

# How to Build Your Integrated Team

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# Where do you start?

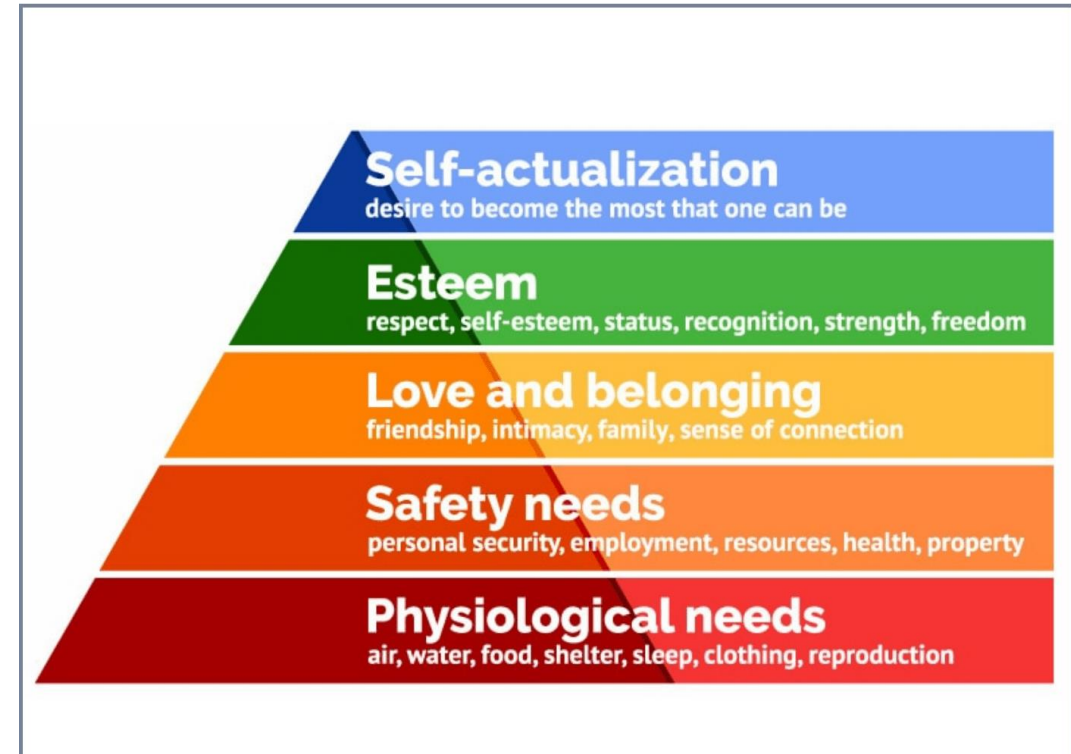
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What are your immediate needs?

- Are you in crisis?
- Are you safe?
  - 911
  - ER
  - Mobile Response
    - PerformCare (under 21) - (877) 652-7624
    - Crisis Assessment Response and Enhanced Services (CARES; 21+) – (888) 393-3007

Are your basic needs being met?

