

2023 TEXAS INTELLECTUAL AND DEVELOPMENTAL DISABILITY PREVENTION RESOURCE GUIDE

HHSC Office of Disability Prevention for Children



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What is an Intellectual or Developmental Disability (IDD)?

An intellectual or developmental disability (IDD) includes many severe, chronic conditions that are due to mental and physical impairments. IDD can begin at any time, up to 22 years of age, and the conditions usually last throughout a person's lifetime. People with IDD have problems with major life activities such as:

- Language
- Mobility
- Learning
- Self-help
- Independent living

Preventable developmental disabilities include:

- Brain injuries
- Fetal alcohol spectrum disorders
- Neural tube defects
- Other physical or intellectual disabilities

Highlighted Intellectual and Developmental Disability Resources

Office of Disability Prevention for Children

The Office of Disability Prevention for Children (ODPC), a program of the Texas Health and Human Services Commission (HHSC), works to promote respect, foster understanding and highlight the importance of prevention and early intervention initiatives in the lives of Texas children and families.

Through education and community collaboration, ODPC works to prevent disabilities in children ages 0 to 12. ODPC's goal is to prevent disability before it happens and minimize any negative consequences through:

- Education and public awareness.
- Promotion of sound public policy.
- Collaboration with state and local agencies, community groups and various other stakeholders.
- Developing long-term plans to monitor and reduce the incidence and severity of developmental disabilities.
- Evaluating state efforts to prevent developmental disabilities.

ODPC Focus Areas

ODPC focuses on preventing disabilities in children from the time of conception to the age of 12. The program's four areas of focus include:

- Prevention of childhood disabilities related to maternal health issues during pregnancy.
- Prevention of disabilities caused by childhood injuries.
- Early identification and diagnosis of developmental disabilities to ensure early intervention and services.
- Promoting mental health wellness in children with intellectual or developmental disabilities.

For more information about the Office of Disability Prevention for Children and to order free public awareness information available in English and Spanish, visit [PreventChildDisability.org](https://www.preventchilddisability.org).

Governor's Committee on People with Disabilities

The Governor's Committee recommends changes in disability policies and programs in the areas of accessibility, communication, education, emergency preparedness, health, housing, recreation, transportation, veterans and workforce. The Committee also supports a network of committees on people with disabilities, issues awards to promote greater awareness and promotes compliance with disability-related laws. For more information, visit gov.texas.gov/organization/disabilities.

HHSC Office of Disability Services Coordination

The Texas Health and Human Services Office of Disability Services Coordination's (ODSC) mission is to improve outcomes for Texans with disabilities through access to a seamless array of HHS services using solution-focused strategies and cross-division partnerships. This is accomplished by focusing on long-term, systemwide aspects of how HHSC can continue to improve service delivery for people with disabilities; advising and strengthening cross-agency and external coordination and communication; seeking opportunities for stakeholder engagement, support and feedback; and providing strategic leadership related to HHS disability services and support. Email HHSCOfficeofDisabilityServicesCoordination@hhs.texas.gov.

Navigate Life Texas

Whereas the Office of Disability Prevention for Children focuses on the prevention of intellectual and developmental disabilities in children, Navigate Life Texas, a program of HHSC, provides resources for children with disabilities and special health care needs. Texas families and parents can find the resources and services they need to support children with disabilities and other health care needs under their care. Learn more at [NavigateLifeTexas.org](https://www.navigatelifetexas.org).

Texas Council for Developmental Disabilities

The Texas Council for Developmental Disabilities (TCDD) helps people with developmental disabilities achieve their potential for independence, productivity and integration into their communities by working to develop a comprehensive system of service and supports in Texas. TCDD welcomes innovative ideas and suggestions for activities to implement its plans. Email tcdd@tcdd.texas.gov or complete the online [Share Your Idea](#) form to submit your feedback and ideas. Call 512-437-5432 or 800-262-0334. For more information, visit [tcdd.texas.gov](https://www.tcdd.texas.gov).

Texas Health Steps

Texas Health Steps' award-winning online program offers free CE courses for primary care providers and other health professionals. These courses offer updated clinical, regulatory and best practice guidelines for a range of preventive health, oral health, mental health and case management topics. The program also offers a resource center that includes developmental and mental health screening tools, tuberculosis screening, growth charts, and Texas early hearing detection and intervention. The screening tools, forms and other resources document the required components of Texas Health Steps' medical checkups. For more information, visit txhealthsteps.com.

2-1-1 Texas

2-1-1 Texas, a program of the HHSC, is committed to connecting Texans with the services they need. Whether by phone or internet, the goal is to present accurate, well-organized and easy-to-find information from state and local health and human services programs through the work of 25 Area Information Centers across the state. 2-1-1 Texas is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year. No matter where you live in Texas, you can call 2-1-1 or 877-541-7905 or visit 211texas.org.

Your Texas Benefits

Your Texas Benefits covers women's health services and visits to doctors, dentists and hospitals. It also covers medicines ordered by doctors and dentists. The coverage is through Medicaid and the Children's Health Insurance Program (CHIP). SNAP food benefits help families buy food for good health, and Temporary Assistance for Needy Families (TANF) helps families with children age 18 and younger pay for basic needs. For more information call the Medicaid client hotline at 800-252-8263 or the CHIP center at 800-647-6558 or visit yourtexasbenefits.com.

Health Care Benefits

Medicaid and Other Benefits

You or your child may qualify for benefits such as Medicaid, CHIP or Medicaid Buy-In for Children. The program you qualify for is dependent on your income, your disability status and your age. Learn more at yourtexasbenefits.com or call 2-1-1.

Applying for Medicaid

Remember that for many of the programs available in Texas, you must first apply and be accepted into Medicaid.

