

**Bedford County Pennsylvania
Human Services Directory**
❖
**Advocacy and Mentoring
Directory**
2012 - 2013

A collaborative project of Unified Family Services Systems,
Personal Solutions Inc. and Bedford County's Integrated
Children's Services Plan Committee

For additional copies please contact UFSS

Phone at (814) 624-4810

E-mail: director@ufssbedford.org

Website: www.ufssbedford.org

or Personal Solutions Inc.

Phone: 814.623.5009

E-mail: info@personalsolutionsinc.org

Website: www.personalsolutionsinc.org

Visit the UFSS website (www.ufssbedford.org) or Personal
Solutions Inc. website at (www.personalsolutionsinc.org) to view
an electronic version of these directories.

Bedford County Human Services Directory

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Alleghenies United Cerebral Palsy

Bedford Office: 651 E. Pitt Street
Bedford, PA 15522
Phone: (814) 310-9704
Toll Free: 888-419-1408
Fax: (814) 285-3210
E-mail: info@alucp.org
Website: www.alucp.org

Altoona Office: 6 Sheraton Drive
Altoona, PA 16601
Phone: (814) 946-4036
Toll Free: 888-222-1928
Fax: (814) 946-9210

Services Available:

UCP provides non-medical, in-home personal care services to any individual with any physical disability. These services are provided through contracts with state and local agencies including PA Department of Public Welfare, Area Agency on Aging, and county MH/MR.

Programs: Attendant Care
Independence Waiver
OBRA Waiver
COMMCARE Waiver
Consumer Employer Model
Fiscal Management Services
Personal Care 0-21
HBW
PDA & PAS

**Alleghenies United Cerebral Palsy,
continued...**

Transportation
Community Living Arrangements
(Ashdale/Lindberg)
Elks Home Services Program

Contact Information:

Debra Battista, MSN, RN
Chief Programs Officer
Phone: (814) 262-9600 ext. 331
E-mail: dbattista@alucp.org
Mike Oliver
Director of Business Development
Phone: (814) 262-9600 ext. 309
E-mail: moliver@alucp.org

Hours:

Business Office
Monday - Friday, 8:00 a.m. – 4:30 p.m.

Target Population:

Serving Bedford, Blair, Cambria, Centre,
Clearfield, Fulton, Huntingdon, Indiana,
Somerset and Westmoreland counties.
*Armstrong, Cameron, Clarion, Clinton, Elk,
Forest, Jefferson, Lycoming, McKean, Potter,
Tioga, and Warren.

**Fiscal Management Services (FMS) are
available in these areas.*

**Alleghenies United Cerebral Palsy,
continued...**

Fee for Services/Eligibility:

Contact Agency for more information.

Other Information:

Accredited Attendant Training Program

Annual Training

Competitive Benefit Package for Agency
Employees

Allegheny Lutheran Social Ministries Bedford/Fulton Head Start & Bedford County Early Head Start

Administrative Office

231 South Juliana Street

Bedford, PA 15522

(814) 624-3200 or Toll Free 1-877-ALSM-KID

FAX: (814) 623-8676

E-mail: info@alsm.org

Website: www.alsm.org

Services Available:

Head Start/Early Head Start is an income eligible, infant/toddler, preschool and family educational program, which also serves the comprehensive needs of children & families. Service delivery includes:

1. Classrooms are located throughout the county with some on school district campuses.
2. Individualized classroom and home visit experiences
3. Parent meetings and trainings
4. Assistance with securing medical and dental services for children
5. Services to meet the special needs for children
6. Health and developmental screenings
7. School readiness and parenting skills
8. Video and book lending library
9. Healthy snacks and meals
10. Family advocacy and support

**Bedford/Fulton Head Start & Bedford
County Early Head Start continued...**

11. Year round services provided to Early Head Start children and families.

Contact Information:

Director or Family Services Manager
(814) 624-3200 or 1-877-257-6543
E-mail: info@alsm.org

Hours:

Office: Monday – Friday,
8:00 a.m. – 4:30 p.m., except holidays.
Classroom schedule similar to school schedule
Flexible scheduling of home visits.

Target Population:

Income eligible families with children ages 0-5 and prenatal. Most families income must be within 100% of the poverty guidelines and a small percentage of over income families may be considered for enrollment if their child(ren) have a special need or come from a high risk family situation.

Fee for Services:

None

Allegheny Lutheran Social Ministries Early Learning/Kid Stop Services

Administrative Office

**231 South Juliana Street
Bedford, PA 15522**

(814) 624-3200 or Toll Free 1-877-ALSM KID

FAX: (814) 623-8676

E-mail: children@alsm.org

Website: www.alsm.org

Child Care

Growing Years Early Learning Center at Bedford

106 West Penn Street, Bedford, PA 15522

Contact Information:

Michealle Wright, Program Supervisor
(814) 624-3200/(814) 623-2096

Hours:

Monday – Friday 6:30 a.m. – 5:30 p.m.

Eligibility:

Birth - Kindergarten

Services Available:

Quality child care for children in an atmosphere that is both nurturing and educational. Toddler learning spaces provide “interest areas” where children are offered play choices while acquiring independence, language, physical, and self-help skills. Staff helps nurture child

ALSM Early Learning/Kid Stop Services, continued...

development and sense of belonging by providing a curriculum and daily routine suited to each child's individual needs. Outdoor time is scheduled daily for all age groups.

Full-day and part-day preschool programs that are based on a curriculum that is age appropriate for the development of each child, ages 3-5. Emphasis placed on developing the whole child and reflected in a structured environment that fosters language and social skills, problem solving, large and small muscle development, creativity, pre-reading, and math skills. Learning is facilitated through an environment that is relaxed and nurturing where children are encouraged to laugh, play, and express themselves.

"Kid Stop" School-Aged Child Care

Bedford Kid Stop

Bedford Elementary School
3639 Business Route 220
Bedford, PA 15522
Phone: (814) 624-3200/(814) 623-4221
ext. 3174 (non-school hours only)
Supervisor: Tammy Wolfhope
Ages: Kindergarten – 12 years

**ALSM Early Learning/Kid Stop Services,
continued...**

Hours: Monday - Friday
6:30 a.m. – 8 a.m.
3 p.m. – 6 p.m.
Summer: 6:30 a.m. – 6 p.m.

Everett Kid Stop

Everett Elementary School
165 East First Street
Everett, PA 15537
Supervisor: Tammy Wolfhope
Phone: (814) 652-5455
Ages: K – 12 years
Hours: 6:30 a.m. – 8 a.m.
3 p.m. – 6 p.m.
Summer: 6:30 a.m. – 6 p.m.

Services Available:

A program of planned, supervised activities during that part of the day children are not attending school and full days when school is not in session. Kid Stop provides creative art, stories, rest, and outdoor play. Our Kid Stop also offers activities such as arts and crafts, sports and games, enrichment days, and field trips.

Allegheny Lutheran Social Ministries Counseling Services

Administrative Office

231 South Juliana Street

Bedford, PA 15522

Phone: (814) 624-3200 or Toll free: 1-877-257-6543

Fax: (814) 623-8676

E-Mail: info@alsm.org

Services Available:

Counseling-casework and psychological services designed to meet individual and family needs.

Contact Information:

To schedule an appointment call
(814) 624-3200 or 1-877-257-6543.

Hours:

Administrative offices: Monday – Friday,
8:30 a.m. – 4:30 p.m.

Counseling sessions: Flexible scheduling
available to meet individual and family needs.

Target Population:

Services are available to everyone.

Fee for Services:

Are established on a sliding scale.

Eligibility:

None

Allegheny Lutheran Social Ministries Family Center of Bedford County

Administrative Office

231 South Juliana Street

Bedford, PA 15522

(814) 624-3200

Toll Free: 1-877-ALSM-KID (1-877-257-6543)

Fax: (814) 623-8676

E-mail: children@alsm.org

Services Available:

The Family Center Program provides comprehensive parenting education (Parent as Teachers curriculum) and social support services to families expecting a baby and/or families with children from birth to age five, who are not eligible for services through other community programming.

Child assessments and family profiling are used to assist parents in choosing and planning learning activities to do with their child(ren) during individualized home visits. Child development information, parenting techniques, health and safety tips and social service information are shared.

Appropriate health and social service referrals are made when needs are identified by parents and staff. Parent support groups, parent-child play groups, parent training, and various

Family Center continued...

special social events are held throughout the year at different locations.

Limited transportation is available for enrolled families to help with medical visits.

A toy, book, and video lending library is also available.

Information and Resource referrals available.

Technical assistance is provided to local planning groups assisting with system reform issues throughout the county.

Contact Information:

Laurie Hollis, Family Center Director or Office
Receptionist:
(814) 624-3200 or 1-877-ALSM-KID

Hours:

Administrative Offices: Monday – Friday,
8:30 a.m. – 4:30 p.m.

Home Visits: Flexible scheduling available to meet individual family needs.

Site Locations: Office hours vary - contact administrative office or site for more information.

Family Center, continued...

Target Population:

Bedford County Families who are either pregnant and/or have children birth through school age may be eligible for home visits. Family activities, parent-child play groups, parent trainings, planning committee work and informational/referral services are open to all.

Fee for Services:

None.

Alternative Community Resource Program, Inc. (ACRP)

**3759 Business 220
Bedford, PA 15522**

Services Available:

1. Psychological Evaluations and re-evaluations by licensed clinical psychologist.
2. Psychiatric referrals for diagnostic evaluation and medication management.
3. Outpatient Therapy: Individual, Family and Group Therapy available for children, adolescents and adults.
4. Behavioral Health and Rehabilitation Services to children and adolescents ages 4-21 with a mental health diagnosis.
5. After-school Therapeutic Program for children ages 5-12 with ADHD or similar diagnoses.
6. Summer Treatment Activities Program for children ages 5-12 with ADHD or similar diagnosis.
7. Family Based Mental Health Services for children who are “at risk” of out of home placement due to a severe emotional or behavioral disorder; or as a stepdown for children returning home to their family following out of home placement.
8. Family Support Services for families identified by Children and Youth Services or Probation as “at risk or in crisis”.

**Alternative Community Resource Program,
Inc. (ACRP), continued...**

9. Supervised Visits: ACRP staff provide a home-like setting where estranged parents and children can re-establish a relationship under appropriate supervision.
10. Peer Support Program utilizes Certified Peer Specialists who are in recovery from their own Mental Health diagnosis to assist individuals to work toward recovery.

Contact Information:

Dr. Ryan Dunne, Psychologist
Mrs. Holly G. Shaffer, Program Director
E-mail: hshaffer@acrpkids.org
(814) 623-1212
FAX: (814) 285-3023

Website:

www.acrpkids.org

Hours:

Monday – Friday
8:00 a.m. – 4:00 p.m.

Target Population:

Ages 4 to adult

Fee for Services:

Medical Access

**Alternative Community Resource Program,
Inc. (ACRP), continued...**

Eligibility:

Mental Health diagnosis and recommendation
by a psychiatrist or licensed psychologist.
Eligible for Medical Assistance

Alum Bank Community Health Center

**121 Rolling Acres Drive
Alum Bank, PA 15521**

Services Available:

1. Physical exams for medical illnesses or conditions, employment, CDL license, workman compensation, or to meet sports requirements
2. Gynecology
3. General Radiology Exams
4. Lab Draw Station
5. EKG
6. Acupuncture
7. Occupational Therapy
8. Suture for Lacerations
9. EPSDT/State Immunization Program Services
10. Urine Drug Screens
11. Respiratory Treatments
12. Heel Scans for Osteoporosis
13. Function Capacity Tests
14. Patient assistance program for compliance and disease management.
15. Community health education

Contact Information:

Dr. Craig Fockler, Medical Director
(814) 839-4191

**Alum Bank Community Health Center,
continued...**

Hours of Operation:

Monday – 8:00 a.m. – 6:00 p.m.

Tuesday - Wednesday – Thursday

7:30 a.m. – 4:00 p.m.

Friday – 7:30 a.m. – 11:30 a.m.

By Appointment Only

Target Population:

Any person regardless of their ability to pay for services including Medicare and Medical Assistance patients. People from ages 0 – 100.

Fee for Services:

Varied depending upon service provided.

Eligibility:

None

Other Information:

Non-profit organization of Windber Medical Center

Alzheimer's Association

**Greater Pennsylvania Chapter
1100 Liberty Avenue
Suite E-201
Pittsburgh, PA 15222**

Services Available:

1. Community, Family & Professional Education
2. Support Groups
3. Telephone Helpline
4. Public Awareness & Advocacy
5. Resource Library
6. Information & Referral
7. Safe Return Program
8. Website

Contact Information:

Lois Lutz,
Education & Outreach Coordinator
E-mail: Lois.lutz@alz.org
Phone: (412) 261-5040 ext. 106
Helpline: 1- 800-272-3900
Website: www.alz.org
www.alz.org/PA

Target Population:

Seniors and Baby Boomers

Fee for Services:

None with the exception of professional education

Alzheimer's Association, continued...

