



In the fourth issue of the Advocate, The Arc of Indiana County would like to welcome our readers, parents, teachers, administrators, students, ARIN IU, and other service providers of Indiana County and beyond.

The Arc of Indiana County's mission strives to include individuals of all ages with intellectual, developmental delays, and other disabilities in every aspect of our community and beyond. Achieving this by identifying barriers, building partnerships, and realizing positive solutions.

#### In this issue:

- [Smile from Executive Director](#)
- [Pandemic Initiative updates and COVID-19 resources](#)
- [Mobile dental clinic flyer](#)
- [Recap on Family Fun Fest](#)
- [Special Olympics](#)
- [Spotlight Interview](#)
- [New at The Arc](#)
- [Arc Fundraisers](#)
- [Becoming a Monitor](#)
- [Groupwork - PWP, EAP, and LTF](#)
- [Groupwork – IVE and CDAW](#)
- [Arc Programs - Summer Theater workshop](#)
- [Parent and Educator Resources](#)



### **A smile from the Executive Director:**



What a year 2021/2022 has been so far! I am so thankful that we are moving forward and away from the pandemic dark cloud that has followed us for the last two years. COVID-19 directly pointed out to many of us, who have experienced loss, that life is too short! I have heard from several of you that you are focusing more on all the things you hold dear, like family, life beyond school, work, and practicing self-care. Looking back, this was personally the most challenging yet uplifting years of my life. I asked myself, what truly brings me joy, and stays the course of growing and protecting my own health and wellness. What is it you ask? It's letting kindness,

empathy, and compassion win, it's watching the pure excitement and joy of a Special Olympics athlete getting a medal for the first time, it's connecting with that one person that "gets you" and truly knowing that what you are passionate about is empowering and has the powerful ability to not only change but transform lives. For all that know me they know, that's what makes me tick! I challenge you to ask yourself that same question and ask the ones who may not be able to verbalize that for themselves. Seek out your joy, daily, I promise you, it's good food for the soul!

**Pandemic: What we have learned:** The pandemic extenuated many areas of disparity experienced by individuals with disabilities, for example, barriers of accessibility to quality and equal care and medical treatment, lack of access to necessities and services in a time of pandemic crisis, and the increasing mental health concerns among staffing shortages and local service provider waiting lists. All these areas of need were at crisis levels before the pandemic and are now exponentially demanding everyone's attention, demanding action and short-term, and long-term solutions.

The Arc of Indiana County wants to play an integral part in creating and providing solutions and modes of change. The Arc will be addressing the mental health crisis in our by-county region, lack of staffing, long waiting lists, and the increased need for more mental health support for our school systems and students. We look to address increased bullying incidents and racial discrimination among our student body and community at large by providing support for the new student advocacy program with the Indiana School District, empowering students to be the voice of change. The Arc will continue to provide barrier-free health opportunities like vaccination clinics, free COVID-19 test kits, COVID resources, and offering mobile dental clinics to

address ongoing health disparities among our high-risk populations in a sensory safe location.

**Educational Advocacy:** First and foremost, my position and role as the Executive Director of the Arc of Indiana County is that of Advocate. Working closely with parents and the school districts as a mediator and professional representative supporting and guiding the parents through the special education process and advocating for the goals and tools to help their students receive the best education in the least restrictive environment available by law. I have had the opportunity to connect with more than 40 families this school year working to ensure their student's IEP goals and interventions are adhered to and modified as needed, supporting them throughout the early intervention to graduation process, building relationships, and to promote the Arc offers cost-free educational advocacy for the Armstrong and Indiana Counties.

**Parent Partnerships:** To support parents and meet them exactly where their needs are the Arc has partnered with the ARIN IU 28 to combine the Parents with Purpose meeting and the Local Task Force for our next meeting in May as well for the next school year. By combining the meetings, parents do not have to choose which one when their schedules are crazy busy. We are very excited to announce we now have created a new playroom for children 3 yrs. and up and will be providing childcare during parental workgroups and meetings. Parents are also being offered Sheetz Gas cards to assist with the cost of transportation to attend. The April PWP meeting was in person for the first time and excitingly had 11 parents who attended and the supportive outcome for all who attended was impactful and informatively beneficial.

