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# Table of Contents



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## FEATURES

- 6 Being watchful if your autistic child wanders**  
BY SUZANNE KOUP-LARSEN
- 10 Spotting the signs**  
For Autism Spectrum Disorder, the key is early diagnosis  
BY PATRICIA TOWLE, PH.D.
- 12 Not fighting alone**  
Teen and mom on raising awareness of Tourette syndrome  
BY TAMMY SCILEPPI
- 14 Caregivers need to care for themselves too**  
BY DANIELLE SULLIVAN
- 16 7 steps to better behavior**  
BY DR. MARCIE BEIGEL
- 18 Joys & challenges of a child with Asperger Syndrome**  
BY SHARON FUENTES
- 20 Recognize the signs of an eating disorder**  
BY SHNIEKA L. JOHNSON
- 22 Education road map**  
New book's valuable tips for parents of special needs kids  
BY TAMMY SCILEPPI
- 26 Meet the challenge**  
Facing the facts and taking prompt action is best for your ADHD child  
BY JUDY M. MILLER
- 28 The autism app**  
'MagnusCards' teaches special needs kids how to manage daily routines  
BY TAMMY SCILEPPI



## RESOURCES

- 29 New York Special Needs**
- 35 Long Island Special Needs**
- 39 Westchester Special Needs**
- 42 Developmental Disabilities Service Office**
- 42 New York Special Education Parent Centers**
- 42 March of Dimes**



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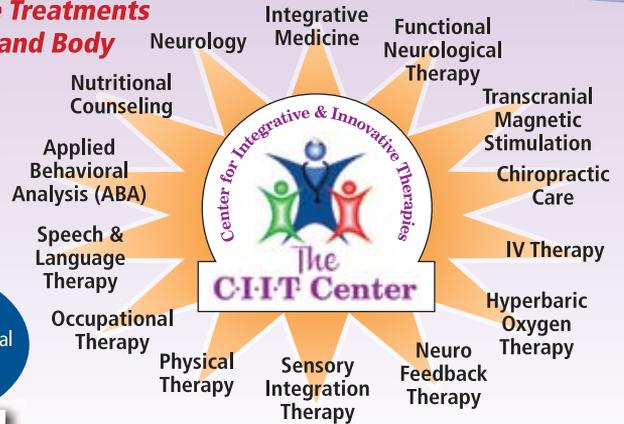
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# Being watchful if your autistic child wanders

BY SUZANNE KOUP-LARSEN

**W**hen Suzanne Simon's son Koray was 8 years old, he wandered away unnoticed from the American Museum of Natural History onto the streets of Manhattan. Despite cold temperatures, the New Jersey boy wasn't wearing a coat, and he was soaking wet by the time law enforcement found him more than two hours later. Koray is a non-verbal child with an Autism spectrum disorder. As many as 49 percent of children with Autism are prone to wandering, says Heidi Mizell, resource coordinator for Autism Delaware in Newark, Del.

Wandering — also called elopement — is the tendency to try to leave a safe, supervised place, which puts a child with Autism

at risk of injury or even death. Kids can bolt away or simply leave a place undetected.

"The only real difference is the speed," says Rachel Tait, chief program officer for Eden Autism in Princeton, N.J. "The safety risk is the same," she says. The potential danger involved with wandering arises because children with Autism often have trouble with communication and safety awareness.

## Why do children with Autism wander?

"There are different reasons that kids might wander or elope," says Mike Fogel, founder and director of the Child and Family Art Therapy Centers in Center City Philadelphia, Ardmore, Paoli, and Plymouth Meeting, Pa. In many cases, they may want

to move toward something that interests them or wander away from something that stresses them. Many kids with Autism have hypersensitivity to sound or commotion, and these factors could cause undue stress, says Fogel: "They may be trying to escape some frustration, and their coping skills aren't up to the task."

## Dangers of wandering for a child with Autism

Children with Autism process only concrete things, and a concept like "safety" is too abstract for them, says Cindy Bott-Tomarchio, director of educational services for Eden Autism. The potential dangers when a child elopes include traffic, expo-

*Continued on page 8*

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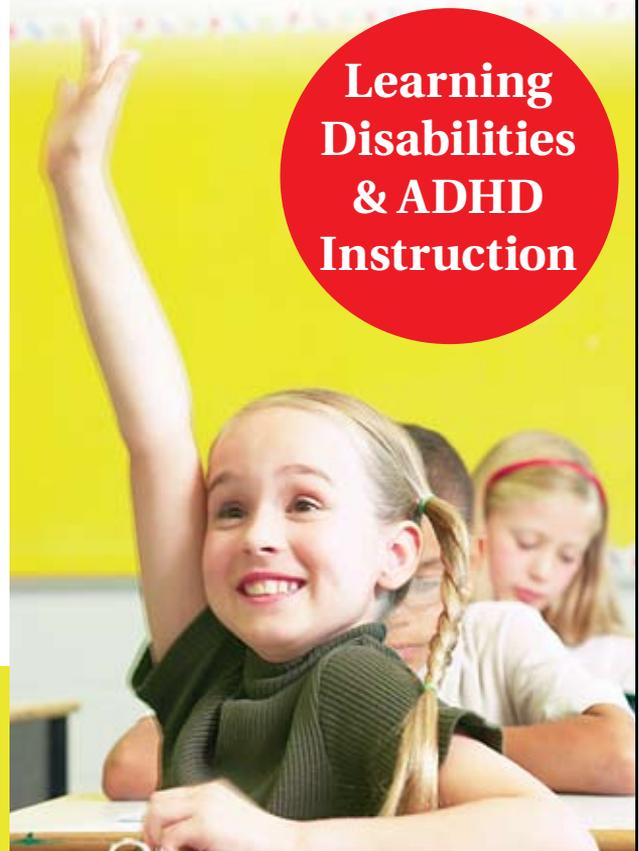
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sure, dehydration, hypothermia, and encounters with strangers, but water is especially dangerous. Drowning is a leading cause of death among individuals who wander, says Mizell.

"People are drawn to the water. That's why everyone vacations at the beach," says Fogel. But children with autism seem to be more attracted to water than the average child, says Lori McIlwain, co-founder and chair of the National Autism Association. Experts have not identified a clinical reason for this behavior, but experts believe that water provides a soothing sensory experience for the children with autism who seek it out. "Knowing to search water first saves a lot of lives," says McIlwain.

### Reduce the risk of elopement from home

"There is no substitute for supervision," says Sue Tuckerman of Philadelphia, mom of 19-year-old twin sons with Autism. Several devices — both low-end and high-end — can help you monitor your child, she says. Experts encourage multiple safeguards to keep the home secure. The most commonly used device is an alarm system that chimes when an exterior door opens. You also can put jingle bells on door knobs and take the bells with you when you visit someone

### Children with Autism process only concrete things, and a concept like "safety" is too abstract for them.

else's home, Tuckerman advises. Or you can install locks that use keys or codes to unlock them and place the locks very high on doors.

### Reduce the risk of elopement from school

Schools tend to have greater supervision than at home. However, in an educational setting, kids will bolt if the expectations overwhelm them, says Fogel. Experts recommend that parents advocate for their child to ensure the child has proper supervision at school written into the IEP. "If they're prone to wandering, request a one-to-one aide for the child," recommends McIlwain.

### Tracking devices for children with Autism

Most people in the Autism commu-

nity do not oppose tracking devices, says Mizell, because they can help locate a missing person and are not intended to track someone's movements all the time. Some law-enforcement agencies distribute radio-frequency tracking devices to high-risk individuals through a program called Project Lifesaver.

Contact your local police department to check availability of these devices in your area.

"Overall, radio frequencies are a safer bet," says McIlwain, but each type of tracking device has pros and cons. "I highly recommend people do their homework," says Tuckerman.

GPS devices can be set to trigger warnings if a person leaves a certain area, but they don't always work and need to be charged frequently. Cell phones offer another tracking option, but you can't always depend on them, says Tuckerman, because kids may bolt without their phones.

The bottom line is not to let your guard down, even if you do have a tracking device, says Mizell. Simon agrees.

"I'm always ready to take off," she says.

*Suzanne Koup-Larsen is a contributing writer to New York Parenting and to MetroKids in Philadelphia.*

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# Spotting the signs

For Autism Spectrum Disorder, the key is early diagnosis

BY PATRICIA TOWLE, PH.D.

**T**hey say timing is everything, and that's especially true when it comes to identifying and treating Autism Spectrum Disorder. This neuro-developmental condition characterized by a broad variety, or "spectrum," of presentations, including delays in communication and social interaction, and atypical behavior is often accompanied by general developmental delays. Autism Spectrum Disorder affects one in 68 children, according to the latest estimates.

With the right therapies, at the right time, every child can learn and grow, and move toward being the best he or she can be.

## What is early?

The age at which delays associated with Autism Spectrum Disorder become evident varies. Some children seem different during the first year of life: less responsive to people by ages 6 to 8 months, not babbling by 9 months, but most children with Autism Spectrum Disorder may seem quite typical during that time. For them, it is between the ages of 12 and 20 months that differences become more noticeable in communication, social and play behaviors.

For the past decade, the American Academy of Pediatrics and the Centers for Disease Control have strongly recommended Autism Spectrum Disorder screening during well-child visits at 18, 24 and 30 months. This screening can take the form of general questions about developmental milestones for the child, or having the caregiver fill out a short questionnaire specifically for Autism Spectrum Disorder.

## What to look for

The following behaviors are "red flags" that may indicate Autism Spectrum Disorder.

**Communication:** Examples of language delays include no single words by 15-18 months, not putting two words together by 24 months, lack of pointing, lack of clear requests for what he wants (pushing and pulling you does not count), no response when his name is called, reduced eye contact, and gaining a handful of single words and then losing them.



**Eye contact:** Reduced eye contact is often thought of as one of the most important signs of Autism Spectrum Disorder. In fact, a lack of eye contact is a very important feature. However, eye contact can vary with children with Autism Spectrum Disorder; many will look at one person and smile, but when others try to interact, the eye contact diminishes.

**Social interaction:** The child prefers to play by herself, doesn't bring toys to show or share with others, may not express much emotion, seems aloof and hard to engage, doesn't imitate easily, insists on playing only in her own preferred way, is not interested in other children, and doesn't know how to take turns.

## The diagnostic evaluation

The next step is to have an evaluation by experts, to determine the significance of the slow development or unusual behaviors.

There are two evaluation strategies: public or private.

The free, public, Early Intervention Program, administered through the Westchester County Department of Health, offers evaluations with expert guidance through its system. These are known as "multidisciplinary" evaluations, because the federal early intervention law specifies that professionals from at least two disciplines (special educator, psychologist, speech-language pathologist, occupational therapist, or physical therapist) must see the child, and together they need to examine five domains of functioning: cognitive, daily living skills, communication, social-emotional, and motor skills.

These evaluations generally take place in the home, where the child is the most comfortable, and providers use play and familiar toys for most of the interaction. The caregivers are always present and often interacting with the child at the same time, and the eval-

uators are able to give feedback regarding what they are doing with the child and what they are observing as they go along.

The second option is to have a private evaluation by a professional who has experience with early childhood disabilities, which is paid for privately or through the family's insurance. The evaluator may be a psychologist, developmental pediatrician, pediatric neurologist, or child psychiatrist. In some settings, such as a child developmental clinic, the child and family see a series of professionals and all the information is pooled for the final diagnosis. To get a referral, parents should ask their healthcare provider.

### What happens next?

The child will be diagnosed as either having, or not having, Autism Spectrum Disorder. The day parents learn that their young child is "on the spectrum" is life-changing. Although this news can be very upsetting, many parents also report that there are some feelings of relief ("At least we know what is wrong now"). Many also say they gain a sense of purpose, because they can now transform their worry into action.

And there are many actions to take. An Early Intervention Service Coordinator helps the family set up a plan of therapies and activities that target the learning needs

### Unusual behaviors associated with Autism Spectrum Disorder:

**Physical Play:** Children may spin around in circles, rock back and forth while standing or sitting, flap hands when excited or walk on tiptoes.

**Playing with Objects:** The child lines objects up or stacks them repeatedly, tosses or spins objects, turns toy cars over to spin wheels.

**Visual Differences:** The child looks at objects out of the side of her eyes, stares at colors or shapes close up, likes to watch fans or other things spinning, stares at lights, watches credits rolling at the end of videos, shakes her head to get a visual effect.

**Obsessions and Unusual Abilities:** A child with ASD may become obsessed with videos and their characters, with a particular subject such as trains or dinosaurs, or with letters, numbers and shapes, and exhibit above age-level knowledge and abilities in these subjects.

**Unusual Sensory Reactions:** The child may exhibit extreme sensitivity to stimuli such as light, sound, textures, odors, or tastes. Conversely, he may seek excessive sensory stimulation, for example by touching or tasting objects, spinning, or seeking noises such as pushing a button on a toy to produce music repeatedly. Some children with ASD may show very little response to pain.

of the child. Ideally, the child participates in an intensive schedule of speech therapy, special education or Applied Behavior Analysis, and possibly occupational and physical therapy.

Professionals are much more informed about how to treat young children with Autism Spectrum Disorder than in the past, and children today have far greater opportunities to become more capable and inde-

pendent than ever before — and it all starts with early intervention!

*Patricia Towle is a clinical child psychologist at the Westchester Institute for Human Development with 30 years of experience in the area of pediatric disabilities. She is active in professional and community training, research and clinical applications in this field, with a specialty in early identification of autism spectrum disorder. [wihd.org](http://wihd.org).*

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# Not fighting alone

## Teen and mom on raising awareness of Tourette syndrome

BY TAMMY SCILEPPI

**B**rooklyn parent Katherine Martinez was puzzled. One day, she started noticing that her bright, happy son was making strange movements with his face and odd vocal sounds.

Looking back, she recalled that the active youngster, who is now 17, first showed signs of Tourette — with eye and mouth tics — when he was 11 years old.

She remembers feeling hopeless as she watched Alex struggle with anxiety and noticed he had a hard time figuring out how to accomplish mundane tasks that most kids his age could do with ease, like commuting to school or purchasing something at a store. On top of that, he was constantly getting bullied.

Alexandro Herrera has a sister, 22, and a brother, who is 13. He's very family-oriented, intelligent, and friendly, and has always wanted to fit in. Living with Tourette syndrome, a neurological disorder he physically can't control, hasn't been easy.

### Looking for answers

Where do you go when there's no support from your community? When you can't speak English well and have no understanding of a complex disorder like Tourette syndrome?

Katherine felt alone as she struggled to help her son and better understand his unique condition, until she discovered the

Bayside, Queens-based nonprofit, Tourette Association of America, and its plethora of valuable resources.

Eventually, as she learned more about Tourette syndrome, she began to feel empowered and decided it was time to raise awareness about this baffling disorder. She spoke about it to family and friends, to people in her community, as well as teachers at Alexandro's school. Eventually, those who weren't that knowledgeable about it, became enlightened.

It turns out this mom's story is all too common in the Latino community. Surprisingly, Tourette syndrome is severely misunderstood among most demographics, but especially in the Latino communities, where it is not widely known or discussed. The lack of awareness is alarming considering that 1 in 160 school-aged children in the United States are affected by this disorder.

### What is Tourette?

Although Tourette syndrome and tic disorders were once thought to be rare, it has become increasingly apparent that they are relatively common conditions.

Tourette syndrome is a complex neuropsychiatric disorder characterized by multiple chronic, involuntary motor and vocal tics. Tics typically emerge during childhood and peak in adolescence, with a subsequent reduction in symptoms. Tourette affects all races, ethnic groups, and ages but is three to four times more common in boys than

occurring disorders.

In addition, a simple, structured day-to-day routine — as well as a hefty dollop of love and tender loving care — can help people with Tourette syndrome and co-occurring disorders feel so much better.

For resources and support for parents, visit: [www.tourette.org/resources/overview/tools-for-parents/](http://www.tourette.org/resources/overview/tools-for-parents/)

For more on Tourette and tic disorders, call 1-888-4-TOURET and go to [Tourette.org](http://Tourette.org) on Facebook, Twitter, Instagram, and YouTube.

in girls.

According to a study conducted by the Centers for Disease Control, children with Tourette syndrome experience greater health care needs and face more challenges receiving coordinated care than children with other diseases.

### Youth Ambassador Program

Alexandro is a remarkable young man and has been doing great. He was recently inducted into the Tourette Association of America's Youth Ambassador Program, where he learned how to put his fears and insecurities aside to speak on national and local platforms about Tourette awareness and education. He even shared his personal story with representatives in Washington, D.C.

Like most teens, he says he likes playing all the Xbox games and listening to lots of music. In his spare time, he shoots baskets and loves to build things. A good student, his favorite subject is math, and he's a high school senior now. And what does he want to be one day? He says: an aerospace engineer!

