

This guide is to be used as a tool in assisting parents and students through the transition process.



It was created by the Transition Alliance of St. Charles County and will be updated on an annual basis.

Updated January 2010

RESOURCE GUIDE FOR STUDENTS IN TRANSITION

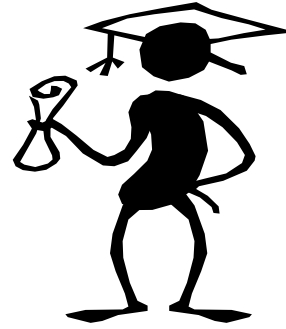


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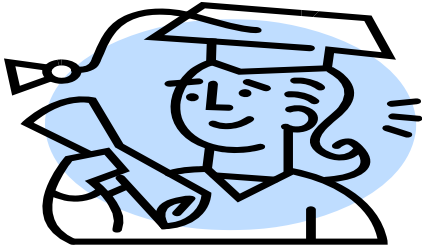
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Resource guide

St. Charles City/County Schools

What is transition?

A change from one place to another



Why talk about transition?

Because everyone goes through a transition as they leave high school.

What will happen?

You will be asked to develop a plan for your future.



What will I have to do?

You will state your goal for the future, and plan your future studies with your goal in mind.

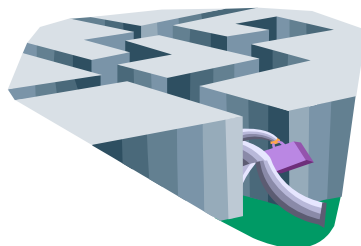
When will I have to do this?

At age 14 years or before.

What will my IEP team do?

At age 14, you and the team will develop a “statement of transition service needs” in your Individual Education Program (IEP). This statement will outline your goal for the future, and your course of study to reach that goal. Then, at age 16 or before, you and your team will develop a statement of “Needed Transitions Services”. This statement will more specifically outline your needs in the areas of instruction, related services, community experiences, the development of employment and other post-school living objectives, and if appropriate, acquisition of daily living skills and a functional vocational evaluation.

Sounds Great! How do we get started?

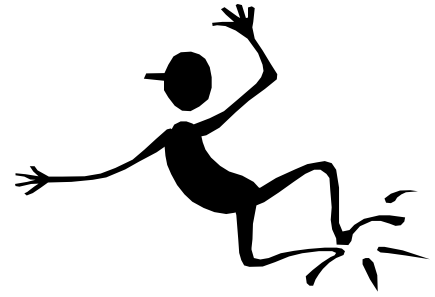


MIDDLE SCHOOL



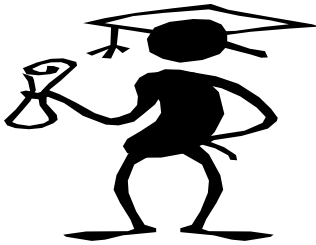
- Learn about a variety of your interests and skills through exploratory classes at school
- Build good study habits
- Practice good decision making skills
- Get involved in your community through family activities, clubs, sports or volunteer activities
- Learn “life” skills through helping out at home. Cooking, doing laundry, shopping, budgeting, and doing minor repairs are all necessary life skills you will need when you live on your own
- Develop good pre-employment skills such as following directions, taking responsibility for your actions, time-management techniques and communication skills
- Learn about the high school course offerings
- Participate in any career exploration activities your school offers
- Decide on your career pathway, and develop your four-year plan, or high school course of study. This will not “lock” you into a career, but will help give focus to your high school career

FRESHMAN/SOPHOMORE YEAR



- Assist your IEP team in reviewing and revising your statement of transition service needs. Review your goal for your future, and match your high school courses to reach that goal.
- Assist your IEP team in developing the “Needed Transition Services” section of your IEP. This section should be completed if you are over 16 years of age and should focus on the following transition areas:
 - Career Planning Options
 - Post-Secondary Training
 - Medical
 - Community Participation
 - Advocacy/Legal Services
 - Socialization/Friends
 - Living Arrangements
 - Employment Options
 - Financial Assistance/Income Support
 - Leisure/Recreation
 - Transportation
 - Personal Management
 - Insurance
- Participate in school sponsored “career exploration” activities (career fairs, job shadowing opportunities, career classes, etc.). Consider courses that offer “life skills” opportunities. (Foods classes, business classes, etc.)
- Develop “pre-employment” skills such as following directions, taking responsibility for actions, time-management techniques, communication skills, etc.
- Talk to adults about their jobs. Ask questions about jobs you are interested in and find out about job duties, education required and the outlook for that occupation.
- Obtain part-time employment or volunteer experience.
- Ask your case manager or transition coordinator about appropriate vocational resources and/or agencies. If appropriate, call agencies/providers and request information about their services.
- Ask about Vocational Rehabilitation Services. If appropriate, complete the referral paperwork to open your case with Vocational Rehabilitation.
- Review your career path and course of study on a regular basis. If your career interests change, different classes may be required.
- If interested in a program at Lewis and Clark Career Center, inquire about prerequisites needed for specific programs. You will need to take these classes your freshman or sophomore year to apply.

- ❑ Ask your case manager about Level III assessments at Lewis and Clark Career Center. If appropriate, you will need your parent permission form signed and returned. This assessment provides detailed information about your career interests and related strengths. A Level III assessment is highly recommended if you plan to apply for a program at Lewis and Clark Career Center.
- ❑ If interested in a program at Lewis and Clark Career Center, you must complete an application during your sophomore or junior year. Encourage your parent(s) to attend Lewis and Clark Career Center's open house night to ask questions about program requirements and admittance procedures.
- ❑ Ask about prerequisites for post-secondary training/education, so that you take the appropriate classes during your high school career.
- ❑ Strive to maintain good grades in your classes. Your GPA (grade point average) can affect scholarship opportunities and admissions to post-secondary training/education in the future.
- ❑ Start your file of activities, honors, contests, photos, literary or artistic samples, work experience and important dates. This file will help you complete applications for work or education, in the future.
- ❑ Prepare for and participate in college entrance exams such as PLAN and PSAT.
- ❑ Explore transition resources within the community by attending workshops and transition fairs. Inquire about support groups and available transition materials/publications.
- ❑ Obtain a driver's permit and license. If you have tests read orally at school, you can request to have your driver's permit test read. Take driver's education at school. If driving is not an option for you, learn how to use public transportation and obtain a Missouri ID card.
- ❑ Develop your self-advocacy skills. Be involved in your IEP meetings and know what modifications and goals are included in your IEP. Strive to solve problems independently before asking for assistance.
- ❑ Explore clubs, activities, hobbies, and organizations. Participate in appropriate recreational activities.
- ❑ If you take medication or have special medical needs, make certain you know the names of the medications taken and how to contact a doctor if a medical situation arises.
- ❑ Learn important "life skills" by assisting your parent(s) around the house with chores. Cooking dinner, doing laundry, grocery shopping, etc. are important skills you will need for transition into adulthood.



JUNIOR/SENIOR YEAR

- Continue to assist your IEP team in developing the “Needed Transition Services” section of your IEP. Invite outside agencies to your IEP meetings, when appropriate.
- Review your current credits and verify that you will meet all graduation requirements with your school counselor.
- Learn about your educational rights and how they transfer to you when you turn 18 years of age.
- If appropriate, discuss guardianship with your parent(s).
- Learn about the rights you have as a person with a disability in the workplace or post-secondary setting.
- Continue to develop job experience by securing part-time employment or volunteer experience. Consider participating in your school’s work program.
- Ask about “job shadowing” opportunities available at your high school. Spend a day with someone who works in your career of choice.
- Research careers of interest. Examine educational requirements, job tasks, expected salary and job outlook. Make a realistic career choice based on your abilities and interests.
- If you have not yet decided on a career after high school, ask your case manager or transition coordinator about vocational assessments and possible resources.
- Prepare a resume listing your education and job experience.
- Ask about assistance available for completing job applications, resume writing, interviewing skills, etc. Enroll in a “careers” or “vocational” class at school.
- Explore job openings. Access the Internet, wanted ads, and friends and relatives about possible job leads.
- Use your summers to explore career interests, volunteer opportunities, and other activities that will provide career-related experience.
- Ask your case manager or transition coordinator about appropriate vocational resources and/or agencies. If appropriate, call agencies/providers and request information about their services.
- Learn about Vocational Rehabilitation and the services available to students after high school graduation. If appropriate, complete the referral paperwork to open a case with Vocational Rehabilitation.
- If you will need assistance obtaining employment after high school, ask your high school case manager about services available to provide job coaches or supported employment opportunities.
- Explore assistive technology resources, if appropriate.

