F2F NETWORK FOLDER TEXT & LISTINGS

# FRONT COVER

**Strategies for the good life**

**integrated supports across the lifecourse**

Eligibility-Specific

Relationships

Technology

Community-Based

Personal Assets & Strengths

# INSIDE

## DAILY LIFE & EMPLOYMENT

**MO Assistive Technology**

Provides statewide programs and services to help people with disabilities and their families select and acquire assistive technology devices for all types of settings.

**at.mo.gov | 816-655-6700**

**MO Parents as Teachers**

Provides parents with child development knowledge and parenting support.

**parentsasteachers.org | 314-432-4330**

**MO Head Start**

Child development program for children 0- 5, providing academic, social and emotional development services, as well as health and nutrition services for income-eligible families

**moheadstart.org | 573-884-5078**

**Child Care Aware of MO**

Helps families locate child care settings that are appropriate for their child.

**mo.childcareaware.org | 1-866-892-3228**

**MO Department of Elementary & Secondary Education (DESE)**

Rehabilitation, Independent Living and other programs.

**dese.mo.gov | 573-751-4212**

* Division of Special Education oversees special education programs.   
  **dese.mo.gov/special-education/  
  573-751-5739**
* **First Steps** is MO’s Early Intervention system for infants and toddlers.   
  **dese.mo.gov/special-education/first-steps/   
  1-866-583-2392**
* **Transition** - Provides information on transition options, programs, resources, trainings, and com­munity efforts.   
  **dese.mo.gov/special-education/effective-practices/transition-programs**   
  **573-751-0187**

**MO DESE - Vocational Rehabilitation**

Provides services to assist eligible people with disabilities to find and maintain employment.

**vr.dese.mo.gov | 1-877-222-8963**

**MO Parents Act (MPACT)**

Provides parent training, information, and peer support to help parents advocate for their child’s educational services.

**ptimpact.org | 1-800-743-7634**

**U.S. Social Security Administration**

Administers all Social Security programs:

**ssa.gov | 1-800-772-1213**

* Supplemental Security Income (SSI)
* Social Security Disability Insurance (SSDI)
* **Ticket to Work -** Helps people who receive SSDI or SSI benefits but want to work.   
  **chooseworkttw.net**

**MO Chapter - Association of People Supporting Employment (APSE)**

Provides training and advocacy to improve and expand integrated employment opportunities, services, and outcomes for people with disabilities.

**apsemo.org**

**MO Department of Social Services**

Administers programs of importance to children and adults with disabilities and their families, including adoption, foster care, early childhood and child care, child abuse, and services for children who are blind.

**dss.mo.gov**

**MO Rehabilitation Services for the Blind**

Offers services to people who are blind or visually impaired to assist with employment, school, and daily living skills through Vocational Rehabilitation, Independent Living, Older Blind, Children’s Services and Prevention of Blindness programs.

**dss.mo.gov/fsd/rsb/ | 1-800-592-6004**

## COMMUNITY LIVING

**US Department of Housing & Urban Development (HUD)**

Administers rental subsidies, provides funds for home modifications, low-income housing, and home-ownership, and implements the Fair Housing Act.

**hud.gov/Missouri**

**KC 913-551-5644 | StL 314-418-5400**

**MO Housing Development Commission (MHDC)**

Housing Finance Agency coordinates grants and low-cost loans for affordable housing, including both sales and rentals, as well as home repairs.

**mhdc.com**

**KC 816-759-6600 | StL 314-877-1350**

**MO Inclusive Housing Development Corporation (MO Housing)**

Provides information about accessible and affordable housing and offers support to individuals with disabilities as they search for a home that meets their needs.

**mohousing.com | 1-855-444-5100**

**Independent Living Centers**

Federally mandated centers provide information, advocacy and access to supports and services based on the principles of consumer choice and control. There are 22 ILCs in MO.

**mosilc.org | 1-888-667-2117**

**United Way 2-1-1**

Need to find counseling, a health clinic, job training, a food pantry and don’t know where to go? Want to volunteer or donate goods? By dialing 2-1-1 on your phone, you can speak to a person who can help you find community resources to fit your needs.

**2-1-1 or KC 1-866-320-5764 | StL 1-800-427-4626**

## HEALTHY LIVING

**MO HealthNet/MO HealthNet for Kids**

Medicaid program for seniors, people with disabilities, low income families, pregnant women, and children.

**dss.mo.gov/mhd/ | 573-751-3425**

**Community Health Centers**

Centers provide health and dental care to people of all ages, whether or not they have health insurance or the money to pay for health care.

**findahealthcenter.hrsa.gov**

**MO Department of Mental Health (DMH)**

DMH’s main goals are prevention, screening, treatment, rehabilitation and education for those with mental disorders, developmental disabilities, and substance abuse issues. See back of folder for more.