**Welcome our New Team:** With the significant increase of advocacy referrals within the bi-county area, the Arc will be adding an additional full-time advocate within the next month or two. I would like to introduce you to Rebecca (Becca) Boston. She is currently part-time at The Arc assisting the ED with

programming, fundraising, and PR/social media. She will be training this summer as an advocate and will work closely beside me this fall. She will be the new **Advocacy Program**

**Coordinator.** *"Hi, my name is Becca Boston. I graduated from Apollo-Ridge High School in 2020 at the peak of the pandemic. I have been working behind the scenes at The Arc doing media and outreach since February of 2022. I really enjoy helping people and learning new things. My older sister, Mikey Boston, was diagnosed with Autism when she was 8 years old. I was 3 at the time of her diagnosis and so*



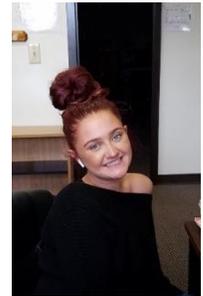
*have first-hand experience with people with ID/D. I believe my place here at The Arc is a perfect fit. Thank you for welcoming me and I look forward to my new role here as an advocate. "*

We have several other new team members here at the Arc as we continue to grow



and offer new programs and resources to the disability community. Michelle Ferrington became our new part-time **Administrative Assistant** in Aug. of 2021. Michelle is married and a mother of three children, one with a disability, and foster mother for her two nephews. She is very passionate about the Arc and our mission! Logan Paul is our new **IM4Q Program Coordinator** since Dec. 2021. Logan quickly learned the program, monitoring the completion of surveys,

data collection and entry and updating, and streamlining the program. Logan was the Arc's Summer 2021 intern and graduate from IUP. Logan is originally from the Harrisburg area and has an uncle, who she adores, that also has down syndrome. She is very passionate about making



sure individuals with disabilities receive the quality of care and services they require and deserve. Abby Kibler is our new **casual part-time Administrative Assistant** who started in Feb. 2022. Abby is married and has two children and has worked with the IM4Q Program as a monitor for several years. Help us celebrate and welcome all our new employees!

**Looking Forward:** I'll be very honest; I am truly excited for the future of the Arc of Indiana County and all the hope and opportunity this coming year brings. The Arc has opened wide its doors to the community, building partnerships and collaborations, bringing new, creative, "think outside of the box" opportunities to the disability community and beyond. We are honored to bring on First Commonwealth Bank as our **first official Corporate Sponsor** supporting the Arc mission and helping to continue offering cost-free services and programming. The Arc collaborated with The Arc of Pa and the United Way of Indiana County to **address the disparities and barriers of the pandemic**, directly affecting individuals with disabilities and their families. We can't wait for our first Non-Pro's Kickball classic, bringing non-profits and local providers together for a day of collaboration and tons of fun! We are offering **theatre workshops** for individuals with disabilities once a month this summer called Who wants to act up! Forward to this fall, we are planning to work closely with first

responders and local law enforcement to learn about emergency planning and **“getting to know a hero”** workgroups bringing the disability community and our men and women in uniform together to learn from each other instead of always meeting in a crisis event that may not have a positive outcome. October will bring our first **Bark for the Arc** main community Fundraiser, partnering with Mack Park and the 2<sup>nd</sup> annual Parents Empowerment Colloquium, partnering with the Indiana School District bringing a one-day parent training event to offer a platform to learn, collect resources and connect with service providers in the special education field. Did you know that in 2023 the Arc will be celebrating **50 years** of service and advocacy to the Indiana Community? We are in the planning stages of the year of events to celebrate this milestone and dedication to improving the lives of individuals with intellectual and other disabilities. We invite you to join us in honoring our Founder Joseph Angelo, long-standing Executive Director Barbara Telthorster, Board members current and past, and all that have worked so diligently and passionately for these amazing individuals!

**How to find us:** We are located at 120 N. 5<sup>th</sup> Street, Indiana (right across from Holiday Beverage on the corner of 5<sup>th</sup> and Water St). We are on the Web! At [www.arcindiana.org](http://www.arcindiana.org) where we have our calendar of events, resources, membership opportunities, program and workgroup information, program registration, fundraiser registration as well as legislative updates and links. Call us any time at 724-349-8230, our doors are open Mon-Fri. 8:30 to 4 pm. Stop by and collect resources from our service provider flyer display, get a free covid-19 test kit, health kit, or see our new childcare room, conference room to rent or to say hello, meet the team and have a friendly cup of coffee! My email is [mjordan@arcindiana.org](mailto:mjordan@arcindiana.org)

Be well, look for your joy, spread smiles and kindness, enjoy the sunshine and the great outdoors this season, you deserve it! You ED, Michelle Jordan



# Pandemic Initiative Updates and COVID-19 Resources

The Arc continues to break down barriers that could prevent individuals from receiving COVID-19 vaccination, COVID-19 information/resources, and access to COVID-19 testing.



