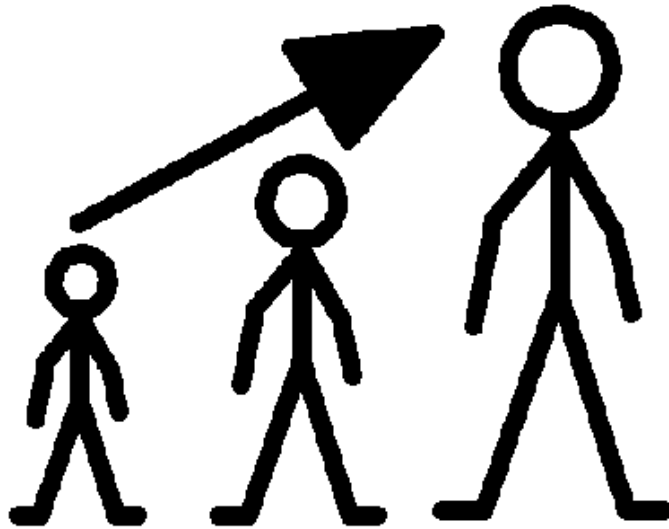


Resources

2012-2013





- “People with disabilities remain twice as likely to drop out of high school.
- Only 35% of people with disabilities reported being employed full or part time, compared to 78% of those who do not have disabilities.
- Three times as many people with disabilities in in poverty...
- People with disabilities are twice as likely to have inadequate transportation.
- People with disabilities are less likely to socialize, eat out, or attend religious services...
- “Life satisfaction for people with disabilities trails, with only 34% saying they are very satisfied with their lives compared to 61% of those without disabilities” (California Department of Education, 2008, p.v).

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Transition Planning

“Transition planning is an essential step in preparing students with disabilities to assume adult roles. Transition planning should focus on students’ future dreams and goals, empowering them to create a personal vision and identifying opportunities to help them meet their current needs as they transition into high school, postsecondary education, employment, and quality adult life.” (Transition to Adult Living –A Guide for Secondary Education, 2003)

Four Year Plan

The 4 Year Plan is reviewed with students in the 8th grade. Students meet with their counselor in groups to discuss what will be expected of them in high school. Sometimes the conference is part of their English class. Parents are invited and there is also a parent night for those who wish to know what to expect. The main topics discussed in the conference are requirements for graduation from high school. The counselor will review the 2.0 GPA required, courses that will be taken in each year, the Computer Literacy requirement, Senior Exit Exhibition and passing of the California High School Exit Exam (CAHSEE). Different options for electives are reviewed, along with any CTE classes that are offered at their high school. The most effective 4-year plan will address and reflect the student’s Person Centered Planning and Transition Plan goals.

Person Centered Planning

Person Centered Planning is the first step in the Transition Planning process. The meeting is designed to be conducted by the student. The emphasis will be placed on the student’s dreams, interests and preferences. This process is used to assist students in the process of making decisions, taking responsibility for those decisions and learning to exert more control over their lives. This planning vehicle is used to create a vision for the future and plan ways for that vision to become reality. Students choose the participants in the planning and can include family, friends, teachers, employers and others. Each participant can contribute, but no one has the right to plan for the student without the student’s permission or request. The Person Centered Plan would then be integrated into the student’s IEP and TP.

Transition Plan

The Transition Plan is the driving force of the Individualized Education Plan (IEP). Every student, beginning at age 16 or younger (if determined appropriate by the IEP team), by law, is required to have a Transition Plan based on the IDEA (Individuals with Disabilities Education Act) guidelines. The Transition Plan is designed with a results-oriented process that promotes movement from school to post school activities. It is based upon a student’s needs and dreams, taking into account Person Centered Planning as a guideline. Since the Transition Plan is student focused, it is imperative that every student plan on attending and participating in their Transition Plan/IEP meeting.

Career Exploration and Preparation

Career exploration can help a student learn more about the world of work and careers. This can be pursued in a number of different ways. Some of the many methods may include: interviewing people working in career areas of the student's interest, interest inventories, career planning tools, job shadows and various worksheets. Web based programs such as Naviance and Career Cruising are available to our students as tool to explore career area of interest and aid with transition planning

Transition Skills Class (Course Codes: 7364, 7365)

The Transition Skills class is designed to prepare students with an IEP for life after high school. Students may have the opportunity to learn about self advocacy, self determination career exploration, job readiness, employer expectations, healthy lifestyles such as fitness and nutrition and communications skills. All sections will be based on a person centered planning model and may be project based. Projects will help students acquire the skills consistent with current market place employer needs.

Interest Inventories

Interest inventories are utilized to identify the career clusters of greatest interest to each student. The information obtained from the inventory can then be utilized to enable the student to begin the process of exploring careers related to these interests. There are a variety of interest inventories available district-wide for students of all reading levels. The **Career Cruising** assessment called Matchmaker, which is available on-line, is a very user friendly program. This assessment can be found at www.careercruising.com. All High schools have **Naviance**. Other interest inventories may include: Coin, Career Targets Interest Inventory, the Career Exploration Inventory (CEI), the COPS Picture Inventory of Careers and the Becker Reading-Free Vocational Interest Inventory.

Job Shadow

Job shadow is a school and community experience that provides both student and educators an opportunity to spend quality time observing business professionals. The goal for the students is to explore career areas of interest before committing to further training, education and/or a work-based learning experience. The job shadow provides students with a realistic view of business day-to-day operations.

Informational Interview

What if you are not sure about your career goal? One of the best ways to find out what a career is really like is to talk with people working in the career you are considering. An informational interview is a meeting between the student and a professional. The purpose is to help define career options or research a company where you want to work. Students are encouraged to conduct a variety of face to face informational interviews throughout their time in high school to help them focus on a field of study to pursue.

Career Exploration and Preparation **(continued)**

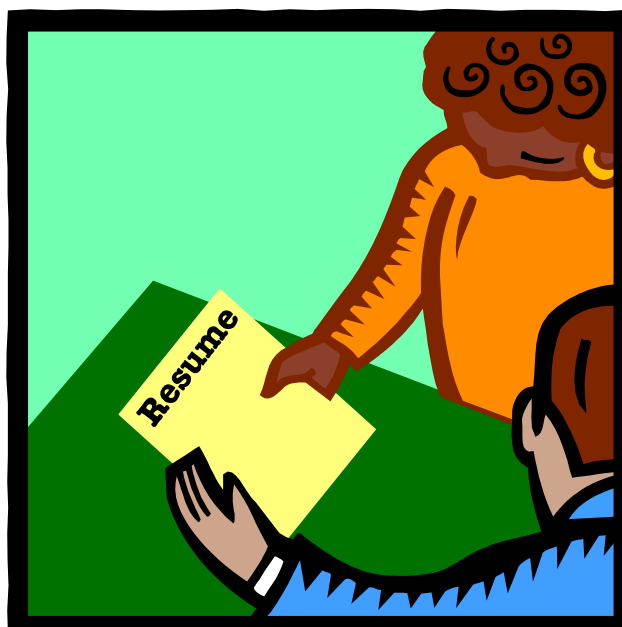
Resume Preparation

Well written resumes are an important component of career preparation. Students should bring resumes to job interviews and job fairs. Many high schools require students to submit a resume as part of their Senior Portfolio. The 11th grade is a good time to begin the resume preparation process. The resume will also be a topic covered in Transition Skills classes offered at most SDUSD high schools.

For an online resume form see www.careercruising.com. The Career Cruising Resume Builder, under the portfolio section, makes it easy for users to create great looking resumes that showcase: career objectives, education, work experience, skills and abilities, extracurricular activities, any awards and certificates they have received.

You can access it by logging into your portfolio and then clicking on the Resume Builder tab above the blue buttons on the left. To use the portfolio, click on the navigation button at the top of the screen marked "Portfolio."

The resume building component moves forward from the portfolio and lets you enter detailed information in any or all of eight criteria. The tool lets you choose which features you want to include on the final draft of your resume as well as select one of three styles of resume. The resumes can either be printed straight from Career Cruising or exported to Word.



Career Exploration and Preparation **(continued)**

Community College Disability Support Program and Services (DSPS) Orientations and Tours:

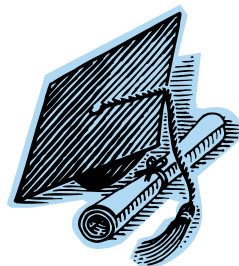
Tours can be arranged with the DSPS offices at various Community colleges. At the tour sites, students will have the opportunity to meet with DSPS staff, learn about available services, school registration and financial aid. Students can see site classrooms, training programs, and facilities.

- Parents, teachers and school counselors are welcome to attend.
- Reservations are required.

Past participating Continuing Education and College sites include:

Centre City Adult Ed.
Cuyamaca College
Educational Cultural Complex (ECC)
Grossmont College
Mesa College
Miramar College
San Diego City College
Southwestern College
West City Adult Ed.

Please contact the DSPS office at the college you wish to arrange a tour.



Important Documents for Transition

As you transition into adult life the following forms will be necessary to where you live, learn and earn. This card explains the birth certificate, California I.D. and Social Security Card.

Birth Certificate

A birth certificate is a vital record that documents your birth date. You **NEED** a birth certificate for:

- a California I.D.
- a driver's license
- a passport or visa
- entrance to the military



To **get** or **replace** a birth certificate:

- Contact County Recorder's Office in the county of your birth.
- Complete application

Cost: \$16

Driver License

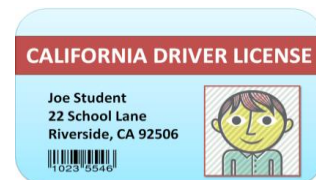
How to apply for a license:

- Obtain and complete application at DMV
- Provide Birth certificate
- Complete driver's test
- take eye exam
- Provide birth certificate
- Provide proof of insurance

Cost:

Original \$31

Replacement \$25



Social Security Card

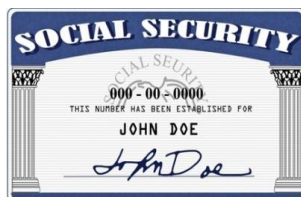
A Social Security number is important because you need it to get a job, collect Social Security benefits and receive some other government services. Many other businesses, such as banks and credit companies, also ask for your number.

To **GET** or **REPLACE** Social Security card:

- Complete an Application For A Social Security Card (Form SS-5); and
- Show us original documents or copies certified by the issuing agency proving:
 - U.S. citizenship or immigration status [including Department of Homeland Security (DHS) permission to work in the United States];
 - Age; and Identity.

Then, take or mail your completed application and documents to your local Social Security office.

Cost: FREE



California I.D.

To apply for a California ID card at DMV you will need to do the following:

- Visit a DMV office
(make an appointment for faster service)
- Complete application form DL 44
- Give a thumb print
- Have your picture taken
- Provide your social security number.
- Verify your birth date and legal presence
- Pay your fee with check, cash or debit card. No credit cards
- Return to the DMV to **replace** a California ID.

Cost: \$26



Work Documentation and Identification

In order for students to be hired for a job or participate in a paid work program through school, they will need to have some required documentation. Every student needs to have a social security and photo identification card (School ID, California ID or Military ID). If the student was born outside of the United States, they will also be required to have a resident card.

Social Security Card

If students do not have a social security card, one can be obtained from the social security office at no cost. The form to request a card is **form SS-5**. Regardless of the age of the student, if he is mentally capable, the student may sign the application for the social security card.

To apply for a **replacement** card, students must prove their identity. (School ID cards are acceptable). Students born outside of the U.S. must also prove their U.S. citizenship or lawful immigration status. No other documentation is required for a replacement card.

In order to obtain a **new** card, the social security office requires evidence of age, identity and citizenship. For evidence of **age**, the office prefers a birth certificate, but it may accept religious records or hospital birth records. For evidence of **identity**, they cannot accept birth certificates or birth records. They will accept doctor, clinic or non-birth hospital records. These records must show the name that you wish to have printed on your card. For evidence of **citizenship**, birth certificates or hospital birth records are allowed.

If the parent intends to sign the application on behalf of the student, the parent needs to provide their own identification. This may include a US passport, driver's license, or employee ID card. If child is 1 year of age or older, all documents will be verified before a social security card will be issued. If the student is 12 years of age or older, they must appear in person at the social security office for an interview.

All documents must be originals or copies certified by the issuing agency.

