

2021-2022

STEPPING STONES NH

A GUIDEBOOK FOR PEOPLE WITH DISABILITIES, THEIR FAMILIES, AND THE PROFESSIONALS WHO SUPPORT THEM

Following a CREATIVE PASSION



A SPECIALTY PUBLICATION OF



NEW HAMPSHIRE COUNCIL ON
DEVELOPMENTAL DISABILITIES

PUBLISHED BY

BUSINESSNH
MAGAZINE



OUR MISSION:

The NH Council on Developmental Disabilities is dedicated to dignity, full rights of citizenship, cultural diversity, equal opportunities and full participation for all New Hampshire citizens with developmental disabilities.



NEW HAMPSHIRE COUNCIL ON
DEVELOPMENTAL DISABILITIES

OUR BELIEF: We believe that citizens of all abilities are fully able to participate meaningfully in our society when given the supports and opportunities they need.

OUR WORK: We work alongside people with disabilities to elevate their voices and to bring groups together to plan and build a better life for all of us.

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The NH Council on Developmental Disabilities is dedicated to dignity, full rights of citizenship, cultural diversity, equal opportunities, and full participation for all NH citizens with developmental disabilities. The Council initiates activities and projects for and with people with disabilities that create

positive, long-term change to participate in all aspects of community life and supports community initiatives that promote full citizenship and inclusion.



NEW HAMPSHIRE COUNCIL ON
DEVELOPMENTAL DISABILITIES

Dear Stepping Stones NH Readers:

I am thrilled to bring you the 2021-2022 issue *Stepping Stones NH* magazine!

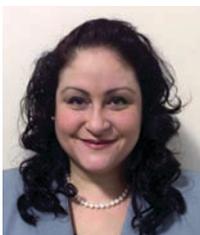
Our community has overcome many obstacles this year. People with disabilities are used to adapting to change. There is a word for that: Resilient! We hope that this important resource guide for individuals with disabilities, their families, and the people who support them, helps provide some consistency during these challenging times.

I am proud to work with a community that has strong values and beliefs for the full inclusion and participation of people with disabilities in all aspects of community life. With that in mind, I am especially excited about the new law in NH that recognizes supported decision-making as an alternative to guardianship. Through this law, people with disabilities can maintain their rights and still receive the support they need to make important decisions about their lives. The feature article in this issue highlights why this is such an important step forward for NH citizens with disabilities.

This issue also focuses on the many ways that people with disabilities participate in their communities. It showcases passions and talents that individuals in the disability community have; finding their voice through artistic expression. Whether it is theater arts, visual art, writing or other interests, people with disabilities are often creative and talented. Many individuals also crave opportunities for life-long learning and have been able to access technology that can help them quench that thirst for knowledge.

In this issue, we continue to share important information and resources that impact the lived experiences of people with disabilities and their families throughout the lifespan. For example, there is an article about the important work being done to empower families who receive a disability diagnosis. Another article highlights research related to the importance of preventive health for adults with intellectual and developmental disabilities. One of my favorite stories focuses on older adults with disabilities, and how planning for a satisfying retirement can be extremely important to an individual's sense of fulfillment and participation in the community. Finally, we provide some important information about STABLE NH accounts.

We hope you enjoy this issue and that you find the information in it helpful. It is important to us that we continue to promote opportunities for meaningful participation in the community for people with disabilities. Thank you for your continued support and readership.



Isadora Rodriguez-Legendre
Executive Director
NH Council on Developmental Disabilities

Check out our Facebook page, which features information, events, conferences and workshops relevant to the developmental disabilities community in NH: [facebook.com/NHCDD](https://www.facebook.com/NHCDD). You can also access our online resource guide at nhddresources.wordpress.com.



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Stepping Stones NH is published by
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80 Canal St, Ste 203
Manchester, NH 03101
603-626-6354

Please forward any inquiries or correspondence to 80 Canal St, Manchester, NH 03101. For editorial information, please call 603-626-6354. For information on how your company can advertise in Stepping Stones NH, or on the Stepping Stones NH website, steppingstonesnh.com, call 603-626-6354.

BusinessNHmagazine.com

Business NH Magazine, 80 Canal St, Ste 203, Manchester, NH 03101 (ISSN 1046-9575), is published monthly by Millyard Communications Inc.; Heidi Copeland, president. Periodicals postage is paid at Manchester, NH. POSTMASTER: Send address changes to *Business NH Magazine*, 80 Canal St, Ste 203, Manchester, NH 03101. Copyright © 2021. All rights reserved. Reproduction in whole or in part without permission is prohibited.



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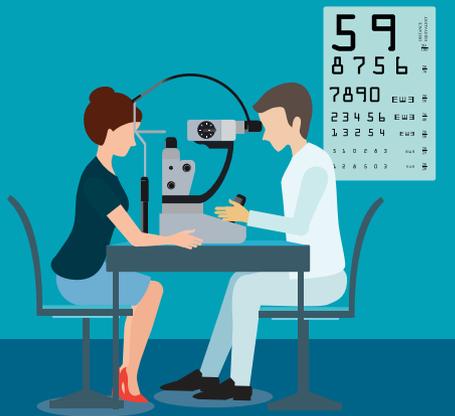
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Help Along the Way

Better Preventive Health Needed For NH Adults With IDD

BY KIMBERLY PHILLIPS



A new data report from the NH Disability & Public Health Project focused on the importance of preventive health for NH adults with intellectual and developmental disabilities (IDD). The report used information from a National Core Indicators survey. It showed that, compared to adults with IDD in the United States, adults with IDD in NH were less likely to have seen a dentist in the last year. They were less likely to have had a vision test or a hearing test in the last year.

Many NH adults with IDD report problems with their general health. Three in ten say their health is fair or poor (not good, very good, or excellent). Some are smokers. Almost half are obese, and many do not exercise or stay physically active.

To be as healthy as possible, NH adults with IDD need access to preventive health care. They often need support to engage

in healthy behaviors. They need to be intentionally included in accessible health promotion programs. In NH, adults with IDD are more likely than in other parts of the United States to live in their own homes. They are more likely to live in rural areas. So, it is important to have strong community supports to close gaps in preventive care.

Learn more from the NH Disability & Public Health Project at the University of NH Institute on Disability.



Kimberly Phillips is a Research Assistant Professor at the UNH Institute on Disability. She leads the NH Disability & Public Health Project and other grant-funded, disability-related research efforts.

Health Indicators for Adults with IDD in NH

In NH, many adults with IDD need support to get preventive health care and engage in healthy behaviors. Preventive health care includes regular visits with a provider to screen for health issues and share health information.

3 in 10



self-report their health as fair or poor

1 in 10



are current smokers

4 in 10



are obese

1 in 10



report no physical activity

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An illustration of a large orange money bag with a black strap, overflowing with stacks of teal and grey banknotes. Several gold coins are floating in the air above the stacks. The background is a light teal circle with white dots and lines.

STABLE NH Improves It's Services

BY LORRIE RIPLEY



With
STABLE NH,
Katie Duran
will have
more choices
in her future.

The STABLE NH program has continued its growth and is currently improving the lives of 526 people who hold over \$4.2 million in NH assets. Those accounts are co-administered by the State Treasurer Monica Mezzapelle and Chuck Saia, executive director of the Governor's Commission on Disability.

However, there has been a recent change in how the program is managed. Sunday Administration, a subsidiary of the Bank of NY Mellon, has assumed management over the program's obligations. This partnership has resulted in a few new benefits.

STABLE NH accounts now have lower maintenance fees, which means participants keep more of their own money. Though fees will be subtracted directly from the account, they are paid quarterly rather than monthly.

