



RESOURCE GUIDE

FOR MISSOURI FAMILIES OF CHILDREN
FROM BIRTH TO AGE 12



Developed in Partnership by:



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**



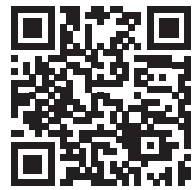
LifeCourse Nexus

Training and Technical Assistance Center
UMKC Institute for Human Development • UCEDD

Resource Guide for Missouri Families of Children from Birth to Age 12

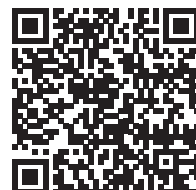
This guide is a navigation tool to help you find answers to the many questions you may have about the services and supports available to you in Missouri. Follow the links or call the numbers listed for more in-depth information on how to learn about what you need to know to connect with resources statewide and in your community.

If you would like someone to help you understand or sort through the resources and information, contact one of the two resources listed directly below. Both are free services, staffed by parents or family members of individuals with special health care needs or disabilities, to support you and connect you with someone who understands.



Missouri Family to Family

1-800-444-0821
mofamilytofamily.org



Special Health Care Needs Family Partnership

1-800-451-0669
health.mo.gov/living/families/shcn/familypartnership/index.php



As parents, we know how important it is to find the right support for our kids and ourselves. Whether you're figuring things out, connecting with other families, or getting the services you need, it's all about helping you build the best life for your child. This guide is organized by those types of supports to help you quickly find the resources you need and to begin to learn what types of supports different organizations in Missouri provide.

Discovery and Navigation	Connecting and Networking	Goods and Services
Having the information and tools you need to navigate life. Sometimes, we don't need anything but information about a topic so we can make a decision or simply know what's going on.	Making connections with peers and resources to help you navigate. Who has been in your shoes?	The day-to-day tangible items you buy or use from public and private organizations in your community. These are the things we utilize to make our daily lives possible and successful.

You will see a colored dot(s) next to each resource listed in this guide to help you understand the type of support they provide.

Discovery and Navigation	Connecting and Networking	Goods and Services
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- **United Way 2-1-1**
Connects you with a local expert to find community resources that meet your needs. This can include assistance with housing, food, transportation, healthcare, or caregiving.
• 211
• 211.org
- **MO Assistive Technology (MoAT)**
Offers programs to connect you to technology that meets your needs. Services include information and assistance, device demonstration, borrowing devices, accessing durable medical equipment, telecommunication access, and financial loans.
• 816-655-6700
• at.mo.gov
- **MO Head Start**
A child development program for children from birth to age five. Services promote academic, social, and emotional development, along with social, health, and nutrition services for income-eligible families. To find a program near you, visit the website to view the MO Program Map.
• moheadstart.org/mo-head-start-information/
- **MO Parents Act (MPACT)**
Missouri's Parent Training and Information Center, MPACT, empowers families to advocate for themselves so children with special education needs can reach their full potential in education and life. Services include parent training, information, and support.
• 1-800-743-7634
• missouriparentsact.org
- **Cover Missouri**
Provides support by answering questions and guiding you to a health insurance plan to fit your needs and budget.
• 1-800-466-3213
• covermissouri.org
- **ParentLink**
Provides supports and resources to succeed and thrive as a family. Services include problem-solving support, research-based information, and getting connected to services or supports that are right for you.
• 1-800-552-8522
• cehd.missouri.edu/parentlink
- **MO ABLE**
Provides access to STABLE accounts for Missourians with disabilities, tax-free savings for disability-related expenses, and the ability to save and invest without losing needs-based benefits. Any resident of Missouri who developed a qualifying disability before the age of 26 is eligible.
• 1-800-439-1653
• moable.com
- **MO Commission for the Deaf & Hard of Hearing**
Provides education, advocacy, and programs to support the needs of Deaf, Hard of Hearing, DeafBlind Missourians. This includes information and referral, workshops, training, individual and systems advocacy, hearing aid distribution, and support service provider grants.
• 573-526-5205
• mcdhh.mo.gov
- **MO Department of Insurance (DIFP)**
Helps you resolve complaints and inquiries, provides information on insurance policy questions, investigates violations, and provides insurance education and outreach.
• 1-800-726-7390 (Consumer Hotline)
• insurance.mo.gov/consumers/
- **Legal Services of MO**
Provides free legal aid programs that assist low-income individuals. To find your local office, view the Program Service Area Map.
• lsmo.org

