



Early Childhood Resources in Clay County

A directory of resources available to children with special needs

This booklet was developed as a resource tool for families living in Clay County who have a child with special needs. There are many resources and services in our community that may be available to your child and family. The purpose of this guide is to give you information on some of the resources in Clay County that may be helpful to you as you plan for the needs of your child.

This resource tool is divided into 3 basic categories:

- **Early Learning**
- **Family Support**
- **Financial Resources**



Early Learning

Early Childhood Special Education (ECSE)

School districts provide early education services to any child with special needs starting at birth. This includes children who, because of prematurity or other complications, may experience problems or difficulties in the areas of development. Parents work together with a team of professionals from education, public health, and human services to plan the services the child needs. Services are free to children who meet eligibility requirements.

Moorhead School District

2410 14th St S

Moorhead, MN 56560

(218)284-3801

rgrooters@Moorheadschoools.org

DGF Schools

PO Box 188

Dilworth, MN 56529

(218)287-2371

sdahlberg@dgf.k12.mn.us

Lake Agassiz Special Ed. Coop.

PO Box 209

Audubon, MN 56511

(218)439-6876

njab@lpa.k12.mn.us

Early Childhood Family Education (ECFE)

ECFE is a program for all Minnesota families with children between the ages of birth to kindergarten entrance. The program is offered through Community Education and offers classes and activities for parents and their children. ECFE is based on the idea that the family provides a child's first and most significant learning environment, and parents are a child's first and most important teachers. ECFE's goal is to enhance the ability of all parents to provide the best possible environment for their child's learning and growth.

Moorhead ECFE

(218)284-3400

DGF

287-2732

Barnesville

354-2638

Hawley

483-4635

Ada-Borup

784-5303

Ulen-Hittterdal

962-3215

Head Start

Head Start is a full-service program for preschool children and their families. Head Start primarily serves three and four year olds, giving priority to low-income families and children with special needs. The overall goal of Head Start is to help young children be ready for school. Head Start services include education, health, nutrition, mental health, and social services.

Clay-Wilkin Head Start

715 11th St N, Suite 104, Moorhead, MN 56560

(218)299-7021 or (800)452-3646

www.lakesandprairies.net

Family Support

Autism Support Group

The Autism Support Group is an informal gathering for parents and care givers of individuals with an Autism Spectrum Disorder. They get together to share ideas, strategies and to trouble shoot situations that come up in the daily life of a family dealing with Autism Spectrum Disorder. They also share information about resources, treatment options, medications, extracurricular activities, etc.

When and Where: The Autism Support Group meets the 2nd Friday of every month from 7 pm to 9 pm, September through May with an annual decision of summer meetings. It is a “come as you are” kind of meeting with no RSVP required. Childcare is provided during the meetings. They meet at the Downtown YMCA, 400 1st Avenue South, Fargo, ND. If you have any questions regarding this group, feel free to call Rachel Stotts at (218)287-1184.

Up with Down Syndrome and other Disabilities Support Group

The mission of this group is to serve as a clearinghouse for information on Down Syndrome and other disabilities to be exchanged in an open and relaxed atmosphere: for parents, friends, relatives, educators and caregivers of children with Down Syndrome and other disabilities.

When and Where: The group holds special events for families and also plans Down Syndrome Conferences. To find out more about this group and their upcoming schedule, feel free to contact Kara Jones (701-526-3240 or karaljones@gmail.com) or Liz St. Louis (701-212-7877 or estlouis4@gmail.com).

HOPE, Inc.

HOPE’s mission is to provide mobility, educational and recreational opportunities for children and young adults who are mobility-challenged and their families. They offer weekly sporting activities such as: sled hockey (Nov-Feb), indoor manual and power soccer (Sept-Nov and Mar-May), and baseball (Jun-Aug). They also have seasonal activities such as adaptive downhill skiing program (Dec-Feb), wheelchair track and field meet (June), an annual play production, seated/wheelchair yoga, and adaptive art.

The program is family-centered, and they invite and encourage family and friends to play. They strive to teach life skills such as teamwork, sportsmanship, and communication while improving self-esteem, self-confidence and social skills. Your child does not have to be able to push their own wheelchair to participate. They also offer monthly recreational outings such as bowling, arts and crafts, swimming, and roller wheeling.

If you would like more information about HOPE’s programs, please contact Adair by phone at (701)866-9002 or toll free at (866)225-4673 or by e-mail at adair@hopeinonline.org.