Customer service is also improved and now features a live online chat to provide more robust customer service. Another noteworthy perk is the ability for participants to direct deposit into their accounts. For those working (or those looking for a job), the ability to save is increased as contributions to a STABLE NH account can be made right from their paychecks.

The ability to save and grow money is a game changer for people with disabilities. In addition, the STABLE NH family continues to grow as more NH citizens discover what a useful financial tool an account can be and then sign up. The pandemic has resulted in individuals receiving stimulus money and a STABLE NH account is the perfect place to house that resource for later use. The days of having to spend down money to retain benefits are over. For more information, call 603-271-2773 or visit <https://www.nh.gov/disability/>. Follow them on Facebook & Twitter.



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LIFE-LONG LEARNING

BY ROBERTA GALLANT



I love learning. I am especially interested in language arts. I also enjoy notetaking.

Some of my favorite activities are workbooks. I am practicing writing paragraphs properly and staying on topic. I especially like writing about history and current events.

I recently applied for a personal education grant from the NH Council on Developmental Disabilities for an iPad so I could download learning applications. With the support of staff from the Merrimack Nursing Home, I was able to order an Apple iPad and then I researched the best applications for the things that interest me. I did a search on the internet and found applications for reading and writing.

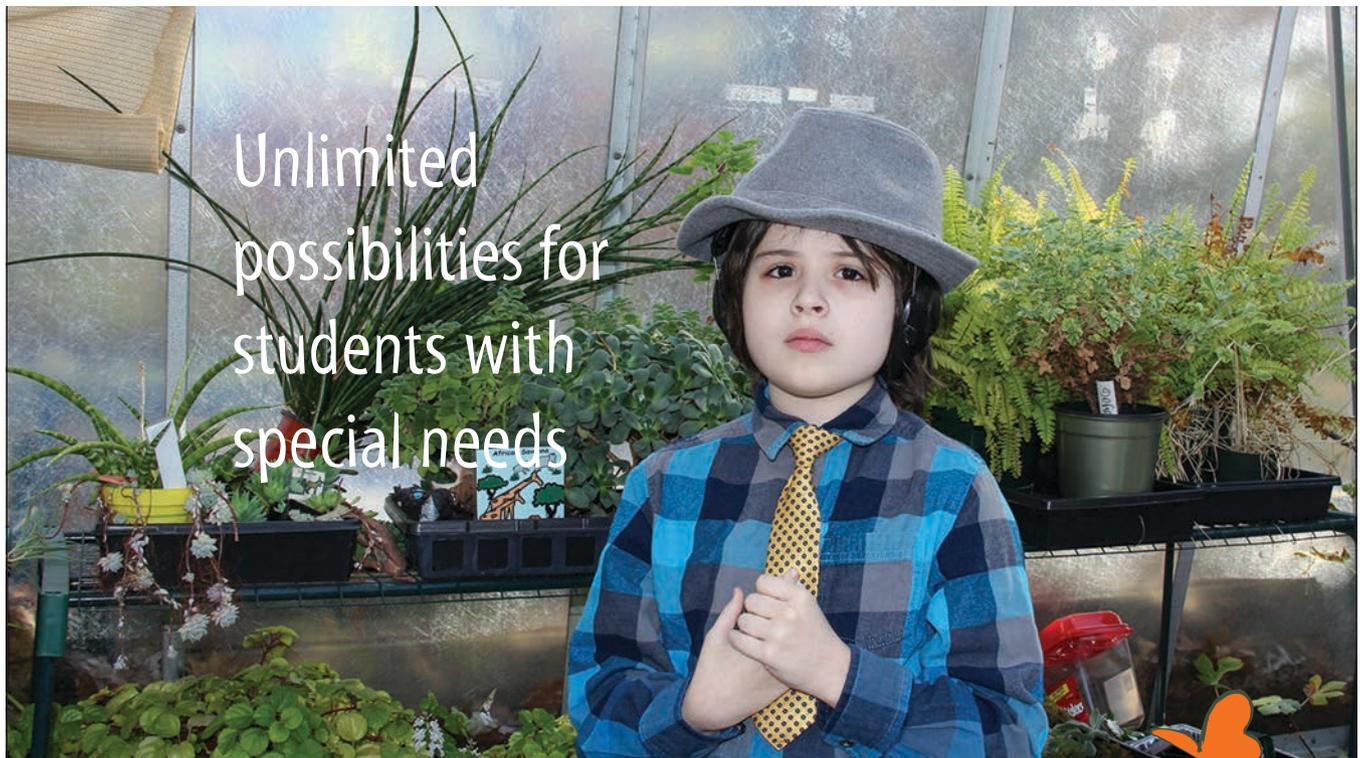
I have spent my life advocating for educational opportunities for people who did not receive a good education during

their school years. I have worked hard to break down barriers to continue learning.

Doing this has made it possible for me to write testimony in support of legislation. I have had the opportunity to read my testimony in front of legislative committees. Everyone has a right to tell the policymakers how they feel about decisions that they make.

It is my wish that private tutors could go to the homes of people with and without disabilities and teach them how to read and write or whatever else they choose to learn.

Roberta Gallant belongs to SALT, the Self Advocacy Leadership Team. She writes from her home in Boscawen, NH.



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It is the mission of CSNI to promote, support and advance the local area agencies in their efforts to maintain and evolve the comprehensive community-based system of long term supports and services for individuals with disabilities and acquired brain disorders.

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RETIREMENT

for people with ID/DD in NH

BY JEAN CROUCH



New Hampshire established a Participant Directed and Managed Services model for supporting people with Intellectual Disabilities/Developmental Disabilities (ID/DD).

This model allows individuals and their families to design their own programs, using either community providers of supports or working with their Area Agency to hire people they know personally who will meet their wants and needs. The benefit of this option is that the person can customize a program that aligns with their current and future goals. Hours are flexible and supports can be tailored to what provides that person with the most meaningful life as defined and determined by that person.

The model for retirement is no different. I would like to take this opportunity and thank my friends at the Council and Area Agency staff who connected me with retirement stories. Please note, individual names are fictitious to protect the privacy of those include.

“Living My Best Retirement Life”

Just after Sarah’s 65th birthday, she found that she felt dissatisfied, despite



her days being filled with multiple structured activities. Sarah lost her motivation and joy with activities. After discussions with friends and family, she decided to take off her running shoes and design her retirement, implementing a Participant Directed Service Model.

This new plan included hiring two support people, with whom she was familiar, as well as a family member. Sarah had a longtime boyfriend that she had gotten used to seeing often in her previous program and it was important to her to continue that relationship. In Sarah's retirement life, she enjoys regular visits with her boyfriend and, together, they participate in a variety of leisure activities. Sarah is not a morning person, so she also decided to design her day to start a little later, which suits her quite well.

Over her many years exploring the community, Sarah also discovered her favorite cafe. She made it a point to schedule visits to that cafe as it plays a significant role in her morn-

ing routine. Sarah is very close with her family and loves going to the lake with them. Her retirement life allows her to experience lake life on other days of the week not just the weekend.

The pace and activities of retirement life really suit Sarah. She has become more talkative and sociable. Sarah's retirement design is flexible enough to fully support her wants and needs. She is maintaining her health and enjoying the simple things in each day.

Sarah is living "Her Best Retirement Life."



Jean Crouch is a member of the NH Council on Developmental Disabilities and chairs several Council committees. Crouch is a supervisor at The Bureau of Elderly & Adult Services, Department of Health and Human Services. She also works with a variety of Non-Medicaid Community- Based Programs with a focus on prevention.