- Make regular appointments with your school counselor to discuss career options and possible post-secondary training.
- If interested in the Armed Services, talk to your recruitment officer and register to take the Armed Services Vocational Aptitude Battery (ASVAB).
- Visit your school library or guidance office for information about technical schools, trade schools, colleges or universities.
- If interested in college, ask your guidance counselor about post-secondary applications and deadlines. Request and complete applications for the schools and/or programs that interest you.
- Ask your guidance counselor about days available for college visits. Inquire about college representatives visiting school and field trips to colleges or technical schools.
- Contact schools you may be interested in attending and ask about services available for students with disabilities. Ask about the modifications that can be made in your coursework. Remember that in post-secondary training you will not have an IEP and colleges/universities are not required to follow the same laws as school districts in regard to serving students with disabilities.
- If interested in college, take the ACT and/or SAT. Register at least five weeks before the test date. Ask your case manager about available modifications.
- Obtain and complete a Financial Aid Form in your guidance office, if you will need assistance paying for post-secondary training. Check with your guidance counselor on a regular basis about scholarship opportunities.
- Ask your parent(s) about your health insurance. Inquire about the requirements for dependent coverage. If you will no longer have insurance benefits under your parent(s) after high school graduation, ask about health benefits at your current place of employment or when interviewing for employment.
- If appropriate, apply for Social Security Supplemental Income (SSI) and/or Medicaid.
- Register to vote. During elections, gather information and read newspaper articles about the issues and candidates to make informed political choices.
- If you are a male, register for selective services. (www.sss.gov)
- Explore your living arrangements. If you need assistance living independently, call appropriate agencies and ask about services available. If you are considering living on your own, create a budget and research the costs of rent, utilities, groceries, transportation, etc.
- Continue to participate in organizations, clubs, and activities at your high school. Inquire about recreational activities available for adults.
- Make sure diagnostic testing is updated. If three-year re-evaluation is due after graduation, ask your high school case manager if testing can be done before leaving school.
- If appropriate, apply for Case Management Services at the St. Louis Regional Center. Inquire about available adult services.

DAY SERVICES

Day habilitation services are available to individuals with a developmental disability who are unable to work after they graduate from school. Day Habilitation Services enable individuals to achieve optimal physical, emotional, sensory and intellectual functioning. Areas focused on are communication, socialization, community integration, domestic, economic management, responsibility and self-direction. Services can be provided in both a group and individual setting.

Funding for Day Habilitation Services can be accessed through the St. Louis Regional Center and can be privately paid.

For more information about Day Habilitation Services contact:

Community Living, Inc.
1040 St. Peters-Howell Road
St. Peters, MO 63376
Web Address: www.cliservices.org

Phone: 636-970-2800
Fax: 636-970-2810
E-mail: info@cliservices.org

RHD Missouri
122 Point West Blvd.
St. Charles, MO 63301
Web Address: www.rhd-mo.org

Phone: 636-724-6616
Fax: 636-724-8256

St. Louis Regional Center- St. Charles Office
119 Olympic Way
St. Peters, MO 63376

Phone: 636-926-1200
Fax: 636-926-1220



How can I get help finding Employment?

BCI (Boone Center, Inc.)

200 Trade Center Dr. West, St. Peters, MO 63376
Web Address: www.boonecenter.com

Phone 636-978-4300
Fax: 636-978-4343
E-mail: info@boonecenter.com

Community Living, Inc.

1040 St. Peters-Howell Road, St. Peters, MO 63376
Web Address: www.cliservices.org

Phone: 636-970-2800
Fax: 636-970-2810
E-mail: info@cliservices.org

Delta Center for Independent Living

5933 Highway 94 South-Suite 107, St. Charles, MO 63304
Web Address: www.dcil.org

Phone: 636-926-8761
TDD: 636-926-9361
Fax: 636-926-9324

JESS (Jobs & Employment Support Services)

7020 Chippewa, St. Louis, MO 63119
Web Address: www.jessinc.org

Phone: 314-644-1913
Fax: 314-644-0461
E-mail: eklatz@jessinc.org
lreeves@jessinc.org

Touch Point Autism Services

1101 Olivette Parkway, St. Louis, MO 63132
Web Address: www.touchpointautism.org

Phone: 314-432-6200
Fax: 314-432-8994
E-mail: info@touchpointautism.org

Life Skills Foundation

10176 Corporate Square, Suite 100, St. Louis, MO 63132
Web Address: www.lifeskills-stl.org

Phone: 314-567-7705
Fax: 314-567-6539
E-mail: lifeskill@aol.com

MERS/Goodwill Industries

1 Westbury, Building B-Suite 220, St. Charles, MO 63301
Web Address: www.mersgoodwill.org

Phone: 636-946-7559
Fax: 636-946-2006
E-mail: bashmore@mersgoodwill.org

Missouri Division of Vocational Rehabilitation

3737 Harry S. Truman Blvd, Suite 400, St. Charles, MO 63301

Phone: 636-940-3300
Fax: 636-940-3313
E-mail: Janis.miller@vr.dese.mo.gov

St Louis ARC

1816 Lackland Hill Parkway, St. Louis, MO 63146

Phone: 314-817-2233
Fax: 314-569-0778
E-mail: ananey@slarc.org

Rehabilitation Services for the Blind

Missouri Department of Social Services, DFS

10449 St. Charles Rock Road, Room #401, St. Ann, MO 63074-1827
Web Address: <http://www.dss.state.mo.us/dfs/rehab/rehab.htm>

Phone: 314-890-4200
800-592-6004
Fax: 314-426-3560

United Cerebral Palsy Association of Greater St. Louis

8645 Old Bonhomme Road, St. Louis, MO 63132-3999

Phone: 314-994-1600
800-325-8174
Fax: 314-994-0179

Willows Way, Inc.

800 Friedens Rd – Suite 100, St. Charles, MO 63303

Phone: 636-947-6591
Fax: 636-947-7385

St. Charles County Government Department of Workforce Development

Phone: 636-441-2422
Fax: 636-441-7045



WOULD YOU LIKE TO CONTINUE YOUR EDUCATION?