**dmh.mo.gov | 1-800-364-9687**

**MO Coalition for Community Behavioral Healthcare**

28 agencies providing information on psychiatric services, alcohol and drug abuse treatment, and crisis-intervention.

mocmhc.org | 573-634-4626

**COVER MISSOURI**

Statewide coalition convened by Missouri Foundation for Health that helps consumers gain information and in-person assistance needed to understand their health insurance options and financial help available to them.

**covermissouri.org**

**CLAIM**

Provides free, unbiased advocacy, education and assistance to people with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs.

**missouriclaim.org | 1-800-390-3330**

**MO’s Five Autism Projects**

Provides services and supports to individuals and families with a member with an autism spectrum disorder. Funded through the DMH Division of Developmental Disabilities.

**dmh.mo.gov/dd/autism/autismprojects.html 1-573-526-3848**

**MO Community Options & Resources (MOCOR)**

Provides information about long-term supports and services across the lifespan.

**mocor.mo.gov**

**MO Department of Health & Senior Services, Special Health Services**

Provides statewide health care support services, including service coordination, for children and adults with special health care needs who meet eligibility requirements.

**health.mo.gov/shcn/ | 1-800-451-0669**

* SHCN Family Partnership serves families of children and youth with special health care needs with information and peer support.
* Children and Youth with Special Health Care Needs Program serves participants from birth to age 21 who meet medical and financial eligibility.
* Healthy Children and Youth Program serves MO HealthNet recipients with special health care needs from birth to age 21.
* Medically Fragile Adult Waiver Program serves MO HealthNet recipients with serious and complex medical needs over age 21.
* Adult Brain Injury Program assists MO residents, ages 21 to 65, with a traumatic brain injury.

**Children’s Mercy Hospitals & Clinics**

**childrensmercy.org | 816-234-3000**

**Cardinal Glennon Children’s Medical Center**

**cardinalglennon.com | 314-577-5609**

**Mercy Children’s Hospital**

**mercy.net/mercy-childrens | 417-820-2000**

**Ranken Jordan Pediatric bridge Hospital**

**rankenjordan.org | 1-866-845-6400**

**Shriner’s Hospital St. Louis**

**shrinershospitalsforchildren.org/stlouis**

**314-432-3600**

**St. Louis Children’s Hospital**

**stlouischildrens.org | 314-454-6000**

**University of MO Children’s Hospital**

**muhealth.org | 573-875-9000**

**Thompson Center for Autism & Neurodevelopmental Disorders**

**thompsoncenter.missouri.edu | 573-882-6081**

**Howard Rusk Rehabilitation Center**

**ruskrehab.com | 573-817-2703**

## SAFETY & SECURITY

**MO Protection and Advocacy Services (MOP&A)**

Provides legal advocacy for individuals with disabilities on a broad range of issues. See back of folder for more.

**moadvocacy.org | 1-800-392-8667**

**Legal Services of MO**

Four regional centers provide legal services for individuals with low-incomes, including people with disabilities and seniors.

**lsmo.org**

**Great Plains ADA Center**

Federally-funded by the Americans with Disabilities Act (ADA), provides technical assistance, training and information.

**gpadacenter.org | 1-800-949-4232**

**MO Juvenile Justice Association**

Promotes justice for children, youth and families within MO and offers Bar Association approved trainings.

**mjja.org | 573-616-1058**

**MO Department of Insurance (DIFP)**

Helps consumers resolve complaints and inquiries, provides information on insurance policy questions, investigates violations, and provides insurance education and outreach.

**insurance.mo.gov/consumers/   
1-800-726-7390 (Consumer Hotline)**

## CITIZENSHIP & ADVOCACY

**People First of MO**

Statewide organization formed and run by people with developmental disabilities that provides members with advocacy and self-determination development and peer support.

**missouripeoplefirst.org | 1-800-558-8652**

**Partners in Policymaking**

Leadership training program sponsored by the MO Developmental Disabilities Council for self-advocates and parents of individuals with disabilities.

**moddcouncil.org | 1-800-500-7878**

**MO Governor’s Council on Disability**

Hosts an online disability portal to connect individuals with local, state, and national disability resources.

**disability.mo.gov | 1-800-877-8249**

**The Arc of MO**

Works to ensure that people with intellectual and developmental disabilities have access to the supports and services they need to live success­fully in their communities.

arcofmissouri.org | 573-693-1511

**Brain Injury Association of MO (BIA-MO)**

Offers programs of support, education, recreation, and advocacy to help individuals and families adjust to and fully live life with a brain injury.

**biamo.org | 1-800-444-6443**

**Epilepsy Foundation of MO & KS**

Provides outreach services to individuals with epilepsy/seizure disorders.