The Martinez-Herrera family was eager to share their experiences surrounding Tourette with NY Parenting readers, so that other families would benefit from their difficult but eye-opening journey.

### Alex's story

**Tammy Scileppi:** Have your teachers been helpful?

**Alexandro Herrera:** Yes, and understanding. I also felt they have supported me in everyday classes.

**TS:** What would you like our readers to know about your experience?

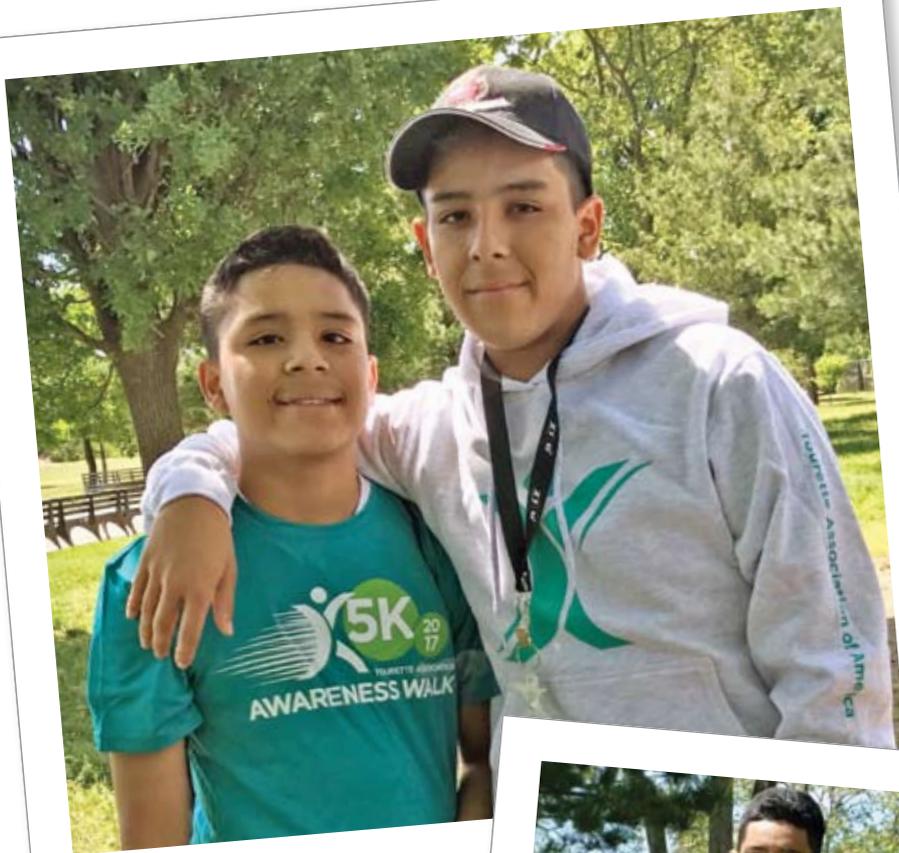
**AH:** Even though it has been hard, the reason I am here today doing everything I do, is because of my family and most importantly, God. Also, I'm just a normal kid who likes to do things other kids like to do.

**TS:** Do you have any suggestions for kids and teens with Tourette?

**AH:** I suggest they recognize that it is a hard part of your life but that you will get

### How to help

Did you know that co-occurring disorders — such as ADHD, OCD, anxiety disorder, or depression — are very common for individuals with Tourette syndrome? This unique mix can cause significant impairment in day-to-day life. Sadly, for some with Tourette syndrome, co-occurring conditions can be more impairing than the tics themselves. Most studies suggest Cognitive Behavioral Therapy and medication as the most effective treatment for co-



Alexandro Herrera with his brother Brian (above left) and mother Katherine Martinez (right).

through it. Rely on your parents for help in hard times. Also, use Tourette Association of America as a resource to help educate you on the disorder or even apply to be a Youth Ambassador.

**TS:** What was that like?

**AH:** It was a very nice experience, because I was able to meet people who had the same condition as me. The program taught me how to have confidence in speaking about my TS with my teachers and classmates. Once they understand why I have tics, they come to understand me better. When I was in that room with all of the others, I felt very secure and free to be who I was.

**TS:** Where did you speak about Tourette Syndrome awareness?

**AH:** I spoke throughout my middle and high school years. I also spoke to doctors at Bellevue Hospital.

**TS:** By raising awareness in your school, how has your mom helped you? You must both feel very proud of each other!

**AH:** My mom has helped me through every step of the way. She has been there since day one of receiving my diagnosis. If it wasn't for her, I probably wouldn't be



where I am today or be the person I am today. We are both so thankful to have found Tourette Association of America for all of the resources they have offered us.

### Alex's Mom weighs in

Katherine said she tries to be an example for her family and fights for them at all times.

**TS:** What is Alex like?

**KM:** A teenager who is an unbreakable, persevering fighter. He is very social. His dream is to graduate. As a teenager, you have to be behind him motivating and supporting him. He is doing well in his new school. He has responsibilities, like cleaning the house and taking out the trash. With the time he has, he then fulfills his own.

**TS:** Please talk about the bullying.

**KM:** He has strong vocal tics and a lot of neck movement, and the kids made fun of him because of it. He told us, and the school talked with the kids and made them learn about the condition. He forgave them, and they became friends.

**TS:** How have things changed since you started raising awareness?

**KM:** Through Tourette Association of America last year, all of the teachers received training about Tourette syndrome. This year, they received information through Alex's presentations.

The principal of the school that he attends currently, and her staff, gave him the help he needed. To all of them, I owe his success.

**TS:** How has Tourette Association of America empowered you?

**KM:** Knowing that this condition doesn't have a cure made me value life a lot more, and value my family and health a lot more. To believe and put my trust in God, to understand that God doesn't allow something in your life that you can't handle.

Looking at Alex's life, and all the things he has had to pass at his young age, and how he has been able to renew his strengths, is a miracle.

**TS:** How did Tourette Association of America help your family?

**KM:** Mariela G., who works there, was lots of help. She speaks Spanish, and that made me have a constant communication with her and Tourette Association of America. They provided training for teachers, fliers, DVDs, and more things for the presentation Alex gave and for his ambassador training, as well as information regarding medical services. They connected us with a charter school in Long Island. That is where we met Lisa Hazen, a leader in the NYC chapter, who has helped Alex a lot in becoming a Youth Ambassador.

**TS:** How did you cope?

**KM:** Having a personal relationship with God, not through religion, is what has made me understand that I am never alone. I have understood that in the world, there are people who have much more difficult problems and that Tourette syndrome is actually a blessing in our lives, because it has taught us to be more human and to think about other people.

**TS:** What would you like to tell our readers about your experience?

**KM:** The things that happen in your life always are to show and to bring out the best in you. The love towards your children [propels] you to fight and to grow as a person. No matter how hard the situation is, there is always a way out. We have to be thankful for the good and the bad.

# Caregivers need to care for themselves too

BY DANIELLE SULLIVAN

**B**eing the parent of a child with special needs places you in a group that you never wanted to be in. After all, no parent wants his or her child to face physical, mental, or emotional challenges. One of the most difficult parts of parenting is watching your child struggle and not being able to fix what is ailing them. While you can't remove their obstacles, there is one thing that can improve your child's life in immeasurable ways: take care of yourself.

When your child is given a life-changing diagnosis, your brain doesn't quite comprehend it all at first. There is so much information to learn, and accepting what is happening can be overwhelming. Disbelief is a common first reaction, so what you have to do in the first days is a grieving period as you mourn the carefree life you imagined your child would have. Whenever you are going through an emotional ordeal, doing things that comfort you helps, even if only in small ways. So wrap up in a blanket, have tea, watch your favorite shows — and then get busy finding ways to cope and find support.

## Take a minute every day.

Find some alone time and cry when you have to. You will not be fully available for your child if you are so pent up and ready to burst that you can't even see straight. It is normal to feel sad, angry, and confused. Let it out. If you have someone who you can talk to freely, do it. If you don't, write it down. Or find a therapist who specializes in special needs families. Having a support solely for you will be one of the most vital components in your family's health and wellness.

## Get smart

Research your child's illness or syndrome. Find the most respected and well-known associations and foundations and follow them on social media. Join Facebook groups. Scour the best hospitals and doctors in your surrounding areas. YouTube has a wealth of procedures, specialists, and patient stories.

## Step away

This may sound paradoxical, but once you have researched and found the top doc-



tors, have studied up on the disease or disorder, and know the information backwards and forwards, keep apprised of new developments and treatments but don't obsess. Having our phones always in hand makes it entirely too easy to Google every stray thought that pops into your mind. Don't let it overtake your life.

## Trust in your doctor

After you have identified the top specialist in the field (and you should seek out a specialist — not a basic pediatrician or family practitioner) and have had second and third opinions, and once you feel that this doctor is the absolute best for your child and a good fit for you, trust him or her. Study up on everything, always, but know that your doctor has seen hundreds of similar cases and knows the best way to proceed. A good doctor should encourage questions and be willing to work with you to help your child blossom. They should also be available to you, return calls or e-mails promptly, devise a treatment plan with you, and genuinely be interested in the well-being of your child.

## Be an advocate

You didn't ask for this, but you are now

an advocate for your child, like it or not, and the only one (along with your partner) who can campaign for their needs. You will have to advocate for your child in school, with doctors, on the social scene, with family, and more. Depending on their disability and age, you may also have to teach your child to advocate for herself or himself. Sometimes the most shy and quiet parents have summoned up an innate assertiveness when they have had to advocate for their child.

## Trust your instincts

If something does not seem right, ask your doctor. If you feel your child is having a new symptom, setback, challenge, respect and listen to that feeling. No one knows your child better than you. You will be able to spot things that others don't — even medical professionals.

Being the parent of a child with special needs is never, ever easy but it is an incredible privilege. That beautiful, wonderful child will bring a joy to your life that is immeasurable, and together, you will build resilience that is unstoppable.

*Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.*

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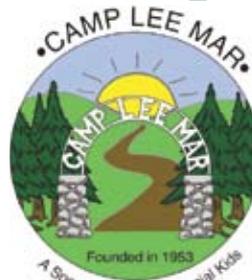
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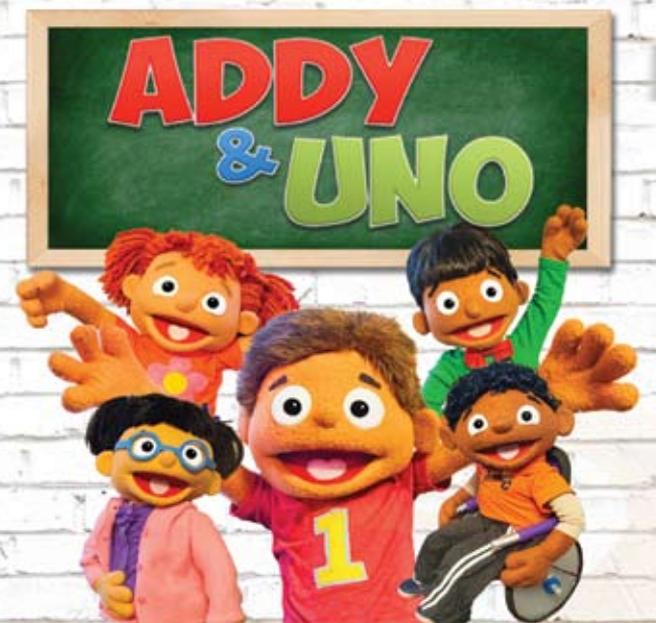
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# 7 steps to better behavior

BY DR. MARCIE BEIGEL

**F**or almost 20 years, I have been working with children and families, addressing behavior.

Through the years, I have met children with a wide range of diagnoses and challenges. Each child is unique. Each child exhibited some behavior that was disruptive, and at times, devastating to their family. All of these children had one thing in common — potential! The potential to change, to grow, to learn. Each and every child is capable of taking small steps to turn challenging behavior around. Those small steps lead to big behavior changes.

Are you looking to stop a disruptive behavior or increase a desired behavior? Either way, know it is possible. I continue to walk families through this process every day in my private practice.

Want the formula to create behavior change? Here it is:

**1 Identify where you are.** Take two to three days to observe the behavior you want to change. Note exactly what is happening. We tend to view behavior as worse than it is or better than it is depending on your attitude. Do your best to be clear, without exaggeration in one direction or the other.

**2 Determine where you want to go.** Having a destination is critical and an often overlooked step. You need to know your goal behavior. Simply stopping a tantrum is not a destination. What do you want your child to do instead of throwing a tantrum? How would that time be spent, what language would be exchanged, and what actions would occur? These questions need to be answered, so you know what to teach your small one.

**3 Commit to getting to your goal.** Picture it in your mind, what your family will



look like when you get to the goal. Know that it is possible. It is this conviction that keeps you going through the behavior change process.

**4 Decide what the first small step is to take.** The space between where you are now and where you want to get to is full of small steps. Now that you know where you are now, determine what is the first step needed to get where you want to go. What is the one thing that you could do today to impact the behavior?

**5 Act on step 4.** Since you decided what action is needed, now you need to take that action. Right now — Do it! You can change behavior today with this one step.

**6 Celebrate that action was taken, and celebrate when you notice the small improvement in behavior.** Behavior change is an ongoing process made

up of many small steps. You need to celebrate each small step.

**7 Repeat steps 4-6.** It is the small steps that lead to big behavior change. You have completed your first small step, now onto your second! The secret is now yours. You are capable of changing any behavior. Have fun while you take each step along the way!

*Dr. Marcie Beigel is an international speaker and trainer on behavior. She brings realistic ideas to real life behavior that results in lasting change for families, schools, businesses, and relationships. She is the best selling author of *Love Your Classroom Again*, and she is the founder of *Behavior and Beyond*, a company dedicated to behavior change. She teaches *Behavior Bootcamps and Boosts* as live events and online, does educational trainings, and consults with individual families. You can get her new book *Love Your Family Again* on Amazon.com. Visit [DrMarcie.com/freegift](http://DrMarcie.com/freegift)*



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# Joys & challenges of a child with Asperger Syndrome

BY SHARON FUENTES

I was sitting in the back of my child's class during Open House. Just as I was actually starting to relax, enjoying the bit of freedom away from my offspring, I overheard pieces of the parent's conversation in front of me.

"So what is up with this Jay kid? Do you think he is dangerous? He pushed my daughter just because she sat down in what he said was his seat at lunch. What's up with that? There are no assigned seats. Why would he want to sit there with the girls anyway? Then he started crying. I tried talking to the teacher, but all she said was that it was taken care of and that I shouldn't be concerned."

I politely tapped this mother on the shoulder and said, "Excuse me, but the boy you are talking about, he's not dangerous. He is not a bully or a bad kid. He likes order and doesn't do well with change. That is why he wanted to sit in that seat. He has Asperger syndrome — high functioning autism. I know this, because I'm

his mother."

At once this mother and the other nearby parents transformed. Suddenly I was surrounded by pitiful looks. This was not the reaction I was going for. Angry, sad, and now, completely embarrassed, I gathered my things and with as much dignity as I could, walked out the door and back into my life. A life that is rich with laughter, filled to the brim with love and has a good dose of autism thrown in there just to keep things interesting!

## An interesting life

Yes, my life is interesting. I am the mom of the child who has thrown himself on the ground at the supermarket in a fit of anger, because I put a generic lemon lime soda in the cart instead of the real thing — Sprite. The mom whom you silently, and occasionally not so silently, tsk-tsk and question my mothering skills: "She needs to discipline that boy. That child is just spoiled."

I don't blame you for thinking this. After all, autism is not called the invisible disability for nothing.

## The symptoms of Asperger Syndrome

The following is a list of some of the more common symptoms that may present themselves in children with Asperger Syndrome. It is important to note that not all individuals with Asperger Syndrome display each of these symptoms, and that the presence and severity of each symptom is likely to vary between individuals with the same diagnosis. Consult your child's physician if you have any questions.

- "Robotic" or repetitive speech
- Average or below average nonverbal communication skills, yet average or above average verbal communication skills

- Inability to understand issues or phrases that are considered "common sense," such as idioms or age-appropriate jokes
- Takes perfectionism to an extreme
- Has difficulty with any changes in the established routine
- Obsession with specific, unique topics
- One-sided conversations
- Awkward movements and/or mannerisms
- Lack of eye contact or reciprocal conversation
- Failure to follow rules and routines may result in anxiety, tantrums, or meltdowns (crying, aggression, property destruction, screaming).

Source: *Autism Speaks*

I am the mom of the quirky big boy at the playground who is chasing after your little 5-year-old, because, even though he is 10, socially he is more your child's age. You watch him flap his arms, and talk loudly as he races after your boy. You think to yourself that he is odd, or maybe you worry about your own baby and call him over. Aren't you surprised when my boy follows your son over, thinking this is part of the game?