The Arc of Indiana County has hosted three COVID-19 vaccination clinics this year that offers sensory-sensitive, barrier-free, easily accessible locations and will continue to offer clinics throughout the next year.



We will continue to offer free COVID-19 antigen home test kits available to **EVERYONE** during office hours (Monday-Friday 8:30 am-4:00 pm) while supplies last.

## Here are COVID-19 resources related to people with disabilities:

- [AID in PA](https://aidinpa.org) <https://aidinpa.org>
- [Disability Information and Access Line](mailto:DIAL@usaginganddisability.org) (DIAL) is also available to help at 1-888-677-1199 or via email at [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org).
- [FACT SHEET: Administration Announces New Actions to Address the Needs of People with Disabilities and Older Adults in Response to and Recovery from COVID-19 – Feb 2022](#)
- [Health-care barriers prevent many autistic people from seeking medical treatment](#)
- [Health Equity Framework for People with Disabilities](#) National Council on Disability
- [Pennsylvania counties with the most racial and ethnic diversity in the 2020 Census](#)
- [People with disabilities left behind by telemedicine and other pandemic medical innovations](#)
- [Lo Que Debes Saber Sobre El COVID-19 y Las Vacunas \(Con subtítulos en Español\) - Spanish Language version.](#)
- [What You Should Know Show: COVID-19 Edition \(with American Sign Language embedded\)](#)
- [What You Should Know Show: Vaccination Edition \(with American Sign Language embedded\)](#)



**We bring the dental office to you!**

**Our Public Health Team will Provide:**

- Exam
- Cleaning
- Fluoride Varnish
- Treatment options if needed, including with a local dental provider
- Parent education and hands-on learning for families

**On June 30th from 11 AM to 3 PM**

We are partnering with The Arc of Indiana County to provide dental health checkups for individuals with disabilities, whose research has shown to be at high risk of dental health disparity in the US.

**All Insurances are Welcome!**

**FOR AN APPOINTMENT– Please Text: Arc to 724-858-9295**

and someone will be with you to schedule an appointment time.



# FAMILY FUN FEST 2022

The Arc of Indiana County participated at Family Fun Fest this year in April at the Indiana Mall. It's an event hosted by The Children's Advisory Commission annually. The event included many different vendors including music, crafts, and educational pop-ups. It was a huge success with over 650 children and 350 families who attended and joined in on the fun. The theme of the event was Here Comes the Sun, and The Arc's theme was Daydream Believer by The Monkees. We provided xylophones and kazoos (to the parents' dismay) for the children to play along with the music, as well as crafts. We also had everyone help us create a rainbow print canvas with smiling faces underneath to hang up in our office here at The Arc.





## Local Competition:

May 21<sup>st</sup>, 2022

At Armstrong High School

From 9 am to 1 pm

Volunteers and Spectators  
are needed!

Come help us celebrate their  
achievements!

## Upcoming Fall Sports:

To start mid-August

- Bocce: Indiana- White Township bocce courts  
Armstrong- Ingram Park  
Kittanning
- Long-distance running/walking:  
Hoodlebug Trail, Indiana  
Armstrong- Rails to Trails,  
Kittanning
- possibly powerlifting at  
Indiana county YMCA



We are excited that we  
are taking 21 Athletes to  
summer games at Penn  
State in early June!!

Look for posts on social  
media!

## Lets Dance!

### Outdoor Picnic

A night of laughing, eating, and  
dancing!

Time and location to be  
determined (late July- early  
August)

Refer to social media for updates.

## Special Olympic contact information:

Michelle Jordan –

[smileincluded@hotmail.com](mailto:smileincluded@hotmail.com)

814-441-7981

Becca Boston –

[beccaboston9@gmail.com](mailto:beccaboston9@gmail.com)



# Individual Spotlight Interview

Our spotlight interview for Spring of 2022 is with Jared Vought. Jared is an athlete in Special Olympics, and he attends the day program STEPS 2 SUCCESS. Jared also works at Diamond Drug. He loves attending sporting events and cheering on his favorite teams, the Steelers, and the Pirates. Jared lives independently and is an active member of the community.

