

## My child has a special health care need. What should I do?

If your child is between the ages of 0-3, and you believe that s/he may have a developmental delay or disability, contact the *New Jersey Early Intervention System* Point of Entry toll-free at 888-653-4463 or go to [www.nj.gov/health/fhs/eis](http://www.nj.gov/health/fhs/eis) to find out how to get your child evaluated. You can get information about early intervention on the SPAN website at [www.spanadvocacy.org/content/parent-training-information-pti-center](http://www.spanadvocacy.org/content/parent-training-information-pti-center).

If your child is between the ages of 3-21 (or 0-3 if they are not eligible for early intervention), contact the New Jersey Department of Health Special Child Health Services at 609-777-7778 for information on your county SCHS Case Management Unit, or find them at [www.state.nj.us/health/fhs/sch/sccase.shtml](http://www.state.nj.us/health/fhs/sch/sccase.shtml).



Through the **Early Hearing Detection & Intervention Services Project**, the **Statewide Parent Advocacy Network (SPAN)** provides support for families of children with deafness and hearing loss. Supports include: **Parent-to-Parent Support** (see brochure), **referral to Special Child Health Services (SCHS) Case Management Units**, **linkages with a "Medical Home,"** and **referral to other support agencies.**

Across all of our health-related projects, SPAN works to improve New Jersey's performance on the six core **outcomes for CYSHCN**: (1) families are engaged at all levels and satisfied with services; (2) there is early and continuous screening to identify special needs; (3) children have access to comprehensive and culturally-competent care within a "medical home" that coordinates all their health needs and services; (4) families can access community services easily; (5) families have adequate public and private insurance to pay for services; and (6) youth receive services needed for effective transition to adult systems of care.



**Statewide Parent Advocacy Network**  
35 Halsey Street  
Newark, NJ 07102  
[www.spannj.org](http://www.spannj.org)  
1-800-654-7726

## What Family Wrap Does

The Statewide Parent Advocacy Network (SPAN) provides comprehensive and coordinated services and supports to families, including families of children with special needs. Family WRAP provides one-stop, "wrap around" services, information, resources and support to families, combining four SPAN programs: *SPAN Family Resource Specialists/Project CARE*, *Parent to Parent*, *Family Voices*, and the *Family to Family Health Information Center*. Through these four components, Family WRAP addresses family needs for emotional support, information on and connection to resources, knowledge and skills about child- and family-serving systems and how to navigate and advocate within those systems, and leadership development to help other families and contribute to system improvements.

### Family Resource Coordination/Project CARE

SPAN Family Resource Specialists are stationed part-time at county Special Child Health Services Case Management Units. They provide information and advocacy on family rights to participate in decision-making concerning their children's health and education, and resources such as support groups and respite care. They help families prepare for IEP meetings, health care appointments, and hospital visits, and resolve conflicts with school and health staff.

### Parent to Parent

Regional Associates (Northwest, Northeast, Central, and South), and an Essex County Coordinator, match families of children with special needs with trained "support parents." They also conduct orientations for parent groups and parents interested in becoming "support parents," to build skills in effective listening, active communication, parent empowerment strategies, and ways to provide culturally responsive support.

### Family Voices

The Family Voices coordinator provides telephone assistance and resources on health care, health coverage, and effective health advocacy and informed decision-making including healthcare financing fact sheet series, a "GPS for Families" Health Advocacy Toolkit, fact sheets on preparing for and follow-up from a hospital stay, information on health care transition including a Health Passport, and many more health and mental health resources available at [www.spanadvocacy.org/content/family-family-health-information-center-family-voices-nj](http://www.spanadvocacy.org/content/family-family-health-information-center-family-voices-nj). SPAN is also a member of the National Federation of Families for Children's Mental Health (see [www.ffcmh.org](http://www.ffcmh.org)).

### Family to Family Health Information Center

Two Regional Coordinators (North and Central/South) provide telephone and in-person information, training, technical assistance and advocacy for families of children with special healthcare needs related to the Healthy People 2020 six core outcomes for CYSHCN. County workshops on Health Advocacy, the Health and Education Rights of CYSHCN in the Child Welfare and Juvenile Justice Systems, and Transition to Adult Systems of Care, and an annual teleconference series archived on the SPAN website, are provided at no charge to families.