Social Security Office Locations

626 L Street
Chula Vista CA 91911
(619) 427-7331

846 Amele
El Cajon, Ca 92020
619-440-2943

8505 Aero Drive
San Diego, Ca 92123
858-278-1099

7961 University Ave
La Mesa, Ca 91942
619-464-5151

2530 E. Plaza Blvd.
National City, CA 91950
(619) 444-3894

2160 S. El Camino
Oceanside, Ca 92054
760-439-8053

**1333 Front St
San Diego, Ca 92101
619-557-5257**

367 Via Vera Cruz
San Marcos, Ca 92078
760-471-2155

1-800-772-1213 (for information on hours & office locations)

1-800- 325-0778 TTY

www.socialsecurity.gov

Work Documentation and Identification

Continued

California Identification Card **Department of Motor Vehicles**

San Diego Office	Clairemont Office
3960 Normal St.	4375 Derrick
San Diego, CA 92103	San Diego, CA 92117
(800) 777-0133	(858) 565 -6691
www.dmv.ca.gov	

Students of any age may obtain a California ID card at their local DMV office (Department of Motor Vehicles) for a fee. An original or a certified copy of a birth certificate is required when applying for an ID. California ID cards are valid for six years.

Birth Certificates

1600 Pacific Highway
San Diego, CA 92101
(619) 237-0502
www.sdarcc.com

Birth records for those born in San Diego County can be obtained at any Recorder/County Clerk Office in person, by phone or through the website. Locations are listed in the front of the telephone book under San Diego County. Students born outside of San Diego County should contact the county office in which the student was born. The name and address of the appropriate county office can be obtained from our local county records office. Fees may vary for each county.



Social Security

Description of Services: Social Security Benefits:

- SSI provides a minimum of financial security and health insurance to people who have a disability and a very low income.
- Work incentives allow SSI recipients the chance to earn or save money while continuing to receive benefits and Medi-Cal.
- Using Work Incentives allows young recipients increased opportunities for personal growth, social acceptance and independence.

Who is eligible for SSI?

People who have a disability and a low income. At age 18, a student qualifies based on their own financial resources. Their parents' income will no longer disqualify them.

A young person with a disability may also qualify for Social Security benefits if a parent has died, retired or receives disability benefits.

What are Some Work Incentives?

Student Earned Income Exclusion: Students under age 22 may earn up to \$1,700 per month (maximum of \$6,840 per year) without having their benefits reduced at all.

2 For 1: The first \$85 earned does not reduce SSI benefits. For every subsequent \$2 earned, benefits are reduced by \$1. Medi-Cal continues with only \$1 from SSI.

PASS Plan: A Plan for Achieving Self Support (PASS) may allow an SSI recipient to save earnings or other money to further a vocational goal without reducing SSI.

The Medi-Cal Working Disabled Program: Even when an SSI recipient earns enough salary (about \$35,000 a year) that they no longer receive Medi-Cal for free, they may be able to purchase it at a low premium.

Contact: Social Security

For more information and to find copies of our publications, visit www.socialsecurity.gov or call toll-free, 1-800-772-1213 (for the deaf or hard of hearing, call our TTY number, 1- 800-325-0778). They can answer specific questions from 7 a.m. to 7 p.m., Monday through Friday. They provide information by automated phone service 24 hours a day.



Steps to SSI:

1. Parent or Student gathers medical and financial records that document disability and financial need
2. Obtain an application online from www.ssa.gov
3. Make an appointment with Social Security Office for intake
4. Learn about work incentives online at www.ssa.gov; at DB101.org; by reviewing Social Security's Red Book or by making an appointment with a Community Work Incentives Coordinator (CWIC).
5. When working, report earnings monthly to Social Security and report Work Incentives used

Social Security (Benefits)

Social Security Office

1333 Front St.
San Diego, CA 92101

8505 Aero Dr.
San Diego, Ca 92123

1-800-772-1213 (for information on hours & office locations) When prompted, give your zip code and the closest social security office to that zip code will be given.

1-800- 325-0778 TTY

www.socialsecurity.gov www.ssa.gov

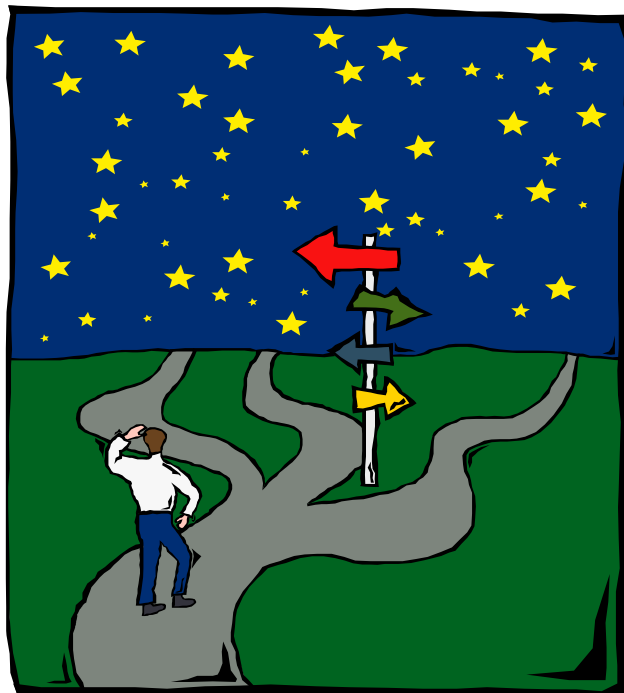
Addresses of Social Security offices can be found in the front of the telephone book under United States Government Offices. To receive SSI, a person under the age of 65 must have a disability that will keep the person from working for at least 12 months or is expected to result in death.

Allowable Earnings (Substantial Gainful Activity (SGA))

As of 2012 people that receive Social Security Disability benefits can earn **\$1,010** a month and remain eligible for benefits. This limit will be updated automatically based on the national average wage index. If you are blind, you are allowed earnings averaging **\$1,690** a month.

For more information, please read the “Redbook on Work Incentives” located on the following website.

<http://www.socialsecurity.gov/redbook>



Mobility/Transportation

Mobility Training

In order to better prepare students for work, college and or job training programs, students may receive mobility training. Students will gain exposure to public transportation in addition to learning how to access and utilize public transit schedules. Mobility training can be discussed at the student's IEP.

Transit Identification Card

Transit Store

102 Broadway

San Diego, CA 92101

(619) 234-1060; TTY (619) 234-5005

(619) 233-3003 (bus & trolley route information)

www.sdcommute.com (bus & trolley routes & other information)



Students with an active IEP and a qualifying disability are eligible to purchase a **Disabled Bus Identification card**. Once a card is obtained, the monthly bus pass can then be purchased at half price from the MTS Transit Store, Albertsons, and other participating outlets.

Information: http://www.sdmts.com/fares_discounted.asp

Application: http://www.sdmts.com/documents/AppReducedFare_LONG.pdf

- Student and family need to fill out the application, have the student sign the form (Parent will also need to sign the form if the student is under 18). Add your email address on page 1 so you can get the response from MTS.
- Highlight and underline on the IEP what the students' disability is or have a doctor complete the verification of disability on the application. The more documentation you provide MTS the better, especially if the student only has Specific Learning Disability.
- Once completed mail or deliver the application to the MTS Imperial address.
1255 Imperial Av. #1000 (Tenth floor)
San Diego, Ca. 92101
619-231-1466
- MTS will mail or e-mail you a letter or form that the student can take to the Transit store on Broadway to obtain their Transit ID. A Photo ID is required. The ID card is \$6.

Mobility (continued)

Driver's License

Department of Motor Vehicles

San Diego Office	Clairemont Office
3960 Normal St.	4375 Derrick
San Diego, CA 92103	San Diego, CA 92117
1-800-777-0133	(858) 565-6691

www.dmv.ca.gov (for complete info & practice tests)



To apply for a provisional driver's permit, you need to be at least 15 1/2, but less than 18 years of age. For faster service, it is best to **make an appointment** prior to going to the DMV office. An appointment can be made on line using the DMV website. You will need a parent signature on form DL 44 and be able to provide your social security number. (It will be verified with the Social Security office). If you are 15 1/2 to 17 1/2 years of age, you must also submit proof of driver education completion and proof of driver training enrollment. They will request proof of birth and true full name, so it is important to bring a **birth certificate**.

The written test can be taken in a foreign language, in American Sign Language, by listening to a cassette tape rather than reading the material or by having an examiner ask the questions. A sign language interpreter may be utilized for assistance in taking the written exam. It is best to notify the DMV regarding alternative tests at the time the appointment is set. Practice quizzes are available on-line through the above website and booklets can be picked up at the DMV office.

On The Road Again (Modified Mobility Services)

9590 Chesapeake Drive, Suite 122
San Diego, CA 92123
(858) 278-1142
Driving school for persons with disabilities

Handicapped Parking Placard

San Diego Office	Clairemont Office
3960 Normal St.	4375 Derrick
San Diego, CA 92103	San Diego, CA 92117
(800) 777-0133	(858) 565-6691



www.dmv.ca.gov

Form number 195, which you can get from a DMV office or through e-mail, needs to be signed by a doctor and returned to them, either personally or by mail.

Recreation

Students leaving high school have many opportunities to learn about their community and get involved in social activities. Examples might include: going to the movies, going bowling, dining out, working on hobbies, going to church activities, going shopping, spending time with family and friends, joining clubs and organizations, going to community college activities, playing sports and getting involved with the parks and recreational departments.

THE CITY OF SAN DIEGO

SAN DIEGO PARKS AND RECREATION DEPARTMENT DISABLED SERVICES PROGRAM

<https://www.sandiego.gov/park-and-recreation/activities/trs/>



War Memorial Building

Balboa Park

3325 Zoo Drive

San Diego, Ca 92101

(619) 525-8247; 525-8249(TDD)

Volunteer Coordinator, Rose Caldwell

(619) 236-7756

(619) 525-8249 (TDD)

email: prdsp@sandiego.gov

rcaldwell@sandiego.gov

Disabled Services is a city-wide program of the San Diego Park and Recreation Department. The program provides planned recreation experiences for people of all ages with any type of disability. Cultural, physical and social activities are offered including dances, parties, ice skating, bicycling, movies, crafts, aerobics and many others. There are several special events offered throughout the year as well as trips to various attractions (Zoo, Sea World, and Disneyland). In addition, Disabled Services offers leisure education and assists individuals to be included into other community recreation programs.

Group Descriptions

Anyone can participate in these groups. The Disabled Services department requests that all adhere to age range and specific disability needs to participate. Individuals with more than one disability may be eligible to participate in more than one group.

Youth Inclusive Programs

Teens – Adolescents ages 13-19, with any type of disability; siblings, and friends also in the same age group. Some of the activities offered are Bowling, Bike Riding, Dances, Ski trips, Disneyland, Teen Club, holiday shopping trips, Winter Get-Away Days and much more.

There are also opportunities to volunteer with the Parks and Recreation department in addition to participating in their activities. Please call Rose Caldwell for more information.



Housing

San Diego Housing Commission

PO Box 620279
San Diego, Ca 92162
619-231-9400
www.sdhc.net



The San Diego Housing Commission is an award-winning public agency that helps low-income families, seniors, and people with disabilities afford housing in the high-cost City of San Diego.

It helps more than 12,000 families with rental assistance (Section 8) and almost 1,800 with publicly owned apartments (public housing). In addition, agency programs have enabled 4,000 families to buy their first homes and over 9,000 to rehabilitate their older homes. Working with nonprofit and for-profit developers, the San Diego Housing Commission has also helped create more than 23,000 apartments in San Diego, including over 10,000 with affordable rents.

Housing Choice (Section 8) Vouchers Program

Housing choice vouchers allow very low-income families to choose and lease or purchase safe, decent, and affordable privately-owned rental housing.

Vouchers for People with Disabilities

Below are three, special types of vouchers available to people with disabilities:

Mainstream vouchers

Elderly and non-elderly families that have a person with disabilities.

Designated housing vouchers

Non-elderly families, who would be eligible for public housing if occupancy were not restricted to elderly households. These vouchers also assist families affected by a PHA decision to designate their buildings as "mixed elderly and disabled buildings" but demonstrate a need for alternative resources for families with a disabled person.

Certain development vouchers

Non-elderly families with a disabled person, who does not currently receive housing assistance in certain developments where owners establish preferences for, or restrict occupancy to, elderly families.

Project Access Vouchers

As part of a demonstration program between HUD and HHS, 400 vouchers were awarded in Fiscal Year 2001 to 11 lead PHAs to partner with Medicaid agencies in providing housing assistance to non-elderly disabled persons transitioning from nursing homes into the community.

