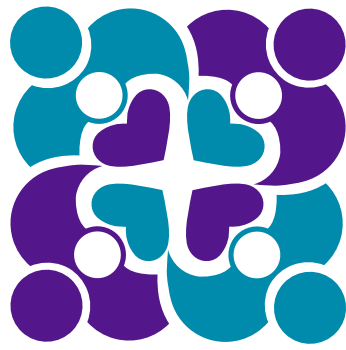


March 2020



JOINING  
FORCES  
FOR CHILDREN

# Resource Directory



# Early Childhood

## Children Ages: 0 - 5



Empowering Lancaster County Families

### Thrive to 5:

#### *Creating Head Starts for the Future*

Thrive to 5 is a high quality early learning program for infants through age 5 that emphasizes language, literacy, math, science, art, and the development of social skills to prepare children for school success. In addition to education services, Thrive to 5 also provides family support services, nutritious meals and health screenings. The program provides services for children for 6 hours/day and all day care for working families at 2 locations.

The Thrive to 5 program serves children and families at over 20 sites throughout Lancaster County. The program is free for qualifying families living in 100-300% the federal poverty guidelines and does accept Child Care Subsidy through the Early Learning Resource Center for all day care.

In more rural areas of Lancaster County, Thrive to 5 services are offered in the home rather than the classroom. A highly qualified home visitor meets with participating families weekly to help structure learning opportunities in the home setting. Children and parents who live in the same local area get together at least twice a month for group play and learning opportunities.

[Click to visit Head Start](#)

### Nurse Family Partnership



Nurse-Family Partnership is a free program that helps first-time, low-income mothers and their babies receive healthcare services, health education, emotional support, and achieving economic self-sufficiency. When you enroll, you will be connected to your own personal, registered nurse who will visit you in the privacy of your home throughout your pregnancy and until your baby is two years old. Your nurse will provide the support, advice and information you need to have a healthy pregnancy and baby, and be a great mom.

Your nurse will help you learn about breastfeeding, nutrition, child development, and safe sleep and soothing techniques to make you a more confident mom. Your nurse will also help you get referrals for healthcare, child care, job training, and other services available in the community. She will support you as you continue your education, develop job skills, and pursue your goals for personal development. The father of the baby, family members, and friends are welcome to participate in the program — but as the mom, you are the main focus. Eligible women may participate in both Healthy Beginnings Plus and Nurse-Family Partnership.

If interested, please call [717-544-1952](tel:717-544-1952) before your 28th week of pregnancy.

[Click to visit Nurse Family Partnership](#)



## Healthy Beginnings Plus

If you are an expectant mother who is eligible for Medical Assistance, Healthy Beginnings Plus (HBP) at Penn Medicine Lancaster General is available to help you have a healthy pregnancy and baby. As a participant in HBP you will have a healthcare team dedicated to your individual needs. Your team will include a doctor or certified nurse midwife at the practice you choose to receive your care. The team also consists of a nurse care coordinator, social worker, lactation support, and a registered dietician.

HBP helps assure you and your baby receive the best medical care possible. In addition to checkups, we offer childbirth, exercise, nutrition, and breastfeeding classes.

If you do not have insurance, or your insurance does not fully cover prenatal care, please contact us for more information at [717-544-4305](tel:717-544-4305).

[Click to visit Healthy Beginnings Plus](#)

## STEPS

The STEPS program provides support, education, and case management to pregnant & parenting women who are struggling with an Opioid Use Disorder or are in Medication Assisted Recovery. The STEPS support team consists of a Nurse Navigator, Social Worker, and Recovery Specialist. They work alongside the medical providers to help eliminate barriers to receiving care. The team strives to support and equip women with the tools and knowledge to maintain their recovery, have a healthy pregnancy, and the ability to keep their children safe and families strong. Women are eligible to receive services during their pregnancy and their baby's first year of life. The program is free, regardless of insurance.

The STEPS program has optional groups for education and support for all OUD/MAT pregnant and post-partum moms. The group is open for women to attend until their babies are 1 year old. Groups allow time to meet with supportive professionals and other moms to help with your journey of pregnancy, motherhood and recovery. Meetings include creative activities, as well as education. Group and individual session incentives are provided.

For additional questions about the STEPS program or to refer, call [717-544-5262](tel:717-544-5262) or email [Dawn.Horst@PennMedicine.upenn.edu](mailto:Dawn.Horst@PennMedicine.upenn.edu)

## Early Head Start

Early Head Start is a federally funded community-based program for low-income pregnant women and families with infants and toddlers. Its mission is to enhance the development of very young children, and to promote healthy family functioning. Children ages birth to 3 are eligible for Early Head Start.