I am also the mom of the boy who has an endless amount of love, who constantly floors me with his abundance of knowledge and facts on thousands of different topics, who gets straight As, reads literature that is five grades above his own age level, and who could probably write funnier jokes for "The Tonight Show" than their writers ever could. Oh, yeah ... and my son just so happens to have Asperger's, too.

## A neurological disorder

Asperger Syndrome is a neurological disorder. My boy's brain functions on a high level and differently than yours or mine. He is wired differently, so to speak. His senses work, but the information they send to his brain can get misfiled or come in on the wrong pathways. Sometimes, all the information from all of his senses hits his brain at once, like a million radio stations playing at the same time, and he doesn't know how to filter out the unnecessary and pay attention to what's important. Imagine how loud or over-stimulating that would be. It would make me more vulnerable to melting down in a grocery store, too.

This condition has advantages and disadvantages. On the upside, people with Asperger Syndrome, like my boy Jay, can be unbelievably smart at some things, like remembering different dates, facts, trivia, or different mathematical formulas. On the downside, they may have trouble working in groups, and they may have a hard time



understanding other people's body language, indirect language, and intonation.

### **A regular kid**

I am not telling you this so you'll feel sorry for my son. On the contrary, if you pity him, you also pity all the great people like him. For example, Thomas Edison, Sir Isaac Newton, and Mark Twain have been said to have Asperger traits. I write this as a reminder

that autism is a disability, like blindness or deafness. People with disabilities don't need pity, they need acceptance, compassion, and tolerance. They need to be appreciated for the unique individuals they are. People with Asperger's may just need a little extra help when their radio stations get crossed.

I write this to remind you that first and foremost, my boy is just that — a boy! A regular kid who likes to eat pizza or vanilla

### **Local autism and Asperger's resources**

- Autism Speaks New York has a Westchester-Fairfield office at 168 Irving Ave., Suite 203-A, in Port Chester. Log on to their website to meet other supporters and participate in statewide advocacy efforts. Find local community resources, upcoming events and numerous ways to get involved. <http://communities.autism-speaks.org>.

- The Autism Advisory Committee, comprised of parents and professionals, was created to assess existing services, pinpoint gaps in the system, advise the county on what new services are needed, and identify possible funding sources. They present an annual Autism Information Fair, sponsor a monitoring bracelet program, and team up with the local Autism Speaks chapter to provide a database with local and national resources. For more information about the committee, contact [autism@westchestergov.com](mailto:autism@westchestergov.com).

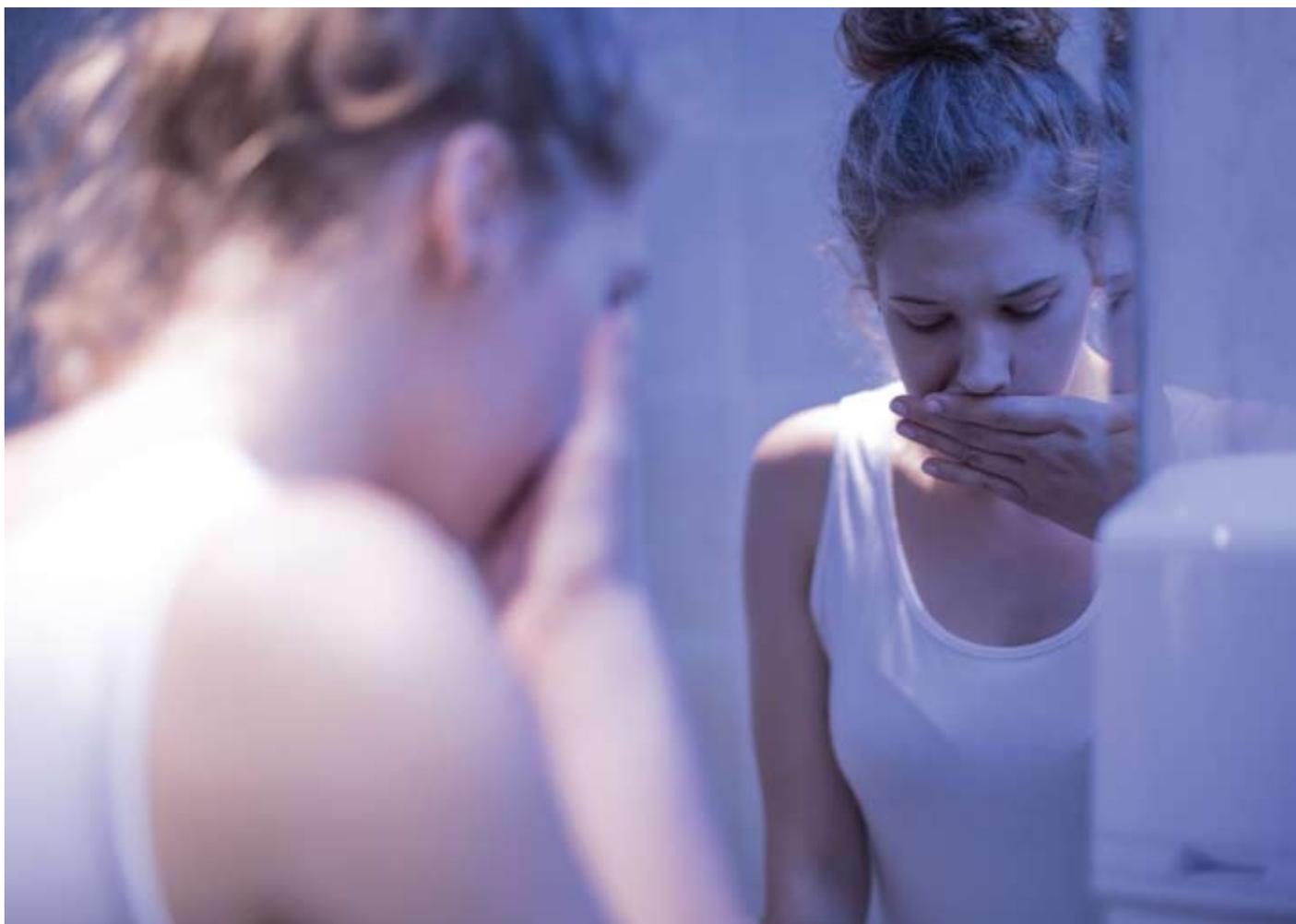
- The Asperger Syndrome and High Functioning Autism Association offers support groups, information for school age and adult issues, educational seminars, and a newsletter. [www.ahaNY.org](http://www.ahaNY.org).

- Parent to Parent of New York State is a place where families of individuals with special needs and the professionals who serve them can meet and share information. This website is maintained as a resource for families. [www.parenttoparentnys.org](http://www.parenttoparentnys.org).

ice cream with rainbow sprinkles. A kid who wants to be invited to birthday parties or asked to come over and play. A person who can hear an ugly comment and see a disapproving look.

Having a child with Asperger syndrome in your child's class or as your child's friend can sometimes be challenging. The Asperger child tends to get frustrated easily, can overreact, and don't even think about changing the rules on them. But it can also be very rewarding. Who knows? Your child may become friends with someone who could end up discovering a new, alternative energy source, solve the world's hunger problem, compose a masterpiece, or more likely, help them with their trigonometry or physics homework in high school.

*Sharon Fuentes is a freelance writer, the mother of two and a regular contributor to Westchester Family.*



# Recognize the signs of an eating disorder

BY SHNIEKA L. JOHNSON

**W**hen going through puberty, adolescents and teens have noticeable physical changes in their bodies and encounter new social pressures. These changes can cause many kids to become overly concerned about their looks and begin to feel self-conscious about their bodies. How do we as parents tell the difference between normal adolescent concern and a more serious health concern, like an eating disorder?

According to the National Eating Disorder Association, studies show that as

early as age 6, girls will start to express concerns about weight. Studies have also shown that 40 to 60 percent of elementary school girls ages 6-12 are concerned about weight or becoming fat.

There is no single cause of an eating disorder, and there are many factors that can lead to this health issue. Eating disorders can be caused by a mixture of environmental, psychological, and biological factors. Environmental factors, like entertainment and media, peer pressure from friends, or in some cases, severe trauma (like sexual abuse) could play a role in a child or teen developing an eat-

ing disorder.

There are three types of eating disorders: anorexia, bulimia, and compulsive eating.

Anorexia is a restrictive eating disorder. A person with anorexia will limit the amount of food they consume, and will strive to ingest a minimal amount. It is a bit like starvation. They worry or show signs of anxiety when it comes to food, suffering from headaches, dizziness, and concentration difficulties. People with anorexia also might seem sad, angry, or depressed.

A person with bulimia will eat an ab-

normally large amount of food in a short time frame. They then make an attempt to avoid gaining weight. This can be by purging (vomiting or use of a laxative) or non-purging (excessive exercise or fasting) methods. Early on, patients with bulimia may be harder to identify because they can often have a weight in a healthy range. After an extended period of time, however, extreme fluctuations in weight may be noticeable.

Compulsive eating occurs when a person eats an abnormal amount of food and is unable to stop. There is a lack of control around eating. Overeating will be classified as compulsive eating when it occurs at least twice per week for a duration of six months or more. Similar to other eating disorders, there may be signs of anxiety when it comes to food and after an extended period of time, extreme fluctuations in weight may be noticeable.

Kids that develop an eating disorder tend to do so during the adolescent and teen years, usually starting around ages 13-14 or 17-18. In younger children, eating disorders tend to be very low — one-tenth of one percent. The National Institute of Mental Health states that among the 2.7 percent of teens suffering from an eating disorder, girls are far more likely to

### Learn more:

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
[www.nimh.nih.gov](http://www.nimh.nih.gov)  
[www.eat2love.com](http://www.eat2love.com)

develop an eating disorder than boys. Teenage girls are more than two and a half times as likely as teenage boys to have an eating disorder.

There are many signs that an individual is suffering from an eating disorder, such as:

- Obsession with food, calories, and labels
- Restricting and binging on food
- Drastic fluctuations in weight
- Preoccupation with exercise and fitness
- Avoiding social situations.

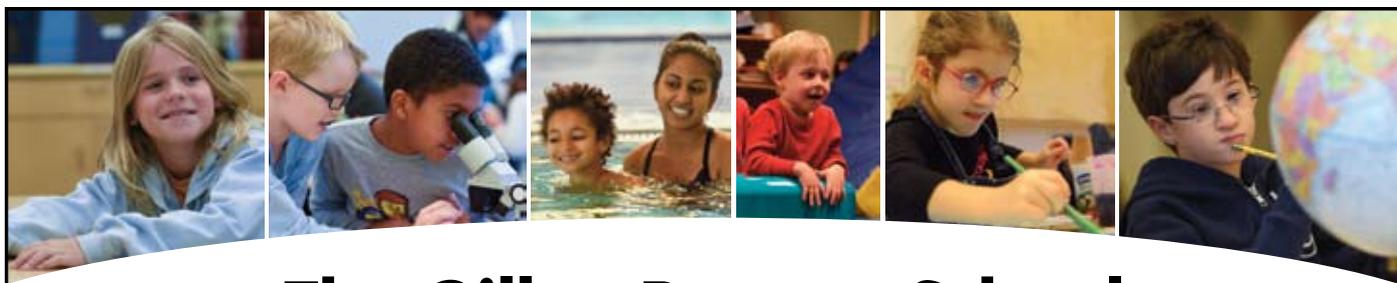
Jenna Hollenstein, founder of Eat 2 Love, is a dietitian who helps people struggling with chronic dieting, disordered eating, and eating disorders. In sharing her thoughts on the topic of eating disorders in children and teens, she stated: “This can go along with gender norms: boys more concerned with building lean muscular bodies while girls are more concerned with becoming smaller. Boys might focus

more on spending hours at the gym while girls are more likely to be restrictive in their eating, but there are similarities as well in terms of the culture’s trends on which foods and food groups are dangerous, and the focus is on decreasing body fat.” She added, “Fat phobia affects boys and girls.”

There are a number of things that parents can do if there are concerns about a child having an eating disorder. Hollenstein says that parents should first “check their own behavior,” meaning, “if you have an issue with food and your body, your child is likely to observe it.” Instead, set a positive example, be open to discussion, and answer questions.

Kids who have eating disorders might feel they cannot get control over what they eat or other aspects of their lives. This can be a way for them to have some control. Eating disorders are not common; if the signs are there, seek help. Family support is important, but it is crucial for a person with an eating disorder to work with a doctor, therapist, and nutritionist.

*Shnieka L. Johnson is an education consultant and freelance writer. She is based in Manhattan, where she resides with her husband and son. Contact her via her website: [www.shnieka-johnson.com](http://www.shnieka-johnson.com).*



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# Education road map

## New book's valuable tips for parents of special needs kids

BY TAMMY SCILEPPI

**A** comprehensive book written by an educator and disability specialist makes it easier for parents to navigate the extent of their child's special needs and explains how the public school system can work better with families.

"There needs to be strong partnerships between the parents and the educational system. It should never be a school vs. parent mentality," says educator, student advocate, and author, Chrissie Kahan. "Disabilities are part of the human package." No one is perfect, she continues, and having special needs shouldn't define someone, for there is so much more that makes them truly special as individuals.

A dedicated, community-minded educator with a big heart — who knows what it's like to grow up with disabling limitations — Kahan has spent her entire career helping children and families. Kahan is a fierce advocate for equity and students with disabilities. She said teaching (second, fourth, sixth, and seventh grade classes) brought her all the happiness in the world, especially because she and her husband couldn't have children.

Kahan can't seem to do enough for others. She comes from a place of wanting to make things easier for parents dealing with day-to-day challenges, as they do their best to raise great kids who happen to have disabilities.

Here, she offers NY Parenting families — on a quest to get their child the strongest level of support within the public school system — valuable advice, based on her own experience working in partnership with parents, teachers, and related service providers.

As an educator for the past 15 years and an assistant principal for the past eight years, people who know Kahan say she has always had a heart for children, especially advocating for kids who have been labeled as "behavior problems." She is special-education certified and serves as the Individualized Education Program-Student Support Team Chairperson within her elementary school in Maryland.

"I'm an 'outside of the box' thinker, and there is nothing I will not do for a child [or]



family in need," says Kahan, who knows all too well that the amount of resources, sites, and information listed can seem overwhelming when you are searching for information on your child's disability.

The energetic educator's in-depth book, "Roadmap to Navigating Your Child's Disability" [King Kahan Publishing, LLC, 2017], is designed with you, the parent, in mind. Chock full of super-valuable information, this comprehensive, easy-to-read resource will answer most of your questions, while addressing many of your concerns.

"My book is intended for all parents,

despite their educational background or socioeconomic status," says Kahan. "I wanted it to be a 'Cheat Sheet to Advocacy, Accommodations, IEPs, and 504 plans,' so that no matter who read it, they felt like they had their own personal advocate.

"The book is broken down into three sections, with a detailed table of contents, so parents and guardians can refer to the portions they need at the time they need them."

Part I, "Cracking the Code on Educational Jargon," defines acronyms related to disability coding, portions of the IEP, staff roles, and self-contained programs.

Part II, "TEAM," provides you with an understanding of the types of meetings used to identify a child's disability and implement accommodations, along with the legal timelines in monitoring interventions to support your child's disability. Additionally, it provides you with a checklist, along with ways you can advocate for your child respectfully.

Part III, "Disabilities A-Z," breaks down into sections the most common disabilities within an inclusion setting and identifies the characteristics of the disability; the best accommodations for school; ways you can help at home; and the best resources for you with regard to that disability.

"Educational lingo changes all the time," writes Kahan. "I remember being a new teacher and having no idea what some of the terminology meant.

"The parent [has] every right to stop an educator and ask them to explain a definition or process if you don't understand it. Just know you are not alone in feeling like the educational terminology is like getting a bad hand in Scrabble.

"When you hear the word 'team,' you tend to automatically think about a sports team. Yet, this is the term that is often referred to, especially in the elementary setting, for school support staff such as the facilitator of the meeting, teachers, the school nurse, the guidance counselor, the school psychologist, and any other related service staff to sit along with you, to work together as a *team* on how to best support the needs of your child."

Kahan was a fighter her entire life, who grappled with a learning disability herself.

*Continued on page 24*



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**STATEN ISLAND OFFICE:**  
1811 Richmond Avenue  
Staten Island, NY 10314

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Challenge is a contractor of the NYS Department of Health, Bureau of Early Intervention, a public program for children under the age of three who are either suspected of having or at risk for developmental delays or disabilities. This program is approved, regulated and funded by NYS Department of Health and the NYC Department of Health & Mental Hygiene. All Services are provided at no cost to parents. Health Insurance may be used for approved services. A child's eligibility for the program can be determined only by state-approved evaluators under contract, and all services must be authorized by the NYC Early Intervention Officials.