For more detailed information see

http://portal.hud.gov/hudportal/HUD?src=/topics/housing_choice_voucher_program_section_8

Housing (continued)

Take Wing

3255 Wing Street
San Diego, Ca 92110
619-221-8600
www.sdyics.org

Take Wing is an 18-month Transitional Living Program designed to break the cycle of homelessness and to foster hope and self-sufficiency for youth ages **16-24**. Its goal is to teach homeless teens, teenage moms, and those students too old for the foster care system to become independent and productive members of society. Students must have employment to be part of this program, as they are responsible to pay for rent and utilities. *(16 and 17 year olds must be emancipated).

Toussaint Academy of Arts and Sciences

1404 5th Ave
San Diego, Ca 92101
619-687-1080
<http://www.toussaintacademy.org/about.html>

This academy is part of St Vincent DePaul. It is both a 24 bed residential facility and a high school. It provides counseling and case management services. The Toussaint Academy provides services for At Risk youth between the ages of **14 and 17**. Admission qualification is determined by an intake interview at the academy.

YMCA Turning Point (single youth)

4262 Swift Ave.
San Diego, Ca 92104
619-640-9774
<http://www.yfs.ymca.org/residential-services/turning-point-tlp.html>

Turning Point is an 18-month program designed to assist young adults in developing the skills necessary to live on their own. The program offers shared apartment living. Participants pay rent based on their monthly income. Support services include individualized case management, employment assistance and independent living skills training.

Student may qualify for services **between the ages of 16 and 21 (must enter prior to 22nd birthday)**. (16 & 17 year olds must be emancipated).

Housing (continued)

YWCA

1012 C Street
San Diego, Ca 92101
619-239-0355
www.ywcasandiego.org

YMCA Tommie's Place (pregnant/parenting youth)

4145 Swift Ave. #2
San Diego, Ca 92104
619-640-9774
<http://www.yfs.ymca.org/residential-services/tommies-place.html>

Tommie's Place is an 18 month transitional living program for youth ages 16-21 (must enter prior to 22nd birthday). Pregnant and parenting youth are accepted. 16 and 17 year olds must be emancipated. Participants pay rent based on monthly income.

Trolley Trestle (South Bay Community Services)

746 Ada St. Ste. 106
Chula Vista, Ca 91911
619-628-2412
<http://southbaycommunityservices.org/services/youth-family-development/>

The Trolley Trestle is an 18 month Transitional Living Program or up until age 21. Parenting youth are accepted. Eligibility is 100% Foster Youth. Participants pay rent based on 25% of their gross monthly income.

Door of Hope (Salvation Army)

2799 Health Center Drive
San Diego, Ca 92123
858-279-1100 x131
Contact: Pam Peterson

This is a 12 month females only Transitional Living Program, ages 18 and older with no more than 2 children. No pregnant mothers. Participants must be 6 months sober from drugs and/or alcohol. There is no monthly fee. 80% of disposable income is placed in a savings account for the client.

Housing (continued)

YMCA Mary's House

2374 Avenida del Diablo
Escondido, Ca
Contact: Krysta Creighton
760-746-1944

This is an 18 month female only, Transitional Living Program for emancipated youth 16-24 years old. Participants must have income after starting the program. The facility capacity is for 5 youth.

Sunburst (Agency: The Center)

YHP@thecentersd.org

Contact: Dana Toppel
619-255-7854 x103

This is a Transitional Living Program with no specific duration. The housing plan is individualized and can be long term. Participants need to be 18-24 years old, homeless with a disabling diagnosis. Rent is 30% of income.

HOME Emancipated Foster Youth Transitional Housing (SD County)

("Scattered" sites)

Contact: Melissa Lytle - 619-767-5460

Or; Dianna Hildreth - 619-767-5459

This is a 24 month Transitional Living Program for Foster Youth only. Participants need to be 18-20 years old. Parenting youth are accepted. Participants pay rent based on 30% of their income.

Also See Job Corps and California Conservation Corps – Page 32



Health Services

Family Health Centers of San Diego

823 Gateway Center Way
San Diego, CA 92102
(619) 515-2300
www.fhcsd.org

Family Health Centers offer comprehensive and accessible medical and dental services on a sliding scale, with a special commitment to low income medically underserved individuals. Counseling and therapy for adolescents is available at their Family Counseling Centers. There are numerous locations within San Diego County.

Health and Human Services -County of San Diego

1700 Pacific Highway
San Diego, Ca 92101
(619) 515-6770
www.co.san-diego.ca.us

The Agency has several primary program areas which cover the various aspects of public health and social services. To find out specific information about each of these programs, please go to the above website.

[Aging and Independence Services](#)
[Children's Services](#)
[Public Health](#)

County Medical Services

P.O. Box 939-016
San Diego, CA 92193
(858) 492-4444
http://www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/index.htm

This program funds medical care for uninsured indigent adult county residents. While not a health insurance program, CMS funds services through a network of community health centers, private physicians and hospitals.

Healthy Families

Low cost insurance for children and teens. Provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal.
<http://www.healthyfamilies.ca.gov>

Contact your school nurse to help apply for some of these services

Community Clinics

Council of Community Clinics (Find a clinic in your area)

www.ccc-sd.org/about/clinic-corporations.aspx

Dental

Dental H.E.I.P. Project – district (free dental care through SD Children’s Dental Health Center (\$20 co pay with insurance)

1270 24th Street

San Diego CA. 92102

www.childrensdentalhealth.org (619) 234-8131

Share the Care

www.sharethecaredental.gov (619) 692-8858



Vision

SDUSD Vision clinic

(858) 627-7589 for questions (eligibility –no insurance, low income)

VSP “Site for Students Program”

www.sightforstudents.org (888) 290-4964

Lions Optometric Vision Clinic (no insurance/Low income \$30. Co pay for most prescriptions.

Uninsured

Shiners Hospital – coordinates services/free help for children up to age 18 with burns, bones or muscular problems (858) 292-0092

Fresh Start –free surgery for physical deformities

www.freshstart.org (888) 551-1003

Building Bridges Together –resources for free & low cost mental & physical health.

www.buildingbridges2gether.org/ (888) 843-5800

Reach out project – referral agency to physician, counseling, dental and Vision etc. (Minimal charge)

www.reachoutforhealth.org

Mental Health Services



Mental Health Services - Adult and Older Adult

http://www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_adult_older_adult/index.html

For more information send us an [email](#) or phone 619-563-2700.

San Diego County Adult/Older Adult Mental Health (A/OAMHS) offers a wide variety of treatment, rehabilitation and recovery services to help people who are experiencing persistent and severe mental illness or a mental health crisis.

Mental Health Services – Children

http://www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/index.html

For more information send us an [email](#) or phone 619-563-2750

Children's Mental Health Services (CMHS) aids children and adolescents who are emotionally disturbed, and their families. CMHS offers a wide variety of services, from early intervention to residential services.

1000 Broadway, Suite 210
El Cajon, CA 92021
(619) 401-5500

1701 Mission Avenue, Suite A
Oceanside, CA 92054
(760) 967-4475

1250 Morena Blvd.
San Diego, CA 92110
(619) 692-8750

3177 Oceanview Blvd.
San Diego, CA 92113-1489

County Mental Health Services

<http://www.sdcounty.ca.gov/hhsa/>

County of San Diego-Health and Human Resources

<http://www.up2sd.org/>

Mental Health Systems

9465 Farnham Street
San Diego, CA 92123
(858) 573-2600

<http://www.mhsinc.org/>

Mental Health Systems is a non-profit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.

Professional Community Services

900 N. Cuyamaca
El Cajon, CA 92020
(619) 449-8703

www.comresearch.org

Professional Community Services hopes to design and operate programs focused on the treatment, education, and rehabilitation of individuals with mental health problems who may also have co-occurring substance use problems.

NAMI

Support and referral information for those with mental illness and their families

<http://www.nami.org/> 800-523-5933

Immigration and Citizenship

Catholic Charities (Refugee and Immigrant Services)

241 #A. 3rd Ave. 4575-B Mission Gorge Place
Chula Vista, CA 91910 San Diego, CA 92120
(619) 498-0722 619 287-1270
www.ccdsd.org

Catholic Charities is accredited by the Department of Justice to assist eligible, foreign-born applicants with issues related to permanent residence, citizenship, and other immigration benefits. Services are provided at a low cost.

Every Monday at 5:30 pm or Tuesday morning @ 8:00 A.M

There is a no cost information meeting. (*please no children*)

Legal Aid Society

110 S. Euclid Avenue 1764 San Diego Avenue, Suite 200 216 S. Tremont
San Diego, CA 92114 San Diego, CA 92110 Oceanside, CA
1-877-LEGAL AID 92054
www.lassd.org/

A staff of expert legal workers helps families resolve legal problems free of charge. Their Immigration team assists or advises eligible clients to prove or obtain U.S. citizenship or to obtain or maintain legal immigration benefits. They also assist and advise eligible clients with respect to other immigration matters which may include: naturalization, citizenship, exclusion, deportation and removal, legalization and registry, adjustment of status and waivers of excludability. Please call them first to determine eligibility for services.

Casa Cornelia Law Center

2760 5th Ave. Suite 200
San Diego, CA 92103
(619) 231-7788
www.casacornelia.org

Casa Cornelia's services are available to individuals without financial resources to secure an attorney. They offer legal services to undocumented immigrants who are victims of domestic violence and for those who are seeking political asylum. Casa Cornelia also offers representation to unaccompanied minors who are in INS detention. Their NACARA program provides specialized legal services to nationals of Nicaragua and Cuba and certain nationals from Guatemala and El Salvador.

Immigration and Citizenship (continued)

Deferred Action for non Immigrants (Aug 2012)

U.S. Citizenship and Immigration Services (USCIS) began accepting requests for deferred action and work permits. The National Immigration Law Center (NILC) is a member of the recently launched Own the Dream campaign, a national effort to help aspiring Americans brought to this country as children take advantage of the opportunity to request deferred action and work permits from USCIS. The following resources will help youth learn how to request deferred action:

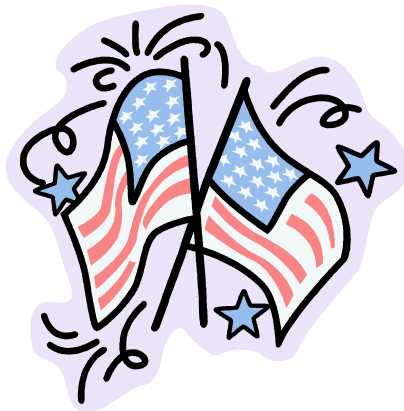
Visit [Own the Dream's website](http://www.weownthedream.org/) www.weownthedream.org/ to determine eligibility, find free or low-cost legal clinics and licensed, reputable attorneys in your area, review information about deferred action, and to connect with other DREAMers.

Visit www.uscis.gov for the deferred action application forms.

To receive up-to-date and accurate information about the deferred action policy, as well as other important issues impacting the immigrant community, sign-up to receive NILC's e-mails at www.nilc.org.

CALIFORNIA DREAM ACT

Undocumented immigrant students in California with a (HS diploma) will be able to receive state-funded financial aid in 2013 to attend college, under a new law signed October 8, 2011, by Gov. Jerry Brown. (Cal Grants) To read a blog from the Alliance for Justice on the significance of the new law, go to <http://advocacydigest.blogspot.com/search/label/dream%20act>



Careers Exploration and Tools

Career One Stop

<http://www.careerinfonet.org/> or www.acinet.org/acinet

Career videos with captions and helpful information about jobs
Career exploration, career tools, resource library



California Career resource Network (CalCRN)

www.californiacareers.info

California Career Resource Network (CalCRN). CalCRN provides resources for anyone interested in developing the career self-management skills necessary in today's world of work has active links to California Career Zone, Reality Check and the California Career Planning Guide.

California Career Zone

www.cacareerzone.org Free career exploration and planning system designed for students.