Eligibility:

Anyone dealing with Dementia - (persons affected, families, friends, professionals)

Other Information:

Serving Allegheny, Armstrong, Beaver, Bedford, Butler, Cambria, Fayette, Greene, Indiana, Lawrence, Somerset, Washington, & Westmoreland Counties

American Cancer Society

**1004 N. Juniata Street
Hollidaysburg, PA 16648**

Services Available:

Reach to Recovery: Trained volunteers provide cancer patients free transportation to and from outpatient cancer treatments.

Look Good...Feel Better: A free workshop where trained cosmetologists teach women with cancer how to understand and care for changes in skin and hair that may occur during treatment. Participants receive a kit of skin care/makeup products. Call for dates and locations.

Free Wig Program: Free, brand new wigs and head coverings for cancer patients experiencing hair loss. Three locations are available in Bedford County.

Reach to Recovery: Trained volunteers who are breast cancer survivors offer practical tips on self-care and a listening ear to anyone with a breast cancer diagnosis.

Man to Man: Program provides one on one or group support for men with prostate cancer. Groups are facilitated by trained volunteers who are prostate cancer survivors themselves.

I Can Cope: A free educational program for people facing cancer. Two groups are available in Blair County. Classes are also available on line by visiting www.cancer.org/icancope.

Hope Lodge: A free overnight facility offered to cancer patients and their families needing a place to stay while receiving cancer treatment. In Pennsylvania: Hope Lodge of Central PA in Hershey

American Cancer Society, continued...

and AstraZeneca Hope Lodge of the ACS in the Philadelphia area.

Cancer Survivors Network: An emotional support system accessible on the internet created by and for cancer survivors and caregivers: www.cancer.org/csn

Clinical Trials Matching Service: Accessible through www.cancer.org or at 1.800.303.5691 for those looking for information about clinical trials.

Health Insurance Assistance: The service offers patients a unique, free resource linking them to health insurance specialists at 1.800.227.2345 or www.cancer.org

Volunteer Opportunities:

1. Relay for Life
2. Daffodil Days
3. Making Strides for Breast Cancer
4. Quality of Life volunteers for work with ACS Mission, programs, services and community events.
5. Road to Recovery Volunteer Drivers (Drive patients to cancer related medical appointments) and Road to Recovery Volunteer Coordinator (coordinate rides for patients with county volunteers).

Phone:

Local: (814) 695-9232

National: 1-800-227-2345 (preferred for information on patient services)

American Cancer Society, continued...

Hours:

Local Office:
Monday through Friday
8:30 a.m. – 4:30 p.m. for staff support
National Number:
24 hours a day, 7 days a week

Website:

www.cancer.org

Target Population:

Any person affected by cancer.

Fee for Services:

None

Eligibility:

Cancer patients and families.

American Red Cross

**4100 5th Avenue
Altoona, PA 16602**

Services Available:

1. Disaster Relief (Fires, Floods, Weather related storms, Chemical Spills, etc.)
2. Armed Forces Emergency Services and Families of the Military.
3. Communications and notifications of births, deaths, requests to bring home military for emergencies.
4. First Aid and CPR instructions and Water Safety, HIV/AIDS education.
5. Youth and Volunteer Services
6. International Tracings.

Contact Information:

Jane Gable
(814) 652-9071 or 814-944-6146
FAX (814) 944-1753
E-Mail: jane.gable@redcross.org

Website:

www.redcross-scpa.org/soalleghenies

Hours:

Monday – Friday, 9 a.m. – 4:00 p.m.

Fee for Services:

All courses i.e., First Aid, CPR, Water Safety, etc. all have a charge for books and certification.

American Red Cross, continued...

All disaster assistance is a gift from the American people, which is provided by volunteer contributions to the Red Cross. The Red Cross does not receive any state or federal funding, only donations.

Appalachia Intermediate Unit 8 (IU8)

Educational Programs and Services

**4500 Sixth Avenue
Altoona, PA 16602**

Services Available:

Special education services for preschool and school age students. Services include:

- Psychological & speech/language evaluations
- Physical therapy & occupational therapy
- Individualized education programs
- Transportation
- Transition
- Behavior Support Plan Development
- Staff Development Training
- Social Work Services

Contact Information:

Dr. Joseph Macharola, Executive Director

E-mail: jmacharola@iu08.org

(814) 940-0223

Dr. Barbara V. Uncapher

Director of Educational Programs and Services

(814) 940-0223

Early Intervention Program

(814) 940-0223 or 1-800-228-7900

Website: www.IU08.org

Hours:

Monday – Friday, 8 a.m. – 4 p.m.

**Appalachia Intermediate Unit 8 (IU8),
continued...**

Target Population:

Exceptional preschool and school age children

Fee for Services:

None

Eligibility:

Must be identified as exceptional (i.e. intellectual disabilities, learning disabled, socially/emotionally disturbed, visually impaired, autistic, hearing impaired, speech/language impaired, physically handicapped, developmentally delayed)

Beacon Counseling Center

**321 South Richard Street
Bedford, PA 15522**

Services Available:

Behavioral Health-Counseling-Individual &
Marital

Contact Information:

814-623-2191

Hours:

Monday through Friday, By Appointment

Target Population:

Adult

Fee for Services:

Accept various health insurance plans
Self-pay

Bedford County Assistance Office (CAO)

**150 North Street
Bedford, PA 15522**

Services Available:

1. Financial (Cash) Assistance Program
2. Medical Assistance Program
3. Food Stamp Program
4. State Blind Pension Payments
5. Financial Payments for Nursing Home Care
6. Early Periodic Screening, Diagnosis and Treatment (EPSDT) Program – A national health program for eligible persons from birth up to 21 years of age.
7. Low Income Home Energy Assistance Program (LIHEAP) – A fuel assistance program
8. Energy Crisis Assistance Program
9. Information and Referral
10. Social Services

Contact Information:

Linda Brouse – Executive Director
E-mail: c-bedford@state.pa.us
(814) 623-6127
800-542-8584

**Bedford County Assistance Office (CAO),
continued...**

How to Apply:

Call or visit CAO to receive application or submit online application at www.compass.state.pa.us. This site provides detailed information on programs available.

Hours:

Monday – Friday, 7 a.m. – 5 p.m.

Target Population:

Bedford County

Fee for Services:

None

Eligibility:

Eligibility based on Federal and State guidelines as pertains to income, resources, living arrangements, etc.

Other Information:

Office located on first floor with easy access for the handicapped. Home visits can be arranged for individuals unable to come into the office because of age, disability, or sickness. Please call to have an application mailed if unable to come to the office.

Bedford County Children & Youth Services

**200 South Juliana Street
Bedford, PA 15522**

Services Available:

1. Youth Information and Referral
2. Crisis Intervention
3. Investigation for Child Abuse and Neglect
4. Parent Effectiveness Training
5. Homemaker Services
6. Home Management Training
7. Intensive Family Preservation Services
8. Emergency Shelter Care
9. Foster Family Care
10. Group Home Care
11. Adoption
12. Home Studies
13. Services to Unwed Parents
14. 24-Hour Emergency Services
15. Education and Prevention Services

Hours:

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Contact Information:

(814) 623-4804
FAX (814) 623-3013
Child Abuse Hotline
800-932-0313

**Bedford County Children & Youth Services,
continued...**

Fee for Services:

Social Work – free of charge
Placement – sliding fee scale

Eligibility:

Residency in Bedford County
Children under 18 years of age

Other Information:

Walk-in and appointments are acceptable.
Limited transportation is provided.

Bedford County Commissioners

**Bedford County Office of
Voter Registration/Elections
200 South Juliana Street
3rd Floor
Bedford, PA 15522**

Services Available:

1. County Government
2. All voter registry services: address and name changes; party changes, Election instruction and information

Contact Information:

Kirt B. Morris, Commissioner Chair
E-mail: Cmorris@bedfordcountypa.org

Steven K. Howsare, Commissioner Vice Chair
E-mail: Chowsare@bedfordcountypa.org

S. Paul Crooks, Commissioner Secretary
E-mail: Ccrooks@bedfordcountypa.org

Maragaret A. Koenig, Chief Clerk
E-mail: Pkoenig@bedfordcountypa.org

Maragaret A. Koenig, Director of Elections
E-mail: Pkoenig@bedfordcountypa.org

Telephone: (814) 623-4807

Website:

bedford.pacounties.org

**Bedford County Commissioners,
continued...**

Hours:

Monday – Friday 8:30 a.m. – 4:30 p.m.

Target Population:

Entire County

Fee for Services:

Only applicable when filing petitions for certain offices.

Bedford County Housing Authority

**201 South Richard Street, Suite 414
Bedford, PA 15522**

Services Available:

Rental Assistance Program

Contact Information:

Joyce Chadwick,
Section 8 Coordinator
(814) 623-1477
E-mail: bcha05@yahoo.com

Hours:

Monday – Friday,
8:30 a.m. – 12 p.m.
1 p.m. – 4:30 p.m.

Target Population:

Bedford County

Fee for Services:

None

Eligibility:

Very low income families, elderly and
handicapped

Bedford County Veterans Affairs

**Courthouse Annex
Bedford, PA 15522**

Services Available:

1. Assists veterans and or family members in presenting compensation and pension claims for disabled veterans or their surviving family members.
2. Explanation and applications for education and training programs available to the veteran and/or family member.
3. Provide information on life insurance and assist family members in filing for benefits upon the death of the veteran, changing beneficiary or purchasing additional insurance.
4. Requests for Guaranteed Home Mortgage Loan Certificates.
5. Request for military records and awards from the national personnel center.
6. Assist wartime veterans apply for Veterans Emergency Assistance on a temporary basis not to exceed three (3) months.
7. Assist 100% service-connected wartime veterans or eligible family members to apply for real estate tax exemption.
8. Assist veterans to apply to the Commonwealth of Pennsylvania for blind or paralyzed veterans pension.

**Bedford County Veterans Affairs,
continued...**

9. Advise eligible wartime 100% disabled veterans on obtaining free hunting and fishing license.
10. Advise veterans and family members of availability of benefits from the Veterans Affairs Office, Commonwealth of Pennsylvania and Bedford County.

Contact Information:

Barbara L. Cheke, Director
(814) 623-4848
FAX (814) 623- 7431
E-mail: bcheke@bedfordcountypa.org

Hours:

Monday – Friday
8:30 a.m. – 4:30 p.m.

Fee for Services:

None

Eligibility:

Veterans and Family Members

Bedford Health Center

**220 South Thomas Street
Bedford, PA 15522**

Services Available:

Medical and Dental

Contact Information:

814-623-8222

Website:

www.hyndmanhealth.org

Hours:

Monday – Friday
7:30 a.m. – 6:00 p.m.

Target Population:

No limitations

Fee for Services:

Per procedure – accept Medicare, Medical Assistance, and private insurances.

Offers sliding fee scale – discounts available; may be eligible for discount based on total family income and size.

Eligibility:

No limitations

Bedford Health Center, continued...

Other Information:

Handicapped access, walk-in appointments

Bedford-Somerset MH/MR d/b/a Cornerstone Community Services

**1243 Shed Road
Bedford, PA 15522**

Mission Statement:

The Bedford-Somerset Mental Health and Mental Retardation Agency is dedicated to ensuring local access to a comprehensive array of quality mental health and mental retardation services necessary to help individuals and their families lead more fulfilled lives in their communities. As a behavioral health care delivery system, Bedford-Somerset Mental Health and Mental Retardation will strive to effectively manage and remain responsive to a dynamic and changing health care environment.

Services Available:

Mental Health Services

- **Administrative Case Management** - The Base Service Unit of Bedford-Somerset Mental Health/Mental Retardation ensures adequate treatment for those consumers in need of mental health services.

Program Director:

Jill Bardell, Bedford County

Bedford-Somerset MH/MR d/b/a Cornerstone Community Services, continued...

- **Adult Blended Case Management** – The Adult Blended Case Management Program (BCM) provides services to adults with serious or persistent mental illness. The BCM program follows the individuals' movement among various programs within the Mental Health/Mental Retardation system, other agencies, and the community.
Program Director:
Mary Bullington, Bedford County
- **Outpatient/Clinical Services Unit-** The Clinical Services Units of the Bedford and Somerset County Outpatient Clinics are the providers of quality mental health care. This is accomplished by providing means for consumers to develop skills that will allow them to overcome current emotional problems and prevent future problems from developing.
Program Director:
Susan Custer, Bedford County
- **Group Counseling Center** – The Group Counseling Program is a group counseling center that seeks to aid seriously mentally ill (SMI) adults and non-seriously mentally ill (NSMI) adults by providing a therapeutic environment and a professionally planned, individualized day treatment program.