For more information about CHALLENGE: T. 718.851.3300 W. [challenge-eli.com](http://challenge-eli.com)



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LIVE HELP ONLINE [www.ohelfamily.org](http://www.ohelfamily.org)  
CONFIDENTIAL RESPONSE [access@ohelfamily.org](mailto:access@ohelfamily.org)

*This project is funded by the New York City Department of Health and Mental Hygiene through a contract with Public Health Solutions.*

“Growing up, the world would have seen me as a quiet girl who lived a very normal life... at least up until fifth grade,” she recalled. “However, I struggled with ADD, anxiety, and undiagnosed depression. My mind was always racing internally. I had difficulty sleeping, and when I did fall asleep, I would not stay asleep. I was always worried about something and the train of thought in my mind rotated very negatively.”

Kahan said she suffered in silence.

“Mental health was not openly discussed as I was going to school, and you didn’t hear much about 504 plans or that process, so I just learned to cope. At age 22, I learned that I could change my thought process and even talk back to the negative thoughts. It was then that I really worked through the root of the negative thought patterns in my mind, overcoming them one at a time by developing thoughts I could say back when they arose,” she explained. “Getting a trusted therapist and finally getting on medication for my depression has also helped.”

These days, the compassionate student advocate says she has a passion for working as part of a collaborative team, to ensure that each child gets exactly what they need.

Kids just need the right combination of

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“The parent [has] every right to stop an educator and ask them to explain a definition or process if you don’t understand it.”

---

supports, a flexible learning environment, and teachers with high expectations for them, along with their already supportive, advocating parents, according to Kahan, who points out that mental illness is on the rise within schools across the country.

One family that she worked with had a child who was a fourth grader. He struggled with anxiety that led to suicidal inclinations.

During that trying time, Kahan said she would speak with him about the importance of “talking back” to the depression and his negative thoughts.

“Suicide and mental illness are issues that I resonate with on a deeply personal level, as I grew up with undiagnosed depression and lost a dear friend to suicide, which changed my life at the age of 16,” Kahan said.

“We at the school level have a responsibility to assess all suicidal threats.”

With all that she does, Kahan found the time to write two books for kids: “Benny Gator” and “Angry Ana” — on how to deal with anxiety and anger management. She and her husband founded King Kahan Publishing, LLC, where their hope is to publish books that focus on spreading awareness of real world issues in a meaningful way.

“I chose to write these books because I felt like anxiety and anger management are not topics that are discussed enough in children’s literature,” says Kahan. “Children need to know that what they are feeling is OK, along with being taught appropriate self-regulation skills. I give suggestions within these resources for kids and families.

“I have been so blessed to work with such amazing families within my career. It is true that people will forget what you say, but will never forget how you made them feel,” says Kahan. “Within my role as assistant principal and IEP chair, I always try to keep that at the forefront of my mind, with an understanding that the parent is trusting us with their most precious baby, and if they are upset by something, there is usually a justifiable reason.”

“*Roadmap to Navigating Your Child’s Disability*” is available on Amazon and Smashwords.

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[FamilySpeechCenter.com](http://FamilySpeechCenter.com)



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[mmdg.org/special-kids](http://mmdg.org/special-kids)

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(212) 810-4120 ext. 234 [www.rebeccaschool.org](http://www.rebeccaschool.org)  
[eooshea@rebeccaschool.org](mailto:eooshea@rebeccaschool.org)



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- Psychological Diagnosis Assessments
- Social Skills Therapy Groups
- Psychiatry
- Psychological Therapy



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189 Wheatley Road  
Brookville, NY 11545

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# Meet the challenge

## Facing the facts and taking prompt action is best for your ADHD child

BY JUDY M. MILLER

Imagine arriving at a different destination other than that which you anticipated. Imagine that you do not have your bags packed for the right activities and climate. You have no maps or knowledge of the customs or language. You do not know what information is correct or know who to trust. Your plans have changed. As you are accepting that your destination is permanent, you realize that you have to make the best of it, or it could destroy you and the rest of your family.

I first came across the inspirational essay “Welcome to Holland,” by Emily Perl Kingsley, years ago when I sat on the board of a neonatal foundation. Working with parents in the trenches of profound shock and grief, during a time that should have been utter joy, was immensely difficult. At that time, I was the proud parent of one child, a son my husband and I believed to be “normal.”

I recall feeling guilty on occasion when I sat with parents in the Neonatal Intensive Care Unit, when I offered support or a listening ear, or when I held and rocked the ever-so-fragile tiny infants that fought for survival. I was blessed with a healthy child, while many of these parents faced the possibility of death, long-term challenges, or disabilities stemming from their children’s premature arrivals. I also felt thankful that we had dodged a bullet. However, Kingsley’s essay resonated with me as a mother and lodged within my heart.

Forward years ahead. My oldest boy was a handful and exhausting. He was happy and bright, but often without focus. We chalked this up to him being “all boy.” As his parents, we appreciated his gifts, but his kindergarten teacher felt otherwise. Vehemently. She called us in for a conference two weeks into the school year. She told us, “I’ve never had a child like him in all of my

25 years of teaching.”

We asked her to work with him, to challenge him; he was in his element when he was challenged. We could tell by the expression on her face that she was not going to embrace our requests and realized we were in for a very long year.

Our son was clueless about what going on. We had many parent-teacher conferences during that year. The last one was in the early spring, after we had already decided to enroll him in another school with much smaller classes and interactive learning.

Our son thrived in this new school environment, yet his focus continued to lapse. We painfully faced that our son might have some issues and had him evaluated by a team of professionals to make sure he was not incorrectly diagnosed. The testing indicated what we had long suspected but tried to deny, that he had ADHD. We worked through our denial and chose to stay in daily contact with his teachers. We made changes to his diet. We put a behavioral management plan in place.

We saw no improvements from the dietary changes or from the behavioral techniques we implemented. Our son’s grades went up, and they went down. He was focused in one class and disruptive in another. There was no pattern throughout the day or by subject matter. His behavior was just as maddening in karate — an activity we thought would help curb his impulsiveness.

Emotionally, we rode the wild roller coaster with him daily. Out of options, we began to consider the possibility of medication, something that was of great concern to us. My husband and I had many lengthy discussions between the two of us, and with doctors, and tears often accompanied these. We continued to straddle the fence.

Our son’s behavior became more erratic

### ADHD statistics:

Boys are three times more likely than girls to be diagnosed with ADHD.

ADHD does not discriminate along racial lines. The prevalence of ADHD is 9.8 percent among whites, 9.5 percent among blacks, and 5.5 percent among Hispanics and Latinos.

Children with ADHD are more likely to have learning disabilities and language deficits such as poor listening and reading comprehension and verbal expression.

Children with ADHD are also challenged by poor organizational, memory, and fine motor skills.

The emotional development of a child with ADHD is 30 percent slower than their non-ADHD peers.

One to three children has ADHD in every classroom of 30 students.

More than 1 in 10 (11 percent or 6.4 million) U. S. school-aged children have received the diagnosis of ADHD from a healthcare provider.

The percentage of children between the ages of 4–17 continues to increase, up 42 percent between 2003 and 2011.

The percentage of children between the ages of 4–17 taking prescribed medication for ADHD increased 28 percent between 2007 and 2011.

as puberty set in; we decided to go ahead and medicate him. He would be taking a Class CII drug, a federally controlled substance that could lead to abuse or dependence and carried the possibility of many other serious side effects. It was one of the toughest decisions we ever made, but the arrival of our second daughter, with her serious sensory processing spectrum disorder, underscored how important it was to intervene, and early.

The medication made an immediate difference. Our son was able to focus and control his actions. He could stay on task and



out of trouble. In turn, his grades stayed up, and his self-confidence improved greatly. He graduated high school with honors, and received many merit awards to attend college.

We have had countless talks about the seriousness of the drug he takes. About the need to monitor him daily and share how he feels emotionally and physically. About how kids would likely ask him for some of it when they were under stress — which has happened — and what those consequences could be if he were caught doing so, by us and the law.

Looking back, we put the decision to

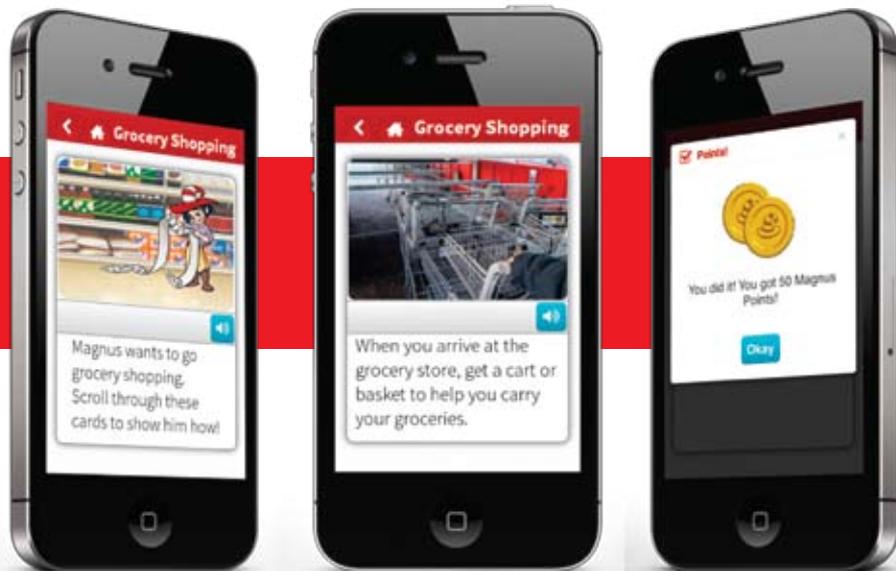
medicate our son off far longer than we should have. But, when in the moment, there is rarely the gift of perspective.

Parents of children with special needs often struggle — with support of others, finding reliable information about options, and moving through the grief of parenting a “less than perfect” child. Dragging my feet, I arrived in Holland, only a different region than I had with my daughter.

Slowly, through the years and with my son’s openness about his special needs, I’ve become acculturated. Holland is not a horrible, scary place, just different. As Kingsley says in her essay, “You must go out and

buy new guidebooks. And you must learn a new language.” I have. I have embraced being the parent of kids with special needs, thankful that Holland exists, and that I can appreciate the very special, wonderful things that it offers.

*Judy M. Miller savors time with her kids. She is a certified Gottman educator and the author of “What To Expect From Your Adopted Tween, Writing to Heal Adoption Grief: Making Connections & Moving Forward,” and “For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey.”*



# The autism app

## 'MagnusCards' teaches special needs kids how to manage daily routines

BY TAMMY SCILEPPI

*"Autism doesn't have to define a person. Artists with autism are like anyone else: They define themselves through hard work and individuality."*  
— singer **Adrienne Bailon**

**A**s a kid, Nadia Hamilton always tried to find ways to make her autistic brother Troy's life easier. Diagnosed with autism at age 4, he would cover his ears when there were no apparent sounds, would only eat between one and five foods, and didn't speak. He was prone to smashing plates and cups or kicking her parents when he felt frustrated or didn't get his way.

"My three other siblings and I supported him and cared for him," Hamilton recalled. "We called him 'King Troy' and were devoted to protecting him, teaching him, and making sure he was always happy."

But when Troy, now 28, graduated high school, there were few opportunities for continued personal and social development.

His struggles inspired Nadia to think outside the box and come up with a creative solution.

Now, with an innovative new app she recently developed, Troy and others like him are navigating once challenging everyday tasks with ease — and having fun doing them.

MagnusCards is a mobile app created for the autism community that helps those living with cognitive special needs manage daily skills like brushing teeth, food shopping, getting dressed, and even paying for things with a debit card.

Many youngsters with autism have an affinity for technology, which attracts them to this life-changing tech tool.

Users meet an animated wizard named Magnus, who provides rewards to users who follow step-by-step instructions to complete various activities, eliminating the stress of learning a new task through positive reinforcement.

To help keep youngsters engaged, it boasts a gaming element that breaks down daily living tasks into small, manageable steps, using visual "how-to's" — or digital flash cards — to guide users through a variety of activities.

According to Hamilton, MagnusCards is designed for people aged 15 and up — those transitioning to young adulthood

and beyond — though it really depends on the cognitive functional level of the individual. There could be a user who is 43, who functions at a 13-year-old level.

Heidi Donato, who lives in Merrick, Long Island, was thrilled when she heard about MagnusCards and saw the difference it made in her 16-year-old son Brandon's life.

"This app has really strengthened certain daily living skills that my husband and I have been trying to teach him," she said. "Since he's more motivated with tech, this tool got him engaged to try new things."

Hamilton said she worked with companies including Colgate Palmolive, Tim Horton's, and the Canadian bank CIBC to develop tools to help kids learn how to clean and take care of themselves and use convenient tools like a bank card.

"Troy is a fan of the 'Using a Debit Card' Card Deck by CIBC," she said. "He is also extremely excited to start using the 'Brushing your Teeth' Card Deck by Colgate."

And these days, Troy is thriving, thanks much to the app his sister created.

"I love to learn, it is one of my passions to know how things work and how they can be improved," says Nadia. "I believe this passion has supported me in building a company that fulfills my other great passion, which is changing the world for people with autism and other cognitive special needs."

*The free app is available for download for iOS and Android on the App Store or Google Play. Users can also sign up at [www.magnus-cards.com](http://www.magnus-cards.com).*

*Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.*

# New York Special Needs

## RESOURCE GUIDE

### ATTENTION DEFICIT DISORDER

#### The Child Mind Institute

445 Park Ave. (entrance on 56th street)  
(212) 308-3118  
[www.childmind.org](http://www.childmind.org)

Services Provided: Education, workshops and support groups for those with ADD, OCD and ADHD

#### Children and Adults with Attention Deficit-Hyperactivity Disorders

New York City  
P.O. Box 133, Manhattan  
(212) 721-0007  
[www.chadd.org](http://www.chadd.org)  
[parent2parent@chadd.net](mailto:parent2parent@chadd.net)  
[new-york-city@chadd.net](http://new-york-city@chadd.net)

Services Provided: Educating and support groups.

#### HJD-NYU ADD Center

301 E. 17th St., New York, NY 10003  
(212) 598-6490  
[www.hjd.med.nyu.edu](http://www.hjd.med.nyu.edu)

Services Provided: Diagnostics and Treatment, and Parenting Skills Training

### AUTISM

#### AHA-Asperger Syndrome and High-Functioning Autism Association

303 Fifth Ave., Manhattan  
(888) 918-9198  
[www.ahany.org](http://www.ahany.org)  
[pats@ahany.org](mailto:pats@ahany.org)

Services Provided: educating parents of special needs children, support group.

#### Association for Metro Area Autistic Children

25 West 17th St., Ground Floor  
New York, NY 10011  
(212) 645-5005 (877) 645-5005  
[www.amac.org](http://www.amac.org)  
[info@amac.org](mailto:info@amac.org)

Services Provided: Case Manage, Community Education, Information and Referral, Treatment, Vocational Employment

Other: Residential Camp

#### Autism Science Foundation

419 Lafayette St., Second Floor  
New York, NY 10003  
(646) 723-3977  
[www.autismsciencefoundation.org](http://www.autismsciencefoundation.org)  
[contactus@autismsciencefoundation.org](mailto:contactus@autismsciencefoundation.org)

Services Provided: Information and Provides Founding for Medical Research

#### Autism Society of America

Queens Chapter  
188-83 85th Rd.  
Holliswood, NY 11423  
(718) 464-5735  
Brooklyn Chapter  
224 Ave. S  
Brooklyn, NY 11223  
(718) 336-9533

Services Provided: Information and Referral, Individual/Case Advocacy, Legal Advocacy

#### Brooklyn Autism Center Academy

111 Remsen St.  
Brooklyn, NY 11201  
(718) 554-1027

[www.info@brooklynautismcenter.org](http://www.info@brooklynautismcenter.org)

Services Provided: BAC is a private, not for profit school dedicated to providing high-quality education to children with autism and support to the general autism community.

#### Downtown Spectrum Parents, Parents of Individuals with Autism Support Group

363 Greenwich St., Manhattan  
(212) 219-1195

#### Eden II Programs

150 Granite Ave., Staten Island, NY 10303  
(718) 816-1422  
[www.eden2.org](http://www.eden2.org)

Services Provided: Education, Adult day programs, Family Support and Residential Care

#### New York Families for Autistic Children, Inc.

95-16 Pitkin Ave.  
Ozone Park, NY 11417  
(718) 641-3441

Services Provided: NYFAC serves any family within New York that has a child with a developmental disability. Their doors are open to any family member, friend, professional, or student who wants to learn, to develop and to grow. Their motto: "Helping Parents ... Help their children ... One family at a time"

#### North Central Bronx Hospital

3424 Kossuth Ave., room 15A11  
FSPDD at North Central Bronx Hospital  
(718) 519-4797  
[NY-Bronx@autismsocietyofamerica.org](mailto:NY-Bronx@autismsocietyofamerica.org)

Services Provided: Autism support group, provides information and support..