California Reality Check

www.californiarealitycheck.com Part of Career Zone that matches proposed budgets with occupational earnings. GREAT website

California Career Center

www.calcareercenter.org on line resource center

Occupational Outlook Handbook

<http://www.bls.gov/oco/home.htm>

This website has the complete Occupational Outlook Handbook.

www.worksmart.ca.gov

Great website with help to prepare and look for a new job

California Career Cafe

<http://www.cacareercafe.com/>

Fun website from the community college to help with finding a major

Career Cruising

www.careercruising.com Great website for career and college exploration and interest inventory

Road trip Nation

www.roadtripnation.org/free

The roadtrip nation PBS seasons with viewer guides

Wonderful video interviews done by youth on interesting people and their occupations

Who Do You want 2 be

www.whodoyouwant2be.com

Promoting California community college CTE programs

Careers Exploration and Tools **(continued)**

O'NET

www.onetonline.org

An updated database on Occupations Interactive application for exploring careers

Labor market information

www.labormarketinfo.edd.ca.gov

1. Select job seeker under "By Customer"
2. Self assessment
3. Do Reality check
4. Explore career options in the "California Occupational guides"
5. Get ready for a Job (resume, interview questions)
6. Find the Job (job postings industries hiring in our area)

Youth@work: Talking Safety California

www.cdc.gov/niosh/talkingsafety/states/ca/default.html

Free teen workplace safety curriculum

Fact Sheet for Youth and Young Adults with Disabilities Interested in Starting a Career with the Federal Government

<http://www.findyouthinfo.gov/feature-article/federal-schedule-hiring-authority-fact-sheet-tips-youth-and-young-adults>

The Schedule A hiring authority is one of the paths that can greatly benefit youth and young adults with disabilities who have an interest in a career with the Federal government. It can also be a fast track way for Federal agencies to bring in talented individuals with disabilities. This [fact sheet](#) provides tips on understanding and utilizing Schedule A.

Schedule A is a hiring authority for Federal agencies to use to tap into a diverse and vibrant talent pool without going through the often-lengthy traditional hiring process. Schedule A allows individuals to apply for a Federal appointment through a noncompetitive hiring process. This means that if you meet the eligibility status of the appointment and the minimum qualifications for a position, you may be hired for the position without competing with the general public. Schedule A can be used to hire people in all professions from clerical staff to attorneys.

REFERENCE POINTS is administered by [PACER Center](#) as a technical assistance activity of the TATRA Project. The TATRA Project is funded by the Rehabilitation Services Administration.

Financial Aid

[Federal Financial Aid](#)

<http://www.fafsa.ed.gov/>

ROP classes countywide

www.sdcoe.k12.ca.us/rop

Continuing Ed/Adult Ed

www.sdce.edu

Volunteer Experiences

United Way of San Diego County

4699 Murphy Canyon Rd.

San Diego, CA 92123

858.492.2000

(858) 636-4131

<http://liveunitedsd.org/content/volunteers-united-way>

United Way of San Diego County is a local volunteer driven organization that addresses community health and human services needs, including education and environmental issues. Volunteer opportunities are available for youth 14 years of age and older, depending upon the organization. United Way of San Diego County publishes a guide of the many various agencies who are seeking assistance. (This guide is available through your school). Some of the organizations include: Boys & Girls Clubs, Birch Aquarium at Scripps, Canine Companions for Independence, Children's Hospital, CA Dept. of Parks & Recreation and more! Students need to contact the organization directly for information.



Museums

There are many Museums in Balboa Park as well as throughout San Diego. These Museums offer opportunities for volunteers. Most of the museums have summer camps and educational camps during the school breaks. This may be a great opportunity to volunteer.

Other ideas for volunteer opportunity

Public libraries

Public Recreational Centers (such as Joan Kroc, Jewish Community Center, YMCA, Boys & Girls Club, San Diego Park and Rec.)

Humane Society

Non Profit organizations

Private businesses that you may be interested in someday at working

The 211 website www.211sandiego.org and phone resource directory may also be helpful.

Type "volunteer" in the search box

You are only limited by your imagination

Any place you think you might want to volunteer at or work at is worth approaching.

Successful volunteer experiences may lead to employment

San Diego Unified Schools Work & Training Programs



College career & Technical Education (CCTE) (classes at high School)

(858) 503-1758

www.sandi.net/ccte

All High schools offer **all students** College Career and Technical Education (CCTE) classes which integrate core academic subjects with relevant, challenging technical and occupational Skills. CCTE is comprised of a sequence of courses—beginning, intermediate and capstone. Many capstone courses are funded through the Regional Occupational Programs. These courses provide high school students with skills necessary to succeed in post-secondary/college education, entry-level employment and/or career advancement. The instructional integration of academic and workplace skills provides career awareness and exploration, including paid and un-paid internship opportunities. Over 30 CTE courses are approved for UC “a-g” college entrance credit. CCTE classes prepare students for the real world of work. Find out which CCTE classes are offered at your school.

[Arts, Media & Entertainment](#)

[Building Trades & Construction](#)

[Education, Child Development & Family Science](#)

[Energy & Utilities](#)

[Engineering & Design](#)

[Environmental Science & Natural Resources](#)

[Fashion & Interior Design](#)

[Finance & Business](#)

[Health Science & Medical Technology](#)

[Hospitality, Tourism & Recreation](#)

[Information Technology](#)

[Manufacturing & Product Development](#)

[Marketing Sales & Service](#)

[Public Services](#)

[Transportation](#)

Mission of WorkAbility 1 (WA1)

The mission of WAI is to promote the involvement of key stakeholders including students, families, educators, employers and other agencies in the planning and implementing of an array of services that will assist in successful student transition to employment, lifelong learning and quality of life.

To participate in any paid program, students are required to have a current picture ID and a social security card. Students that require a resident alien card to work must also bring the card in with the other work documentation.

Transition Skills Class (Course Codes: 7364, 7365)

The Transition Skills class is designed to prepare students with an IEP for life after high school. Students may have the opportunity to learn about self advocacy, self determination career exploration, job readiness, employer expectations, healthy lifestyles such as fitness and nutrition and communications skills. All sections will be based on a person centered planning model and may be project based. Projects will help students acquire the skills consistent with current market place employer needs.

San Diego Unified Schools Work & Training Programs **(continued)**

Work programs

Work Incentive (On campus Work Experience)

Course Codes: 7368 (1 hour) 7367 (2 hours)



Work Incentive is an on-campus work experience program for students with an IEP, **14 years of age and older**. This is typically the first work experience for many students. Students are given the opportunity to learn basic job and social skills that will help them prepare for a community- based job. At the conclusion of the class, students will earn 1 or 2 elective credits plus will be eligible for a professional reference for their resume. This course is included as part of the student's school schedule. In addition, students can earn a training stipend if proper work documentation is available and the necessary paperwork is submitted for processing. Typically, a student's stipend pay is for about 60- 80 hours. Case Manager and parent approval is required for participation.

Workability (WA I Funded) off Campus with employer

Course Codes: 7561(1 hour) 7562 (2 hours)

Students with an IEP **16 years of age and older** are eligible to participate in a community work program. To enter this program, students are required to possess a valid social security card and a current picture ID. After parent permission is received, students are encouraged to search the community and identify jobs that they would be interested in acquiring. Pending job site approval, students will then participate in short term work experience that may result in permanent full or part time employment. A student must work a minim of 60 hours per semester to receive a Practical Arts credit. During the work experience, students will be paid current minimum wage through the grant (pending funding availability). Work hours are available during school, after school or on weekends.

Transition Partnership Program

Course Codes: 7366, 7369 (SAP or WA credits may be available)

The Transition Partnership Program (**TPP**) engages the CA State Department of Vocational Rehabilitation, with San Diego Unified School District and local business. The focus is to help a select number of students with an IEP, in their senior year who want to go straight to work after High School. Students typically work part time while continuing the education. Students will get assistance with job readiness skills, and may receive support for work supplies, clothing, uniforms, transportation, and job training

Summer Jobs

Summer jobs are encouraged and may be offered pending the availability of funding.



Workability 1

Students who receive services through Special Education in the high school settings up to the age of 22 are eligible for Workability1 services

Workability 1

- provides pre-employment skills training, work site training and follow-up services for youth in special education who are making the transition from school to work
- offers special education students the opportunity to complete their secondary education while also obtaining marketable job skills
- benefits students, employers and the community at large
- seeks employers in the business community who will give students with special needs a chance to prove themselves

What is the student's Workability 1 Plan?

School Based:	Person(s) Responsible
Transition Assessment	(T) (F) (S) (WA) (A)
Transition Planning	(T) (F) (S) (WA) (A)
Transition Instruction	
 Work Based:	
Work Experience	(T) (F) (S) (WA) (A)
Volunteer Work	(T) (F) (S) (WA) (A)
Job Shadowing	(T) (F) (S) (WA) (A)
 Connecting:	
Program Linkage	(T) (F) (S) (WA) (A)
Program name	_____
Service Linkage	(T) (F) (S) (WA) (A)
Service Name	_____

Steps to WA1:

- Parent, teacher, or student referral to WA1 Program
- Student meets WA1 staff to complete intake packet &
- Obtain Work permit
- Begin WA1 services which may include:
 - School Based Activities: Part of classroom curriculum and instruction.
 - Work Based Activities: Work Site learning experiences or strategies to connect the classroom to work.
 - Connecting Activities to programs and services that help link school and work based learning opportunities

(T) = Teacher (F) = Family (S) = Student (WA) Workability (A) = Agency

Post Secondary Job Training Programs



AMERICORPS

Corporation for
NATIONAL &
COMMUNITY
SERVICE ★★ ★

AmeriCorps : National Civilian Community Corps

About AmeriCorps*NCCC

The mission of AmeriCorps*NCCC is to strengthen communities and develop leaders through national and community service. Since 1994, more than 10,000 men and women have served over 15 million hours providing disaster relief, tutoring children, building homes for low-income families, helping preserve the environment, and helping communities meet their challenges. AmeriCorps*NCCC supports faith-based and other community-based organizations; national nonprofits; schools; local municipalities; national and state parks; and Indian tribes.

AmeriCorps*NCCC requires an intense, ten-month, full-time commitment by young people aged 18-24 year-olds. The program is residential, team-based, and modeled after the Civilian Conservation Corps of the 1930s and the U.S. military. Members serve in teams of 10-12 individuals and are assigned to projects throughout the region served by their campus. They are trained in CPR, first aid, and mass care before deploying for their first service project. In addition some members are also certified in chainsaw operation and wild land firefighting. During their service, members receive lodging, meals, uniforms, health benefits, student-loan forbearance and a living allowance of about \$4,000. Upon successful completion of their term, members receive an education award of \$5,500 to help pay for college or graduate school, or to pay back qualified student loans.

AmeriCorps

<http://www.americorps.gov/>

This national service program allows people of all ages to earn financial assistance for college. Learn and Serve America, a program for high school students, involves them in community activities that complement classroom studies. These programs aim to help students increase their academic skills through understanding how their learning can be applied in the world.

Post Secondary Job Training Programs **(continued)**

California Conservation Corps (CCC)

401 W. 35th Street
National City, CA 91950
(619) 409-4382
Fax: (619) 409-4393
www.ccc.ca.gov



CCC has a dual mission: 1) the employment and development of youth and 2) the protection and enhancement of the state's natural resources. Its distinctive motto, "hard work, low pay, miserable conditions...and more," has not scared away young adults-there are 1,700 members. Open to California residents between the ages of 18 and 23, CCC emphasizes working and learning.

Job Corps

1325 Iris Avenue
Imperial Beach, CA 91932
(619) 429-8500
<http://www.jobcorps.org>



The Job Corps offers 22 job training programs for students 16 to 24. A vocational certificate is earned upon completion of the program. Classes are available for students to earn a GED or a high school diploma. Drivers' Education is also offered. Students are able to live at the Job Corps location or at home. Benefits of the program include a living allowance, work clothes, tools, medical, dental, and vision care; bonuses are also provided including a \$1000 completion check. Tours are available on Wednesdays each week.

Apprenticeship Programs –Construction Trades

The Associated General Contractors of America, San Diego Chapter, Inc.'s Joint Apprenticeship Committee is accepting applications on a continuous basis for its open shop (non-union) apprenticeship program in the following crafts:

- CARPENTER
- CEMENT MASON
- DRYWALL FINISHER
- DRYWALL LATHER
- HEAVY EQUIPMENT OPERATOR
- LABORER
- PAINTER



San Diego Apprentice Training Facility
6255 Ferris Square
Suite C
Phone: (858) 558-8700
Fax: (858) 558-8694
Contact: Charles Henkels
www.agcsdatt.org/apprentice_information

Post Secondary Job Training Programs **(continued)**

Summary of Construction Apprenticeship Programs

Apprenticeship programs

<http://www.westcentralbtc.org/Apprenticeship%20Information.htm>

find an apprenticeship program www.dir.ca.gov/databases/das/aigstart.asp

Apprenticeship programs provide on-the-job training combined with coursework which enable an individual to become skilled in a trade. Apprentices are paid a salary during career training and are typically granted regular pay increases as their skills increase. Applicants must be at least 16-18 years of age, depending on the trade, and must pass pre-tests or oral interviews. In some trades a high school diploma or G.E.D. is required.