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Following a Creative Passion: *THEATER ARTS*

BY CHELON LE
PHOTOS BY MATT PARKER



Chelon Le
performing on
stage at her
high school.



When I was 10, all I cared about was dinosaurs and cartoons. I always felt different from my peers because of my autism. I'd never considered pursuing performance. That was until April of 2016, when my passion for acting was born.

My family went to the local middle school musical, *The Lion King*. Little fourth grade me expected to be bored the entire time, but something sparked. Watching the older kids dancing and singing clicked something in me. I wanted to join them. The stage lured me. That was the moment I knew I wanted to be an actor.

While I waited to be old enough to try out for middle school shows, the wonderful world of theatre camp came into my life. It was at the University of NH where my sister and I first auditioned and received parts for *Madagascar Jr.* In my eleven-year-old eyes, it was my proudest achievement ever. From there I further pursued my passion by attending day camps, local church groups and performances at overnight theater camps.

Then came the real deal. My very first high school musical, *Mamma*

Mia. I knew if I practiced and practiced my audition pieces, I had a shot at getting cast and I did! This was a serious and professional production and when closing night came, I knew I had found my people.

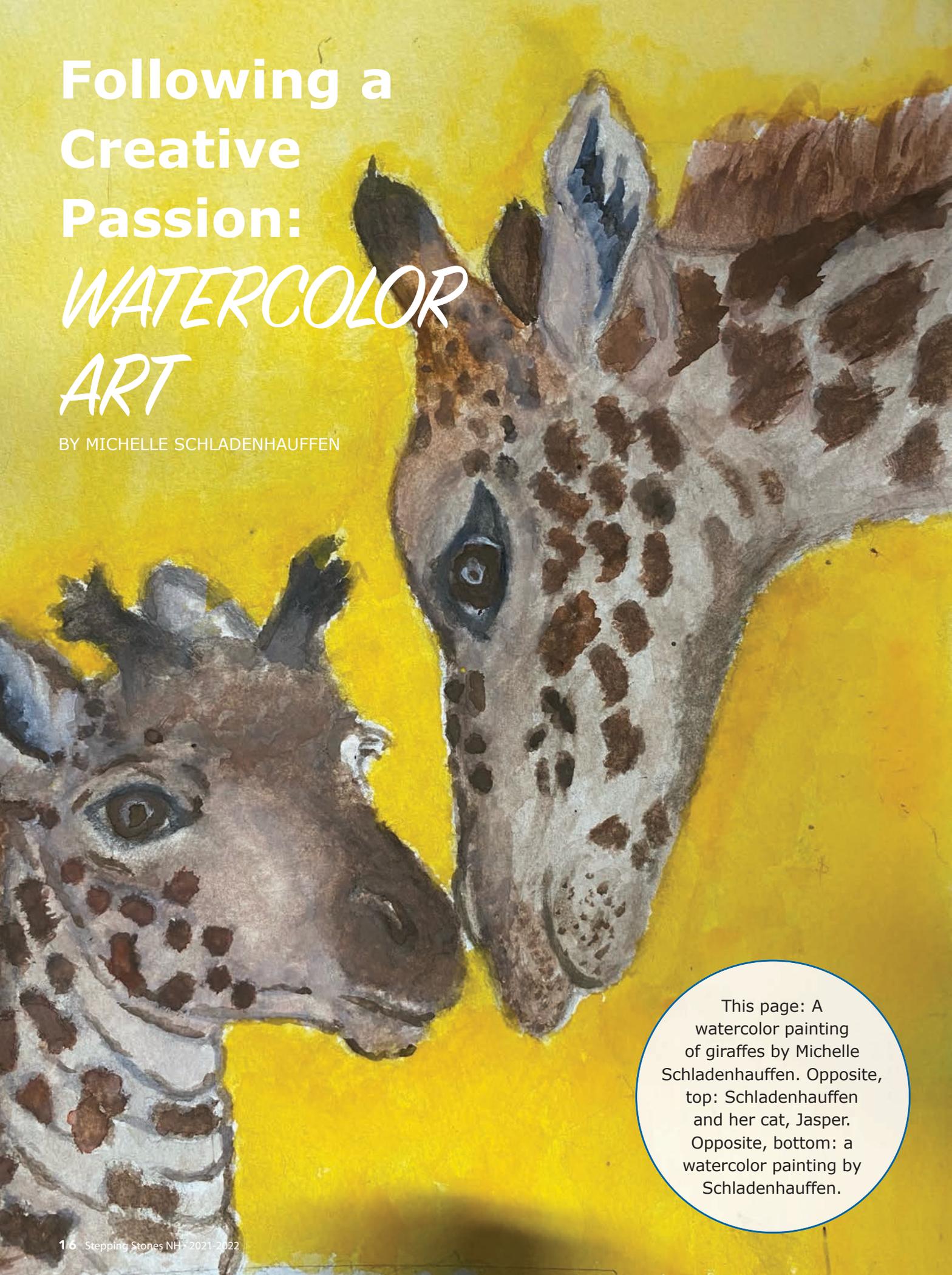
I had always hated being "different", but when I sought out opportunities to continue performing, I met people who shared my creative passions. People in theater make you feel at home when you're not home. I have made many friends in this community. I even got to know one of my current best friends! If I can find my place as someone who experiences differences, so can you.

Chelon Le is a student, writer, aspiring actor and developing activist at Winnacunnet High School. She lives in small town in NH with her encouraging parents, whimsical little sister, two sassy cats and goofy dog. She remained creative during the COVID-19 shut down by joining an online acting club, performing in two shows from home, and was inducted into Winnacunnet's International Theatre Society as an honorary member.



Following a Creative Passion: *WATERCOLOR ART*

BY MICHELLE SCHLADENHAUFFEN



This page: A watercolor painting of giraffes by Michelle Schladenhauffen. Opposite, top: Schladenhauffen and her cat, Jasper. Opposite, bottom: a watercolor painting by Schladenhauffen.

My name is Michelle Schladenhauffen. I am an individual with a rare disability referred to as Charcot Marie Tooth Syndrome, which is a group of inherited disorders that cause nerve damage. I also have an artistic gift. I am a freelance watercolor sketch artist and owner of a small business called “Watercolors by Michelle.”

My love to sketch has been lifelong. I have always used art as an escape, a way to relax. When I moved to my current residence “Betty’s Dream” in 2012, I took advantage of the watercolor art classes they were offering. I fit right in and learned quickly, combining my sketch skills with watercolors.

OneSky Community Services, the area agency that I am associated with, encouraged me to pursue selling my originals. In 2017 and 2018, I was selected to display my art at an inclusive event sponsored by OneSky at the Robert Lincoln Levy Gallery Portsmouth, NH. Seeing my originals displayed on gallery walls, and even better selling them, made me want to pursue more.

