or give informed consent. Future stand-by and alternate guardians should also be designated to act on behalf of an individual in case of an appointed guardian becomes unable to continue in that role. Furthermore, the law has been amended to explicitly provide a guardian of a person with an intellectual or developmental disability, with the authority to make health care decisions for such persons, including decisions regarding life-sustaining treatment under certain circumstances when the guardian is appointed pursuant to Article 17-A of the Surrogate Court Procedure Act. For information/petition forms visit:

<http://www.nycourthelp.gov/diy/guardianship17a.html>

Dutchess ARC
Family Support Services

Dutchess County Surrogate Court
Erica DeTraglia, Esq., Chief Clerk

84 Patrick Lane Suite 130
Poughkeepsie, NY 12603
Contact: Lynn Deslands
845-635-8084X 156
Provides workshops and information on guardianship as well as Guardianship services to individuals without family, who are in need of support and advocacy.

10 Market Street
Poughkeepsie, NY 12601
845-431-1770
Provides applications to petition court for Article 17A guardianship

Local attorneys, who have been helpful to our families in obtaining Guardianship, are listed in **Section 3: Financial Supports**

8. RECREATION/LEISURE/AFTER SCHOOL PROGRAMS

GATEWAY TO ACCESS: OPWDD

Maranatha Human Services After School Program

Family Partnership Building
29 No. Hamilton St
Poughkeepsie, NY 12601
Monday-Friday 3:30 p.m. – 6:30 p.m.
COST: FREE to any child of school age with a Developmental Disability.
Contact Le'Saann Heller at 845-452-1424,ext.39

Club Cool

Greystone Programs, Inc.
36 Violet Avenue
Poughkeepsie, NY 12601452-5772
2-6 pm M-F
School aged students who are OMRDD and waiver eligible
Location: 5 Givens Avenue, Wappingers Falls
Contact: Caren O'Brian-Edwards
297-5282

Life Skills Enhancement Center at Casperkill Country Club

Abilities First, Inc.
Contact: Juliette Minor, Center Manager
845-454-7750 x211
After school/work and early evening program for young adults who are in High School or recent graduates which provides continued support and guidance in life skills.

Adult Evening Program

New Horizons Resources
Contact: Jen Wells at 845-452-5959/845-473-3000
X1314
The Adult Evening Recreation Program is a program created for people, ages 18 and older, with autism that will be given the chance to meet and

Adaptive Skiing and Snowboarding

George Stuts at SkiWindham Ski School
glstuts@hotmail.com
518-734-5070

Adaptive Tennis

Carol Levine@ Sport and Wellness
845-227-9231

Challenger Baseball

Wappinger's: Contact: Bettina or Teresa Briccetti @ 845-298-7468
Lagrange: 'www.lagrangebaseball.org'. Click on "Teams", then select Challenger", then select the team for Feldman, Kleidman, and Coffey.
Contact Kurt or Sharon Beale at 845-452-5802.

Challenger Bowling

Contact Sharon Beale at 845-452-5802

Challenger Basketball

Contact John on Linda Lang @ 845-471-1642

Challenger Soccer

www.lagrangesoccer.org
Contact Jeff Feldman @845-897-5199

Down Syndrome Association of the Hudson Valley

Contact: Melissa Deschamps, PO Box 352, Gardiner, NY, 845-226-1630
email to info@dsahv.org
website= 'www.dsahv.org'
for a list of a variety of social activities for families of individuals with Down Syndrome

interact with each other.. The objectives of this program are to help these individuals with autism to improve their socialization skills, provide a forum for developing friendships, and enhance leisure time.

Institute for Music and Health

PO BOX 66
Verbank, New York 12585
845-677-5871
Email: info@musichealth.net

Briggs Farm Summer Camp

New Horizons Resources

Contact: John Clausson at 845-452-5959/845-473-3000

Summer camp is provided for school age children and coincides with area school districts closing dates. This program helps families find care for children who are finished with the academic school year and are awaiting summer school. This is a recreationally based program and children enjoy a wide variety of activities.