- Apply online for Medicaid at yourtexasbenefits.com.
- Apply over the phone by calling 2-1-1 or 877-541-7905 (select option 1 twice to connect with a representative).
- Use the [Find Services](#) search engine to locate the nearest HHS benefits office.

Helpful Tip

Once you are enrolled in Medicaid, you need to know how to contact your service coordinator or case manager. They coordinate the services you receive through your selected managed care organization, including waivers or entitlement programs. For the name and contact information of your service coordinator, contact your MCO.

Family and Community Health Services

HHS works with federally qualified health clinics, medical associations, community partners and local governments to help clients find the health care they need. You can search for a community health clinic at hhs.texas.gov/services/health/clinics-health-organizations-resource-centers.

Prescription Assistance

- 2-1-1 Texas has a comprehensive list of local programs at 211texas.org/guided-search. Look under the section “Health/Medical,” then under “Medical Expense Assistance” and search by location and type. You can also call 2-1-1 or 877-541-7905 (select option 1).
- [Medicare.gov](https://www.medicare.gov) has a list of pharmaceutical company providers. Check for available programs and information on how to apply at [medicare.gov/pharmaceutical-assistance-program](https://www.medicare.gov/pharmaceutical-assistance-program).
- The Coalition of Texans with Disabilities keeps a list of programs and resources for prescription assistance. Visit txdisabilities.org/prescription-assistance for more information.

Financial Assistance

2-1-1 Texas

2-1-1 Texas can help you with benefit information and financial assistance. Call 2-1-1 or 877-541-7905, or search for services online at 211texas.org.

Social Security – Benefit Eligibility Screening Tool

The Benefit Eligibility Screening Tool (BEST) helps you determine whether you qualify for Social Security benefits. Based on your answers to questions, this tool will list benefits for which you might be eligible for and provides information about how to qualify and apply. Visit BEST at ssabest.benefits.gov.

Supplemental Security Income and Social Security Disability Income

The Social Security Administration has two benefit programs that can help with medical needs: Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI).

SSI is a federal program managed by the Social Security Administration that offers monthly cash assistance to help pay for personal and medical needs, such as food, shelter, clothing, and medical and dental care not covered under health insurance. You must apply and be approved for SSI based on your family income.

SSDI is a federal benefits program managed by the Social Security Administration that offers monthly payments to people with disabilities or special health care needs.

Apply for disability benefits as soon as you or your child become disabled. If you are ready to apply now:

- Complete your application online at ssa.gov/applyfordisability.
- Call 800-772-1213 or TTY 800-325-0778.
- Call or visit your local Social Security office, listed at ssa.gov/locator.

Texas Children’s Hospital – Financial Arrangements and Assistance

Texas Children’s Hospital provides financial assistance to eligible patients and their families who are unable to fully pay for services deemed “medically necessary” by Medicare, Medicaid or by industry standards. Financial assistance also may be available to other patients, and for other services, determined on a case-by-case basis in accordance with Texas Children’s Hospital’s Financial Assistance Policy. For more information, visit texaschildrens.org/patients-and-visitors/insurance-billing/financial-arrangements-and-assistance.

Maternal Health – Statewide/Regional

COVID-19

Texas Health and Human Services and the Department of State Health Services

The Texas Department of State Health Services (DSHS) is working closely with the Centers for Disease Control and Prevention in responding to the new coronavirus disease 2019 (COVID-19) that is causing an outbreak of respiratory illness worldwide. If you have any questions or would like more information about COVID-19, email DSHS at coronavirus@dshs.texas.gov or call 2-1-1 (select option 6). Hours: Monday–Friday, 8 a.m.–5 p.m. CT and Saturday, 8 a.m.–1 p.m. CT.

For more information, visit dshs.state.tx.us/coronavirus/ and cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html.

Adolescent Health (Age 10+)

The Texas DSHS aims to improve the health of women of childbearing age, adolescents, children, infants and children with special health care needs. Programs include the Texas Youth Action Network and Texas Health Steps. Call 512-776-7373 or visit dshs.texas.gov/adolescent/default.shtm.

Blind Children’s Vocational Discovery and Development Program

Blind Children’s Vocational Discovery and Development Program (BCVDDP) is a statewide program within the Texas HHSC for families with children between birth and age 22 who are blind or visually impaired. BCVDDP services support families to create service plans to meet a child’s needs and circumstances.

To apply for services email the program at BlindChildrensProgram@hhsc.state.tx.us or call the HHS Office of the Ombudsman at 877-787-8999 (select a language, then select option 3), or visit

hhs.texas.gov/services/disability/blind-visually-impaired/blind-childrens-vocational-discovery-development-program to contact a local office for more information.

Center for Birth Defects Research and Prevention

The Center for Birth Defects Research and Prevention (CBDRP) is comprised of several research centers across the nation, funded by the CDC to understand the causes of birth defects. The work done at the centers helps to increase what we know about birth defects through tracking, research and partnerships. For more information, visit cdc.gov/ncbddd/birthdefects/cbdrp.html.

Child Health

The Texas DSHS Maternal Child Health (MCH) division leads the Help Me Grow Texas project. MCH works with communities to implement the Help Me Grow framework to support Texas families. The project links families to resources in their community to help meet children's needs. Community services include agencies that provide health care, quality early learning experiences and information about healthy development. Learn more at dshs.texas.gov/mch/Child-Health-in-Texas.aspx.

Children with Special Health Care Needs

The Children with Special Health Care Needs (CSHCN) Systems Development Group works to strengthen community-based services to improve systems of care for children and youth with special health care needs. They partner with community-based organizations across Texas to provide support for families of CSHCN. For more information, visit dshs.texas.gov/mch/CSHCN.aspx.