#### The McCarton Foundation and School

331 West 25th St.  
New York, NY 10001  
(212) 229-1715

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

Services Provided: Education for children and Research Center

#### QSAC, Quality of Life & Services for the Autistic Community

253 W. 35th St., New York, NY 10001  
30-10 38th St., Astoria, NY 11103  
and 2509 Broadway, Astoria, NY 11106  
(718) 728-8476  
[www.QSAC.COM](http://www.QSAC.COM)  
[QSAcnyc@aol.com](mailto:QSAcnyc@aol.com)

Services Provided: Case Management, Community Education, Information and Referral, Residential

Other: After school programs, behavior management, Day Habilitation, Family reimbursement, In-house/overnight respite, parent support group, Parent training, pre-school, Residential Habilitation, Special education itinerant Teacher

#### Thursday's Child, Inc.

7676 13th Ave.  
Brooklyn, NY 11228  
(718) 630-5100

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

Services Provided: Occupational Therapy, Physical Therapy, Speech, Special Instruction, Family Support Groups and Parent Workshops

### BLIND AND VISUALLY IMPAIRED

#### Helen Keller Service of the Blind

57 Willoughby St., Brooklyn  
(718) 522-2122

[www.helenkeller.org](http://www.helenkeller.org)  
[info@helenkeller.org](mailto:info@helenkeller.org)

Services Provided: Free workshops, all ages for visually impaired.

#### Jewish Guild for the Blind

15 West 65th St., New York, NY 10023  
(212) 769-6200 (800) 284-4422

Services Provided: Information and Referral, Individual/Case Advocacy

#### National Association for Parents of Children with Visual Impairments (NAPVI)

c/o New York institute for Special Education  
999 Pelham Pkwy., Bronx, NY  
(718) 519-7000  
[www.familyconnect.org](http://www.familyconnect.org)  
[jaynycnapvi@aol.com](mailto:jaynycnapvi@aol.com)

Services Provided: online forum, support group for parents with visually impaired children.

#### Parents of Blind Children (National Federation of the Blind)

471 63rd St., Brooklyn, NY 11220  
(718) 567-7821 • (212) 222-1705

Individuals Served: Visual Impairments

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy, Legal Advocacy

*Continued on page 30*

# New York Special Needs

## RESOURCE GUIDE

Continued from page 29

### The Lighthouse National Center for Vision and Child Development

111 East 59th St.  
New York, NY 10022  
(800) 829-0500  
TTY/TDD: (212) 821-9713  
www.lighthouse.org  
E-mail: info@lighthouse.org

Services Provided: Community Education, Information and Referral.

Other: Vision rehabilitation, low vision services, professional, Continuing education

## CAMPS

### Camp Acorn

P.O. Box 1383  
Paramus, NJ 07653  
(973) 471-2911 or www.campacorn.org

### Camp Akeela

3 New King St.  
White Plains, NY 20604  
(868) 680-4744 or www.campakeela.com

### Camp Chatterbox

Children's Specialized Hospital  
150 New Providence Rd.  
Mountainside, NJ 07092  
(908) 301-5451 www.campchatterbox.org

### Camp Cold Brook

Somerset Hills Handicapped Riding Center  
P.O. Box 305  
83 Old Turnpike Rd.  
Oldwick, NJ 08858  
www.shhrc.org

### Camp Daisy

Hardenburg Ln. and Riva Ave.  
East Brunswick, NJ 08818  
(732) 821-5195 or www.ebrr.org/campdaisy.html

### Camp Haverim

JCC on the Palisades  
411 East Clinton Ave.  
Tenafly, NJ 07670  
(201) 569-7900 or www.jcconthepalisades.org

### Camp Hope

(845) 225-2005 X 207 or (866) 223-6369 or WWW.CBFNY.ORG

### Camp Horizons

127 Babcock Hill Rd.  
South Windham, CT 06266  
(860) 456-1032 or www.camphorizons.org

### Camp Huntington

56 Bruceville Rd.  
High Falls, NY 12440  
(866) 514-5281 or www.camphuntington.com

### Camp Jotoni

141 S. Main St.  
Manville, NJ 08835

(908) 725-8544 or www.thearcofsomerset.org

### Camp Joy

250 Nimham Rd., Carmel  
(845) 225-2005 X212 or www.cbfny.org

### Camp Lee Mar

805 Redgate Rd.  
Dresher, PA 19025  
(215) 658-1710 or www.leemar.com

### Camp Merry Heart

21 O'Brien Rd  
Hackettstown, NJ 07840  
(908) 852-3896 or www.eastersealnj.org

### Camp Neveda

P.O. Box 158  
910 Saddleback Rd  
Stillwater, NJ 07875  
(973) 383-2611

### Camp Northwood

132 State Route 365  
Remsen, NY 13438-5700  
(315) 831-3621 or www.nwood.com

### Camp Oakhurst

111 Monmouth Rd.  
Oakhurst, NJ 07755  
(732) 531-0215 or www.campchannel.com/campoakhurst

### Camp Sun N Fun

1555 Getaway Blvd  
West Deptford, NJ 08096  
(856) 875-1499 or www.thearcgloucester.org

### Camp Sunshine and Camp Snowflake

1133 E. Ridgewood Ave  
Saddle River County Park, Wild Duck Pond Area  
Ridgewood, NJ 07450  
(201) 652-1755 or www.sunshine-snowflake.org/sunshinemain.htm

### Camp Sunshine and Summer Fun Camp

Children's Specialized Hospital  
150 New Providence Rd  
Mountainside, NJ 07092  
(888) 244-5373 X 5484

### Camp Tikvah

JCC on the Palisades  
411 East Clinton Ave.  
Tenafly, NJ 07670  
(201) 569-7900 or www.jcconthepalisades.org

### Frost Valley YMCA Camps

2000 Frost Valley Rd  
Claryville, NY 12725  
(845) 985-2291 or www.frostvalley.org

### Happiness is Camping Inc.

62 Sunset Lake Rd.  
Blairstown, NJ 07825  
(908) 362-6733 or www.happinessiscamping.org

### Harbor Haven Day Camp

1155 W. Chestnut St.  
Suite G-1, Union NJ 07083  
(908) 964-5411 or www.hhdc.com

### Kiddie Keep Well Camp

35 Roosevelt Dr.  
Edison, NJ 08837  
(732) 548-8542 or www.kiddiekeepwell.org

### New Jersey Camp Jaycee

985 Livingston Ave  
North Brunswick, NJ 08902  
(732) 246-2525 or www.campjaycee.org

### Ramapo For Children

Rhinebeck Campus  
P.O. Box 266 Rt. 52 Salisbury Turnpike  
Rhinebeck, NY 12572  
(845) 878-8403 or www.ramapoforchildren.org

### Round Lake Camp

119 Woods Rd.  
Lakewood, PA 18439  
(570) 798-2551 or www.roundlakecamp.org

### Summit Camp & Travel

322 Route 46 West, Suite 210  
Parsippany, NJ 07054  
(800) 323-9908 or www.summitcamp.com

### Maplebrook Summer Program

5142 Route 22  
Amenia, NY 12501  
(845) 373-8191 or www.maplebrookschool.org

### Minding Miracles Learning Center

90 Spring Hill Rd.  
Matawan, NJ 07747  
732-316-4884 or www.mindingmiracles.net

### New Jersey Camp Jaycee

198 Zeigler Rd.  
Effort, PA 18330  
(732) 246-2525 X 44 or www.campjaycee.org

### Rainbow Summer Day Program

(201) 343-0322 X 270 or www.archbergenpassaic.org/about.html

### Southampton Fresh Air Home

36 Barkers Island Rd.  
Southampton, NY 11968  
(631) 283-5847 or www.sfah.org

## CEREBRAL PALSY

### United Cerebral Palsy of New York City

80 Maiden Ln.  
New York, NY 10038  
(212) 683-6700  
www.ucpnyc.org

Services Provided: Assistive Tech Equipment, Case Management, Community Education, Information and Referral, Residential,

# New York Special Needs

## RESOURCE GUIDE

Treatment, Vocational/Employment

Other: Day Treatment, Day Habilitation, Early Intervention

### DISABILITY GROUPS

#### Adults and Children with Learning & Developmental Disabilities, Inc.

807 South Oyster Bay Rd.  
Bethpage, NY 11714  
(516) 822-0028

Services Provided: Educational Services, Family Support Services, Day Services, Homes and Independent Living and Health Care Providers.

#### Brooklyn Center for Independence of the Disabled (BCID)

27 Smith St.  
Brooklyn, NY 11201  
(718) 998-3000/TTY/TDD  
(718) 998-7406  
www.bcid.org

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy, Vocational Employment

#### Catholic Charities Office for the Handicapped

191 Joralemon St.  
Brooklyn, NY 11201  
(718) 722-6000  
www.ccbq.org

Services Provided: Case Management, Community Education, Information and Referral, Individual/Case Advocacy, Legal Advocacy

#### Center for Independence of the Disabled in New York

841 Broadway  
New York, NY 10003  
(212) 674-2300  
TTY/TDD: (212) 674-5619  
www.cidny.org

Services Provided: Information and Referral, Individual/Case Advocacy, Legal Advocacy

#### Children's Aid Society

150 E. 45th St.  
New York, NY 10017  
(212) 949-4800

Services Provided: serves New York's neediest children and their families at more than 45 locations in the 5 boroughs and Westchester County. Provides comprehensive support for children in need, from birth to young adulthood, and for their families, to fill the gaps between what children have and what they need to thrive.

#### Community Service Society

105 E. 22nd St., Room 303  
New York, NY 10010  
(212) 254-8900

www.cssny.org

Services Provided: Case Management, Information and Referral

#### Developmental Disabilities Center, St. Luke's Hospital

1000 10th Ave.  
New York, NY 10019  
(212) 523-6230

Other: Developmental assessments and evaluations.

#### Disabled and Alone/Life Services for the Handicapped

61 Broadway, Suite 510  
New York, NY 10006  
(800) 995-0066

www.diabledandalone.org

Services Provided: Assistive Tech Equipment, Future Planning, Information and Referral, Individual Case Advocacy, Legal Advocacy

#### Early Childhood Center Children's Evaluation and Rehabilitation Center

1731 Seminole Ave.  
Bronx, NY 10461  
(718) 430-8900

Services Provided: Treatment

Other: Parent Support Groups

#### Early Childhood Direction Center

New York Presbyterian Hospital  
435 E. 70th St.  
New York, NY 10021  
(212) 746-6175

Services Provided: Information and Referral, Individual/Case Advocacy

Other: Preschool programs, transportation, medical, educational and Social services, evaluation and assessment services, parent education programs and resources.

#### Early Childhood Direction Center

1UCP of NYC, Inc, SHARE Center  
60 Lawrence Ave.  
Brooklyn, NY 11230  
(718) 437-3794

Services Provided: The Early Childhood Direction Centers (ECDCs) provide information about programs and services for young children, ages birth through 5, who have physical, mental, or emotional disabilities and help families obtain services for their children.

#### Easter Seals New York

40 W 37th St., Suite 503  
New York, NY 10018  
(212) 220-2290

#### Bronx Child Development Center

2433 E. Tremont Ave.  
Bronx, NY 10461

www.eastersealsny.org

Service Provided: Medical Rehabilitation, Inclusive Child Care, Camping and Recreational, Education and Recreational Services.

#### EIHAB Children's Services

222-40 96th Ave.  
Queens Village, NY 11429  
(718) 465-8833

Services Provided: Connects disabled children to service providers, advocates, helps with entitlements, Medicaid waivers, financial assistance, care coordination.

#### Fisher Landau Center for the Treatment of Learning Disabilities

Roussio Building, Second Floor  
1165 Morris Park Ave.  
Bronx, NY 10461  
(718) 430-3900

www.einstein.yu.edu/cerc

Services Provided: Health, Education and Vocational Rehabilitation

#### Guild for Exceptional Children

260 68th St., Brooklyn, NY 11220  
(718) 833-6633

www.gecbklyn.com  
mikefer@gecbklyn.org

Services Provided: Early childhood Education, Day Habilitation Program, Other specialized services

#### Heartshare Human Services

12 MetroTech Center, 29th floor  
Brooklyn, NY 11201  
(718) 422-4200

www.heartshare.org

Services Provided: Case Management, Community Education, Future Planning, Information and Referral, Residential, Treatment

#### IAC-

#### Interagency Council of Developmental Disabilities Agencies, Inc.

150 W. 30th St., 15th Floor  
New York, NY 10001  
(212) 645-6360

#### International Center for the Disabled

340 E. 24th St.  
New York, NY 10010  
(212) 585-6000  
www.icdnyc.org

Service Provided: Medical, Rehabilitation and Mental.

#### Jewish Board of Family and Children's Services, Inc.

135 West 50th St.  
New York, NY 10020  
(212) 582-9100  
(800) 523-2769  
www.jbfc.org

Continued on page 32

# New York Special Needs

## RESOURCE GUIDE

*Continued from page 31*

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy, Legal Advocacy

### **Korean-American Association for Rehabilitation of the Disabled**

35-20 147th St.  
Annex 2F  
Flushing, NY 11354  
(718) 445-3929

Individuals Served: All Developmental Disabilities

### **Learning Disabilities**

#### **Association of New York City**

27 W. 20th St., Room 304  
New York, NY 10128  
(212) 645-6730  
[www.ldanyc.org](http://www.ldanyc.org)

Services Provided: Information and Referral, Individual/Case Advocacy

### **Living Above Disorder Shared Journeys Support group**

Clinton Hill Public Library  
380 Washington Ave., Brooklyn  
(646) 481-6570  
[www.livingabovedisorder.org](http://www.livingabovedisorder.org)  
[info@livingabovedisorder.org](mailto:info@livingabovedisorder.org)

Services Provided: support for special needs children/adults, social workshops.

### **Mayor's Office for People with Disabilities**

100 Gold St.,  
New York, NY 10038  
(212) 788-2830  
[www.nyc.gov/mopd](http://www.nyc.gov/mopd)

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy

### **Metro New York Developmental Disabilities Services Office**

75 Morton St.,  
New York, NY 10014  
(212) 229-3000  
[www.cs.stste.ny.us](http://www.cs.stste.ny.us)

Services Provided: Case Management, Community Education, Individual/Case Advocacy, Residential, Treatment, Vocational Employment

### **My Time, Inc.**

9719 Flatlands avenue, Room 103  
Other Location: 1312 E8th street, Brooklyn  
(718) 251-0527  
[www.mytimeinc.org](http://www.mytimeinc.org)  
[infor@mytime.org](mailto:infor@mytime.org)

Services provided: Support group for parents of special needs children.

### **National Center for Learning Disabilities**

381 Park Ave. South, Suite 1401  
New York, NY 10016  
(212) 545-7510

Service Provided: Information and Promotes Research and Programs.

### **New York City Administration for Children's Services**

150 William St.  
New York, NY 10038  
(212) 341-0900

Services Provided: Protects New York City's children from abuse and neglect. Provides neighborhood based services to help ensure children grow up in safe, permanent homes with strong families. Helps families in need through counseling, referrals to drug rehabilitation programs and other preventive services.

### **New York City Department of Health and Mental Hygiene**

[www.nyc.gov/health](http://www.nyc.gov/health)

### **New York City Department of Social Services**

250 Church St.  
New York, NY 10013  
(877) 472-8411

Services Provided: Information and Referral

Other: Services vary by county

### **Partnership with Children**

50 Court St.  
Brooklyn, NY 11201  
(212) 689-9500

Services Provided: Partnership with Children is a not-for-profit organization that provides emotional and social support to at-risk children so that they can succeed in school, in society and in their lives.

### **Staten Island Mental Health Society, Inc.**

669 Castleton Ave.  
Staten Island, NY 10301  
(718) 442-2225  
[www.simhs.org](http://www.simhs.org)

Service Provided: Clinical and Education

### **YAI/National Institute for People with Disabilities**

460 W. 34th St., 11th floor  
New York, NY 10001  
(212) 563-7474  
TTY/TDD: (212) 290-2787  
[www.yai.org](http://www.yai.org)  
[link@yai.org](mailto:link@yai.org)

Services Provided: Assistive Tech Equipment, Case Management, information and Referral, Residential Treatment, Vocational/Employment.

Other: Early Intervention, preschool, health care, Crisis intervention family services, clinical services. Day programs, recreation and camping.

## DOWN SYNDROME

### **Bronx and Manhattan Parents of Down Syndrome**

1045 Hall Place, No. 3  
Bronx, NY 10459  
(917) 834-0713

### **Down Syndrome Amongst Us**

32 Rutledge St.  
Brooklyn, NY 11249  
[www.dsau.org](http://www.dsau.org)

### **Manhattan Down Syndrome Society**

124 W. 121st St.  
New York, NY 10027  
(646) 261-5334  
[manhattandowns@gmail.com](mailto:manhattandowns@gmail.com)

### **National Down Syndrome Society**

666 Broadway, New York, NY 10012  
(212) 460-9330 (800) 221-4602

Services Provided: Advocate for the value, acceptance and inclusion of people with Down Syndrome.

