This booklet for graduates of special education programs in Montgomery County, Maryland, briefly describes and lists local resources for further education, work opportunities, recreation, and health/safety. The first section provides information on being independent and covers school records, social security cards, armed services registration, personal identification, supplemental social security income benefits, food stamps, metro cards, taxi service, library services, child care, clothing, and consumer protection. Subsequent sections identify key community services, resources for further education and training, employment services, and recreational opportunities. Medical information is organized into resources on emergency assistance, hospitals, crisis intervention, community mental health resources, and sexual abuse. Listed next are a variety of local support groups for such disabilities as learning disabilities, autism, hearing impairments, mental retardation, cerebral palsy, and visual handicaps. An alphabetical listing of resources is also provided. (DB)
Information for the Graduate

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY
Margit Meisner
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."
Dear Student:

Soon you will be graduating from the public schools. As you move from school to the adult world, you frequently will be looking for information on such subjects as further education, work opportunities, recreation or health and safety. This booklet will help you find the information you need.

Good luck to you and best wishes for the future.

Sincerely,

Harry Pitt
Superintendent of Schools

The Montgomery County Public Schools prohibits discrimination on the basis of race, color, national origin, marital status, religion, sex, age or handicap in employment or in any of its education programs and activities. Make inquiries or complaints concerning discrimination to the Department of Human Relations, Room 211, 850 Hungerford Dr., Rockville, MD 20850; telephone 301-279-3167.
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For more information about services for persons with mental retardation, please see Survival Kit, A Directory of Resources for Mentally Retarded Students and Adults. Copies are available from Rock Terrace School, 279-4940
Information for being independent

School Records
You may need your school records to get needed services as an adult. Your records will be kept at your school for two years after you graduate. At the end of that time, the records are destroyed. Ask your principal if you wish to see your records. You can get your psychological reports from the Diagnostic and Professional Support Team (279-3726) with a request signed by you or your parent.

Social Security Cards
To get a Social Security card, bring a certified copy of your birth certificate and one other form of identification to the Social Security Administration. There are two locations

- 51 Monroe Street
  Rockville, Md. 20850
  443-5200
- Wheaton Plaza
  11160 Viers Mill Road
  Lower South Side, Suite 63
  Wheaton, Md. 20902
  427-3160
  TDD 1-800-325-0778

Age of Majority Card
Any person who is 18 can get this card. You need to show a certified copy of your birth certificate and one other form of identification. It costs $5.00. Apply at:

- Motor Vehicles Administration
  15 Metropolitan Grove Road
  Gaithersburg, Md. 20878
  948-3177
- Glenmont Express Office
  Motor Vehicle Administration
  Glenmont Shopping Center
  12335 CND Georgia Avenue
  Wheaton, Md.
Armed Services Registration
At age 18, all young men must register for possible military service at the nearest post office. Persons with disabilities may be represented by a parent or guardian.

Personal Identification
It is a good idea to carry an ID card at all times with your name, address, phone number and medical information (medications, allergies, etc.) The card should also give the name, address and phone number of a person to contact in case of emergency.
You may wish to get a medical bracelet or necklace from Medic Alert if you have a special problem (such as epilepsy, etc.) This information can be engraved on the bracelet or necklace. Drug stores may carry such items. For information, write to:

Medic Alert Foundation
P.O. Box 1009
Turlock, Calif. 95380

Supplemental Security Income (SSI) Benefits
SSI benefits are available to you if you qualify. For information on whether or not you qualify, call your nearest Social Security office. (See addresses above.)

Food Stamps
You may be able to get food stamps. For information call:

Department of Social Services
5630 Fishers Lane
Rockville, Md. 20850
468-4394
TDD 468-4637

Metro Cards
Persons with disabilities may get reduced-fare Metro cards. You need a note from a doctor stating that you have a handicapping condition, and you also need a completed application. Call 962-1245 or 1246 (TTY 628-8973) for an application. Applications are accepted at 600 Fifth Street, N.W., Washington, D.C., during regular business hours or by appointment at two Montgomery County locations:
Metrorail cards also are available at Metro stops and other locations. You must have a Metro ID if you want to buy special farecards. Call 962-1179 for further information.

**Paratransit**
The Montgomery County Department of Transportation has a special bus service for persons with disabilities. Some buses have hydraulic lifts for persons in wheelchairs. For further information, call:

Paratransit Section  
Montgomery County Department of Transportation  
3950 Ferrara Drive  
Wheaton, Md. 20906  
468-4446  

For eligibility information:  
Community Access Program (CAP)  
217-1216

**Taxi Service** (for Persons with Physical Handicaps)
For persons with physical disabilities, there is 24-hour taxi service with wheelchair-accessible vehicles. Reservations must be made 24 hours in advance. For more information call:

TAXI ACCESS  
Silver Spring Taxi  
912 Philadelphia Avenue  
Silver Spring, MD. 20910  

To call a special taxi:  
495-6910

**Library Services**
Montgomery County has many libraries where you can get a wide range of information, and borrow books, tapes, record players, and cassette players. You must have a library card to take anything home. There also is a library with information and materials for persons with special needs.