Healthy Texas Babies

Expecting parents are a vital part of the Healthy Texas Babies initiative. Whether you are planning a pregnancy or not, it is vital that you be in the best health possible before you get pregnant. For women and men, this means regular visits to the doctor, exercise, healthy diets, stress management, and for women, taking folic acid supplements. Call 512-776-7373 or visit dshs.texas.gov/HealthyTexasBabies/home.aspx.

LifeStepsCouncil.org

LifeSteps is dedicated to preventing substance use among pregnant and parenting mothers. The Wee Care program by LifeSteps focuses on pregnant and parenting mothers and postpartum women and teens who have children who are up to 18 months old. Wee Care's main goal is to provide helpful services and resources to pregnant and postpartum women as they navigate their path to parenthood.

The P.A.D.R.E. (Parenting Awareness and Drug Risk Education) program promotes growing positive relationships between fathers and their children, raising awareness of the effects of alcohol and other drugs on infants and children. Office locations: Austin, Georgetown, Round Rock and Waco. For more information, visit lifestepsCouncil.org.

Diabetes Prevention and Control

The Diabetes Prevention and Control Program oversees federal and state programs that focus on diabetes education for the public and professionals. The goals of the program are to prevent diabetes, prevent or delay complications in persons with diabetes, and assist persons who have diabetes in managing the disease and understanding the complications that result if untreated. Resources include national and state links, educational materials and practitioner resources. Call 512-776-2834 or visit dshs.texas.gov/txdiabetes.

Newborn Screening Program

The Newborn Screening Program seeks to decrease the morbidity and mortality of infants born in Texas through customer-oriented, high-quality newborn screening follow-up, case management and outreach education. The program consists of testing, follow-up and clinical care coordination. Call 512-776-3957 or visit dshs.texas.gov/newborn/nbs.shtm.

North Texas Fetal Alcohol Spectrum Disorder Network

The North Texas Fetal Alcohol Spectrum Disorder (FASD) Network is a free resource that offers support, resources and information on getting a diagnosis. This is a free support group that helps parents navigate the journey related to FASD. Parents and caregivers throughout the Dallas-Fort Worth area raising a child (of any age) with a diagnosed or suspected FASD are welcome to attend the monthly meetings. For more information, visit northtexasfasd.org.

Office of Women's Preventative Care

The Healthy Texas Women program offers free women's health and family planning services to eligible, low-income women. These services help women plan their families, whether they want to achieve, postpone or prevent pregnancy. They can also have a positive effect on future pregnancy planning and general health. Call 866-993-9971 or visit hhs.texas.gov/providers/health-services-providers/womens-health-services/healthy-texas-women or healthytexaswomen.org.

Maternal and Child Health – Pregnancy, Parenting, and Depression Resource List

This list contains the names, addresses and phone numbers of professional organizations that can help you find a local resource that meets your needs. There are several crisis lines listed. For more information, visit dshs.texas.gov/mch/depression.shtm.

Pregnancy Risk Assessment Monitoring

Pregnancy Risk Assessment Monitoring (PRAMS) is a survey designed by the CDC to identify and monitor selected maternal experiences before, during and after pregnancy. In Texas, PRAMS provides the most comprehensive population-based data on maternal health during and after pregnancy. Call 512-776-2935 or visit dshs.texas.gov/mch/PRAMS.aspx.

Texas Home Visiting

Texas Home Visiting is a free, voluntary program through which early childhood and health professionals regularly visit the homes of pregnant women or families with children under the age of 6 and use various evidence-based models that support positive child health and development outcomes to increase family self-sufficiency and create communities where children and families can

thrive. For more information, visit

[dfps.state.tx.us/Prevention and Early Intervention/About Prevention and Early Intervention/programs.asp](https://dfps.state.tx.us/Prevention%20and%20Early%20Intervention/About%20Prevention%20and%20Early%20Intervention/programs.asp).

Tobacco Prevention and Control Program

The DSHS Tobacco Prevention and Control Branch is determined to reduce the toll of tobacco on the health, safety and well-being of Texans. Program goals are to keep young Texans from starting tobacco use, support the enforcement of tobacco laws, help more Texans quit smoking and stay smoke-free, eliminate exposure to secondhand smoke and reduce tobacco use among high-risk populations. Call 512-776-7111 or visit dshs.texas.gov/tobacco.

TX Childhood Lead Poisoning Prevention

TX Childhood Lead Poisoning Prevention provides information on the health risks associated with lead poisoning, as well as ways to prevent harmful exposure to lead. The program also maintains a surveillance system of blood lead results in children under age 15. Call 800-588-1248 or visit dshs.texas.gov/lead/child.shtm.

Texas WIC

The Texas WIC (Women, Infants and Children) program works to improve the health of low-income women, infants and children up to age 5 who are at nutritional risk by providing nutritious supplemental foods, information on healthy eating and referrals to health care. Call 800-942-3678 or visit texaswic.org, or to find a clinic visit find.texaswic.org/?wicType=Clinic.

Women's Health Services

The current women's health services and programs in Texas include Breast and Cervical Cancer Services, Family Planning and Healthy Texas Women. Services include family planning exams, pregnancy testing and counseling, sexually transmitted infection services, health screenings, and breast and cervical cancer screening and diagnostic services. Call 512-776-7796 or visit hhs.texas.gov/providers/health-services-providers/womens-health-services.

Maternal Health – Nationwide

American Pregnancy Association

The American Pregnancy Association is a national health organization based in Texas that is committed to promoting reproductive and pregnancy wellness through education, support, advocacy and community awareness. Call 800-672-2296 or visit americanpregnancy.org.

CDC – COVID-19 Prevention

Pregnant people and recently pregnant people are at an increased risk for severe illness from COVID-19 when compared to non-pregnant people. Learn about the risks associated with COVID-19 and pregnant people, and ways to minimize exposure to the virus at cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html.