## EDUCATION

### **Bedford-Stuyvesant Community Legal Services Corp.**

1360 Fulton St.  
Brooklyn, NY 11216  
(718) 636-1155

Services Provided: Community Education, Future Planning, Information and Referral, Individual/Case Advocacy

Other: HIV Advocacy and HIV Custody Planning.

### **BOLD - The Bronx Organization for the Learning Disabled in New York**

2885 St. Theresa Ave.  
Bronx, New York 10461  
(718) 430-0981  
[www.boldny.org](http://www.boldny.org)

Services Provided: Education, speech therapy, occupational therapy, psychological assessments and other services.

### **Early Childhood Direction Center Variety Pre-Schoolers Workshop**

47 Humphrey Drive  
Syosset, NY 11791  
(516) 921-7171 (800) 933-8779  
[www.vclc.org](http://www.vclc.org)

Individuals Served: Children with diagnosed or suspected disabilities

Services Provided: Information and Referral,

# New York Special Needs

## RESOURCE GUIDE

Individual/Case Advocacy,

Other: Preschool programs, transportation, Medical, educational and social services, evaluation and assessment services, parent education programs and resources.

### East River Child Development Center

577 Grand St.  
New York, NY 10002  
(212) 254-7300  
[www.eastrivercdc.org](http://www.eastrivercdc.org)

Services Provided: A Non-Profit, Family-Centered, Community based Preschool Program offering an array of Educational and Therapeutic services to children with special need between the ages of 3 and 5. These special needs include specialized instruction, speech therapy, occupational therapy, physical therapy, counseling, assistive technology, and parent education.

### Shield Institute for the Mentally Retarded and Developmentally Disabled

144-61 Roosevelt Ave.  
Flushing, NY 11354  
(718) 939-8700  
[www.shield.org](http://www.shield.org)

Services Provided: Assistive Tech/Equipment, Case Management, Community Education, Information and Referral, Individual/Case Advocacy, Treatment.

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## EPILEPSY

### ANIBIC (Association for Neurologically Impaired Brain Injured Children)

61-35 220th St., Oakland Gardens  
(718) 423-9550  
[www.anibic.org](http://www.anibic.org)

Services Provided: Physical activities for mentally disabled children.

### Epilepsy Foundation of Metropolitan New York

257 Park Ave. South, Suite 302  
New York, NY 10010  
(212) 677-8550  
[www.efmny.org](http://www.efmny.org)

Services Provided: The Epilepsy Foundation of Metropolitan New York is a non-profit social service organization dedicated to improving the quality of life of people with Epilepsy and their families.

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## GENERAL-MULTIPLE SERVICES PROVIDED

### Adoption Crossroads

444 East 76th St., Manhattan  
(212) 988-0110

[www.adoptioncrossroads.org](http://www.adoptioncrossroads.org)  
[joesoll@adoptionheling.org](mailto:joesoll@adoptionheling.org)

Services Provided: Educate parents on handling adopted children.

### Advocates for Children of New York

151 W. 30th St., Fifth floor  
New York, NY 10001  
(212) 947-9779

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

Other: Advocate for educational rights in the public school

### Board of Visitors, Staten Island Developmental Center

1150 Forest Hill Rd.  
Staten Island, NY 10314  
(718) 983-5200

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy

### Brooklyn Bureau of Community Services

285 Schermerhorn St.  
Brooklyn, NY 11217  
(718) 310-5600  
[www.bbcso.org](http://www.bbcso.org)

Services Provided: Case Management, Community Education, Future Planning, Treatment, Vocational Employment

Other: Job training and placement services, Home and Community Based Waiver Services, Comprehensive Medical Case Management, Parent Support Group

### Brooklyn Children's Center

1819 Bergen St.  
Brooklyn, NY 11233  
(718) 221-4500

Services Provided: Inpatient Hospital Day, Day Treatment Program, Parent Advocate Services, Family Support Group. The Brooklyn Children's (BCC) Mission is to promote an environment for the Development of healthy children and adolescents.

### Brooklyn Parent Advocacy Network

279 E. 57th St.  
Brooklyn, NY 11203  
(718) 629-6299

Services Provided: Assistive Tech/Equipment, Case Management, Community Education, Future Planning, Information and Referral, Individual/Case Advocacy, Legal Advocacy, Residential, Vocational/Employment

Other: HIV-AIDS, homeless housing, food program, respite, after school and day care.

### Bronx Children's Psychiatric Center

1000 Waters Pl.  
Bronx, NY 10461

(718) 239-3639

Services Provided: Community Day Treatment, Intensive Case Management, Crisis Intervention

### Greater New York Chapter of the March of Dimes Birth Defects Foundation

515 Madison Ave., 20th Floor  
New York, NY 10022  
(212) 353-8353

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

Services Provided: Community Education, Information and Referral.

### Institute for Community Living Brooklyn Family Resource Center

2581 Atlantic Ave.,  
Brooklyn, NY  
(718) 290-8100, x. 4145

(718) 495-8298

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

[info@iclinc.net](mailto:info@iclinc.net)

Services Provided: Clinical consultation, counseling, workshops, and after-school programs for special needs children.

### Maidstone Foundation

1225 Broadway, Ninth floor  
New York, NY 10001  
(212) 889-5760

[mariette33@aol.com](mailto:mariette33@aol.com)

Services Provided: Case Management, Community Education, Information and Referral, Vocational Employment

Other: Help people with unusual problems seek the proper help that is needed for that problem and also provide education and training.

### New Alternatives for Children

37 W. 26th St.  
New York, NY 10010  
(212) 696-1550

Services Provided: NAC provides real help and real hope to thousands of children with disabilities and chronic illnesses and their families throughout NYC. Through an integrated continuum of health and social services, NAC keeps children safe from abuse or neglect and works with birth, foster and adoptive families to keep children out of institutions and in nurturing, loving homes.

### Queens Children's Psychiatric Center

74-03 Commonwealth Blvd.  
Bellerose, NY 11426  
(718) 264-4500

Services Provided: QCPC serves seriously emotionally disturbed children and adolescents from ages 5-18 in a range of programs including inpatient, hospitalization, day treatment, intensive case management.

*Continued on page 34*

# New York Special Needs

## RESOURCE GUIDE

Continued from page 33

### Resources for Children with Special Needs, Inc.

116 E. 16th St.  
New York, NY 10003  
(212) 677-4650  
infor@resourcesnyc.org  
www.resourcesnyc.org

Services Provided: Case Management, Community Education, Information and Referral Case Advocacy

Other: Free workshop series with a focus in issues related to early intervention, preschool, school-age special education, transition to adulthood and community resources.

Also publishes several directories.

### Services for the Underserved

305 Seventh Ave. 10th floor  
New York, NY 10001  
(212) 633-6900

Services Provided: SUS is a non-profit organization that provides housing, services and support for individuals with special needs to live with dignity in the community, direct their own lives and attain personal fulfillment.

### Sinergia, Inc.

2082 Lexington Ave.  
New York, NY 10035  
(212) 643-2840  
www.sinergiany.org  
information@sinergia.org  
Residential Office:  
902 Amsterdam Ave.  
New York, NY (212) 678-4700

Services Provided: Case Management, Information and Referral, Individual/Case Advocacy, Legal Advocacy, Residential, Vocational/Employment

### Staten Island Mental Health Society, Inc.

669 Castleton Ave.  
Staten Island, NY 10301  
(718) 442-2225

Service Provided: Offers mental health and related services to children and adolescents and their families.

### St. Mary's Hospital for Children

5 Dakota Dr. Suite 200  
New Hyde Park, NY 11042  
(718) 281-8600

Services Provided: Medical services, psychological services, education, rehabilitation, home care, and community programs for children and young adults. Respite and car seat inspections.

## HEARING IMPAIRED

### Center for Hearing and Communications

50 Broadway  
New York, NY 10004  
(917) 305-7700 (917) 305-7999  
TTY/TDD: (917) 305-7999  
www.chchearing.org  
info@chchearing.org

Services Provided: Case Management, Community Education, Information and referral, Individual case Advocacy

### Lexington School for the Deaf

Center for the Deaf  
26-26 75th St.  
East Elmhurst, NY 11370  
(718) 350-3300  
TTY/TDD: (718) 350-3056  
www.lexnyc.org  
generalinfo@lexnyc.org

Services Provided: Assistive Tech/Equipment, Case Management, Information and Referral, Individual/Case Advocacy, Vocational/Employment.

Other: Mental Health Services including early intervention program, hearing and speech services and a school for the deaf.

### The Children's Hearing Institute

380 Second Ave., Ninth floor  
New York, NY 10010  
(646) 438-7802  
www.childrenshearing.org

Services Provided: The institute provides funding for research, educational support, and other programs relating to the restoration of hearing for infants and children with hearing loss or profound deafness. While CHI currently focuses much of their efforts on children who are deaf and can be helped with cochlear implant technology, they conduct research related to causes of deafness that ultimately can benefit people of all ages.

## LEGAL SERVICES

### Lawyers for Children, Inc.

110 Lafayette St., Eighth floor  
New York, NY 10013  
(800) 244-2540  
www.lawyersforchildren.com

Services Provided: Future Planning, Information and Referral, Legal Advocacy

### Legal Aid Society of New York City

199 Water St.  
New York, NY 10038  
(212) 577-3346  
(347) 245-5132  
www.legal-aid.org

Individuals Served: All Developmental Disabilities

Services Provided: Community Education, Information and referral, Individual/Case Advocacy, Legal Advocacy

Other: Advocacy training, and systems advocacy

### MFY Legal Services, Inc.

299 Broadway, Fourth floor  
New York, NY 10007  
(212) 417-3700

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy, Legal Advocacy.

### New York Lawyers for the Public Interest, Inc.

151 West 30th St., 11th floor  
New York, NY 10001-4007  
(212) 244-4664  
www.nympi.org

Services Provided: Community Education, Information and Referral, Individual/Case Advocacy, Legal Advocacy.

## MUSCULAR DYSTROPHY

### Muscular Dystrophy Association

11 E. 44th St. 17th floor  
New York, NY 10017  
(212) 682-5272  
www.mda.org

Services Provided: MDA is the gateway to information, resources and specialized health care for individuals and families coping with muscle disease. MDA's offices serve every community through a vast program of clinics, support groups, summer camps, equipment loans and much more.

## TOURETTE SYNDROME

### National Tourette Syndrome Association

42-40 Bell Blvd., Bayside, NY 11361-2820  
(718) 224-2999  
www.tourette-syndrome.com

Services Provided: Community education, information and referral.

# Long Island Special Needs

## RESOURCE GUIDE

### ADVOCACY

#### AHRC Nassau

Nassau County  
189 Wheatley Rd.  
Brookville, NY 11545  
(516) 626-1000  
[www.ahrc.org/](http://www.ahrc.org/)

Services Provided: Case Management, Community Education, future planning, Information and Referral, residential, treatment, vocational/employment

#### AHRC Suffolk

Suffolk County  
2900 Veterans Memorial Highway  
Bohemia, NY 11716-1193  
(631) 585-0100  
[www.ahrcsuffolk.org](http://www.ahrcsuffolk.org)

Services Provided: Assistive Tech/Equipment, Community Education, Future planning, Information and referral, residential, treatment, vocational/employment

#### Long Island Advocacy Center

999 Herricks Rd.  
New Hyde Park, NY 11040  
(516) 248-2222

Services Provided: Information and referral, Individual/case advocacy, legal advocacy

#### Nassau County Commission on Human Rights

240 Old Country Rd.  
Mineola, NY 11501  
(516) 571-3662  
[www.nassaucountyny.gov](http://www.nassaucountyny.gov)

Services Provided: Community education, Information and referral, individual/case advocacy, legal advocacy

#### Nassau County Department of Social Services

60 Charles Lindbergh Blvd.  
Uniondale, NY 11553  
(516) 227-8000  
[www.nassaucountyny.gov/agencies/dss/](http://www.nassaucountyny.gov/agencies/dss/)

Services Provided: Information and referral

#### Nassau/Suffolk Law Services, Inc.

Nassau County  
Hempstead Office  
1 Helen Keller Way – Fifth Floor  
Hempstead, NY 11550  
(516) 292-8100  
[www.nslawservices.org](http://www.nslawservices.org)  
Suffolk County  
Islandia Office  
(serves Suffolk West of Route 112)  
1757 Veterans Highway – Suite 50  
Islandia, NY 11749  
(631) 232-2400  
Riverhead Office  
(serves Suffolk East of Route 112)  
400 W. Main St., Suite 301  
Riverhead, NY 11901  
(631) 369-1112

### AUTISM

#### Asperger's Syndrome and Higher-Functioning Autism Association of New York

189 Wheatley Rd.  
Brookville, NY 11545  
(888) 918-9198  
[www.ahany.org](http://www.ahany.org)

Services Provided: Provides support and education for families, individuals and professionals affected by Asperger's Syndrome, high-functioning autism and other pervasive developmental disorders.

#### Matt and Debrea Cody Center for Autism and Developmental Disabilities

Stony Brook University, 5 Medical Dr., Port Jefferson Station  
(631) 632-8844  
[www.codycenter.org](http://www.codycenter.org)

#### Nassau-Suffolk Services for Autism (NSSA)

80 Hauppauge Rd., Commack, NY 11725  
Tel: (631) 462-0386  
Fax: (631) 462-4201  
Website: [www.nssa.net](http://www.nssa.net)

#### Quality Services for the Autism Community (QSAC)

56-37 188th St.  
Fresh Meadows, NY 11365  
(718) 357-4650  
[www.qsac.com](http://www.qsac.com)

Services Provided: QSAC is an award winning non-profit organization dedicated to providing services to persons with autism and/or pervasive disorder (PDD) throughout New York City and Long Island.

#### United Supports For Autism

283 Commack Rd.  
Commack  
(516) 848-8551  
[www.unitedsupportsforautism.org](http://www.unitedsupportsforautism.org)  
Contact: Natalia Appenzeller, Ph. D.

### CAMPS

#### Camp Akeela

3 New King St.  
White Plains, NY 20604  
(868) 680-4744 or [www.campakeela.com](http://www.campakeela.com)

#### Camp Horizons

127 Babcock Hill Rd.  
South Windham, CT 06266  
(860) 456-1032 or [www.camphorizonsorg](http://www.camphorizonsorg)

#### Camp Horseability

238 Round Swamp Rd.,  
Melville, NY 11747.  
(631) 367-1646 or [www.horseability.org](http://www.horseability.org)

#### Camp Huntington

56 Bruceville Rd  
High Falls, NY 12440  
(866) 514-5281 or [www.camphuntington.com](http://www.camphuntington.com)

#### Camp Loyaltown

Hunter, NY 12442.  
(518) 263-4242 or [www.camployaltown.org](http://www.camployaltown.org)

#### Camp Northwood

132 State Route 365  
Remsen, NY 13438-5700  
(315) 831-3621 or [www.nwood.com](http://www.nwood.com)

#### Frost Valley YMCA Camps

2000 Frost Valley Rd.  
Claryville, NY 12725  
(845) 985-2291 or [www.frostvalley.org](http://www.frostvalley.org)

#### Helen Keller Summer Camp

Farmingdale State University of New York.  
(516) 485-1235, ext. 617 or [info@helenkeller.org](mailto:info@helenkeller.org).

