



A Guide to Transition

Catching the Wave From High School to College

A Guide to Transitioning from High School to College

This publication is designed to help students with disabilities transition from high school to college. It will guide students, parents, teachers and administrators as they begin planning for college. Checklists may be duplicated for student use or for program planning. We hope that students will be “Catching the Wave” from high school to college.

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Note: Editors give permission to copy and distribute this booklet in its entirety.

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Difference Between K-12 Education and College

K-12 IDEA '04	K-12 504 Plan	College 504, ADA and FERPA
Student records are accessible to student and parents	Student records are accessible to student and parents	Any enrolled college student's records are only accessible to the student (not the parents)
Special consideration for behavior problem	Must follow high school behavior code	Must follow college code of conduct; no special consideration
District identifies disability	Parent provides documentation of disability	Student responsibility to provide documentation of disability and need for accommodation
Success more of a right	No guarantee for student success	No guarantee; student responsible for own success
Special education classes	Regular class curriculum with modification	No special education classes; disability support office's role is to accommodate student in college level classes
Free evaluation of disability	Parent responsibility	Student responsibility
District develops Individual Education Plan (IEP)	Services determined by Plan	Student initiates requests for accommodation needs
District ensures that the IEP is implemented	District/parent/student responsible	Student responsible for own progress
Entitled to services identified on IEP	Services determined by Plan	College services not automatic; each college determines eligibility and services
Fundamental modifications to program of study permitted as identified on IEP	Fundamental modifications to program of study permitted as identified on 504 Plan	No fundamental modifications allowed: Accommodations may not alter fundamental nature of course or impose an undue burden on an institution
Teacher advocate	Parent/student advocate	Student advocates for self
Personal services: e.g., transportation, personal attendant, nurse	No personal services provided	No personal services provided

Laws that Protect the Rights of Adults with Disabilities

Anti-Discrimination

TITLE VI (CIVIL RIGHTS ACT OF 1964)

Prohibits discrimination based on race, color, or national origin in all employment situations involving programs or activities aided by federal financing.

TITLE VII (CIVIL RIGHTS ACT OF 1964)

Prohibits job discrimination based on race, color, religion, sex or national origin in all employment.

AMERICANS WITH DISABILITIES ACT OF 1990

Extends universal civil rights protections to individuals with disabilities covering public and private sector employment, public accommodations, transportation, and telephone communication.

Educational Access

SECTION 504 (REHABILITATION ACT OF 1973)

“No otherwise qualified handicapped individual in the United States shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance....”

SECTION 508 (THE WORKFORCE INVESTMENT ACT OF 1998 AMENDMENT TO THE REHABILITATION ACT OF 1973)

Section 508 requires federal agencies that develop, procure, maintain, or use electronic technology to provide to federal employees with disabilities comparable access to that technology and information that federal employees without disabilities are afforded.

SENATE BILL 105

SB 105 mandates that Section 508 accessibility standards be implemented in the state of California.

CALIFORNIA COLLEGE CHANCELLOR’S OFFICE LEGAL OPINION M 03-09

In March 2003, the General Counsel of the California Colleges Chancellor’s Office issued Legal Opinion M 03-09, which states that Section 508 applies to California community colleges. This means that information technology developed, purchased, or licensed by California community colleges must comply with the requirements of Section 508.

ASSEMBLY BILL 422 OF 1999

AB 422 requires publishers to provide electronic forms of college instructional materials in a timely manner and at no additional cost for students with print related disabilities, for example, blind, low-vision, and learning disabled.

Confidentiality

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA) OF 1974

All students over the age of 18 are free to access their own student records, request changes to their student records, and “to have some control over the disclosure of personally identifiable information from these records.” Parents of children over the age of 18 are not permitted to access their child’s student records, as protected under FERPA.

Educational Options After High School

EDUCATIONAL OPPORTUNITIES	DESCRIPTION	ACADEMIC STANDARDS	OTHER INFORMATION
Bachelor's Degree University of California, California State Universities, and private colleges / universities)	Consists of general education courses and courses for the major working toward a four-year Bachelor's Degree. Student may enter from high school or transfer from Community College.	Most colleges have progress policies or grade point average guidelines. If these standards are not met, student may be placed on academic or progress probation. Contact the college to which you are applying and refer to the college catalog.	Colleges and universities may have different requirements for general admission. Contact the Admissions Office for more information. Buy or download a college catalog and review campus policies and procedures.
Associate Degree (Community Colleges)	The Associate Degree consists of two components: 1. Courses of general education 2. Courses toward the major	Same standards as Bachelor's Degree above.	Some community colleges may offer programs to guarantee admissions into a UC or CSU. See a college counselor for more information. Review the college catalog and review campus policies and procedures.
College Certificate (Community Colleges)	College certificate programs are designed to provide employment skill and open vocational opportunities. A college certificate is available upon completion of required courses.	Same standards as Bachelor's Degree above.	These programs change with the current employment market.
Personal Enrichment (Community Colleges) (Continuing Education)	Community colleges and continuing education offer courses matching your personal interests, (career exploration, study skills, computer skills, art, and music, etc.).	These classes may be offered on a credit/no credit basis.	These courses may or may not be a part of a certificate and/or associate degree.
Continuing Education/Adult Education	Classes are designed to improve basic skills or for your personal enrichment. Examples include: Adult Basic Education, ESL, GED/HS diploma.	These courses are usually not offered for college credit. They may be repeated and are open entry/open exit.	Contact the local continuing education centers for more information.
Regional Occupation Program (ROP)	ROP courses are vocational and designed to prepare you for employment.	Students earn an ROP certificate at the completion of course competencies.	ROP programs are offered throughout the community. Contact the County Office of Education for more information.
Private Vocational/ Professional Training	Varieties of degrees, certifications, and licensures in specific vocational areas.	Contact the program to which you are applying for more information.	These are for profit educational institutions, so fees may vary.