## Contact Information

**Patricia Paraskevacos**, Director of Family WRAP

*For assistance from a Family Resource Specialist:*  
**Patricia Paraskevacos**, Project CARE Coordinator  
775 Valley Road, Clifton, NJ 07013  
(973) 523-6778 x2421 Fax (973) 523-7715  
[pparaskevacos@spannj.org](mailto:pparaskevacos@spannj.org)

*For information about New Jersey Statewide Parent to Parent:*  
**Brenda L. Figueroa** (English & Spanish), Statewide Coordinator  
(800) 654-SPAN x194 [bfigueroa@spannj.org](mailto:bfigueroa@spannj.org)

*For information about statewide Family Voices:*  
**Lauren Agoratus** (English & Spanish) New Jersey Coordinator  
(800) 654-SPAN x110 [familyvoices@spannj.org](mailto:familyvoices@spannj.org)

*For information about the Family to Family Health Information Center:*  
**Mercedes Rosa** (English & Spanish) New Jersey Director  
(800) 654-SPAN x191 [MercedesRosa@spannj.org](mailto:MercedesRosa@spannj.org)

## Program Funders

New Jersey Department of Health,  
Special Child Health & Early Intervention Services

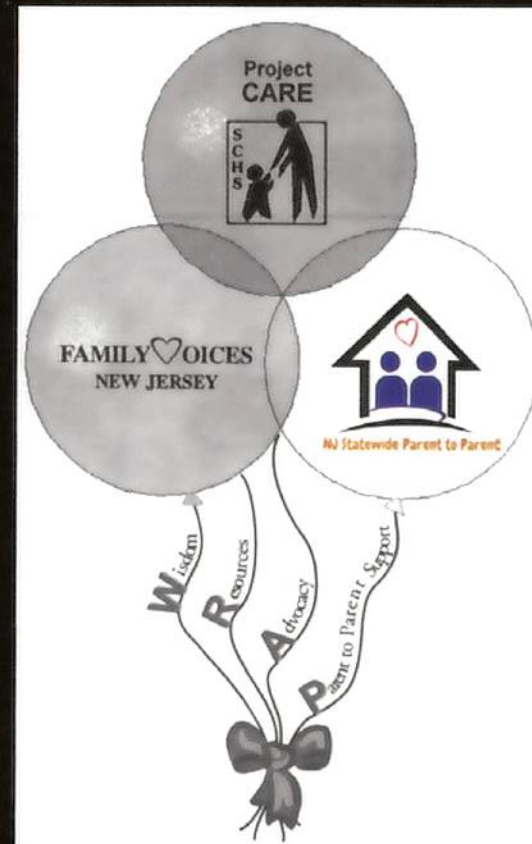
U.S. Department of Health and Human Services,  
HRSA Maternal and Child Health Bureau

U.S. Department of Education,  
Office of Special Education Programs

## Collaborating Agencies

Statewide Parent Advocacy Network Family Voices-NJ at SPAN  
NJ Department of Health

# FAMILY WRAP



Supporting and  
Connecting Families to  
Quality Education and  
Health Services



# Project CARE



## Project CARE

Project CARE is a partnership between Special Child Health Services (SCHS) and the Statewide Parent Advocacy Network (SPAN), created to strengthen the relationship between Case Management Units and families. Our team of diverse and multi-lingual *Family Resource Specialists*, funded by Family WRAP and SPAN's Parent Training and Information Center (PTI), are parents of children with special needs who are trained to help other parents at the local level. (For more information on the SCHS Case Management Units, go to [www.state.nj.us/health/fhs/sch/sccase.shtml](http://www.state.nj.us/health/fhs/sch/sccase.shtml)).

### Ways the Family Resource Specialist Can Help

- As a listener, recognizing the unique needs of diverse families
- Guiding families and professionals toward resources at key transitions throughout their child's development (transitions to preschool, to elementary school, to secondary education, and from school to adult life)
- Collaborating with agencies at local, city and state levels to make programs and policies more family-centered and easily accessible to all families
- Strengthening parent capacity to advocate for their child across systems by providing technical assistance and relevant workshops

Help us make sure that children with special health care needs in New Jersey receive the services they need!