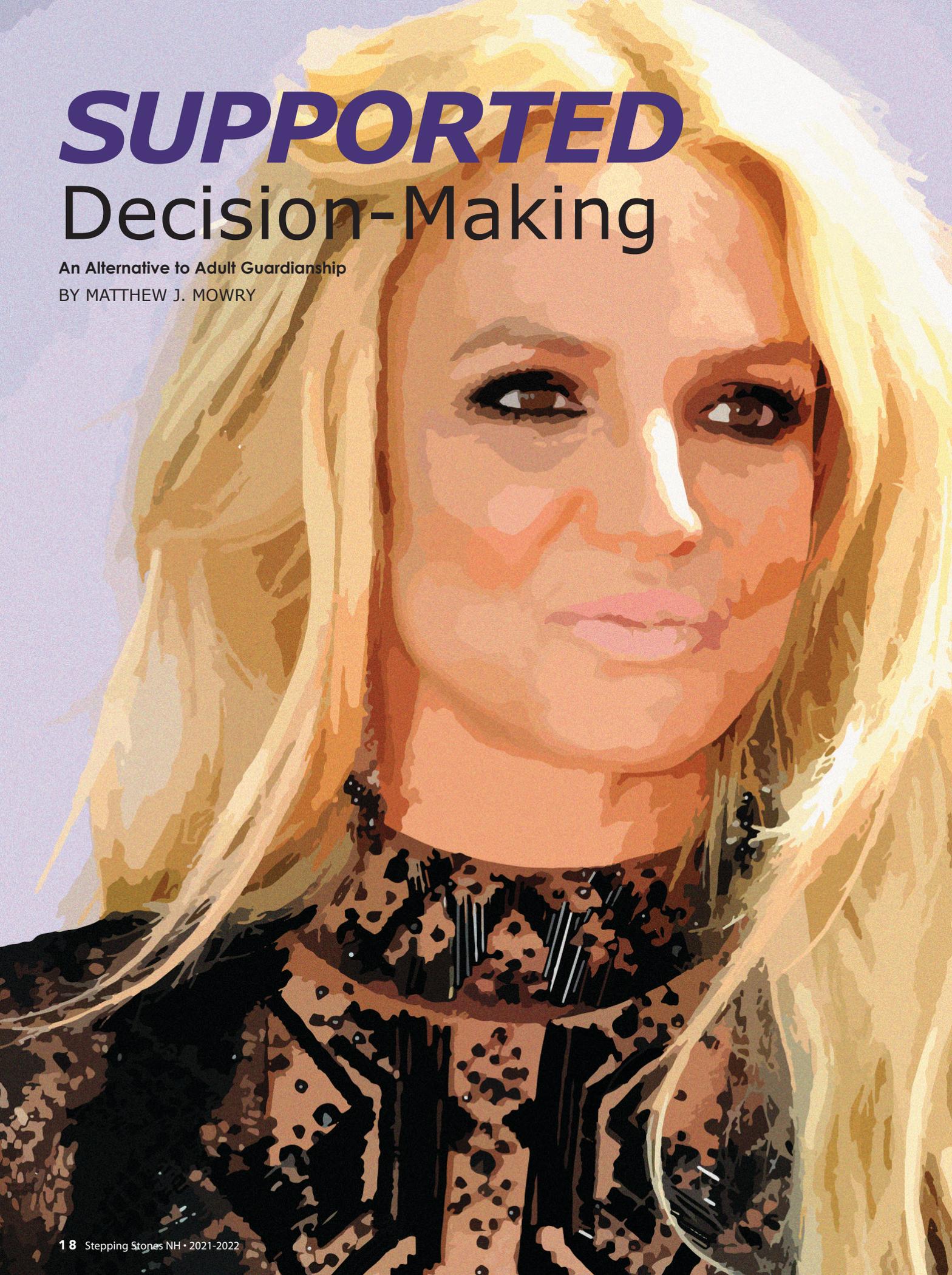
OneSky recommended a print shop in Portsmouth called Alphagraphics, where my images could be turned into posters and cards. In 2018 and 2019, this art was placed for sale during Market Square Days under OneSky’s vending tent. I added custom t-shirts to my retail collection in 2019. The t-shirts were a hit, selling at my Annie’s Angels fundraiser in 2019. (Annie’s Angels raises money to help local families who struggle financially due to disease, illness, or disability.) That summer, with the help of Annie’s Angels and OneSky, I raised enough money to purchase a 2018 Dodge Grand Caravan.

In 2020, I partnered with Annie’s Angels and opened an online store called “Michelle’s Tees and More.” In the spirit of giving, 10% of my sales revenue is donated to Annie’s Angels.

I have been blessed to have a gift that I enjoy, make money to support my hobby, and give to those in need.

Michelle Schladenhauffen is a watercolor sketch artist and owner of Watercolors by Michelle. For more information, <https://www.anniesangels.org/michelles-tees-and-more>.





SUPPORTED

Decision-Making

An Alternative to Adult Guardianship

BY MATTHEW J. MOWRY



Anyone following the Britney Spears controversy might think guardianships can be, well to quote one of her songs, toxic.

However, a new law recently passed in NH gives those with disabilities an alternative to guardianships. The law, SB 134, regarding supported decision-making allows people to maintain autonomy over their lives while at the same time receiving support and advice from trusted advisors with major decisions.

Guardianship Concerns

Certainly, the Britney case is not the only reason more people are giving guardianship laws a closer examination. Disability rights advocates have been calling for alternatives for years. But when the singer's legal battle over her guardianship status made international headlines, it invigorated the conversation about the ability of adults with mental, physical and cognitive disabilities to have autonomy.

this talented woman with her own ability to make money to finance her life and seemingly able to make good choices with the supports she needs [be] stripped of these basic rights," says Rodriguez-Legendre. "It brings to light the potential exploitation people with mental and developmental disabilities face."

For the most part, guardians are typically parents or other family members with the best interest of their loved one in mind, Rodriguez-Legendre adds. "They don't want to strip a person's rights, but they have concerns with their ability to manage finances or health care," she says. "Guardians are in place to protect the wellbeing and to safeguard people's potential resources, but it also removes their self-determination."

So how do people enter into a guardianship arrangement? A probate court appoints someone to be a guardian to represent a person with disabilities and to make decisions if

“ Guardians are in place to protect the wellbeing and to safeguard people's potential resources, but it also removes their self-determination. ”

For those not into pop news, let's explain. After a mental health crisis 13 years ago, a court appointed Britney Spears' father her guardian through a conservatorship, giving him control over her finances and other aspects of her life. Despite Britney's repeated attempts to regain control over the money she earns, she has to date failed at removing her father as her guardian.

Isadora Rodriguez-Legendre, executive director of the NH Council on Developmental Disabilities, says the Spears situation is an extreme case. "Because her disabilities are invisible, it is shocking for people to see

the court determines that person cannot manage their own affairs, which could include health care, finances or living accommodations.

Guardianship, Rodriguez-Legendre says, is the most restrictive option for people with disabilities who need support in their lives. "It's not empowering," she says, noting it is up to the guardian and the court as to what decision-making rights the person retains not the individual. "It depends on the judge and the family," she says.

Per the Disability Rights Center-NH, the person with the disability can have an attorney at guardianship hearings, attend the hearings,

and challenge a guardianship. However, despite these rights, a guardianship can be established “over someone’s objections,” says Mike Skibbie, policy director of Disability Rights Center-NH. “It is very common for guardianships to be uncontested. It is also not uncommon for folks to say, ‘I am a grown up now and I want to exercise my own independence and be responsible for my own decisions.’”

And guardians may not always be someone the person knows. Rodriguez-Legendre says if the person does not have a family member or friend who is willing to act as a guardian, the court will appoint one.

A New Alternative

While guardianships can work and may be appropriate sometimes, they are not an ideal solution. Disability advocates in NH pressed for another option: supported decision-making or SDM.

When adults choose this alternative to guardianship, they retain the power to make their own decisions with a trusted advisor. Both the National Guardianship Association and the American Bar Association support SDM being offered as an alternative and SDM has been adopted by nine other states.

Rodriguez-Legendre says not all people with disabilities require the level of support provided by guardianships and in-

stead would do well with having people in their lives who are legally recognized as being able to provide help.