Notes:

Transition Goals Checklist

The following activities are organized in a checklist format and can be used in planning transition goals during the IEP process or when writing 504 Plans. Use the Glossary at the back to help you understand the special disability vocabulary you need to learn.

Middle School Transition Goals Checklist:

Find Out More about Your Disability

1. Name your disability and describe how it affects your learning.
2. Identify your strengths in learning and how these strengths will help you in school.
3. Identify learning strategies
 - a. Identify accommodations for learning, e.g., use of tape recorder, note taking assistance, test accommodations and assistive technology.
 - b. Develop and use memory strategies to remember information.
 - c. Learn to work with classmates, contact them with questions that you have and form study groups.
 - d. Identify test-taking strategies for multiple choice, fill-in and essay tests.

Learn How to Advocate for Yourself

1. Attend all your education planning meetings, e.g., IEP, 504 Plan, and Transition Plan.
2. Ask questions when you don't understand something.
3. Develop problem solving strategies
 - a. Identify possible social problems you have in school and possible solutions.
 - b. Identify possible educational problems in school and possible solutions.
 - c. Develop a list of people who can help you solve these problems.

Develop a Personal Information File

- Be aware of where your educational records, social security card, and birth certificate are kept at home.

Investigate Possible Careers

- Identify possible career interests and education needed for them.

High School Transition Goals Checklist

FRESHMAN/SOPHOMORE

During the first two years of high school...

1. Continue to learn how to advocate for yourself.
2. Learn more about your disability and what it takes for you to succeed.
3. Start learning about laws that affect and support students with disabilities e.g., the Americans with Disabilities Act (ADA), Section 504.
4. Think about possible colleges you may want to attend.

Prepare for College Entrance Examination (Four-year colleges only)

1. Identify what test(s) need to be taken.
2. Study for the entrance exam (PSAT, SAT, ACT). Use the study guides and/or enroll in SAT or ACT preparatory program(s) if possible.
3. Find out what accommodations are available for entrance exams.

JUNIOR

Increase Your Knowledge About Your Disability

1. Review the goals of your transition plan in your IEP or your 504 Plan.
2. Use your self advocacy skills during your IEP meeting.

Take the College Entrance Examination (Four-year colleges only)

1. Ask your high school counselor about preparations for college entrance examinations. Apply early and request academic accommodations on application(s) for tests.
2. Begin taking exams as early as possible. This gives you time to retake exams, if permitted.

Select the College(s) You Are Interested in Attending

1. Plan to visit college(s). Include disability and other support services in your visitation.
2. Learn about the types of services and accommodations that may be available to you.
3. Based on your investigation, pick the college(s) you feel have the academic programs that match your interests and will provide the services you need to be successful.
4. If you cannot visit in person, visit the college's website or contact the college by phone.

SENIOR

Select the College(s) To Which You Will Apply (Do this in the Fall Semester)

1. Request an application from the college(s) or visit the college(s) website and apply online. Submit all applications and forms by due dates.
2. Identify the written verification you will need to request services and accommodations in college. If you have a learning disability and you are at least 17 years old, you may request adult testing from your high school using the WAIS III or the WJ-III Cognitive.

Apply For Financial Aid

1. In January, pick up a financial aid packet from your high school counselor's office. Complete the application and turn it in or visit <http://www.fafsa.ed.gov/>
2. Contact the college or university you want to attend, local service clubs, state and national organizations, and search the local library and Internet for more information on scholarships.

