

# Region Five

# Transition Guide

2nd Edition



Cass | Ransom | Richland | Sargent | Steele | Trill

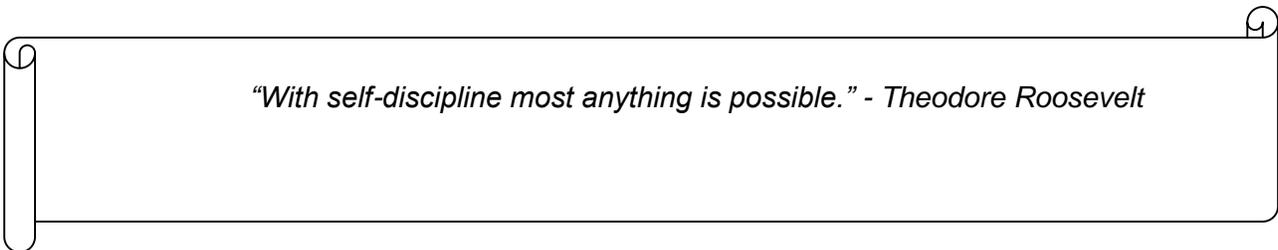




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# Student Data Sheet

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent Names: \_\_\_\_\_

Primary Diagnosis: \_\_\_\_\_

Secondary Diagnosis: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Clinic Name: \_\_\_\_\_

Clinic Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Pharmacy Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact Information for Adaptive Equipment: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Social Worker: \_\_\_\_\_ Phone: \_\_\_\_\_

VR Counselor: \_\_\_\_\_ Phone: \_\_\_\_\_

Case Manager: \_\_\_\_\_ Phone: \_\_\_\_\_

Registered for selective service (males age 18): Y / N

Has a social security card: Y / N

Has a state ID or driver's license: Y / N

Has a Transition Portfolio (this includes your IEP): Y / N

High School: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Case Manager: \_\_\_\_\_

Accommodations in the Educational Setting: \_\_\_\_\_

\_\_\_\_\_

# ***Important Documents***

The following documents will be important to keep in a safe place as they are necessary for you to transition from childhood to adulthood.

- Birth Certificate
- Social Security Card
- State ID or Driver's License
- Medical History
- Immunization Records
- Current IEP and Evaluation Report
- Medical Card (private insurance or state healthcare program)

## **How to obtain a North Dakota birth certificate:**

1. Go to: <http://ndhealth.gov/vital/birth.htm>

-OR-

2. Print and complete the Birth Certificate Application Form.
3. Compute the charges for your order. Applications without fees will not be processed.
4. Access to some birth records is restricted (see the list of restrictions in the instruction section of the form). A birth certificate cannot be mailed to you unless you demonstrate tangible interest. You demonstrate tangible interest by checking the appropriate box on the application and by submitting a copy of your identification or by having your signature on the application notarized. Applications that are not accompanied by the appropriate identification, or are not notarized, will not be processed.
5. Make your check or money order payable to: North Dakota Department of Health.
6. Mail the completed form and payment to:  
Division of Vital Records  
600 E Boulevard Ave – Dept 301  
Bismarck, ND 58505-0200
7. If choosing to fax your request, fax the completed form and your credit card number, expiration date and card type on the request form to: (701) 328-1850.

*To obtain a birth certificate from another state, contact that state's Department of Vital Records/Statistics.*

## **How to obtain a Social Security Card:**

<http://ssa.gov>

You must go online and complete an Application for a Social Security Card and show documents proving you are a US Citizenship and proof of your identity. You can then take your completed application to the closest Social Security Office. The Social Security website will identify the closest office to you.

## **How to obtain your Medical History and Immunization Record:**

Contact your current medical provider and ask for a summary of your medical history as well as your Immunization Record. If you do not have a provider, ask your current school for the Immunization Record and keep a copy for yourself. You may need to submit these items to service providers or local institutions.

## **How to obtain a copy of your medical insurance card?**

If it is private insurance, contact the insurance carrier or employer. If it is part of the ND state healthcare program, contact your financial worker at social services.

**How to obtain your ND Non-Driver ID or Driver’s License:**

Non-Driver ID: Can be obtained at your local NDDOT. Documentation required: certified copy of your birth certificate and social security card.

Driver’s Instruction Permit: Instruction permits are issued to allow new drivers to legally practice driving. Instruction Permits are valid for up to one year and all applicants must be at least 14 years of age and first pass a written exam and a vision screening. All applicants under the age of 18 must have a parent or legal guardian approval. Note: when legal guardian signs guardianship papers must be presented.

Please contact your local Driver’s License site for testing hours and available accommodations. All applicants must present acceptable forms of identification at the time of test or tests will not be administered (acceptable forms of ID can be found on the NDDOT website).

Driver’s License: Individuals must be at least 16 years of age in order to obtain a Driver’s License with the exception of 14 or 15 year old individuals who are eligible to obtain a restricted license. All applicants who are less than 18 years of age must operate on their initial Instruction Permit for a period of at least 6 months prior to taking their road test for the driver’s license.

Appointments for Driver’s License Road Tests are required. Contact your local Driver’s License Site to schedule appointments. Individuals must present a valid North Dakota Driver’s Instruction Permit, and have a vehicle that will pass an equipment inspection prior to road test being administered.

For more information on permit and licensing requirements visit [www.ndteendrivers.com](http://www.ndteendrivers.com). On this website under the “Permit Prep” tab you will find the study guide and three 8 minute videos to help prepare for the written permit test.

Region Five Office Locations:

Fargo – NDDOT  
503 38th St. S  
Fargo, ND 58103  
(701) 239-8940

Grand Forks – NDDOT  
1951 N Washington St.  
Grand Forks, ND 58207  
(701) 787-6540

For Lisbon and Wahpeton locations contact Fargo office to schedule appointments.

For Mayville location contact Grand Forks office to schedule appointments.

For more information, go to <http://www.dot.nd.gov/public/> or your local Department of Motor Vehicles.

**How to obtain a copy of your IEP and Evaluation Report?**

Contact your school case manager and ask for a copy prior to graduating from high school.

# ***Transition Planning Checklist: Ages 14-16***

(Items listed are suggested but not required. Additional items may apply).

- \_\_\_\_\_ Begin exploration of career and post-secondary goals
- \_\_\_\_\_ Complete an interest inventory
- \_\_\_\_\_ Participate in initial transition assessment
- \_\_\_\_\_ Participate in IEP/Transition Planning meeting
- \_\_\_\_\_ Identify leisure/recreational options and participate in community activities
- \_\_\_\_\_ Consider the necessity/appropriateness of securing case management services
- \_\_\_\_\_ Discuss Medical Assistance, SSI, and waiver options
- \_\_\_\_\_ Explore transportation options and identify financial resources for persons with disabilities related to transportation
- \_\_\_\_\_ Explore financial resources for persons with disabilities related to housing, economic assistance programs, and personal income and asset restrictions
- \_\_\_\_\_ Identify agencies that are able to assist with obtaining a driver's license or a state ID card
- \_\_\_\_\_ Discuss graduation timelines
- \_\_\_\_\_ Explore transition programs available after completion of 12<sup>th</sup> grade
- \_\_\_\_\_ Become involved in high school activities
- \_\_\_\_\_ Identify needs in the area of self-advocacy
- \_\_\_\_\_ Explore availability of Advanced Placement or Post-Secondary Course options offered as dual credit at the high school level
- \_\_\_\_\_ Discuss the guardianship/conservatorship process

## ***Transition Planning Checklist: Ages 17-18***

(Items listed are suggested but not required. Additional items may apply.)

- \_\_\_\_\_ Continue to assess healthcare needs and support services
- \_\_\_\_\_ Continue to assess needs and supports for independent living
- \_\_\_\_\_ Register with Selective Service (males, age 18)
- \_\_\_\_\_ Continue to learn about rights and responsibilities in developing self- advocacy skills
- \_\_\_\_\_ Continue to assess transportation needs and training
- \_\_\_\_\_ Continue to establish social and recreational activities
- \_\_\_\_\_ Contact Disability Services Coordinator at colleges of interest and make visits to different campuses to determine accessibility to buildings, classrooms, sidewalks, parking, etc
- \_\_\_\_\_ Check on campus housing arrangements if needed. May need to get a letter from physician if there is a need for private/single room
- \_\_\_\_\_ Identify, select, and apply for post-secondary schools or other training programs, if applicable
- \_\_\_\_\_ Meet with Financial Aid Office to determine eligibility for different financial aid options due to disability and additional expenses/supports. Apply for scholarships and federal financial aid
- \_\_\_\_\_ Continue to assess assistive technology needs for education, home living, and employment
- \_\_\_\_\_ Review/update IEP (Invite community agency personnel to annual meeting)
- \_\_\_\_\_ Apply for Vocational Rehabilitation services (VR). Discuss accommodations that may be needed on a job site and how to access those accommodations
- \_\_\_\_\_ Take college entrance exams (ACT, WorkKeys, or Accuplacer when applicable)
- \_\_\_\_\_ Establish graduation date (18-21)
- \_\_\_\_\_ Initiate/apply for guardianship/conservatorship if appropriate
- \_\_\_\_\_ Develop resume, work history, and identify references
- \_\_\_\_\_ Explore services available through Job Service
- \_\_\_\_\_ Apply for Medical Assistance if not covered by parental insurance plan
- \_\_\_\_\_ Apply for case management services and explore requirements for transition to adult services
- \_\_\_\_\_ Apply for residential programs/services when student is ready to move to a new living situation - there are often waiting lists for these programs, so it is important to apply as early as possible

## ***Transition Planning Checklist: Ages 19-21***

(Items listed are suggested but not required. Additional items may apply.)