Bedford-Somerset MH/MR d/b/a Cornerstone Community Services, continued...

Program Director:

Susan Custer, Bedford County

- **Crisis Intervention** – The Crisis Intervention Program operates 24 hours a day, seven days a week to conveniently address emergencies as they may arise. Crisis services include; telephone hotline, mobile, and walk-in. Services are provided to individuals in crisis or families who represent or seek assistance for those in crisis. 24/7 telephone crisis hotline 1-866-611-6467.

Program Director:

Brent Smith, Bedford County

- **Blended Case Management Program for Children and Adolescents** – The Blended Case Management Program for Children and Adolescents provided services to individuals 17 years of age and younger who suffer from serious and persistent mental illness. The BCM program helps children/adolescents and their families to access resources which enable them to continue living stable, independent lives within their own homes and communities. Such resources may include: food, clothing, housing, transportation, medical, dental, financial, educational, vocational, legal, as well as mental health.

**Bedford-Somerset MH/MR d/b/a Cornerstone
Community Services, continued...**

Program Director:

A. "Pete" Peters, Bedford County

- **Psych Rehabilitation Program** – The purpose of the Psych Rehabilitation program is to provide to the seriously mentally ill (SMI) adult population services that will foster the development of social interaction skills, communication skills, decision-making abilities, vocational strengths and leadership skills.

Program Director:

Tracey Shontz

- **Long Term Structured Residence** – The purpose of the Long Term Structured Residence (LTSR) is to provide alternative treatment to consumers at risk of hospitalization.

Program Director:

Mary Beaken

Clinical Director:

Lora Jackson

- **Children's Services** – Services for children through Mental Health/Intellectual Disability include Early Intervention, Children and Adolescent Service System Program (CASSP, School Consultation, Student Assistance

Bedford-Somerset MH/MR d/b/a Cornerstone Community Services, continued...

Program and services available through the outpatient clinics.

- **Student Assistance Program** – The Bedford-Somerset Mental Health/Mental Retardation believes in and is an active participant in the Student Assistance Program (SAP). Through the combined efforts of Drug and Alcohol staff, school district personnel as well as mental health professionals, students in area schools can receive the help they need to remove barriers that interfere with their ability to learn and to function productively in school.

SAP Liaison:

Julie Huffman, Bedford County

- **Early Intervention Program** – The Early Intervention Program is designed to provide services to children ages birth through two years who are experiencing developmental delays.

Program Director:

Desiree Barnes

Intellectual Disability Services

- (Supports Coordination Organization-SCO) – The SCO ensures adequate treatment for those individuals in need of intellectual disability services.

Bedford-Somerset MH/MR d/b/a Cornerstone Community Services, continued...

Program Director:

Kevin Zavarotny, Bedford County

- **Family Driven Services** – Family Driven Services is a program, which provides assistance to families in the care of their family member with special needs.

FDS Specialist:

James Whisker, Bedford & Somerset Counties

- **Cornerstone Vocational Resource Center** – The Bedford and Somerset County Workshops offer a vocational adjustment program to the intellectually disabled, learning disabled, emotionally disabled and physically disabled adults of Bedford and Somerset Counties.

Program Director:

William Williams, Bedford County

- **Intellectual Disabled Residential Services** – The mission of the Intellectual Disabled Residential Services Program is to provide a variety of community living arrangement supports for adult individuals with developmental and intellectual disabilities.

Program Director:

Renee Pepple, Bedford County

**Bedford-Somerset MH/MR d/b/a Cornerstone
Community Services, continued...**

Contact Information:

Base Service Unit (814) 623-5166
Crisis Intervention – 1-866-611-MHMR(6467)
24 hours a day/7 days a week

Website:

www.besmhmr.dst.pa.us

Hours:

Monday - 8:00 a.m. – 6:00 p.m.
Tuesday – Friday, 8:00 a.m. – 4:30 p.m.

Fee for Services:

Mental Health/Mental Retardation accepts medical assistance, medicare, or other insurance carriers to cover the cost of its programs. If an individual does not have medical assistance or other insurance coverage, the cost will be determined by the persons ability to pay based on their income. This applies to most programs at Mental Health/Mental Retardation, however some programs are offered free of charge.

Eligibility:

Bedford County resident

Broad Top Area Medical Center, Inc.
And
Huntingdon Family Practice

4133 Medical Center Drive
Broad Top, PA 16621-0127
(814) 635-2916

835 Washington Street
Huntingdon, PA
(814) 643-1414

Services Available:

Comprehensive Medical Services:

1. X-Ray
2. Laboratory
3. EKG
4. EPSDT
5. Minor Emergencies
6. Patient Education
7. Providing maternity care
8. Prenatal and Post Partum
9. Well women GYN care
10. WIC Supplemental Feeding Program
11. Sigmoidoscopy
12. Colpo

Contact Information:

Gary Sauers, CEO
(814) 635-2916 ext. 212
Medical (814) 635-2916

**Broad Top Area Medical Center, Inc. and
Huntingdon Family Practice, continued...**

Hours:

Limited Evening Hours available by
Appointment

Target Population:

Residents of Huntingdon, Northern Bedford,
Northern Fulton, and Mifflin Counties.

Fee for Services:

A Sliding Scale Discount Fee Schedule is
available for eligible Patients.

Other Information:

Handicapped Access, walk-in for emergencies,
appointments encouraged, other on-site
services through contract including well child
clinic, health education, disease prevention
programs, and speakers.

**Center for Community Action
Bedford Rural Electric Cooperative
Members in Need Program**

195 Drive In Lane
Everett, PA 15537

Services Available:

Interest free loans to REC customers with temporary problems paying electric bills. Customers must negotiate a settlement with REC and be referred to our office by the REC office.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford Rural Electric Cooperative Members

Fee for Services:

Free of Charge

**Bedford Rural Electric Cooperative
Members in Need Program, continued...**

Eligibility:

Call for eligibility information

**Center for Community Action
Child Care Information Services of
Bedford County**

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Child Care Information Services provides funding to help pay your child day care bills. Subsidized childcare funding is available to eligible families. Parents must be PA residents and be working at least 20 hours per week.

Child Care Family Support Services provides help in finding quality childcare providers, childcare counseling, child safety information and child development information.

Contact Information:

Dotti or Wanda
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

**Child Care Information Services of Bedford
County, continued...**

Target Population:

Bedford County residents

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

**Center for Community Action
Customer Assistance Program
(PCAP)**

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Provides assistance for Penelec customers who have hardships in paying their utility bill. Customers participate in a twelve-month program designed by Penelec.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Penelec Customers

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action Emergency Food and Shelter

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Emergency food and shelter offers rental assistance in the payment of one month's rent or one month's utility payment for individuals in an emergency situation. Emergency food is offered through Bedford County's food banks.

Contact Information:

Christine
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Huntingdon County residents

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

**Center for Community Action
Employment, Advancement,
Retention Network**

**195 Drive In Lane
Everett, PA 15537**

Services Available:

The Employment, Advancement, Retention Network provides assessment, counseling, job search, self-development and training to individuals referred by the Department of Public Welfare.

Contact Information:

Crystal or Stacey
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford, Fulton and Huntingdon County residents

Fee for Services:

Free of charge

Employment, Advancement, Retention Network, continued...

Eligibility:

Must be referred by Department of Public
Welfare

Center for Community Action Financial Literacy Workshops

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Financial literacy workshops are offered in topics such as: borrowing basics and budgeting, checking and savings accounts, credit cards, avoiding scams and identify protection, loans, and home ownership.

Contact Information:

Karen
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford, Fulton and Huntingdon County residents

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action GED Preparation

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Instruction is available to prepare individuals to take the GED test. Minimal to intensive instruction is given by a Pennsylvania State Certified Instructor. Testing is completed to determine an individual's grade level and need.

Contact Information:

Forrest
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Low income residents of Bedford, Fulton and Huntingdon Counties

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action GED Testing

195 Drive In Lane
Everett, PA 15537

Services Available:

Center for Community Action is the State Certified GED Testing Site in Bedford, Fulton and Huntingdon Counties. Individuals interested in taking the GED test can contact our office.

Contact Information:

Forrest or Stacey
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Center for Community Action GPU and Allegheny Power Energy Programs

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Energy conservation measures are installed to the home for utility customers experiencing high kilowatt usage. Energy education services are provided.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

GPU and Allegheny Power Customers

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action Homeless Assistance Program

**195 Drive In Lane
Everett, PA 15537**

Services Available:

The Homeless Assistance Program helps to assure homelessness can be avoided through prevention services assisting individuals to maintain affordable housing. The program offers rental assistance in the payment of one month's rent, security deposit or utilities made on behalf of individuals to prevent and/or end homelessness by maintaining individuals in their own residences.

Contact Information:

Karen or Christine
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford and Huntingdon County residents

Center for Community Action
Homeless Assistance Program, continued...

Fee for Services:

Service is free but requires individuals pay 10% of owed rent or utilities.

Eligibility:

Call for eligibility information

**Center for Community Action
Homeless Prevention and Rapid
Re-Housing**

**195 Drive In Lane
Everett, PA 15537**

Services Available:

The Homeless Prevention and Rapid Re-Housing Program helps with prevention to keep individuals and families at risk from becoming homeless.

The Homeless Prevention and Rapid Re-Housing Program offers rental assistance and rapidly re-houses individuals and families who are already homeless and/or living in temporary housing and those who have recently become homeless.

Contact Information:

Karen
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Center for Community Action Homeownership Opportunities Program

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Potential homebuyers may be eligible for down payment assistance after completing the homeownership workshop. Applicants must have a good credit history.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford, Fulton, Blair, Somerset and
Huntingdon County residents

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action Home Repair Program

**195 Drive In Lane
Everett, PA 15537**

Services Available:

The Home Repair Program offers minor home repair services to the elderly and handicapped for measures that address health and safety issues. Minor home repairs may include wheel chair ramps, plumbing and floor repairs, door and window replacements.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Handicapped, elderly and individuals on fixed incomes

Fee for Services:

Free of Charge

Home Repair Program, continued...

Eligibility:

Call for eligibility information

**Center for Community Action
Human Services Development Fund**

195 Drive In Lane
Everett, PA 15537

Services Available:

The Human Services Development Fund, through subcontracted agreement, provides homemaker services, transportation services, and victim services.

Contact Information:

Penny
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday-Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford and Huntingdon County residents

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action Medical Assistance Transportation

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Medical Assistance Transportation provides reimbursement to Bedford County residents for transportation to and from medical related appointments when an ACCESS card is used for the services.

Contact Information:

Penny
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Bedford County residents who have a valid ACCESS card.

Fee for Services:

Free of Charge

Medical Assistance Transportation, continued...

Eligibility:

Call for eligibility information. Eligibility must be determined prior to provision of service.

Center for Community Action Owner Occupied Housing Rehab Services

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Housing rehab services are available to income eligible residents of Bedford and Fulton County and Everett Borough homeowners. This is an owner occupied rehab program that provides major repairs to homes in order to bring the home up to HUD's Section 8 housing standards for health and safety. Applicants applying for rehab services must have lived in the home at least 2 years. Applicants receiving these services will have a lien placed on their property for 5 years, after which the lien will be lifted.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

**Center for Community Action
Owner Occupied Housing Rehab Services,
continued...**

Target Population:

Home owners in Bedford and Fulton Counties
and Everett Borough

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action PA Access Program

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Low and moderate income persons with a permanent disability may be eligible for home modifications that improve the accessibility and mobility to their home. Modifications may include; wheelchair ramps, widening of doorways and/or electrical chairlifts. Families with children are given priority.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Permanently disabled residents of Bedford and Fulton Counties.

Fee for Services:

Free of Charge

PA Access Program, continued...

Eligibility:

Call for eligibility information

Center for Community Action Persons with Disabilities (PWD)

**195 Drive In Lane
Everett, PA 15537**

Services Available:

PWD allows individuals with disabilities, as defined by the Americans with Disabilities Act, to access shared ride service by paying co-pay similar to senior citizens without restriction to income or trip purpose.

Contact Information:

Penny
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Residents of Bedford County who are disabled and have a transportation need.

Fee for Services:

Co-pay

Eligibility:

Call for eligibility information.

Center for Community Action Raystown Village Apartments

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Raystown Village Apartments offers subsidized housing for seniors age 62 and older and for handicapped individuals. One bedroom apartments and two bedroom townhouses are available.

Contact Information:

Becky
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. - 4:30 p.m.

Target Population:

Seniors age 62 and older and handicapped individuals

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Community Action Supported Work

195 Drive In Lane
Everett, PA 15537

Services Available:

The supported work program provides individualized counseling, job search, self-development and training to individuals referred by the Department of Public Welfare.