You've Been Accepted to College

1. Apply to the college disability support office to request services. Bring your most recent IEP to the office.
2. Provide current written verification of your disability signed by an appropriate professional. This must include the name of your disability, functional limitations and academic accommodations you have received in the past.
3. Some college placement exams may be offered at your high school or at the college. Request accommodations on the placement exam.
4. Make an appointment to meet with a staff member from the disability support office to discuss accommodations and campus procedures to obtain such services.
5. Arrange for other support not provided by college (e.g., housing, attendant care, equipment repair and transportation).
6. Investigate community agencies that provide support to persons with disabilities (e.g., Department of Rehabilitation, The Regional Center).
7. Be aware that you need to purchase your textbooks. Visit the campus bookstore or college website for specific prices. If the Department of Rehabilitation pays for your books, contact your DR counselor for the correct form and procedure. Inquire about online resources to purchase discounted text books.

Check in with the Disability Support Office

1. Inquire about an orientation for disability support services.
2. Plan classes with an academic advisor/counselor. Review your selections with the disability support office. It is advisable to buy a current college catalog or view online to review campus procedures.
3. Register as early as possible, especially if you need assistive technology or interpreting/Real Time captioning services. If you need your materials in alternate format (enlarged print, e-text, audio, Braille) request them as soon as possible from the disability support office.
4. Ask the disability support office to help you learn more about other support services offered on campus, e.g., tutoring, writing lab, computer lab, and/or counseling center.

Verification of Disability

Verification is written proof that an individual has a current disability. **Verification of the disability is the responsibility of each student seeking accommodations and services.** The verification must be provided by a licensed professional in a disability-related field. Once your disability is verified, you may request accommodations.

Application Process to Receive Disability Support Services

High school students frequently think they are automatically eligible for disability related accommodations at college. It is important to understand that this is not true. Under Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, you must complete the following steps:

1. Apply for services at disability support office.
2. Provide current written verification from an appropriate professional that:

- a. names the disability.
- b. identifies educational limitations that the disability causes.
- c. identifies reasonable accommodations.

According to federal laws, you must identify the reasonable accommodations you want from the college.

Self-Advocacy

Take some time to think about explaining your disability and accommodations to a professor or counselor. What would you say?

Use the following sample dialogue.

Sample Academic Accommodations Dialogue

Student:

My name is _____. I have a verified disability. Here is my paperwork, which verifies my disability, and shows my authorized academic accommodations. My disability causes the following problems in learning: _____.

Student:

I'd like to discuss some academic accommodations that I need: _____.
(Include only those that apply to you. See the list below.)

1. Getting a note taker:

I need your help in finding a student who takes good notes in this class. The disability support office will provide paper for the note taker to use. Would you help me find someone who takes good notes?

2. Tape recording a lecture:

I am authorized to have a tape recorder to record your lecture. I will only use it for my personal study purposes.

3. Extended Test Times:

I would like to discuss the accommodation of extended time on exams. The disability support office offers someone to oversee or proctor tests in their offices. I can arrange to take the tests through their office, or we can work out extra time or alternate arrangements. How would you like to organize this?

4. Quiet Environment:

Because I am easily distracted, I need to take tests/quizzes in a quiet environment. I can use the disability support office or we can work out alternate arrangements.

*** To the Student:**

Practice what you are going to say to your instructors; BE POLITE. You should discuss and work out the accommodations together. If instructors do not agree with your accommodations, then politely thank them for their time and leave. Then contact your disability support office or your 504/ADA Coordinators for help in resolving disability related accommodations.

Helpful Hints

1. Obtain a college catalog and class schedule to use and reference throughout your entire college career.
2. Balance your schedule:
 - Plan a study schedule. 1 hour in class = 2 to 3 hours of study time outside of class.
 - If you are employed, make sure you have enough hours to balance both work and study time.
 - Do not overload your schedule with too many classes. Remember, if you are taking 12 units you are considered a full-time student.
 - Plan your classes with an academic counselor. It is important to have a written plan of the classes you are going to take in the coming semesters.
 - It is important to take classes you are interested in as well as classes you are required to take. For example, you may want to take an Art class along with your Math and English courses so that you have a balanced schedule. Bring this up when you are planning your classes with an academic counselor.
3. Attend all of your class meetings. In college, missing one class meeting can put you behind for an entire week. If you must be absent, ask a classmate if you can copy his/her notes and talk to your instructor about any missed work. Refer to your class syllabi for more information regarding your instructors' late policy.
4. Maintain academic progress: a "C" average or a 2.0 grade point average. Students who have GPA's lower than a 2.0 can be placed on academic probation, disqualified, or may not be eligible for certain scholarships, financial aid, transferring and/or graduation.
5. Use the tutoring centers and take advantage of specialized classes and workshops.
6. Keep a calendar of all appointments, exams and assignment due dates. DO NOT SCHEDULE APPOINTMENTS DURING CLASS.
7. Use campus resources and student services.

Glossary

A

Accommodations

Adjustments made in learning. Alternative ways to access and process information and show what a student has learned. Accommodations requested must be based on student's educational limitations.

ADA: Americans with Disabilities Act of 1990

A Civil Rights Law that extends the protections of Section 504 to private school and businesses.

Accounting/Bursars/Cashier

Responsible for collecting all student fees.