- Apply for Medical Assistance if not covered by parental insurance plan
- Participate in transition education classes
- Apply for residential programs/services when student is ready to move to a new living situation – there are often waiting lists for these programs, so it is important to apply as early as possible
- Actively participate in transition IEP meetings
- Continue to participate in the employment planning process, including supported work environments with your Vocational Rehabilitation Counselor
- Continue to assess ongoing needs and supports for independent living
- Continue to learn about the rights and responsibilities in developing self-advocacy skills
- Continue to assess transportation needs and training
- Continue to establish social/recreational activities
- Continue to solidify plans for post-secondary training
- Continue to assess assistive technology needs for education, home living, and employment
- Continue to assess healthcare needs and support services

*“At first dreams seem impossible, then improbable, then inevitable.” – Christopher Reeve*

## ***Questions to consider as I begin my transition journey:***

1. Is there accessible housing in the community in which I plan to live?
2. Do I need to get on a waiting list for accessible housing? If so, when should I apply to get on the list?
3. What agencies provide assessments to help me determine my strengths and needs in the areas of independent living skills?
4. What agencies provide support services (PCA, housekeeping, transportation) in the area that I plan to live?
5. What funds are available to me to assist with paying for housing, transportation, and other living expenses?
6. What services can be provided under the Home and Community-Based Services Waiver?
7. Do I qualify for housing assistance through HUD?
8. What is the difference between SSI and SSDI?
9. How do I apply for Supplemental Security Income (SSI)? When should I apply?
10. How do I pay for technology and equipment that I need to live in a house, dorm, or apartment?

This guide is designed to help you answer these and many other questions you may have on your mind as you begin the process of transitioning from high school to life after high school.

# **TRANSITION WORKBOOK**

# ***Disability Information***

What is my disability?

Who gave me this diagnosis?

How does it affect me...  
At work?

In school?

In daily living?

# ***Advocacy***

What is Advocacy?

What is Self Advocacy?

What does it mean to be an Advocate?

*See Answer Key on Page 63*

## ***Jobs and Job Training***

What are my career/work goals after graduation?

Have I taken any career/interest inventories at school? What were the results?

Have I met with my school counselor to discuss the results of my career/interest inventories? What were his or her recommendations?

What is the education and/or training requirements for my career/work goals?

Have I applied for Vocational Rehabilitation Services? Who is my Counselor?

## ***Post-Secondary and Lifelong Learning***

Am I going to attend college, vocational or trade school after high school?

Which colleges or training programs have I explored?

Are my high school classes preparing me for post-secondary schooling? If not, what else do I need to take?

Have I applied for services with Vocational Rehabilitation? If so, who is my Counselor?

## ***Home Living***

Where will I live after high school? (at home, in an apartment, in a group home, alone, or with friends)

What do I need to do to obtain the housing arrangements I have chosen?

What skills do I have now to live independently? For example, cooking, cleaning, laundry, money management, etc.

What skills do I still need to learn before I can live on my own?

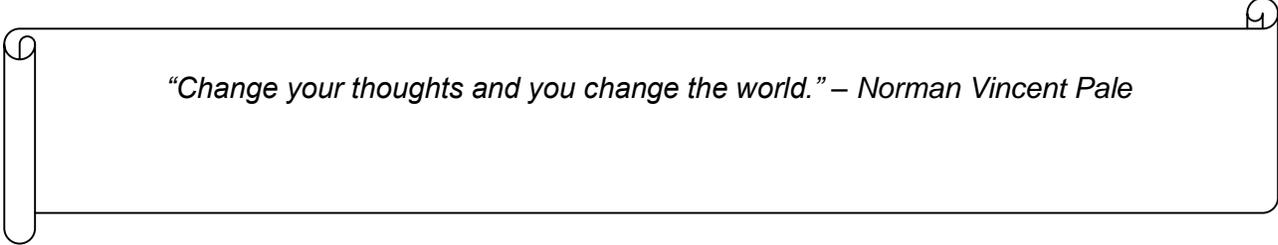
Have I completed an independent living assessment in school? What were the results?

## ***Community Participation***

What activities do I participate in within my community? For example, do I vote, am I a member of a church or social organization, and do I use my local library?

What volunteer experiences do I have?

Do I need help getting involved in my community? If so, what type of assistance will I need and who will I contact?



*“Change your thoughts and you change the world.” – Norman Vincent Pale*

## ***Recreation and Leisure***

What are my interests and/or hobbies?

Who can help me pursue those interests and/or hobbies?

What do I like to do for fun?

Have I taken an interest inventory at school? What did the results say?

**POST-SECONDARY AND LIFELONG**  
**LEARNING**

## ***Training and Education Options***

**On-the-Job Training (OJT):** On-the-job training programs allow students the opportunity to learn a new skill or job rather than attend school. Students are assisted in locating local employers to train for a permanent position. Employers are reimbursed a percentage of the costs involved in training the individual. A referral must be made from an agency such as Vocational Rehabilitation or Job Service North Dakota for funding for an OJT.

**Adult Learning Centers:** Adult Learning Centers provide services designed to help individuals increase knowledge and improve basic skills such as reading, writing, English language usage, and GED preparation. Many Adult Learning Centers also offer short term occupational training in areas such as basic computer skills and certified nursing assistant classes. Students will want to check with each learning center in their area to determine what specific training programs are available.

**Training Centers:** Short term occupational training can be obtained through training centers. Training centers are not associated with post-secondary schools and offer training in specific occupations such as welding, certified nursing assistant, truck driving, or computer courses. Training centers may also offer supported employment services and assistance with obtaining and maintaining a job.

**Vocational and Technical Schools & Community Colleges:** Vocational and Technical Schools and Community Colleges are post-secondary schools that provide training opportunities ranging from short term certificate programs to two-year diploma programs (A.A., A.S. and A.A.S. degrees). Training programs at these schools are typically designed to provide specific occupational skills and knowledge.

**Colleges and Universities:** Colleges and universities offer long term classroom training ranging from a two-year degree to a graduate degree based on the size of the school. Programs vary widely among schools and training can be obtained in a specific career field or in a generalized area such as "Liberal Arts".

The following options may be available to help students in funding their training program:

- Federal Student Financial Aid (FAFSA)
- Self-pay or private loans through lending institutions
- Scholarships and grants
- Agencies such as Vocational Rehabilitation, Developmental Disabilities, or Job Service North Dakota may have funding for training available based on program eligibility criteria.

## ***The Next Step - Making the Transition from High School to College***

### **Freshman Year**

- Learn what your disability is and how to explain it to others
- Actively participate in your IEP meetings
- Advocate for yourself in the transition planning process
- Meet with your school counselor to develop a course plan to prepare you for college
- Get involved in activities in your school

### **Sophomore Year**

- Continue to actively participate in the transition planning process
- Continue to take High School classes that will prepare you for college

### **Junior Year**

- Make a list of the colleges you may want to attend
- Contact Vocational Rehabilitation to determine eligibility for services
- Review with family, friends, teachers, school counselor, and IEP team your goal to attend college
- Visit college websites
- Visit 3-5 college campuses
- While on campus be sure to visit the Admissions Office, Financial Aid Office, and Disability Support Services Office
- Register, prepare for, and take college placement tests such as ACT or WorkKeys and request accommodations if appropriate

### **Senior Year**

- Submit applications for admission to colleges of choice during fall semester
- Fill out FAFSA (Free Application for Federal Student Aid)
- Submit documentation of disability to Disability Support Services if you plan to use their services to request accommodations
- Continue to visit college campuses as necessary. Check into accessibility in buildings, classrooms, housing and transportation if needed

## ***Self-Disclosure and Requesting Accommodations for Higher Education***

Understanding disclosure is especially important as students transition from high school to postsecondary education systems. In this transition process, students are leaving a system where they are entitled to receive services, and entering another where they may be eligible for reasonable accommodations if they have a documented disability, make their needs for accommodations known, and if they are covered by the law.

To receive accommodations in postsecondary school, information about the disability must be shared, or disclosed, with the relevant personnel. Disclosure means that students with disabilities share personal information about their disability for the specific purpose of receiving accommodations. There is no standard form or set of requirements regarding what people must share about their disabilities. Thus, the student will need to decide what, if anything, he or she wants to reveal. Unlike in grades K-12, it is a student's responsibility to personally disclose his or her disability to someone who has the authority to provide accommodations.

### **When to disclose a disability**

- Prior to enrollment
- At the time of enrollment
- After being diagnosed with a disability
- At any time during the course of the educational process

### **What to disclose about a disability**

- Information about the disability, including assessments and documentation of the disability
- Types of academic accommodations that have been used in the past
- Types of academic accommodations that are anticipated in the postsecondary setting
- Assistive technology that may be needed after high school

### **Students should be able to describe how their disability affects the following aspects of learning:**

- Classes (lectures, laboratory, web-based classes, collaborative groups)
- Assignments (reading, writing, calculating, keyboarding, library work)
- Communication (speaking, listening, using phones and e-mail)
- Evaluation (tests, papers, oral reports, group presentations, projects)
- Time constraints (timed tests, deadlines, assignment due dates)
- Attendance (class, required activities, residential living requirements)

### **How students can disclose their disability:**

- Contact the disability support services office located on campus to discuss the impact of the disability on learning and to arrange accommodations

## ***Differences between High School and College***

As a student transitions from high school to college, a student with a disability should not assume the accommodations and services provided in high school will be identical to those offered at the college level. Colleges and universities are responsible to provide equal access to the learning environment for individuals with disabilities. Access is provided through approved reasonable accommodations that are based on the functional limitations of the disability. Equal access does not necessarily mean “same” access.