- Call 211 – connect to county social services



# Identify the gaps

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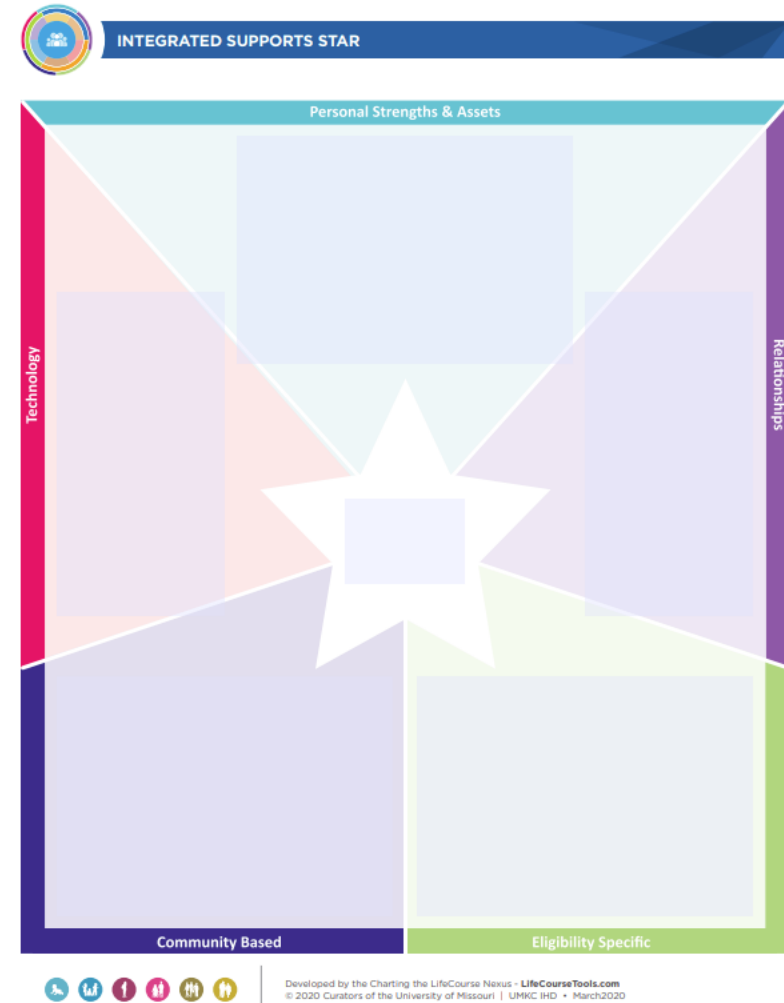
- Healthcare
  - Doctor
  - Dentist
  - Specialist
- Education
  - Tutors
  - Advocate
  - Consultants
- Financial
  - Elder law attorney
  - Government benefits
- Social & Recreation
  - Clubs
  - Peer groups
  - Social skills
- Spiritual
  - Church, Synagogue, Temple
  - Mindfulness
- Respite
  - Staff/DSP
  - Agencies
- Etc.



# Tools

## Charting the LifeCourse Nexus

- <https://www.lifecoursetools.com/>
- Person centered
- Help identifying
  - Natural resources
  - Needed services and supports



# Resources - Parent Groups & Peer Support

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Connect with other parents and with the professional leading the group

Learn about likes and dislikes about different resources

First hand testimonials

## Groups

- Mom2Mom- [www.mom2mom.us.com](http://www.mom2mom.us.com)
- Family Support Organization - <https://www.nj.gov/dcf/families/support/support/>
- SEPAC/SEPAG – Each school district should have one

## On-line & Facebook Groups

- VERY active
- High response rate
- Archived posts

# Resources – Workshops & Social Events

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Meet other parents interested in the same topics

Meet professionals who are potential resources

Examples of events:

- School functions
- Fundraisers
- Special needs events
- Religious services
- Workshops and information sessions

Get on mailing lists for various organizations to stay connected

# Resources – In the Community

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Keep your eyes and ears open! You never know where you will have an opportunity.

Don't be afraid to ask

Places to start:

- Doctor's office
- Place of worship
- Existing service providers
- Child's teacher or other parents

Many programs will offer contact lists for parents and caregivers (e.g. day program, classroom)

# State Agencies

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These state agencies have social workers, nurses, and other staff who have knowledge of resources in your community. Depending on you or your child's age and qualifications, one of these agencies may be a good resource.

Special Child Health Services (ages 0-21)

- <https://www.nj.gov/health/fhs/specialneeds/contacts.shtml>

PerformCare (ages 0-21)

- <https://www.performcarenj.org/>

Support Coordinator with DDD (ages 21+)

- If your support coordinator isn't helpful, you can change every 30 days if needed