[Early Head Start Child Care Partnership](#) OR [Early Head Start Home-Based](#)

## Parent Groups

A parent is each child's first and most important teacher. IU13 values family involvement! To support these efforts, we coordinate or participate in a number of parent groups to help our whole team work together to benefit the students we serve. Please consider joining one of these groups.

[Click here to visit the Parent Groups](#)



# Preschool Early Intervention



The Early Intervention Program of IU13 provides support and services to children, from age three to age five, with disabilities and the need for specially designed instruction. Children may be eligible for Preschool Special Education by meeting the criteria for one of the following disability categories:

- Deaf/Blindness
- Autism
- Developmental Delay
- Emotional Disturbance
- Hearing Impairment (including Deafness)
- Intellectual Disabilities
- Multiple Disabilities
- Orthopedic Impairment
- Other Health Impairment
- Speech or Language Impairment
- Traumatic Brain Injury
- Visual Impairment (including Blindness)

There is no cost to families or caregivers for Early Intervention screenings, evaluations, or services. If you think your child may need Early Intervention services, please call the IU13 Referral Hotline at 717-606-1601.

## Autism Solutions for families

After an initial consultation with Dr. Bruey, an individualized treatment plan will be created and implemented.

All services provided by Autism Solutions will focus on developing effective strategies for improving the child with Autism's success in the home as well as in the community.

As per the PA Autism Insurance, many services provided by Autism Solutions can be reimbursed by the family's insurance carrier. Please contact us to determine if your insurance is accepted.

[Click here to visit Autism Solutions](#)

## Family Literacy

This program simultaneously provides parents with education that will increase their own literacy skills while equipping them to be effective as their children's first and most important teacher.

The program is designed to provide services to parents and children between birth and 3rd grade and focuses on:

- Instruction to prepare parents for High School Equivalency exams or to learn English as a second language.
- Specific skills in parent education and interactive literacy activities that enable parents to support their children's educational and developmental needs in preschool and early elementary school years.

[Click here to visit the Family Literacy program](#)

## Parent-Child Interaction Therapy (PCIT)

PCIT is an evidence-based treatment for young children ages 2-7 with behavioral problems. PCIT is conducted through "coaching" sessions during which a therapist observes behavior between you and your child in a playroom. The therapist watches interactions through a one-way mirror, all while providing realtime coaching skills to you through a "bug-in-ear" device. Please see additional IU13 programming available in the **School-Aged Children** section.

[Click here to visit the PCIT program](#)





## Behavioral Health & Developmental Services

# Early Intervention (EI)

A program that provides services and supports to children birth to five at risk for developmental delays or disabilities. Anyone can make a referral to EI to include hospitals, physicians, parents, childcare providers, local education agencies, public health facilities, and other social service providers. EI services and evaluations are provided at no cost to families.

**Infant/Toddler Program:** Upon receiving a referral, a Referral Coordinator will reach out to the family member/caregiver of the child to explain the program, gather initial information and offer a screening or arrange for a developmental evaluation which will occur in the home or other setting familiar to the child. A Support Coordinator will be assigned to help the family through the evaluation process which is designed to look at how the child grows and learns (e.g. thinking, talking, moving, hearing, seeing, responding to others and taking care of basic needs). Parents/caregivers will have the opportunity to talk about their child's growth and development since birth and their concerns. This may also include information from the child's doctor or childcare provider. The purpose of the evaluation is to understand the whole picture of the child.

Eligibility for services and supports are based upon one of three criteria: (1) a 25% delay in one or more areas of development, (2) Informed Clinical Opinion, or (3) a diagnosed disability that has a high probability for developmental delays (e.g. hearing and/or vision loss, Down syndrome, cerebral palsy, cleft palate). An evaluation looks at five developmental domains to include:

- Self-help skills (feeding and dressing)
- Cognitive skills (thinking, learning, and reasoning abilities)
- Communication skills – (talking, listening and understanding)
- Physical Development (vision, hearing, movement, crawling, walking, sitting)
- Social-Emotional Development (feelings, getting along with others, relationships)

When a child is eligible, services must start within 14 days. An Individualized Family Services Plan (IFSP) is a written plan that identifies family/child outcomes, strategies and supports that will best help reach identified outcomes. Supports can include occupational therapy, Speech-language therapy, physical therapy, special instruction, special instruction – behavior and social work. Sessions can occur at various frequencies to include weekly, bi-weekly, or monthly depending upon the needs of the family.

The early years establish the foundation upon which all learning and development takes place. For some young children, development unfolds along a slower timetable or in a less predictable manner. EI provides services and supports to promote the best possible developmental outcomes, and, at the same time, enhance the capacity of families to meet their child's needs. EI can also serve as a protective buffer against multiple adverse influences that may hinder a child's developmental progress.