Contact Information:

Stacey or Crystal
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday
8:00 a.m. – 4:30 p.m.

Target Population:

Bedford County residents

Fee for Services:

Free of Charge

Eligibility:

Referred by Department of Public Welfare

Center for Community Action Weatherization

**195 Drive In Lane
Everett, PA 15537**

Services Available:

Provides energy conservation measures installed to houses and mobile homes in order to reduce heating/cooling and utility costs. Measures may include attic insulation, floor insulation, furnace testing, weather stripping, door sweeps, caulking, hot water heater and pipe wrap, faucet aerators, low flow showerheads and energy education.

Contact Information:

Jolene, Beth or Diana
(814) 623-9129 or 1-800-323-9997
E-mail: info@centerforcommunityaction.org

Website:

www.centerforcommunityaction.org

Hours:

Monday – Friday - 8:00 a.m. – 4:30 p.m.

Target Population:

Handicapped, elderly and individuals on fixed incomes

Weatherization, continued...

Fee for Services:

Free of Charge

Eligibility:

Call for eligibility information

Center for Independent Living of South Central Pennsylvania

**1019 Logan Boulevard
Altoona, PA 16602**

Services Available:

- Advocacy (Personal and Systems)
- Information and Referral
- Housing Data Referral
- Technical Assistance
- Peer Counseling (Individual and Family)
- Independent Living Skills Training
- Accessibility Consultation
- Service Coordination
- Regional Action Teams

The Center has access to information on attendant care, housing, transportation, special equipment, financial assistance and community-wide service programs. The Center works with individuals or with any referring agency.

More than an information source, the Center provides services and programs, which help people with disabilities take control of their own lives.

The Center is a non-profit, tax exempt, community based organization and non-residential in nature. All programs are consumer-controlled and focused on the

**Center for Independent Living of South
Central Pennsylvania, continued...**

individual. The Center provides services in Bedford, Blair, Cambria, Fulton, Huntingdon, Indiana, and Somerset counties.

Regional Action Teams are groups comprised of people with disabilities, their friends, family members and concerned individuals from the community working together to find solutions to issues which prevent a person with a disability from living and moving about independently in the community.

Contact Information:

Susan Estep, Executive Director
(814) 949-1905 (voice/tty)
(814) 949-1912 (tty)
1-800-237-9009 (voice/tty)
(814) 949-1909 FAX
E-mail: cilscpa@cilscpa.org
Website: www.cilscpa.org

Hours:

Monday – Friday, 9:00 a.m. – 5 p.m.

Target Population:

People with disabilities within our seven county service area.

Fee for Services:

None

**Center for Independent Living of South
Central Pennsylvania, continued...**

Eligibility:

Individual with a disability or a family member
of a person with a disability.

Children's Behavioral Health, Inc.

**608 East Pitt Street
Bedford, PA 15522**

Services Available:
BHRS (TSS,BSC/MT)

Contact Information:
Tiffany Ellingson – 814-623-1051
E-mail: tellingson@childrensbh.com
Nettie Zeanchock, MS – 814-262-0768

Website:
www.childrensbh.com

Hours:
Monday – Friday – 8:00 a.m. – 4:30 p.m.

Target Population:
Kids up to the age 21

Fee for Services:
Must have ACCESS card (Medical Assistance)

Eligibility:
Must have mental health diagnosis and must be found medically necessary.

Children's Behavioral Health, Inc., continued...

Other Information:

We provide services in the home/community and school settings. Please call us if you have any questions. These services are solely for behavioral and emotional needs.

Colonial Courtyard at Bedford

**220 Donahue Manor Road
Bedford, PA 15522**

Services Available:

1. Personal care
2. Assisted Living

Contact Information:

Anissa Rosemas – Administrator
Ella L. Bowman – Community Relations
Coordinator (814) 624-0100

Community Behavioral Healthcare Network of PA (CBHNP)

**203 East Pitt Street, Suite 103
Bedford, PA 15522**

Services Available:

CBHNP manages behavioral health services for recipients of Medical Assistance; CBHNP works in conjunction with the county Mental Health and Drug and Alcohol systems.

Contact Information:

Christie Minnick or Deborah Glunt
(814) 623-0550
E-mail: cminnick@cbhnp.org or
dglunt@cbhnp.org

Hours:

Monday – Friday
8:00 a.m. – 4:30 p.m.

Target Population:

Medical Assistance recipients needing
behavioral health services

Fee for Services:

None

Eligibility:

Active MA

Cove Counseling Center

**601 Wilson Avenue
Roaring Spring, PA 16673**

Services Available:

All types of counseling: individual, marriage, teens, children and seniors, families

Contact Information:

Millie Baker, MSW, LCSW (814) 934-0303
E-mail: millieblsw@atlanticbbn.net
Janet Roarabaugh, Med, LPC (814) 241-0471
Heather Redmond, MSW, LCSW (814) 937-7686
Rachele Meek, MSW, LSW (814) 934-1204
Brian Burkett, MS, LPC (814) 224-4720

Hours:

Monday – Saturday
By Appointment
8:00 a.m. – 9:00 p.m.

Target Population:

All Ages

Eligibility:

Most Insurances Accepted

Domestic Relations

**Court House Annex
200 South Juliana Street, Suite 203
Bedford, PA 15522**

Services Available:

1. Establishment and Collection of Court ordered child/spousal support obligations.

Contact Information:

Michael D. Faupel (814) 623-4813

Hours:

Monday – Friday, 8:30 a.m. – 12 p.m.,
1 p.m. – 4:30 p.m.

Target Population:

Bedford County

Fee for Services:

\$1.00 application/filing fee may be required
Court costs as determined by
Prothonotary/Clerk of Court.

Easter Seals Central Pennsylvania

**501 Valley View Boulevard
P.O. Box 1749
Altoona, PA 16603**

Services Available:

1. Speech Evaluation & Therapy
2. Occupational Evaluation/Therapy
3. Physical Evaluation/Therapy
4. Audio Services/Hearing, Screenings/Evaluations/Hearing Aids
5. Summer Day Camp (ages 2 ½ through 12)
6. Information and Referral
7. AgrAbility – Case Management and Outreach for Farmers and Farming Families who are ill or injured
8. Assistive Technology Information
9. Public Education-Speakers Bureau

Medical Outpatient Rehabilitation Services, (specializing in pediatrics) but also treat adults, pre-school/extended child care, and Summer Day Camp, AgrAbility, assistive technology information for clients living in the Bedford/Blair Counties area are delivered through the Altoona site, located at 501 Valley View Blvd. (between Granny's Restaurant and Valley View County Nursing Home on RT 220 North).

**Easter Seals Central Pennsylvania,
continued...**

Contact Information:

Bedford Residents call 1-888-463-3093

Website: www.eastersealscentralpa.org

E-mail: hwithrow@eastersealscentralpa.org

Target Population:

Children and Adults with disabilities or other special needs and their families (all ages)

Fee for Services:

Most Third Party Payers accepted Medicare

Medical Assistance/21 and under

Private Payer

East Penn Counseling Services

CLOSED

**Records transferred to:
Mary A. Mack, MS., LPC
503 S. Market Street
Martinsburg, PA 16662**

Services Available:

Transfer of records for 5 year period after date
of last contact.

Contact Information:

Mary A. Mack, M.S., LPC (814) 793-3920

Evergreen Counseling Associates

**608 East Pitt Street
Bedford, PA 15522
(In the building of the East Pitt Professional
Center)**

Services Available:

Individual, Couple, Family, Group &
Educational

Contact Information:

Debra D. Erickson, MA, MSW, EAP/Pa. SAP
Director
(814) 623 – 0882 or 814-624-3121 for appts.

Hours:

Monday – 8:00 a.m. – 6:00 p.m.
Tuesday, Wednesday & Friday
8:00 a.m. – 5:00 p.m.

Target Population:

Family Intervention
Marriage, Families & Children 6+

Fee for Services:

Sliding Fee/Insurance, MA

Other Information:

Agency Contracts, EAP Programs, Off Site
Psych Evaluations, PA SAP Evaluations,

**Evergreen Counseling Associates,
continued...**

Disabilities, Child Welfare & Case
Management, DOT/SAP Drug & Alcohol FAA

Experience Works, Inc.

**P.O. Box 318
Cresson, PA 16630**

Services Available:

Employment and Training Assistance

Contact Information:

Michael Hite
Employment & Training Coordinator
(814) 381-7021 or 1-800-854-1578
Email: michael_hite@experienceworks.org

Hours:

Monday – Friday
8:00 a.m. – 4:00 p.m.

Target Population:

Unemployed persons 55 years of age or older
who meet income eligibility.

Fee for Services:

None

Eligibility:

Must meet limited income guidelines set by the
U.S. Department of Labor (125% of Federal
poverty level), be unemployed, and seeking
employment.

Family Behavioral Resources

9528 Lincoln Highway
Bedford, PA 15522

Services Available:

Behavioral Health Rehabilitative Services (MT, BSC, TSS Services authorized through CBHNP and Fee for Service Consumers based on the recommendations by an evaluator

Contact Information:

(814) 623-5077
Fax: 814-623-5405
Website: www.familybehavioralresources.com

Hours:

Monday – Friday
8:00 a.m. – 5:00 p.m.

Target Population:

All children and adolescents ages 1-21 with behavioral and mental health diagnosis and specialize in autism spectrum disorders.

Fee for Services:

We accept all consumers with the MA card and will assist in the process of obtaining the MA card to those without. Provide referral resources when needed and applicable.

First Choice In Home Care

**130 West Penn Street, #5
Bedford, PA 15522**

Services Available:

1. Experienced and dependable caregivers can help with personal care, meal preparation, transportation, housekeeping, laundry, medicine reminding, and pet care.
2. Services can be temporary or long term.
3. Services are non-medical and can be arranged for a couple of hours each week up to 24 hours per day.

Contact Information:

Karen Everhart
(814) 623 – 7772 or 800 – 916 –7717
E-mail: 1stchoicehome@earthlink.net
Website: bedfordhomecare.com

Hours:

Services available 24 hours per day,
7 days a week

Target Population:

Seniors, Disabled

Other Information:

A free initial consultation is completed with the customer and/or family members.

Griswold Home Care

**203 Allegheny Street
Hollidaysburg, PA 16648**

Services Available:

- Non-Medical Home Care
- Personal Care
- Meal Preparation
- Light Housekeeping
- Transportation
- Companionship

Contract Information:

- Blair County Office
- (814) 696-9100
- 888-662-9100
- Website: www.griswoldhomecare.com

Hours:

- Office hours:
- Monday-Friday, 8:00 a.m. – 4:30 p.m.
- On Call 24hrs/day

Target Population:

- Elderly
- Disabled

Fee for Services:

- \$13.50/hour
- \$83.00 overnight

Griswold Home Care, continued...

Eligibility:

Private pay
Long Term Care Insurance

Healthsouth Rehabilitation Hospital

**2005 Valley View Boulevard
Altoona, PA 16602**

Services Available:

- Rehabilitation Services
- Inpatient & Outpatient
- Outpatient Services available in Bedford at 5 Corporate Drive, Suite 103 Bedford, PA 15522

Contact Information:

Mary Jo O'Brien, LPN Rehab Liaison
(814) 944-3535 or 1-800-873-4220
FAX: 814-944-4567
E-mail: mary.obrien@healthsouth.com

Hours:

Inpatient – 24 Hours
Outpatient – open at 8:00 a.m. with flexible hours

Target Population:

Anyone in need of Rehab

Fee for Services:

Participates in Medicare, Medicaid and Managed Care Re-Imbursement.

Eligibility:

Patients in need of Physical, Occupational and Speech rehabilitation.

Highmark Caring Place

**620 Stanwix Street
Pittsburgh, PA 15222**

Services Available:

Highmark Caring Place – Free peer group support for all children, adolescents and their families who are grieving the death of a close loved one (family member).

Contact Information:

Virginia Giannotta,
Outreach and Education Specialist
(412) 544-0150
FAX: (412) 544-1686
E-mail: virginia.giannotta@highmark.com
Website: www.highmarkcaringplace.com

Hours:

Customer Service
Monday – Friday, 8:30 a.m. – 4:45 p.m.
1-888-224-4673, message services after hours
Highmark Caring Place toll free

Target Population:

Grieving children, adolescents, and their families.

Highmark Caring Place, continued...

Other Information:

To Qualify:

For Highmark Caring Place:

These grieving services are available to all children, adolescents, and their families who are grieving the death of a family member. The free peer group sessions are held in Pittsburgh, as well as in facilities in Erie, Warrendale, and outside Harrisburg. Dinner and parking is paid for.