AREA COLLEGES

<p>Lindenwood University 209 South Kingshighway, St. Charles, MO 63301 Web Address: www.lindenwood.edu</p>	<p>Director of Admissions 636-949-4944</p>
<p>Maryville University Gander 101 13550 Conway Road, St. Louis, MO 63141</p>	<p>Advising/Learning Center 314-529-9477</p>
<p>St. Charles Community College 4601 Mid Rivers Mall Drive, St. Peters, MO 63376</p>	<p>Accessibility Office Pam Bova 636-922-8247</p>
<p>St. Louis Community College - Florissant Valley 3400 Pershall Road, St. Louis, MO 63135 Web Address: www.stlcc.edu</p>	<p>ACCESS Office Disability Support Services 2nd Floor Student Center TDD: 314-595-4551 314-595-4552</p>
<p>St. Louis Community College - Forest Park 5600 Oakland Avenue, St. Louis, MO 63110 Web Address: www.stlcc.edu</p>	<p>ACCESS Office Disability Support Services Room G215 TDD: 314-644-9039 314-644-9093</p>
<p>St. Louis Community College - Meramec 11333 Big Bend Blvd., Kirkwood, MO 63122 Web Address: www.stlcc.edu</p>	<p>ACCESS Office Disability Support Services 1st Floor Clark Hall TDD: 314-984-7673 314-987-7127</p>
<p>St. Louis University Tegeler Hall 300 E. 221 North Grand Blvd., St. Louis, MO 63103</p>	<p>Student Educational Services Center 314-997-2930</p>
<p>University of Missouri-St. Louis Millennium Center 144 Millennium Student Center, St. Louis, MO 63121</p>	<p>Disability Access Services TDD 314-516-5212 314-516-6554</p>
<p>Washington University Campus Box 1136 One Brookings Drive, St. Louis, MO 63130-4899</p>	<p>Disability Resource Center TTY/Voice Fax 314-935-4062 314-935-8272</p>
<p>Webster University Rm. 134 Loretto Hall 470 East Lockwood Ave., St. Louis, MO 63119</p>	<p>Academic Resource Center 314-968-7495</p>
<p>Jefferson College 1000 Viking Dr., Hillsboro, MO 63050</p>	<p>636-797-3000 ext. 400</p>
<p>East Central College P. O. Box 529, Union, MO 63084</p>	<p>573-583-5195</p>

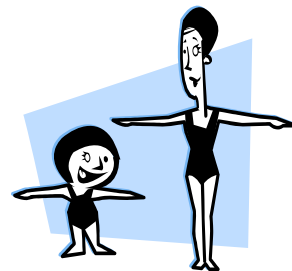
AREA TRADE AND TECHNICAL PROGRAMS

ITT Technical Institute 13505 Lakefront Dr. Earth City, MO 63045	314-298-7800
Lewis & Clark Career Center 2400 Zumbahl Road St. Charles, MO 63301	636-946-7726
Linn State Technical College 1 Technology Dr. Linn, MO 65051	573-897-3603
Pike/Lincoln Technical Center P.O. Box 38 Eolia, MO 63344	573-485-2388
Ranken Technical College 4431 Finney Ave. St. Louis, MO 63113	314-371-0236
St. Louis College of Health Careers 4484 W. Pine St. Louis, MO 63108	314-652-0300
Vatterott College 2953 Highway K, O'Fallon, MO 63366	636-978-7488

Contact your school counselor for additional colleges or technical school.



WHAT TO DO IN MY FREE TIME?



Big Brothers/Big Sisters

Phone: 636-939-2227

Boys & Girls Clubs of St. Charles County

1400 Olive St., St. Charles, MO 63301

Phone: 636-946-6255 ext 109

Boy Scouts of America

Phone: 314-361-0600

Community Living, Inc.

1040 St. Peters-Howell Road, St. Peters, MO 63376

Web Address: www.cliservices.org

Phone: 636-970-2800

Fax : 636-970-2810

E-mail: info@cliservices.org

Dakota, Inc.

845 Mark Twain, Florissant, MO 63031

Phone: 314-839-7761

Fax: 314-839-7761

Disabled Athlete Sports Association (DASA)

1236-D Jungermann Road

St. Peters, MO 63376

Phone: 636-477-0716

Fax: Dial phone number, press *

Email: dasasports@hotmail.com

Exceptional Equestrians of the Meramec Valley, Inc.

5667 Country Club Road, Washington, MO 63090

Phone: 636-390-2141

E-mail: horses@usmo.com

Family Support Services

105 Sheriff Dierker Ct., O'Fallon, MO 63366

Web Address: www.familysupportservices.org

Phone: 636-949-2546

Fax: 636-949-7617

Girl Scouts of America

Phone: 636-592-2322

Life Skills Foundation

10176 Corporate Square, Suite 100, St. Louis, MO 63132

Web Address: www.lifeskil-stll.org

Phone: 314-567-7705

Fax: 314-567-6539

E-mail: lifeskill@aol.com

Parks & Recreation- City of Lake St. Louis

200 Civic Center Dr, Lake St. Louis, MO 63376

Web Address: www.lakesaintlouis.com

Phone: 636-561-4620

Parks & Recreation- City of O'Fallon

Renaud Spirit Center, 2650 Tri Sports Circle, O'Fallon, MO 63366

Web Address www.renaudspiritcenter.com

Phone: 636-474-2732

Parks & Recreation-City of St. Charles, Blanchette Park

1900 W. Randolph, St. Charles, MO 63301

Web Address www.stcharlesparks.com

Phone: 636-949-3372

Fax: 636-949-3581

Parks & Recreation-City of St. Peters

1 St. Peters Centre Blvd. (On Mexico Rd), St. Peters, MO 63376

Web Address: www.stpetersmo.net

Phone: 636-278-2244 ext. #400

Fax: 636-447-9022

Parks & Recreation-City of Wentzville

968 Meyer Road, Wentzville, MO 63385

Web Address: www.wentzvillemo.org

Phone: 636-332-9236

Parks & Recreation St. Charles County
201 N. 2nd Street, St. Charles, MO 63301

Phone: 636-949-7535

**Recreation Council of Greater St. Louis-
St. Charles County Office**
Non-Profit Development Center
425 Spencer Rd, St. Peters, MO 63376

Phone: 636-477-7704
Fax: 636-477-7704
E-mail: reccouncilsc@yahoo.com

Special Olympics-Missouri
2502 South Brentwood Blvd., Suite 220
St. Louis, MO 63144

Phone: 314-961-7755
Fax: 314-961-0660

**St. Charles County Community College-
Continuing Education Division**
4601 Mid Rivers Mall Drive
St. Peters, MO 63376

Phone: 636-922-8000 (ext. 4312)
TTY: 800-735-2966
Fax: 636-922-8686

St Louis ARC
1816 Lackland Hill Parkway, St. Louis, MO 63146
Contact: Steve Bunn

Phone: 314-817-2233
Fax: 314-569-0778
E-Mail: sbunn@slarc.org

Therapeutic Horsemanship, Inc.
332 Stable Lane
Wentzville, MO 63385

Phone: 636-332-4940
Fax: 636-332-4941

YMCA of Greater St. Louis
226 E. Lockwood
St. Louis, MO 63119
Inclusion Services: 314-962-5979

Phone: 314-962-5979
Webster: 314-962-9622
Fax: 314-962-2569

YMCA-St. Charles County
3900 Shady Springs Lane, St. Peters, MO 63376
Web Address: www.ymcastlouis.org

Phone: 636-928-1928

YMCA-O'Fallon
3451 Pheasant Meadows Dr., O'Fallon, MO 63368
Web Address: www.ymcastlouis.org

Phone: 636-379-0092



CAMPS



**Brain Injury Association of Missouri, Inc.
St. Louis Chapter**
10270 Page-Suite 200, St. Louis, MO 63132
Web Address www.biamo.org

Phone: 314-426-4024
Fax: 314-426-3290

Family Support Services
105 Sheriff Dierker Ct., O'Fallon, MO 63366
Web Address: <http://www.familysupportservice.org>

Phone: 636-949-2546
Fax: 636-949-7617

Girl Scout Council of Greater St. Louis
2130 Kratky Road
St. Louis, MO 63144
Web Address: <http://www.gscgsl.org>

Phone: 314-592-2322
Toll: 800-727-4475
Fax: 314-423-7658
E-mail: lhunter@gscgsl.org

Missouri Council of the Blind
5453 Chippewa, St. Louis, MO 63109
Web Address: www.acb.org/mocb

Phone: 314-832-7172
Fax: 314-832-7796
E-mail: moblind@primary.net

Ranken Jordan Pediatric Rehabilitation Center
10621 Ladue Road
St. Louis, MO 63141

Phone: 314-993-1207
Fax: 314-993-0213
E-mail: rankenjoex@server.stl.unitedway.org

Sherwood Forest Camp
2708 Sutton Blvd.
St. Louis, MO 63143-3008

Phone: 314-644-3322
Fax: 314-644-3330
E-mail: sherwood@stl.unitedway.org

Sunnyhill Camp and Adventure Program
P.O. Box 246, Dittmer, MO 63023
Web Address: www.sunnyhilladventures.org
Run by The Council for Extended Care