<b><i>In high school, the school has the responsibilities which include the following:</i></b>	<b><i>Responsibilities for colleges and universities change as follows:</i></b>
Identify students with disabilities and involve parents/guardians in placement decisions.	Provide access for students with disabilities who self-identify, meet the Americans with Disability Act (ADA) definition of disability and the college or university's criteria for admission. Access is provided through reasonable and appropriate accommodations, academic adjustments, and/or auxiliary aids which are determined on a case by case/course by course basis. Assure confidentiality of all information pertaining to a student's disability. Promote student self-advocacy skills.
Provide assessment of disabilities.	Request a student with a disability provide current documentation completed by a qualified professional to verify the need for reasonable accommodations, academic adjustments, and/or auxiliary aids. Provide referral resources for disability assessments. College and universities are not responsible for testing and identifying a disability.
Classify disabilities according to specified diagnostic categories.	The Americans with Disabilities Act (ADA) definition is used to determine eligibility for services. Student must provide the Disability Services office with current medical or psychological evaluations to verify disability and functional limitations. The college and university will review and revise institutional, programmatic, employment and other policies and procedures to assure that they do not discriminate against qualified individuals with disabilities.

Place students in programs that accommodate the students' needs and structure a large part of the students' weekly schedule.	A student with a disability needs to meet the requisite qualifications and essential technical standards, both academic and institutional, including the student code of conduct. The student is responsible to self-structure his/her course schedule and other weekly activities. The student must request the needed accommodation each semester.
Modify educational programs and prepare Individualized Education Plans (IEPs).	Provide access to program and service choices equal to those available to the general public through reasonable accommodations. <i>Reasonable access and accommodations cannot alter the essential content of a course or program, pose a direct threat to the health and safety of others, fundamentally alter the nature of the service provided and/or pose an undue financial hardship or administrative burden on the institution.</i> There are no IEPs or 504 plans at postsecondary. The plans do not follow the student into the college and/or university setting.

Students can access post-secondary education and/or training on their own, or they can access training with the assistance of Vocational Rehabilitation, Job Service, or Job Corps. If college or university education/training is not an option for a student, alternative training may be obtained through On-the-Job Training programs, Adult Learning Centers, and Educational and Vocational Training Centers.

*“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.” – Colin Powell*

# **JOBS AND JOB TRAINING**

## ***Job Placement Options***

There are a variety of job placement options available through different agencies for students transitioning out of high school. Students may be eligible to take advantage of the opportunities listed below. To determine if you are eligible contact your case manager for information or referral.

**Job Search Skills and Training:** Workshops are available at Job Service North Dakota that covers topics such as: searching for job opportunities, interviewing, resume writing, and filling out job applications.

**Vocational Development:** Vocational Development programs, offered by Vocational Rehabilitation, are short term individualized employment programs based on the individual's desires and needs. An emphasis is placed on basic employment skills and training. Individuals can be evaluated in skill areas such as: the ability to get to work on time, completing assigned tasks, teamwork, hygiene, and ability to work under supervision. A wage may or may not be paid for work performed during this assessment process.

**Skill Assessment and Development:** Assessments are available at Job Service North Dakota and Vocational Rehabilitation to help students identify their work interests, values, abilities, and aptitudes. These assessments may be computer-based or paper/pencil format. Tutorials are available at Job Service North Dakota for basic computer skills such as typing, data entry, and ten-key as well as Microsoft software programs. Accommodations for most of these assessments can be provided upon request.

**On-the-Job Training (OJT):** On-the-job training programs allow students the opportunity to learn a new skill or job by working rather than by attending school. Students are assisted in locating local employers to train for a permanent position. Employers are reimbursed a percentage of the costs involved in training the individuals. A referral must be made from an agency such as Vocational Rehabilitation or Job Service North Dakota for funding for an OJT.

**Supported Employment Program (SEP) / Job Coaching:** Supported employment helps individuals with disabilities find and maintain competitive employment within the community. After employment is obtained, job coaches are provided to work with and teach the worker the skills needed to keep his/her job. Supports are provided on an individualized basis and can be long term in nature. A referral must be made from an agency such as Vocational Rehabilitation, DD Case Management or Mental Health Case Management for Supported Employment or Job Coach funding.

**Direct Job Placement:** Direct job placement offers assistance to individuals with disabilities in obtaining employment. Job coaching support is limited to short term training only, as workers placed directly on the job already have many of the skills required to successfully maintain employment. This service is offered through Vocational Rehabilitation.

**Temporary Employment Agencies:** Temporary employment agencies assist job seekers in finding employment through several methods: day labor, temporary employment, temporary-to-permanent employment, and direct hire. Area businesses contract with employment agencies to recruit and hire employees based on their current staffing needs. A listing of employment agencies can be found in your local telephone directory yellow pages or from Job Service North Dakota.

## ***Vocational Rehabilitation (VR)***

VR can assist people with all types of disabilities to find and maintain employment as long as a person meets the following three eligibility criteria:

- Has a physical or mental impairment
- The impairment is considered a substantial impediment to employment
- VR services are needed in order to secure and maintain employment

In the transition process, a VR representative can be invited to attend an Individualized Educational Plan (IEP) meeting by the student, LD instructor, parents, or advocacy organization. A written release of information must be completed by the student before VR can attend an IEP meeting. Students should apply for VR services during their junior year of high school. It is important to note that the phrase *junior year* is dependent upon the student's graduation date. Therefore, a student who remains in school until the age of 21 will generally not have a case opened until a year before they graduate (i.e. at age 19 or 20).

Services are offered in 6 broad categories:

- **Evaluation:** medical, psychological, education and/or work assessments including vocational development.
- **Vocational Guidance and Counseling:** interest testing, evaluations of strengths and abilities, exploration of different fields of interest and labor market information.
- **Training:** on the job training (OJT), supported employment program (SEP), job coaching, job mentoring, academic training programs.
- **Employment:** resume writing, interview strategies, job referral, placement and follow-up services.
- **Accommodations:** adaptive aids, assistive technology, accessibility and worksite evaluations, ADA issues.
- **Restoration:** medical or psychological treatment, orthotic and prosthetic devices and other types of accommodations.

VR services must be employment related. Also, services are time limited and are individualized according to each student's situation.

### **Contact Information:**

<http://www.nd.gov/dhs/dvr/individual/index.html>

North Dakota Vocational Rehabilitation  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4456  
(888) 342-4900

Counties served by the above office: Cass, Traill, Steele, Richland, Ransom, Sargent

## ***Job Corps***

The Quentin N. Burdick Job Corps Center, in Minot, ND, is a federally funded residential and vocational center that offers training at no charge to its participants. Job Corps is a nationwide program that has served the country for over forty years. Quentin N. Burdick, a former North Dakota senator, brought the program to North Dakota in 1994.

Job Corps provides a way for students to get their high school or general education diploma (GED) in a non-traditional setting. Job Corps also offers several trade programs for students who are working on their diplomas or who have already graduated from high school. These trade programs include:

- Carpentry
- Facilities Maintenance
- Auto Repair
- Welding
- Health Occupations Training
- Food Service/Culinary Arts
- Medical Office Support
- Office Administration
- Computer Repair and Networking

Students can enroll in Job Corps at any time during the year. The program is self-paced and students have up to two years to complete a trade program. Students may choose to participate in a Work-Based Learning Program that provides hands-on training in an actual workplace. Additionally, students who have completed their training have the opportunity to continue their education at Minot State University with assistance from Job Corps.

To be eligible for Job Corps, students must be between the ages of 16 and 24 and meet one of the following criteria:

- Have a qualifying disability
- Have an Individual Education Plan (IEP)
- Meet certain income guidelines

Job Corps also offers a Solo Parent Program, which allows single parents to go to school while providing single parent housing and daycare services.

**Tours of the Minot Job Corps Campus are available upon request to students in Region Five who may be interested in attending Job Corps**

### **Contact Information:**

Burdick Job Corps Center Outreach Office  
3310 Fiechtner Drive Suite 102  
Fargo, ND 58103  
(701) 234-1714

Quentin N. Burdick Job Corps Center  
1500 University Avenue West  
Minot, ND 58703  
(701) 857-9600  
[www.burdickjobcorps.com](http://www.burdickjobcorps.com)

## ***Job Service North Dakota (JSND)***

JSND provides services to job seekers and employers designed to meet the current and future needs of the state of North Dakota. Services are offered in the following areas:

- **Resource centers:** The resource centers are furnished with computers and internet access to assist customers in searching for employment, preparing resumes and applications, and interest and proficiency assessments. JSND also offers workshops to assist with job seeking activities.
- **Skills Assessment and Development:** Customers can use JSND computers to access online programs to assess math, reading, and other skills. Individuals may also work on improving these skills by completing modules assigned based on a pretest score. Referrals to classes in basic academic skills, keyboarding and software skills may also be available.
- **Work Experience:** Work Experience provides a short term job for individuals who have a limited work history or who have not worked recently. The Work Experience program provides job skills, job experience, and the opportunity to improve work habits.
- **On-the-Job Training:** On-the-Job Training assists employers with the cost of training employees on the job. The employer gets a worker trained specifically for their business and the worker receives a wage while in training.
- **Vocational Skills Training:** It may be possible to attend a post-secondary institution or a specialized short-term classroom program to gain job skills. Training is available in a variety of occupations where there is a high demand for workers. Workforce programs may assist with tuition, fees, and books.
- **Youth Program:** The Youth Program is designed to assist eligible youth under the age of 22 in reaching educational and career goals. Activities may include: educational assistance; alternative secondary school choices; summer employment opportunities; paid or unpaid work experiences, internships or job shadowing; occupational skill training; and career planning. Eligibility for the youth program is based on a variety of criteria which include income, education, employment status, or other circumstances.
- **Adult Program:** Specialized services are available for eligible adults over the age of 18 in locating employment opportunities or improving their current work situation. Eligibility is based on a variety of criteria which include income, job layoffs, and barriers to employment.