CDC – Developmental Disabilities

The CDC works to identify causes of developmental disabilities and opportunities to prevent them. Information and education materials are available on the agency website. Topics include Autism Spectrum Disorder, FASD, Fragile X Syndrome, hearing loss in children, intellectual disability and more. For more information and free materials, visit cdc.gov/ncbddd/developmentaldisabilities/index.html.

March of Dimes

March of Dimes is a national nonprofit organization that works to improve the health of mothers and babies. Their Prematurity Campaign aims to reduce premature birth in the United States and to give every baby a fair chance for a healthy full-term birth. “My NICU Baby” and “My 9 Months” are free, Call Contact 888-MODIMES (888-663-4637) or visit marchofdimes.org.

National Newborn Screening and Global Resource Center

The National Newborn Screening and Global Resource Center is based in Austin, Texas, and provides accurate and timely newborn screening resource information, both nationally and globally. Its director is currently affiliated with the Department of Pediatrics at the University of Texas Health Science Center at San Antonio.

National Institute on Alcohol Abuse and Alcoholism

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) aims to generate and disseminate fundamental knowledge about the effects of alcohol on health and well-being and to apply that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including fetal alcohol exposure. NIAAA offers an alcohol treatment navigator tool and guides for finding and getting help. Call 301-443-3860 or visit niaaa.nih.gov.

National Organization on Fetal Alcohol Syndrome

National Organization on Fetal Alcohol Syndrome (NOFAS) is the leading voice of the FASD community, it is the only international FASD non-profit organization committed to prevention,

advocacy, and support. NOFAS strives to prevent alcohol use during pregnancy and supports individuals and families living with FASDs. Programs offered through NOFAS are funded through the CDC and include Parents and Children Together, Families Moving Forward Program (FMF), Good Buddies, and the Math Interactive Learning Experience Program. Call 800-66-NOFAS (202-785-4585) or visit fasdunited.org.

SmokefreeMOM

This text message program gives 24/7 support to pregnant women. Enter your child's due date to receive customized messages that match where you are in your pregnancy. Then choose your goal in the program and receive messages on smoking and health. You have the option to receive support even if you're not yet ready to quit permanently. [Sign up online](#) or text "MOM" to 222888 to join now. For more information, visit women.smokefree.gov.

Childhood Injury Prevention – Statewide/Regional

GetParentingTips.com

It's not easy being a parent. On this site you will learn where to find the help you need to begin your journey towards becoming a healthier, happier family. GetParentingTips.com is a free resource for parents provided by the Prevention and Early Intervention (PEI) division of the Texas Department of Family and Protective Services. PEI manages programs across Texas that offer free, voluntary services to families. For more information, visit getparentingtips.com or call 833-680-0611.

Helping through Intervention and Prevention

Helping through Intervention and Prevention (HIP) is a community block grant that provides in-home parent education using evidence-based or promising practice programs and other support services to families who are experiencing adversity and have a newborn. HIP serves former and current youth in foster care who are pregnant, who have recently given birth, or are parenting a child up to two years old, as well as teen fathers who are currently or previously in foster care and other families involved with the child welfare system. For more information, visit dfps.state.tx.us/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/HIP.asp.

Office of Acquired Brain Injury

The Texas HHS Office of Acquired Brain Injury (OABI) is the center for awareness and education on brain injuries in Texas. The OABI program's goal is to help connect people to resources and services, raise awareness, prevent brain injuries and improve lives for brain injury survivors. For more information on support groups, awareness and outreach materials and educational videos call 512-706-7191 or email oabi@hhsc.state.tx.us or visit hhs.texas.gov/services/disability/acquired-brain-injury/about-office-acquired-brain-injury.

Office of Injury Prevention

The mission of the Office of Injury Prevention is to improve the health of Texans by reducing morbidity and mortality resulting from unintentional and intentional injuries. Through cooperation

with the Texas Department of Transportation, the office manages the Safe Riders Child Passenger Safety Program. The office continually improves the surveillance of reportable events using the Emergency Medical Services and Trauma Registries, Texas Violent Death Reporting System, and the Child Fatality Review. Call 800-242-3562 or visit dshs.texas.gov/injury/default.shtm.

Safe Riders Child Passenger Safety Program

The Texas Department of State Health Services Safe Riders Child Passenger Safety Program operates in cooperation with the Texas Department of Transportation. The program offers resources and support for parents, child passenger safety technicians, and safety advocates in Texas, including car seats for families, car seat inspections and checkups events, child passenger safety presentations and trainings, national child passenger safety technician certification courses, and other education and resources. If you need a car seat, email Safe Riders at saferiders@dshs.texas.gov or call 800-252-8255. Visit www.dshs.texas.gov/saferiders/default.shtm.

Safe Sleep for Babies

Safe Sleep for Babies increases awareness and educates caregivers on Safe Sleep. Creating a safe sleep environment by placing infants on their backs to sleep reduces the chance of Sudden Infant Death Syndrome (SIDS). DSHS and the Department of Family and Protective Services developed a training for talking with parents, grandparents, and caregivers about the best practices for safe infant sleep. For more information, visit dshs.texas.gov/mch/publications.

Texas Brain Injury Alliance

The Texas Brain Injury Alliance (BIA) provides help, hope and a voice for those who have sustained a brain injury. The Texas BIA is a statewide nonprofit organization wholly committed to helping brain injury survivors prevail, as well as providing a variety of resources and connections for healing. Call 512-910-7108 or visit <http://www.texasbia.org/>.

Texas Epilepsy Foundation

The organization collaborates with community and network partners, connects the people, data and resources needed to address challenging health problems associated with seizures and epilepsy, and also promotes education, policy, research and systemic change that will foster measurable and sustainable improvement for all people living with epilepsy. Call 888-548-9716 or visit eftx.org.