Admissions and Records

Responsible for applications, registration, adding/dropping a class, maintenance of academic records, grades and evaluation of transcripts.

Assessment Center

The college placement test tells students which level of English and Math classes to take.

B

Bookstore

Sells college textbooks and other supplies.

C

Campus Police

Provides security for campus community.

College Entrance Examinations

Examinations taken in high school years to determine college eligibility.

SAT: Scholastic Aptitude Test

ACT: American College Test

Counseling

Provides academic, career, and personal counseling.

CSU: California State University

Public colleges and universities in California.

D

Disability

A physical or psychological difference resulting in functional limitations that cause significant problems with learning or work.

Disability Support Office

Offices or departments on each campus providing services and accommodations for students with disabilities. In California many offices go by the following names:

DSPS: Disability Support Programs & Services

DSS: Disabled Student Services or Disability Support Services

OSD: Office for Students with Disabilities

Due Process

Legal procedures that determine if a law is being followed. Every college has a procedure for Due Process. When it is believed that a legal right has been denied to a student, the student has the right to request a review using Due Process.

E

Extended Opportunity Programs and Services (EOPS)

Provides educational support for individuals from educationally, culturally, and financially disadvantaged backgrounds.

F

Financial Aid

Offers a variety of federal and state programs as well as scholarship opportunities to students who might otherwise be unable to continue their education due to financial need.

BOGW: Board of Governor's Fee Waiver for community colleges only. If eligible, some enrollment fees may be waived.

FAFSA: Free Application for Student Aid. This is the required application to receive federal grants, loans, and work-study assistance.

Functional Limitation

Identified area(s) of weakness caused by a disability. Functional limitations are used to identify reasonable accommodations in school/work.

H

Health Services

Provides student health support in a variety of ways.

I

IDEA '04: Individuals with Disabilities Education Act of 2004

Federal legislation that states the civil rights of students in K-12.

IEP: Individual Education Plan

2004 requires an annual IEP meeting to review and plan goals and objectives (Applies to K-12 ONLY).

K

K-12

The term K-12 refers to the years in school from kindergarten through the end of high school.

L

Learning Disability

A persistent condition of neurological dysfunction. The general characteristics include: average to above average ability, a significant processing problem, and significant difference between ability and achievement in school.

R

ROP

Regional Occupational Program (*see* community resources).

S

SEC: Student Education Contract

A required community college plan of study for students with disabilities developed by disability support office specialist and the student.

Self-Advocacy

The ability to identify and explain your needs. Students with disabilities should understand the laws that protect them and help them achieve their academic goals.

Section 504

Part of the Federal Rehabilitation Act passed in 1973 to protect the civil rights of children and adults with disabilities in schools or workplaces that receive Federal Financial support.

504 Plan

504 plans are used to outline accommodations and services for students with disabilities in K-12 only, outside of the special education process.

Student Affairs/Activities

Addresses student complaints and grievances. Supports student clubs, organizations and events on campus.

Student Code of Conduct

Defines expected behavior of college students and consequences. Colleges have both policy and procedures about expected behavior. This information is usually found in the college catalog. Serious misconduct may result in suspension/expulsion. Students with disabilities are held to the same standards as all students.

Student Employment/Career Center

May assist students in locating employment and research assistance for career opportunities.

Syllabus/syllabi

A class outline of course descriptions, student learning outcomes, assignments, grade policy, and behavior policy provided by instructors for students.

T**TAG: Transfer Agreement Guarantee**

An agreement between the community college student and the receiving four-year school.

Title VI-Civil Rights Act of 1964

Prohibits discrimination based on race, color, or national origin in all employment situations involving programs or activities aided by federal funding.

Title VII-Civil Rights Act of 1964

Prohibits job discrimination based on race, color, religion, sex or national origin in all employment practices: hiring, firing, promotions, compensations, and in all other terms, conditions and benefits of employment, including vacations, pensions and seniority.

Transition

Refers to passage from K-12 to postsecondary education.

Tutoring

Offers free peer tutoring to any enrolled student.

Transfer Center

Provides information and assistance to students in transferring to a four year college or other specialized college programs.

U**UC: University of California**

Public universities in California.

V**Verification**

The written proof that a student has a disability which must be signed by a doctor or the appropriate professional in the field. It names the disability and identifies functional limitations.

Community Resources

The following agencies provide services to adults with disabilities. Phone numbers and addresses change over time. Please check the phone book/ internet for the most updated information.