**ARMSTRONG  
INDIANA  
COUNTY**

**SPECIAL OLYMPICS  
PENNSYLVANIA**



Q: When did you start Special Olympics?

A: I started Special Olympics in 2019, with bowling.

Q: What do you enjoy most about Special Olympics?

A: competing against everyone

Q: Where do you work and what do you enjoy most about your job?

A: I work at Diamond Drugs and getting to know all my co-workers

Q: What other activities do you enjoy in the community?

A: Miracle league and hanging with family

Q: I heard you recently became an uncle; how do you feel about that?

A: Pretty good, I have a nephew named Oliver

Q: What do you enjoy most about living independently? What has been a challenge for you and what have you done to assist with that challenge?

A: Doing things more independently, cooking, transportation, having staff with me to help

Q: What are some of your favorite sports and sports teams? What is a big sporting event that you went to recently?

A: all Pittsburgh teams. Baseball is my favorite. I recently went to the Pittsburgh Pirates game.

Looking for the perfect place to host meetings/events?

The Arc of Indiana County has a conference room to rent!

120 N. 5<sup>th</sup> Street Indiana, Pa

Initial fee: \$50.00

Reoccurring fee: \$35.00

Member fee: \$15.00

Coffee/beverage station available with other refreshments and snacks

## CONFERENCE ROOM RENTAL



This room comfortably seats about 25 people but could fit up to 30 people!

Rental times available: Monday-Friday 8:30 am - 5:00 pm. After 5:00 pm with staff availability.

Brand new state-of-the-art 75" screen, Polycom system that has many different features for enhancing your conference quality and hybrid experience.

LOOK WHAT THE ARC IS OFFERING!



## CHILDCARE/ PLAYROOM

We now offer childcare for children 3 and up for any of the meetings The Arc of Indiana County is having.



Our volunteer child caregivers have completed all necessary background checks for The Arc.



# FUNDRAISERS



Bark for the Arc  
Supporting individuals with intellectual disabilities

Volunteers are needed! If interested, please contact The Arc at 724-349-8230

Nonprofit organizations coming together, **Finally**, for a day of kickball, while building lasting partnerships, collaborations, and working together to build a better community.

To register your team, go to the website – [www.arCindiana.org](http://www.arCindiana.org)

Registration deadline – June 1, 2022

After event hangout at Levity Brewing Co.



When: June 25, 2022

Where: Getty Heights Park

Time: 9 am – 12



KICKBALL CLASSIC

**Love your pooch?** Bring your furry friend down to Mack Park to enjoy a day of fun and canine activities, fundraising to benefit all the no-cost services and programs provided by The Arc of Indiana Co. for individuals with intellectual disabilities and developmental delays.

**Events:** Pet Run/Walk Event, Agility Course, Adoption/Rescue Tents, 50/50 & Basket Raffle, Pet Related Vendors, Contests/Awards, and Food Trucks, Pet related Art auction, pet caricatures and more!

**When:** October 15, 2022

**Where:** Mack Park Grounds

**Time:** 10 AM – 3 PM



\$20 early registration fee for each pet, event day registration \$25

\$5 general admission per person at gate/door, Kids 10 & under free

**For more info call (724) 349-8230**

BARK FOR THE ARC

# Becoming an IM4Q Monitor



## Arc of Indiana County

### What is it?

Independent Monitoring for Quality (IM4Q) is an information-gathering method the Office of Developmental Programs (ODP) uses to improve the lives of individuals with an intellectual or developmental disability.

Independent teams monitor the satisfaction and outcomes of a random sample of individuals receiving services statewide. Information is used to ensure that people are healthy and safe and to offer services that promote choice and control in their everyday lives.



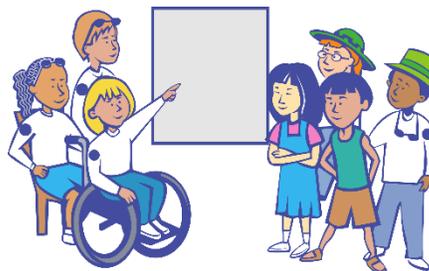
Independent contractor with the Arc

Looking for a diverse team to make a difference in the lives of individuals with disabilities.