For Infants & Toddlers (Birth to 3), call EI at **717-399-7323**

For Preschool Children (3 to 5), call IU13 at **717-606-1601**

Preschool Age Early Intervention Program at IU13 at **717-606-1601**.

[Click to visit the EI program](#)

# School-Aged Children

## Grades: K - 12

### Children's Mental Health Services

The Mental Health Program offers case management services for children who have a serious emotional disturbance.

There are three levels of case management that an individual may receive:

**Administrative Case Management (ACM)** - Contact with the individual at least once a year, more if needed.

**Resource Coordination (RC)** - Meets with the individual at least once per month.

**Intensive Case Management (ICM)** - Meet with the individual every two weeks and provides on-call services 24 hours a day, 7 days a week.

The level of case management offered is determined by the Mental Health Program and is based upon the needs of the child and the family seeking services.

[Click here for Basic Information Series](#)

[Click here for Mental Health Services](#)



**Behavioral Health & Developmental Services**

### Lancaster County Victim/Witness Services

Victim/Witness Services is a special program of the Office of the District Attorney. Victim/Witness Services provides information, support, and advocacy to victims of crime and to witnesses for trials. Victim/Witness Services believes that every victim is entitled to sensitivity, dignity and respect. We will provide information, support and advocacy to crime victims, witnesses and family members by addressing the effects of crime, empowering victims and upholding victims' rights.

[Click to visit Victim/Witness Services](#)

### Lancaster County Children and Youth

The Lancaster County Children and Youth Social Service Agency is a public child welfare agency mandated to provide protection services to Lancaster County's children and their families. The Agency investigates all reports of child abuse and neglect and provides intervention services to address safety threats and risk factors and stabilize the family. The Agency's mission is to address the safety, permanency and well-being of children and youth at risk of abuse and neglect. Referrals can be made to the agency by calling **717-299-7925** during business hours. To report abuse, call **1-800-932-0313** toll free or visit [Child Welfare](#).

If a crisis occurs after business hours, a standby case worker is available by calling the Communication Center at **717-293-7724**. If it is a situation involving a life-threatening emergency, please call **911**.

[Click here to visit Children and Youth](#)

# Lancaster County Children's Alliance



As the Child Advocacy Center for Lancaster County, the Lancaster County Children's Alliance (LCCA) is committed to providing comprehensive services to children with allegations or concerns of abuse while ensuring that they are not further victimized by the intervention systems designed to protect them. The LCCA emphasizes the coordination of investigation and intervention services by bringing together professionals and agencies as a multidisciplinary team to create a child-focused approach to child abuse cases. LCCA's multidisciplinary team includes child protection workers, law enforcement officers, medical providers, prosecutors, victim advocates, mental health providers, and advocacy center staff.

Services provided at LCCA include: Forensic Interviews, High Risk Behavior Assessments, Specialized Medical Evaluations, Non-Offending Caregiver Group and Specialized Trauma-Focused Therapy.

[Click to visit the Children's Alliance](#)

## Children's Mental Health Copay Assistance

Mental Health Copay Assistance is available to youth, children, and parents of dependent children (ages 0-25) who live in Lancaster County, PA, and have financial need. This reduces their copays to just \$10 per visit to a licensed behavioral healthcare provider.

Applicants for this program must be under age 26, or the parent of a dependent child under age 26. Household income may not exceed 250% of the Federal Poverty Level. Applicants must be residents of Lancaster County, Pa. If an applicant does not have insurance, they should call PMHCA (Pennsylvania Mental Health Consumers' Association) at **717-564-4930** to apply for ACA or Medicaid.

[Click here to visit Copay Assistance](#)



## RASE Project

If you are a parent in recovery or seeking recovery, recovery support services are available through the RASE Project. To learn more about how you can receive individualized recovery coaching to help begin or maintain your recovery, call RASE at **717-295-3080**.



## ReNew

Case Management and Advocacy Support for Recovering Mothers and their Newborns. Mothers are identified while pregnant and incarcerated.

[Click here to visit Lancaster services](#)

## Safe Families for Children

When a family is in crisis, kids can become vulnerable to neglect and abuse. No family should experience this. Through the Safe Families for Children ministry, volunteer Host Families offer loving care to parents, watching over their children while the parents regain stability.

[Click here to visit Safe Families](#)

## Family Services Advocate

The Family Services Advocate works to identify, support, and advocate for the unique needs and rights of children with incarcerated parents. This program helps families and caregivers connect with existing community supports, and maintain healthy parent child relationships through case management.