Phone: 636-274-9044

St Louis ARC
1816 Lackland Hill Parkway, St. Louis, MO 63146

Phone: 314-817-2233
Fax: 314-569-0778

Technology Access Center (Computer Summer Camp)
12110 Clayton Road, St. Louis, MO 63131
Web Address: www.stlouis.missouri.org/mostltac

Phone: 314-989-8404
Fax: 314-989-8447
E-mail: mostltac@aol.com

YMCA of Greater St. Louis
226 E. Lockwood
St. Louis, MO 63119
Webster: 314-962-9622

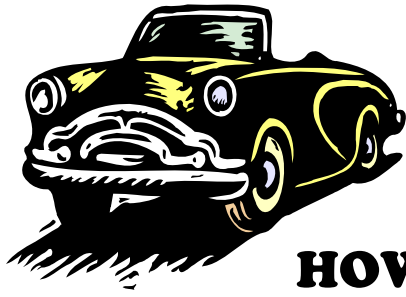
Phone: 314-962-5979
Fax: 314-962-2569
Inclusion Services: 314-962-5979
E-mail: dawn@mlc.net

YMCA-St. Charles County
3900 Shady Springs Lane, St. Peters, MO 63376
Web Address: www.ymcastlouis.org

Phone: 636-928-1928

YMCA-O'Fallon
3451 Pheasant Meadows Dr., O'Fallon, MO 63368
Web Address: www.ymcastlouis.org

Phone: 636-379-0092



HOW WILL I GET THERE?

St. Charles County Cab

O'Fallon:
St. Peters:

636-281-8080
636-447-2263

OATS

St. Charles area:
St. Peters area:
O'Fallon area:
Wentzville area:

636-928-9469
636-278-2080
636-281-1359
636-327-4901
314-894-1701

Questions regarding other areas or concerns:

Ride Finders

for an application to locate an available
car pool or van pool.

1-800-847-7433

SCAT(St. Charles Area Transit)

outside of scheduled route contact Public Works Office.

636-949-3363
636-949-3243

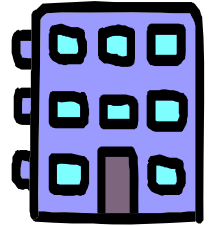
St. Charles Yellow Cab

636-724-1234





IF I NEED SUPPORT LIVING INDEPENDENTLY, WHO SHOULD I CALL?



Bethesda Lutheran Group Homes
1019 South Geyer Road
Kirkwood, MO 63122

Phone: 314-821-2986
Fax: 314-909-9169

Bridges Community Support Services, Inc.
8630 Delmar, Suite 215
St. Louis, MO 63124
Web Address: <http://bridgescss.com>

Phone: 314-872-7377
Fax: 314-872-7377
E-mail: macbridge@bridgescss.com

Community Alternatives Missouri
Subsidiary of RESCARE, Inc.
11088 Millpark, Suite 120, St. Louis, MO 63043
Web Address: <http://www.rescare.com>

Phone: 314-429-5208
Fax: 314-429-7086
E-mail: info@cliservices.org

Community Living, Inc.
1040 St. Peters-Howell Road, St. Peters, MO 63376
Web Address: www.cliservices.org

Phone: 636-970-2800
Fax: 636-970-2810
E-mail: info@cliservices.org

Delta Center for Independent Living
5933 Highway 94 S., Suite 107
St. Charles, MO 63304

Phone: 636-926-8761
Fax: 636-926-9324
TDD: 636-926-9361

Emmaus Homes, Inc.
2200 Randolph St., St. Charles, MO 63301
Web Address: <http://www.emmaushomes.org>

Phone: 636-946-6144
Fax: 636-947-1336
E-mail: mancod@emmaushomes.org

Life Skills Foundation
10176 Corporate Square, Suite 100, St. Louis, MO 63132
Web Address: <http://www.lifeskills-stl.org>

Phone: 314-567-7705
Fax: 314-567-6539
E-mail: lifeskill@aol.com

NECAC (North East Community Action Corporation)
2724 Droste Road, St. Charles, MO 63301

Phone: 636-723-3470
Fax: 636-925-3810

St Louis ARC
1816 Lackland Hill Parkway, St. Louis, MO 63146

Phone: 314-817-2233
Fax: 314-569-0778

St. Louis Regional Office-St. Charles Office
119 Olympic Way, St. Peters, MO 63376

Phone: 636-926-1200
Fax: 636-926-1220

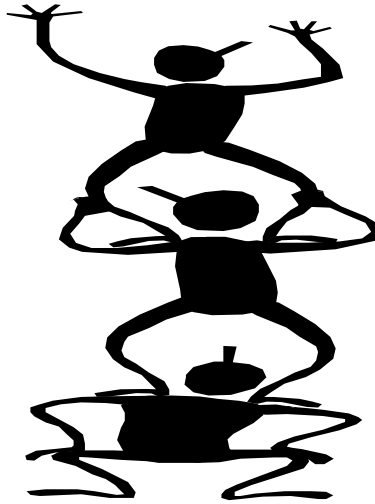
Willows Way, Inc.
800 Friedens Rd – Suite 100, St. Charles, MO 63303

Phone: 636-947-6591
Fax: 636-947-7385

Youth In Need
516 Jefferson, St. Charles, MO 63301
Web Address: <http://youthinneed.com>

Phone: 636-946-0101
Fax: 636-925-0116
E-mail: yinlh@aol.com

**NEED SOME SUPPORT?
ALCOHOL, TOBACCO,
AND OTHER DRUGS**



Alcoholics Anonymous

Phone: 314-641-3677

Barnes St. Peters

150 Jungerman Circle
St. Peters, MO 63376

Phone: 636-477-8390

Bridgeway Counseling Services

1601 S. River Road
St. Charles, MO 63303

Phone: 636-949-9940

EMASS

545 First Capitol Dr.
St. Charles, MO 63301

Phone: 636-946-2815

Narcotics Anonymous

Phone: 314-830-3232

NOVA

800 First Capitol Dr.
St. Charles, MO 63301

Phone: 636-940-0120

Preferred Family Healthcare - Adolescent

2 Westbury
St. Charles, MO 63301

Phone: 636-946-6376

St. Charles County Community Services

1125 Cave Springs Estates Dr.
St. Peters, MO 63376

Phone: 636-441-9002

St. Joseph Health Center (SSM)

300 First Capitol Dr.
St. Charles, MO 63301

Phone: 1-800426-2083

Spirit of St. Louis Hospital - Adolescent

5931 Highway 94 South
St. Charles, MO 63304

Phone: 636-441-7300



SUPPORT GROUPS

**ADDAM-Attention Deficit Disorders
Association of Missouri**
Parkway Central Middle School Road
471 North Woodsmill
St. Louis, MO

Phone: 314-963-4655

Alliance for the Mentally Ill-NAMI St. Louis
134 West Madison Ave
St. Louis, MO 63122
Web Address: <http://communities.postnet.com/stlouis/nami>

Phone: 314-966-4670
Fax: 314-966-4672
E-mail: ami4stl@aol.com

Associates of Boones Center (ABC)
200 Trade Center Dr. West
St. Peters, MO 63376

Phone: 636-978-4300
Fax: 636-978-4343

Brain Injury Association of Missouri, Inc.
St. Louis Chapter
10270 Page, #200
St. Louis, MO 63132
Web Address: <http://www.biausa.org/missouri/bia.htm>

Phone: 314-423-6442
Fax: 314-426-3290
E-mail: braininjury@aol.com

Down Syndrome Association of Greater St. Louis
P.O. Box 63208
St. Louis, MO 63163

Phone: 314-961-2504

Down Syndrome, St. Charles Chapter
c/o Beth Franzen
4630 Chippewa Way
St. Charles, MO 63304

Phone: 636-447-7155

FACT – Family Advocacy and Community Training
800 Friedens Rd, St. Charles, MO 63303