Heat and Frost Insulators and Asbestos Workers

Must be at least 18 years old, and pass English and Math Exams. H.S. Diploma or GED required.

626-334-6884

Bricklayers/Stonemasons

Contact Pete Camarda (619) 429-8500 X 410. Minimum age is 18.

No pre-testing. High School Diploma or GED required.

MONTGOMERY ADULT SCHOOL

3240 Palm Avenue,
San Diego, CA 92154
(619) 796-7200

Carpenter, Drywall Lather, Acoustical, Scaffold Union

Applications accepted Mon thru Thursday from 8 am to 4:30 pm. Min. age is 17, with parental consent. No pre-testing. No education requirements. Informational Orientation is held every Monday at 4pm.

www.californiacarpenters.org

8595 Miralani Drive
San Diego, CA 92126
858-621-2667

Cement Mason

Applications accepted 3rd Wednesday of every month. Call for an appointment. Min. age 18. No pre-testing. H.S. Diploma or GED required.

1807 Robinson Ave, #206
San Diego, CA 92103
619-291-6931

Drywall Finisher

Applications accepted year round. Minimum is age 17, with parental consent. Aptitude exam is given. H.S. Diploma or GED required.

8250 Ronson Rd.
San Diego, CA 92111
858-278-1710

Apprenticeship Programs **(continued)**

Electrical

Applications accepted Wednesdays from 2-4pm. Minimum age is 18. General aptitude exam and interview is given. H.S. Graduate or GED plus 1 year of H.S. algebra or 1 semester of College algebra is required.

San Diego Electrical Training Center
4675 Viewridge Avenue, 2nd Floor
San Diego, CA 92123
858-569-6633, ext. 111
www.positivelyelectric.org



Floor Covering Local Union 1399

Applications accepted Mon thru Fri., 9 am to 4pm. Minimum age is 18. No pre-testing. No education requirements.

8250 Ronson Rd.
San Diego, CA 92111
858-874-8519
www.lmcionline.org

Glazing Local Union 1399

Applications accepted Mon- Fri, 9am- 4pm. Minimum age is 18. No pre-testing. H.S. Diploma or GED required.

8250 Ronson Rd.
San Diego, CA 92111
858-874-8519
www.lmcionline.org

Ironworker

Applications accepted Mon- Friday, 9-11 am. Minimum age is 18. No pre-testing. H.S. Diploma or GED required.

5155 Mercury Court, Suite A
San Diego, CA 92111
858-505-9414
www.local229.org

Operating Engineer (Heavy Equipment Operator)

Painter Local 333

Call for application details. Minimum age 17- with parental consent. Aptitude exam will be given. H.S. Diploma or GED required.

8250 Ronson Rd.
San Diego, CA 92111
858-278-1710

Plasterer

Minimum age is 17 with parental consent. Must be able to read and write English. 2831 W. First St.

Santa Ana, CA 92703
714-571-0449

Apprenticeship Programs (continued)

Plumber/Pipefitter

Applications accepted Mon- Fri, 7:30am-5pm. Minimum age is 18. Aptitude exam will be given. H.S. Diploma or GED required.

6225 Federal Blvd.

San Diego, CA 92114

619-262-7589



Roofing and Waterproofing/San Diego and Imperial Counties Slate, Tile and Composition Roofers, Joint Apprenticeship Commission

Applications accepted every Friday from 8-10 am. Call first to confirm. Minimum age is 18. Must be able to read and write simple English. Math skills required.

3737 Camino Del Rio South, #202

San Diego, CA 92108

619-516-0192



Sheet Metal

Applications accepted Mon- Thurs, 7:30 am- 6pm. Minimum age is 18. Math aptitude test is administered. H.S. Diploma or GED required. Copy of Driver's License and birth Certificate must be submitted.

4596 Mission Gorge Place

San Diego, CA 92120

619-265-2758

Surveyor

Min. age 18. Algebra and geometry tests will be administered. H.S. Diploma or GED required

4295 Jurupa St, Suite 101

Ontario, CA 91761

909-331-3191

Telecommunication Installer

Applications accepted Wednesday's only from 2-4 pm. Min. age 18. General aptitude and interview required. H.S. Diploma or GED and proof of 1 semester of Algebra with "C" or better or 2 semesters of pre-Algebra with "C" or better.

4675 – D View ridge Avenue

San Diego, Ca 92123

858-569-6322



Post Secondary Agencies and Options

Students with disabilities are eligible to receive special education services from the school district until they receive their high school diploma or reach the age of 22. As students progress through high school, it is important for them to learn about the many agencies that they may be able to work with after they leave high school.

Students can gain knowledge and exposure to these many agencies by attending **agency tours, workshops, Career Fairs** while in High School. The following section will contain more detailed information regarding several of these agencies and service providers in our community.

Department of Rehabilitation

San Diego District Office

7575 Metropolitan Drive, #107
San Diego, CA 92108
(619) 767-2100
(858) 467-2930 (TTY)

East County Office
8200 La Mesa Blvd.
La Mesa, CA 91941
(619) 667-5649
(619) 667-2970 (TTY)

South County Office
855 3rd Avenue, Ste. 3350
Chula Vista, CA 91911
(619) 426-8781
(619) 426-8781 (TTY)

Website: www.dor.ca.gov

Services provided by the Department of Rehabilitation include career counseling, supported employment, training programs and job placement. By calling one of the above telephone numbers an intake appointment can be made. During the orientation a presentation will be made on services provided.

The main objective of the Department of Rehabilitation is to assist students in obtaining employment and/or job training. Any student with an active IEP is eligible to apply for services beginning at age 16. Students over the age of 18 may personally apply for services at their local Department of Rehabilitation office.

Requirement

Documentation of disability and impediments to employment needs to be provided at the time of referral. A copy of the student's most recent IEP, Psychological Testing, Nurse's Assessment need to be presented to the Department of Rehabilitation Counselor at the time of intake.

Post Secondary Agencies and Options **(continued)**

TRACE (Transition Resources for Adult Community Education)

San Diego Unified School District

2555 Camino Del Rio S. Ste 150

San Diego, CA 92108

(619) 574-1073 x2126

San Diego Unified School District, TRACE is a support network to assist students with an IEP who do not have a high school diploma (18-22) transitioning from high school to adult life. Students are encouraged to be as independent as possible in the community through the development of the Individualized Education Plan (IEP) and the Transition Plan (TP). Support is determined to facilitate life goals. Person Centered Planning is used to assist the student in creating a vision for their future. The TRACE staff assist the student in the planning and implementing their transition to adult hood. Supports may be provided in the following areas:

- Help with obtaining the option 1 or 2 High school diploma or GED through the joint High School diploma program
- Assist with Job training, Work readiness & Job placement
- Recreation/Leisure activities
- Self-Advocacy
- Classes that are offered through community colleges, and training programs that encourage life-long learning
- Accessing the student's local community (shopping, banking, etc.)
- Independent Living skills
- Mobility training in order to access the various community opportunities
- Linkage with community agencies and services.

Job Options, Inc.

3465 Camino Del Rio South, Suite 300

San Diego, CA 92108

(619) 688-1784

Email: joboptionsinc@joboptionsinc.org

www.joboptionsinc.org

Job Options Incorporated is a vocational program that provides jobs for individuals with severe mental, physical, and/or psychological disabilities. On-the-job training and continued support along with job search assistance are provided. Various federal agencies are contracted with to provide positions in the areas of ground maintenance, shelf stocking, janitorial service and laundry.

Post Secondary Agencies and Options **(continued)**

Goodwill Industries

3663 Rosecrans Street
San Diego, CA 92110
(619) 225-2200
Fax: (619) 523-3934
www.sdgoodwill.org



San Diego's Goodwill offers several programs and services in our community that target specific audiences. Including Paid Training, Supported Employment and "Ticket to Work". Visit SERVICES and EMPLOYMENT ASSISTANCE for more information

Able Disabled Advocacy

4283 El Cajon Blvd., Suite 110
San Diego, CA 92108
(619) 231-5990; Fax: (619) 231-2380
www.abledisabledadvocacy.org

ADA offers pre-employment preparedness classes and work training programs for 18-21 year old individuals who have a disability. Classes include Home Care Aide and computer training in Office, Medical Terminology, and Information Systems.

Employment & Community Options

9370 Sky Park Court, Suite 210
San Diego, CA 92123
(858) 565-9870
www.communityoptions.org

Community Options is a non-profit supported employment organization that serves individuals with disabilities. Some of the services they offer include, community employment, supported employment, senior community employment, independent living services, mobility training, assistive technology services, and transition services

Post Secondary Agencies and Options (continued)

San Diego Career Centers

One Stop Career Centers

<http://www.sandiegoatwork.com/index.html>



One Stop Career Centers are a one-stop shop that offers an array of services and workshops designed to assist the public in finding employment. Some of the services include a resource library, internet use for job search, instruction on resume writing, career planning and counseling, and instruction in job search strategies and .registration on to Cal Jobs. Metro and South Metro Career Centers have Monthly calendars of workshops. You can access these at www.sandiegoatwork.com click on events calendar. Also, available are Certificate training Programs check out www.sandiegocet.net . Other training programs may be available check out www.etp.ca.gov

There are several different locations within San Diego County, each center offering different services, and workshops.

Metro Career Center

3910 University Avenue, Suite 300
San Diego, CA 92105
Phone: (619) 516-2200

North County Coastal Career Center

1949 Avenida del Oro, Suite 106
Oceanside, CA 92056
Phone: (760) 631-6150

South Metro Career Center

4389 Imperial Avenue
San Diego, CA 92113
Phone: (619) 266-4200

North County Inland Career Center

463 North Midway Drive
Escondido, CA 92027
Phone: (760) 871-1962

East County Career Center

924 East Main Street
El Cajon, CA 92021
Phone: (619) 590-3900

South County Career Center

1111 Bay Boulevard, Suite E
Chula Vista, CA 91911
Phone: (619) 628-0300

Employment Development Department

The State Employment Development Department assists job applicants in finding gainful employment. In doing so, EDD helps California employers meet their labor needs. There are three comprehensive One-Stop Career Centers in the San Diego area that provide an array of services. EDD also has special programs to provide opportunities for people with disabilities. Services include job and training referrals, counseling, and job search assistance and workshops.

EDD is available to individuals who seek assistance with job placement. EDD offers services for:

Employers
Veterans
Job Seekers

Senior Workers
People with Disabilities
Workforce Community

Youth

EDD Services are Available at all career centers except for the University Ave Location.
www.edd.ca.gov

Adult and Continuing Ed Programs

San Diego Continuing Education (CE)

Anyone 18 and older can take classes

<http://www.sdce.edu>

Continuing Education centers provide educational programs in a multitude of occupational, basic skills and enrichment areas. Six centers are located throughout the city. The following nine state-supported programs are free to participants:



Job training

Adult basic education
High school completion
GED preparation
Citizenship preparation
English as a second language
Enrichment classes (classes for enjoyment)
Child development
DSPS classes
Survival skills in consumer and home economics

Locations for DSPS info www.sdce.edu/services/dsps Main office (619) 388-4944

Centre City

1400 Park Blvd.
San Diego, CA 92101
619-388-4600

Cesar Chavez Center

1960 National Ave
San Diego, Ca 92113
(619) 230-2895

Educational Cultural Complex

4343 Ocean View Blvd.
San Diego, CA 92113
(619) 388-4956

West City

3429 Fordham St
San Diego, Ca 92110
(619) 388-1873

Clairemont

3890 Modoc St
Clairemont HS
858-221-6973

North City Center/

8401 Aero Drive
San Diego, CA 92123
(619) 388-1800

Mid- City Center

3792 Fairmont Ave
San Diego, Ca 92105
(619) 388-4500

ABI Program (Acquired Brain Injury)

Located at West City, 619-388-1866 ECC –John Bromma 619-388-4812
Mesa Campuses –Lisa Carulli 619-388-1841

Grossmont Adult School

www.ed2go.com/grossmontadult

Cuyamaca College Continuing Education

www.cuyamaca.edu/preview/

Sweetwater/ National City Adult

<http://nca.sweetwaterschools.org/files/2012/07/AdultEd-Fall2012-Catalog.pdf>

Locate adult ed. programs throughout the SD county

<http://www.sdcoe.k12.ca.us/adulted/>



Community Colleges in San Diego

College and Technical Training

Students will need to register with **Disabled Students Programs Services (DSPS)**
(To receive support services look under Student Services on the college website)

