

Transition Resources

Transition planning is when a student with a disability, along with family members, the school system, and service providers, begins to plan for life after high school. This includes planning for college, work, transportation, housing, health care, and daily living. Here are some resources to help with the planning.

The Arc of Frederick County provides information, referrals, advocacy and connections to community services for people with developmental disabilities and their families. As Support Coordinators, we are available to meet with you, attend IEP meetings, and assist with the planning process to help ensure a smooth transition from school into adult life.

[www.arcfc.org/what we do/youth.html](http://www.arcfc.org/what_we_do/youth.html)

kborgealt@arcfc.org 301-663-0909 Ext. 167

Spanish--dmoreno@arcfc.org 301-663-4449

Developmental Disabilities Administration partners with people with developmental/intellectual disabilities to provide leadership and resources to live fulfilling lives. People with developmental/intellectual disabilities have the right to direct their lives and services.

dda.dhmdh.maryland.gov

844-253-8694

Division of Rehabilitation Services –If you are looking for help to make the transition from high school to jobs, careers, higher education or job training; DORS transition specialists will help students with disabilities prepare for the future.

Frederick.dors@maryland.gov

240-629-7581

Frederick County Business and Employment Center— A one-stop for employment assistance for job seekers and businesses. Provides assistance with career exploration, referrals for job-training programs, placement services, resume preparation and workshops to enhance job seeking skills and work readiness.

www.dllr.state.md.us

301-600-2255

Frederick County Department of Social Services-- Community benefits including food stamps, MA (Medical Assistance), energy assistance, etc.

www.fcdss.info

301-600-4555

Frederick County Housing and Community Development- - Frederick County Housing Choice Voucher (Section 8 Housing Assistance) – Housing voucher assistance for use in the county for rental properties.

www.frederickcountymd.gov/6366/housing

301-600-1061

Frederick Transit-- Prescheduled, door-to-door, county-wide shuttle, along with a reduced fare program.

www.frederickcountymd.gov/transit

301-600-2065

Frederick County Workforce Services-- Need help finding a job or job training to prepare for a career? Let Youth Workforce Programs and Services staff help you start planning your future today. Assistance in career counseling, workshops, resumes, interview preparation and job searching

www.frederickworks.com

fcws@frederickworks.com

301-600-2255

The Freedom Center-- The Freedom Center is a nonprofit organization committed to providing a wide array of services to assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons. The mission is to offer services and supports to empower people with disabilities to lead self-directed, independent, and productive lives in a barrier-free community.

www.thefreedomcenter-md.org

advocate@thefreedomcenter-md.org

301-846-7811

Goodwill Monocacy Valley-- Provides job readiness/life skills workshops, work experience activities, job coaching, job searching and placement assistance

www.gimv.org

301-662-0622

The HEATH Resource Center at the National Youth Transition Center—The HEATH Resource Center is a web-based clearinghouse that serves as an information exchange of educational resources, support services and opportunities. The HEATH Resource Center gathers, develops and disseminates information in the form of resource papers, fact sheets, website directories, newsletters, and resource materials.

www.heath.gwu.edu

askheath@gwu.edu

Housing Authority of the City of Frederick—Housing assistance for Frederick city residents, including Section 8 Housing Assistance.

www.hacfrederick.org

301-662-8173

Maryland Department of Disabilities-- Further information for Maryland transitioning youth, postsecondary education, and additional resources.

www.mdod.maryland.gov

Maryland RISE (Reach Independence through Self-Employment) Program--The MD RISE (Reach Independence through Self-Employment) Program helps people explore the idea of self-employment, develop business plans, research funding sources and marketing ideas. The Division of Rehabilitative Services (DORS) can provide limited funding (typically not to exceed \$15,000) to assist with the implementation of favorably approved business plans.

www.pdgrehab.com/services/rise-program

Maryland Transitioning Youth-- Transition Planning, College, Employment Services, Health Care, Transportation, and more is covered on this one site. The Maryland Transitioning Youth website provides resources, and information for transitioning age teens with disabilities and their families.

www.mdtransition.org

800-637-4113

Mental Health Association of Frederick County-- Includes Systems Navigators who are available to help people and families navigate the mental health system, including referrals for therapy, in-home support, respite and other support and educational groups.

www.fcma.org

2-1-1 or 866-411-6803

National Collaborative on Workforce and Disability for Youth-- NCWD/Youth is the source for information about employment and youth with disabilities. Our partners; experts in disability, education, employment, and workforce development; strive to ensure you will be provided with the highest quality, most relevant information available.

www.ncwd-youth.info

Service Coordination, Inc.-- Service Coordination, Inc. is a nonprofit organization in Maryland that supports people of all ages with intellectual and developmental disabilities to make choices affecting their lives and to access resources and services in their community.

www.servicecoord.org

301-663-8044

Social Security Administration -- Provides monthly financial assistance (Social Security or Supplemental Security Income – SSI) to persons eligible.

www.ssa.gov

866-331-7089

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