



Child Development and Rehabilitation Center

Community Resources

What can we do now?

There are many resources in local communities for families in Oregon. You don't need to wait until you get your child's evaluation from Child Development and Rehabilitation Center (CDRC) to use these supports. You can start now!

If your child needs developmental support:

If you are worried about your child's progress, your Education Service District may be able to assist your family. They may offer testing or learning ideas. These methods review your child's thinking and learning, self-care, communication, sensory system and/or motor skills.

Children ages 0-5:

Babies and toddlers

Find help for children ages 0-5 through your county's Early Intervention (EI) or Early Childhood Special Education (ECSE) programs. Learn more at <https://bit.ly/2XVGNsw>.

Head Start programs

The Early Head Start program is for pregnant women, babies and toddlers. The Head Start program is for children ages 3-5. These programs help children get ready for school. They provide education, health and food services. There are also services for families of traveling or seasonal farmworkers. Learn more at www.ohsa.net.

If your child needs support at school:

If your child is in school, your child may be able to receive special education support from your school district. Contact your child's school to start the process. **You do not have to wait for the results of a CDRC evaluation to begin services with your school.**

For help with school-based services, contact:

FACT Oregon	1-888-988-3228	http://factoregon.org or
Washington PAVE.....	253-565-2266	http://www.wapave.org
Stand for Children.....	800-663-4032	http://stand.org/oregon

If your family needs more than school services:

You can find support services through a community provider even if your child does not yet have an autism diagnosis.

Skill development and practice:

Ask your child's doctor for a therapy referral. Call your insurance carrier to learn which providers are covered near your home. Your insurance company's phone number will be on your insurance card.

- Speech-language pathologists work on communication skills, such as talking and listening, and social skills like playing together.
- Occupational therapists work on movement, daily living skills and sensory differences like reactions to noises and textures.



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Behavioral and mental health support:

Families who have children with developmental differences may benefit from support of a mental health provider. These providers are skilled at helping families cope with challenging behaviors or other concerns, such as anxiety or ADHD. Your insurance carrier can help find a qualified provider. To find these services for mental health:

If you have private insurance:

Look for a telephone number on your insurance card.

If you have the Oregon Health Plan:

Call your local Coordinated Care Organization (CCO) to learn about these services. Find a list of CCOs at <https://bit.ly/2D5E5lg>.

If you have Washington State Medicaid:

Call your managed care plan. Find the list of managed care plans at <https://bit.ly/2VBEITO>.

Where else can we find help?

There are several support groups for families and children with developmental differences in Oregon. A few are:

- **The Oregon Center for Children & Youth with Special Health Needs (OCCYSHN)**
www.occyshn.org or 503-494-8303
- **CaCOON Care**
Coordination provided by home-visiting public-health nurses.
<http://www.ohsu.edu/xd/outreach/occyshn/programs-projects/cacoon.cfm>
- **FACT Family Support**
www.factorogon.org or 1-888-988-3228
- **Oregon Family to Family**
Provides information for families of children and youth with special health care needs.
www.oregonfamilytofamily.org or 1-855-323-6744 (**Spanish:** 503-931-8930)
- **Autism Society of Oregon/Washington (ASO)**
ASO can provide support and recommendations **regardless** of a child's medical diagnosis.
<https://autismsocietyoregon.org> or 1-888-Autism-1 (1-888-288-4761)

Other ideas include:

- Local playgroups
- Local groups for parents of children with differences
- Local Parks and Recreation centers' classes for children who need more support