



FAMILY SUPPORT OPTIONS – October 2014

New Phone Extensions:

As of March 2014 the coordinators have new telephone extensions. To contact your coordinator, please call 519 821-8089. Our toll free number is 1-844-264-2993. Extension numbers are on the website.

Special Services at Home (SSAH):

Please inform your coordinator of any changes in contact information. Changing your address on an invoice will **not** change the information on your child's file, which could result in returned mail. If you need to review the Special Services at Home Program approved expenses, please contact your Coordinator.

Training and Educational Events:

Anxiety and ASD: What really works – flyer enclosed.

Invoice Submission:

Please make note of the new submission dates for invoices. Invoices are now due **7th & 22nd** of each month, **by 8:00 am**. The submission time of 8:00 am is new! We submit quarterly reports to MCYS. The Ministry reviews usage of funds and balance remaining. It is therefore important to submit invoices regularly.

If you are unable to use the Seasonal Supports Funds allotted to your child we always have a wait list for this program. Contact your Coordinator to return all or even part of the funds.

Supporting Kids In Camp (SKIC):

SKIC provides a one to one support worker to attend the day camp of your choice with your child during Winter Break and March Break, at no cost to families – flyer enclosed.

Canadian Mental Health Association Waterloo Wellington Dufferin's Website

Please visit our website at www.cmhawwd.ca . Go to Our Services, then to Family Support Options. Information, invoices and resources are available under the following headings: Family Information, Respite Services, Supporting Kids in Camp and Worker Information.

Enclosures with this update include: I Have Something to Say Website, Anxiety and ASD: What really works training, Supporting Kids in Camp information, Special Services at Home (SSAH) Fact Sheet and information about the Canada Learning Bond.

If you have any questions about any of the information in this update, please contact your coordinator

What is Here 24/7 ?



1 844 437 3247
(HERE247)

Call anytime to access
**Addictions, Mental Health
& Crisis Services**
Waterloo-Wellington-Dufferin

If you have concerns, we hope you'll reach out.
WE'RE HERE 24/7.

Here 24/7 and its service partners comply with Ontario's health privacy standards. Full details can be found at here247.ca/privacy.

Addictions, Mental Health & Crisis Services

Here 24/7 is the new way to access the full range of addictions, mental health and crisis services in our region (Waterloo, Wellington, Dufferin.) By calling 1-844-HERE-247 or walking in to one of CMHA's four sites, people will connect with the intake and assessment process for 12 agencies from across our region.

If the caller is in a crisis situation, they will be immediately offered crisis intervention from one of our Here 24/7 Service Coordinators closest to their home.

Transitions Central West Region website:

This website will help students and families to plan for life after high school. It has been prepared in both English and French language versions, with information sheets available in multiple languages on the home page. The website builds on the many resources and tools that have been created in our communities, particularly through developmental services' partnerships with school boards!

This site will allow users to do several things, including:

- 1) Explore resources in their community that might be of assistance;
- 2) Find "transition checklists" that can help with planning;
- 3) Register on the site to develop a personal transition plan that can be shared with others!

The website is located at www.transitionscwr.ca

"What is Transition Planning?"

Transition planning is preparing for one of the most significant times in your child's life—becoming an adult. Your child will explore new interests, get to know the community, start new programs, work with new service providers and caregivers, leave familiar surroundings and friends, and make new friends. Planning for these changes takes time, so it's important to start early.

The school system will begin this planning process at age 14 or 15, or the first year of high school, by updating your child's Individual Education Plan (IEP). The IEP lists steps to help your child achieve their goals. This website's worksheets will help you, your child, and school staff develop a more in-depth plan.

You can start this process yourself and it is important to start early. Children in Ontario have the right to an education but there are many people who would like to participate in activities and programs, such as adult developmental services, after high school. There may be a lengthy wait time for some of these programs. **To apply for adult developmental services in Central West Region, call Developmental Services Ontario Central West Region at 1-888-941-1121. You can also find out more on the [Developmental Services Ontario website](http://www.transitionscwr.ca/what-is-transition-planning).** From <http://www.transitionscwr.ca/what-is-transition-planning>