Able-Disabled Advocacy

4283 El Cajon Blvd. Ste. 110
San Diego, CA 92105
(619) 231-5990
www.able2work.org

Education and vocational skills training

Access to Independence

8885 Rio San Diego Dr., #131
San Diego, CA 92108
(619) 293-3500
TTY (619) 293-7757
www.accesstoindependence.org

Independent living classes, advocacy, and referrals

Acquired Brain Injury Program

San Diego Community College District
Mesa College Campus
For general information, contact Lisa Carulli
(619) 388-1952

Continuing Education
<http://www.sdce/services/dsps>

Adult Education/Continuing Education

The California Adult Education Provider
<http://www.otan.us/caaeproviders/index.cfm>

Chula Vista Adult School
(619) 760-7000
<http://cva.sweetwaterschools.org>

Coronado
(619) 522-8911
www.adulted-rop.coronado.k12.ca.us

Escondido Adult Education
(760) 739-7300
<http://escondidoadultschool-rop.org/>

Grossmont Adult Education
(619) 588-3500
<http://adultschool.guhsd.net>

Poway Adult Education
(858) 668-4024
www.powayusd.com/pusdctae/

San Diego Unified Adult School, Adult Education High School Diploma Program (HSDP)
Garfield campus (619) 362-4516

(For the phone numbers to all available sites, please see website below)
www.sandi.net/domain/6486

San Dieguito Adult Education
(760) 753-7073 x 5102
www.sdadulthood.com

San Marcos Adult Education
(760) 290-2550 or (760) 290-2555
<http://www.smusd.org/domain/2135>

San Diego Community College District
Continuing Education Centers
(619) 388-6983
www.sdce.edu

Sweetwater Union High School District Adult Education
(619) 796-7200
<http://adulthoodeducation.sweetwaterschools.org/>

Alcoholic Anonymous

619-265-8762

American Diabetes Association

5060 Shoreham Place, Ste. 100
San Diego, CA 92122
(619) 234-9897
www.diabetes.org

Arc of San Diego

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

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

Services for children and adults with disabilities

Arthritis Foundation of San Diego

8555 Aero Drive, Suite 200
San Diego, CA 92123
(858) 492-1090
www.arthritis.org

Autism Society of San Diego County

4699 Murphy Canyon Rd, San Diego, CA 92123
(858) 715-0678
<https://www.autismsocietysandiego.org>

Blind Community Center

1805 Upas Street
San Diego, CA 92103-5213
(619) 298-5021
www.bccsd.org

Braille Institute

4555 Executive Drive, Suite 100
San Diego, CA 92121
(858) 452-1111
www.brailleinstitute.org/sandiego

Brain Injury Association of America

Info line: 1-800-444-6443
<http://www.biausa.org/>

California Relay Service

English – Voice to TTY: 1-800-735-2922
TTY to voice: 1-800-735-2929

Spanish – Voice to TTY: 1-800-855-3000
TTY to Voice: 1-800-855-3000

From or to Speech to Speech (English/Spanish)
1-800-854-7784

California Telephone Access Program (For TDD)

1455 Frazee Road, Suite 406
San Diego, CA 92108
(800) 806-1191 English; (800) 949-5650 Spanish; (866) 324-8747; Mandarin; 324-8754 Cantonese; (866) 880-3394 Hmong
TTY/TDD (800) 806-4474; (800) 896-7670 Spanish
<http://www.californiaphones.org/>

Canine Companions for Independence

P.O. Box 4568
Oceanside, CA 92052-4568
(760) 901-4300; 1-800-572-BARK (2275)
TDD (760) 901-4326
www.cci.org

Provides assistance dogs for people with disabilities

Career Centers

East County Career Center

924 E. Main
El Cajon, CA 92020
(619) 590-3950

Metro Career Centers

Look at website to find closest center to you
<http://www.metrocareercenters.org/>

North County Coastal Career Center

1949 Avenida Del Oro, Ste 106
Oceanside, CA 92056
(760) 631-6150

North County Inland Career Center

463 N. Midway Dr.
Escondido, CA 92027
(760) 871-1962

South County Career Center

1111 Bay Blvd. Suite E
Chula Vista, CA 91911
(619) 424-1112
<http://www.southsdcareercenter.com/>

Career Technical Education Regional Occupational Program

East County

942 East Main Street
El Cajon, CA 92021
(619) 590- 3923
<http://rop.guhsd.net/>

Central

6401 Linda Vista Rd, Rm 408
San Diego, CA 92111
(858) 292-3529
www.sdcoe.net/student-services/rop/Pages/default.aspx

There are many ROP sites throughout the county. See <http://www.sdcoe.net/student-services/rop/Pages/contact-district.aspx> for the location near you.

Center for Community Counseling and Engagement

4283 El Cajon Blvd., Ste. 215
San Diego, CA 92105
(619) 594-4918
csp.ccce@gmail.com

The Center for Community Counseling & Engagement (CCCE) is a non-profit community center providing low-cost counseling services to individuals, couples, and families in San Diego. Group and Individual therapy available. Se habla español.

Center for Parent Information and Resources' Library

<http://www.parentcenterhub.org/resources>.