HOPE, Inc. 803 22nd Ave S, Moorhead, MN 56560

www.hopeinonline.org

Arc West Central

The Arc of West Central Minnesota is a non-profit agency dedicated to improving the lives of individuals with disabilities and their families by:

- providing a system of support
- advocating for individuals and families
- providing workshops and other educational opportunities
- improving public policies
- providing information and referral sources
- creating public awareness about people with disabilities and related issues
- networking
- providing recreational and social activities
- developing opportunities and services
- enabling people to become contributing members of their communities

Arc West Central – Donna Atherton
810 4th Ave S, Suite 134, Moorhead, MN 56560
(218)233-5949 or (800)411-0124
E-mail: arcwcm@702com.net
www.arcwestcentral.org

Child Care Resource and Referral Network (CCR&R)

CCR&R helps parents identify and select quality childcare. They provide referrals to families, are a resource to businesses, and offer training opportunities for child care providers.

Lakes & Prairies - Child Care Resource & Referral
715 11th St N, Suite 402, Moorhead, MN 56560
(218)299-7026 or (800)941-7003
www.lakesandprairies.net

Clay County Collaborative

The Clay County Collaborative is a partnership of Clay County, its five school districts and non-profit agencies who are committed to working together in partnership with families and to making the changes necessary in their organizations to better serve children and their families. Our mission is to work in partnership and collaboration to empower and provide opportunities for children and families. The Collaborative has many committees and work groups, each made up of representatives from the various partner organizations as well as parents.

Coordinator: Carolyn Strnad
715 11th St N, Moorhead, MN 56560
218.443-3916
www.claycountycollaborative.org

Public Health

Public Health Nurses can be valuable resources in the care of a child with special needs. They may provide information and referral to resources, health services, health and developmental screening, home health services, Child and Teen Check-Ups, Women Infant and Children (WIC) and address a wide range of health and medical needs of the community.

Clay County Public Health
715 11th St N, Suite 303, Moorhead, MN 56560
(218)299-5220

Home Care Services

Home care provides medical and health-related services and assistance with day-to-day activities to people in their home. It can be used to provide short-term care or it can also be used to provide continuing care to people with ongoing needs. Home care services are available to people who are eligible for Medical Assistance or MinnesotaCare Expanded (pregnant women and children) who have needs that are medically necessary and physician ordered. Home care services are provided in a person's residence and may also be provided outside the person's home when normal life activities take them away from home.

Medical Assistance covers the following home care services:

- Equipment and supplies, such as wheelchairs and diabetic supplies
- Home health aide
- Personal care assistant
- Private duty nursing
- Skilled nursing visits
- Therapies (occupational, physical, respiratory and speech)

To see if your child is eligible for home care services, you can call a home health agency or your county public health nurse (above).

Interagency Early Intervention Committee (IEIC)

The Clay County IEIC exists to ensure that comprehensive services are made available to young children with disabilities and their families. The goals of the IEIC are to:

- Plan for and provide quality, coordinated, consumer-oriented services to children with disabilities and their families in accordance with state and federal mandated criteria.
- Ensure that services are provided during the span birth to 7 years of age and include transitional plans.
- Evaluate the quality and adequacy of such services and make recommendations when appropriate.

IEICs are local committees with membership that includes: parents of young children with disabilities from birth to age 7; representatives of local and regional health, education, and county human service agencies; county boards; school boards; Early Childhood Family Education programs; Head Start and community service agencies.

The Clay County IEIC no longer meets. For more information regarding the IEIC you can contact your local school, Clay County Social Services, or Clay County Public Health.

Social Services

Clay County Social Services provides Rule 185 Service Coordination to persons with developmental disabilities and related conditions. The Service Coordinator assists persons in gaining access to needed social, medical, educational and other supports and services.

Service activities provided to, or arranged for, a person may include but are not limited to:

- Informing the person or the person's legal representative of service options
- Assisting the person in the identification of potential service providers
- Development of a service plan based on a person's assessed needs and preferences
- Assisting the person in accessing needed services
- Coordination of services
- Evaluation and monitoring of the services identified in the service plan

You will be assigned a Service Coordinator, who will determine if your child qualifies.

To apply for Service Coordination for your child contact:

Clay County Social Services
715 11th St N, Suite 502, Moorhead, MN 56560
(218)299-5200 or (800)757-3880

*Note: Social Services Income Maintenance Unit determines eligibility for Medical Assistance, TEFRA, food support, and other financial programs; the workers that determine eligibility for these programs are called Financial Workers. See Financial Resources section below for more information on these programs.

Respite Care

Taking care of any child can be a tiring and stressful job at times. For parents of a child who has special care needs, the job can be more difficult and the chances to relax are much fewer. Having someone step in and care for your child can stop the strain from getting the best of you. One kind of short-term care is called respite care. There are many ways of getting respite care. When talking with professionals about your child and your family, ask them about respite care services in your area. If your child has special medical needs, home nursing care may be needed. Your insurance policy may cover home care services including respite. If your child has Medical Assistance, TEFRA, or Waiver services, some home health services may be covered.

