



HELP LINE - 1-877-914-MOM2 (1-877-914-6662)

“**Mom 2 Mom**” is a 24-hour helpline for mothers of children with special needs that was recently launched by the University of Medicine and Dentistry of New Jersey (UMDNJ). The women who serve as peer counselors when answering calls have their own children with special needs. By dialing 1-877-914-6662, a mother or father of a child with special needs will receive the following services:

Mom 2 Mom Peer Support- M2M Peer Supporters will be available to provide telephone peer support to callers in need. Moms of special needs children trained in peer counseling and crisis support will offer peer support, explain resources, and explore your needs. Mom 2 Mom peer support is also available through their website for a live chat experience.

Mom 2 Mom Clinical Assessment - M2M Clinicians will be on the helpline as part of the team of clinical professionals available to do telephonic assessment and gauge the depression, anxiety, and family and marital issues, and so forth, that may be impacting your life.

Mom 2 Mom Network- A M2M database of specially trained service providers will be available for referrals for your mental health needs.

MOM 2 MOM Support Groups- Within your communities, Mom Peer Supporters will be available every month for Mom 2 Mom support groups.



WEBSITES - These links are provided as a resource and do not constitute an endorsement by the West Milford Township Public Schools or the Special Education Parent Advisory Committee.

THE STATE OF NJ SPECIAL EDUCATION:

- Frequently Asked Questions <http://www.state.nj.us/education/specialed/faq/>
- Presentation: An Array of Supports for Including Students with Disabilities in General education programs 2008 <http://www.state.nj.us/education/specialed/info/array.shtml>
- State Special Education Advisory Council <http://199.20.64.195/education/sseac/>
- NJDOE Office of Special Education Programs <http://www.state.nj.us/education/specialed/>
- Children with Special Needs <http://www.njfamily.com/Special-Needs-in-NJ/>
- Commission for the Blind and Visually Impaired www.state.nj.us/humanservices/cbvi/index.html
- Division of Disability Services <http://www.nj.gov/humanservices/dds/home/>
- Division of Family Health Services www.state.nj.us/health/fhs/
- Early Intervention System www.state.nj.us/health/fhs/eis/

SPECIFIC DISABILITIES:

Autism:

- Autism NJ, Center for Outreach and Services for the Autism Community www.autismnj.org
- Autism Speaks, The nation's largest autism science and advocacy organization
<http://www.autismspeaks.org/>
- Autism Research Institute <https://www.autism.com/>
- Parents of Autistic Children (POAC) www.poac.net

Attention Deficit/Hyperactivity Disorder:

- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) www.chadd.org
- ADDA (Attention Deficit Disorder Association) <https://add.org/>

Down Syndrome:

- National Down Syndrome Society www.ndss.org

Other Disabilities:

- American Foundation for the Blind <https://www.afb.org/>
- Arc of New Jersey www.arcnj.org
- Asperger Syndrome Education Network (ASPEN®) <http://aspennj.org/about-aspen>
- International Dyslexia Association <http://nj.dyslexiaida.org/>
- Spina Bifida Association of America <http://spinabifidaassociation.org/>
- Tourette Syndrome Association <https://www.tourette.org/>
- United Cerebral Palsy Association www.ucp.org

SPAN Statewide Parent Advocacy Network: <http://www.spannj.org/>

MENTAL HEALTH RESOURCES

Mental Health Association in New Jersey <http://www.mhanj.org/>

NAMI New Jersey <http://www.naminj.org>

GLOSSARY OF FREQUENTLY USED TERMS



GLOSSARY

- **Case Manager** - A school district employee who coordinates meetings with you and appropriate school staff members. The case manager also serves as your contact when you have questions regarding your child's special education program and services.

- **Child Study Team Evaluation** - A way of collecting information about your child's special learning needs, strengths, and interests. An evaluation is used to help make decisions about whether your child is eligible for special education and related services. The evaluation will include administering individual tests, observing your child, a review of records, talking with you and your child. The evaluation may include the following: an educational assessment, health appraisal, psychological assessment, social assessment, a speech/language assessment, and any other pertinent medical evaluations.
- **Individualized Education Program (IEP)** - This is a written plan that details what the child will be taught and documents what will actually be provided to the child through special education and related services.
- **Preschool Disabled** - Children ages three to five, with an identified disabling condition and/or measurable developmental impairment, who require and would benefit from special education and related services.
- **Related Services** - Services which children with educational disabilities require to benefit from their educational programs. Related services include the following: counseling the child, training the parents about the educational needs of their child, speech-language therapy, occupational therapy, physical therapy, transportation or recreation, as well as other appropriate services which the child needs to benefit from an education as required by their IEP.
- **Special Education** - Instruction and needed related services modified or designed, at no cost to parents/guardians, to meet individual needs of a child with disabilities, including instruction in classrooms, homes, hospitals, and other institutions.