Montgomery County Public Libraries  
(see phone book)
Special Needs Library
6400 Democracy Blvd.
Bethesda, Md. 20817
493-2555 (TDD) 493-2554

Child Care
This agency can help find a place that takes care of young children while parents work.

Child Care Connection
50 Monroe Street, B-6
Rockville, Md. 20850
279-1276 (business)
279-1773 (parents)

Clothing
If you do not have money to buy clothes, you can get clothes free. The store listed below is open from 10:00 a.m. to 1:30 p.m. every Thursday.

Women’s Interfaith Services
1633 E. Gude Drive
Rockville, Md. 20850
424-3796

Consumer Protection
Purchases
If a store sells you something that does not work, take it back. If the people in the store will not help you, people at this agency will talk to the store owner for you or tell you what to do.

Consumer Complaints and Protection
100 Maryland Avenue-Room 330
Rockville, Md. 20850
217-7373

Housing
If you have a problem with your landlord, this agency will try to help you.

Housing and Community Development Department
100 Maryland Avenue—Room 200
Rockville, Md. 20850
217-2577
Key Services

Community Access Program (CAP)
This program helps most special education graduates apply for needed services. CAP also refers young adults to other agencies. It is a service of the Montgomery County Government's Department of Family Resources (DFR).

Location: 401 Fleet Street
Rockville, Md. 20850
217-1216
TDD 217-1246
Mailing Address: 101 Monroe Street
Rockville, Md. 20850

Parents and Children Together (PACT)
This program links students and their families to mental health services. This is a service of the Montgomery County Department of Addiction, Victims and Mental Health Services (DAVMS).

401 Hungerford Drive
Rockville, MD 20850
217-1375

Montgomery County Information and Referral Service
For information on all types of public and private community programs in Montgomery County

50 Monroe Street
Rockville, MD 20850
279-1900
TDD 279-1083

Department of Social Services (DSS)
Provides help with a variety of needs. Some of them are listed below:

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Food and Medical Expenses

| Rockville 468-4394         |
| Wheaton 565-5841           |
| Silver Spring 565-7786     |
Further education and training

Montgomery College
Office of Special Student Services (OSSS)
Rockville, Campus
279-5088
V/TDD

Provides a wide range of support services and adaptive equipment to students with disabilities so that they can be successful in their college program. Also has a Learning Center Program for students with specific learning disabilities who have the motivation and potential to succeed in regular college classes but require help with reading and composition skills.

Montgomery County Public Schools-Adult Education
Connecticut Park Center
12518 Greenly Drive
Silver Spring, Md. 20906
942-8304
TDD 279-3323

The Department of Adult Education has dozens of courses in all kinds of subjects from automobiles and electronics to welding and zoology. The Adult Education bulletin is mailed to all residents in Montgomery County four times a year.

Other Education/Training
For information about other post secondary training at colleges and technical schools, please call your high school Career Center or your local public library reference librarian.
Help with jobs

Employment Records
To fill out job applications and to help you get a job, keep a list of all your past summer or afterschool jobs. Include: name(s) of employer(s), address(es), phone number(s), name of supervisor(s) and job description(s). You should ask for letters of reference from teachers and past employers to use as you look for work. Also, keep written records of the schools you attended, the addresses, dates, and the courses you took.

Employment Services
Employment Security Administration
This agency gives free help for finding a job, job testing, counseling and training, and job market information. This also is the place where you can file claims for unemployment insurance.

Wheaton Plaza Shopping Center
Lower Level South, Suite 63
Wheaton, Md. 20902
949-5300
TDD 217-6505, after 2 p.m.

Division of Vocational Rehabilitation (DVR)
This agency helps persons with physical, mental, or emotional disabilities get job training and work. DVR counselors may also help you obtain services from other agencies, such as Welfare, Mental Health, etc. Call the DVR office nearest your home and ask for an application. The application can be mailed to you, or it can be filled out by the secretary over the phone if you ask.

Wheaton Plaza-North Office Bldg.
2730 University Blvd., Suite LL1
Wheaton, Md. 20902
949-3750
6110 Executive Blvd.
Rockville, Md. 20833
881-1770
TDD 881-1785

Your application will be given to a counselor. The counselor will write to you. (This can take two to four weeks.) It is then up to you to call that counselor for an appointment for an interview. You will need a doctor's report and a psychological evaluation by a school or
a private psychologist, for the interviews. The doctor’s and the psychologist’s report cannot be over one year old.