**efmk.org**

**KC 1-800-972-5163 | StL 1-800- 264-6970**

**MO Families for Effective Autism Treatment (MO-FEAT)**

Provides advocacy, education, and support for families and the autism community and supports early diagnosis and effective autism treatment.

**mofeat.org | 1-877-275-8988**

**MO National Alliance on Mental Illness (MO-NAMI)**

Offers support groups, family courses, resources and information to families of children with mental health needs at no charge.

**namimissouri.org | 1-800-374-2138**

**MO Commission for the Deaf & Hard of Hearing**

Provides information and referral, workshops, training, and individual and systems advocacy.

**mcdhh.mo.gov | 573-526-5205**

**MISSOURI FAMILY TO FAMILY**

Provides free, individualized, and family-centered supports provided by family information specialists and trained family mentors for individuals with disabilities and/or special health care needs, their families, and professionals who support them.

**mofamilytofamily.org | 1-800-444-0821**

**EASTER SEALS MIDWEST**

Helps individuals with developmental disabilities - including autism - learn, live, work and participate in the community through programs focusing on autism, community living, employment, and early childhood.

**eastersealsmidwest.org**

**MO Association of Area Agencies on Aging**

Statewide network of local agencies that provide information to help seniors and people with disabilities to maintain an independent lifestyle.

**ma4web.org**

## NOTES

# BACK COVER

## GENERAL DISABILITY RESOURCES

**UMKC Institute for Human Development (UMKC IHD)**

The UMKC IHD is celebrating over 35 years of creating partnerships for effective social change. IHD’s work focuses on increasing the self-determination and social capital of all of our citizens. As Missouri’s University Center for Excellence in Developmental Disabilities (UCEDD), the IHD provides research, education, and support around issues that affect people with disabilities across the lifespan and across the health, education, employment, and social service systems- creating a better community for everyone.

**www.ihd.umkc.edu | 1-800-444-0821**

**MO Developmental Disabilities Council**

The Council strives to assist the community to include all people with developmental disabilities in every aspect of community life. Its mandate is to plan, advocate for, and provide guidance concerning programs, supports, and services for children and adults with developmental disabilities and their families. Federally funded, the 23-member council is appointed by the governor.

**moddcouncil.org | 1-800-500-7878**

**MO Protection and Advocacy Services (MO P&A)**

Federally funded and mandated program which protects the rights of persons with disabilities through legal-based advocacy and legal services. MO P&A provides assistance to children and adults with all types of disabilities, as well as their families, to access education, community living, health care, employment, housing, transportation, voting, and other civil rights.

**moadvocacy.org | 1-800-392-8667**

**MO Association of County Developmental Disability Services (MACDDS)**

Statewide organization comprised of 60 County Boards (including the city St. Louis) and several Related Private Organizations whose members provide local services for people with developmental disabilities. MACDDS members now provide the majority of case management in the state.

**macdds.org | 573-442-5599**

**MO Department of Health & Senior Services, Special Health Services**

Provides statewide health care support services, including service coordination, for children and adults with special health care needs who meet eligibility requirements. Programs include: Children and Youth with Special Health Care Needs, Family Partnership, Healthy Children and Youth, Medically Fragile Adult Waiver, and Adult Brain Injury.

**health.mo.gov/shcn/ | 1-800-451-0669**

**MO Department of Mental Health (DMH)**

DMH has two divisions:

* Developmental Disabilities (DD) serves individuals with developmental disabilities. Such conditions must have occurred before age 22. Services are coordinated through 11 regional offices.
* Behavioral Health (BH) delivers services to children and adults with mental illness and to persons with substance use disorders. The Division provides funds for prevention, outpatient, residential, and detoxification services in community-based programs; provides technical assistance to these agencies; and provides professional training and certification.

dmh.mo.gov | 1-800-364-9687

**First Steps**

Funded through the MO Department of Elementary & Secondary Education, First Steps offers coordinated services and assistance to young children (0-3) with special needs and their families. First Steps is designed for children who have developmental delays or diagnosed conditions associated with developmental disabilities. There are ten regional System Point of Entry (SPOE) offices around the state that help enroll families in First Steps.

**dese.mo.gov/special-education/first-steps**

**1-866-583-2392**

## Why Integrated Supports?

Everyone uses a variety of resources and supports to get through their day-to-day routines and everyday lives. People build upon their own assets, skills, and capabilities. Most of us have people in our lives that do things for us (and vice versa). We tap into available community groups, clubs, organizations, and resources. And who doesn’t use technology these days?

Ideally, when someone has different abilities or support needs, they might need to access eligibility-based supports, but should also remember to look to the same types of supports that anyone else would use!

Need help getting started?

Call 800-444-0821

## FOLDER DEVELOPED BY

Missouri Family to Family | UMKC IHD

800-444-0821

Mofamilytofamily.org