Home Nursing Agency In-home Services

**227 Hospital Drive, Suite 2
Everett, PA 15537**

Services Available:

1. Visiting Nurses
2. Physical, occupational, speech therapy
3. Homemakers/Home health aides
4. Medical Social service
5. Nutrition counseling and medication management
6. IV Therapy
7. DVT Therapy
8. Telehealth and wound videography
9. Cardiac, wound, diabetes specialists
10. Private duty services including nursing, assistance with personal care, homemaker services.

Contact Personnel and Telephone:

(814) 623-1937

Toll Free 1-800-445-6262

Website: www.homenursingagency.com

Hours:

24 hr/day; 7 days/week

**Home Nursing Agency In-home Services,
continued...**

Target Population:

Individuals needing assistance with personal care, medication, health management; those recovering from illness, injury, or surgery; or anyone who desires to remain independent at home but needs assistance.

Home Nursing Agency Hospice

**227 Hospital Drive, Suite 2
Everett, PA 15537**

Services Available:

1. Visiting Nurses
1. Physical, occupational, speech therapy
2. Homemakers/Home health aides
3. Medical Social Service
4. Nutrition counseling and medication management
5. Spiritual counseling/clergy as requested
6. Volunteers
7. Physicians
8. Bereavement services and grief counseling

Contact Information:

(814) 623-1937

Toll Free 1-800-445-6262

Website: www.homenursingagency.com

Hours:

24 hrs/day; 7 days/week; on-call

Target Population:

Individuals with chronic health conditions or life-limiting illnesses who wish to focus on symptom management; comfort measures and quality of life.

Home Nursing Agency Adult Day Services

**227 Hospital Drive, Suite 2
Everett, PA 15537**

Services Available:

1. Nursing
2. Nutrition
3. Nutrition Management
4. Exercise
5. Cognitive Activities

Hours:

Monday – Friday
8:00 a.m. – 4:00 p.m.

Target Population:

People who are socially isolated, have behavior management issues, need supervision due to safety issues, or cognitive deficits due to stroke, dementia, or alzheimers.

Home Nursing Agency Adult Day Services, continued...

Target Population:

Adults who would benefit from assistance, activity, and socialization during the day.

Home Nursing Agency AIDS Intervention Project

**500 E. Chestnut Avenue
P.O. Box 352
Altoona, PA 16603**

Services Available:

1. Advocacy
2. Housing and funding
3. Community Education
4. Clinical services/medication adherence
5. Risk reduction/prevention

Contact Information:

Jerry Rice, Manager
(814) 944-2982 or 866-818-3375
E-mail: jrice@homenursingagency.com

Website:

www.homenursingagency.com

Target Population:

People living with HIV/Aids. Individuals seeking education about HIV/Aids.

Homewood at Spring House Estates

**150 Victoria Avenue
Everett, PA 15537**

Services Available:

Retirement Community

Contact Information:

Gina Montgomery, Executive Director
(814) 623-0349
E-mail: ghmontgomery@hmwd.org

Website:

www.homewood.com

Target Population:

55 plus

Other Information:

Full service retirement community offering apartments and large cottage-style homes. The Community features, a convenience store, fitness facility, library with computer stations, barber/beauty shop, game room, café style dining room, large meeting/activity room, postal service and health care office.

Huntingdon-Bedford-Fulton Area Agency on Aging

**240 Wood Street, P.O. Box 46
Bedford, PA 15522**

Designed for advocacy, the Huntingdon-Bedford-Fulton Area Agency on Aging is a public Agency which provides a combination of direct and subcontracted services to older individuals and serves as the focal point of providing for long term care programs for the frail and chronically ill older person.

Services Available:

Pre-Admission Assessment, Personal Care, Personal Assistance, Care Management, Adult Day Care, Domiciliary Care, Respite Care, Home Support, Home Delivered Meals, Family Caregiver Support Program, Guardianships, Congregate Meals and Center Services, Transportation, Protective Service, Apprise, Counseling, Long Term Care Ombudsman and Legal Assistance, Medical Assistance Waiver Program, as well as assistance in completing applications for the Rent & Property Tax Rebate program and the Pharmaceutical Assistance Contract for the Elderly (PACE).

**Huntingdon-Bedford-Fulton
Area Agency on Aging, continued...**

Bedford County

Bedford – 205 South Richard Street
(814) 623-5140
Chaneyville – 3932 Chaneyville Road
(814) 784-3215
Everett – 101 West Main Street
(814) 652-5621
Hopewell – Community Building
(814) 928-5111
Hyndman – 164 Market Street
(814) 842-6675
Saxton – 707 9th Street
(814) 635-3122

Satellite Centers

Woodbury – Community Center*
Manns Choice Community Center*
Breezewood Fire Hall*
*Wednesday meals only

Transportation:

Bedford - (814) 623-9484 or 1-800-333-9004
Saxton - (814) 635-3653 or 1-800-999-0748

**Huntingdon-Bedford-Fulton
Area Agency on Aging, continued...**

Contact Information:

(814) 623-8148 or 1-800-892-7903

Hours:

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Target Population:

Persons 60 years of age and older (18+ for domiciliary care)

Fee for Services:

Donations requested for non cost sharing services.

Cost Sharing – Seniors are asked to share in the cost of their in-home services based on income.

Transportation co-pay for riders.

Eligibility:

Transportation - Income eligibility required for services for 18-59 age group.

Domiciliary Care – Program eligibility requirements apply

Waiver – Program and Income eligibility requirements apply

Hyndman Area Health Center

**144 Fifth Avenue
P.O. Box 706
Hyndman, PA 15545**

Services Available:
Medical and Dental

Contact Information:
(814) 842-3206

Hours:
Monday – Friday – 7:30 a.m. – 6:00 p.m.

Target Population:
No limitations

Fee for Services:
Per procedure – accept Medicare, Medical Assistance, and private insurances

Offers sliding fee scale – discounts available; may be eligible for discount based on total family income and size.

Eligibility:
No limitations

Other Information:
Handicapped access; walk-ins appointment.

Website:
www.hyndmanhealth.org

**Love, INC. (In the Name of Christ)
of Bedford County**

**80 State Street
Everett, PA 15537**

Services Available:

Love INC. provides individuals from local churches with the heart, skill, and time to help those in need. Any request is considered and verified before referrals are made. There are times when a request may not be met due to availability or expertise of our volunteers, or safety factors.

Love INC. is not a welfare program, so we do not have money in hand to help with financial requests. We make referrals to an existing agency for financial assistance. Referrals may be made by a service provider, clergy, family, friend, care giver or by the individual seeking help.

Contact Information:

Bev Patten
Executive Program Director

Leah Jones
Clearinghouse Coordinator

Business Line: (814) 652-0025
FAX: (814) 652-0021
Email: all4jesus@bedfordco-loveinc.org

**Love, INC. (In the Name of Christ) of
Bedford County, continued...**

Hours:

For a client requesting help:
Monday, Wednesday, Friday 9 a.m. – 3 p.m.
HELP LINE: (814) 652-0020

Business Office Hours:
Monday – Friday, 8:30 a.m. – 4:30 p.m.

Target Population:

Bedford County

Eligibility:

Bedford County resident with a specific need that may be met by a volunteer. There are no limitations due to age, color, race, economic status, or creed.

MidPenn Legal Services

**232 East Pitt Street
Bedford, PA 15522**

Services Available:

We provide advice and civil legal representation to victims of domestic violence and low-income individuals facing emergency legal problems. We handle areas of the law including Consumer, the Elderly, Employment, Family, Housing, Public Benefits, and Utilities. We do not provide services for criminal cases.

Contact Information:

(814) 623-6189
(800) 326 – 9177
FAX: (814) 623-6180

Website:

www.midpenn.org

Hours:

Monday – Friday
8:30 a.m. – 4:30 p.m.
(closed for lunch from 12:00 – 1:00)
To apply for services, call: 1-800-326-9177
(8:30 a.m. – 3:30 p.m.)

Target Population:

Low-income persons and victims of domestic violence.

MidPenn Legal Services, continued...

Fee for Services:

None, although some court-related costs may be applicable.

Eligibility:

Based on income guidelines. There is no income restriction for victims of domestic violence.

Other Information:

By appointment.

Northwestern Human Services, Laurel Springs Center

**5139 Business 220
Bedford, PA 15522**

Services Available:

1. Wrap-Around Enhanced Mental Health Treatment (BHRS)
2. Stepping Stones Program
3. Therapeutic Foster Care/Foster Care Plus

Contact Information:

Richard Ripple, Case Manager (Wrap & SS)
(814) 623-6326 ext. 200
E-mail: rripple@nhsonline.org
Ron Barrett, Program Supervisor (TFC)
(814) 695-7180 ext. 233
E-mail: rbarret@nhsonline.org

Website:

www.nhsonline.org

Hours:

8:30 a.m. – 4:00 p.m.

Target Population:

2-20

Fee for Services:

No Cost

**Northwestern Human Services, Laurel
Springs Center, continued...**

Eligibility:

Anyone under 21 with a mental health
diagnosis.

Other Information:

Anyone who would like a supply of brochures
may call 814-623-6326

Nulton Diagnostic and Treatment Center, P.C.

**608 East Pitt Street
Bedford, PA 15522**

Services Available:

1. Psychiatric, Psychological and Therapeutic Services for Children, Adolescents, Adults and Older Adults.
2. Comprehensive Psychological Evaluations
3. Partial Hospitalization Programming for Children and Adolescents
4. Peer Support Services (adults)
5. Telepsychiatry
6. Individual, Group and Family Therapy
7. Mobile Mental Health Treatment for Adults (Adults over 21)
8. Treatment for various diagnoses
9. Assessment of Developmental Disorders (such as Autism)

Contact Information:

Dr. Larry J. Nulton, President
Johnstown: (814) 262-0025
Bedford: (814) 624-3121
Toll Free: 1-888-918-5465

**Nulton Diagnostic and Treatment Center,
P.C., continued...**

Hours:

8 a.m. – 4 p.m. and Evening appointments
Available Monday – Friday
Saturday by appointment

Target Population:

Children, Adolescents, Adults, & Older Adults

Fee for Services:

We bill most major insurances such as:

1. Medical Assistance/Access (All Ages)
2. Medicare
3. Blue Cross/Blue Shield
4. United Behavioral Health
5. CBHNP
6. VBH
7. Community Care Behavioral Health
8. Self Pay
9. Call for other insurances accepted or payment options

Eligibility:

Please call the office for any possible limitations regarding eligibility.

PA CareerLink Bedford County

**One Corporate Drive, Suite 103
Bedford, PA 15522**

Job Seeker Services Available:

1. Online and in-person access to PA CareerLink services.
2. Skill assessment and aptitude testing
3. Resume building and interview skills
4. Career advisement and planning
5. Job search and placement assistance
6. Occupational skills training
7. Pre-vocational services
8. Financial aid information

Employer Services Available:

1. Online and in-person access to PA CareerLink services.
2. Orientation to PA CareerLink services
3. Free and unlimited job postings
4. Pre-screening of applicants
5. Coordinated job fairs
6. On-site recruitment
7. Facilities for interviewing

Contact Information:

Phone: (814) 623-6107

TTY: (814) 623-6029

FAX: (814) 623-5598

Website: www.cwds.state.pa.us

PA CareerLink Bedford County, continued...

Hours:

Monday, Tuesday, Wednesday & Friday

8:00 a.m. to 4:30 p.m.

Thursday – 9:00 a.m. to 4:30 p.m.

Target Population:

General Public

Pennknoll Village Rehabilitation and Nursing Services

**208 Pennknoll Road
Everett, PA 15537**

Services Available:

- Physical and Occupational Therapy
- Speech Therapy
- Wound Care
- IV Antibiotic Therapy
- Skilled Nursing Services
- Dietary Services
- Long Term Care Option

Contact Information:

Susan Koontz, Director of Admissions
(814) 623-3211 or (814) 623-3200
FAX: (814) 623-8581

Hours:

24 Hours/day
7 days/week

Pennsylvania Office of Vocational Rehabilitation

**1130 12th Avenue, Suite 500
Altoona, PA 16601**

Services Available:

1. Diagnostic Services
2. Vocational Evaluation
3. Counseling
4. Physical and Mental Restoration Services
5. Job Training
6. Job Placement
7. Support Services

Contact Information:

Call (814) 946-7240 or
Toll Free 1-800-442-6343 to make referrals
E-mail: pmontgomer@pa.gov

Hours:

Monday – Friday
8 a.m. – 4:30 p.m.

Target Population:

Persons with disabilities in need of assistance
to prepare for, get and retain jobs.

Fee for Services:

Diagnostic, vocational evaluation, counseling
and job placement is free. Other services may
be contributory depending upon income.

**Pennsylvania Office of Vocational
Rehabilitation, continued...**

Eligibility:

Any person with a disability whose functional limitations make it difficult to obtain or keep a job, and that with OVR assistance can obtain or retain suitable employment.