College Campuses

www.sdccd.edu - City, Mesa, Miramar

City College -

(619) 388-3400
1313 Park Blvd. Rm. A115
San Diego, CA 92107-4787
619-388-3513 TTY: (619) 388-3313 DSPS

Orientation: Group meetings held twice monthly.

www.sdcity.edu

Mesa College

((619) 388-2682
7250 Mesa College Dr. Rm. H202
San Diego, CA 92111
619-388-2780 TTY: (619) 388-2974 DSPS
<http://www.sdmesa.sdccd.net/dsps/index.cfm>

Orientation: Information available on-line at

www.sdmesa.edu

Miramar College

(619) 388-7800
10440 Black Mountain Road, Rm. C304
San Diego, CA 92126
619-388-7312 TTY (619) 388-7301 DSPS
www.sdmiramar.edu

Southwestern College

900 Otay lakes Road
Student Services Center (Bldg. 1400)
Chula Vista, CA 91910
(619) 482-6512 TTY (619) 482-6470 DSS
(619) 421-6700
www.swccd.edu

Grossmont College

8800 Grossmont College Drive Room 110
El Cajon, CA 92020
Phone: (619) 644-7112 DSPS
(619) 644-7000 TTY: (619) 644-7119
www.grossmont.edu

College 2 Career

*A new program for students with
Intellectual disabilities*

*www.thinkcollege.net › [Databases](#)
find all colleges that have programs.*

San Diego contact

bkennedy@sdccd.edu



Workability III-San Diego Community College District

3375 Camino Del Rio South, Suite 275
San Diego, CA 92108
(619) 388-6983
TTY (619) 388- 6889
Fax: (619) 388-6534

Workability III (WAIII) is a special program funded by the State of California Department of Rehabilitation. The main purpose of the program is to provide vocational training, interview preparation, resume writing, job placement, and access to community resources. These services are provide for students attending a community college and will eventually be a DOR client.

Cuyamaca College

900 Rancho San Diego Parkway
El cajon, CA. 29019-4369
(619) 660-4239
TTY (619) 660-4386 DSPS
619-660-4000
www.cuyamaca.edu

Colleges and Universities

Students will need to register with **Disabled Students Programs Services (DSPS)**
To receive support services (look under Student Services on the college website)

California State University System CSU

- [San Diego State University](http://www.sdsu.edu/) <http://www.sdsu.edu/>
- [California State University at San Marcos](http://www.csusm.edu/) <http://www.csusm.edu/>

University of California System – UC

- [University of California at San Diego](http://ucsd.edu/) <http://ucsd.edu/>

Private Colleges

- [University of San Diego](http://www.sandiego.edu/) <http://www.sandiego.edu/>
- [Point Loma Nazarene University](http://www.pointloma.edu/) <http://www.pointloma.edu/>
- [Coleman College](http://www.coleman.edu/) <http://www.coleman.edu/>
- [Alliant International University](http://www.alliant.edu/) <http://www.alliant.edu/>
- [National University](http://www.nu.edu/) <http://www.nu.edu/>
- [University of Phoenix](http://education-portal.com/directory/campus/University_of_Phoenix_-_San_Diego_Campus.html)
[http://education-portal.com/directory/campus/University of Phoenix -
San Diego Campus.html](http://education-portal.com/directory/campus/University_of_Phoenix_-_San_Diego_Campus.html)

Extended Studies Programs: (classes of interest can be taken for a fee at the following colleges)

- [CSU, San Marcos, Office of Extended Studies](http://www.csusm-es.org/)
<http://www.csusm-es.org/>
- [SDSU College of Extended Studies](http://www.ces.sdsu.edu/)
<http://www.ces.sdsu.edu/>
- [UCSD Extension](http://extension.ucsd.edu/)
<http://extension.ucsd.edu/>
- [USD Continuing Education](http://www.sandiego.edu/academics/continuinged/)
<http://www.sandiego.edu/academics/continuinged/>



COLLEGES WITH PROGRAMS FOR STUDENTS WITH LEARNING DISABILITIES

Almost all colleges and universities provide some level of services and/or accommodations for students with learning disabilities, as mandated by the Americans with Disabilities Act (ADA). The colleges and universities listed on this website go a step further...they offer programs, some quite comprehensive, designed to support students with learning disabilities.

http://www.college-scholarships.com/learning_disabilities.htm

***University of Arizona SALT Center** - www.salt.arizona.edu

The Strategic alternative Learning Techniques center is a wonderful program that supports students who are attending the University of Arizona (520) 621-1242

Colleges with More Supportive Services and Programs

PREPARING TO BE NERDY WHERE NERDY CAN BE COOL: COLLEGE PLANNING FOR STUDENTS ON THE AUTISM SPECTRUM

<http://professorsadvice.com/>

College prep for students with high functioning Autism



Landmark College - <http://www.landmark.edu/>

The premier 2 yr college for students with learning disabilities and AD/HD.

College Internship Program (CIP) Geared toward students with learning differences including ...Aspergers, ADHD, NLD and dyslexia

College Living Experience (CLE) is a post-secondary program for students who require additional support with academic, social and independent living skills. CLE provides intensive assistance to students with varying abilities. Students with autism, Asperger's, learning disabilities, developmental delays and a host of other special needs receive the support they need to pursue post-secondary education and become independent adults.

http://www.cleinc.net/about_cle.aspx

College Internship Program CIP

Comprehensive postsecondary Programs

Aspergers, ADHA and Learning Disabilities

www.collegeinternshipprogram.com support in addition to community college

2 week summer program for High school students 16-19 (\$3,900)

www.cipsummer.com

The [College Internship Program](http://www.collegeinternshipprogram.com) at the Berkshire Center provides individualized, post-secondary academic, internship and independent living experiences for young adults with Asperger's Syndrome and other Learning Differences. With support and direction, students learn to develop and realize their potential. www.berkshirecenter.org

www.brevardcenter.org -College internship program Brevard center

Think College

<http://www.thinkcollege.net>

This website provides for students, family members and professionals information and links on postsecondary education for students with intellectual disabilities. The site has a searchable database, discussion board, listserv, and resources.

Financial Aid

www.thinkcollege.net/for-professionals/professionals-financial-aid

Do a search for college programs at Think college- Excellent resource

<http://www.thinkcollege.net/college-search?view=programsdatabase>

Click on college search on the left.

OPTIONS AFTER HIGH SCHOOL (Handout)

After graduation, students are faced with a great many options about their future. Besides the social aspects of adulthood, they are challenged with decisions about the world of education or work.

This handout will attempt to present some common post-secondary programs that exist locally. If the students have additional questions about these opportunities, they should contact their school counselor for more information.

Four-Year Colleges: Four year colleges and universities offer lower and upper division courses that lead to a bachelor's degree or advanced degrees in a variety of fields. There are a number of colleges or universities in the San Diego area. Here are some local four year colleges and universities:

- Alliant International University
- California State University-San Marcos
- Point Loma Nazarene University
- San Diego State University
- University of California-San Diego
- University of San Diego

For a complete listing of four-year colleges in California and their website, use <http://www.campusexplorer.com/colleges/in/California/A3EA5DF9/San-Diego/>

Two-Year Colleges: Two-year or community colleges offer lower division courses that lead to an associate's degree and/or certificates that prepare students for entry-level employment or transfer to four-year colleges and universities. There are nine community colleges located within San Diego. They are:

- Cuyamaca College
- Educational Cultural Complex
- Grossmont College
- Southwestern College
- Mira Costa College
- Palomar College
- San Diego City College
- San Diego Miramar College

For more information, see website:

<http://californiacommunitycolleges.cccco.edu/maps/map.asp?area=San+Diego>

Technical/Trade Schools: Technical schools and trade schools are specialized institutions that provide training for a specific field or job (e.g. computer programmer, building contractor, or cosmetologist). Training may last from a few weeks to one or more years depending on the specific occupation. Upon completion of the training program, students generally receive a certificate or license. There are over 200 technical and trade schools in San Diego County. Since these schools are private, their tuition may vary widely. For a complete listing with specifics, go online and do a search for “Trade Schools in San Diego”.

Apprenticeship Training: Apprenticeship is a system of “learning while earning” and “learning by doing”. Typically, a young person works with a skilled worker, gaining on-the-job skills and “know-how” and, in turn, becomes an important part of an occupation or industry. Because these programs are joint training programs with community colleges, students can earn an associate’s degree while also learning a trade. Apprenticeship combines training on the job with related and supplemental instruction at school. Website: www.abcsd.org

Continuing Education: (San Diego Community Colleges) Approximately 100,000 San Diegans take Continuing Education Courses. These are short-term classes on a variety of training opportunities for occupations. The classes are non-credit and free to adults. These classes can be taken at ten locations. Website: www.sdce.edu

Adult Education: (San Diego Community Colleges) These are occupational specific classes offered on Community College campuses. The major differences from Continuing Education are that these are college credit courses and there is a fee.

College Career and Technical Education (CCTE): CCTC courses are available to high school juniors and seniors as part of the Office of College, Career & Technical Education program and are open to out-of-school youth and adults. These courses provide free training that develops job skills and/or prepares students for the next level of education.

The Military: Branches of the United States Armed Forces offer a wide range of occupational training programs. Most of the military services require a high school diploma or higher post-high school attainment. The major branches of the military are:

*U.S. Army

*U.S. Air Force

*U.S. Navy

*U.S. Marine Corps

*U.S. Coast Guard

Website: <http://www.dod.gov>

Work Force Immediately: Some students choose to go directly into the job market after high school. These jobs are usually entry-level positions in the \$8.00-\$15.00 range. One resource that individuals can use is the California State Employment Development Department. The services offered are: job counseling, job referrals, interests and value assessments through their One-Stop Career Center. To access the job listings, contact <http://www.caljobs.ca.gov/>

For more information call (619) 266-4200.

Agencies for Individuals Who Are Blind or Visually Impaired

Braille Institute

4555 Executive Drive
San Diego, CA 92121-3021
(858) 452-1111
www.brailleinstitute.org

The Braille Institute provides educational and support services to people who are legally blind or visually impaired. They also provide support to family members and friends to enable them to understand the realities of sight loss. Services include in-home programs for parents of blind infants and toddlers, youth and career services and counseling. Recreation classes and classes for adults in adaptation to sight loss and attaining independence are also available. All services are free of charge.

Exceptional Family Resource Center

9245 Sky Park Court, Suite 130
San Diego, CA 92123
Exceptional Family Resource Center continued.
(619) 594-7416 (800)281-8252
<http://www.efrconline.org/>

The Exceptional Family Resource Center serves individuals and families of children with disabilities and the professionals who assist them throughout San Diego and Imperial Counties. This center offers support groups for individuals with various disabilities, a resource directory providing services from advocacy groups to emergency services, and referrals for children and their families. Peer advocacy groups, childcare, parent training sessions, and articles covering disability issues are also available at the Exceptional Family Resource Center. Their website is also accessible in Spanish.

Helen Keller National Center (Southwest Region)

9939 Hibert St. Suite 108
San Diego, CA 92131
(858) 578-1600 Kathy Kirscher
www.hknc.org

This satellite office of the National Helen Keller Center provides outreach case-management services for deaf/hard of hearing or visually impaired individuals of all ages. Rehabilitation services are coordinated with the goal of enabling each individual to live as independently as possible in their own community.

Helen Keller National Center
www.helenkeller.org

Agencies for Individuals Who Are Blind or Visually Impaired

Continued

Recording for the Blind and Dyslexic (RSBND)

(800) 221-4792

8:30-4:30 (Eastern Standard Time)

www.rfbd.org

This is a national educational library for those with print disabilities. Services may be given to individuals with a learning disability, visual impairment or other physical disability who have provided evidence of a print disability.



San Diego Center for the Blind and Vision Impaired

5922 El Cajon Blvd.

San Diego, CA 92115

(619) 583-1542

www.sdcv.org

The Center for the Blind provides a myriad of services for blind and vision impaired adults. These services include orientation and mobility, individual, family and group counseling, kitchen skills, daily living skills and Braille. Office hours are Monday-Friday, 8:30-4:00.