Texas Early Hearing Detection and Intervention

The Department of State Health Services administers the newborn hearing screening program and provides guidance for performing point-of-care hearing screening required for all newborns in the state. Call 800-252-8023 Ext. 7726 or visit dshs.texas.gov/tehdi.

Vision and Hearing Screening

The Vision and Hearing Screening Program at the Texas DSHS works to identify children with vision and hearing disorders who attend any public, private, parochial, denominational school or a Department of Family and Protective Services licensed child care center or licensed child care home in Texas. Preschoolers and school children with hearing and vision problems will be identified early

and linked to appropriate remedial services. Schoolchildren will learn about preventive vision and hearing care. Call 512-776-7420 or visit dshs.texas.gov/vhs/default.shtm.

Childhood Injury Prevention – Nationwide

CDC – Child Safety and Injury Prevention

The CDC is committed to preventing child injury by supporting solutions that will save lives and help children live to their fullest potential. Their national initiative, the Protect the Ones You Love campaign, works to inform the public that child injuries are preventable. A Color Me Safe coloring book is available for children ages 4 to 7 that shows a family taking simple steps to prevent injuries. Other topics include burning, drowning, fall and poisoning prevention, as well as playground, road traffic and sports safety. Visit cdc.gov/injury/features/child-injury/index.html.

Children’s Safety Network

The Children’s Safety network cooperates with state programs to create an environment in which all infants, children, and youth are safe and healthy. Injury prevention topics are addressed including bullying, choking, drowning, fire and burn safety, falls, playground safety, poison prevention, sports safety, traumatic brain injuries, bike safety, toy injuries, child passenger safety, heatstroke in cars, Sudden Unexpected Infant Death prevention, and safe sleep. Publications, fact sheets, infographics, and resource guides are available through the site. Call 617-618-2918 or visit childrenssafetynetwork.org.

Colin’s Hope

Colin’s Hope is an all-volunteer 501(C)(3) nonprofit organization that creates and supports programs that aid in preventing children from drowning. Colin’s Hope of saving children from drowning is being achieved through improved water safety awareness and standards throughout the community. The organization’s mission is to provide water safety awareness, education and resources to prevent children from drowning. For more information, visit colinshope.org.

Kids with Food Allergies – Asthma and Allergy Foundation of America

Kids with Food Allergies (KFA) improves the day-to-day lives of families raising children with food allergies and empowers them to create a safe and healthy future for their children. KFA offers free tools, educational materials, webinars, videos and other resources to help families and caregivers learn how to keep children safe and healthy. Call 800-7-ASTHMA (800-727-8462) or visit kidswithfoodallergies.org.

National Capital Poison Center

The National Capital Poison Center (NCPC) is an independent, private, not-for-profit organization dedicated to preventing poisonings, saving lives and limiting injury from poisoning. NCPC services include 24-hour, free-of-charge telephone guidance for poison emergencies by Certified Specialists in Poison Information, as well as online guidance for poison emergencies, through the [webPOISONCONTROL app](https://webpoisoncontrol.org), which can help prepare for a poison emergency. Put the nationwide

poison control center phone number on or near every telephone in your home and program it into your cell phone. Call 800-222-1222 or text “POISON” to 484848 or visit [triage.webpoisoncontrol.org](https://www.triage.webpoisoncontrol.org)

National Institute of Child Health and Human Development

Safe to Sleep helps educate parents and caregivers about ways to reduce the risk of SIDS and other sleep-related causes of infant death. Educational information, materials, printable door hangers, interactive tools and videos are available. Call 800-505-CRIB (2742) or visit safetosleep.nichd.nih.gov.

National Parent Helpline

Being a parent is a critically important job, 24 hours a day. It’s not always easy. Call the National Parent Helpline to get emotional support from a trained advocate and become an empowered and stronger parent. The helpline is operated by Parents Anonymous, Inc. Call 855-4A PARENT (855-427-2736) or visit nationalparenthelpline.org.

National Safety Council

The National Safety Council (NSC) is America’s leading nonprofit safety advocate that focuses on eliminating the leading causes of preventable injuries and deaths. The job of protecting kids most often falls to parents and caregivers, and it is up to them to familiarize themselves with safety risks in and around their homes and communities. NSC offers guides and resources on the risks to help you take steps to plan for safety. Call 800-621-7615 or visit [nsc.org](https://www.nsc.org).

National Youth Sports Health and Safety Institute

The National Youth Sports Health and Safety Institute is full of credible, useful information on all aspects of youth sports including unique clinical conditions in young athletes; mild traumatic brain injury or concussion; heat illness and injury; or overuse, overload and injury risk. A youth sports E-toolkit is available for kids and parents, as well as coaches and administrators. Visit nyshsi.org.

Red Cross

The Red Cross offers a water safety resource center that includes drowning prevention tips, swimming safety tips, home pool and hot tub safety, guides to swimming safely at the beach, and activities for kids, parents and caregivers. Download the free swim app to learn how to help keep your loved ones safe in and around water with drowning prevention and emergency response information, including educational games and videos for kids plus a swim lesson progress tracker. For more information, text “SWIM” to 90999 or visit [redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html).

Safe Kids Worldwide

Safe Kids Worldwide is dedicated to protecting kids from unintentional injuries. They work to reduce traffic injuries, drownings, falls, burns, poisonings and more. The site is a go-to source for safety information and has the tips every parent needs to keep their kids safe from preventable injuries. Call 202-662-0600 or visit [safekids.org](https://www.safekids.org).

Early Identification and Diagnosis of Disabilities – Statewide/Regional

Any Baby Can – Central Texas

Any Baby Can partners with families to build stability, develop skills and unlock each child's full potential. Programs include parent education and support, child development, family health and resources. Call 512-454-3743 or visit anybabycan.org.