#### Gersh Academy At West Hills Day Camp

150 Broad Hollow Rd., Ste. 120,  
Melville, NY 11747  
(631) 385-3342 or [www.gershacademy.org](http://www.gershacademy.org)

#### JCC Of The Greater Five Towns Camp Friendship

207 Grove Ave.,  
Cedarhurst, NY 11516. 5  
16-569-6733 or [Gayle.fremed@fivetownsjcc.org](mailto:Gayle.fremed@fivetownsjcc.org)

#### Kehilla Vocation Experience

Henry Kaufman Campgrounds,  
75 Colonial Springs Rd.  
Wheatley Heights, NY 11798  
(516) 484-1545 or [www.sjcc.org](http://www.sjcc.org)

#### Mid-Island Y Jewish Community Center Aspire Program

45 Manetto Hill Rd.,  
Plainview, NY 11803  
(516) 822-3535, X 332 or [www.miyjcc.org](http://www.miyjcc.org)

#### My Shine Program

Sweet Hills Riding Center. West Hills Park,  
Sweet Hollow Rd.,  
Melville, NY 11747  
(516) 551-1491 or [www.myshineprogram.com](http://www.myshineprogram.com)

#### NYU Summer Program For Kids

College of New Rochelle,  
New Rochelle, NY  
(516) 358-1811 or [donofd01@nyumc.org](mailto:donofd01@nyumc.org)

#### Our Victory Day Camp

46 Vineyard Lane  
Stamford, CT 06902  
(203) 329-3394 or [www.ourvictory.com](http://www.ourvictory.com)

*Continued on page 36*

# Long Island Special Needs

## RESOURCE GUIDE

Continued from page 35

### **Powerpals Physical Fitness Camp**

4 Cedar Swamp Rd.,  
Glen Cove, NY 11542.  
www.power-pals.com

### **Ramapo For Children**

Rhinebeck Campus  
P.O. Box 266 Rt. 52 Salisbury Turnpike  
Rhinebeck, NY 12572  
(845) 878-8403 or www.ramapoforchildren.org

### **Summit Camp & Travel**

322 Route 46 West, Suite 210  
Parsippany, NJ 07054  
(800) 323-9908 or www.summitcamp.com

### **Southampton Fresh Air Home**

36 Barkers Island Rd  
Southampton NY 11968  
(631) 283-5847 or www.sfah.org

### **TAPA (Theresa Academy of Performing Arts) for Children with Special Needs**

(516) 432-0200 or www.TheresaFoundation.org

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## CEREBRAL PALSY

### **United Cerebral Palsy Association of Greater Suffolk, Inc.**

250 Marcus Blvd.  
PO Box 18045,  
Hauppauge, NY 11788-8845  
(631) 232-0011  
www.ucp-suffolk.org

Services Provided: Case management, community education, information and referral, residential, vocational/employment

### **United Cerebral Palsy Association of Nassau County, Inc.**

380 Washington Ave.  
Roosevelt, NY 11575  
(516) 378-2000  
www.ucpn.org

Services Provided: All developmental disabilities

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## DEVELOPMENTAL DISABILITY SERVICES

### **Child Find Program**

Suffolk County Department of Health Services  
Bureau of Public Health Nursing  
PO Box 6100  
Hauppauge, NY 11788-0099  
(631) 853-3069 (Western Suffolk)  
(631) 852-1591 (Eastern Suffolk)

Service Provided: Children under the Age of three, who have significant health problems or need special health care, may be eligible to receive services from a public health nurse.

The nurse will make home visits to provide support, information and training, as well as periodic screening and assessment of infant development. The program is designed to assist families in their care of babies born with health related issues, monitor and/or identify potential growth and learning problems and provide referrals to other support services (including Early Intervention) when appropriate.

WHO IS ELIGIBLE?

Some examples of children who are eligible are: Children who were born after a pregnancy of less than 33 weeks; Children who weighed less than three pounds at birth; children who spent more than 9 days in a neonatal or special care unit; children who exhibit growth and/or developmental problems; and children with special health problems.

### **Children with Special Health Care Needs Program**

Suffolk County Department of Health Services, Division of Services for Children with Special Needs  
50 Laser Ct.  
Hauppauge, NY 11788  
(631) 853-3000

Services Provided: Residents of Suffolk County under the age of 21, with chronic or disabling medical conditions may be eligible for diagnostic and/or treatment services through PHCP. Most children with chronic health problems can obtain a diagnostic evaluation to enable physicians to establish a diagnosis; a qualified family can address care plans for their child which may include surgical procedures, therapies and medications. PHCP may also assist families in securing devices such as braces, wheelchairs, hearing aids and other medical equipment and supplies.

### **Feel Better Kids**

626 RXR Plaza  
Uniondale, New York 11556  
(866) 257-5437

Services Provided: Feel Better Kids is a not-for-profit children's charity whose primary mission is to help children who are seriously ill or disabled.

### **Long Island Infant Development Program**

Nassau County  
2174 Hewlett Ave., Suite 105  
Merrick, NY 11566  
Suffolk County  
15 Smiths Lane  
Commack, NY 11725  
(516) 546-2333  
(631) 300-2333

Services Provided: Early Intervention, Preschool, ABA (Applied Behavior Analysis) services from birth through age 5

### **Nassau County Health Department, Early Intervention Program**

106 Charles Lindbergh Blvd.  
Uniondale, NY 11553  
(516) 227-8661

Services Provided: Information and referral  
Other: Point of entry into early intervention services

### **Nassau Early Childhood Direction Center**

Variety Child Learning Center  
47 Humphrey Dr.  
Syosset, NY 11791  
(516) 921-7171 or (800) 933-8779  
www.vclc.org

Services Provided: Information and referral, Individual/Case advocacy

Other: Preschool programs, transportation, medical, educational and social services, evaluation and assessment services, parent education programs and resources.

### **National Center for Disability Services**

201 I.U. Willets Rd.  
Albertson, NY 11507  
(516) 747-5400  
www.abilitiesonline.org

Services Provided: Assistive tech/equipment, Case management, community education, future planning, information and referral, individual/case advocacy, legal advocacy, vocational employment.

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## DOWN SYNDROME

### **Alexander's Angel's Inc.**

425 North Broadway, #486, Jericho, NY 11753  
(516) 361-7263  
www.alexandersangels.org

### **Association for Children with Down Syndrome Inc.**

4 Fern Place, Plainview, NY 11803  
(516) 933-4700  
www.ACDS.org

### **Individuals Served: Down Syndrome, Mental Retardation**

Counties Served: Nassau, Suffolk, Kings, Queens

Services Provided: Case management, community education, future planning, information and referral, Individual/Case advocacy, treatment.

Continued on page 38

# BASHIAN & FARBER, LLP



ATTORNEYS AT LAW

PARTNERS: JAMES L. HYER, ESQ., GARY E. BASHIAN, ESQ., & IRVING O. FARBER, ESQ. (NOT PICTURED): ANDREW FRISENDA, ESQ.

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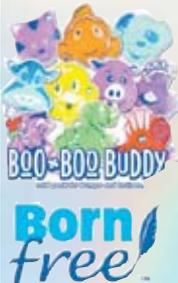
  
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# Long Island Special Needs

## RESOURCE GUIDE

Continued from page 36

### Down Syndrome Advocacy Foundation (DSAF)

P.O. Box 12173  
Hauppauge, NY 11788  
(516) 983-7008  
[www.dsafonline.org](http://www.dsafonline.org)

### EPILEPSY

#### EPIC long Island

Extraordinary People in Care  
1500 Hempstead Turnpike  
East Meadow, NY 11554  
(516) 739-7733  
[www.efli.org](http://www.efli.org)

Serves not only individuals with epilepsy, but also those with developmental disabilities and mental health challenges.

### GENERAL

#### Family and Children Association

180 Broadway, Second Floor, Hicksville  
(516) 935-6858  
175 Nassau Rd., Roosevelt  
(516) 623-1644  
510 Hempstead Tpke, Ste. 202  
West Hempstead

#### LDA of Long Island

44 South Elmwood Ave.  
Montauk, NY 11954  
(631) 688-4858  
[ldalongisland@yahoo.com](mailto:ldalongisland@yahoo.com)

Services Provided: LDANY'S regional affiliates provide a variety of programs and services for children and adults with learning disabilities. Please contact the regional affiliates closest to you for local information and referrals or to find out more about specific services offered.

#### Services for Children with Special Needs

50 Laser Ct., Hauppauge  
(631) 853-3100  
[www.co.suffolk.ny.us/departments/healthservices/children.aspx](http://www.co.suffolk.ny.us/departments/healthservices/children.aspx)

Contact: Liz Corrao

#### The K.I.S.S. Center (Kids In Special Services)

at the Mid-Island Y Jewish Community Center  
45 Manetto Hill Rd.,  
Plainview, NY  
(516) 822-3535  
[www.miyicc.org](http://www.miyicc.org)

Contact: Joanna M. Diamond, MS. Ed., director

### FINE & CULTURAL ARTS

#### Art without Walls, Inc.

P.O. Box 341  
Satville, New York 11782  
(631) 567-9418  
[www.artwithoutwalls.net](http://www.artwithoutwalls.net)  
[artwithoutwalls3@webtv.net](mailto:artwithoutwalls3@webtv.net)

Services Provided: Art without Walls, Inc. Established in 1985 is an award winning 501c3 NY state arts-health organization that develops original fine art and cultural programs to the disabled community. Art workshops, college portfolios, art therapy, art and cultural trips and exhibitions ages 7-18. Some adult programs are also available.

### MUSCULAR DYSTROPHY

#### Muscular Dystrophy Association

11 East 44th St.,  
New York, NY 10017  
(212) 682-5272  
[www.mda.org](http://www.mda.org)

Services Provided: Assistive Tech/equipment, case management, community education, future planning, information and referral, legal advocacy, treatment.

### SOCIAL SERVICES

#### Suffolk County Department of Social Services

3085 Veterans Memorial Highway,  
Ronkonkoma, NY 11779  
(631) 854-9930

Services Provided: Services vary by county

#### Suffolk County Department of Social Services, Family & Children's Services Administration

3455 Veterans Memorial Highway,  
Hauppauge, NY 11779  
(631) 854-9434

Services Provided: Child protective services, foster care placement

### TOURETTE SYNDROME

#### National Tourette Syndrome Association

42-40 Bell Blvd., Bayside, NY 11361-2820  
(718) 224-2999

[www.tourette-syndrome.com](http://www.tourette-syndrome.com)

Services Provided: Community education, information and referral

### VOCATIONAL EDUCATION

#### Nassau County BOCES Rosemary Kennedy School

2850 N. Jerusalem Rd.,  
Wantagh, NY 11793  
[www.staffet@mail.nasbooces.org](mailto:www.staffet@mail.nasbooces.org)  
(516) 396-2600

Services Provided: Educational services for students with developmental disabilities from age 9-21

#### The Board of Cooperative Educational Services of Nassau County (Nassau BOCES)

Serves the 56 school districts of Nassau County, Long Island, by providing cost-effective shared services, including career training for high school students and adults, special education, alternative schools, technology education, and teacher training, as well as dozens of programs to expand educational opportunity and help districts operate more efficiently.

#### Vocational and Educational Services for Individuals with Disabilities (VESID)

NYS Education Dept.  
Riverhead office, Plaza 524, East Main St.,  
Riverhead, NY 11901  
(631) 727-6496

Service Provided: Assistive tech/equipment, community education, information and referral, vocational/employment

#### Vocational and Educational Services for Individuals with Disabilities (VESID)

NYS Education Dept.  
Hauppauge District Office, NYS Office Building,  
250 Veterans Highway,  
Hauppauge, NY 11788  
(631) 952-6357

Services Provided: Assistive tech/equipment, community education, information and referral, vocational/employment.

# Westchester Special Needs

## RESOURCE GUIDE

### AUTISM

**Arc Health Resources of Rockland, Inc.**  
25 Hemlock Dr.  
Congers, NY 10950  
(845) 267-2500

Services Provided: Physical health care, mental health services, and speech, physical, and occupational therapy for people with autism, down syndrome, and other developmental disabilities.

#### Cardinal McCloskey Services

115 E. Stevens Ave., Suite LL-5  
Valhalla, NY 10595  
(914) 997-8000

Services Provided: Group homes, service coordination program, and supported employment for adults. Therapy for people with autism.

#### Community Based Services, Inc.

3 Fields Lane  
North Salem, NY 10560  
(914) 277-4771

Services Provided: Residential and non-residential services for people with autism.

#### Hawthorne Foundation

5 Bradhurst Ave.  
Hawthorne, NY 10532  
(914) 592-8526

Services Provided: Recreational activities and crisis intervention for children and adults with autism. Parent training.

#### Rockland County Aid-Yai

2 Crosfield Ave. Suite 411  
West Nyack, NY 10994  
(845) 358-5700 x125

Services Provided: Independent living, crisis intervention, social skills groups for children on the autism spectrum. Resources and supports workshops and ballet and yoga for children.

#### Taconic Innovations, Inc.

872 Route 376  
Wappingers Falls, NY 12590  
(845) 296-1042

Services Provided: Social skills development, speech and language therapy, occupational and physical therapy, handwriting programs, family therapy, and nutritional counseling for people with autism.

#### Westchester Co. Nysarc, Inc.

265 Saw Mill River Rd.  
Hawthorne, NY 10532  
(914) 428-8330

Services Provided: Family support groups and outreach, transition planning, counseling, recreation, employment services, daily living skills services, residential services, respite. Classes for children with autism.

### BRAIN INJURIES

#### Westchester Jewish Community Services

141 N. Central Ave.  
Hartsdale, NY 10530

(914) 949-7699

Services Provided: Community living, family support, respite, baseball program. Traumatic brain injury services, mental health services. Supper club for people with Asperger's.

### CEREBRAL PALSY

#### Cerebral Palsy of Westchester, Inc.

1186 King St.  
Rye Brook, NY 10573  
(914) 937-3800

Services Provided: Residency and vocational services for adults. School, animal therapy, wheelchair basketball, teen social club, and boy scouts programs for children.

### EPILEPSY

#### Capabilities Partnership, Inc.

450 W. Nyack Rd., Suite #9  
West Nyack, NY 10994  
(845) 627-0627

Services Provided: Education and training, advocacy, vocational services, service coordination, and community independence training for individuals with epilepsy and other neurological, physical, and developmental disabilities and their families.

### HEARING IMPAIRED

#### Jawonio, Inc.

260 North Little Tor Rd.  
New City, NY 10956  
(845) 634-4648

Services Provided: Hearing evaluations for children and adults. Hearing aids. Education about hearing loss and hearing aids.

### LEGAL SERVICES

#### Leake and Watts Service, Inc.

463 Hawthorne Ave.  
Yonkers, NY 10705  
(914) 375-8700

Services Provided: Early childhood learning center, counseling, children and family services, and juvenile justice services.

#### Rockland Independent Living Center, Inc.

873 Route 45, Room 108  
New City, NY 10956  
(845) 624-1366

Services Provided: Assistance with understanding disability rights laws and benefits. Housing, transportation, and employment resources. Help modifying housing for people with disabilities. Financial management services.

### MENTAL HEALTH

#### AMIC, Inc.

480 Albany Post Rd.

Briarcliff Manor, NY 10510

(914) 941-9513

Services Provided: The Clear View School offers support and therapy for emotionally disturbed children and families. Amic Supportive Families provides residential services for people with developmental disabilities.

#### The Guidance Center, Inc.

256 Washington St.  
Mount Vernon, NY 10553  
(914) 613-0700

Services Provided: Training in education, work, and personal relationships. Mental health treatment, substance use, and housing advisement.

#### Mental Health Assoc. of Rockland Co. Inc.

140 Route 303 Suite A  
Valley Cottage, NY 10989  
(845) 267-2172

Services Provided: Support groups, vocational services, suicide prevention, and recovery services programs for people living with mental illness or addiction.

#### St. Dominics Home

500 Western Highway  
Blauvelt, NY 10913  
(845) 359-3400

Services Provided: Mental health programs. Community and day habilitation for people with developmental disabilities. Service coordination.

### SOCIAL SERVICES

#### Special Care for Families & Children Svc.

1421 E. 2nd St.  
Brooklyn, NY 11230  
(718) 252-3365

Services Provided: Child and individual counselors, community organizations, and social services.

### TRUST SERVICES

#### Community Living Corporation

105 S. Bedford Rd., Suite 300  
Mt. Kisco, NY 10549  
(914) 241-2527

Services Provided: Pooled trust services for individuals to put money in. Arts instruction program.

#### Putnam Co. Nysarc, Inc.

Terravest Corporate Park  
31 International Blvd.  
Brewster, NY 10509  
(845) 278-7272

Services Provided: Trust services, community and day habilitation, employment services, residential services, preschool, Medicaid Service Coordination, recreation, and respite for people with intellectual, developmental, and other disabilities.

*Continued on page 40*

# Westchester Special Needs

## RESOURCE GUIDE

Continued from page 39

### **Dutchess Co. Nysarc, Inc.**

84 Patrick Lane  
Poughkeepsie, NY 12603  
(845) 635-8084

Services Provided: Trust services. Employment and living services for adults. Schooling for children ages three to five.

### **Rockland Co. Nysarc, Inc.**

25 Hemlock Dr.  
Congers, NY 10920  
(845) 267-2500

Services Provided: Trust services, guardianship services designed to help people make life decisions, community and day habilitation, preschool, recreation, respite, and prevocational and employment services.

## VOCATIONAL EDUCATION

### **Crystal Run Village, Inc.**

601 Stony Ford Rd.  
Middletown, NY 10941  
(845) 692-4444

Services Provided: Personal and domestic skills training for home, service, and work opportunities.

## GENERAL-MULTIPLE SERVICES PROVIDED

### **Abbott House**

100 N. Broadway  
Irvington, NY 10533  
(914) 591-7300

Services Provided: Self-advocacy program, day habilitation, and service projects. Recreational and social activities.