Juliet Lowe Camp (for girls with Disabilities)

Usually held the first weekend in June
Contact: Nina Doyle @845-452-1810

Potential Unlimited Productions, Inc.

Performing Arts Classes
33 Basin Road Suite #1
West Hurley, NY 12491
845-473-3753, 845-853-8888
Email: bwurtz@potentialunlimited.org

Teen Club and Rec Club

ARC, DC
8 Industry St.
Poughkeepsie, NY 12603
Contact @471-8876 x186

Special Olympics

120 Route 9 Suite 1C
Wappingers Falls, NY 12590
(845)-765-2497

GATEWAY TO ACCESS: OMH

Mental Health America

Teen Challenge
253 Mansion Street
Poughkeepsie, NY 12601
845-473-2500
Dutchess Horizons, Job Club and the Young Adult Program
845-486-6329

Ramapo Anchorage Camp

Box 266
Rhinebeck, NY 12572
845-876-8403
Youth Leadership Program
For youth with emotional disorders

9. RESPITE (SHORT TERM RELIEF)/EMERGENCY SERVICES

GATEWAY TO ACCESS: OPWDD

At Home Respite:

Contact Gina Cassidy Comfort, Taconic DDRO @845-473-5050 for a list of providers

Overnight Respite:

Briggs Farm Weekend Respite: The respite program at Briggs Farm is offered year round to children and adults with developmental disabilities. This program is funded through Medicaid and a generous grant from the Taconic Developmental Disabilities Services Office. The respite program is recreationally based and has strong focus on community activities and inclusion. Weekends are structured according to the likes of our guests.

Contact: John Clausson @845-452-5959 or New Horizons Resources 845-473-5050

The **Group Activities Program (GAP)**, Cardinal Hayes for Children, operates during breaks in the school calendar (e.g., Christmas, spring and summer vacations). The program provides recreational opportunities for children who are developmentally disabled and gives their families respite for several days during

school breaks. Under the supervision of experienced staff, a wide range of structured activities takes place at the agency's attractive and well-equipped educational center: Cardinal Hayes School for Special Children. Contact Jean Weinel, MSW, Respite Services Coordinator, at 845-677-6363.

GATEWAY TO ACCESS: OMH

Psychiatric Crisis Helpline: 845-485-9700 or Text "DMH" to 741 741

Riverhaven Shelter

99 Thompson Street
Poughkeepsie NY 12601
845-454-3600
Crisis/emergency housing for
14-17 year olds

St. Francis Hospital

Emergency Department
Psychiatric Emergency Services
241 North Road
Poughkeepsie, NY 12601
845-483-5300

Mental Health America

Respite Services (planned, not crisis)
253 Mansion Street
Poughkeepsie, NY 12601
845-473-2500

Information Line of United Way and

Dutchess County Self-Help Clearinghouse:
845-473-1500

General Emergency Services

St. Francis Hospital (Medical and Psychiatric Emergencies)

Emergency Department
Psychiatric Emergency Services
241 North Road
Poughkeepsie, NY 12601
845-483-5300

Vassar Brothers Hospital (Medical Emergencies Only)

Emergency Department
45 Reade Place
Poughkeepsie, NY 12601
845-454-8500

Information Line of United Way and Dutchess
County Self-Help Clearinghouse:
845-473-1500

Useful Websites:

Supplemental Security Income (SSI): <http://www.ssa.gov/pgm/ssi.htm>

OPWDD- <http://www.opwdd.ny.gov/>

ACCES-VR: <http://www.acces.nysed.gov/vr/>

NYS-CB: <http://ocfs.state.ny.us/main/cbvh/>

NYS-OMH: <http://www.omh.state.ny.us>

Adult Healthcare: http://www.health.ny.gov/health_care/

Postsecondary Education Programs for students with intellectual/developmental disabilities: <http://www.thinkcollege.net/>

Special Education Resources: www.p12.nysed.gov/specialed