●● MO Department of Elementary and Secondary Education (DESE)

Maintains a strong public education system, including early childhood to adult education services.
573-751-4212 | dese.mo.gov

- **Office of Special Education**
Oversees special education programs.
• 573-751-5739
• dese.mo.gov/special-education/
- **Office of Childhood**
Provides a comprehensive approach to childhood care and education. Programs include those related to child care, home visiting, early learning, and early intervention for children birth to age five, as well as afterschool programs for school-age children.
• 573-522-8762
• dese.mo.gov/childhood/
- **Early Head Start**
Provides comprehensive child development services to children under age three based on income eligibility. Supports the primary caregiver's role as their child's first and most important educator, and promotes children's physical, cognitive, social, and emotional development.
• 573-522-2355
• dese.mo.gov/childhood/quality-programs/preschool-programs/early-head-start
- **Community Health Centers**
Provides health and dental care to people of all ages regardless if you have health insurance or the ability to pay.
• findahealthcenter.hrsa.gov
- **First Steps**
Missouri's Early Intervention system that provides therapies, and other services for infants and toddlers, birth to age three, who have delayed development or diagnosed conditions that are associated with developmental disabilities.
• 1-866-583-2392 Ext. 3
• dese.mo.gov/childhood/early-intervention/first-steps
- **MO Parents as Teachers**
Promotes early development, learning, and health of children from prenatal to kindergarten. Services include personal visits, group connections, resource networking, and screenings for children and caregivers. To find a program near you, visit the website.
• 1-866-728-4968
• parentsasteachers.org/engage-with-us/
- **Missouri Statewide Parent Involvement Network (MoSPIN)**
Provides a no-cost homebased program for families of children, birth through five years of age, who are visually impaired, including those with multiple disabilities and combined vision and hearing challenges.
• 314-776-4320
• <https://msb.dese.mo.gov/outreach-services/mospin.html>
- **MO Community Options & Resources**
Provides information about long-term supports and services across the lifespan.
• 1-855-834-8555
• mocer.mo.gov

●● MO Department of Mental Health (DMH)

Provides prevention, screening, treatment, rehabilitation, and education for those with mental health disorders, developmental disabilities, and substance abuse issues.
573-751-4122 | dmh.mo.gov

- **Division of Developmental Disabilities (DDD)**
Serves individuals with developmental disabilities that occurred before the age of 22, including individuals with autism. To get connected, check the state map to contact your DD Regional Office. Services include access to an information specialist, support coordination/case management, therapies, and funded direct support services.
• 1-800-207-9329
• dmh.mo.gov/dev-disabilities
- **Division of Behavioral Health (DBH)**
Delivers services to eligible children and adults with mental illness and to individuals with substance use disorders by providing funds for prevention, outpatient, residential, and detoxification services in community-based programs.
• 1-800-575-7480
• dmh.mo.gov/behavioral-health
- **MO National Alliance on Mental Illness (MO-NAMI)**
Provides education, support, and advocacy for people experiencing mental illness and their families. This includes peer-led support groups for individuals, families, and parents.
• 573-634-7727
• namimissouri.org
- **Missouri Family to Family (MOF2F)**
Provides support to individuals with disabilities and/or special health care needs, their families, and support professionals. Support includes resources and education, problem-solving in difficult situations, navigating complex systems, and planning to achieve your good life.
• 1-800-444-0821
• mofamilytofamily.org
- **Missouri Community Action Network**
Provides direct services to low-income Missourians. Programs assist with economic and family security, education and job training, food and nutrition, health, housing, and energy.
• communityaction.org/
- **MO Governer's Council on Disability**
Hosts an online disability portal to connect individuals with local, state, and national disability resources.
• 573-751-2600
• disability.mo.gov
- **Developmental Disabilities County Boards**
Many counties in Missouri have a special tax that establishes an organization (called an SB40 Board) that provides services for people with developmental disabilities in their county. Find out if your county has a SB40 Board and what specific services and supports they provide.
• macdds.org
- **MO Protection and Advocacy Services (MO P&A)**
Provides legal and advocacy services for people with disabilities who meet eligibility requirements. Disability issues include allegations of abuse, denial of disability benefits, removing guardianship, and more.
• 1-800-392-8667
• moadvocacy.org

●●● MO Department of Health & Senior Services (DHSS)