AVANCE – Parent and Child Education Program

The Parent and Child Education Program (PCEP) teaches low-income parents to stimulate their children's development from ages 0-3 and support their growth and success from early childhood to high school graduation. The PCEP is a nine-month bilingual program that provides weekly four-hour parent classes, on-site childcare and education, home visits, and supportive services. Outcomes include improved parenting knowledge, decisions and increased early childhood development. Headquartered in San Antonio with locations in Austin, Dallas, Houston and the Rio Grande Valley. Call 210-270-4630 or visit avance.org.

Children's Learning Institute – Act Early Texas!

The Children's Learning Institute (CLI) programs and services impact children across Texas from before birth through young adulthood. CLI provides clinical assessment, diagnoses and treatment of learning disorders, techniques to enhance a child's home and learning environment, and multi-modal teaching, learning and coaching platforms. Act Early Texas! is a new initiative that has an online developmental screening tool. Parents and childcare providers can conduct developmental screenings on their children at no charge on the website. Act Early Texas! will host research-proven screenings, the Ages and Stages Questionnaire, and the revised Modified Checklist for Autism in Toddlers. Call 713-500-3777 or visit childrenslearninginstitute.org or actearlytexas.org.

Obesity Prevention Program

The Obesity Prevention Program works to make healthy choices easier for all Texans wherever they live, work and play. The program supports and promotes projects that focus on decreasing obesity by reducing the consumption of added sugars and high-calorie, low-nutrient foods. The aim is to promote increased consumption of fruits, vegetables and water, the initiation and duration of breastfeeding, as well as physical activity. The program targets large segments of the population by promoting strategies to reduce environmental barriers to healthy living and administrative policies that facilitate healthy choices. Call 512-776-7111 or visit dshs.texas.gov/obesity.

Texas Healthy Communities

Texas Healthy Communities empowers Texans to improve their health in all the places they live, work and play. The program assists communities to assess their environments and public health policies and empowers communities to take action and make positive changes within their communities. Call 512-776-2050 or visit dshs.texas.gov/txhc/Texas-Healthy-Communities.aspx.

Texas School Health Program

The Texas School Health Program envisions a Texas where all children are healthy, ready to learn and prepared to make healthy lifelong choices. There is mounting evidence that when schools take action to address the health needs of students they can also meet performance goals and alleviate financial constraints. Call 512-776-7279 or visit dshs.texas.gov/schoolhealth.

Early Identification and Diagnosis of Disabilities – Nationwide

CDC – Parent Information

The CDC provides information for parents of infants and toddlers (approximate ages 0-3) that helps you learn how to give your child a healthy start to life by addressing diseases and conditions, safety in the home and community, raising healthy children, and developmental milestones and schedules. Information for children ages 4-11 is also available. For more information, visit cdc.gov/parents/index.html.

CDC – Learn the Signs. Act Early.

From birth to 5 years, your child should reach milestones in how he or she plays, learns, speaks, acts and moves. This program aims to improve early identification of children with autism and other developmental disabilities so children and families can get the services and support they need. Track your child's development and act early if you have a concern. Download the CDC's free milestone Tracker app to track milestones, share a summary, and get tips and activities. For more information, visit cdc.gov/ncbddd/actearly/index.html.

American Speech - Language - Hearing Association

Speech, language and hearing disorders are treatable and early detection is a major contributor to speedier recoveries, shortened treatment periods and reduced costs. Learn more about what to expect from your child from birth to five years old. You can also learn more about how to [Identify the Signs](https://asha.org/public/Early-Identification-of-Speech-Language-and-Hearing-Disorders). For more information, visit asha.org/public/Early-Identification-of-Speech-Language-and-Hearing-Disorders.

First Signs

First Signs is dedicated to educating parents and professionals about autism and related disorders. Early and intensive intervention can have a profound impact on the quality of life for children at risk and their families. The key is early detection. The First Signs website provides a wealth of vital resources, covering a range of issues, including monitoring development, concerns about a child, the screening and referral process, and sharing concerns. For more information, visit firstsigns.org.

Healthychildren.org

Healthychildren.org is the official parenting website of the American Academy of Pediatrics. They are committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children and adolescents. Their resources include Ages and Stages milestone tools for the

different stages of your child's development: prenatal, baby (0-12 mos.), toddler (1-3 yrs.), preschool (3-5 yrs.), and grade-schoolers (5-12 yrs.). For more information, visit healthychildren.org.

Infoaboutkids.org

A web resource center for behavioral science-based information on children, youth and families. The goal is to promote healthy child and family development by highlighting information on body, mind, emotions and relationships. Subscribe to their blog for the latest topic discussions. For more information, visit infoaboutkids.org.

KidsHealth.org

This site is a part of Nemours, a nonprofit children's health system that helps parents, kids and teens take charge of their health. Separate sections for parents, kids and teens have easy-to-follow articles, slideshows, videos, and health tools designed to help families learn, grow and be their best. Highlights include the early identification and diagnosis of growth and developmental problems, diseases and conditions, and infections. Visit kidshealth.org.

National Center for Children's Vision and Eye Health at Prevent Blindness

The mission of the National Center for Children's Vision and Eye Health is to offer a coordinated approach to vision health for children through the implementation of successful screening programs, increased follow-up to eye care and improved surveillance. Prevent Blindness provides sight-saving programs and services nationwide including free newborn, infant, and toddler vision guides as well as eye safety, eye problems, first aid for eye emergencies and getting your child vision-ready for school resources. Call 800-331-2020 or visit preventblindness.org.

National Child Traumatic Stress Network

The mission of National Child Traumatic Stress Network is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. Trauma screening programs determine whether a child has experienced one or more traumatic events, has reactions to such events, has specific mental or behavioral health needs, or needs a referral for a comprehensive trauma-informed mental health assessment. Visit nctsn.org.