Phone: 636-949-2425

Family Support Services
105 Sheriff Dierker Ct., O'Fallon, MO 63366
Web Address: <http://www.familysupportservice.org>

Phone: 636-949-2546
Fax: 636-949-7617

Fragile X Resource Center of Missouri
2 Valley View Place
St. Louis, MO 63124

Phone: 314-997-0431
Fax: 314-997-2301
E-mail: mhisrael@artsci.wustl.edu

Freeman-Sheldon Parent Support Group
509 E. Northmont Way
Salt Lake City, UT 84103
Web Address: <http://www.fspsg.org>

Phone: 801-364-7060
E-mail: fspsg@aol.com

Touch Point Autism Services
1101 Olivette Parkway
St. Louis, MO 63132

Phone: 314-432-6200
Fax: 314-432-8994

**Learning Disabilities Association of Missouri,
St. Louis Affiliate**

13537 Barrett Parkway Dr – Suite 110
Ballwin, MO 63021

Phone: 314-966-3088
E-mail: stloullda@inlink.com

Missouri Parents Act (MPACT)

4144 Lindell Blvd, Suite #405
St. Louis, MO 63108-2964
Web Address: www.crn.org/mpact

Phone: 314-531-5922
TTY: 800-743-7634
Fax: 314-531-8138
E-mail: mpactstl@socket.net

MUMS National Parent-Parent Network

150 Custer Court
Green Bay, WI 54301-1243
Web Address: <http://www.netnet.net/mums/>

Phone: 920-336-5333
Toll: 877-336-5333
E-mail: mums@netnet.net

**National Multiple Sclerosis Society,
Gateway Area Chapter**

1867 Lackland Hill Parkway
St. Louis, MO 63146
Web Address: <http://www.nmss.org>

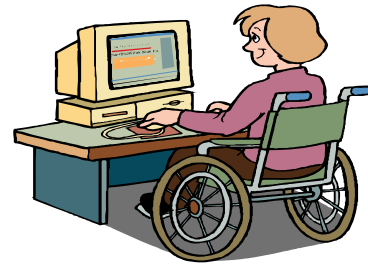
Phone: 314-781-9020
Toll: 800-344-4867
Fax: 314-781-1440
E-mail: info@mos.nmss.org

ParentLink

212 Whitten Hall
University of Missouri-Columbia
Web Address: <http://outreach.missouri.edu/parentlink>

Phone: 800-552-8522
Fax: 573-884-0409
E-mail: sheriffc@missouri.edu

ASSISTIVE TECHNOLOGY



Adapt-Ability

9355 Dielman Industrial Drive
St. Louis, Mo 63132

Phone: 314-432-1101
Fax: 314-432-0780

Central Institute for the Deaf

4560 Clayton Avenue
St. Louis, MO 63110
Web Address: <http://www.cid.wustl.edu>

Phone: 314-977-0000
TTY: 314-977-0001
Fax: 314-977-0024
Email: <_geers@cid.wustl.edu

Easter Seals

5025 Northrup Avenue
St. Louis, MO 63110

Phone: 314-776-1996
Fax: 314-664-4838
Email: ecccares@aol.com

Great Plains ADA and Information Technology Center

100 Corporate Lake Dr, Columbia, MO 65203
Web Address: www.adaproject.org

Phone: 1-800-949-4232

Missouri Assistive Technology

4731 South Cochise, Suite#114
Independence, MO 64055-6975
Web Address: <http://www.dolir.state.mo.us/matp/>

Phone: 800-647-8557
TTY: 800-647-8558
Email: matpmo@qni.com

Missouri Council for the Blind

5453 Chippewa
St. Louis, MO 63109
Web Address: <http://www.acb.org/mocb/>

Phone: 314-832-7172
Fax: 314-832-7796
Email: moblind@primary.net

Missouri Technology Center for Special Education

University of Missouri-Kansas City
School of Education, Room#24
5100 Rockhill Road
Kansas City, MO 64110-2499

Phone: 800-872-7066

Rehabilitation Services for the Blind

Missouri Department of Social Services, DFS

10449 St. Charles Rock Road, Room #401
St. Ann, MO 63074-1827
Web Address: <http://www.dss.state.mo.us/dfs/rehab/rehab.htm>

Phone: 314-890-4200
800-592-6004
Fax: 314-426-3560

Technology Access Center

2110 Clayton Road
St. Louis, MO 63131
Web Address: <http://stlouis.missouri.org/mostlac>

Phone: 314-989-8404
Fax: 314-989-8447
E-mail: mostlac@aol.com

NOT BEING TREATED FAIRLY, WHAT CAN YOU DO?



LEGAL SERVICES

Catholic Legal Services

Phone: 314-534-4200

Legal Aid

Phone: 800-444-0514

Missouri Family Trust

600 East 22nd Street
Kansas City, MO 64108

Phone: 888-671-1069

Fax: 816-889-3139

E-mail: mftbt@aol.com

Missouri Governor's Council on Disability

Truman State Office Building
301 West High Street, Room 250-A; P.O. Box 1668
Jefferson City, MO 65102
Web Address: www.gcd.oa.mo.gov

Phone: 1-800-877-8249 (v/tty)

Local Phone: 314-821-7151

E-mail: linda.baker@oa.mo.gov

Missouri Protection and Advocacy Services (MO P&A)

2941 S. Brentwood Blvd.
Jefferson City, MO 65109
Web Address: <http://members.socket.net/~mopasjc/mop&a.htm>

Phone: 314-961-0679

800-233-3958

Fax: 314-961-0879

E-mail: mopasjc@socket.net

MO P&A Field Office for St. Louis City/County, St. Charles County, and surrounding areas)

200 South Hanley, Suite #1030
Clayton, MO 63105

Phone: 314-725-1550

800-233-3958

Fax: 314-725-2429

E-mail: mopasstl@socket.net

ADVOCACY SERVICES

Alliance for the Mentally Ill - NAMI St. Louis

212 North Kirkwood Road, 2nd floor, St. Louis, Mo 63122
Web Address: <http://communities.postnet.com/stlouis/nami>

Phone: 314-966-4670

Fax: 314-966-4672

E-mail: ami4stl@aol.com

Brain Injury Association of St. Louis

10270 Page, #10, St. Louis, MO 63132
Web Address: <http://www.biausa.org/missouri/bia.htm>

Phone: 314-426-4024

Fax: 314-426-3290

E-mail: braininjury@aol.com

Central Institute for the Deaf

4560 Clayton Avenue.
St. Louis, MO 63110
Web Address: <http://www.cid.wustl.edu>

Phone: 314-977-0000

Fax: 314-977-0024

TTY: 314-977-0001

E-mail: geers@cid.wustl.edu

Community Council of St. Charles County

4601 Mid Rivers Mall Drive, St. Peters, Mo 63376
Web Address: www.communitycouncilstc.com

Phone: 636-936-8023

Fax: 636-936-8027

E-mail: info@communitycouncilstc.org

Delta Center for Independent Living

5933 Highway 94 S., Suite 107
St. Charles, MO 63304

Phone: 636-926-8761

Fax: 636-926-9324

TDD: 636-926-9361

Epilepsy Foundation - St. Louis Region

7100 Oakland
St. Louis, MO 63117
Web Address: <http://stl-epil.org>

Phone: 314-645-6969
636-724-4700
Fax: 314-645-1520
E-mail: darla@epilstl.org

Family Advocacy and Community Training (FACT)

800 Friedens Rd St. Charles, MO 63303

Phone: 636-949-2425
Fax: 636-724-3664

Family Voices

23411 Cadeloria NE, Suite M
Albuquerque, NM 87107
Web Address: <http://www.familyvoices.org>

Phone: 505-872-4774
Toll: 888-835-5669
Fax: 505-872-4780
E-mail: kidshealth@familyvoices.org