Promotes health and safety through prevention, collaboration, education, innovation, and response. Core services include public health services, senior and disability supports, and protection.
573-751-6400 | health.mo.gov

● Healthy Families

- Supports families to stay healthy by providing nutritious meals, health education, and screening services.
- health.mo.gov/living/families

● Special Health Care Needs (SHCN)

- Provides statewide health care support services, including service coordination, for children and adults with disabilities or chronic illness.
- **1-800-451-0669**
- health.mo.gov/living/families/shcn/

● Children and Youth with Special Health Care Needs (CYSHCN) Program

- Assists children and youth with special health care needs from birth to age 21 who meet medical eligibility guidelines. This includes early identification and service coordination. Limited funding for medically necessary diagnostic and treatment services, including therapy, is available to individuals who also meet financial eligibility guidelines.
- **1-800-451-0669**
- health.mo.gov/living/families/shcn/cyshcn.php

● SHCN Family Partnership (FP)

- Provides resource information and peer support to families of children and youth who have been identified as having a complex medical condition(s) and/or who are deaf/hard of hearing.
- **1-800-451-0669**
- health.mo.gov/living/families/shcn/familypartnership/index.php

● Healthy Children and Youth (HCY) Program

- Provides service coordination and authorization for medically necessary in-home services for enrolled MO HealthNet (fee for service) recipients with special health care needs from birth to age 21. Service coordination includes assessment through home visits and links to services and resources that enable individuals to remain safely in their homes with their families. Authorized in-home services may include personal care, nursing care, and skilled-nursing visits.
- **1-800-451-0669**
- health.mo.gov/living/families/shcn/hcy.php



● MO Department of Social Services (DSS)

Provides support through public assistance such as food stamps, health care, child care, child support, blind services, and other basic needs. Visit the website to find out eligibility requirements.
dss.mo.gov

● Children's Division

- Responsible for the administration of child welfare services for eligible families. To find your local office, visit the website.
- dss.mo.gov/cd/office/

● Family Support Division

- Helps eligible families with food assistance, health care, child support, blind services, and other needs.
- **1-855-373-4636**
- mydss.mo.gov

● MO HealthNet/MO Health Net for Kids

- Offers health care coverage for eligible Missourians through MO HealthNet (Missouri Medicaid) including the Health Insurance Premium Payment (HIPP) Program.
- **573-751-3425 (MO HealthNet)**
- **573-751-2005 (HIPP Program)**
- mydss.mo.gov/mhd/

● Division of Youth Services

- Offers care & treatment to eligible youth committed to Division of Youth Services custody.
- **573-751-3324**
- dss.mo.gov/dys/

● Low Income Home Energy Assistance Program (LIHEAP)

- Helps eligible Missourians pay their energy bill and provides emergency services to those in crisis.
- mydss.mo.gov/utility-assistance

● MO Rehabilitation Services for the Blind

- Offers programs and services to help eligible blind or visually impaired persons reach personal and employment success. This includes Vocational Rehabilitation, Children's Services, Business, Enterprise Program, Older Blind Services, Prevention of Blindness, and Independent Living Rehabilitation.
- **1-800-592-6004**
- dss.mo.gov/fsd/rsb/

Other Resources

MO Juvenile Justice Association

- Promotes justice and advocates for rights and services for children, youth, and families. They work toward the prevention of child abuse, neglect, and delinquency. They also work to improve the skills of juvenile justice professionals.
- **573-616-1058**
- mjja.org

Child Abuse and Neglect Hotline

- To report the abuse or neglect of a child ages birth through 17.
- **1-800-392-3738**

Suicide and Crisis Lifeline

- Provides 24/7 confidential support for people in distress, and provides prevention and crisis resources.
- 988lifeline.org
- **Call or text 988**

INTEGRATED SERVICES AND SUPPORTS

All people need support to lead good lives. Using integrated services and supports, a combination of different kinds of support, helps plot a trajectory toward an inclusive, quality, community life. While your family may need to access eligibility-based supports depending on your child's and family's needs, it's important to incorporate all types of supports available to you.

If you ever need help thinking through your options for integrated supports or just need some help problem-solving and finding the right resources, Missouri Family to Family (MoF2F) is here for you! Connect with a Family Navigator who will listen, guide, and support you—completely free of charge.

Just give us a call at **800-444-0821** or email us at **mofamilytofamily.org**.

We're here to help you and your family find the best path forward!



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