Pathways.org

Pathways.org offers free resources to help understand, track, and encourage your baby's development and milestones for the best possible outcomes. They also offer free tools to maximize all children's motor, sensory and communication development including 300+ games and videos. Call 800-955-CHILD (2445) or visit pathways.org.

Zero to Three

Zero to Three works to ensure that babies and toddlers benefit from the family and community connections critical to their well-being and development. Healthy connections help build babies' brains. Practical resources are available to support parents, helping them connect more positively, deeply and continuously with their babies. Call 800-899-4301 or visit zerotothree.org.

Mental Health Wellness in Children with IDD — Statewide Resources

Autism Society of Texas

The Autism Society of Texas changes lives by connecting families and individuals to community resources and support throughout Texas. Offerings include advocacy, education events, information and referrals, support meetings, sensory-friendly films and fun family activities. Call the Autism Society of Texas Statewide helpline to speak to an information and referral specialist directly at 512-479-4199 Ext 6 or visit texasautismsociety.org.

Cerebral Palsy Awareness Transition Hope

Cerebral Palsy Awareness Transition Hope (CPATH) is recognized by the state of Texas as a nonprofit organization. CPATH is also recognized by the Cerebral Palsy (CP) community as the best Central Texas organization that provides personalized support in assisting families and individuals living with CP. CPATH provides resources, support, and financial assistance to a community of interconnected families and individuals living with cerebral palsy, as well as access to resources to build awareness and pursue acceptance for all. For more information, visit cpathtexas.org.

Children's Autism Program

The HHS Autism Program champions excellence in the delivery of services for families of children with autism. The program helps improve the quality of life for children on the autism spectrum and their families. Call 800-222-3986 Ext. 5356 or visit hhs.texas.gov/services/disability/autism.

Children with Special Health Care Needs Program

The Children with Special Health Care Needs Services Program helps children 20 and younger who have special health care needs, as well as people with cystic fibrosis of any age to improve their health, well-being and quality of life. Call 877-888-2350 or the Program Helpline at 800-222-3986 or visit hhs.texas.gov/services/disability/children-special-health-care-needs-program.

Comprehensive Rehabilitation Services

The HHS Comprehensive Rehabilitation Services program works in partnership with Texans who have experienced traumatic brain injuries or traumatic spinal cord injuries to gain and maintain independence in their homes and communities. Services may include inpatient comprehensive rehabilitation services, outpatient rehabilitation services or post-acute brain injury services. Call 877-787-8999 or visit hhs.texas.gov/services/disability/comprehensive-rehabilitation-services-crs.

Down Syndrome Association of Central Texas

The mission of the down syndrome association of central Texas is to provide education, support, and resources to individuals with Down syndrome, their families, professionals, and the community while building public awareness and acceptance of the abilities of individuals with Down syndrome. Call 512-323-0808 or visit dsact.org.

Early Childhood Intervention

Early Childhood Intervention (ECI) is a statewide program within the Texas HHSC for families with children age birth to 36 months with developmental delays, disabilities, or certain medical diagnoses that may impact development. ECI services support families as they learn how to help their children grow and learn. Visit the [ECI Program Search page](#) to find the local program in your area or call the HHS Office of the Ombudsman at 877-787-8999 (select a language, select option 3) or visit hhs.texas.gov/services/disability/early-childhood-intervention-services.

Easter Seals Central Texas

The core purpose of Easter Seals is to change the way the world defines and views disability by making profound, positive differences in people's lives every day. The organization's Early Childhood Intervention program works with children from birth to 36 months, and the Comprehensive Outpatient Rehabilitation Facility works with children from three years old to adolescents, as well as adults and seniors. Call 512-615-6800 or visit easterseals.com/centraltx.

First3Years, the Infant Mental Health Association of Texas

First 3 Years is a nonprofit organization with the mission to educate, advocate and collaborate to advance the healthy development of infants, toddlers and their families. Their programs build awareness of the critical importance of the first three years of life and enhance the quality of relationships between infants and toddlers and their caregivers. Programs offered include Safe Babies, Relational Health, Babies in Baytown and Raising of Fort Worth. Call 972-310-4097 or visit first3yearstx.org.

Local Mental Health Authority

Texas Health and Human Services contracts with 37 local mental health authorities (LMHAs) and two local behavioral health authorities (LBHAs) to deliver mental health services in communities across Texas. LMHAs and LBHAs provide services to specific areas. To find where to get services in your area, visit hhs.texas.gov/providers/behavioral-health-services-providers/local-mental-health-authorities.

Mentalhealthtx.org

Mentalhealthtx.org is dedicated to promoting mental health awareness in Texas. The website was developed to provide information, resources and direction to Texas residents who may have mental health-related needs or who want to support someone who does. For more information, visit mentalhealthtx.org or the [Find a Provider search tool](#).

Office of Mental Health Coordination

The office provides oversight for public mental health policy in Texas and is responsible for coordinating the policy and delivery of mental health services throughout the state. The office ensures there is a statewide, unified approach to the delivery of behavioral health services that allows Texans to have access to care at the right time and place. For more information, visit hhs.texas.gov/about/process-improvement/improving-services-texans/behavioral-health-services/office-mental-health-coordination.

Parentcompanion.org

A guide for Texas parents and caregivers of children with diagnosed or suspected disabilities from birth through 5 years of age. The Parent Companion guide was written by parents like you to provide support and inspiration with relevant information including inspirational videos, tips, strategies, and family life and support advice. For more information, visit parentcompanion.org.

Texas Council on Community Centers

The Texas Council represents the 39 Community Centers throughout Texas that provide services and support for people with intellectual and developmental disabilities, serious mental illness and substance use disorders. Maps and directories of the state-wide Community Centers are available on their website. Call 512-794-9268 or visit txcouncil.com.