Home and Community-Based Waiver Programs

Waiver programs are designed to serve individuals with special needs in the community who would otherwise require the level of care provided in a nursing home or other health care facility. There are requirements the individual must meet to be eligible for a waiver program. Covered services under the home and community-based waiver programs include all covered MA services plus home health care, therapies, equipment, home/vehicle modifications, respite, counseling and others. For more information or to apply for a waiver program, contact Clay County Social Services at (218)299-5200 or your Service Coordinator if you have one.

Behavioral and Mental Health Resources

Mental Health Services Covered by MA/ MinnesotaCare

Note: PMAP enrollment exclusions---Recipients who have severe emotional disturbance (SED) can be excluded from participation in PMAP. Recipients must work with their county financial worker to choose the most beneficial option.

- Diagnostic Assessment (DA): a mental health evaluation. Diagnostic assessments are used to determine eligibility for a variety of programs and services such as: mental health targeted case management, Children's Therapeutic Services & Support (CTSS) and outpatient mental health services in the MA benefit set, Supplemental Security Income (SSI- see page 8), and/or mental health benefits through a health plan.
- Mental Health Targeted Case Management (see below)
- Mental Health Medication Management Services
- Neuropsychological Testing and Rehabilitations Services
- Partial Hospitalization
- Physician Mental Health services
- Psychological Testing
- Psychotherapy
- Children's Therapeutic Services and Supports (CTSS)

CTSS is a flexible package of mental health services that are time-limited, and have varying therapeutic and rehabilitative levels of interventions that can be put together in varying combinations. The continuum of services ranges from limited community based services resembling traditional office-based practice, to services that are more structured and intensive. The services are put together to reach the specific outcomes in the child's individual treatment plan. Services and supports that are in the CTSS mental health services MA benefit package are: Psychotherapy, Crisis Assistance, Mental Health Behavioral Aide Services, and Skills Training. Providers of CTSS must be certified by the state at least every 3 years. (See page 7 for agencies)

Children's Mental Health Case Management

Children's Case Management services are designed to help the child with Severe Emotional Disturbance (SED) and the family obtain needed mental health and community services. Services are coordinated to avoid duplication or unnecessary services that could overwhelm the family. The overall goal is to help the child remain safely in the home and community and to avoid hospitalization, foster care or residential treatment.

What does a Mental Health Case Manager Do? Coordinates the assessment of the child's needs through identification of available community resources and assist the child and family in accessing those resources, plans for specific community based services to address needs of the child and family, assures that services are adequate and appropriate for the child, helps the child and family's care providers (both formal and informal) work together in a coordinated fashion, advocates for the child and family, provides specific services (medication monitoring, recreational services, transportation), and develops a crisis plan when appropriate.

Who can be served and how is it funded? Any child who is a resident of Clay County and has a Severe Emotional Disturbance (SED) as identified by a mental health professional. Case management services are funded through Medical Assistance or by Clay County Social Services. There is no direct fee to the family.

What is the referral process? Referrals can be made by the family or any agency with family approval. Lakeland Mental Health Center, Inc. is the primary contact for referrals as part of a collaborative effort with Lutheran Social Service of MN; Solutions, Inc.; Access of the Red River Valley, Inc.; and Clay County Social Services. For more information regarding referrals, call (218)299-6693.

Emergency services

Immediate mobile response services are available 24-hours every day for children having a mental health emergency. **Mobile Mental Health Crisis Response** serves adults, children, and families in Clay, Otter Tail & Wilkin Counties. Mobile mental health services are short-term, face-to-face services designed to restore a person’s functioning level to pre-crisis levels and offer opportunities to de-escalate a situation. Phone support is available 24 hours a day, 7 days a week. Dispatch hours for a mobile crisis team are Monday through Friday: 4pm-10pm; Saturday, Sunday and holidays: 1pm-11pm. Phone number: **1-800-223-4512**

Children’s Mental Health / Behavioral Resources

Agency Name	Address	Phone	Website	Services
Access of the Red River Valley	403 Center Ave, Ste 512 Moorhead, MN 56560	218-233-3991	www.accessrrv.org	-In-Home Services -Mental Health Case Management
Clay County Social Services	715 11 th St N, Ste 502 Moorhead, MN	218-299-5200	www.co.clay.mn.us	-Case Management -Info./Referrals
Lakeland Mental Health Center	1010 32 nd Avenue S. Moorhead, MN	218-233-7524 Crisis: 800-223-4512	www.lmhc.org	-Outpatient Services -Case Management -CTSS
Lutheran Social Services of MN	715 11 th St N. Ste 401 Moorhead, MN	218-236-1494	www.lssmn.org	-Case Management -In-Home Services
PATH of MN	715 11th St N. Ste 306 Moorhead, MN	218-291-5858 218-739-3074	www.pathinc.org	-CTSS -Foster Care
REACH	421 5th Street Hawley, MN 56549	218-483-3145 877-977-3224	ruralenrichment.org	-Outpatient Services -Case Management -Support Services
Solutions	891 Belsly Blvd Moorhead, MN	218-287-4338 866-455-6417	solutionsinpractice.org	-Outpatient Services -Case Management -CTSS
The Village Family Service Center	1401 8th Street South Moorhead, MN	701-451-4900 800-627-8220	thevillagefamily.org	-Assessments -CTSS -Community based programs