College students, parents/caregivers of individuals with ID, Community members, retirees, & neighbors



Flexible Schedule & \$50-60 Per Survey



Training will start in October, and surveys will be conducted from October to end of May

If you are interested in finding out more about becoming a monitor please contact the IM4Q Program Coordinator, Logan Paul or contact the office at 724-349-8230 or email [lpaul@arcindiana.org](mailto:lpaul@arcindiana.org)

Look for our new monitor tab on our website [www.arcindiana.org](http://www.arcindiana.org) to access a fillable application and additional information. This will be launched by July 1<sup>st</sup> 2022.

# LFT, PWP, & EAP

## **The Local Task Force (LTF)**

LTF on the Right to Education in Armstrong and Indiana Counties is an advisory group made up of consumers, advocates, and providers of special education.

Consumers, both students with disabilities and parents/caregivers have the majority membership on the LTF.

Provider members represent area school districts, career, and technical centers, ARIN IU 28, and the Armstrong-Indiana Behavioral and Developmental Health Program.

Advocate members represent agencies that serve people with disabilities.

LTF and PWP now have conjoined meetings and they are on the third Thursday of the month. Meetings usually happen five times a school year. Refer to the website for the calendar updates.

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

[www.iu28.org](http://www.iu28.org)



## **Parents with Purpose**

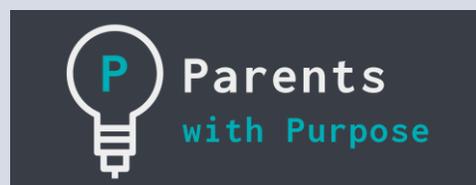
### **Workgroup: (PWP)**

(PWP) monthly speakers and presentations addressing advocacy, secondary transition, and the special education process.

This group is workgroup for parents, educators, and agency/organizational professionals, to come together to address advocacy, transition and special educational needs, concerns, interests, and all about the process.

This group meets with LFT every 3<sup>rd</sup> Thursday of the month at 6:30 PM virtually or in-person at the Arc of Indiana County. Go to the Arc website for meeting times and dates [www.arcindiana.org](http://www.arcindiana.org)

The next meeting is May 19. No meetings the months of June, July, and August. The following meeting will be in-person September 15, 2022.



## **Educational Advocacy**

### **Program: (EAP)**

### **Do you need an Advocate?**

An Educational Advocate guides parents through the special education process. This includes how to prepare for Individualized Education Program meetings, how to file a due process complaint, and find an attorney for legal representation.

The goal is to ensure that the school adheres to a child's IEP and makes a good faith effort to help the student achieve his or her defined goals. The Arc of Indiana County serves as the parents leading resource for information and support for Armstrong and Indiana Co.

Call for more information on the Educational Advocacy Program services today at 724-349-8230



**EAP EDUCATIONAL ADVOCACY PROGRAM**

Supporting parents, students, educators, community

# IVE

## Indiana Voices for Equality

**Mission Statement:** To advance the equal treatment of Black and Brown individuals through ethnicity awareness, education, and advocacy, using an open, and safe community discussion platform. To build bridges by listening, connecting, educating, and understanding inequality and to bring about positive change to every aspect of the Indiana community and beyond.

**Vision Statement:** Indiana Voices for Equality (IVE) serves as a safe place to engage in difficult conversations, where community members can share their voices on topics like discrimination, public policy, bias, inequality, and community issues. IVE will collaborate on equal rights initiatives and participate in community growth and inequality awareness.

IVE meetings have covered topics related to the local school district's response to racial discrimination and bias in general, positive police presence in our community, learning more about Martin Luther King Jr. Day, and community inclusion with our black and brown IUP student body. Anybody is welcome to join to be a part of this forum to ensure the equity conversation continues.

These meetings are **quarterly**, on the **first Thursday** of the month at 10 AM.

**Next meeting: October 6, 2022**

10 am Hybrid

Cohosts: Michelle Jordan [mjordan@arcindiana.org](mailto:mjordan@arcindiana.org)

Marty Dombrowski [mdombrowski@cilscca.org](mailto:mdombrowski@cilscca.org)

# CDAW

## Community Disability Awareness Workshop

We look forward to being in  
person once again!

**Community Disability Awareness Workshop  
Meeting at The Arc of Indiana Co. located at  
120 N. 5th St Indiana.**

**Why CDAW?** This Workgroup guides, introduces, and educates individuals, professionals, and community members about the disability population and addresses community concerns, develops positive solutions while building partnerships ensuring the inclusion of these amazing individuals empowering them to live their best lives!