### **Ability Beyond Disability, Inc.**

480 Bedford Rd.  
Chappaqua, NY 10514  
(914) 242-8720

Services Provided: Aging specialties, psychological and behavioral support, social and community integration, vocational services, school to community transitional services for youth, transportation services, service coordination.

### **Advocates for the Disabled, Inc.**

135 Radio Circle Suite 203  
Mt. Kisco, NY 10549  
(914) 244-9688

Services Provided: Home and family care, counseling, and recreation.

### **Another Step, Inc.**

706 Executive Blvd.  
Valley Cottage, NY 10989  
(845) 268-8200

Services Provided: Residential, employment, self-help, and service opportunities.

### **Behavioral Solutions of NY, Inc.**

161 Darin Rd.  
Warwick, NY 10990  
(845) 263-9169

Services Provided: In-home services including Medicaid Service Coordination and HCBS waiver services. Strives to support individuals by decreasing social stereotypes.

### **Child Care Resources of Rockland**

235 N. Main St., Suite 11  
Spring Valley, NY 10977  
(845) 425-0009

Services Provided: Support parents in searching for child care. Provide development services for families.

### **Children of Promise Stable, Inc.**

135 Convent Rd.  
Nanuet, NY 10954  
(845) 304-9657

Services Provided: Horse-riding activities and therapies for children and adults.

### **Children's Rehabilitation Center**

317 North Ave.  
White Plains, NY 10605  
(914) 597-4000

Services Provided: Physical, occupational, and speech and language therapy.

### **Community Programs of WJCS**

845 North Broadway, Suite 2  
White Plains, NY 10603  
(914) 761-0600

Services Provided: Service coordination, therapeutic social skills, recreational and support groups, clinical services.

### **Compass Case Management**

77 Sundrop Court  
Riverhead, NY 11901  
(631) 886-2332

Services Provided: Assists families through the application process of the Care at Home Program.

### **Devereux Foundation**

40 Devereux Way  
Red Hook, NY 12571  
(845) 758-1899

Services Provided: Family education and professional training, transition to independent life training.

### **Fernclyff Manor for the Retarded**

1154 Saw Mill River Rd.  
Yonkers, NY 10710  
(914) 968-4854

Services Provided: Education program teaches children skills to prepare them for societal living.

### **Hamaspik of Rockland County, Inc**

58 Route 59, Suite 1  
Monsey, NY 10952  
(845) 356-8400

Services Provided: Service coordination, parental retreats, family support for people of Rockland.

### **Handicapped Children's Assn.**

18 Broad St.  
Johnson City, NY 13790

(607) 798-7117

Services Provided: Children's services, residential services, family support groups, therapy.

### **Health Care Advocacy**

33 Beach Rd.  
Ossining, NY 10562  
(914) 762-8815

Services Provided: Help families find resources to maintain medically fragile children at home and work with insurance companies. Medicaid assistance, help finding and working with nursing agencies, getting medical equipment, working with school districts to accommodate children.

### **Hero, Inc.**

2975 Westchester Ave.  
Purchase, NY 10577  
(914) 725-2481

Services Provided: Adaptive tennis, creative arts. Pup program in which certified animals visit children with disabilities in group homes.

### **kan, Inc.**

62 N. Main St.  
Florida, NY 10921  
(845) 508-6298

Services Provided: Medicaid Service Coordination, community habilitation, and respite.

### **Inclusive Links, Inc.**

95-117 Ravine Ave., Suite 6AVC  
Yonkers, NY 10701  
(914) 843-3217

Services Provided: Respite, community activities, arts and creative dramatics, music and dance, sports, education, and day camps.

### **Jewish Community Center**

371 S. Broadway  
Tarrytown, NY 10591  
(914) 366-7898

Services Provided: Preschool, camp, arts and cultural events, and health and fitness centers.

### **The Keon Center, Inc.**

2 John Walsh Blvd.  
Peekskill, NY 10566  
(914) 737-6980

Services Provided: Supported employment, group day habilitation, Medicaid Service Coordination, and vocational services.

### **Mount Vernon Recreation Dept.**

City Hall Room 3  
Mount Vernon, NY 10550  
(914) 665-2437

Services Provided: City parks, juvenile delinquency prevention, and developmental youth programs.

### **No. East Westchester Spec. Rec.**

63 Bradhurst Ave.  
Hawthorne, NY 10532  
(914) 347-4409

Services Provided: Aquatics, Special Olympics training, social activities, weekend trips, and day outings.

Other: Summer camps, winter group and com-

# Westchester Special Needs

## RESOURCE GUIDE

munity programs.

### **Opengate, Inc.**

357 Main St.  
Armonk, NY 10504  
(914) 277-5350

Services Provided: Day habilitation programs including computer time and hiking. Medicaid Service Coordination.

### **Progressive Social Services, Inc.**

41 Livingston Ave.  
Yonkers, NY 10705  
(914) 434-5532

Services Provided: Medicaid Service Coordination and respite.

### **Putnam Recreation for Handicapped**

953 South Lake Blvd.  
Mahopac, NY 10541  
(845) 621-5499

Services Provided: Recreational opportunities for children and adults with developmental disabilities who reside in Putnam County.

### **Rayim Of Hudson Valley, Inc.**

149 Elm St.  
Monroe, NY 10950  
(845) 782-7700

Services Provided: Community, residential, and day habilitation. Community transition services, family care, and housing subsidy assistance.

### **Richmond Children's Center**

272 N. Bedford Rd.  
Mt. Kisco, NY 10549-1103  
(914) 471-4100

Services Provided: Community and day habilitation, hourly respite, Medicaid Service Coordination, education and training, self-advocacy, help redesigning homes.

### **SE Consortium for Special Services**

740 West Boston Post Rd., Suite 301  
Mamaroneck, NY 10543  
(914) 698-5232

Services Provided: Physical recreation and sports such as karate or a fit club, expressive and fine arts activities, and daily living experiences such as lunch and a movie or a Friday travel club.

### **Select Human Services, Inc.**

17-19 Marble Ave.  
Pleasantville, NY 10570  
(914) 741-6300

Services Provided: Medicaid Service Coordination, community habilitation, waiver-respite, self-direction, and family support,

### **Share of New Square**

118 Clinton Lane  
Spring Valley, NY 10977  
(845) 354-3233

Services Provided: Hospitality rooms, meals, and transportation.

### **Sparc, Inc.**

3045 Gomer St.  
Yorktown Heights, NY 10598

(914) 243-0583

Services Provided: School for children and young adults. Therapy, recreation, drama, and music. Other: Summer programs and family events.

### **Special Olympics of NY**

1207 Rte 9, Suite 1C  
Wappingers Falls, NY 12590  
(845) 765-2497

Services Provided: Year-round sports training and athletic competition in Olympic-style sports for children and adults with intellectual disabilities.

### **St. Agnes Hospital**

305 North St.  
White Plains, NY 10605  
(914) 285-8490

Services Provided: Hospital, clinic, and emergency treatment facilities. Occupational and speech therapy.

### **St. Christopher's, Inc.**

71 S. Broadway  
Dobbs Ferry, NY 10522  
(914) 693-3030

Services Provided: Residential, educational, therapeutic, recreational, and social services for teens with emotional, behavioral, and learning disabilities.

### **Steffi Nossen School of Dance**

216 Central Ave.  
White Plains, NY 10606  
(914) 328-1900

Services Provided: Dance classes teaching various types of dance for people of all ability levels.

### **Student Advocacy**

3 W. Main St., Suite 2  
Elmsford, NY 10523  
(914) 347-7039

Services Provided: Educational services for children at risk of dropping out of school, children of immigrant families, and children with disabilities.

### **Tanglewood Acres Adult Home, Inc.**

724 South Pascack Rd.  
Chestnut Ridge, NY 10977  
(845) 623-4780

Services Provided: Community residence for adults with developmental disabilities.

### **The Friends Network, Inc.**

8 Peach Lake Rd.  
Brewster, NY 10509  
(845) 278-0820

Services Provided: Social and recreational activities, life skills classes, and day habilitation for adults. Seminars in trust planning, housing, and Social Security benefits.

### **West St. Daycare Center, Inc.**

96 N. Main St.  
Spring Valley, NY 10977  
(845) 425-2379

Services Provided: Childcare center, home day-care, nannies, and sitters.

### **Westchester County Dept. Community M H**

112 E. Post Rd., Room 219  
White Plains, NY 10601  
(914) 995-5256

Services Provided: Community day services, recreational transportation, and educational and housing support. Legal, medical, and vocational services. Therapy and sexuality awareness counseling.

### **Westchester Inst for Human Development**

325 Cedarwood Hall  
Valhalla, NY 10595  
(914) 493-3953

Services Provided: Assistive technology, child welfare, community support network. Speech, hearing, and dental services. Behavior psychology and health and wellness programs.

### **Westco Productions, Inc.**

9 Romar Ave.  
White Plains, NY 10605  
(914) 761-7463

Services Provided: Musical adaptations of children's fairy tales, folktales, and legends, and of Broadway musicals, comedies, and dramas, for children aged two years and older. Cast meetings available after shows. Also available for birthday parties and after-school activities.

### **White Plains Recreation**

85 Gedney Way  
White Plains, NY 10605  
(914) 422-1336

Services Provided: Recreational, cultural, and sports programs and activities. Parks, playgrounds, gardens, malls, and a senior center.

### **Yedei Chesed**

48 Scotland Hill Rd.  
Chestnut Ridge, NY 10977  
(845) 425-0887

Services Provided: Residential opportunities, day programs, early intervention, respite, behavior management, family support.

### **Yonkers Parks and Recreation**

285 Nepperhan Ave.  
Yonkers, NY 10701  
(914) 377-6441

Services Provided: Day camp for developmentally disabled children, adolescents, and adults. Special Olympics activities, Girl Scouts, bowling, young adult club, art therapy, pet therapy, dance therapy, and theater workshop.

### **YWCA of White Plains**

515 North St.  
White Plains, NY 10605  
(914) 949-6227

Services Provided: Swim classes and piano or guitar lessons. Friday night pizza, movies, and games. Special Olympics training and competition. Dance night, Friday night pizza and Bingo for adults.

Other: Holiday camps and summer camps for youth.

# Developmental Disabilities Service Offices

## RESOURCE GUIDE

The State Office of OPWDD provides services through the following Developmentally Disabled Service Offices (DDSO) of each borough. Services include group home placement, advocacy, respite care, financial planning, estate planning, education, day treatment, children's services, and discharge planning.

### **Metro NY Developmental Disabilities Service Office — Bronx**

2400 Halsey Ave.  
Bronx, NY 10461  
Voice (718) 430-0478  
Fax (718) 430-0866

### **Metro NY Developmental Disabilities Service Office — Manhattan**

75 Morton St., New York, NY 10014  
Voice (212) 229-3000  
Fax (212) 924-0580

### **Brooklyn Developmental Disabilities Service Office**

888 Fountain Ave.  
Brooklyn, NY 11208  
Voice (718) 642-6151

### **Queens Developmental Disabilities Service Office**

80-45 Winchester Blvd.

Hillside Complex, Bldg. 12  
Queens Village, NY 11427  
Voice (718) 217-4242  
Fax (718) 217-5835

### **Staten Island Developmental Disabilities Service Office**

1150 Forest Hill Rd.  
Staten Island, NY 10314  
Voice (718) 982-1903

### **Long Island Developmental Disabilities Service Office**

45 Mall Dr., Commack, NY 11725  
Tel: (631) 493-1700  
Fax: (631) 493-1803  
Website: [www.omr.state.ny.us](http://www.omr.state.ny.us)

# New York Special Education Parent Centers

## RESOURCE GUIDE

There are Special Education Parent Centers across New York State. These centers will provide parents of children with disabilities with information, resources, trainings and strategies.

### **Long Island Parent Center**

Center for Community Inclusion  
Brentwood Campus, Long Island University  
100 Second Ave., Brentwood, NY 11717  
(516) 589-4562  
[www.liparentcenterliu.org](http://www.liparentcenterliu.org)

Covers the following BOCES: Suffolk; Nassau

### **Brooklyn Center for Independence of the Disabled**

27 Smith St., Suite 200, Brooklyn, NY 11201  
(718) 998-3000  
[www.bcid.org/](http://www.bcid.org/)

Region served: NYC – Brooklyn

### **Resources for Children with Special Needs, Inc.**

The Manhattan Parent Center Without Walls

116 E. 16th St, Fifth floor, New York, NY 10003

(212) 677-4650

[www.resourcesnyc.org/content/manhattan](http://www.resourcesnyc.org/content/manhattan)

Region served: NYC – Manhattan

### **Parent to Parent NY, Inc.**

Staten Island Special Education Parent Center  
1050 Forest Hill Rd., Staten Island, NY 10314  
(718) 494-4872  
[www.parenttoparentnys.org/Regional/statenisland.htm](http://www.parenttoparentnys.org/Regional/statenisland.htm)

Region served: NYC – Staten Island

### **Resources for Children with Special Needs, Inc.**

The Bronx Parent Center Without Walls  
116 E. 16th St., Fifth floor, New York, NY 10003

(212) 677-4650

[www.resourcesnyc.org/content/bronx](http://www.resourcesnyc.org/content/bronx)

Region served: NYC – Bronx

### **United We Stand of New York, LTD**

Queens Special Education Parent Center  
Mail to: 91 Harrison Ave.  
Location: 98 Moore St., Brooklyn, NY 11206  
(718) 302-4313

[www.meetup.com/QueensSpecialEducationParentCenter/](http://www.meetup.com/QueensSpecialEducationParentCenter/)

Region served: NYC – Queens

### **The Westchester Institute for Human Development**

Cedarwood Hall, Room A106  
Valhalla, NY 10595

(914) 493-7665

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

Covers the following BOCES: Dutchess; Orange-Ulster; Putnam-Northern Westchester; Rockland; Southern Westchester; Sullivan; Ulster and Yonkers City School District

See more at: [www.parenttoparentnys.org/education/#sthash.Gm8DbPrl.dpuf](http://www.parenttoparentnys.org/education/#sthash.Gm8DbPrl.dpuf)

# March of Dimes

## RESOURCE GUIDE

### **New York Chapter**

[www.marchofdimes.org](http://www.marchofdimes.org)  
515 Madison Ave., 20th Floor, New York, NY, 10022  
(212) 353-8353

### **Long Island Division**

325 Crossways Park Dr., Woodbury, NY,

11797

(516) 496-2100

### **Northern Metro Division**

580 White Plains Rd., Suite 445, Tarrytown, NY, 10591  
(914) 407-5000

### **Staten Island Division**

114 McClean Ave., Staten Island, NY, 10305  
(718) 981-3000

### **March of Dimes National Office**

1275 Mamaroneck Ave.  
White Plains, NY 10605  
(914) 997-4488



# The IDEAL Difference

In our diverse and inclusive K–12 community and within our robust academic program, IDEAL students recognize their potential to effect change and are equipped with the tools to do so. They strive for excellence in and out of the classroom and recognize and draw out the potential for excellence in their peers. They possess the self-awareness to advocate for themselves and the compassion to stand behind others. They not only appreciate but also seek out difference, understanding that only in community are we IDEAL.

## #SchoolCanBeIDEAL

Sign up for an Open House or a Tuesday Talk and Tour to learn more about IDEAL's rigorous and differentiated program, innovative social justice curriculum, and uniquely inclusive community.

### OPEN HOUSES

#### Lower School:

March 6 at 9am

April 5 at 9am



### OPEN HOUSES

#### Upper School:

March 13 at 9am

April 19 at 9am

IDEAL has mid-year openings in select grade levels for qualified candidates.

**RSVP at [www.theidealschool.org](http://www.theidealschool.org)**

For further information, contact us at  
[admissions@theidealschool.org](mailto:admissions@theidealschool.org) or 212-769-1699



THE MID-ISLAND Y JCC

# Adler Center

## Does your child need social, recreational and vocational support services?

The **Mid-Island Y JCC** offers comprehensive programs and services for **pre-school age children through young adults** with developmental disabilities.



### OPEN TO THE PUBLIC

- Pre-vocational and Vocational Training
- Weekly Saturday and Sunday social and recreational programs
- Individual and group swim lessons for all ages
- Parent, grandparent and sibling support
- Teen community outings
- Low child-to-staff ratio
- Art, music and sports specialists on staff
- Peer mentoring
- After school daycare
- Teen exercise and healthy lifestyle classes
- Inclusion and self-contained camp options

*JCC membership not required to obtain services.*

**Questions? Call Sharon Hanover, MSW, Adler Center Director**

MID ISLAND  
**YJCC/60**  
CELEBRATING 60 YEARS

**(516) 822-3535, x332**  
45 Manetto Hill Rd, Plainview | [www.miyjcc.org](http://www.miyjcc.org)



*The Adler Center is supported by a grant from the J.E. & Z.B. Butler Foundation, Inc.*