Penn State Cooperative Extension

**120 West John Street
Suite #2
Bedford, PA 15522**

Services Available:

Educational Programs and Information on:

1. Agriculture & Natural Resources
2. Community Development
3. Family and Consumer Science
4. 4-H and Youth Programs

Program Focus includes:

Penn State Cooperative Extension is an educational network that links research, science, and technology to the needs of the people where they live and work.

Services and Resources:

1. Circulars/Educational Information
2. For Sale Publications
3. Plant Disease Identification
4. Insect Identification
5. Soil Test Kits
6. Plant Analysis Kits
7. Manure Analysis Kits

**Penn State Cooperative Extension,
continued...**

Contact Information:

(814) 623-4800

E-mail: bedfordext@psu.edu

Fax: (814) 623-0318

Hours:

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Target Population:

Bedford County Residents

4-H (Youth 8-19 years of age)

Fee for Services:

Meetings and workshops are generally free
except where certain expenses must be
recovered through a registration fee.

**Personal Solutions Inc. (PSI)
Management & Drug & Alcohol
Services**

**145 Clark Building Road, Suite # 5
Bedford, PA 15522**

Services Available:

1. Drug & Alcohol Education/Prevention Programs
2. Drug Policy Technical Assistance
3. Student Assistance Programming
4. Case Management Services
5. Treatment Authorization and Referral
6. Tobacco Education/Cessation Services

Contact Information:

Dawn Housel, Executive Director
(814) 623-5009
FAX (814) 623-5217
E-mail: info@personalsolutionsinc.org

Website:

www.personalsolutionsinc.org

Hours:

Monday – Friday, 8:30 a.m. – 4:30 p.m.
Non-traditional hours as needed.

Target Population:

Bedford County

Personal Solutions Inc. (PSI), continued...

Fee for Services:

If Medicare, Medical Assistance, Private Insurance, and HMO's do not cover needed services, cost of service is based on a person's ability to pay.

Planned Parenthood of Central PA

**P.O. Box 309
1854 Wayne Avenue
Chambersburg, PA 17201**

Medical Services:

1. Annual Exams
2. Birth Control Methods
3. Colposcopy
4. Testing for some sexually transmitted infections, including HIV
5. Abortion

Contact Information:

(717) 264-4666

Website:

www.pccpa.org

Target Population:

Individuals seeking reproductive health care services most services are available on a sliding fee scale for those who are uninsured. Insurance is accepted.

Precious Life of Bedford County

**215 South Juliana Street
Bedford, PA 15522**

Services Available:

1. Free Pregnancy Tests
2. Confidential Counseling
3. Post Abortion Counseling
4. 24 – Hour Helpline
5. Adoption Counseling
6. Material Needs
7. Housing
8. Referral Resource Center

Contact Information:

Camie Braendel
(814) 623-2790

Hours:

Appointments may be made for the convenience of the client.

Target Population:

Women who are pregnant, single, or married;
young or old; people who are concerned about
a pregnant woman.

Fee for Services:

Most Services Provided - Free of Charge

**Precious Life of Bedford County,
continued...**

Eligibility:

Our services are provided without regard to an individual's race, creed, national origin, age or handicap.

Prepared Childbirth Classes of UPMC Bedford Memorial

**Blackburn Conference Room or Cafeteria
10455 Lincoln Highway
Everett, PA 15537**

Services Available:

Prepared Childbirth Classes

4 classes

Time—6:30 p.m. -8:30 p.m.

Cost—Free to those delivering @ UPMC Bedford

Place—Cafeteria

Instructor—Brenda Anderson, RN, LCCE

Registration Required—Call (814) 623-3516

Sibling Classes

1 Class

Time—6:30 p.m. - 8:00 p.m.

Cost—Free to those Delivering @ UPMC Bedford

Place—Blackburn Conference Room or Cafeteria

Instructor—B. Anderson, RN

Registration Required—Call (814) 623-3516

Breast Feeding Classes

Call anytime for assistance-(814) 623-3516

Instructor—Carissa Restley, R.N.

Time—7:00 p.m. - 8:00 p.m.

Cost—Free to those delivering @ UPMC Bedford

Place – Blackburn Conference Room

Registration Required—Call (814) 623-3516

**Prepared Childbirth Classes of
UPMC Bedford Memorial, continued...**

Child Passenger Safety Technicians

Available to conduct car seat safety checks
Technicians –Tammy Lemin, R.N.;
Melissa Pentrack, R.N.; Michelle Spade, R.N.
Telephone: (814) 623-3516 to arrange program

Carseat Checks

First Thursday of every month
Time – 11:00 – 1:00 p.m.
Rain or Shine
Registration Suggested – Call (814) 623-3516

Professional Family Care Services

**937 Menoher Boulevard
Johnstown, PA 15937
Website: www.pfcs.org**

Services Available:

1. Foster Care
2. Adoption Services
3. Adoption Post Permanency Services;
respite, advocacy and support group for
any adoptive family in PA
4. Family Group Decision Making
5. Early Intervention
6. Early Head Start
7. Ages & Stages screenings

Contact Information:

Lynette Ponchione Gruca, Program Director
(814) 255 – 9559 ext. 103
E-mail: lpgruca@pfcs.org

If interested in becoming a foster parent call
1 – 800 – 7FOSTER

Hours:

8:30 a.m. – 4:30 p.m.

Other Information:

PFCS is a site for electronic fingerprinting through Cogent systems for FBI clearances. Hours are Tuesday and Thursdays 11:00 a.m. to 4:00 p.m. Individuals must register by calling Cogent at 1-888-

**Professional Family Care Services,
continued...**

439-2486 or visit www.cogentid.com. Consult the Cogent website for any updates or changes in hours of operation.

Recovery Concepts Addiction Counseling Services, Inc.

**233 East Pitt Street, Suite #1
Bedford, PA 15522**

Services Available:

1. Evaluations
2. Individual Counseling
1. Intensive Outpatient
2. Drug Screens
3. DUI Services
4. Group Therapy
5. Substance Abuse Services
6. Co-dependency Counseling
7. Family Intervention Services

Contact Information:

Lisa J. Bassi
814-623-7370
Fax: 814-623-7375
E-Mail: recovery-concepts@hotmail.com

Website:

www.recoveryconceptsaddiction.com

Hours:

9:00 a.m. – 5:00 p.m.
Evening hours by appointment only

**Recovery Concepts Addiction Counseling
Services, Inc., continued...**

Target Population:

Bedford County residents and surrounding counties ages 12 & up with substance abuse history.

Fee for Services:

MA/County Funding & Self pay

Eligibility:

Any person with drug and alcohol related issues or other addictions.

Respiratory Disease Society

**159 Lakemont Park Boulevard
P.O. Box 1954
Altoona, PA 16603**

Services Available:

Cribs for Kids Program:

This program provides a Safe Sleep environment for infants and children under the age of one year. As part of the program we provide parents with education regarding SIDS (Sudden Infant Death) and accidental suffocation and ways that they can reduce the risks for their child under the age of one year. The parents and caregivers are provided with a Safe sleep starter kit which includes: a Halo sleep sack, new Pack N Play, pacifier and educational brochures on safe sleep and pack n play safety.

Doctor Dad & Doctor Mom

Fathers/mothers learn how to use basic knowledge to provide compassionate care, enabling them to handle the majority of medical situations that may arise as their children grow. By following the curricula, individuals with a basic understanding of healthcare can facilitate this interactive workshop in four sessions, each lasting 1-2 hours.

Doctor Dad™/Doctor Mom delivers an interactive, structured learning experience.

Respiratory Disease Society, continued...

The workshop sessions include: 1) The Well Child; 2) The Sick Child; 3) The Injured Child 4) The Safe Child. In addition to the content of the workshop, the curriculum included learning objectives and outcome-measurement tools to evaluate the effectiveness of the workshop.

Contact Information:

Elizabeth Hurst or Rachel Derby
814-944-8222
E-mail: contact@bcrds.org
Website: www.bcrds.org

Hours:

Monday – Friday
8:30 a.m. – 4:30 p.m.

Target Population:

Blair and Bedford pregnant and parenting mothers, families, single fathers/mothers.

Fee for Services:

None

Eligibility:

A need for a Safe environment sleep for their child.

Other Information:

The Society also provides annual Flu Inoculations, TB testing, Asthma testing and education, and provides clean air and quit

Respiratory Disease Society, continued...

smoking information and education to individuals.

RSVP (Retired and Senior Volunteer Program)

**141 South Juliana Street, Suite 101
Bedford, PA 15522**

Services Available:

1. Provides Seniors the opportunity to do volunteer work for non-profit organizations, schools, and county agencies. They will assist in whatever needs that the stations have, that appropriate for volunteers to do.
2. RSVP Volunteers also do mentoring and tutoring through Bedford County Literacy Council and elementary schools.

Contact Information:

Doris Kay Imgrund (814) 623-2411
E-Mail: dkclark@comcast.net

Hours:

Monday – Friday 8 a.m. – 3 p.m.

Target Population:

Bedford County

Fee for Services:

None

Eligibility:

Must be 55 years of age or older.

Social Security Administration

**303 Cayuga Avenue
Altoona, PA 16602**

Services Available:

1. Provides information and applications for Social Security and Supplemental Security income (SSI) payments.
2. Provides application for Medicare health insurance and assistance with resolving claims and coverage problems.
3. Issues original and replacement Social Security number cards, and provides information on evidence required.
4. Updates name, address, marital status and other pertinent information on Social Security Number records, Social Security, Medicare, and Supplemental Security Income beneficiary records.
5. Arranges direct deposit of Social Security or Supplemental Security Income benefit payments.
6. Assists in the correction of earnings posted to the Social Security Number records of lifetime earnings.
7. Provides application for help with Medicare Prescription Drug Plan costs.

Contact Information:

George Pisanick, District Manager
1-866-592-3622
National Toll-Free Number: 1-800-772-1213
Website: www.socialsecurity.gov

Social Security Administration, continued...

Hours:

Monday – Friday, 9 a.m. – 4 p.m. except national holidays.

Toll-free telephone service is available from 7 a.m. until 7 p.m. Monday – Friday, except for national holidays, by dialing 1-800-772-1213.

Target Population:

Residents of Bedford, Blair, and Huntington Counties

Fee for Services:

None for routine matters

Eligibility:

1. Retirement benefits: Age 62 or older and qualifying work under Social Security.
2. Survivor's benefits: Wage earner deceased after sufficient qualifying work under Social Security. Widow/ers age 60 and older, widow/ers under age 60 with children under 16 in care, children under 18 (19 if in high school), unmarried children of any age who became disabled prior to age 22.
3. Disability benefits: Disabled at any age and sufficient qualifying work under Social Security.
4. Supplemental Security Income: over 65, blind, or disabled and able to meet income and asset limits.

Social Security Administration, continued...

5. Medicare: Over 65 or disabled and receiving Social Security or Railroad disability benefits for 25 months.

Other Information:

Call first to learn what proofs will be required for particular claims/actions. Most business can be conducted by telephone. Appointments are encouraged.

South Central Blind Association

**100 East Pitt Street, Suite 209
Bedford, PA 15522**

Services Available:

1. Provides Equipment – talking book machines and large print books for persons with a visual or physical handicap.
2. Serves as an advocate between clients, the Library for the Blind and Physically Handicapped and other agencies.
3. May provide transportation for essential tasks when not otherwise available.
4. May provide chore services and shopping assistance.
5. Provides Monthly Support Groups and Lifeskills Classes.
6. Treasures In Sight Programs to all 1st Graders.
7. Vision Screening – Preschool Screenings, Macular Degeneration and Color Blindness.
8. Transportation/Escort Service:
Transportation and assistance to Dr. Appointments, Banking, Shopping to grocery stores and department stores, Chiropractor, Exercise Facility, hospitals for CAP Scans, Mamma grams, Blood work, MRI's, the Assistance Office, Lawyers Offices, Laundromats, Dentists, Low Vision Specialists, Podiatrists, Social Security Office, MH/MR, Area Agency on Aging, visits to nursing

**South Central Blind Association,
continued...**

homes for client to visit spouse, Red Cross, Love Inc., to local utility companies, VA Hospital.

9. Support Services: Reading and sorting mail, making shopping lists, taking care of correspondence, organizing and paying bills, budgeting, filling out applications, labeling and organizing items in cupboards, etc. Assist in marking appliances and equipment.
10. Quality of Life: Information and education to help individuals adjust to vision loss and stay independent. Delivering CCTV's, magnifiers, talking watches, talking clocks, check writer guides, 20/20 pens, large print tablets and calendars, large print telephones and calculators.
11. Support Groups: A forum of sharing ideas, exchange feelings and practical experiences and information. Our goal is to promote self-confidence, independence and success through peer support. Monthly group meetings to help build self-esteem and education to help clients adjust to vision loss. Clients come together and discuss everyday problems and share ideas how to overcome them.