Children and Adults with Attention- Deficit/Hyperactivity Disorder (CHADD)

4601 President Drive, Ste. 300
Lanham, MD 20706
www.chadd.org

San Diego branch
(760) 736-1111
www.chadd.net/403

Chula Vista Literacy Team Center

South Chula Vista Library
389 Orange Avenue
Chula Vista, CA 91911
(619) 585-5760
www.chulavistaca.gov/city_services/community_services/library/literacyteam.asp

Literacy program for English speaking adults

Citizen's Service Directory (Disabled), City of San Diego

<http://apps.sandiego.gov/citizenservices/resource.php?id=212>

Community Interface Services

2621 Roosevelt Street
Carlsbad, CA 92008-1600
Toll Free (888) 676-3786
(760) 729-3866
TDD (760) 729-7155
<http://www.communityinterfaceservices.org/>

Provides training services and support for adults with developmental disabilities

County of San Diego, Cal Fresh

1-866-262-9881
For application forms http://www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/

Food stamp program, formally known as SNAP

County of San Diego, Health and Human Services

Access and Crisis Line
888-724-7240

Access and Crisis Line for Deaf, Hard of Hearing, and Late Deafened
(619) 641-6992

Alcohol and Drug/Mental Health Services
<http://sdpublic.sdcounty.ca.gov/healthy-kids-and-families/alcohol-drug-services/>

Health Services
<http://sdpublic.sdcounty.ca.gov/healthy-kids-and-families/health-services/>

Mental Health Services
<http://sdpublic.sdcounty.ca.gov/healthy-kids-and-families/mental-health-services/>

For Walk-in Emergency Mental Health for Adults and Older Adults
San Diego Psychiatric Hospital
3853 Rosecrans St.
San Diego, CA 92110
(619) 692-8200

For all clinics please call the Access and Crisis Line – (888) 724-7240 or access
<http://sdpublic.sdcounty.ca.gov/healthy-kids-and-families/mental-health-services/>

Public Assistance
<http://sdpublic.sdcounty.ca.gov/healthy-kids-and-families/public-assistance/>

County of San Diego HHSA Family Resource Center

http://www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/family_resource_centers.html

Metro

1130 10th Ave
San Diego, CA 92101
South Region

690 Oxford St., Ste. E
Chula Vista, CA 91910

Resource, information, and referral center for community and government services

County of San Diego, Healthy San Diego

http://www.sdcounty.ca.gov/hhsa/programs/ssp/healthy_san_diego/

Informs persons on Medi-Cal about their health care choices.

County of San Diego, Parks and Recreation

5500 Overland Avenue, Suite 410
San Diego, CA 92123
858-694-3030 (office)
877-565-3600 (reservations)
<http://www.co.san-diego.ca.us/parks/>

County of San Diego, Medical Services

1-800-587-8118
www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/
Funds medical care for uninsured, indigent adult county residents.

Covered California

<https://www.coveredca.com/>

1(800) 300-1506

TTY: 1-888-889-4500

California's health care exchange

Deaf Community Services

1545 Hotel Circle South, Ste. 300

San Diego, CA 92108

(619) 398-2441

(619) 550-3436 Video Phone

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

Department of Motor Vehicles

(800) 777-0133

TTY 1-800-368-4327

<http://www.dmv.ca.gov/>

Department of Rehabilitation

<http://www.rehab.cahwnet.gov/>

San Diego Branch

7575 Metropolitan Drive, Suite 107

San Diego, CA 92108-4402

(619) 767-2100

TTY (619) 767-2159

East County Branch

8200 La Mesa Boulevard

La Mesa, CA 91942-9216

(619) 667-5649

TTY (619) 667-2970

North County Branch

570 Rancheros Dr, Ste. 170

San Marcos, CA 92069-2962

(760) 510-4705

TTY (760) 510-3182

South County Branch

855 3rd Avenue, Room 3350

Chula Vista, CA 91911-1350

(619) 426-8720

TTY (619) 426-8781

Depression & Bipolar Support Alliance

1-800-826-3632

<http://www.dbsalliance.org/site/PageServer?pagename=home>

Disability Rights California

1-800-776-5746

TTY 800.719.5798

<http://www.disabilityrightsca.org/connect/what.htm>

Emergency Numbers

All Serious Emergencies

9-1-1

24-Hour Access and Crisis Line

(888) 724-7240

Emergency Mental Health Assistance, including alcohol drug abuse, suicide prevention, medication needs, etc.