**For more information:**     <http://www.jobsnd.com>

Job Service North Dakota (Fargo)  
1350 32<sup>nd</sup> St S  
Fargo, ND 58103  
(701) 239-7300

Job Service North Dakota (Valley City)  
325 2<sup>nd</sup> St NW  
Valley City, ND 58072  
(701) 845-8860

Job Service North Dakota (Jamestown)  
1307 12<sup>th</sup> Ave NE Ste 3  
Jamestown, ND 58401  
(701) 253-6200

Job Service North Dakota (Wahpeton)  
524 2<sup>nd</sup> Ave N  
Wahpeton, ND 58075  
(701) 671-1550

Job Service North Dakota (Grand Forks)  
1501 28<sup>th</sup> Ave S  
Grand Forks, ND 58201  
(701) 795-3700

## ***Self-Disclosure & Employment***

Understanding disclosure is important as students transition from high school to employment. When students enter the workforce, the Individuals with Disabilities Education Act (IDEA) no longer applies. Instead, the Americans with Disabilities Act (ADA) and the Rehabilitation Act protect workers from disability-related discrimination and provide access to employment opportunities. Both of these laws require that qualified applicants and employees with disabilities be provided with reasonable accommodations, but **only** if an individual discloses their disability and need for accommodations to the employer.

### ***This is the time that an individual needs to become their own advocate.***

#### **When to disclose a disability:**

- Before the job interview if you think you may need accommodations to complete the interview process
- At the interview
- Before any drug testing for illegal drugs, you may want to disclose any prescription medications you are currently taking
- After the job has been offered
- During the course of employment
- Never – it is OK to not disclose your disability if you do not need an accommodation, it is your choice

#### **What to disclose about a disability:**

- General information about the disability
- How the impairment impacts the ability to perform the essential functions of the job
- Types of accommodations that have been effective in the past
- Types of accommodations anticipated in performing key job tasks

#### **Disclosure Rights and Responsibilities**

##### *Workers with disabilities are entitled to:*

- Disability information treated as confidential and with respect
- Gather information about any employer's hiring practices
- Decide to disclose a disability at any time throughout the employment process
- Considered for a job based on skills and abilities

##### *Workers with disabilities are responsible for:*

- Disclosing information about the disability and the need for any work-related accommodations
- Openly discuss all skills and abilities related to the essential functions of the job
- Be honest, self-determined, and proactive in advocating for accommodations

#### **How to Disclose a Disability**

- Disclose information regarding the disability on a "need-to-know" basis
- Only provide details as they apply to the need for work-related accommodations
- Discuss disability and accommodation needs with a supervisor or human resources department representative

**OTHER ADULT SERVICE PROVIDERS**

## **Anne Carlsen Center**

The Anne Carlsen Center (ACC) provides individualized support and training in homes and communities across the region, helping build lives of dignity, independence and well-being. Enlisting the talents of a comprehensive team of professionals, ACC meets the specific interests, needs and desired outcomes for individuals of all ages.

Through its **In-Home Support**, ACC helps families stay together and empowers individuals to maintain and develop connections within home communities. Staff provides customized services and supports in the home, measures progress through a series of goals and objectives, and teaches critical skills and routines to families and caregivers.

ACC customizes its **Day Support Services** to each individual's abilities and dreams. Staff provides support in daily living activities, community access and relationships, and vocational training and experience. ACC helps each person create a unique plan for independence, skill development and involvement in all facets of community life.

### **Skills**

- Learn social skills for all settings
- Be an advocate for themselves
- Communicate more effectively
- Gain vocational skills and experience
- Learn self advocacy and safety skills
- Use adaptive/assistive technology
- Keep appointments
- Learn banking and money management
- Carry out shopping trips
- Use public transportation
- Prepare meals
- Participate in recreation

Through its **Resource Center**, ACC offers consultation services that help facilitate a smooth transition from high school to community life. A multi-disciplinary team conducts assessments that provide recommendations to an individual's local team and/or family. The Grass Roots Assessment Services Project (GRASP) offers vocational assessments completed in the individual's home community. The Resource Center also offers Systems Navigation, which includes assistance with networking and information on services available.

### **Anne Carlsen Center - Community Based Services**

#### **Fargo**

1321 23rd St. S.  
Suite A  
Fargo, ND 58103  
(701) 364-2663  
(877) 873-4507

#### **Grand Forks**

2860 10th Ave. N.  
Suite 400  
Grand Forks, ND 58203  
(701) 757-4200  
(888) 815-3770

#### **ACC Resource Center**

(701) 252-3850  
(800) 568-5175

#### **ACC Website**

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

#### **Jamestown**

814 13th St. N.E.  
Jamestown, ND 58401  
(701) 952-9820  
(855) 252-9759

#### **Bismarck**

(701) 751-3732  
(701) 751-3742 (Fax)

## ***Transition to Independence***

The Transition to Independence Program (TIP) at Southeast Human Service Center is a program for youth between the ages of 14 and 24 who are not able to receive case management services from any other sources. The goal of the program is to help youth successfully transition into independence. There is no cost to participate in the program.

Goals of the program are individualized to the young person's needs and personal choices. Many life areas can be addressed in these goals. Some examples of goals might include: ability to meet daily living needs, obtain and maintain housing, employment, education, access community resources, appropriate parenting, reduce high risk behaviors, improve interpersonal relationships, money management, and independent living. Young people will work with a Transition Facilitator to develop and achieve their goals related to becoming independent adults.

To be eligible for the TIP Program, youth must be between the ages of 14-24 and must meet one of the following criteria:

- At risk of entering into or aging out of foster care
- At risk of entering into or already involved in the juvenile justice system
- At risk of deprivation
- At risk due to a serious mental illness or developmental disability and does not qualify for other case management services
- At risk due to suicidal tendencies (not at immediate risk of hospitalization)

### **Contact Information:**

North Dakota Department of Human Services  
Southeast Human Service Center  
2624 9<sup>th</sup> Ave S., Fargo, ND 58103-2350  
(701) 298-4500  
(888) 342-4900 Toll Free ND  
(701) 298-4400 FAX  
(701) 298-4450 TTY  
[www.nd.gov/dhs](http://www.nd.gov/dhs)

*"Whatever your life's work is, do it well." – Martin Luther King, Jr.*

## ***Fraser, Ltd. - Transitional Youth Services***

Transitional Youth Services (TYS) provides shelter, basic needs, life skills education and advocacy services for disenfranchised youth by supporting independent thought and empowering self-directed action.

TYS represents two unique programs, Stepping Stones Resource Center and the Transitional Living / Emergency Shelter Program. It is the goal of these programs to fill the need of sheltering and housing options, basic needs, life skills education, and advocacy services for transitioning young adults ages 16 - 26 who are homeless or are at risk of becoming homeless.

### ***Stepping Stones Resource Center:***

Stepping Stones Resource Center (SSRC) for ages 16-24 is a safe environment where young people can receive food, hygiene products, and clothing; find healthy and safe ways to spend time off the streets through recreational, social, leisure, and artistic outlets; and utilize desktop computers to search for jobs, prepare resumes, take skill training courses, work on homework, etc. In addition to these services, SSRC offers case management services, ranging from help locating a GED testing center to assistance with college entrance. In addition to independent living skills, SSRC case managers offer therapeutic services providing opportunities to discuss issues that hamper the health and positive outlook a center guest experiences while providing a chance to set goals and work towards desired outcomes with a licensed practitioner. SSRC is located on Bus Route 25.

### ***Transitional Living Program:***

The Transitional Living Program / Emergency Shelter for ages 18-26, provides housing/shelter for young adults, as well as therapeutic case management services. Residents of the Transitional Living Program engage in personal goal setting that focuses on education and employment, while receiving independent living/life skills training. Residents utilizing the Emergency Shelter receive crisis management services and brief therapeutic case management to establish a plan for achieving stability, whether that may be entering the Transitional Living Program or finding an alternative living situation. Emergency Shelter guests may reside for a few days to a couple of weeks, while the Transitional Living Program residents sign contracts and reside for a month to a year, depending on their progress and commitment to the program as well as their investment in their personal goals.

### **Contact Information:**

SSRC  
2902 S. University Drive  
Fargo, ND 58103  
(701) 356-8585

## ***Developmental Disabilities (DD) Program Management***

Developmental Disabilities (DD) Program Management is part of the North Dakota Department of Human Services. A DD Program Manager can serve as a starting point to help people with developmental disabilities in finding and getting needed services. Participation in DD Program Management is voluntary. In order to be eligible for DD services, a person must meet the following criteria:

- Have an intellectual disability due to a physical or mental impairment (other than mental illness) or combination of both
- Substantial limitations in three or more major life areas (self-care, learning, language, self-direction, mobility, economic sufficiency, and independent living)
- The disability manifests itself before age 22 and will likely continue indefinitely

**It is important to note that in addition to meeting the eligibility criteria, a person must have Medicaid (Medical Assistance) in order to receive nearly all DD funded services.**

DD Program Management services include:

- Information and referral for important services such as social, medical, educational and vocational options
- Referral and access to residential supports and employment supports
- Consultation (for example, attending IEP meetings)

Some additional services for people under 21 include:

- In home supports for youth who are not safe to be left unattended
- Reimbursement of some expenses related to the youth's disability

### **Contact Information:**

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4500  
Toll Free: (888) 342-4900

## **Residential Services** (DD Program Management)

Residential services are individualized community based living services that can range from minimal support to 24 hour care. Services are developed with the DD Program Manager to meet the specific needs of the person and to maximize self-esteem, self-sufficiency and integration into the community. Services typically include assessments, training, and monitoring in areas such as: **Home Care, Personal Care, Nutrition/Cooking, Health/Medical Maintenance, Money Management, Mobility Skills, Social Skills, Accessing Benefits, and Advocacy.**

When a student is considering residential services, there are a variety of options available. Three common options are SLA, ISLA and MSLA.