Texas Education Agency – Mental Health and Behavioral Health

Since one in six school-aged youth experiences impairments in life functioning, including impacts on academic achievement due to mental illness, the TEA developed the Texas School Mental Health and Behavioral Health Website to provide information to support students' mental and behavioral health. Call 512-463-9414 or visit tea.texas.gov/about-tea/other-services/mental-health/mental-health-and-behavioral-health.

Texas Parent 2 Parent

Texas Parent 2 Parent (TxP2P) is committed to improving the lives of children who have disabilities, chronic illness or special health care needs. TxP2P empowers families to be strong advocates through parent-to-parent support, resource referral and education. In addition, TxP2P educates professionals about the unique needs of children with intellectual and developmental disabilities. Call 512-458-8600 or 866-896-6001 or visit txp2p.org.

Texas Scottish Rite Hospital for Children

Texas Scottish Rite Hospital for Children, located in Dallas, is a pediatric hospital specializing in the treatment of orthopedic conditions and sports injuries and certain related arthritic, neurological and learning disorders, such as dyslexia. Call 214-559-5000 or visit scottishriteforchildren.org.

UT Center for Disabilities Study

The Texas Center for Disability Studies works to create a better world through research, education, practice and policy. The center offers assistive technology, family support, health and wellness, and transition services for the disabled and their caregivers. Call 512-232-0740. Persons using a TTY/TDD may call us through Relay Texas at 800-735-2989 or 711. For more information, visit disabilitystudies.utexas.edu.

Mental Health Wellness in Children with IDD – Nationwide Resources

CDC – Children’s Mental Health page

This website provides information about children’s mental health. Learn more about specific child mental health conditions, treatments, prevention and public health research on children’s mental health. For more information, visit cdc.gov/childrensmentalhealth.

CDC – National Center on Birth Defects and Developmental Disabilities

The National Center on Birth Defects and Developmental Disabilities works to provide a better understanding of developmental disabilities to provide children and their families with the support they need. For more information, visit cdc.gov/ncbddd/index.html.

Center for Parent Information and Resources

A central hub of information and products created for the network of Parent Centers serving families of children with disabilities. Parent Centers work with families of infants, toddlers, children, and youth with disabilities, birth to 26; help parents participate effectively in their children’s education and development; partner with professionals and policymakers to improve outcomes for all children with disabilities. Call 973-642-8100 or visit www.parentcenterhub.org.

Texas Parent Centers include:

- Children’s Disabilities Information Coalition – Serving El Paso. Call 915-217-2747 or visit cdicelpaso.org.
- PATH Project-PTI Serving Dallas, Fort Worth, Austin, Wichita Falls, Southeast and East Texas. Call 800-866-4726 or visit prntexas.org/texas-ptis/path-project.
- PEN Project-PTI Serving Amarillo, Lubbock, Abilene, San Angelo and El Paso. Call 800-866-4726 or visit prntexas.org/texas-ptis/pen-project.
- TEAM Project, Partners Resource Network, Inc. – PTI Serving Houston, San Antonio, Corpus Christi, Victoria, Missouri City and the Rio Grande Valley. Call 800-866-4726 or visit prntexas.org/texas-ptis/team-project-2.

Children and Adults with ADHD

Children and Adults with ADHD (CHADD) is the leading nonprofit organization serving individuals with Attention-Deficit and Hyperactivity Disorder. CHADD’s primary objectives are to provide a support network for parents, caregivers and adults. Call 301-306-7070 or visit chadd.org.

The North Texas CHADD (Dallas County and Tarrant County) serves the North Texas area. They can help you and your child learn what ADHD is, and what it isn’t. They will provide you with the tools and information that your child needs to fully develop their potential. Join monthly support group meetings in the North Texas area to explore helpful ideas and gain knowledge from others about living with ADHD and children, relationship issues, work issues, latest research, treatment options and other resources. Call 817-707-6264 or visit ntxchadd.com/index.html.

Child Mind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Their teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents to support children when and where they need it most. Topics A-Z, symptom checker, and parents' guide to getting good care are available resources. Call 212-308-3118 or visit Childmind.org.

DisabilityMeasures.org

DisabilityMeasures.org provides free and open disability measurement tools for assessment, screening, and research concerning individuals with disabilities including autism and motor disabilities. For more information, visit disabilitymeasures.org.

Depression and Bipolar Support Alliance

The Depression and Bipolar Support Alliance (DBSA) is a leading national organization focusing on mood disorders, including depression and bipolar disorder. The Balanced Mind Parent Network was created to connect parents from across the world who are raising a child living with a mood disorder. All DBSA meetings are free and open to the public. Call 800-826-3632, email info@dbsalliance.org or visit dbsalliance.org.

National Alliance on Mental Illness

National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization, dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Basics is a virtual or in-person educational class that teaches parents and other family caregivers how to cope with their child's condition and manage their recovery. NAMI Basics OnDemand is self-paced, available 24/7, and free. Call the NAMI National Information Helpline at 800-950-NAMI (6264) or in a crisis text "NAMI" to 741741. For NAMI Texas, call 512-693-2000 or visit namitexas.org.

National Institute of Mental Health Information Resource Center

National Institute of Mental Health offers expert-reviewed information on mental disorders and a range of topics. Brochures and fact sheets are available for children and their families and can be ordered free of charge. Hours: 8:30 a.m. to 5 p.m. ET Monday-Friday. Call 866-615-6464, email nimhinfo@nih.gov or visit nimh.nih.gov.

National Federation of Families for Children's Mental Health

The Federation is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs and their families. They offer an extensive library of resources and have developed free, self-paced online courses and training for parents of children and youth with emotional, behavioral and mental health disorders. Call 240-403-1901 or visit ffcmh.org.