24-Hour Battered Women's Hotline

(619) 234-3164

24-Hour California Youth Hotline

(Emergency assistance for youth in crisis)

(800) 843-5200

Adult and Independence Services

(800) 510-2020

To report elder/disabled abuse

Child Abuse Hotline

858-560-2191

1(800) 344-6000

To report child abuse

Emergency Resource Guide /Disaster Relief Referrals

2-1-1

From a cell phone call: (858) 300-1-211

TTY/TDD (858)300-1311

www.211sandiego.com

Emergency Psychiatric Unit

(619) 692-8222

Psychiatric Emergency Response Team

(619) 276-8112

Or call 9-1-1

Provides police assisted psychiatric intervention/assistance

Rape Crisis Center 24 hour hotlines

Center for Community Solutions

Toll Free Number 1-(888) 385-4657

Women's Resource Center

(760) 757-3500

Sexual Assault Response Team

Palomar/Pomerado Hospital
(760) 739-2150

Provides medical care/exams to rape victims

Veterans Hospital Emergency Psychiatric Services

(858) 642-3391

Victim of Crime Fund

(619) 531-4041

http://www.sdcounty.ca.gov/probation/victim_services.html

Provides limited monetary assistance for medical and psychological care

Disabled Hotline

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

Television show and hotline focusing on the needs of the disabled community

Domestic Violence/Sexual Assault Crisis Line and Referral (DV Links)

(888) 385-4657

Easter Seals Disability Services

1-800-221-6827

www.easterseals.com

Services for children and adults with disabilities

Employment and Community Options

637 3rd Avenue, Ste. B

Chula Vista, CA 91910

(619) 476-0809

www.communityoptions.org

Educates and empowers low-income adults with developmental disabilities

Epilepsy Foundation of San Diego County

2055 El Cajon Blvd.

San Diego, CA 92104

(619) 296-0161

www.epilepsysandiego.org

Exceptional Family Resource Center

9245 Sky Park Court, Suite 130

San Diego, CA 92123

(619) 594-7416

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

Family Health Centers of San Diego

Headquarters:

823 Gateway Center Way

San Diego, CA 92102

(619) 515-2300

<http://www.fhcsd.org/about.html>

Provides health services to low-income, accepting Medi-Cal and other insurance --35 sites around the county. Please use the website to find the nearest site to you.

Family PACT Client Information and Referral

1(800) 942-1054 English, Spanish, Vietnamese, Mandarin, Hmong, and Cambodian

<http://www.familypact.org/resources>

Family planning services

Goodwill Industries of San Diego County

3663 Rosecrans Ave.

San Diego, CA 92101

(619) 225-2200

South County

1105 Broadway

Chula Vista, CA 91911

(619) 420-1522

www.sdgoodwill.org

Paid job training and employment services

Grossmont Health Library

9001 Wakarusa Street

La Mesa, CA 91942

(619) 825-5010

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

Grossmont Health Occupations Center

9368 Oakbourne

Santee, CA 92071

(619) 956-4300

<http://hoc.guhsd.net/>

Hearing Loss Organizations and Associations

<http://www.asha.org/public/hearing/Hearing-Loss-Organizations-and-Associations/>

HEATH Resource Center

2134 G Street, N.W., Suite 308

Washington, D.C. 20052-0001

www.heath.gwu.edu/

Email: AskHEATH@gwu.edu

Clearinghouse on postsecondary education for individuals with disabilities

**Heidorn Lifeline: Suicide Prevention
(S.D. LGBT Center)**
(619) 692-2077

Helen Keller National Center
6160 Cornerstone Court
San Diego, CA 92121
(858) 623-2777 ext. 389
TTY (858) 656-0784
www.helenkeller.org

International Dyslexia Association
(401) 296-0232
www.interdys.org

Internet Special Education Resource
<http://www.iser.com/>
Directory of special education and learning disability resources

Jane Westin Center
1045 9th Avenue
San Diego, CA 92101
(619) 235-2600
Jane Westin Center is an urgent walk-in center that provides integrated, coordinated crisis services for adults 18 and older who have serious mental illness, as well as individuals with co-occurring mental health and substance disorders.

Job Options
3465 Camino Del Rio South
Suite #300
San Diego, CA 92108
(619) 688-1784
<http://www.joboptionsinc.org/>
Provides job opportunities for individuals with severe mental, physical and/or psychological disabilities

Learning Ally
1-800-221-4792
www.learningally.org
Resources and audiobooks available to members

Learning Disabilities Association of America
San Diego Branch
4550 Kearny Villa Rd.
San Diego, CA 92123
(858) 467-9158
www.lidaamerica.org

Legal Aid Society

110 South Euclid Street
San Diego, CA 92114
1-877-LEGAL AID
<http://lassd.org/>

Provides legal aid to low income families free of charge

Mobility Solutions

7895 Convoy Ct., Ste #11
San Diego, CA 92123
(858) 278-0591
<http://mobility-solutions.com>

Adaptive mobility products for children and adults

Muscular Dystrophy Association

9990 Mesa Rim Road, Ste. 100
San Diego, CA 92121
(858) 492-9792
sandiego@mdausa.org
<http://mda.org>

National Down Syndrome Society

<http://www.ndss.org/>
info@ndss.org

National Institute on Deafness and Other Communication Disorders

800-241-1044
TTY at 800-241-1055
<http://www.nidcd.nih.gov/Pages/default.aspx>

Health information on deafness and other communication disorders

National Multiple Sclerosis Society

12121 Scripps Summit Dr.
San Diego, CA 92131
(800) 486-6762
msinfo@mspacific.org
www.nationalmssociety.org

National Resource Center on ADHD

(800) 233-4050
www.help4adhd.org

National Spinal Cord Injury Assoc.