Career Counseling for Women
This service helps women decide what jobs they might like best and how to do career planning.

    New Phase Career Center
    100 Maryland Avenue
    Rockville, Md. 20850
    279-1800

Center for Unique Learners
This program helps persons with disabilities of all ages become better students, learn work skills and work behaviors and how to get and keep a job. It has an adult living internship program.

    5705 Arundel Ave.
    Rockville, Md. 20852
    231-0115

The George Washington University Transition Project
Funded by the U.S. Department of Education, this program helps learning disabled young adults move successfully from high school to gainful employment.

    230 N. Washington Street
    Rockville, Md. 20850
    738-0077

Head Injury Services
This service helps persons who have sustained traumatic head injuries with treatment, living arrangements and jobs.

    16220 Frederick Road
    Gaithersburg, MD 20877
    330-0300

IAM CARES
This program, developed by the International Association of Machinists, helps persons with disabilities to get and keep jobs in private business.

    Machinists Building
    1300 Connecticut Ave., N.W.
    Washington, D.C. 20036
    857-5170
**Job Training and Tryout (JT&T)**
This agency teaches young adults between the ages of 18 and 25 who have completed Level 4 or 5 special education programs how to find and keep a job in the community.

11600 Nebel Street, Suite 114
Rockville, Md. 20852
468-0913

**LEAP (Life Experiences Activities Program)**
This program helps persons with disabilities (ages 16 and over) learn work behaviors, independent living skills and how to get and keep a job in the community.

8719 Colesville Road, #305
Silver Spring, MD 20910
589-1777

**Montgomery County Conservation Corps**
In this program you work in nature, such as building small bridges, landscaping, and planting trees or doing trail work in parks. You also learn all about nature conservation and you may get job counseling and support.

600 East Gude Drive
Rockville, MD 20850
294-8720

**Montgomery House**
This program helps persons with mental illness or emotional problems learn work skills and how to get and keep a job in the community. It also has a residential program.

615 South Frederick, Ave.
Gaithersburg, Md. 20977
963-1700

**Team Work**
This program has older volunteers who help disabled youths find and keep jobs.

1920 Association Drive
Reston, VA 22091
620-3660
Medical Information

Emergency Assistance
Dial 911 for FIRE, AMBULANCE, and POLICE
TDD 727-9334
TDD 279-7619 (Rockville)
Explain the emergency and give your name and address (spell out, if possible) and the number of the telephone you are calling from.

Hospitals
If you need a doctor for an emergency, call the emergency room at the nearest hospital. The emergency rooms are always open.

Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
565-0100
TDD 565-1414

Montgomery General Hospital
18101 Prince Phillip Drive
Olney, Md. 20832
774-7800
TDD 774-6264

Suburban Hospital
8699 Old Georgetown Road
Bethesda, MD 20014
Has poison control unit
530-3100
TDD 530-2010

Washington Adventist Hospital
7600 Carroll Ave.
Takoma Park, MD 20012
891-7600
TDD 891-7104

Shady Grove Adventist Hospital
9901 Medical Center Drive
Rockville, MD 20850
279-6000
TDD 279-6330 Emergency
TDD 279-6455 Health Ed
Crisis Intervention
Hotline 949-6603
Call this number if you have a serious problem and need to talk to someone about it. You may also go to this center if you want counseling or need help finding a place to sleep. It is available to all county residents 24-hours a day.

Community Crisis Center
4910 Auburn Ave.
Bethesda, MD 20014
656-9161
TDD 656-1412

Community Mental Health Resources
These programs help people with mental problems. They are open to persons of all ages. Costs depend on services and situation.

Mental Health Services
Division of Montgomery County Health Department
2350 Research Blvd.
Rockville, MD 20850
840-2333

Psychiatric Institute Foundation
14901 Broschart Road
Rockville, MD 20850
251-4676

Community Psychiatric Clinic, Inc.
2424 Reedie Drive
Wheaton, MD 20902
933-2402

Jewish Social Services
6123 Montrose Road
Rockville, MD 20852
881-3700
TDD 984-5662

Family Life Center of Montgomery County
Box 582
Olney, MD 20832
924-4515
Sexual Abuse
If you have been raped or sexually abused, you can telephone anytime, day or night. The people here will help you go to a doctor, tell the police, and talk to a lawyer.

Community Crisis Center
Daytime 217-1355
Emergency 424-1036
Support groups

These organizations offer a variety of different services, most of which are free. You may find them useful for information, support, and guidance.

Association for Learning Disabled Adults (ALDA)
P.O. Box 9722
Friendship Heights
Washington, D.C. 20016

Information and support for adults with learning disabilities, parent advisory service on educational problems, parent groups, tutor referral service, and speakers bureau, monthly meetings.