Contact Information:

Abby Dively, Director
Telephone: (814) 623-8214

**South Central Blind Association,
continued...**

FAX: (814) 623-8214
E-mail: scblind@embarqmail.com

Hours:

Monday – Friday
8:00 a.m. – 3:00 p.m.

Target Population:

Bedford/Fulton Counties

Fee for Services:

None – We are a non-profit organization depending almost entirely on charitable contributions.

Eligibility:

Blind or Visually Impaired

Other Information:

Visitations are made to clients' homes, retirement and personal care homes, nursing homes, senior centers, schools, etc.

Fee for Vision Screening

Pre-School and Senior Centers – Free

Southern Care

**206A Falon Lane
Altoona, PA 16602**

Services Available:

Specialists in Hospice Care
RN, LPN, Social Services, PT/OT, Speech,
Chaplains, Home Health Aids.

Contact Information:

Office Phone:
814-944-9724 or 1-866-385-9229
Fax: 814-944-9727
Patricia Beegle
Community Relations Director
(814) 660-1811
E-mail: pbeegle@southerncaresinc.com

Website:

www.southerncaresinc.com

Hours:

24 hour nursing/chaplain/social services

Target Population:

Anyone needing our services

Fee for Services:

100% through most insurance
100% Medicare/Medicaid

Southern Care, continued...

Eligibility:

Life limiting illness, not seeking aggressive treatment

Other Information:

We promote quality of life and living the best life you can live for as long as you possibly can.

State Health Center—Bedford County

**130 Vondersmith Avenue, Suite A
Bedford, PA 15522**

Services Available:

1. Health guidance, counseling, referrals, and immunizations for infants and children through age 18.
2. Limited adult immunizations.
3. Coordination of services for families with special needs.
4. Evaluation and follow-up of children with elevated lead levels.
5. Diagnosis and treatment of tuberculosis.
6. Investigation of reportable communicable diseases.
7. Blood pressure screening at the State Health Center.
8. Health education information and pamphlets, including but not limited to cancer prevention, tobacco cessation, diabetes, cardiovascular and injury prevention.
9. Information regarding required immunizations for international travel.
10. Staff participation on county agency boards, advisory groups, coalitions.
11. Confidential/Anonymous HIV counseling and testing.
12. Health Consultant Services for Day Cares.
13. Animal bite follow-up.
14. Health information and referral

**State Health Center—Bedford County,
continued...**

15. Consultation and technical assistance.

Contact Information:

Deborah Sechrist, R.N., B.S.N.
Community Health Nurse
(814) 623-2001
Website: www.health.state.pa.us

Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

Target Population:

Bedford County

Fee for Services:

Sliding scale fee is used for immunization clinic. All other services involve no fee.

Eligibility:

Certain programs are for children only.

Twin Lakes Center for Drug & Alcohol Rehabilitation

**P.O. Box 909
Somerset, PA 15501-0909**

**Bedford Professional Building
130 West Penn Street
Bedford, PA 15522**

Services Available:

1. Detoxification Services – Inpatient Adult
2. Residential Treatment – Inpatient Adult
3. Outpatient and Intensive Outpatient
Counseling for Drug & Alcohol

Contact Information:

Brooke McKenzie
Executive Director
brookemckenzie@twinlakescenter.org
Bree Yoder
Director of Outpatient Services
breiannyoder@twinlakescenter.org
(800) 452-0218
Website: www.twinlakescenter.org

Hours:

Somerset Business Office –
8:00 a.m. – 5:00 p.m.; Monday – Friday
Counseling: By appointment
Accessline – 24 hours - 1-800-452-0218
Bedford Office – Mon –Fri, By appointment

**Twin Lakes Center for Drug & Alcohol
Rehabilitation continued...**

Target Population:

Chemically dependent adults and adolescents

Fee for Services:

Fee may be covered by major insurance carrier or Access Card. Some county funding may be available.

Eligibility:

Any person with drug or alcohol related problems.

Other Information:

Evaluations by appointment
Outpatient by appointment

Unified Family Services Systems (UFSS) of Bedford County

**195 Pennknoll Road
Everett, PA 15537**

Unified Family Services Systems of Bedford County has been designated by the Bedford County Commissioners as the county Collaborative Board, charged with bringing the community, human service and educational agencies together to improve the health and well-being of children and families. Funded through grants and contributions from local educational, human service agencies, businesses and individuals, UFSS endeavors to ensure that the county has a seamless network of easily accessed services for all people and a coordinated system of youth development and prevention programs in place for all children and families.

Services Available:

Bedford County Communities that Care (CTC)-

An evidences-based model for community change, CTC builds on the Social Development Strategy to assess community needs and resources and identify and implement youth and family prevention programming that meets those needs.

Raising Healthy Children- In partnership with all Bedford County School Districts, Raising Healthy Children is a scientifically tested, comprehensive school-based program funded

Unified Family Services Systems (UFSS) of Bedford County, continued...

by the Pennsylvania Commission on Crime and Delinquency that is providing:

- Parenting workshops every year in every school district within Bedford County for parents of primary grade students (K-3) and middle-level students (ages 9-14)
- Training and coaching for all Bedford County elementary teachers to strengthen classroom-management and instructional strategies in order to promote school commitment and raise academic performance.
- Social skills training for all Bedford County elementary school students.

Skills for Life- In partnership with all Bedford County School Districts, Skills for Life (known nationally as LifeSkills Training), like Raising Healthy Children, Skills for Life is a scientifically tested, comprehensive, school-based program funded through the Pennsylvania Commission on Crime and Delinquency that is providing:

- Social skills training for all Bedford County middle or junior high school students.
- Training for all project teachers to implement a comprehensive in-school curriculum.

Unified Family Services Systems (UFSS) of Bedford County, continued...

- Parenting workshops every year in every school district within Bedford County for parents or Middle or Junior High School students.

Integrated Childrens Services Plan (ICSP) Committee- One of the major goals of UFSS is to improve the ways that Bedford County families access services. The ICSP Committee brings together human service agencies, educators and community members who work to make the best use of human service and educational staff and funds to serve children and families in the most cost effective ways possible. By avoiding duplication of services, the Committee hopes to make additional, new resources available to the community.

Family Centers of Bedford County- (ALSM is contracted service provider) – Serving families in all five county school districts, the centers are flexible and can be tailored to meet each family's needs. Services offered include:

- Personalized home visits to support parents as their children's first and most important teachers. Cognitive and health screenings are conducted in-home and referrals are made for

Unified Family Services Systems (UFSS) of Bedford County, continued...

medical and dental services and other community resources.

- Moms, Dads & Kids play groups give parents and children a chance to come together, socialize and take part in fun, educational activities.
- Special events are held each year in addition to monthly play groups. These themed activities give families an exciting, fun way to spend time together.
- All families are welcome at Family Center play groups and events. To receive home visits, families must enroll in the Parents as Teachers program. All services and events are available at no cost regardless of income.

Contact Information:

(814) 624-4810

E-mail: director@ufssbedford.org

Website: www.ufssbedford.org

Hours:

8:00 a.m. to 4:00 p.m. Monday through Friday
and by appointment

Target Population:

Bedford County children and families

Universal Community Behavioral Health (UCBH)

**10565 Lincoln Highway
Everett, PA 15537**

Services Available:

Wraparound services (TSS, Mobile Therapy, Behavioral Specialist, Summer Therapeutic Activities Program, Camp Mission)

Contact Information:

Jamie Claycomb, Program Manager
(814) 623-2220
E-mail: Jamie.claycomb@uhsinc.com

Hours:

Monday – Friday; 8:00 a.m. – 4:00 p.m.

Target Population:

Children/Adolescents with Mental Health Disorders serve age birth – 21.

Fee for Services:

All services paid thru Access.

Eligibility:

Must have an Access card.

UPMC Bedford Memorial

10455 Lincoln Highway

Everett, PA 15537-7046

**(Located midway between Everett and Bedford, Pennknoll
Road Exit, Route 30)**

Services Available:

1. Outpatient facilities: Laboratory, Digital Radiology, Nuclear Medicine, CT Scanning, MRI, Ultrasound, Dexascan, Physical Therapy, Cardiopulmonary Services, and 24 hour observation in outpatient setting (HFO).
2. Outpatient Surgical Unit includes minor surgery, blood transfusions, endoscopy, ophthalmic laser, urodynamics, and telemedicine.
3. Care Management Department available to help with transfers and post-hospital care.
4. Inpatient facilities include: Medical, OB/Gyn, Surgical, Pediatric, Intensive Care Unit plus Telemetry Unit, Cardiopulmonary Rehab Department, Swing beds, and Full time Hospitalist Program.
5. Surgery: Inpatient and Same Day
6. In-house physician coverage in Emergency Room 24 hours a day
7. In addition to Obstetric/Gynecology, Family Practice, General Surgery, Internal Medicine, Pediatrics, Radiology, Anesthesiology and Pathology, other

UPMC Bedford Memorial, continued...

- specialist physicians, full and part-time include: Allergy, Urology, Ear-Nose and Throat, Medical Oncology, Orthopedic Surgery, Neurology, Oral Surgery, Dentistry, Vascular Surgery, Ophthalmology, Gastroenterology, Cardiology, Rehabilitative and Physical Medicine, Podiatry, Pulmonology, Nephrology, and Plastic Surgery
8. Dietary consultation for diabetes, weight control, and special diet instructions.
 9. Speech Therapy, Audiology Testing, Sleep Studies, Aqua Therapy, Occupational Therapy, Vestibular Therapy, Sensory Integration Program and Lymphedema Care Center.
 10. Occupational Health Services are offered at Specialty Service Area, which also accommodates specialists from out of the area who see patients here on a regular basis. Call (814) 623-3513 for listing or to make an appointment.
 11. Medical Referral and Information Hotline (814) 623-3513

Contact Information:

Roger Winn
President
(814) 623-6161

Hours:

24 hours a day

UPMC Bedford Memorial, continued...

Target Population:

Residents of and visitors to Bedford County

Fee for Services:

Hospital will bill most third party insurances, managed care providers, and government payors (Medicare and Medicaid). Direct pay and credit cards accepted.

Eligibility:

The hospital provides care for anyone in need, regardless of race, age, sex, color, national origin, religious creed, handicap, sexual preference or ability to pay – the hospital is an equal opportunity employer.

Other Information:

The hospital has a **Community Awareness Program** providing free health-oriented programs and support groups. Also provides speakers, material, and a meeting place for support groups needed in the community. Watch newspaper for advertisement of topics and meeting times.

Multiphasic Lab Screening are held in various areas of Bedford County annually. Screenings will be advertised locally.

A structured volunteer program operates in the hospital and welcomes new members.

UPMC Bedford Memorial, continued...

Hospital volunteers do hands-on tasks. Contact Volunteer Director at (814) 623-3508. This is in addition to the Auxiliary and RSVP volunteers.

An annual **Free Community Health Fair** provides residents an opportunity to talk with specialty physicians and skilled clinicians, and receive free or low cost services, test and screenings at more than 20 fair exhibits. The date and location of the fair will be advertised locally.

Support Groups:

- **Alzheimer Group** meets at Bedford United Methodist Church.
Third Thursday of each month.
Facilitator: Karen Everhart
- **American Cancer Society**, (888) 227-5445
- **Cancer Support** – Contact the American Cancer Society Office at (814) 623-8819 for materials or help.
- **Bereavement Programs** are scheduled as needed through Home Nursing Agency, (800) 445-6262. Also, Reverend Curtis Bryant is available at (814) 735-2788 for questions or discussion relating to a loss of a family member.
- **Bosom Buddies Mastectomy Group**
Third Tuesday of every other month at 3p.m. beginning in April

UPMC Bedford Memorial, continued...

Blackburn Conference Room

Facilitator: Vera Beegle

(814) 847-2446

- **Childbirth Classes** held throughout the year. Contact the OB Department at (814) 623-3516.
- **Parenting Classes** held periodically. Contact the OB Department at (814) 623-3516.
- **Sibling Classes held periodically.** Contact the OB Department at (814) 623-3516.
- **Child Car Seat Inspections** are held the first Thursday of the month at 1 p.m. in the hospital parking lot. Contact the Obstetric Department at (814) 623-3516 to schedule an appointment.
- **Diabetes Self Management Education Classes**
Classes are scheduled throughout the year. Blackburn or Vreeland Conference Room
Facilitator: Tammie Payne
(814) 623-4315
- **Lymphedema services** are available by appointment by contacting Scott Weyant at (814) 623-3838.
- **Multiple Sclerosis (MS) Support Group**
Meets the second Saturday of the month. Vreeland Conference Room. Facilitator: Mary Beth Smith
(814) 839-9464
- **Ostomy Support Group**
Usually meets 3rd Sunday of each month
Facilitator: Sarah Magee, 784-3387

UPMC Bedford Memorial, continued...