40667 Symphony Park Ln.
Murrieta, CA 92562
(951) 775-2561
www.spinalcord.org

National Suicide Prevention Hotline

1-800-273-TALK

Suicidepreventionlifeline.org

Parents Stress Hotline

1-800-632-8188

Confidential, toll-free helpline for parents (24 hours/7 days a week)

Parkinson's Association of San Diego

8555 Aero Drive St 308

San Diego, CA 92123

(858) 273-6763

www.parkinsonassociation.org

Partnerships with Industry

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

Provides adults with intellectual, developmental or other disabilities the opportunity work.

Resources for the Disabled, Inc.

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

Disability-related information directory

San Diego 211

211 or 858-300-1211

San Diego information line

San Diego Assistive Technology Center

6162 Mission Gorge Road, Suite F

San Diego, CA 92120

(858) 278-5420

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

San Diego Brain Injury Foundation

3590 Camino Del Rio N

San Diego, CA 92108

(619) 294-6541

<https://sdbif.org/>

San Diego Center for the Blind and Vision Impaired

5922 El Cajon Blvd.

San Diego, CA 92115

(619) 583-1542

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

San Diego Council on Literacy

2515 Camino Del Rio South, Suite 111
San Diego, CA 92108
Hotline: 888-850-READ (7323)
Office: (619) 574-1641
www.literacysandiego.org

San Diego County Medical Society

3702 Ruffin Road, Suite 250
San Diego, CA 92123
(858) 565-8888
<http://www.sdcms.org/>

San Diego Housing Commission

1122 Broadway, Suite 300
San Diego, CA 92101
619.231.9400
<http://www.sdhc.org>

San Diego Regional Center

4355 Ruffin Rd., Suite 200
San Diego, CA 92123
(858) 576-2996
info@sdrc.org
<http://sdrc.org/>

Provides services to persons with disabilities and their family

San Diego State University**Audiology/Speech-Language Clinic**

(619)594-7747
<http://slhs.sdsu.edu/clinic/>

Diagnostic, habilitative, and rehabilitative services for individuals who have deficits in communication due to limitations of speech, language and hearing

San Diego State University, Student Disability Services

5500 Campanile Drive, MC 4740
San Diego, CA 92182
(619) 594-6473
sdsinfo@mail.sdsu.edu http://go.sdsu.edu/student_affairs/sds/Default.aspx

Share the Care, Dental Initiative

619-692-8858
www.ShareTheCareDental.org

Free / reduced cost dental care & information (no cost dental care for pregnant women & children (0-5)

South Bay Community Services 24hr Hotline & Services (DV and Social Services)

1-800-640-2933

<http://southbaycommunityservices.org>

Social Security Administration

1-800-772-1213

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

Use the website to locate an office near you

South County Office

626 L Street

Chula Vista, CA 91911

1-800-772-1213

TTY: 1-800-325-0778

State Counsel on Developmental Disabilities, Area Board XIII

8880 Rio San Diego Drive, Ste. 250

San Diego, CA 92108-1634

(619) 688-3323

(800) 748-2055

Fax: (619) 688-3296

<http://www.scdd.ca.gov/areaboard13.htm>

Suicide Prevention and Support

1-888 724-7240 or 9-1-1

<http://www.up2sd.org/find-help/resources/suicide-prevention-and-support>

Transportation

San Diego Transit/MTS

(619) 233-3004 or 511

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

Lift (North County): (760) 726-1111

<http://www.gonctd.com/lift#fares>

Accessible transportation for disabled and elderly.

United Cerebral Palsy of San Diego County

8525 Gibbs Drive, #209

San Diego, CA 92123

(858) 571-7803

info@ucpsd.org

<http://ucpsd.org/>

YMCA of San Diego County

Childcare Resource Service

619.521.3055

www.crs.ymca.org/

Family Stress and Other General Family/Youth Counseling

(619) 543-9850

Helpful Websites

Accessible Features in State Parks

<http://access.parks.ca.gov/>

Anxiety Disorders Association of America

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

Assistive Technology Resources

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

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

Disability Benefits 101

<http://ca.db101.org/>

Discounted Text Books

www.amazon.com

www.bigwords.com

<http://www.campusbooks4less.com/>

www.half.ebay.com

www.superbookdeals.com

Free Application for Federal Student Aid

www.fafsa.ed.gov

Learning Disability Association of California

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

Learning Disabilities Info and Resources

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

Learning Disabilities Worldwide

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

San Diego Psychology Association

<http://sdpsych.org>

Scholarship Opportunities

www.fastweb.com

Also, check your financial aid office's web page for local **scholarships**

The California Adult Education Directory

<http://www.otan.us/caaeproviders/index.cfm>