- **SLA (Supported Living Arrangement)** - residential supports for individuals living in their own home or apartment setting. It may include instruction in budgeting, shopping, laundry, etc. Support is provided on an intermittent basis and is generally less than 20 hours per month.
- **ISLA (Individualized Supported Living Arrangement)** – individualized, ongoing supports designed to help individuals achieve their goals. The level of support provided will vary based on the person’s needs. Services may include assistance with cooking, cleaning, and budgeting.
- **MSLA (Minimally Supervised Living Arrangement)** – this living arrangement offers 24 hour support from staff. A person participating in MSLA will have one or more roommates. Each person receives continuous support designed to assist him/her in developing the skills necessary to live independently and pursue their personal interests.

Individuals who have residential support services may also receive case management services through their residential service provider. These case management services may include:

- Assistance with accessing benefits
- Dealing with Social Security issues
- Assistance with money management
- Representative Payee services
- Assistance in arranging housing or dealing with housing issues
- Advocating for the individual's or family's service requests

Residential services are paid for through Medicaid or private payment arrangements. Contact your DD Program Manager to determine your eligibility for residential support services, referral to local providers, and payment options.

### **Local Provider Information:**

Community Living Services, Inc.  
111 N University Dr  
Fargo, ND 58102  
(701) 232-3133

Friendship, Inc.  
801 Page Dr  
Fargo, ND 58103  
(701) 235-8217

Fraser, Ltd.  
2902 S University Dr  
Fargo, ND 58103  
(701) 232-3301

Red River Human Services  
2506 35<sup>th</sup> Ave SW  
Fargo, ND 58104  
(701) 235-0971

## ***Social Security***

Cash benefits may be available to individuals who have a disability and are unable to work. Benefits need to be applied for through the Social Security Administration. The application requires you to provide information about your medical condition, education, and work history. Once the application is submitted, it can take several months to receive an approval or denial of disability benefits.

A disability means you have a physical or mental diagnosis that is expected to last at least a year or result in death. Children, as well as adults, can get benefits because of a disability. If you have suffered an injury that has resulted in a disability, you may be eligible for compensation from the Social Security Administration.

Social Security pays disability benefits under two different programs:

- The Social Security Disability Insurance (SSDI) program pays benefits to you and qualifying family members if you worked long enough and paid Social Security taxes.
- The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial guidelines.

To be eligible for SSI or SSDI a person must be determined by Social Security to be medically disabled and unable to work under Social Security rules.

If you are thinking about applying for SSDI or SSI it is important that your medical records accurately reflect how your disability affects your ability to work. It is not enough for your doctor to simply say you are disabled and unable to work. There needs to be evidence in your medical file about each diagnosis you are reporting to Social Security and how each of those diagnoses will affect your ability to work. Information should include, but not be limited to: amount of time you can sit, walk, stand, amount of weight you can lift and carry repeatedly, how you get along with other people and follow directions, information about your ability to care for your personal needs, and how you independently follow a routine.

If you are on SSI prior to age 18, you will need to reapply for benefits when you turn 18. Social Security uses different eligibility criteria for adults than it does for children. Case managers and staff at Centers for Independent Living can assist individuals in applying for Social Security benefits.

### **Contact Information:**

Social Security Administration  
657 2<sup>nd</sup> Ave N  
Fargo, ND 58102  
(701) 239-5607  
TTY (701) 239-5020

Rehab Services Inc. (Fargo, ND)  
*Eastern North Dakota residents, contact*  
*(866) 912-9122*

Social Security Administration  
402 DeMers Ave  
Grand Forks, ND 58201  
(701) 772-5518  
TTY (800) 325-0778

## ***Representative Payee Services***

A representative payee is an individual or organization appointed by Social Security Administration (SSA) to receive Social Security and/or SSI benefits for someone who cannot manage or direct someone else to manage his or her money.

A payee acts on behalf of the beneficiary. A payee is responsible for everything related to benefits that a capable beneficiary would do for himself or herself. SSA encourages payees to go beyond just managing finances and to be actively involved in the beneficiary's life. The following lists the required duties of a payee.

### *Required Duties:*

- Determine the beneficiary's needs and use his or her payments to meet those needs
- Save any money left after meeting the beneficiary's current needs in an interest bearing account or savings bonds for the beneficiary's future needs
- Report any changes or events which could affect the beneficiary's eligibility for benefits or payment amount
- Keep records of all payments received and how they are spent and/or saved
- Provide benefit information to social service agencies or medical facilities that serve the beneficiary
- Help the beneficiary get medical treatment when necessary
- Notify SSA of any changes in your (the payee's) circumstances that would affect your performance or continuing as payee
- Complete written reports accounting for the use of funds
- Return any payments to which the beneficiary is not entitled to SSA

### **Contact Information:**

Fraser, Ltd.  
Representative Payee Services  
3120 25<sup>th</sup> St SW #199  
Fargo, ND 58103  
(701) 356-0182

DKK Guardianship Services  
PO Box 1807  
Jamestown, ND 58402  
(701) 763-6103

Guardian, Fiduciary and Advocacy Services  
112 N University Dr  
Suite 260  
Fargo, ND 58102  
(701) 297-8988

## ***Mental Health Services***

Individuals seeking mental health services can find a large variety of service providers designed to meet their needs. Services may include, but are not limited to:

- Individual Counseling
- Group Counseling
- Family Counseling
- Alcohol and Drug Addiction Counseling
- Life Skills Training\*\*
- Case Management Services
- Psychological Services
- Psychiatric Services
- Medication Management & Review Services

Mental health services may be paid for through Medicare, Medicaid, personal health insurance, on a sliding-fee scale, or private pay.

### **Contact Information:**

There are many mental health providers located within our community. This list is to be used only as a starting point to access services and should not be viewed as a comprehensive list of providers.

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4500

Knowlton O'Neill & Associates  
1401 13<sup>th</sup> Ave E  
West Fargo, ND 58078  
(701) 364-0060

Prairie at St. John's  
510 4<sup>th</sup> St S  
Fargo, ND 58103  
(701) 476-7216

Solutions Behavioral Healthcare Professionals  
891 Belsly Blvd  
Moorhead, MN 56560  
(218) 287-4338

Sanford  
1720 S University Dr  
Fargo, ND 58103  
(701) 461-5600

Suicide Hotline  
(701) 235-SEEK  
(701) 235-7335  
24 Hour Crisis Line Available

Fraser, Ltd. SET Program\*\*  
2902 S University Dr  
Fargo, ND 58103  
(701) 232-3301

Rape and Abuse Crisis Center  
317 8<sup>th</sup> St N  
Fargo, ND 58102  
(701) 293-7273  
24 Hour Crisis Line (800) 344-7273

For a list of other providers, [www.myfirstlink.org](http://www.myfirstlink.org) has a more comprehensive list of mental health services available in our community. FirstLink can also be accessed by calling (701) 235-7335.

## **Social Services**

Social Service offices often serve as the initial point of contact for families who are in need of economic assistance. Social Service offices provide applications and determine eligibility for programs such as:

### **Economic Assistance Programs**

- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance to Needy Families (TANF)
- General Assistance
- Low Income Home Energy Program (LIHEAP)
- Medical Assistance
- Child Care Assistance

### **Family Services**

- Intensive In-home Services
- Family Case Management Services
- Supervised Visitation
- Unwed Parent Program
- Parent Aide Services

### **Adult Services**

- Adult Protective Services
- Adult Foster Care
- Homemaker
- Adult Day Care
- Chore Services
- Non-Medical Transportation
- Personal Attendant Care

**Information and Referral** - assistance is provided for individuals in areas such as employment, training, housing, transportation, legal, financial, medical, mental health services, or other public or private human services.

### **Contact Information:**

Cass County Social Services  
1010 2<sup>nd</sup> Ave S  
Fargo, ND 58103  
(701) 241-5761  
TTY: (701) 239-6784

Ransom County Social Services  
205 4<sup>th</sup> Ave W  
Lisbon, ND 58054  
(701) 683-5661

Richland County Social Services  
413 3<sup>rd</sup> Ave N  
Wahpeton, ND 58078  
(701) 642-7751  
TTY: (701) 724-3302

Sargent County Social Services  
355 Main St S  
Forman, ND 58032  
(701) 724-6241 ext 7  
TTY: (701) 724-3302

Traill County Social Services  
114 West Caledonia Ave  
Hillsboro, ND 58045  
(701) 636-5220

Steele County Social Services  
201 Washington Ave  
Finley, ND 58230  
(701) 524-2584

## ***Public Housing***

### **Housing Authority Owned Properties**

Each Housing Authority has property it owns and rents to individuals who qualify. Rent is based on income and other qualifying criteria and paid to the housing authority. Maintenance of the apartment is the responsibility of the tenant. Individual features vary and may include things like playgrounds, community rooms, exercise rooms, laundry facilities/hookups, off-street parking, close proximity to services such as grocery store medical facility, or staff available on site to assist with a wide variety of services. Homes available to individuals and families vary from one-bedroom apartments to duplexes and single family homes located throughout the community. Eligibility requirements vary and individuals are encouraged to contact their local housing authority to apply.