Community Services for Autistic Adults and Children (CSAAC)
751 Twinbrook Parkway
Rockville, Md. 20851
762-1650

Information and referral services; residential, vocational, and community services for adolescents and adults.

Mental Health Association of Montgomery County (MHA)
1000 Twinbrook Parkway
Rockville, MD 20851
424-0656

Information and referral on community mental health resources; PALS program providing one-to-one relationships for children with a caring volunteer, Montgomery County HOTLINE, 24-hour telephone counseling, and information and referral service (949-6603).

Montgomery County Association for Children and Adults with Learning Disabilities (MCACLD)
Box 623
Rockville, MD. 20851
933-1076

Information on services for children with learning disabilities, parent advisory service on educational problems, parent groups, tutor referral service, and speakers bureau, monthly meetings.
Montgomery County Association for Hearing Impaired Children (MCAHIC)
Box 7375
Silver Spring, Md. 20907
869-4018
Information and referral, sign language and cued speech classes, library, and monthly meetings

Montgomery County Council of Parent Teacher Associations (MCCPTA)
Special Needs Committee
Many schools have on their PTA Executive Board a special needs chairperson who provides information and support to parents. Call your school PTA president or the MCCPTA office (983-0679, 10 a.m.-2 p.m.)

Montgomery County Public Schools
Special Education Parent Information and Training Center
Lynnbrook Center
8001 Lynnbrook Drive
Bethesda, Md. 20814
657-4969
Information, referral and advisory services with follow up; parent training and outreach

Association for Retarded Citizens/Montgomery County (ARC/MC)
11600 Nebel Street
Rockville, Md. 20852
984-5792
Information and counseling, parent advisory service on educational problems, parent training in educational advocacy for children with any disability, parent-to-parent support, discussion groups, workshops, and monthly meetings.

National Association of Deaf
814 Thayer Avenue
Silver Spring, Md. 20910
587-1788
TDD 800-855-1155
Information and counseling for families with deaf or hearing impaired children, newsletter, book store on sign language, and office skills training program
National Information Center for Handicapped Children and Youth
Box 1492
Washington, D.C. 20013
528-8480
TDD 703-522-3332

For national information about disabilities and resources, legal rights, employment, and support groups and for lists of local, state, and national organizations and newsletters

Disability Resources Division
Montgomery County Department of Family Resources
101 Monroe Street
Rockville, Md. 20850
217-1246
TDD 279-1248

Information and referral, and technical assistance on accessibility and nondiscrimination mandates

United Cerebral Palsy of Montgomery County (UCP)
6110 Executive Boulevard
Rockville, Md. 20852
468-1676

Information and referral service, summer day camp for children, and Saturday morning programs

Volunteers for the Visually Handicapped (VVH)
4405 East-West Highway
Bethesda, Md. 20814
652-4347

Information and referral, short-term counseling, aids and appliances shop, volunteer readers, and mobility training.
Recreation

The Montgomery County Recreation Department offers a range of activities: swimming, social clubs, sports, music arts, dance, camps, etc. Seasonal brochures are available. You must register for all activities. Call for information about costs. For individuals with disabilities, there is a Therapeutic recreation Program located at 12210 Bushey Drive, Silver Spring, Md. 20902.

Montgomery County Recreation Department
12210 Bushey Drive
Silver Spring, Md. 20902
468-4217
For general information, call 468-4203
For Therapeutic information, call 468-4560
TDD 468-4221

Friendship Club-Jewish Community Center offers Sunday activities and field trips for ages 14 to 30.
6125 Montrose Road
Rockville, Md. 20852
881-0100, extension 24 or 38

The JFK Social Club is for working handicapped adults 18 years and older.
9701 East Bexhill Drive
Kensington, Md. 20795
949-3092

LEAP social awareness program offers social and recreational activities.
914 Silver Spring Avenue
Silver Spring, Md. 20910
589-3559

The American Red Cross offers health and safety classes in home nursing, mother and baby care, mother’s aide, first aid, swimming, and water safety. Call for information concerning eligibility and costs.
2020 East-West Highway
Silver Spring, Md. 20815
588-2515
Riding for the Handicapped Foundation provides therapeutic horseback riding lessons to handicapped children and adults.

26315 Haines Road
Clarksburg, Md. 20871
253-4669

The Special Olympics, Montgomery County Public Schools offer year-round sporting programs for children and young adults, ages six years and up who are or have been in special education programs in MCPS.

14015 New Hampshire Ave.
Silver Spring, Md.
384-5693

The United Cerebral Palsy young adults program provides social, recreational, and informational programs for persons 15 years old and up. There are socialization programs for ages 18 and older.

6110 Executive Boulevard, Suite 222
Rockville, Md. 20852
468-1676
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