Freeman Sheldon Parent Support Group

509 E. Northmont Way, Salt Lake City, UT 84103
Web Address: <http://www.fspsg.org>

Phone: 801-364-7060
E-mail: fspsg@aol.com

**Learning Disabilities Association of Missouri,
St. Louis Affiliate**

13537 Barrett Parkway Dr – Suite 110, Ballwin, MO 63021

Phone: 314-966-3088
E-mail: stloulda@inlink.com

**Missouri Alliance for Individuals with
Developmental Disabilities**

3600 E. Newman Road
Joplin, MO 64802

Phone: 417-629-3020
TTY: 417-629-3020
Fax: 417-629-30269
E-mail: mzthomk@mail.dmh.state.mo.us

Missouri Assistive Technology

4731 South Cochise, Suite #114, Independence, MO 64055-6975
Web Address: www.dolir.state.mo.us/matp/

Phone: 800-647-85572
TTY: 800-647-8558
E-mail: matpmo@qni.com

Missouri Governor's Council on Disability

Truman State Office Building
301 West High Street, Room 250-A, Jefferson City, MO 65102
Web Address: www.gcd.ia.mo.gov

Phone: 1-800-877-8249 (v/tty)
Local Phone: 314-821-7151
E-mail: linda.baker@oa.mo.gov

Missouri Parents Act (MPACT)

4144 Lindell Blvd, Suite #405
St. Louis, MO 63108-2964
Web Address: www.crn.org/mpact

Phone: 314-531-5922
TTY: 800-743-7634
Fax: 314-5318138
E-mail: mpactstl@socket.net

**Missouri Planning Council for
Developmental Disabilities**

1700 Jefferson, P.O. Box 687, Jefferson City, MO 65102
Web Address: <http://www.state.mo.us/dmh/mrrdd/moplan/moplan.html>

Phone: 573-751-8611
TTY: 573-751-8611
Fax: 573-526-2755
Email: http://kconklin@mail.state.mo.us

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

2941 S. Brentwood Blvd., Jefferson City, MO 65109
Web Address: <http://members.socket.net/-mopasjc/mop&a.htm>

Phone: 573-893333
800-233-3958
Fax: 314-961-0879
Email: mopasjc@socket.net

MOP&A**St. Louis Field Office (St. Louis City/County,
St. Charles County, and surrounding areas)**

200 South Hanley, Suite #1030, Clayton, MO 63105
Web Address: <http://members.socket.net/-mopasjc/mop&a.htm>

Phone: 800-872-7066
800-266-3958
Fax: 314-725-2429
Email: mopasjc@socket.net

Rehabilitation Services for the Blind**Missouri Department of Social Services, (DFS)**

10449 St. Charles Rock Road, Room #401
St. Ann, MO 63074-1827
Web Address: <http://www.dss.state.mo.us/dfs/rehab/rehab.htm>

Phone: 314-890-4200
800-592-6004
Fax: 314-426-3560



HOW DO I PAY FOR THIS STUFF?



These agencies provide counseling, job placement, and funding for job training:

**Missouri Department of Economic Development/
Work Force Development**
2020 Parkway Drive
St. Peters, MO 63376

Phone: 636-441-2422
Fax: 636-441-7045

Missouri Division of Vocational Rehabilitation
3737 Harry S. Truman Blvd, Suite 400
St. Charles, MO 63301

Phone: 636-940-3300
Fax: 636-940-3313
E-mail: Janis.miller@vr.dese.mo.gov

**Rehabilitation Services for the Blind
Missouri Department of Social Services, DFS**
10449 St. Charles Rock Road, Room #401
St. Ann, MO 63074-1827
Web Address: <http://www.dss.state.mo.us/dfs/rehab/rehab.htm>

Phone: 314-890-4200
800-592-6004
Fax: 314-426-3560

FUNDING FOR DAY HABILITATION, RESIDENTIAL AND RESPITE SERVICES

St. Louis Regional Office
119 Olympic Way
St. Peters, MO 63376

Phone: 636-926-1200
Fax: 636-926-1220

FINANCIAL ASSISTANCE/ INCOME SUPPORT

Division of Family Services
3737 Harry S. Truman Blvd., Suite 100
St. Charles, MO 63301

Phone: 636-940-3170

Social Security Administration
Web Address: www.ssa.gov
St. Charles Office mailing address:

Phone: 1-800-772-1213

Social Security Office
112 Piper Hill Dr.
St. Peters, MO 63376

OTHER STUFF!



PARENT SUPPORT ORGANIZATIONS

Alliance for the Mentally Ill- NAMI St. Louis

212 North Kirkwood Road, 2nd floor
St. Louis, MO 63122
Web Address: <http://communities.postnet.com/stlouis/nami>

Phone: 314-966-4670
Fax: 314-966-4672
E-mail: ami4stl@aol.com

Dakota, Inc.

845 Mark Twain
Florissant, MO 63031
Web Address: <http://www.dakota-dads.org>

Phone: 314-839-7761
Fax: 314-839-7761
E-mail: mrdakotal@juno.com

Down Syndrome Association of Greater St. Louis

P.O. Box 63208
St. Louis, MO 63163

Phone: 314-961-2504

Down Syndrome Association, St. Charles Chapter

c/o Beth Franzen
4630 Chippewa Way
St. Charles, MO 63304

Phone: 636-447-7155

Family Support Services

105 Sheriff Dierker Ct., O'Fallon, MO 63366
Web Address: <http://www.familysupportservice.org>

Phone: 636-949-2546
Fax: 636-949-7617

Family Voices

23411 Cadeloria NE, Suite M
Albuquerque, NM 87107
Web Address: <http://www.familyvoices.org>

Phone: 505-872-4774
888-835-5669
Fax: 505-872-4780
E-mail: kidshealth@familyvoices.org

Learning Disabilities Association of Missouri, St. Louis Affiliate

13537 Barrett Parkway Dr – Suite 110, Ballwin, MO 63021

Phone: 314-966-3088
E-mail: stloullda@inlink.com

Missouri Parents Act (MPACT)

4144 Lindell Blvd, Suite #405
St. Louis, MO 63108-2964
Web Address: www.crn.org/mpact

Phone: 314-531-5922
TTY: 800-743-7634
Fax: 314-531-8138
E-mail: mpactstl@socket.net

MUMS National Parent-to-Parent Network

150 Custer Court
Green Bay, WI 54301-1243
Web Address: <http://www.netnet.net/mums/>

Phone: 920-336-5333
877-336-5333
E-mail: mums@netnet.net

LIBRARIES



Alliance for the Mentally Ill- NAMI St. Louis
212 North Kirkwood Road, 2nd floor, St. Louis, MO 63122
Web Address: <http://communities.postnet.com/stlouis/nami>

Phone: 314-966-4670
Fax: 314-966-4672
E-mail: ami4stl@aol.com

Alzheimer's Association
9374 Olive Blvd., St. Louis, MO 63132
Web Address: <http://www.alzstl.org>

Phone: 314-432-3422
Fax: 314-432-3824

**Learning Disabilities Association of Missouri,
St. Louis Affiliate**
13537 Barrett Parkway Dr – Suite 110, Ballwin, MO 63021

Phone: 314-966-3088
E-mail: stloullda@inlink.com

Parent Link
University of Missouri-Columbia
212 Whitten Hall, Columbia, MO 65211
Web Address: <http://outreach.missouri.edu/parentlink>

Phone: 800-552-8522
Fax: 573-884-0409
E-mail: sheriffc@missouri.edu

Boone's Trail Branch
New Melle, MO

Phone: 636-398-6200

Corporate Parkway Branch
1200 Corporate Parkway, Wentzville, MO 63385
Reference: 636-332-9966

Phone: 636-327-4010
636-332-8280
Fax: 636-327-0548

Deer Run Branch/Extension Services
1300 North Main, O'Fallon, MO 63366
Reference & TDD: 636-978-3261

Phone: 636-980-1332
636-978-3251
Fax: 636-978-3209

Kathryn Linnemann Branch
2323 Elm, St. Charles, MO 63301
Reference & TDD: 636-978-0789