Agencies for Individuals who are Deaf or Hard of Hearing

California Telephone Access Program (for TDD)

1455 Frazee Road, Suite 406

San Diego, CA 92108

(800) 806-1191 (information & equipment)

(800) 806-4474 (TTY) (800) 889-3974 (Fax)

<http://ddtp.cpuc.ca.gov/homepage.aspx>

The CTAP offers specialized telephone equipment and network services at no charge, to qualified California consumers who have functional limitations to using the telephone. Customers must contact by fax or phone, and the equipment is sent by the mail.

Deaf Community Services

3930 Fourth Avenue Suite 300

San Diego, CA 92103-3119

Voice: (619) 398-2441 ext. 100

VP: (866) 947-8030

TTY (619) 398-2440

DCS/EDD at South Metro Center

TTY (619) 266-4272 (619) 264-8713

www.dcsosd.org

Deaf Community Services provides the following services: job development, job placement, peer counseling, interpreters, advocates, HIV education and case-management, and a literacy program.

Exceptional Family Resource Center

9245 Sky Park Court, Suite 130

San Diego, CA 92123

Exceptional Family Resource Center continued.

(619) 594-7416

<http://www.efrconline.org/>

The Exceptional Family Resource Center serves individuals and families of children with disabilities and the professionals who assist them throughout San Diego and Imperial Counties. This center offers support groups for individuals with various disabilities, a resource directory providing services from advocacy groups to emergency services, and referrals for children and their families. Peer advocacy groups, childcare, parent training sessions, and articles covering disability issues are also available at the Exceptional Family Resource Center. Their website is also accessible in Spanish.

Agencies for Individuals who are Deaf or Hard of Hearing

Continued

Hearing Loss Network

5663 Balboa Ave. #357

San Diego, Ca 92111

(858) 278-9630

www.hearinglossnetwork.org

The Hearing Loss Network was established in 2002 to provide assistance to hard of hearing and late-deafened people in the San Diego area. Some of the programs and services they offer include advocacy groups, communications workshops and computer classes. They offer literature on assistive listening devices and also have a great list of San Diego resources that are helpful to individuals who are deaf or hard of hearing.



Agencies for Individuals with Mental Health Issues

The Corner Club House

2864 University Avenue
San Diego, CA 92104
(619) 683-7423

The Corner Club House is a non-profit, pre-vocational and socialization facility for adults with mental illness. The consumers range from young adult to senior citizens. The program provides training opportunities in the areas of janitorial skills, cooking skills, receptionist skills as well as training to operate a coffee cart. Also provided are educational opportunities for computer operations. Hours of operation are from 8:00-4:00 Monday-Friday.

County Mental Health (CMH)

3853 Rosecrans
San Diego, CA 92107
(619) 692-8200
<http://www.sdcountry.ca.gov/hhsa/>

CMH offers emergency evaluations for 18 years and older. Walk-in hours are from 7:00 AM to 10:00 PM. For non-emergency situations dial (619) 531-2000. For extreme emergencies, particularly life threatening situations, call 911. Ask for PERT (Psychiatric Emergency Response Team). Psychiatric services are available at various locations throughout the county for adults who do not have insurance. Services are also available on a sliding scale. Call (800) 479-3339 or TTY (619) 614-6991 to get an authorization number.

Mental Health Systems

9465 Farnham Street
San Diego, Ca 92123
858-573-2600
www.mhsinc.org

This organization is funded by the Department of Rehabilitation and the San Diego County Health and Human Services Agency. Some of the employment services they offer include: vocational assessments, employment preparation, job placement, and job support. They also provide mental health services and drug and alcohol rehabilitation services. Clients can receive free services if they are referred from San Diego County Mental Health. They are also expanding their services to include deaf and hard of hearing clients.

Agencies for Individuals with an Intellectual Disability **(Developmental Disability)**

Down Syndrome Association

9245 Sky Park Court, Suite 130
San Diego, CA 92123
(619) 594-7389
Email: dsasd@projects.sdsu.edu
<http://www.dsasdonline.org/>



The Down Syndrome Association of San Diego is a non-profit organization that was established in 1978 by families with a need for a support and resource network with comprehensive information on Down syndrome. The Family Support Program is invaluable in assisting parents with unique education, healthcare and social issues.

FAMILY SUPPORT

- Families can request contact by a support parent for advice, encouragement and information.
- The DSA hosts numerous family-oriented social events. While most of these activities are inclusive of all ages, some are age group and need specific.
- The Booster Buddy Program is a social network for young people with Down syndrome, other disabilities and peers between the ages of 16 – 30.
- DSA provides current information, resources and referral services.
- The DSA Newsletter provides a forum for communication and a source of information for members.

EDUCATION

- The DSA Resource and Lending Library offers books, periodicals, and audio/video tapes.
- DSA provides current literature on health and social issues, educational programs and research.
- DSA hosts a Speakers Bureau.
- The Family Resource Guide provides information and inspiration to “new” parents and their families.
- DSA hosts educational conferences for families, professionals and the community.

ADVOCACY

- DSA participates in a multi-agency disability awareness network, which provides interactive presentations to schools, businesses and community organizations, focusing on diversity, sensitivity and ability.
- DSA informs members of legislative “updates” and “alerts” and organizes visits to local, state and federal legislators.
- DSA provides training for parents and professionals on advocacy issues.
- In 1996, DSA sponsored the first Buddy Walk in San Diego during the month of October, Down Syndrome Awareness Month, to promote awareness and acceptance of people with Down syndrome.

Agencies for Individuals with an Intellectual Disability **(continued)**

The Arc of San Diego

3030 Market Street
San Diego, CA 92102
(619) 685-1175
www.arc-sd.com

North Shores-Main Office
9575 Aero Drive
San Diego, CA 92123
(858) 571-0881

Starlight Center
1280 Nolan Avenue
Chula Vista, CA 91911
(619) 427-7524

Arc provides a wide variety of programs and services for people with disabilities and their families. Our staff works in collaboration with other professionals such as speech therapists, psychologists, and nutritionists, as well as by partnering with community resources and other nonprofits to seek the best possible support for those we serve.

THE ARC ASSISTS WITH...

- Early Child Development
- Advocacy
- Residential Options
- Recreation and Leisure
- Parenting Skills
- Job Training
- Employment Placement
- Independent Living
- Accessing Community Resources
- Respite Care
- Daily Living Skills

Exceptional Family Resource Center

9245 Sky Park Court, Suite 130
San Diego, CA 92123
(619) 594-7416
<http://www.efrconline.org/>

The Exceptional Family Resource Center serves individuals and families of children with disabilities and the professionals who assist them throughout San Diego and Imperial Counties. This center offers support groups for individuals with various disabilities, a resource directory providing services from advocacy groups to emergency services, and referrals for children and their families. Peer advocacy groups, childcare, parent training sessions, and articles covering disability issues are also available at the Exceptional Family Resource Center. Their website is also accessible in Spanish.

Agencies for Individuals with an Intellectual Disability **(continued)**

Regional Center

4355 Ruffin Road Suite 200
San Diego, CA 92123
(858) 576-2996
www.sdrc.org

Regional Center offers ongoing services to individuals who have developmental disabilities that originated prior to age 18. Parents or legal guardians need to make direct contact for the referral process. Services include Assessment and Counseling, Individual Planning, Homemaker Services, Group Home Services, Habilitation and Supported Employment, Consultation Services, and Family Support.

Towards Maximum Independence (TMI)

4740 Murphy Canyon Road #300
San Diego, Ca 92123
(858) 467-0600
<http://www.tmi-inc.org/cms/>

TMI is a non-profit corporation that supports people with disabilities. The three major programs that TMI supports include community living, community employment and family support.

Community Interface Services

2621 Roosevelt Street
Carlsbad, CA 9208-1600
(760) 729-3866 Toll Free (888) 676-3786
TDD (760) 729-7155
<http://www.communityinterfaceservices.org/>

Provides training services and support for adults with developmental disabilities

TRACE (Transition Resources for Adult Community Education)

San Diego Unified School District
2555 Camino Del Rio S. Ste 150
San Diego, CA 92108
(619) 574-1073 x2126

Students in this program participate in job training and employment as well as recreational and leisure activities in their own neighborhood and community. During the final year, services are provided which focus on collaboration and transition to adult support agencies.

Think College Website

Visit the [student](#) , [family](#) and [professional](#) sections of the [Think College](#) Website for many helpful tools and resources geared for youth with intellectual disabilities who want to go to college and families. Postsecondary education for students with intellectual disabilities. Find colleges that have programs
<http://www.thinkcollege.net/>

Agencies For Individuals Who Have Learning Disabilities

LD on line:

World's leading website on Learning Disabilities and ADHD Information & Resources
<http://www.ldonline.org/>

Dyslexia Association

P.O. Box 87448
San Diego, CA 92138-7448
(619) 685-4413 e-mail: info@dyslexiasd.org
www.dyslexiasd.org <http://www.dsasdonline.org/>

The San Diego Branch of the International Dyslexia Association is a 501 © (3) nonprofit scientific and educational organization dedicated to the study and treatment of the learning disability, dyslexia. This Branch was formed to increase public awareness of dyslexia, and through our Seminars, Conferences, and Workshops, have been serving individuals with dyslexia, their families, and professionals in San Diego County since 1976. Many of our 100+ members are actively involved in the treatment and remediation of dyslexia which include educators, psychologists, physicians, individuals with dyslexia, and parents who have dealt with learning disability issues within the school systems. Local tutoring, testing, and other referral information can be obtained by calling our Helpline.

Exceptional Family Resource Center

9245 Sky Park Court, Suite 130
San Diego, CA 92123.
(619) 594-7416
(800) 281-8252 fax (858) 268-4275
<http://www.efrconline.org/>

The Exceptional Family Resource Center serves individuals and families of children with disabilities and the professionals who assist them throughout San Diego and Imperial Counties. This center offers support groups for individuals with various disabilities, a resource directory providing services from advocacy groups to emergency services, and referrals for children and their families. Peer advocacy groups, childcare, parent training sessions, and articles covering disability issues are also available at the Exceptional Family Resource Center. Their website is also accessible in Spanish.

Learning Disabilities Association –San Diego Chapter

PP Box 42111
San Diego, Ca 92142
(858) 467-9158
www.Ldasandiego.org E-mail LDA_sandiego@yahoo.com

Serves individuals with learning disabilities, their families, and professionals in regard to children and adults with average to above intelligence who have a learning disability due primarily to dysfunction in the central nervous system. Provides information, support advocacy information in obtaining services, referrals to support group meetings, and a newsletter. Also provides information to parents about special education laws.

Agencies for Individuals with Autism

Autism Society of San Diego

4699 Murphy Canyon Rd.
San Diego, CA 92123-5371

Phone: 858.715.0678

<http://www.sd-autism.org/>

As a chapter of the national organization, the [Autism Society of America](#), we share in their mission of improving the lives of all affected by autism by promoting meaningful participation and self-determination for individuals with ASD and their families.

Navigating College: A handbook on self-advocacy written for Autistic Students from Autistic Adults

A handbook for college age students on the autism spectrum by adults on the spectrum, this guide details many of the issues that may arise for students such as requesting accommodations, independent living, health and safety, self-advocacy, and social issues. This resource is free electronically and a hard copy can be purchased. This handbook is a project of The Autistic Self Advocacy Network (ASAN) and has a forward by Ari Ne'eman, President of ASAN and appointee to the National Council on Disability.

Author: Autistic Self Advocacy Network

Year: 2011

Source: <http://navigatingcollege.org>

JobTIPS

A new web-based resource, JobTIPS, was initiated at the beginning of April 2011. The free resource is designed for persons with autism spectrum disorders (ASD) and other disabilities and presents text, audio, and video information that is related to seeking and applying for jobs, managing work responsibilities, and interacting with co-workers. JobTIPS facilitates the exploration of career interests and addresses the social and behavioral differences that can prove challenging for people with ASD.

Access the site at: <http://www.do2learn.com/JobTIPS>

PREPARING TO BE NERDY WHERE NERDY CAN BE COOL: COLLEGE PLANNING FOR STUDENTS ON THE AUTISM SPECTRUM <http://professorsadvice.com/>

College prep for students with high functioning Autism from USC

Agencies for Individuals with Other Disabilities

American Diabetes Association

5060 Shoreham Pl

Suite 100

San Diego, CA 92122

(619) 234-9897

fax: (858) 824-9429

<http://www.diabetes.org/in-my-community/local-offices/san-diego-california/>

American Diabetes Association's Greater San Diego office is so committed to educating the public about how to stop diabetes and support those living with the disease. We have many programs tailored to the Latino, Native American and youth in the area we serve.