CDAW meetings are every first Monday of each month at The Arc of Indiana County.

Hybrid meetings are always available!

These meetings are on the first Monday of the month at 8:30 AM.

**There will be no meetings during the months of June, July, and August.**

**September's meeting will be the 12<sup>th</sup> instead of the 5<sup>th</sup> due to the holiday.**

# Who wants to ACT UP?!

A series of **THEATRE WORKSHOPS**  
for individuals with disabilities

Join us for three evenings of theatre workshops, games, and scenes!

**When:** May 20th, June 17th,  
and July 15th 6 pm – 8 pm

Free of charge

Location: The Arc of Indiana  
County- 120 N 5th Street Suite #2  
Indiana, PA 15701

Workshop Presenter: Eve Urban

Eve Urban is a theatre educator who graduated from Indiana University of Pennsylvania with a bachelor's degree in Theatre and an Applied Theatre Certificate. She currently teaches theatre classes with Center for Applied Drama and Autism. She has obtained the necessary PA clearances.



## Spirit of Food Cooking Class

To be offered this summer  
Date, Time, & Location to be announced



Follow us on social media or go to our website at [www.arcindiana.org](http://www.arcindiana.org) to check the calendar for updates



The Spirit of Food Program would provide a box of food to registered participants in Indiana County for individuals with intellectual disabilities to utilize during the cooking classes held virtually and in person with an area chef teaching food prep, safe utensil usage, cooking/baking, and safe food storage.

The Spirit of Food Program enhanced participants' lives by combating social isolation and the lack of community connection during the extent of the pandemic in the summer of 2020 and beyond. Food disparity and healthy habits are a pressing concern for this population. The program will promote inclusion, safe individual interaction, while educating with cooking instruction and providing supplemental food to our at-risk participants and their families.

# Parental and Educator Resources

- [www.aapd.org](http://www.aapd.org)
- [www.ahedd.org](http://www.ahedd.org) Social Security Benefits Counseling
- [www.autisticadvocacy.org](http://www.autisticadvocacy.org) Autistic Self Advocacy Network
- [www.casecec.org](http://www.casecec.org) Council for Exceptional Children [www.cec.sped.org](http://www.cec.sped.org)
- [www.centeronlinelearning.res.ku.edu](http://www.centeronlinelearning.res.ku.edu) Center on Online Learning and Students with Disabilities
- [www.chp.edu](http://www.chp.edu) Down Syndrome Center [downsyndromecenter@chp.edu](mailto:downsyndromecenter@chp.edu) Western Pa
- [www.co.mifflin.pa.us](http://www.co.mifflin.pa.us) **"Persevere PA"** PA's COVID-19 Crisis Counseling Program **Helpline 24/7**. To help individuals navigate the impacts and stress related to COVID-19. Services are free call 1- 855-284-2494
- [www.disabilityrights.org](http://www.disabilityrights.org) **Disability Rights: Disability Rights Pennsylvania** (DRP) is an independent, statewide, non-profit corporation designated as the federally mandated protection and advocacy. Pittsburgh Office 412-391-5225.
- [www.dli.pa.gov](http://www.dli.pa.gov) Occupational Vocational Rehabilitation OVR
- [www.ed.gov/ocr](http://www.ed.gov/ocr) Department of Education email [COVID-19@ed.gov](mailto:COVID-19@ed.gov) Helpline 1-800-421-3481
- [www.eita-pa.org/families/](http://www.eita-pa.org/families/) Family Resources available through the Early Intervention Technical Assistance (EITA)
- [www.elc-pa.org](http://www.elc-pa.org) Education Law Center Helpline 412-258-2120 Western Pa
- [www.includemepa.org](http://www.includemepa.org) Is a resource from The Arc of PA. **Include Me** is a new model for inclusive education and gaining meaningful employment for Pennsylvania's students with intellectual and developmental disabilities. The Arc of Pennsylvania and Include Me believe all individuals with a significant impact of developmental and intellectual disability deserve equal educational and competitive employment rights. Our mission, build and strengthen the inclusive education capacity for all public-school students, and discover meaningful employment opportunities meeting Pennsylvania employee and employer needs. Include Me strives to ensure all impacted students have equal access to all aspects of life and the community throughout their lifespan. This website has various resources and important information for parents and their families.
- [www.myodp.org](http://www.myodp.org) Community Practice for supporting families
- [www.ncset.org](http://www.ncset.org) National Center on Secondary Education and Transition
- [www.ncil.org](http://www.ncil.org) **Additional Resources online:** American Association of People with Disabilities, [www.aapd.com](http://www.aapd.com), National Council on Independent Living,
- [www.paautism.org](http://www.paautism.org)
- [www.paoralhealth.org](http://www.paoralhealth.org) PA Coalition for Oral Health
- [www.papromiseforchildren.com](http://www.papromiseforchildren.com) Pennsylvania's Promise for Children connect Helpline 1-800-692-7288 • PA Family Network 1-844-723-2645 or [pafamilynetwork@visionforequality.org](mailto:pafamilynetwork@visionforequality.org)
- Parent to Parent of PA [www.parenttoparent.org](http://www.parenttoparent.org)
- Parent Center Hub [www.parentcenterhub.org/coronavirus-resources](http://www.parentcenterhub.org/coronavirus-resources) [www.parentcenterhub.org](http://www.parentcenterhub.org)
- [www.pattan.net](http://www.pattan.net) Pennsylvania Training and Technical Assistance Network has **Publication Updates** on their website.