“People with disabilities will now have more power to choose how to live their lives. People with greater self-determination are healthier, more independent, and better able to recognize and resist abuse,” states Stephanie Patrick, executive director of the Disability Rights Center-NH in a recent press release.

Conversations around support as adults often starts when a person will turn 18 and their parent or guardian will no longer have legal standing. Historically, there were few choices. The new law, however, states that if adult guardianship is being discussed as part of a student’s individualized education program, then the student and their family must be informed about SDM as an alternative.

Rodriguez-Legendre says SDM is not a fit for every family as some will have an adult child who needs a high-level support or who is unable to communicate their needs. But for those for whom this is a fit, the new law provides a great deal of independence.

“Supported decision-making is a way to create the circumstances [that] will allow someone to retain their own legal au-

“ People with disabilities will now have more power to choose how to live their lives. ”

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www.northernhs.org

thority to make decisions that affect their own lives,” Skibbie says. “A person with a disability retains authority to make decisions but may need help to make their wishes known or to understand the information being presented to them.”

When people with disabilities have more control over the decisions in their life, their life tends to be more healthy, meaningful and fulfilling, Skibbie says. “New Hampshire has a long-standing tradition of independence and wanting people not to essentially have their rights stripped from them. I think it makes a lot of sense that we are moving to a less restrictive model,” says Rodriguez-Legendre.

Or as Britney sang in her cover of Bobby Brown’s hit, My Prerogative, “I don’t need permission, make my own decisions, That’s my prerogative ... It’s the way that I want to live.”

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NH Family Voices, the statewide Family to Family Health Information Center, is staffed by trained parents of children with special healthcare needs/ disabilities. As parents, we also travel through the maze of services and programs designed to help our kids, so we understand the issues that families face.



nhfamilyvoices@nhfv.org
(603) 271-4525 • www.nhfv.org



People First of NH

We are a statewide non-profit directed by citizens who experience disability, for the purpose of self-advocacy.



Self-Advocacy Leadership Team

Learn more by contacting us at:
info@PeopleFirstofNH.org

Visit us on Facebook



Home Delivered Meals and Wellness Checks

(603) 424-9967

Services covered under the CFI waiver, Title III and Title XX of the Older American’s Act

WWW.HCMOW.ORG



In the Spotlight

Recommended Children's books with diverse characters.

When children see themselves and their peers in the books that they read, they develop a broader understanding for each other and their world.

BY VANESSA BLAIS





Characters who experience a disability

**"The Girl Who Thought in Pictures
The Story of Dr. Temple Grandin "**
by Julia Finlay Mosca

"We're Amazing 1,2,3"
by Golden Books

**"Just Ask!
Be Different, Be Brave, Be You"**
by Sonia Sotomayor

"Thank You, Mr. Falker"
by Patricia Polacco

"My Brother Charlie"
by Holly Robinson Peete

**"Have Fun,
Molly Lou Mellon"**
by Patty Lovell

"Why Johnny Doesn't Flap"
by Clay Morton

"Sign Up Here"
by Kathryn Cole

"Not So Different"
by Shane Burcaw

"Why are You Looking at Me?"
By Lisa Tomkins

"The Push"
by Patrick Gray

"The Animal Boogie"
by Debbie Harter

"Hello Goodbye Dog"
by Maria Gianferrari

LGBTQ+ Characters

**"Heather Has
Two Mommies"**
by Leslea Newman

"George"
by Alex Gino

**"In Our
Mother's House"**
by Patricia Polacco

**"And Tango
Makes Three"**
by Justin Richardson
and Peter Parnell

"Drama"
by Raina Telgemeier

D3 Aims for Culturally Competent Health Care

BY JOHN RULLO



Ten short months ago, I had the incredible privilege of joining the ranks of individuals, families, allies, and stakeholders from all over the Granite State on the Disability Diagnosis Dialogues Task Force at ABLE NH. With Lisa Beaudoin at the helm, ABLE, and “D-Cubed,” made the best of not only an off year, but a global health crisis. A crisis that disproportionately affects the world’s most vulnerable populations, with the disability population being chief among them.

During a year that forced people to be sedentary, isolated, and extremely cautious, ABLE NH and its members proved to be incredibly resilient, impassioned, and active. D-Cubed has been on the vanguard of cultural competency in medicine for individuals with disabilities. What better year to discuss competent health care than this one?

In the past year, D-Cubed produced countless promotional flyers, videos, and editorials. We have hosted two comprehensive panels, bringing together people with lived experiences of disability, medical expertise, and advocacy and legal reform experience. Our social media exposure has more than doubled and our membership is expanding as we build partnerships with medical institutions, faith groups, local chapters, and other task forces. I am so proud of the work the team and our members have done, and I know this is just the beginning.

D-Cubed has other projects, including the promotion of cultural competence. Our goal is to design and implement a continuing medical education (CME) course that we can present to hospitals, doctors, and nurses all over NH on prop-

er delivery of a diagnosis of a disability to either an individual or their family. This workshop is in development with the NH Medical Society, and will be the first of its kind, fulfilling a promise made by the American Medical Association in 2020. Other projects in the works include creating a certification and database of all “Healthcare Champions” across the state who are committed to anti-ableism in their medical practice, and a published booklet of real stories Granite Staters and their families have experienced while on the receiving end of a delivery of a diagnosis.

During a year that has been riddled with surprises, disappointments, and obstacles, the staff and members of ABLE NH have been incredibly inspiring and relentlessly innovative. I cannot wait to see them take advantage of opportunities as our world transitions back to typical life.

Of course, the end of COVID does not imply the end of applying what has been learned. The work ABLE and D-Cubed will achieve in culturally competent health care in 2021 is possible because of the hard work and outcomes of such a unique year.

John Rullo recently stepped down from serving as chair of the Disability Diagnosis Dialogues Task Force after a thrilling ten months. He is moving on to complete his Masters in Social Work at Columbia University in New York City, but certainly is not done with ABLE NH!



Swing for the Stars
is a pediatric therapy center offering occupational, physical and speech therapy services to children with special needs. Our services are offered in a warm, welcoming environment where family involvement in the treatment process is a priority. Our highly skilled therapists have a firm commitment to providing quality therapy services in individual and group sessions.

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swingforthestars.com

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Concord, NH 03301



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Gatewayscs.org

[GatewaysCommunityServices](https://www.facebook.com/GatewaysCommunityServices) [gateways_community_services](https://www.instagram.com/gateways_community_services)

[gateways-community-services](https://www.linkedin.com/company/gateways-community-services) [Gateways YouTube Page](https://www.youtube.com/channel/UC...)

RESOURCE GUIDE



The NH Council on Developmental Disabilities compiled this listing to help people with intellectual/developmental disabilities and their families find the information, services, and support they need.

A complete version of the resource guide is available at [NHDDresources.wordpress.com](https://nhddresources.wordpress.com) or by calling (603) 271-7038.

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Information and Referral Services, Guidebooks and Online Resources

NH FAMILY VOICES

(603) 271-4525
(800) 852-3345
ext. 4525 (in NH only)
www.nhfv.org

A "Family to Family Health and Education Center" assisting families of children and young adults with chronic health, physical, developmental and mental health challenges. Provides one-to-one phone assistance, educational materials, online resources, a lending library and quarterly newsletter.

MANEUVERING THROUGH THE MAZE **nhfv.org/how-we-can-help/resources**

A comprehensive resource guide of state health and human services agencies, educational resources, private associations and organizations that serve people in NH with physical, developmental, mental health and chronic illnesses and their families, from birth to adulthood. Produced by NH Family Voices.