Arthritis Foundation of San Diego

Information and resources dealing with Arthritis

9089 Clairemont Mesa Blvd.

San Diego, CA 92123

(858) 492-1090

www.arthritis.org

Child and Youth Disabilities/National Information

1-800-695-0285

<http://www.nichcy.org/>

Resource information

Epilepsy Foundation

2055 El Cajon Blvd.

San Diego, CA 92104

(619) 296-0161

<http://www.epilepsysandiego.org>

Muscular Dystrophy Association

9990 Mesa Rim Road # 100

SAN DIEGO, CA 92121

(858) 492-9792

<http://www.mdausa.org/>

National Multiple Sclerosis Society

8840 Complex Dr., Suite 130

San Diego, CA 92123

(858) 974-8640

www.nmss.org

Knowledge is power. Learning all you can about MS will help you better evaluate your options for managing symptoms, treatments, [coordination with your health care team](#), and [living well](#) with your MS.

Agencies for Individuals with Other Disabilities (continued)

San Diego Brain Injury Foundation

P.O. Box 84601

San Diego, California

92138-4601

(619) 294-6541

[Director of Operations](#)

SDBIF@aol.com

<http://www.sdbif.org/index.html>

SDBIF is here to improve the quality of life for brain injury survivors and their families living in San Diego County.

Spina Bifida of San Diego

P.O. Box 232272

San Diego, CA 92193-2272

Voicemail (619) 491-9018

<http://spinabifidasandiego.com/index.html>

SBSD is dedicated to the education, awareness, and support for patients and families with Spina Bifida.

United Cerebral Palsy of San Diego County

8525 Gibbs Drive, Suite 209 (main office)

San Diego, CA 92123

(858) 571-7803

www.ucpsd.org

United Cerebral Palsy offers vocational programs to individuals with CP as well as other developmental disabilities such as epilepsy, head injuries, and vision impairment. Vocational programs include supported employment, Network Program (community based), Rubber-Stamp Making, and Precision Assembly (mail house duties). Assistive technology is available as well as Adult Living Programs.



Postsecondary Resources

(Reference Points, a project of PACER Center)

Recent Changes to the Student Aid Programs

<http://studentaid.ed.gov/about/announcements/recent-changes>

As a result of recent legislative changes, please be aware of a number of new requirements for the federal student aid programs. Most of these changes are effective with the 2012-13 school year (July 1, 2012 through June 30, 2013). Click [here](#) to learn more.

College Preparation Checklist

<http://studentaid.ed.gov/prepare-for-college/checklists>

The [College Preparation Checklist](#) is one of the most popular resources for students and parents on the US Department of Education's Federal Student Aid Web site. It includes a "to do" list to help students prepare academically and financially for education beyond high school. Each section is split into subsections for students and parents, explaining what to do.

Website for Students with Disabilities Interested in College

www.going-to-college.org

Going to College is a website with Information about living college life, designed for high school students with disabilities. The site provides video clips, activities, and resources that can help them get a head start in planning for college. Video interviews with college students with disabilities offer a way to hear firsthand from students with disabilities who have been successful. Modules include activities that will help students explore more about themselves, learn what to expect from college, and equip them with important considerations and tasks to complete when planning for college.

Planning for Assistive Technology in College

This [article](#) from the National Center for Learning Disabilities provides helpful information for youth with learning disabilities who use assistive technology and are also planning to go on to college. <http://www9.georgetown.edu/grad/gppi/hpi/cew/pdfs/whatsitworth-complete.pdf.pdf>

The Autistic Self Advocacy Network (ASAN) "Navigating"

<http://www.navigatingcollege.org/download.php>

A guide for autistic students written by autistic adults, and also launched the companion Website, www.navigatingcollege.org. The handbook provides first-person insights from current and past college students on the autism spectrum on various aspects of the higher education experience including disclosure, classroom accommodations, dorm life and sexuality

New Cross-Disability Student Organization for Postsecondary Students with Disabilities

<http://dream.syr.edu/index.html>

DREAM: (Disability Rights, Education, Activism, and Mentoring) is an organization-in-process, initiated in the hopes of promoting a national disabilities agenda for post-secondary students and their allies and serving as an educational resource and source of support for both individuals and local campus-based groups. A genuinely cross-disabilities effort, DREAM aims to fully include students with the full range of disabilities--psychiatric, cognitive, developmental, mental, physical, intellectual, sensory, and psychological--explicitly including groups who have been traditionally marginalized or under-represented within the larger Disability Community.

Peer-Written Handbook Helps Autistic Students Navigate College

Disability Friendly Colleges for Students with Physical Disabilities

www.disabilityfriendlycolleges.com

Disability-Friendly Colleges: A Guide for Students with Physical Disabilities is an online college guide for students with physical disabilities containing interactive charts of the most disability friendly colleges and profiles of the colleges that provide services necessary for students with physical disabilities to live on campus.

Off to College: Tips for Students with Visual Impairments

<http://www.pacer.org/parent/php/php-c170.pdf>

This short [handout](#) provides information on how to make the transition to college, including how to find the best school and visiting their office for students with disabilities, determining whether any accommodations will be needed, communicating with teachers about one's disability, getting books and other materials and orienting oneself around the campus.

Getting Accommodations in College

<http://labs.umassmed.edu/transitionsRTC/Resources/publications/Accommodationstipsheet2.pdf>

The Transitions RTC has produced a helpful [tip sheet](#) outlining the supports and services colleges are required to offer students with mental health challenges. The Transitions RTC focuses supports for youth and young adults, ages 14-30, with serious mental health conditions who are trying to successfully complete their schooling and training and move into rewarding work lives, but these strategies are relevant to students with other disabilities.

Think College Website

<http://www.thinkcollege.net/>

Visit the [student](#), [family](#) and [professional](#) sections of the [Think College](#) Website for many helpful tools and resources geared for youth with intellectual disabilities who want to go to college and families. Postsecondary education for students with intellectual disabilities. Find colleges that have programs.

Postsecondary education for students with intellectual disabilities

http://www.heath.gwu.edu/assets/50/pse_id_final_edition.pdf

The HEATH Resource Center at George Washington University produced this 36-page [publication](#) that answers many commonly asked questions about college experiences for students with intellectual disabilities.

Other Resources

Area Board XIII Developmental Disabilities

8880 Rio San Diego Dr., Suite 250

San Diego, CA 92108-1634

(619) 688-3323 800-748-2055

http://www.scdd.ca.gov/Area_Board/Area_Board_13.htm

The Council advocates, promotes and implements policies and practices that achieve self-determination, independence, productivity and inclusion in all aspects of community life for Californians with developmental disabilities and their families.

Canine Companions for Independence

P.O. Box 4568

Oceanside, CA 92052-4568

(760) 754-3300

www.cci.org

Access to Independence

8885 Rio San Diego Drive, Suite 131

San Diego, CA 92108

(619) 293-3500

TTY (619) 293-7757

<http://accesstoindpendence.org/contact-us/>

The Access Center offers a variety of services to individuals of all ages who have disabilities. Information on the following services is provided; low income housing location, home care arrangements, Social Security and SSI, independent living, employment transition skills, educational finance program (CAP), American Disabilities Act, and agency referral for services not provided by the Access Center. It operates the Spoke Shop which provides wheelchair and mobility equipment as well as repairs. The Access Center operates mainly in San Diego. Call for an appointment.

Disability Help Center

18334 fourth Ave

San Diego, Ca. 92101

(619) 282-1761

www.ssdhelpcenter.org

We help with the following:

Social Security Disability

Appeals

Specialized medical forms

ALJ hearing preparation

Application

Library of community Resources

Other Resources **(continued)**

Community Advisory Committee for Special Education (CAC)

California Education Code ([Part 30, Chapter 2, Article 7, 56190](#)) requires each Special Education Local Plan Area (SELPA) to establish a Community Advisory Committee for Special Education (CAC). CAC serves in an advisory capacity to the Board of Education (BOE) and Special Education administration on the implementation of the Local Plan. This plan is a legal document that describes how SDUSD provides services to students with exceptional needs. CAC membership is comprised of parents with students who receive Special Education services, parents with students in general education, district staff from both special and general education, community agency representatives and any community member who is interested in Special Education. General meetings are normally held on the second Thursday of the month at 7:00 pm, September through June. See the website for dates and locations.
www.sandi.net/cac.

City of San Diego/ Disability Services

1200 Third Ave., 9th Floor
Suite 924, MS-56G
San Diego, CA 92101 disability@sandiego.gov
Telephone: (619) 236-5979 TTY: (619) 236-5903
<http://www.sandiego.gov/disabilityservices/>

HEATH Resource Center The George Washington University

2134 G Street, NW
Washington, DC 20052
E-Mail: askheath@gwu.edu
1-800-544-3284
www.heath.gwu.edu

National clearinghouse on postsecondary education for individuals with disabilities. Serves as an information exchange resource for educational support services, policies, procedures, adaptations, and **opportunities at American campuses, vocational-technical schools, and other postsecondary training entities.** *Great resource*

Anti-Bullying Toolkit

<http://www.nclld.org/parents-child-disabilities/bullying>

The National Center for Learning Disabilities: NCLD recently announced the launch of an Anti-Bullying Toolkit! Developed in partnership with PACER's National Bullying Prevention Center, The Bully Project, AbilityPath, and Autism Speaks, the Anti-Bullying Toolkit is specifically designed to help the special needs audience navigate all aspects of bullying. Comprised of three separate modules-For Parents, For Educators, For Students-the toolkit provides resources to confront bullying of children with special needs from all angles, from talking to your children, to knowing your rights, to teaching tolerance in schools.

REFERENCE POINTS is administered by PACER Center as a technical assistance activity of the TATRA Project. The TATRA Project is funded by the Rehabilitation Services Administration.

Tiger Woods Foundation. Free curriculum focused on character education, volunteer service and career exploration. Great for middle schools and early HS

Counseling – Finding an Agency

Harmonium

www.harmoniumsd.org

Harmonium is a modern, multi-dimensional human care organization with a broad range of counseling, juvenile delinquency prevention, childcare, enrichment, teen, community technology and arts programs. Its agency serves the San Diego region including the central and outlying areas of the County from Oceanside to San Ysidro, from Pacific Beach to Alpine and Jamul. Its offices are on many school campuses and in police stations and community organizations.

(Counseling, child care, art programs, psychological testing as well as ADD/ADHD testing)

<http://www.epicentre.org/>

Counseling & Parent to Parent Services

9245 Activity Road #105

San Diego, CA 92126

Phone: (858) 566-5740

Counseling - East

East Chaparral High School [Map](#)

1600 North Cuyamaca

El Cajon, CA 92020

Phone: (619) 956-4661



Parent /Youth Partner Services

5275 Market St., Suite E

San Diego, CA 92114

Phone: (619) 263-7090

National Safe Place

A network of organizations working to keep young people off the streets. One service they offer is [National Safe Place's Txt 4 Help](#): When youth text the word SAFE and their current location (street address, city and state) to the number 69866, they'll receive the address of the nearest Safe Place site and a phone number for the local youth shelter.

The Trevor Project, Lifeline and TrevorChat: Youth who are feeling alone, confused or in crisis can call 1-866-488-7386 or chat online with a trained advocate. The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth.

National Runaway Switchboard, a hotline for youth and those who care about them, gets the most calls from youth in crisis during the summer. Youth can call 1-800-RUNAWAY or chat live on the NRS website for confidential support and referrals to service providers. They may also qualify for a free bus ticket home.

Counseling – finding an Agency **(continued)**

211 Find Community Resources and Agencies **www.211sandiego.com**

211 is a very quick way to find any Community Resource by telephone or website.

2-1-1 San Diego is a resource and information hub that connects people with community, social, health and government services through a free, 24/7 stigma-free confidential phone service and searchable online database. 2-1-1 serves the entire population of the County. Whatever you need to find, every hour of every day, someone in San Diego County searches for services, from substance abuse treatment to care for a child or aging parent, food, housing or financial assistance. With more than 5,000 health and human service programs, finding help can seem insurmountable. 2-1-1 can help.

By dialing 2-1-1, clients are linked to a live highly-trained Client Service Representatives (CSR) who will navigate them through their situations by assessing their needs and then matching them to the best and closest resource in their community. Assistance is confidential and offered in more than 150 languages. 2-1-1's highly trained CSRs, the majority of whom are [Alliance of Information and Referral Systems](#) (AIRS)-certified, provide a wide range of immediate resources to local individuals and families.

Crisis Hotline (888) 724-7240

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Updated by Jane Doft and Bill Hicks 9/28/12