Phone: 636-723-0232
636-946-6294
Fax: 636-947-3209

Kisker Road Branch
1000 Kisker Road, St. Charles, MO 63304
Reference & TDD: 926-READ

Phone: 636-447-READ
Fax: 636-926-0692

McClay Branch
2760 McClay Road, St. Charles, MO 63303
Reference: 441-6454

Phone: 636-447-7577

Middendorf- Kredell Branch
2750 Highway K, O'Fallon, MO 63366
Reference & TDD: 636-978-7997

Phone: 636-272-4999
636-978-7926
Fax: 636-978-7998

Spencer Road Branch
427 Spencer Road, St. Peters, MO 63376
Reference Business & TDD: 636-441-0794

Phone: 636-447-2320
Fax: 636-926-3948

ST. CHARLES CITY/COUNTY HIGH SCHOOLS



Fort Zumwalt North High School

1230 Tom Ginnever Avenue, O'Fallon, MO 63366

Phone: 636-379-2902

Fort Zumwalt West High School

1251 Turtle Creek Drive, O'Fallon, MO 63366

Phone: 636-379-0300

Fort Zumwalt South High School

8050 Mexico Road, O'Fallon, MO 63366

Phone: 636-978-1212

Francis Howell High

7001 Highway 94 South, St. Charles, MO 63304

Phone: 636-926-8773

Francis Howell Central High

5199 Highway N, St. Charles, MO 63304

Phone: 636-926-7150

Francis Howell North High

2549 Hackman Road, St. Charles, MO 63303

Phone: 636-441-2707

Holt High School-Wentzville

600 Campus Drive, Wentzville, MO 63385

Phone: 636-327-6876

Lutheran High School, St. Charles-Jeremiah Program

5100 Mexico Rd, St. Peters, MO 63376

Phone: 636-928-5100

Orchard Farm High School

2165 Highway V, St. Charles, MO 63301

Phone: 636-250-5000

Fax: 636-250-5425

St. Charles High School

Kingshighway & Waverley, St. Charles, MO 63301

Phone: 636-724-3940

St. Charles West High School

3601 Droste Road, St. Charles, MO 63301

Phone: 636-723-7900

Timberland High School-Wentzville

559 East Highway N, Wentzville, MO 63385

Phone: 636-327-3988

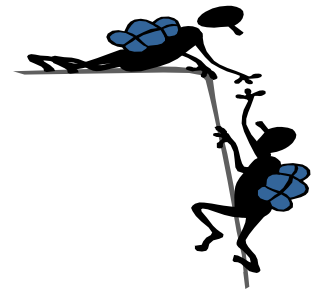
Wright City High School

520 Westwoods Rd., P.O. Box 198, Wright City, MO 63390

Phone: 636-745-7500

Fax: 636-745-7518

VOLUNTEER EXPERIENCES



- Boys & Girls Club of St. Charles** Phone: 636-946-6255
1400 Olive Street
St. Charles MO 63301
- First Night St. Louis (Dec. 31)** Phone: 1-800-888-fun1
(Alcohol free street festival w/ fireworks at Midnite)
Downtown St. Louis
- 4-H Youth Programs** Phone: 636-978-3000
265 Brown Road
St. Peters, MO 63376
- Girl Scout Council of Greater St. Louis** Phone: 314-241-1270
911 Washington Ave.
St. Louis MO 63101
- Katy Trail State Park** Phone: 1-800-334-6949
P.O. Box 176
Jefferson City, MO 65102
- Kids Club (ages 0-12 years)** Phone: 636-970-2620
Mid Rivers Mall
1600 Mid River Mall Drive
- Missouri Department of Parks and Recreation** Phone: 636-528-7247
Cuiver River State Park
Highway 47
Troy, MO 63
- St. Peters Rec Plex** Phone: 636-939-2386
1 St. Peters Centre Blvd. (On Mexico Rd), St. Peters, MO 63376
Fax: 636-447-9022
Web Address: www.stpetersmo.net
- St. Charles Parks and Recreation** Phone: 636-949-3372
1900 Randolph Street
St. Charles, MO 63301
- St. Charles City/County Library District** Phone: 636-946-0789
Kathleen Linnemann Branch
2323 Elm Street
St. Charles, MO 63301
(Children ages 3-11)
(Young Adult 12-18)
- St. Charles County Kids** Phone: 636-946-6111
1529 Highway 94 South, Suite 105
St. Charles, MO 63304
(monthly publication)
Schedules of child, family activities
- St. Charles Visitors and Convention** Phone: 636-946-7776
230 South Main
St. Charles MO 63301
- St Louis ARC** Phone: 314-817-2233
1816 Lackland Hill Parkway, St. Louis, MO 63146
Fax: 314-569-0778
Contact: Sonja Preston

St. Peters Cultural Arts Center
1035 St. Peters-Howell Rd, St. Peters, MO 63376
St. Peters, MO 63376

Phone: 636-397-6903

Salvation Army (Summer Camp)
Character Building Program (6-18 Years)
24 Faye
St. Charles, MO 63301

Phone: 636-946-7966

Therapeutic Horsemanship
332 Stable Lane
Wentzville, MO 63385

Phone: 636-332-4940

TREND
8790 Manchester Road
St. Louis, MO 63144

Phone: 636-962-3456

University of Missouri, Outreach Extension
268 Brown Road
St. Peters MO 63376

Phone: 636-978-3000
(Programs for ages 5 to adult)

What's a kid to do?
What's a teacher to do?
Linda Martin
5 Oak Forest Court
St. Charles MO 63303

Phone: 636-447-4386

YMCA-St. Charles County
3900 Shady Springs Lane, St. Peters, MO 63376
Web Address: www.ymcastlouis.org

Phone: 636-928-1928

Youth Link
Karen Thomson
Youth in Need
516 Jefferson
St. Charles, MO 63301

Phone: 636-946-0101

Youth Volunteers
St. Joseph's Health Center
300 First Capitol Drive
St. Charles MO 63301

Phone: 636-947-5000
(9th-12th grade)

GLOSSARY



Accessibility:	Modification of buildings, curbs and other structures to allow unrestricted movement by people with limited mobility, people who use wheel chairs for instance. Required on all federally-funded construction projects.
Advocacy:	Enabling a person to support, secure or defend his/her own rights.
Ambulatory:	Able to walk move independently or with minimal assistance.
Case Management:	Each individual who is eligible for services from DMH is assigned a Service Coordinator who helps put together a Person Centered Plan and then monitors the person's treatment and the habilitation to assure that the plan is followed and the individuals needs are met.
“Choices for Family”	A DMH programs which provides funds to help families obtain services (including daycare and baby-sitting) to meet needs of a family member with a development disability at home. Families pay for items and services and submit receipts for reimbursement to the Regional Center Service coordinator, or present vouchers to obtain items or services from vendors who submit the vouchers to the Regional Center.
Client /Consumer:	The individual receiving service or support - person with a disability.
Consultation	VR service that may be provided to students/families in the form of written information, referrals to other agencies, group presentations, via the telephone or participation in an IEP meeting.
Cooperative Work Experience Program	(COOP) One of several transition services provided by VR , operating in partnership with special education in local school districts; One of six programs approved by DESE that provides students with school credit(s) for participating in off-campus, paid or unpaid work experiences. The school district in which the student attends has to have an approved COOP agreement with DVR. Participating students must be receiving special education services through an IEP, must be referred to this program with the approval of the local school district, and IEP team, and must be determined eligible for VR services.
Development Disability	(DD) Development disability- As contained in P.L. 95-602: A serve chronic disability of a person which: (A) is attributable to mental or physical impairment or a combination of mental and physical impairments; (B) is manifested before the person attains age 22; (C) is likely to continue indefinitely; (D) results in substantial functional limitations in three or more of the following areas of major life activity: 1) self-care, 2) receptive and expressive language, 3) learning, 4) mobility, 5) self-direction, 6) capacity for independent living, and 7) economic self- sufficiency; (E) reflects a person's need for a combination and sequence of special interdisciplinary or general care, treatment or other services which are individually planned and coordinated.
DMH/MRDD	Department of Mental Health, Division of MR/DD - services residents of Missouri to prevent and provide treatment and habilitation of people with mental retardation and/or other developmental disabilities. Eligible individuals are assigned a Service Coordinator (case manager) who helps put together a Person Centered Plan and then monitors the person's treatment and habilitation to assure that the plan is followed and the individuals service needs are met.
Eligibility(DMH)	To receive DMH and DDRB funded services a person must have mental retardation or some other developmental disability. According to the state law, a qualifying person's mental

retardation must have occurred before the age of 18, while any other DD must have occurred before age 22, and must be expected to continue indefinitely.