For more information, see the *Children’s Mental Health Resource Guide* on-line at www.dakmed.org

Financial Resources

Medical Assistance (MA, Medicaid)

You may qualify for financial help for medical care, depending on your income. For people who qualify, programs such as Medical Assistance (MA) or MinnesotaCare may pay or help pay the cost of clinic and physicians' services, hospital care, medical equipment and supplies, therapies, personal care services, mental health services, vision and dental care, and other related medical expenses. Coverage can start up to three months from when you turn in your application.

To apply, you must fill out a Minnesota Health Care Programs Application, which you can obtain at 715 11th St N, Suite 102, Moorhead, MN or online at www.dhs.state.mn.us (click on Health Care). You will be assigned a Financial Worker who will determine your eligibility for financial programs.

Tax Equity and Fiscal Responsibility Act (TEFRA)

MA is available for some children with disabilities who usually would not be eligible because of parent's income. This is called the TEFRA option. Children are eligible with regard to their own assets but not assets of their parents. Some parents may be required to pay a fee based on their income. Covered health care services include all services covered under Medical Assistance. It can also help cover other health insurance premiums that are considered cost-effective.

For a child to be eligible for MA under the TEFRA option the child must:

- Be under 18 years of age
- Be certified disabled by Social Security or the State Medical Review Team (SMRT)
- Meet all other MA eligibility factors

To apply for the TEFRA option, you must fill out an application for MA (see above). On the application, check the box that states your child has a disability and/or **write TEFRA on the front of the application.**

*You can estimate your parental fee at: <http://pfestimator.dhs.mn.gov>.

If you have more questions about TEFRA, call Social Services Intake at (218)299-5200.

Supplemental Security Income (SSI)

SSI is a program through Social Security for people with disabilities or special needs. SSI provides a monthly payment to use in meeting that child's needs. Your child under age 18 can qualify if he or she meets Social Security's definition of disability for children, and if your family's income and resources fall within the eligibility limits. To apply for SSI, call Social Security at (800)772-1213 or the Fargo office at (877)335-4114.

When you call, you will be asked for information about your income and assets, names and addresses of professionals who care for or have tested your child, information about your child's medical conditions or development, your child's Social Security number and proof of your child's birth. For more information, go to the website at: www.socialsecurity.gov or www.socialsecurity.gov/applyfordisability/child.htm

Family Support Grant (FSG)

The FSG Program provides cash grants to eligible families with children who have certified disabilities. These grants offset the higher than average expenses directly related to a child's disability to that are unavailable through other funding sources. Grants can be no more than \$2,922 per year for each eligible child.

The Family Support Grant is available to persons:

- Under the age of 21 years
- Certified disabled
- Who live or will live in their biological or adoptive family home
- Whose family has annual adjusted gross income of \$91,458 or less (effective 1/1/10) except in cases where extreme hardship is demonstrated

For more information on the application process, contact Clay County Social Services at (218)299-5200. You can also go the MN Department of Human Services website at: www.dhs.state.mn.us (click on 'Disabilities')

Other Resources

Minnesota Food Helpline: (888)711-1151

Disability Linkage Line: (866)333-2466

Bridge to Benefits is a screening tool to help people in Minnesota learn if they **may** be able to get help from various programs and how to apply: <http://mn.bridgetobenefits.org/>

www.MinnesotaHelp.info: An online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance, and other forms of help.

www.MNparentsknow.info: Trusted parenting information, resources and activities to help your children grow, develop and learn from birth through high school.

PACER Center is a parent training and information center for families of children and youth with all disabilities from birth through 21 years old: www.pacer.org

FirstLink assists people in identifying, accessing, and making effective use of community and volunteer resources: www.myfirstlink.org/ or call 211

Help Me Grow: Minnesota's Infant and Toddler Intervention system:
www.health.state.mn.us/divs/fh/mcshn/ecip.htm

Early Childhood Services: A Directory of Resources Available for Children and Families in Minnesota:
www.health.state.mn.us/divs/fh/mcshn/directory/index.cfm

Who Pays? Taking the Maze Out of Funding Manual:
www.health.state.mn.us/divs/fh/mcshn/maze/index.htm