### **Section 8 Rental Assistance**

Rental Assistance applicants are responsible for finding their own apartment. Apartments rented must fall within certain rent limits. A portion of the monthly rent is paid for by the housing authority and a portion of the rent is paid by the individual. The apartment lease is between the client and the landlord. The landlord is responsible for the maintenance and upkeep of the facility. Properties eligible for Rental Assistance must be located within the local housing authority jurisdiction. Eligibility requirements vary and individuals are encouraged to contact their local housing authority to apply.

### **Contact Information:**

Fargo Housing Authority  
325 Broadway  
Fargo, ND 58102  
(701) 293-6262

Cass County Housing  
230 8<sup>th</sup> Ave W  
West Fargo, ND 58078  
(701) 282-3443

Richland County Housing  
230 8<sup>th</sup> Ave W  
West Fargo, ND 58078  
(701) 282-3443

Barnes County Housing Authority  
(Serves Barnes and Sargent Counties)  
120 12<sup>th</sup> St NW  
Valley City, ND 58072  
(701) 845-2600

Ransom County Housing Authority  
112 1<sup>st</sup> St NE  
Ashley, ND 58413-7009  
(701) 288-3645

Traill County Housing Authority  
16 W Caledonia Ave  
Hillsboro, ND 58045  
(701) 436-5785

Cooperstown Housing Authority  
(Serves Griggs, Steele, and Nelson Counties)  
807 Burrell Ave NW  
Cooperstown, ND 58425  
(701) 797-2386

## ***Chemical Dependency Services***

Chemical dependency services provide assistance with helping individuals with alcohol and/or drug addictions obtain and maintain sobriety. There are a variety of different programs available although each has the same primary goal...sobriety. Some of the possible programs available include:

- **Alcohol and Drug Evaluation** – comprehensive evaluations of alcohol and drug use completed to determine the level of recommended treatment
- **Residential Treatment** – offers support and therapeutic primary treatment within a residential setting
- **Outpatient Treatment** – designed for individuals who do not need the intensive level of support received within a residential setting but do have a need for ongoing intensive therapeutic treatment
- **Family Program** – treatment services are provided for an individual's extended family, friends, and/or roommates to assist the individual achieve a healthy recovery
- **Continuing Care** - offers less intensive addiction services to assist individuals continue the recovery process after completing primary treatment
- **Transitional Living Centers** – extended living arrangements for individuals that have completed primary treatment but who still wish to have a chemically-free and supported living environment

### **Contact Information:**

There are numerous chemical dependency treatment providers located within our community. This list is to be used only as a starting point to access services and should not be viewed as a comprehensive list of providers.

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 298-4500

Prairie St. John's  
510 4<sup>th</sup> St S  
Fargo, ND 58103  
(701) 476-7216

Share House  
4227 9<sup>th</sup> Ave SW  
Fargo, ND 58103  
(701) 282-6561

Drake Counseling Services  
1202 23<sup>rd</sup> St S  
Fargo, ND 58103  
(701) 293-5429

Sanford Chemical Dependency Services  
1720 S University Dr  
Fargo, ND 58103  
(701) 461-5300

First Step Recovery  
409 7<sup>th</sup> St S  
Fargo, ND 58103  
(701) 293-3384

For a list of other providers, [www.myfirstlink.org](http://www.myfirstlink.org) has a more comprehensive list of mental health services available in our community. FirstLink can also be accessed by calling (701) 235-7335.

## ***Centers for Independent Living (CIL)***

CILs are disability rights organizations that provide services at no charge to consumers with disabilities of any age. CILs are consumer-controlled community-based agencies.

Core Services provided by the CILs include the following:

- **Information and Referral** – includes information on any disability-related topic, referral to appropriate agencies and programs, and help in understanding services
- **Individual Advocacy** – empowering individuals to make decisions and choices in all areas of their lives, as well as assistance in obtaining access to services, programs, or benefits
- **Independent Living Skills Training** – short term training to assist individuals to assist individuals to live independently, topics include budgeting, job skills, overall health and wellness.
- **Peer Mentoring** – individuals with disabilities provide support and foster independence for other individuals with disabilities
- **Systems Advocacy** – include efforts to change local, state, and federal policies to make facilities, services and opportunities available and accessible to individuals with disabilities

CIL's also offer transition services for students enrolled in secondary education. These services can include advocacy at IEP meetings, peer mentoring, transition planning, and independent living skills training in both individual and group settings.

### **Contact information:**

Freedom Resource Center for Independent Living, Inc.

2701 9<sup>th</sup> Ave SW, Suite H

Fargo, ND 58103

V/TTY: (701) 478-0459

Toll free: (800) 450-0459

Counties: Barnes, Cass, Dickey, LaMoure, Logan, McIntosh, Ransom, Richland, Sargent, Stutsman

Options Interstate Resource Center for Independent Living, Inc.

318 3<sup>rd</sup> St NW

East Grand Forks, MN 56721

V/TTY: (218) 773-6100

Counties: Benson, Cavalier, Eddy, Foster, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Traill, Towner, Walsh, Wells

## ***Protection and Advocacy Project (P & A)***

P & A is an independent state agency that protects and advocates for the rights of persons with disabilities within established priorities. All eligible individuals are served at no cost, regardless of disability, age, or income status. P & A works exclusively for the person with the disability, with all efforts focused on the expressed interests of the consumer, within his or her legal rights.

P & A will also assist individuals in the advocacy process in order to receive disability-related assistive technology (AT) devices and services. Information and referrals can be made to area AT providers for consumers to determine the services they wish to utilize.

P & A believes that people with disabilities should be empowered to advocate on their own behalf to the greatest extent possible. An individual should have the opportunity to shape his or her own personal destiny. Services provided by P & A shall promote consumer control in the decision-making process and focus on the empowerment of individuals with disabilities in order to foster independence, productivity, and integration into the community.

### **Contact Information:**

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

*Fargo Regional Office:*  
1351 Page Dr, Ste 303  
Fargo, ND 58103  
(701) 239-7222  
(800) 472-2670

*Grand Forks Regional Office:*  
311 S 4<sup>th</sup> St, Ste 112  
Grand Forks, ND 58201  
(701) 795-3800

*"All our dreams can come true if we have the courage to pursue them." – Walt Disney*

# **TRANSPORTATION**

## ***Public Transportation Options***

Public transportation resources vary considerably depending upon where you reside. Options for those living in Fargo and West Fargo are very good. Bus routes allow access to many parts of the metro area and run Monday thru Saturday. More information can be obtained by calling Metro Area Transit (MAT) at (701) 232-7500 or checking out their website at [www.matbus.com](http://www.matbus.com). Para-Transit services are also available with the MAT Para-Transit system. Other transportation services are available in the FM area for people with disabilities and senior citizens. Information regarding these services can be found at [www.fmridesource.com](http://www.fmridesource.com).

Public transportation options for those people residing in other areas of the region are best obtained by checking out table below, or by reviewing the Small Urban & Rural Transit Center website at [www.surtc.org/](http://www.surtc.org/).

<b>County</b>	<b>Phone Number</b>
Cass County	(701) 293-1440 or (877) 827-1916
Ransom County	(701) 683-3131 or (877) 857-3743
Richland County	(701) 642-3033
Sargent County	(701) 683-3131 or (877) 857-3743
Steele County	(701) 636-5953 or (800) 845-1715
Traill County	(701) 636-5953 or (800) 845-1715

**Community of Care Cass County:** (701) 347-0032 (Casselton), (701) 967-8502 (Arthur)

<http://www.communityofcarend.com>

# **RECREATION AND LEISURE**

## ***Fargo Parks and Recreation***

*For further information on the following programs, contact Fargo Parks Office at (701) 499-6060*

### ***Adaptive Tae Kwon Do***

This program is for children with special needs ages 5-18. Children will learn basic skills and techniques of Tae Kwon Do. This class is being taught by a 7th Degree Grand Master. For more information about the program, please call (701) 499-6089 or (701) 277-1853.

### ***Adaptive Bowling***

Recreational and league bowling will be held throughout the winter. Ramps are available.

### ***Teen Night***

This program is for youth with developmental disabilities ages 13 to 20. Activities include roller skating, bowling, movies, pizza parties and much more. The program emphasizes recreation, socializing and "having fun." Teen Night meets at Rheault Farm and transportation will be provided to scheduled activities.

### ***Coed Softball League***

A coed softball league will be held for individuals with special needs. The league will host an end-of-the-season tournament and picnic with trophies awarded.

### ***Happy Rollers-Support Leisure Group***

This program is open to anyone with Multiple Sclerosis. The program emphasizes participating in recreational activities and field trips.

### ***Summer Camps***

These programs are for children with special needs ages 4-20. They offer recreational opportunities that encourage social interaction through field trips, picnics, games and more. Bussing is available for an additional fee.

### ***Xcelerate!***

Xcelerate! is the name of an exciting partnership between the Fargo Park District and Xcel Energy Foundation. The goal of Xcelerate! is to provide fine art and performance experiences

Xcelerate! means that the participants will be given several opportunities to benefit from the partnership. They might create an original painting with the instructions of an art teacher, learn rhythm and balance from professional dance instructors or learn new songs from a musician.