Eligibility(VR)	Student has a physical, learning, or mental impairment, which substantially limits her/his ability to be employed, and the student requires VR services to prepare for, obtain, or maintain employment.
Individual Education Program (IEP)	Individual Education Program is a written document, which outlines the education program for a student who has been identified as having a disability by the local school district.
Individualized Plan For Employment (IPE)	After eligibility has been determined the VRC and the student work together to identify an employment outcome based upon the student's unique interests, strengths, and needs. An IPE is developed that will identify the student's vocational goal (employment outcome), as well as those specific services which will be provided to assist the student in obtaining that goal. The IPE should be coordinated with the student's IEP (Individual Education Program) with the school.
Specific Learning Disability	A disorder in one or more of the central nervous system processes involved in perceiving, understanding and/or using concepts through verbal (spoken or written) language or nonverbal means. This disorder manifests itself with a deficit in one or more of the following areas: attention, reasoning, processing, memory, communication, reading, writing, spelling, calculation, coordination, social competence and emotional maturity.
Technical Assistance:	VR service that may be provided in the form of written information, identification of other agencies, in-service or formal presentations, and career fairs.
Transition	Transition is a process that a student moves through in order to prepare for post-high school employment, education, specialized training and independence.
Transition Services	Programs and services designed to help students with disabilities move from school to the world of work and the community, through training in seeking and holding gainful employment, living independently, and functioning in the community with minimal supports.
Vocational Rehabilitation (VR)	Vocational Rehabilitation is a program supported by federal and state funds, designed to assist eligible individuals with physical, learning or mental impairments, in preparing for employment. In Missouri vocational rehabilitation services are provided by two different agencies: Division of Vocational Rehabilitation (DVR) – all types of disabilities and Rehabilitation Services for the Blind (RSB) – severe visual impairments or blindness.
VR Counselor (VRC)	The District Supervisor in each local VR District Office assigns a counselor to work with students in each school district. Any student with a disability who receives special education services or who is enrolled in regular education classes and requires VR services to obtain or maintain employment may be referred to a VRC.
VR Services	VR works in partnership with special education to provide transition services when they are beyond the scope of special education, and required for the student to reach an employment outcome or participate in the VR program. While many VR services may be provided either prior to referral or as soon as the student has been determined eligible there are a few services that VR may not be able to provide until the student's final year of school or perhaps even after graduation. Transition services, which may be provided without officially opening a case or establishing eligibility include: consultation, technical assistance, and participation in IEP meetings and may be provided as early as middle/junior high, if appropriate.
Work Experience Coordinator (WEC)	The school district has a designated WEC, certified in special education assigned to supervise students. The VRC works in partnership with the WEC to provide services through the COOP Program.

Employment/Day Program Services

Competitive Employment:	These are jobs for which you will compete with other job seekers to get. These jobs can vary widely from a janitor at a local hospital to a computer processor. These jobs are everywhere you look, but can be hard to find.
Community Integration:	A service designed to enable an individual with developmental disabilities to access all aspects of a community through training in natural, typical settings, and to use generic services used by non-disabled individuals. The service itself may not constitute a day program.
Day Programs:	Typically are located outside of the home at a site, which is staffed during typical business hours to provide training in various skill areas (i.e. communication, daily living, work experience, social and personal development.)
Enclave:	Employment for no more than 8 individual full or part-time in a typical business. The work group is provided regular/continuous staff support at the site to perform job duties.
Sheltered Workshop:	Organization, which provides sheltered employment for people with disabilities.
Supported Employment:	A training and employment in which an individual with a disability is hired by an employer to perform competitive full-time or part-time work, with one-one training provided by a job coach who is assigned compensated by an agency. The job coach provides training and ongoing support at the work site to maintain the person's employment. Job placements and follow-along services are elements of the service.
Habilitation:	Training designed to help individuals with developmental disabilities to achieve their optimal physical, emotional and intellectual functioning.
Inclusion:	An educational training approach which is based on the belief that all students should be educated in regular educational settings with non-disabled peers of the same age and grade with necessary supports or accommodations provided as needed.

Residential Services

Congregate living Arrangements:	Licensed large residences in which 8 to 15 individuals with developmental disabilities reside; operated by an agency or organization, which provides oversight and habilitation training.
Emergency Residential Care:	Short-term living arrangement for a person with a developmental disability who does not have a family or housing which can provide the necessary care and supervision. Options are assessed and coordinated by the DMH Service Coordinator.
Group Home:	Licensed homes owned and operated by an organization, which provides oversight/ habilitation training with the community or located within a facility campus. Up to 8 individuals with developmental disabilities may live in each home.
Habilitation Centers:	State owned and operated; home sites for individuals with developmental disabilities.
Independent Living:	A residential model whereby the individual with developmental disabilities receives training in specific skill areas, developed around their Person Centered Plan, to enable him/her to live as independently as possible. Training needs are at least 20 hours or less per week. Individuals generally do not require overnight staffing support.

- ISL: Individualized Supported Living:** A living arrangement in which the level of supervision and training support are developed around the individuals needs which are based around the Person Centered Plan. Individuals may need up to 24 hours a day of supervision.
- Respite Care:** Temporary relief to the primary care giver from the challenge of caring for a family member with a developmental disability, short term in-home or out-of-home, to alleviate families of care giving responsibilities.
- Therapy:** Depending on an individual's need, a course of therapy is prescribed and may include occupational therapy, physical therapy, speech therapy, and behavioral management therapy.
- Transition services:** Programs and services designed to help students with disabilities move from school to the world of work and the community, through training and seeking and holding gainful employment, living independently, and functioning in the community with minimal supports.

COMMON ABBREVIATIONS

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| AAMR: | American Association of Mental Retardation | ICF/MR: | Intermediate Care Facility for with Mental Retardation |
| ADA: | Americans with Disabilities Act | IDEA: | Individuals with Disabilities Education Act |
| AFDC: | Aid to Families to Dependent Children | IEP: | Individual Education Plan |
| BD: | Behavior Disordered | IFSP: | Individualized Family Service Plan |
| DD: | Developmental Disabilities | MR: | Mental Retardation |
| DDRB: | Developmental Disabilities Resource Board of St. Charles County | NAFS: | Non-Appropriated Fund System (State Funding Mechanism) |
| DESE: | Department of Elementary and Secondary Education | | |
| DFS: | Division of Family Services | | |
| DHM/ | | | |
| MRDD: | Department of Mental Health- Division of MR/DD | NFP: | Not For Profit |
| DSM-IV-R: | Diagnostic & Statistical Manual of Mental Disorders-4th Rev. | POS: | Purchase of Service |
| DVR: | Division of Vocational Rehabilitation | PCP: | Person Center Plan |
| EPSDT: | Early and Periodic Screening, Diagnosis and Treatment | RFP: | Request for Proposal |
| FY: | Fiscal Year | SB: | Senate Bill |
| GR: | General Revenue (State funding reverence) | SSA: | Social Security Act or Administration |
| HB: | House Bill | SSDI: | Social Security Disability Insurance |
| HCFA: | Health Care Financing Administration | SSI: | Supplemental Security Income |
| ICF: | Intermediate Care Facility | | |