PARENT INFORMATION CENTER ON SPECIAL EDUCATION (PIC)

54 Old Suncook Rd
Concord
(603) 224-7005
(800) 947-7005
picnh.org

Telephone/email support to families with questions about early supports and services, special education, and other disability-related concerns, interactive

workshops for parents, volunteer advocate training and informational materials (online and printed).

DISABILITY RIGHTS CENTER –NH (DRC)

(603) 228-0432,
(800) 834-1721 (v/tty)
www.drcnh.org

Information, referral, advice, and legal representation and advocacy to individuals with disabilities on a wide range of disability-related issues. Online resources and materials available on many disability-related topics. Federally funded Protection and Advocacy Center.

SERVICELINK AGING & DISABILITY RESOURCE CENTERS

(866) 634-9412
www.servicelink.nh.gov

From local offices throughout the state, helps individuals access long-term services, supports and resources, access family caregiver information, explore options and understand and access Medicare and Medicaid. After-hours appointments are available as needed. Callers are connected to the ServiceLink office in their area. Funded by the State of NH and federal government.

ONLINE SERVICELINK COMMUNITY SERVICES AND SUPPORTS

Resource Directory:
www.referweb.net/nhsl

BRAIN INJURY ASSOCIATION OF NH

www.bianh.org
List of resources compiled by the Brain Injury Association of NH.

RESOURCE GUIDE

GOVERNOR'S COMMISSION ON DISABILITY

**54 Regional Dr, Ste 5
Concord
(800) 852-3405
(603) 271-2773
www.nh.gov/disability**

Provides information on the Americans with Disabilities Act (ADA) and accessibility issues, including accessible parking spaces, housing, voting and transportation. Online list of state and federal government benefit programs for people with disabilities.

NH STATEWIDE INDEPENDENT LIVING COUNCIL (SILC)

**121 South Fruit St, Concord
(800) 852-3405
(603) 271-0476
www.silcnh.org**

Provides a monthly resource newsletter, archives of past issues and online "tip sheets" on benefits, housing and health care, based on an independent living philosophy. A federally funded, independent, cross-disability council.

NH FAMILY TIES (FORMERLY PARENT TO PARENT OF NH)

**(800) 499-4153 ext. 241
www.communitybridgesnh.org/services/nh-family-ties**

Provides parent matches between experienced parents, who have "been there," with new or referred parents of children with special needs just beginning to meet the challenges of a disability or chronic health condition. Available through the Area Agency network as part of their family support services. Also provides information and referral to community resources, services, support groups, state support programs, and others.

2-1-1 NH

www.211nh.org
Information and referral for general services including

help with food, emergency housing, employment, health care and counseling is available by dialing 211 in NH or (866) 444-4211 from out of state. Operated by United Ways of NH.

NHCAREPATH (866) 634-9412

www.nhcarepath.org
Designed as NH's "front door" to quickly connect individuals of all ages, abilities and income levels to a full range of community services and supports, including housing, transportation, financial assistance, Medicaid, veterans' services, mental health, drug and alcohol services. Operated by the NH Department of Health and Human Services.

OFFICE OF DISABILITY EMPLOYMENT POLICY

www.dol.gov/agencies/odep/topics
The federal office of disability employment policy.

NH DHHS DIVISION OF FAMILY ASSISTANCE

**129 Pleasant St, Concord
(800) 852-3345 ext. 9700,
(603) 271-9700
www.dhhs.nh.gov/dfa/index.htm**

Information and Resources on Specific Disabilities or Topics

ADVOCACY AND SELF-ADVOCACY

ABLE NH

**(603) 271-7042
www.ablenh.org**
ABLE (Advocates Building Lasting Equality) advocates for the human and civil rights of all children and adults with disabilities and promotes full participation by improving systems of supports, connecting families, inspiring communities and influencing public policy.

NH COUNCIL ON DEVELOPMENTAL DISABILITIES

**2 ½ Beacon St,
Ste 10, Concord
(603) 271-3236
www.nhcdd.nh.gov**

Federally funded agency that supports public policies and initiatives to remove barriers and promote opportunities in all areas of life. Its mission includes "dignity, full rights of citizenship, cultural diversity, equal opportunities, and full participation for all NH citizens with developmental disabilities." Members are appointed by the Governor and represent people with developmental disabilities, parents, guardians and agencies that serve people with disabilities.

NH LEADERSHIP SERIES

**(603) 228-2084
(800) 238-2048
iod.unh.edu/projects/nh-leadership**

Intensive 7-session leadership training provides parents and people with disabilities with information and strategies to effectively impact local and state organizations regarding issues related to individuals with disabilities and their families.

PEOPLE FIRST OF NH

**NH Council on Developmental Disabilities
2 ½ Beacon St
Ste 10, Concord
(603) 271-3236**

www.peoplefirstofnh.org
Statewide self-advocacy organization and umbrella for 17 self-advocacy groups for people with intellectual and other developmental disabilities. Provides resources, training and support. Call for the contact information of the chapter in your area or how to start one.

RESOURCE GUIDE

IN-HOME SUPPORT (IHS) WAIVER FOR CHILDREN WITH SEVERE DISABILITIES NH DHHS Bureau of Developmental Services 105 Pleasant St, Concord (800) 852-3345, ext. 5034

Provides assistance for children with the most significant medical and behavioral challenges requiring long-term supports and services, who live at home with their families, are Medicaid eligible, and meet the ICF/MR level of care and other qualifications of the program. The goal of the IHS waiver is to provide services, which are necessary to allow the individual to remain at home with his/her care-giving family. Services are provided through the Developmental Disabilities Area Agencies.

FAMILY CENTERED EARLY SUPPORTS AND SERVICES (FCESS)

NH Bureau of Developmental Services 105 Pleasant St, Concord (603) 271-5034 (800) 852-3345, ext. 5034 www.dhhs.state.nh.us/dcbcs/bds/earlysupport/index.htm

A program designed for children birth through age two who have a diagnosed, established condition with a high probability of delay, are experiencing developmental delays, or are at risk for substantial developmental delays if supports and services are not provided. FCESS is delivered in the family's home by designated non-profit and specialized service agencies located throughout the state.

SPECIAL MEDICAL SERVICES NH Department of Health and Human Services

129 Pleasant St, Concord (800) 852-3345 ext 4488 (603) 271-4488 www.dhhs.nh.gov/dcbcs/bds/sms/specialcare.htm

The NH Title V Program for

Children with Special Health Care Needs. Administers health programs and services for children ages birth to 21 years, who have, or are at risk for a chronic medical condition, disability or special health care need. Works together with families and their health care providers, community agencies and schools to obtain access to needed health care and related services. Provides care coordination services; support for child development and neuro-motor clinics; nutritional and feeding/swallowing consultation; psychological and physical therapy services.

NH PARTNERS IN HEALTH

129 Pleasant St, Concord (800) 656-3333 (800) 735-2964 (TDD) www.dhhs.nh.gov/dcbcs/bds/sms/pih/

Helps families of children with a chronic health condition that significantly impacts daily life. Partners in Health's role is to advocate, access resources, navigate systems and build capacity to manage the chronic health condition of their child. Locations throughout the state. No income requirements.

DEAF AND HARD OF HEARING

NORTHEAST DEAF AND HARD OF HEARING SERVICES INC.

56 Old Suncook Rd., Ste 6, Concord (603) 224-1850 (603) 224-0691 (TTY) Video Phone: 968-5889 www.ndhhs.org

NH's "one-stop" resource for services specific to the Deaf and Hard of Hearing community and for information about hearing loss.