## Project CARE

Patricia Paraskevacos, Project Coordinator  
(973) 523-6778 x2421

# FAMILY VOICES NEW JERSEY

## Family Voices New Jersey (FV-NJ)

Family Voices-NJ works to "keep families at the center of children's healthcare," particularly for families of children and youth with special healthcare needs. Our *Family Voices Coordinator* informs families and professionals about public and private health care resources and how to access quality, family-centered, culturally competent healthcare. We share the expertise and experiences of families with policy makers, the media, health professionals, and other families. We serve on state and local boards and task forces, bringing the family perspective to policy discussions and decisions. FV-NJ is New Jersey's State Affiliate Organization of National Family Voices. (For more information on National Family Voices, go to [www.familyvoices.org](http://www.familyvoices.org)).

### Family to Family Health Information Center (F2F HIC)

The Family to Family Health Information Center's *Regional Coordinators* provide information, training, support, technical assistance, advocacy, and leadership development for families of children and youth with special healthcare needs and the professionals who work with them. The F2F HIC is funded by the U.S. Department of Health and Human Services, and is part of a national network of F2F HICs. (For more information, go to [www.fv-ncfpp.org/](http://www.fv-ncfpp.org/) and [www.mchb.hrsa.gov/programs/familytofamily/](http://www.mchb.hrsa.gov/programs/familytofamily/)).

### Ways Family Voices & the F2F HIC Can Help

- Providing information and assistance in securing health coverage and accessing quality primary and specialty health care, including mental health care.
- Helping families to appeal denials of health coverage for needed services.
- Working with families and health professionals to improve family-professional collaboration.
- Guiding families and professionals toward resources, programs and services

## Family Voices

Lauren, Agoratus, New Jersey Coordinator  
(800) 654-SPAN x110

# New Jersey Statewide Parent to Parent



## New Jersey Statewide Parent to Parent

Parent to Parent is a statewide network of parents (mothers, fathers, and caregivers) supporting families of children with developmental delays, disabilities, mental health challenges, or other special health needs. As trained "support parents," we offer families assistance in learning the skills they need to face the challenges of raising their child and connect them to critical resources. Our *Regional Parent to Parent Associates* connect families to *Support Parents* and provide orientations to parents who are ready to help other parents through their journey. Our goal is to offer parents moral support and to encourage them to feel optimistic about the future. New Jersey Statewide Parent to Parent is New Jersey's affiliate of Parent to Parent USA. (For more information on Parent to Parent USA, go to [www.p2pusa.org](http://www.p2pusa.org)).

### Ways Parent to Parent Can Help

- One-to-one matches of families with similar needs and experiences
- Emotional support for the parent of a child with a special health/mental health need, developmental delay, or disability
- Current local, state and national resources for the child and family on a variety of disabilities and health issues
- Training for parents who would like to become "support parents"
- Biannual newsletter (English & Spanish)
- Annual conference for fathers of children with special needs

## New Jersey Statewide Parent to Parent

Brenda Figueroa, Project Coordinator  
(800) 654-SPAN x194

# New Jersey Statewide Parent to Parent

If you would like more information, please call us at

**1-800-654-SPAN**

Or complete this form and mail it to:

## Parent to Parent

c/o Statewide Parent Advocacy Network  
35 Halsey Street  
Newark, NJ 07102

Name \_\_\_\_\_

Address \_\_\_\_\_

Street

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_  
Area code Phone Number

Please check all that apply:

- I would like to be matched with another parent.
- I am interested in becoming a support parent.
- I would like to receive more information on Parent to Parent

### Our goal

*Is to give families the skills and support they need to help their children with special needs reach their potential.*

### Our hope

*Is for families to feel less isolated and more confident about themselves. All information is kept confidential.*

Parent to Parent is funded by the New Jersey Department of Health in cooperation with:



Statewide Parent  
Advocacy Network