[Click here to visit Family Services Advocate](#)

## Information and Referral

Compass Mark's Information & Referral Team offers anonymous, confidential support around topics such as:

- Alcohol, drug or gambling concerns for a loved one
- Treatment referrals
- 12-step meeting schedules
- Workplace drug & alcohol policy
- Local drug trends
- Prevention & intervention skills for clergy
- Prescription drug addiction, including chronic pain
- Role of drug testing
- Tobacco cessation programs
- Interventions

Call **717-299-2831** Monday-Friday, 9am-5pm

For treatment information visit [Find Help](#)

To learn more about the School-Based Prevention Programs, [Click Here](#)

## Parent-Child Interaction Therapy (PCIT)

PCIT is an evidence-based treatment for young children ages 2-7 with behavioral problems.

PCIT is conducted through "coaching" sessions during which a therapist observes behavior between you and your child in a playroom. The therapist watches interactions through a one-way mirror, all while providing realtime coaching skills to you through a "bug-in-ear" device.

Please see additional IU13 programming available in the **School-Aged Children** section.

[Click here to visit the PCIT program](#)



## Parent Groups

A parent is each child's first and most important teacher. IU13 values family involvement! To support these efforts, we coordinate or participate in a number of parent groups to help our whole team work together to benefit the students we serve. Please consider joining one of these groups.



[Click here to visit Parent Groups](#)

## Education Leading to Employment and Career Training (ELECT)

The ELECT program provides pregnant and parenting youth up to age 21 with the supports they need to complete their high school education and transition successfully into employment or continue in higher education. Services include:

- Biweekly visits for individual support
- Parenting, healthcare, and nutrition education
- Job information
- Attendance tracking and grade monitoring
- Intensive case management and support services.

[Click here to read more about ELECT](#)

## Secondary Transition Programs

Preparing students with disabilities to become successful workers requires hands-on experiences beyond what is offered in a traditional school setting. Supports are provided to students through job training services.

## Work Immersion Programs

Focus on helping young adults with disabilities make a successful transition from school to productive adult life. This unique one-year immersion program serves students with disabilities who are in their last year of high school. With the goal of competitive employment, each student receives classroom instruction and hands-on experience through internships. Through their work immersion experiences, students also develop employability, social, and independent life skills.

## School to Work (STW)

This program provides community-based training in real work settings. The program, which is available for high school students with disabilities, is designed to help students learn self-determination and functional academics, and to establish linkages to adult service agencies.

## Special Education Services

Materials are available through IU13 and the PA Training and Technical Assistance Network (PaTTAN). These materials will help to explain the process to determine if a student qualifies for services, your rights as a parent, and what to expect – including tips for how to talk to school staff.

[Click here to visit Special Education Services](#)

[Click here to visit PaTTAN](#)

# Family Support

For individuals and families seeking treatment information or recovery support services please call Compass Mark 717-299-2831 or visit [Compassmark.org](http://Compassmark.org)

## Kinship Support Services

Call 717-435-8139 to receive help in navigating systems, information about your rights, and connections to resources in your community.

Hours: Tuesday through Thursday, 9:30am-2:30pm [kinship@cobys.org](mailto:kinship@cobys.org)



## Kinship Coffee Sessions

Attend groups, information sessions, and family programs for information and support specific to kinship caregivers. Network with others that are going through similar experiences. Childcare is available on a limited basis. Registration is required. Kinship Coffee Sessions are held in New Holland, Northern Lancaster, Quarryville, School District of Lancaster, and Manheim Township. Visit [Cobys' Kinship page](#) for dates and times.



COBYS offers a variety of **family educational opportunities** throughout Lancaster County. Please visit [Cobys.org](http://Cobys.org) for a list of current offerings and information about how to enroll.

## YWCA Parent Alliance

The YWCA of Lancaster is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. The family support group is open to anyone, however, females are the primary clients. The YWCA offers various programs in which the support group members can participate. Parents receive referrals to other helping agencies as needed. Problems are discussed in a caring, supportive, non-judgmental manner. Confidentiality and anonymity is respected, except when the health or safety of a family member is at risk.



The support group offers a place where parents can talk about their concerns and receive support from other parents. The support group meets weekly at the YWCA on Thursday evenings. Childcare is provided. There is no cost to participate. For more information, contact the YWCA at 717-393-1735.

## Parents as Teachers (PAT)

PAT is an evidence-based home visiting model that promotes the optimal early learning and health of children by supporting and engaging parents and caregivers. The program provides services to families with children from prenatal through kindergarten entry. Families receive personal home visits, child screenings, group connections, parenting workshops and referrals to community resources.



Participants must live in Lancaster County to participate in PAT. There are no income requirements or costs to participate.

[Click here to visit PAT](#)



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