DENTAL SERVICES DONATED DENTAL SERVICES

Dental Lifeline Network

(800) 292-1531 dentallifeline.org/new-hampshire

A statewide program that provides comprehensive treatment by volunteer dentists to elderly, disabled and medically challenged individuals.

EASTERSEALS NH ORAL HEALTH CENTER, MANCHESTER

(603) 621-3482 www.easterseals.com/nh/our-programs/oral-health-center/ Staff evaluates, monitors, and responds to patients with a wide range of disabilities and special medical needs. Medicaid accepted.

DEVELOPMENTAL DISABILITIES AND ACQUIRED BRAIN DISORDERS

NH DHHS BUREAU OF DEVELOPMENTAL SERVICES

105 Pleasant St, Concord (800) 852-3345 ext. 5034 www.dhhs.nh.gov/dcbcs/bds/index.htm

The NH developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities through 10 designated non-profit area agencies that serve specific geographic regions.

Supports include:

- Service coordination
- Day and vocational services
- Personal care services
- Community support services
- Early Supports and Services and Early Intervention
- Assistive technology services
- Specialty services and family supports (including respite services and environmental modifications)
- In-Home Support (IHS) Waiver for Children with Severe Disabilities

For area agencies and communities served: www.dhhs.nh.gov/dcbcs/bds/agencies.htm

EMPLOYMENT

WORK INCENTIVE RESOURCE CENTER nhwirc.org

Developed by the Institute on Disability as part of a larger effort in collaboration with Granite State Independent Living and the NH Granite State Employment Project to expand employment for individuals with disabilities through greater awareness and use of work incentives.

NH VOCATIONAL REHABILITATION LOCATIONS www.education.nh.gov/partners/vocational-rehabilitation

Regional Offices:

Berlin	(603) 752-2271
Concord	(603) 271-2327
Keene	(603) 357-0266
Manchester	(603) 669-8733
Nashua	(603) 889-6844
Portsmouth	(603) 436-8884

VOCATIONAL REHABILITATION
NH Department of Education
Bureau of Vocational Rehabilitation
21 South Fruit St,
Ste #20, Concord
(800) 299-1647
www.education.nh.gov/vr
Helps people with disabilities of all ages get jobs.

NHWORKS (603) 271-7275 nhworks.org

Information center for job seekers and employers. Lists current job openings, NH economic and labor market information, education and training programs, employment laws, small business resources, and locations. Work Centers provide technical assistance to prepare resumes and cover letters, job search workshops, employment counseling, aptitude and skills testing, and career exploration tools. Sponsored by the NH Workforce Opportunity Council.

GED/ADULT EDUCATION

NH BUREAU OF ADULT EDUCATION GED & Adult Education Information 21 South Fruit St, Ste 20, Concord (603) 271-6698 www.nhadulted.org

Supports educational services to adults who have not received a high school diploma or GED certificate or who do not read, write, or speak English. Grants to school districts and not-for-profit organizations make it possible for local adult education programs to serve adult learners whose skills range from very basic to high school level.

PARTNERSHIP IN EMPLOYMENT: SUPPORTING ADULTS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES IN THEIR COMMUNITIES www.aucd.org/docs/resources/pie_adults_Nov2014_families.pdf

A project of the Institute for Community Inclusion at the University of Massachusetts Boston, and the National Association of State Directors of Developmental Disabilities Services. Overview of day and employment services for people with developmental disabilities and guidance for those supporting them.

GOVERNMENT BENEFITS/AGENCIES

APPLY ONLINE FOR BENEFITS WITH NH EASY nheasy.nh.gov

NH's Electronic Application System (NH EASY) offers NH residents a fast and easy way to apply online for cash, medical, childcare, Medicare savings program and food stamp benefits.

NH DEPARTMENT OF HEALTH AND HUMAN SERVICES 129 Pleasant St, Concord (800) 852-3345 • www.dhhs.nh.gov

Provides services for individuals, children, families and seniors, and administers programs and services for mental health, developmental disabilities, substance abuse and public health. The DHHS website contains a description of programs and services

administered by the department and info about how to apply.

DHHS DISTRICT OFFICES www.dhhs.nh.gov/contactus/districtoffices.htm

Local offices to apply for Medicaid, financial assistance, food stamps and other benefits.

SOCIAL SECURITY 70 Commercial St, Ste 100, Concord (800) 772-1213 (800) 325-0778 (TTY) (603) 228-5206 (FAX) www.ssa.gov

Applicants for SSDI and SSI can file for benefits online at SSA.gov website, by phone or by visiting a local Social Security Office.

SPECIAL EDUCATION NH Department of Education Bureau of Special Education 101 Pleasant St, Concord (603) 271-6693 www.education.nh.gov/specialeducation

Online reports, data and regulations relative to special education.

NH CIRCUIT COURT — PROBATE DIVISION 1 Granite Place, Ste N400, Concord (855) 212-1234 probateservice@courts.state.nh.us www.courts.state.nh.us/probate/index.htm

The Circuit Court Probate Division has jurisdiction over all matters related to wills, trusts and estates, guardianships and involuntary commitment proceedings, adoptions, name changes and partition of real estate. Probate judges preside over these cases from courthouses located in all 10 counties in NH.

HOUSING

NH HOUSING FINANCE AUTHORITY 32 Constitution Dr., Bedford (800) 640-7239 (603) 472-8623 (603) 472-2089 (TDD) www.nhhfa.org

A self-supporting public benefit corporation. The Authority administers

RESOURCE GUIDE

a broad range of programs designed to assist low- and moderate-income people and families to obtain decent, safe and affordable housing. Home ownership programs, multi-family housing programs and rental assistance programs.

LOCAL PUBLIC HOUSING AUTHORITIES

www.hud.gov/states/new_hampshire

Provides housing for low-income people and families in local communities.

BRAIN INJURY ASSOCIATION OF NH HOUSING ASSISTANCE GUIDE

img1.wsimg.com/blobby/go/73501c8c-d97a-4233-9179-2f30b7c98191/downloads/72005-BIA-web.pdf?ver=1610460953527

Lists housing assistance resources compiled by the Brain Injury Association.

GRANITE STATE INDEPENDENT LIVING (GSIL) HOME ACCESS MODIFICATION

www.gsil.org/disability-support/home-access-modification/home-access-modification-opening-doors-for-you-2/
Trained staff assess accessibility needs and provide referrals to licensed vendors throughout NH. May also assist in establishing a plan and identifying funding sources for accessibility projects.

USDA RURAL DEVELOPMENT IN VERMONT/NH

(802) 828-6080
www.rd.usda.gov/nh
Works to improve the quality of life in rural areas. Provides technical assistance to communities, and funding and resources for home purchase, apartment rental and repairs.

NH COMMUNITY LOAN FUND

7 Wall St, Concord
(603) 224-6699
www.communityloanfund.org

Collaborates with a wide range of donors and lenders, and with business, nonprofit and government partners. Provides financing and support to people with low and moderate incomes for affordable housing.

US DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD) NH Programs and Services

(603) 666-7510
portal.hud.gov/hudportal/HUD?src=/states/new_hampshire
Assistance with home ownership, subsidized apartments, public housing, foreclosure assistance, homeless resources and discrimination. Counseling and other services available.

STATE OF NH FORECLOSURE PREVENTION INITIATIVE For Immediate Assistance dial 211 (in NH)

www.homehelpnh.org
Website with important tips on alternatives to foreclosure as well as other valuable resources, including a list of qualified housing counselors who can offer specific suggestions.