### ***Xcelerate! Art Classes***

These art classes are designed for teens and adults with special needs to explore their creative side. Learn to draw and paint. Try your hand at many types of art. Show off your work at an open house art show. It's fun, it's free and it's for you. Class fees and all supplies provided thanks to Xcel Energy Foundation and the Fargo Park District. *Mixed Media* (a little of everything-drawing, painting, printmaking & more). Call (701) 235-2444 for more information.

### ***Activity Center***

The Activity Center is a recreational center for adults 17 years and older with developmental disabilities and/or mental illness. The Center offers various recreational and social activities including pool, foosball, cards, dances, bowling, cooking classes, arts and crafts, ceramics and various educational activities. The Activity Center is located at 1104 2nd Ave. S, Fargo, and is open Tuesday-Friday from 4:00-9:00 pm. For more info call (701) 235-2444. The Activity Center is a program of Red River Human Services Foundation and supported in part by the Fargo Park District.

### ***Universal Playground at Lindenwood Park***

The FM Rotary Foundation and the Fargo Park District are proud of a Universal Playground at Lindenwood Park. The FM Rotary Universal Playground is accessible to all children of all abilities and is the only playground of this magnitude in this region.

### ***Trailpath Rentals***

Trailpath Rentals is a bike rental facility located by the Information Center. There will be a wide variety of rentals including: Fun Cycles, Banana Peel, Siretta Surrey Bikes, Tandem Bikes and Accessible Bikes

1905 Roger Maris Dr. S.

Fargo, ND 58103

(701) 478-0060

Open: Memorial Day to Labor Day.

Hours: Sunday-Friday 12:00 to Dark, Saturday 11:00 to Dark

Location: Lindenwood Park, Fargo.

Phone: (701) 478-0060 or (701) 282-6041 after operation hours.

## ***West Fargo Parks and Recreation***

### ***Camp-A-Day Program***

The Camp-A-Day Adaptive Recreation Program is for youth with developmental disabilities. Programs will provide children with daily recreational and educational activities, crafts and field trips. The Park District does not provide transportation except for field trips; therefore, it is the parent's responsibility to arrange transportation to and from Camp-A-Day. Participants must be able to complete personal cares independently.

This program is for children ages 7-18 years old with disabilities. Participants swim daily at the Veterans Memorial Pool and need to bring a nutritious sack lunch every day. This program is offered during the summer.

West Fargo Park District

500 13th Ave West

West Fargo, ND 58078

PO Box 762

(701) 433-5360

## ***YMCA of Cass and Clay Counties***

The YMCA has an Open Door program where individuals may qualify for a reduced fee membership based on income and a sliding fee scale. Individuals with disabilities are included in all programs, and adaptive swim times are available. [www.ymcacassclay.org](http://www.ymcacassclay.org)

### **Locations:**

400 1st Ave S  
Fargo, ND 58103  
(701) 293-9622

4243 19<sup>th</sup> Ave S  
Fargo, ND 58103  
(701) 281-0126

Family Wellness Center  
2960 Seter Parkway  
Fargo, ND 58104  
(701) 234-2400

## ***Accessible Fishing Opportunities***

Fargo, North Dakota: Bank fishing opportunities are located at Fargo water treatment plant, Trollwood Park, Veterans Hospital, El Zagel Park, Tree Foil Park (also called Dike East), North Dam, Oak Grove Park, Middle Dam, Lindenwood Park and Lemke Park (South Dam).

Accessible Dock is also available at Lake Elsie in Hankinson, ND.

## ***Special Olympics***

The mission of Special Olympics is to provide year-round sports training for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in the sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

Special Olympics is the world's largest program of sports training and competition for children and adults with intellectual disabilities. Participation is open to all individuals eight years of age or older, and training and competition in local, area, district, state, national and world programs year-round in 25 sports.

### **Contact Information:**

#### ***Fargo***

Laura Lake  
PO Box 308  
Fargo, ND 58107  
(701) 730-0926  
<http://www.specialolympics.org>

#### ***Wahpeton***

Wayne  
(701) 642-2811  
[wopark@702com.net](mailto:wopark@702com.net)

#### ***Grand Forks***

Tim or Merideth  
(701) 772-8626  
[Area5sond@hotmail.com](mailto:Area5sond@hotmail.com)

#### ***Lisbon (Bowling Only)***

Jeff Sauer  
(701) 663-4907  
[jeff.sauer@doosan.com](mailto:jeff.sauer@doosan.com)

# **APPENDIX A**

# Local Training Providers

## Training Centers

Charism  
622 23<sup>rd</sup> St S  
Fargo, ND 58104  
(701) 241-9385  
[www.charism.org](http://www.charism.org)

Cultural Diversity Center  
303 Roberts St N  
Fargo, ND 58102  
(701) 526-3000  
[www.culturaldiversityresources.com](http://www.culturaldiversityresources.com)

Dakotas Joint Apprenticeship &  
Training Committee  
2901 1<sup>st</sup> Ave N  
Fargo, ND 58102  
(701) 293-1300  
[www.dakotasjatc.org](http://www.dakotasjatc.org)

F-M Ambulance Service  
2215 18<sup>th</sup> St S  
Fargo, ND 58103  
(701) 364-1715  
[www.fmambulance.com](http://www.fmambulance.com)

Giving & Learning Program  
5300 12<sup>th</sup> St S  
Fargo, ND 58104  
(701) 271-7549  
[www.givinglearning.org](http://www.givinglearning.org)

Grant's Mechanical, Inc  
3239 15<sup>th</sup> St S  
Fargo, ND 58104  
(701) 232-8891  
[www.grantsmech.com](http://www.grantsmech.com)

Job Corps (Quentin Burdick  
Job Corps)  
1500 University Ave W  
Minot, ND 58703  
(701) 857-9600  
[www.burdickjobcorps.com](http://www.burdickjobcorps.com)

Lynnes Welding Training  
(Dave's Welding)  
2801 1<sup>st</sup> Ave N  
Fargo, ND 58102  
(701) 373-0658  
[www.learn toweld.com](http://www.learn toweld.com)

Motivation, Education & Training  
(MET)  
715 11<sup>th</sup> St N, Ste 110  
Moorhead, MN 56560  
(218) 299-7262  
[www.moorheadmetinc.org](http://www.moorheadmetinc.org)

Piercing Academy  
1502 Broadway N  
Fargo, ND 58102  
(701) 239-0001  
[www.piercingacademy.com](http://www.piercingacademy.com)

Professional Training Institute  
300 Main Ave, Ste 100  
Fargo, ND 58103  
(701) 235-6401  
[www.ptiofamerica.org](http://www.ptiofamerica.org)

Self-Sufficiency Center  
201 11<sup>th</sup> St N  
Fargo, ND 58102  
(701) 237-6355

## Adult Learning Centers

Fargo Adult Learning Center  
315 N University Dr  
Fargo, ND 58102  
(701) 446-2807  
[www.fargo.k12.nd.us](http://www.fargo.k12.nd.us)

Moorhead Adult Basic Education  
2410 14<sup>th</sup> St S  
Moorhead, MN 56560  
(218) 284-3450  
[communityed.moorhead.k12.mn.us](http://communityed.moorhead.k12.mn.us)

West Fargo Adult Learning  
Center  
207 Main Ave  
West Fargo, ND 58078  
(701) 356-2008  
[www.west-fargo.k12.nd.us](http://www.west-fargo.k12.nd.us)

## Community Colleges

Minnesota State Community &  
Technical College  
1900 28<sup>th</sup> Ave S  
Moorhead, MN 56560  
(800) 426-5603  
[www.minnesota.edu](http://www.minnesota.edu)

North Dakota State College of  
Science  
800 6<sup>th</sup> St N  
Wahpeton, ND 58086  
(800) 342-4325  
[www.ndscs.nodak.edu](http://www.ndscs.nodak.edu)

Rasmussen College  
4012 19<sup>th</sup> Ave SW  
Fargo, ND 58103  
(701) 277-3889  
[www.rasmussen.edu](http://www.rasmussen.edu)

## **Vocational & Technical Schools**

Central Lakes College  
Occupational Skills Program  
501 W College Dr  
Brainerd, MN 56401  
(800) 933-0346  
[www.clcmn.edu](http://www.clcmn.edu)

Ingenue Beauty School  
1024 Center Ave  
Moorhead, MN 56560  
(218) 236-7201  
[www.ingenuebeautyschool.com](http://www.ingenuebeautyschool.com)

Josef's School of Hair Design  
627 NP Ave  
Fargo, ND 58102  
(800) 201-0012  
[www.josefsschoolofhairdesign.com](http://www.josefsschoolofhairdesign.com)

Moler Barber College of Hair Styling  
16 8<sup>th</sup> St S  
Fargo, ND 58103  
(701) 232-6773  
[molerbarbernd.college-info.com](http://molerbarbernd.college-info.com)

Park Avenue School of  
Cosmetology  
306 Main Ave S  
Park Rapids, MN 56470  
(218) 237-2260  
[www.parkavenuecosmetology.com](http://www.parkavenuecosmetology.com)

Ridgewater College  
Occupational Skills Program  
2101 11<sup>th</sup> Ave NW  
PO Box 1097  
Willmar, MN 56201  
(800) 722-1151  
[www.ridgewater.edu](http://www.ridgewater.edu)

Salon Professionals Academy  
4377 15<sup>th</sup> Av S  
Fargo, ND 58103  
(701) 478-1772  
[www.thesalonprofessionalacademy.com](http://www.thesalonprofessionalacademy.com)