# Parental and Educator Resources

- <https://techowlpa.org/> Technology for our Whole Lives (TechOWL)
- [www.wrightslaw.com](http://www.wrightslaw.com) Wrightslaw Special Education Advocacy
- [www.youtube.com](http://www.youtube.com) McAndrews Law Office YouTube videos. Topics: Getting prepared for IEP meetings, Wills, Trusts, and Elder Law

## Local Resources

- <https://www.aibdhp.org/> Our vision: To develop a person-centered, community oriented behavioral and developmental system that supports recovery and resiliency through hope, experience, advocacy, and education while ensuring dignity and respect to individuals.
- [www.cilscpa.org](http://www.cilscpa.org) Center for Independent Living of South-Central PA: Welcome to the Center for Independent Living of South-Central Pennsylvania!  
The mission of CILSCPA is to Empower People with Disabilities to LIVE independently! Begin your journey of self-discovery, personal fulfillment, and INDEPENDENCE at the Center for Independent Living! CILSCPA serves People with Disabilities; anyone, of any age, and any disability in Blair, Bedford, Cambria, Fulton, Huntingdon, and Indiana Counties.  
The Mission of the Center for Independent Living is to empower people with disabilities to live independently. This CIL strives through advocacy and collective action to remove physical and attitudinal barriers that prevent People with Disabilities (PWD) from exercising their rights, achieving personal independence, and participating fully in the life of the community. Programs, services, and pieces of training provided by this CIL teach consumers to take responsibility for their own abilities to live independently.
- [cwinters@peerstarllc.com](mailto:cwinters@peerstarllc.com) Peer Star LLC offers **Community Support Programs** CSP that include mental health consumers, family members, and professionals working together to help integrate natural support into the lives of those with mental illness. Armstrong County meets every 4<sup>th</sup> Thursday and Indiana County meetings every first Thursday via zoom. Contact Carol Winters at the email above to get the zoom information or call 814-762-9875
- [https://www.iu28.org/apps/pages/index.jsp?uREC\\_ID=1096402&type=d&pREC\\_ID=1380322](https://www.iu28.org/apps/pages/index.jsp?uREC_ID=1096402&type=d&pREC_ID=1380322) The ARIN Intermediate Unit 28 Early Intervention (EI) Preschool Program provides a variety of programs and services for children from their third birthday until entry into school. Services for children during the preschool years are provided at no cost to their families when the child is determined to meet eligibility requirements. Individual Education Programs (IEPs) are written to define the services that will be provided to those eligible children.
- [https://www.iu28.org/apps/pages/index.jsp?uREC\\_ID=1096527&type=d&pREC\\_ID=1380438](https://www.iu28.org/apps/pages/index.jsp?uREC_ID=1096527&type=d&pREC_ID=1380438) ARIN's Autistic Support Classrooms provide districts and families the opportunity to meet the complex needs of individual students within the community setting of the public school. Unique tools, strategies and techniques are utilized to teach the students academic and important social and behavioral skills. A highly individualized program is developed with a focus on the unique needs of each student.

**Website: [www.arcindiana.org](http://www.arcindiana.org)**

**Facebook: The Arc of Indiana County**

**Instagram: arcindianacounty**

**Twitter: arc\_county**