INDEPENDENT LIVING — ADULTS WITH PHYSICAL DISABILITIES

GRANITE STATE INDEPENDENT LIVING
21 Chenell Dr., Concord
(800) 826-3700
(603) 228-9680

www.gsil.org
NH's only Independent Living Center. Provides information, specialized services, and peer support for people with disabilities following the principles of personal choice and direction. Provides home care services, personal care, community-based disability

supports and employment services including benefit counseling.

LEGAL ASSISTANCE

GUIDE TO NH LEGAL SERVICES PROGRAMS

www.courts.state.nh.us/selfhelp/documents/legal_services_brochure.pdf
Produced by the NH Judicial Branch

DISABILITY RIGHTS CENTER-NH (DRC-NH)

www.drcnh.org
Provides information, referral, advice, legal representation, and advocacy to individuals with disabilities on a wide range of problems including special education, accessibility, employment discrimination, home and community-based services and Medicaid.

NH LEGAL AID

(800) 639-5290
www.nhlegalaid.org
A cooperative effort of the legal services agencies serving NH's low-income population to provide legal information, referrals, and pro se assistance. Online application for legal assistance. Website provides links and contact information to a number of non-profit agencies that provide a range of services across the state. Includes online self-help guides.

NH JUDICIAL BRANCH SELF-HELP CENTER

www.courts.state.nh.us/selfhelp/index.htm
Basic, practical information about the NH court system, how it works, and what the procedures are for bringing a case to court.

NH BAR ASSOCIATION PRO BONO REFERRAL PROGRAM

(800) 639-5290
(603) 224-3333
www.nhbar.org/legal-services-pro-bono/

Connects low-income individuals with volunteer attorneys who provide free legal services in family law, bankruptcy, consumer, housing and senior citizen matters.

NH LEGAL ASSISTANCE

(800) 562-3174

www.nhla.org

Provides free legal advice and representation to low-income people and older adults in civil matters involving basic needs, including food, shelter, income, medical care and public benefits.

Local Offices:

Berlin	(800) 698-8969
Claremont	(800) 562-3994
Concord	(800) 921-1115
Manchester	(800) 562-3174
Portsmouth	(800) 334-3135

Foreclosure Relief Project

(877) 399-9995

Senior Citizens Law Project

(888) 353-9944 or (603) 624-6000

THE "LAW LINE" — NH BAR ASSOCIATION

(800) 868-1212

Talk to a lawyer free of charge on the 2nd Wednesday of the month, from 6 - 8 p.m.

UNIVERSITY OF NH SCHOOL OF LAW CIVIL PRACTICE CLINIC

(603) 225-3350

Assists low-income clients with a variety of issues from consumer protection, collection and foreclosure defense (including Chapter 13 bankruptcy), predatory lending and auto fraud. Will take cases from Merrimack, Belknap, Sullivan and Hillsborough counties.

MENTAL HEALTH AND SUICIDE PREVENTION

PHONE 2-1-1

SAMHSA BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR AND TREATMENT REFERRAL HELPLINE

(800) 662-HELP (4357)

(800) 487-4889 (TDD)

findtreatment.samhsa.gov

Use the Locator to find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country, or call the SAMHSA Treatment Referral Helpline. Free, confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA)

NAMI NH

85 North State St, Concord

(800) 242-6264

(603) 225-5359

www.naminh.org

A statewide network of affiliate chapter support groups, staff and volunteers that provide information, education and support to all families and communities affected by mental illness.

COMMUNITY MENTAL HEALTH CENTERS

**NH DHHS Bureau of
Behavioral Health**

(800) 852-3345, ext. 5000,

(603) 271-5000

www.dhhs.nh.gov/dcbcs/bbh/centers.htm

Regional agencies provide publicly funded mental health services to individuals and families who meet certain criteria for services. Services include 24-hour emergency services, assessment and evaluation, individual and group therapy, case management, rehabilitation, psychiatric services and specialized programs for older adults, children, and families as well as short-term counseling and support.

MENTAL HEALTH PEER SUPPORT

**NH DHHS Bureau
of Behavioral Health**

(800) 852-3345 ext.5000,

(603) 271-5000

www.dhhs.nh.gov/dcbcs/bbh/peer.htm

Local Peer Support Agencies provide services to adults with mental illness who self-identify as a recipient, former recipient, or at significant risk of becoming a recipient of publicly

funded mental health services. Provided by and for people with a mental illness. Includes face-to-face and telephone peer support, outreach, monthly educational events, activities that promote self-advocacy, wellness training, after-hours warm line and crisis respite.

DISASTER DISTRESS HELPLINE

(800) 985-5990

(800) 846-8517 (TTY)

disasterdistress.samhsa.gov/

Website and helpline for those affected by a disaster and in need of immediate assistance, information, support, and counseling. Callers are connected to the nearest crisis center.

CENTER FOR DISEASE CONTROL EMERGENCY PREPAREDNESS RESOURCES

www.cdc.gov/ncbddd/

disabilityandhealth/

emergencypreparedness.html

SUICIDE PREVENTION LIFELINE

(800) 273-TALK (8255)

[www.suicideprevention](http://www.suicidepreventionlifeline.org)

lifeline.org

NH SUICIDE PREVENTION AND GENERAL RESOURCES

(603) 225-5359

(800) 242-6264

**(These are NOT
crisis response numbers)**

www.theconnectproject.org

RESEARCH AND TRAINING

UNH INSTITUTE ON DISABILITY

(603) 228-2084 (TTY)

(800) 238-2048 (TTY)

iod.unh.edu

Provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people living with disabilities and their families. Offers seminars and workshops, webinars, interdisciplinary evaluation and consultation, leadership training, and customized, on-site support in schools.

TRANSITION

NH PARENT INFORMATION CENTER'S LIFE AFTER HIGH SCHOOL TOOLKIT

picnh.org/wp-content/uploads/2018/06/Transition-Toolkit-2018v2.pdf

Strategies, tools and resources for families of youth with disabilities to assist in creating successful transition plans.

NEXT STEPS NH: OPTIONS FOR LIFE AFTER HIGH SCHOOL

nextsteps-nh.org/
Transition and career development resources for special educators, students, parents and others interested in increasing transition and career development opportunities for youth with and without disabilities.

NATIONAL SECONDARY TRANSITION TECHNICAL ASSISTANCE CENTER'S AGE APPROPRIATE TRANSITION ASSESSMENTS TOOLKIT

www.transitionta.org/toolkit-resources

Designed to help with the selection of assessments for students in regards to transition planning.

DISABILITY.GOV'S GUIDE TO STUDENT TRANSITION PLANNING

www.dol.gov/sites/dolgov/files/odep/pdf/2013odephealthyreport.pdf

Link to Healthy Transitions: A pathway to employment for youth with chronic health conditions and other disabilities.

TRANSPORTATION

NHCAREPATH TRANSPORTATION WEBPAGE

www.nhcarepath.org/transportation

NH DEPARTMENT OF TRANSPORTATION — PUBLIC TRANSPORTATION INFORMATION

(603) 271-3734 www.nh.gov/dot/org/aerorailtransit/railandtransit/transit.htm

Information about public transportation in NH, including links to regional transit providers.

NATIONAL AGING AND DISABILITY TRANSPORTATION CENTER (NADTC)

Toll Free: 866/983-3222
Email: contact@nadtc.org.
Resources and Publications: www.nadtc.org/resources-publications.
www.nadtc.org.

A program of the U.S. Department of Transportation, Federal Transit Administration, administered by Easterseals and the National Association of Area Agencies on Aging (n4a) with guidance from the U.S. Department of Health and Human Services, Administration for Community Living.

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