Sister Rosalind Gefre School of  
Professional Massage  
3330 Fiechtner Drive #100  
Fargo, ND 58103  
(701) 297-5993  
[sisterrosalind.org](http://sisterrosalind.org)

Skills & Technology Training  
Center  
1305 19<sup>th</sup> Ave N  
Fargo, ND 58102  
(701) 231-6900  
[www.trainfargo.com](http://www.trainfargo.com)

## **Colleges & Universities**

Concordia College  
901 S 8<sup>th</sup> St  
Moorhead, MN 56560  
(218) 299-4000  
[www.cord.edu](http://www.cord.edu)

Mayville State University  
330 3<sup>rd</sup> St NE  
Mayville, ND 58257  
(800)437-4104  
[www.mayvillestate.edu](http://www.mayvillestate.edu)

Minnesota State University –  
Moorhead  
1104 7<sup>th</sup> Ave S  
Moorhead, MN 56560  
(218) 477-4000  
[www.mnstate.edu](http://www.mnstate.edu)

North Dakota State University  
1600 University Dr  
Fargo, ND 58102  
(701) 231-8011  
[www.ndsu.nodak.edu](http://www.ndsu.nodak.edu)

University of Mary (Fargo location)  
1351 Page Dr S #103  
Fargo, ND 58103  
(701) 232-7088  
[www.umary.edu](http://www.umary.edu)

University of North Dakota –  
Fargo Center  
1919 N Elm St.  
Fargo, ND 58102  
(701) 293-4100  
[www.undfargo.und.edu](http://www.undfargo.und.edu)

Valley City State University  
101 College St SW  
Valley City, ND 58072  
(701) 845-7297  
[www.vcsu.edu](http://www.vcsu.edu)

## **Community Colleges**

Minnesota State Community &  
Technical College  
1900 28<sup>th</sup> Ave S  
Moorhead, MN 56560  
(800) 426-5603  
[www.minnesota.edu](http://www.minnesota.edu)

North Dakota State College of  
Science  
800 6<sup>th</sup> St N  
Wahpeton, ND 58086  
(800) 342-4325  
[www.ndscs.nodak.edu](http://www.ndscs.nodak.edu)

Rasmussen College  
4012 19<sup>th</sup> Ave SW  
Fargo, ND 58103  
(701) 277-3889  
[www.rasmussen.edu](http://www.rasmussen.edu)

## **Disability Support Services Info.**

Concordia College  
Disability Services  
(218) 299-3514

Mayville State University  
Academic Support Services  
(701) 788-4720

Minnesota State Community &  
Technical College  
Disability Services  
(218) 299-6617

Minnesota State University – Moorhead  
Disability Services  
(218) 477-5859

North Dakota State College of  
Science  
Disability Support Services  
(701) 671-2623

North Dakota State University  
Disability Services  
(701) 231-8463

University of Mary – Fargo  
Disability Support Services  
(701) 353-8264 (Bismarck)

University of North Dakota – Fargo  
Center  
Disability Services for Students  
(701) 777-3425 (Grand Forks)

Valley City State University  
Student Academic Services  
(701) 845-7302

## **Other Resources**

Federal Student Financial Aid  
Application  
[www.fafsa.ed.gov](http://www.fafsa.ed.gov)  
*(You may be able to access the federal  
student financial aid application through  
your college website under “Federal  
Aid” link*

*“Your imagination is your preview of life’s coming attractions.” – Albert Einstein*



## **APPENDIX B**

# Resources

## Websites

*When searching for resources on these websites it may be necessary to search key words such as transition, career planning, college accommodations, etc. to find the information you are looking for.*

**DisabilityInfo.gov:** [www.disabilities.gov/digov-public/](http://www.disabilities.gov/digov-public/)

*An online connection to the federal government's disability-related information and resources.*

**Disability Resources Monthly (DRM):** [www.disabilityresources.org](http://www.disabilityresources.org)

**Going To College:** [www.going-to-college.org/](http://www.going-to-college.org/)

*A resource for teens with disabilities on attending college.*

**Institute for Community Inclusion:** [www.communityinclusion.org/](http://www.communityinclusion.org/)

**Job Accommodation Network (JAN):** [www.askjan.org](http://www.askjan.org)

*This website helps individuals with disabilities get information on disclosing their disability to their employer and request reasonable accommodations at work.*

**Keys to Success: Attitude, Self Advocacy:** [www.ldonline.org](http://www.ldonline.org)

*A website with information and resources about learning disabilities.*

**Medicare:** [www.medicare.gov](http://www.medicare.gov)

*An on line resource to manage Medicare benefits.*

**Montana University Affiliated Rural Institute on Disabilities:** [www.ruralinstitute.umt.edu](http://www.ruralinstitute.umt.edu)

*A website that provides useful resources and information on a variety of topics related to disabilities that have been explored through a multitude of projects.*

**National Center for Learning Disabilities:** [www.nclld.org](http://www.nclld.org)

*An online resource that: connects people with resources, guidance and support; delivers evidence-based tools, resources and professional development to educators; and develops policies and engages advocates to strengthen educational rights and opportunities.*

**National Center on Secondary Education and Transition:** [www.ncset.org](http://www.ncset.org)

*This site coordinates national resources, offers technical assistance, and disseminates information related to secondary education and transition for youth with disabilities in order to create opportunities for youth to achieve successful futures.*

*Articles of interest:*

*Self-determination For Post-Secondary Students [www.ncset.org/topics/sdpse/default.asp?topic\\_7](http://www.ncset.org/topics/sdpse/default.asp?topic_7)*

*Self-determination: Supporting Successful Transition: <http://ncset.org/publications/viewdesc.asp?id=962>*

**National Information Center for Children and Youth with Disabilities:** [www.nichcy.org](http://www.nichcy.org)

*Provides information for families, educators, and other professionals. Maintains listings of disability-related organizations, parent groups, professional association, and a number of free publications on transition and other topics.*

**National Organization on Disability (NOD):** [www.nod.org](http://www.nod.org)

*NOD researches and develops creative approaches to disability employment issues.*

**National Rehabilitation Information Center (NARIC):** [www.naric.com](http://www.naric.com)

*This website offers an abundance of disability and rehabilitation-oriented information organized in a variety of formats designed to make it easy for users to find and use.*

**PACER:** [www.pacer.org](http://www.pacer.org)

*PACER is the Minnesota Parent Training and Information Center. This is an excellent resource to find information and publications on transition. Includes a variety of activities focused on improving quality of life for children and young adults with all disabilities.*

**United States Department of Labor – Office of Disability Employment Policy:** [www.dol.gov/odep/](http://www.dol.gov/odep/)

*ODEP provides national leadership by developing and influencing disability employment-related policies and practices affecting an increase in the employment of people with disabilities.*

**Office of Special Education and Rehabilitation Services (OSERS):** <http://www2.ed.gov/osers>

*OSERS provides leadership to achieve full integration and participation in society of people with disabilities by ensuring equal opportunity and access to, and excellence in, education, employment and community living.*

**United States Department of Education:** [www.ed.gov](http://www.ed.gov)

*The U.S. Department of Education is the agency of the federal government that establishes policy for, administers, and coordinates most federal assistance to education.)*

**Self-Advocates Becoming Empowered:** <http://www.sabeusa.org/>

*Self Advocates Becoming Empowered (SABE) is the self-advocacy organization of the United States. Founded in 1990, we have been working hard for the full inclusion of people with developmental disabilities in the community throughout the 50 states and the world for 21 years.*

### **Assistive Technology**

Bert's Truck Equipment of Moorhead	(218) 233-8681	<a href="http://www.bertsonline.com">www.bertsonline.com</a>
Dynavox Mayer-Johnson	(800) 588-4548	<a href="http://www.dynavoxtech.com">www.dynavoxtech.com</a>
Ez-Step, Inc.	(701) 540-5437	
HERO (Healthcare Equipment Recycling)	(701) 212-1921	
HOPE, Inc.	(701) 866-9002	<a href="http://www.hopeinonline.org">www.hopeinonline.org</a>
North Dakota Interagency Program for Assistive Technology (IPAT)	(701) 365-4728	<a href="http://www.ndipat.org">www.ndipat.org</a>
Regional Assistive Technology Center at Minnesota State University Moorhead	(800) 593.7246	<a href="http://www.mnstate.edu/ratc">www.mnstate.edu/ratc</a>
Riding on Angels Wings	(218) 359-0007	<a href="http://www.ridingonangelswings.org">www.ridingonangelswings.org</a>
Riding for Dreams	(701) 683-4619	<a href="http://www.ridingfordreams.org">www.ridingfordreams.org</a>
Sanford Therapies	(701) 234-4000	<a href="http://www.sanfordhealth.org">www.sanfordhealth.org</a>
STAR Program	(651) 201-2296	<a href="http://www.starprogram.state.mn.us">www.starprogram.state.mn.us</a>
Texthelp Systems	(888) 248-4947	<a href="http://www.texthelp.com">www.texthelp.com</a>
The Low Vision Store	(800) 871-8780	<a href="http://www.lvsmn.com">www.lvsmn.com</a>
Tobii Assistive Technology, Inc.	(800) 793-9227	<a href="http://www.tobii.com">www.tobii.com</a>

## ***Acknowledgements***

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- Publication Date: Fall 2012

# ***Answer Key***

**Advocacy:** *Advocacy is the action of pleading for, or supporting a cause or proposal.*

**Self-Advocacy:** *Self-advocacy means: individually or in groups, people with disabilities speak or act on behalf of themselves or others or on behalf of issues that affect them directly.*