

# QUICK REFERENCE GUIDE

## GENERAL RESOURCE CONTACTS

### ABOUT THE GUIDE

This Quick Reference Guide is designed to help you quickly access valuable resources, services, and programs for children. It will direct you to more detailed information about Early Intervention and Early Learning. To help you provide the best care for the children in your family, important contact information for other support services, such as medical benefits, mental health services, addiction treatment, and nutrition programs, is listed here as well.

### YOUR CHILD'S MILESTONES

To learn about your child's basic developmental milestones and how to refer your child to Early Intervention, visit the PA's Promise for Children website at [www.papromiseforchildren.com](http://www.papromiseforchildren.com). An "Early Learning GPS" tool and other materials are available there to help you track your child's milestones. For a detailed description of Early Intervention services, go to <http://www.pattan.net/category/Resources/PaTTAN%20Publications/Browse/Single/?id=4de68cf4150ba04435070000> to download a helpful "Watch Me Grow" brochure. If you believe that your child is experiencing developmental, educational, or behavioral delays or issues, call the CONNECT Helpline at **1-800-692-7288** to be connected to an Early Intervention program in your area.

### YOUR CHILD'S BEHAVIOR AND TEMPERAMENT

To understand why children behave a certain way, go to <http://papromiseforchildren.com/help-your-child-grow/dealing-with-challenging-behaviors/>. Topics include teaching your child vital social skills, tips on temperament, solutions for challenging behaviors, soothing a crying baby, and addressing sleep issues.

### VIRTUAL VISITATION

As you encourage the relationship between children and their incarcerated loved ones, the Virtual Visitation Program can help. It provides visitation via videoconferencing for offenders and their approved visitors. Sometimes visitors are unable to travel long distances to visit incarcerated loved ones, and the Virtual Visitation Program helps to bridge this gap. For more information call 1-877-658-8474.

### IMMUNIZATIONS AND CLINICS

To learn about when your child should be immunized and to locate an immunization clinic near you, call 1-866-PA-HEALTH, or visit [http://www.health.pa.gov/Your-Department-of-Health/Offices%20and%20Bureaus/Bureaus/Pages/Back-to-School-Immunization-Clinics.aspx#\\_WTD\\_5h](http://www.health.pa.gov/Your-Department-of-Health/Offices%20and%20Bureaus/Bureaus/Pages/Back-to-School-Immunization-Clinics.aspx#_WTD_5h).

### MORE EDUCATIONAL AREAS OF INTEREST

For information about other educational topics for children in grades K-12, visit the PA Department of Education's website at <http://www.education.pa.gov/K-12/Pages/default.aspx>. This website includes many programs that may apply to your child, such as:

- Homeless Education
- Charter Schools
- Gifted Education
- Migrant Education
- Private Schools
- GED/GED Testing
- Opening Doors in PA
- Special Education
- Alternative Education
- Safe Schools
- Tutoring Services
- English as a Second Language (ESL)

### OFFICE OF CHILD DEVELOPMENT AND EARLY LEARNING (OCDEL)

Phone: 717-346-9320

CONNECT Helpline: 1-800-692-7288

<http://www.dhs.pa.gov/citizens/childcareearlylearning/index.htm>

### DEPARTMENT OF EDUCATION

Phone (General): 717-783-6788

To access and explore a range of educational information, visit <http://www.education.pa.gov/Pages/default.aspx>.

### DEPARTMENT OF HUMAN SERVICES

Phone: 1-800-692-7462

To access and explore a range of services for children, visit <http://www.dhs.pa.gov/learnaboutdhs/helpfultelephonenumber/childcareinformationservices/index.htm#.VkldyL-L6z4>.

### OFFICE OF CHILDREN AND FAMILIES IN THE COURTS

Phone: 717-231-3300

For information on foster care and other child welfare topics, visit <http://www.ocfcpacourts.us/parents-and-families/information>, or go to <http://www.ocfcpacourts.us/assets/files/list-246/file1453.pdf>.

### OFFICE OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES (OMHSAS)

Phone (National Helpline): 1-800-662-HELP (3457)

Suicide Prevention Lifeline: 1-800-273-TALK (8255)

To find statewide behavioral/mental health services, go to <http://www.parecovery.org/>. To find statewide addiction treatment and recovery programs, go to <https://apps.ddap.pa.gov/GetHelpNow/>.

### AUTISM SERVICES

For autism-related resources and information, call 1-877-231-4244, or go to <http://www.paaautism.org/>.

### DOMESTIC VIOLENCE PREVENTION/CHILD SAFETY

Phone (National Domestic Violence Hotline):

1-800-799-7233 (SAFE)/ 1-800-787-3224 (TTY for the Deaf) or visit <http://www.pcadv.org/>.

Phone (To Report Child Abuse): 1-800-932-0313

<http://keepkidssafe.pa.gov/>. To learn how to identify the signs of child abuse and neglect, go to <https://www.childwelfare.gov/topics/can/identifying/>.

### COMPASS - MEDICAL/NUTRITION (SNAP)/CASH ASSISTANCE BENEFITS

Phone (COMPASS Helpline): 1-800-692-7462

For more benefits and services, including medical assistance, financial assistance, food stamps, and energy assistance programs, visit <https://www.compass.state.pa.us/Compass.Web>.