- **Overeaters Anonymous Support Group** meets every Tuesday at 7 p.m.
Vreeland Conference Room
Facilitator: Sally Van Why, (814) 623-1557
- **Smoking Cessation Program**, for information on class schedule and the program, contact Dawn Housel at Personal Solutions Inc., (814) 623-5009.
- **TOPS Bedford 444 Group** meets every Thursday in the Vreeland Conference Room.
Weigh-in 5:30 p.m. and meeting at 6:00 p.m.
Facilitator: Stephanie, (814) 652-2260

WIC Program

**4142 Medical Center Drive
Broad Top, PA 16621**

Services Available:

1. Supplemental Nutritious Foods
2. Nutrition Education for individual needs
3. Referrals to other Health Agencies

Contact Information:

Main Office

James Hoover, Program Director
(814) 635-3942

Pennwood Office

134 Upper Snake Spring, Suite 2
Everett, PA 15537
Kathy Beland, Clinic Supervisor
(814) 623-6571

E-mail: btwic@uplink.net

Hours:

Monday – Friday, 8 a.m. – 4 p.m.

Target Population:

Bedford, Fulton, Huntingdon Counties

1. Pregnant and breastfeeding women and post partum up to 6 months.
2. Infants to one year of age
3. Children one to five years of age

WIC Program, continued...

Fee for Services:

None

Eligibility:

1. Reside in Pennsylvania.
2. Show economic need according to State approved standards.
3. Be determined to be in nutritional need by competent professional authority (CPA).

Your “Safe Haven” Inc.

**195 Drive-In Lane
Everett, PA 15537**

Services Available:

1. 24 hour hotline
2. Information and referral
3. Emergency shelter
4. Accompaniment to hospital, police and court facilities
5. Individual & group counseling to adults and children
6. Court preparation
7. Advocacy
8. Domestic violence and sexual assault prevention programs to area schools
9. Training to systems professionals
10. Community education
11. Speakers bureau
12. Volunteer training
13. Assistance in filing Crime Victims' Compensation Claims

Contact Information:

(814) 623-7664 or 1-800-555-5671
FAX: (814) 623-7187
E-mail: njmallow@yoursafehaven.org

Website:

www.yoursafehaven.org

Hours:

24 Hours/Day – 7 Days/Week

Your “Safe Haven” Inc., continued...

Target Population:

Adults and children who become victims of any type of crime including, but not limited to, domestic violence, sexual assault, burglaries, robberies, assault, families of homicide victims, stalking, etc.

Fee for Services:

Free of charge

Eligibility:

Adult and/or child victim/witness of domestic violence, sexual assault or other type of violent crime.

Youth Advocate Programs

**614 South Franklin Avenue, Suite 201
Somerset, PA 15501
Phone: 443-3956
Fax: 443-3957**

**220 South Thomas Street
Lower Level
Bedford, PA 15522
Phone: 624-0000
Fax: 624-0002**

Services Available:

Wrap Around – TSS, BSC, MT
MR Waiver – Respite
Advocacy
Autism Services
Adult Autism Waiver Services

Contact Information:

Somerset Office:
Trisha Carmo, Program Director
Somerset County
E-mail: TCarmo@yapinc.org

Bedford Office:
Tom Bilger, Program Director
E-mail: TBilger@yapinc.org

Website:

www.yapinc.org

Youth Advocate Programs, continued...

Hours:

Monday – Friday; 8:30 a.m. – 5:00 p.m.
Closed Major Holidays.

Target Population:

Preschool through Adult

Fee for Services:

Services covered through Medical Assistance

Eligibility:

Active MA number and/or referral from various sources; school, MH/MR, CYS, Probation or self-referrals.

Other Information:

Youth Advocate Programs is an international program and in the business of “changing biographies.”

Faith Based Counseling Resources

Cove Counseling Center

**601 Wilson Avenue
Roaring Spring, PA 16673**

Services Available:

All types of counseling: individual, marriage, teens, children and seniors, families

Contact Information:

Millie Baker, MSW, LCSW (814) 934-0303
millieblsw@atlanticbbn.net
Janet Roarabaugh, Med, LPC (814) 241-0471
Heather Redmond, MSW, LCSW (814) 937-7686
Rachele Meek, MSW, LSW (814) 934-1204
Brian Burkett, MS, LPC (814) 224-4720

Hours:

Monday – Saturday
By Appointment
8:00 a.m. – 9:00 p.m.

Target Population:

All Ages

Eligibility:

Most Insurances Accepted

IN Counseling

**163 Lakemont Park Blvd.
Altoona, PA 16602**

Services Available:

Compassionate analysis/sensible solutions
individual, marriage, and family

Contact Information:

James R. Brady, Ph.D.
(814) 942-9999

Other Information:

Private and Confidential

Directory of Advocacy and Mentoring Resources

ABC Education Advocacy

Step-by-step patent advocacy and resources for families of children with special needs in PA public schools.

412-851-0252

e-mail: ABCconsult@verizon.net

www.ABCadvocacy.net

Acquired Brain Injury Network of PA, Inc

Survivors and families facing the future with hope. Newsletter, info online, brochures, staff training.

(215) 699-2139

(800) 516-8052

e-mail: info@abin-pa.org

www.abin-pa.org

Advisory Board on Autism & Related Disorders (ABOARD)

35 Wilson Street

Pittsburgh, PA 15223

Advocacy and information resources on autism.

The Advisory Board on Autism and Related Disorders is an organization created to help families who have autistic members. ABOARD provides information and resources to caretakers and it helps families who are waiting for diagnosis, educational support and therapeutic interventions. ABOARD is designed to help families of adult autistic individuals as well. With the spike in the number of cases of autism, many families are unable to get services in a timely manner.

(800) 827-9385

support@aboard.org
www.aboard.org

American Association of Intellectual and Developmental Disabilities (AAIDD)

3615 Wisconsin Ave, N.W.
Washington, DC 200161512

AAIDD promotes progressive policies, sound research, effective practices and universal human rights for people with intellectual and developmental disabilities.

*00) 424-3688
www.aamr.org

American Cancer Society

Information/education on prevention, detection, treatment and coping, support programs, transportation, advocacy.

(888) 227-2345
www.cancer.org

American Diabetes Association

Information for parents and children on diabetes, nutrition, exercise, prevention, research, advocacy and legal resources, community programs.

(800) 342-2383
www.diabetes.org

American Heart Association

Information on warning signs, children's health, CPR, publications, resources, healthy lifestyles.

(800) 242-8721 National
(800) 264-2789 x 1178 Pittsburgh
(717) 730-1783 Capital Region

www.americanheart.org

American Lung Association

Information on asthma and allergies, diseases, research, smoking cessation.

(800) 548-8252

www.lungusa.org

American Respiratory Alliance

Information and programs for adults with chronic lung diseases, children with asthma and their parents, adults and adolescents who would like to quit smoking and health professionals who require the most current information on tuberculosis, influenza, and other lung diseases.

(800) 220-1990

www.healthylungs.org

Arthritis Foundation

Information on resources, community events, and program, conditions and treatment, advocacy and research.

(800) 238-7800

www.arthritis.org

Association for Treatment & Training in the Attachment Of Children

P O Box 533

Lake Villa, IL 60046

International coalition of professionals and families dedicated to helping those with attachment difficulties by sharing knowledge, talents, and resources

(866) 453-8224

www.attach.org

Asthma and Allergy Foundation of American (AAFA)

Information on asthma, allergies, ask the allergist, advocacy, research.

(800) 7-ASTHMA

(800) 727-8462

e-mail: info@aafa.org

www.aafa.org

AUTISMLINK

135 Cumberland Road, Suite 105E

Pittsburgh, PA

Online support groups and discussion boards.

(412) 364-1886

www.autismlink.com

Email: info@autismlink.com

Autism Society of American-PA

544 Hickory Dr

Greensburg, PA 15601

4371 Northern Pike

Monroeville, PA 15146

ASA, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. It does this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy. State and regional chapters.

(717) 732-8408 (Enola)

(412) 856-7223 (Monroeville)

www.autism-society.org

Bedford County Autism Support Group

Amy Howsare

Local support autism group.
(814) 766-2478

Brain Injury Association of Pennsylvania

2400 Park Drive
Harrisburg, PA 17110

The Brain Injury Association of Pennsylvania Inc. primary mission is to prevent brain injury and improve the quality of life for people who have experienced brain injury and their family members through support, education, advocacy, and research.

Local support groups.

(866) 635-7097

(717) 776-4420

infor@biapa.org

www.biapa.org

Café Mom

Online groups for parents and children who have many different special needs.

www.cafemom.com

Children and Adults with Attention-Deficit/Hyper Activity Disorder (CHADD)

8181 Professional Place, Suite 150
Landover, MD
20785

Information on local programs, support, resources, research and conferences
Pittsburgh –Adult

(412) 682-6282
Pittsburgh – Parent
(412) 276-2550
Dauphin County
(717)545-7887
(301)-306-7070
Maryland
www.chadd.org

Center for Hearing & Deaf Services

Information on assistive device center, behavioral health services, deaf youth program, interpreting service program, training and social rehabilitation (412) 281-1375 (voice/TTY)
(412) 281- 6564 (v/TTY)
www.hdscenter.org

Crohn's & Colitis Foundation of America

Information on local chapter, disease information, living with IBD, finding physicians and clinical trials, advocacy and research
Western PA/WV
(877) 823-8272
e-mail: info@ccfa.org
www.ccfa.org

Disabilities Law Project

1901 Law & Finance Building
429 4th Ave
Pittsburgh, PA 15219

The Disabilities Law Project (DLP) is a nonprofit Pennsylvania law firm that provides free legal assistance to people with disabilities, their families, and their organizations. DLP's main purpose

is to advocate for the civil rights of persons with mental and physical disabilities, especially their right to live as integral parts of their communities. DLP works to ensure that people with disabilities have equal and unhindered access to employment, transportation, public accommodations, and government services; to enforce their rights to vocational, habilitative, post-secondary educational, health, and other services; and to protect them from abuse and neglect. DLP identifies systemic issues that are important to people with disabilities and seeks necessary reform through litigation, administrative advocacy, and public education.
(412) 692-6538
email: uslid@pitt.edu
www.uslid.org

Disability Rights Network of Pennsylvania

1414 N Cameron Street, Suite C
Harrisburg, PA 17103

The Disability Rights Network of Pennsylvania (DRN) is a statewide, non-profit corporation designated as the federally-mandated organization to advance and protect the civil rights of adults and children with disabilities. DRN works with people with disabilities and their families to ensure their rights to live in their communities with the services they need, to receive a full and inclusive education, to live free of discrimination, abuse and neglect, and to have control and self-determination over their services.

1-800-692-7443
1-877-375-7139 TDD
<http://drnpa.org>

Easter Seals of Central Pennsylvania

Administrative Office 383 Rolling Ridge Drive State
College, PA 16801

Altoona Office

501 Valley View Blvd Altoona, PA 16602

Easter Seals Central Pennsylvania provides services to more than 3,000 adults and children with physical disabilities and developmental delays, including individuals affected by conditions like autism, cerebral palsy, Down syndrome, spina bifida and traumatic brain injury (TMI).

888-372-7280

814-944-5014

e-mail: easterseals.dir@atlanticbbn.ent

<http://centralpa.easterseals.com>

Educational Law Center

429 4th Ave.

Pittsburgh, PA 15219

Nancy Hubley, Esq., Director

ELC is a non-profit legal advocacy and educational organization, dedicated to ensuring that all of Pennsylvania's children have access to a quality public education.

(412) 258-2120

www.elc-pa.org

Epilepsy Foundation of Western and Central Pennsylvania

1450 Scalp Avenue

Suite 1150

Johnstown, PA 15904

Information on epilepsy, age specific programs,
events, information for educators and health care
professionals
(814) 262-7494
e-mail: staff @efwp.org
www.efwp.org

Family Centers of Bedford County

231 S Juliana Street
Bedford, PA 15522

Early Childhood Services and support to
parents, Father workshop programs offered
(814) 624-3200
(877) ALSMKID

**Fetal Alcohol Spectrum Disorder Center for
Excellence**

Education on symptoms and lifelong
implications
(866) 786-7327
www.fascenter.samhsa.gov

Governor's Commission for Children & Families

Information, advocacy, mentoring for parent
and families
(717) 705-1600
www.pachildren.state.pa.us

Juvenile Diabetes Research Foundation

Information on life with diabetes, advocacy,
getting involved and research
(412) 471-1414 Pittsburgh
(717) 901-6489 Central PA
www.jdf.org

Juvenile Law Center

The Philadelphia Building
1315 Walnut Street, Suite 400
Philadelphia, PA 19107

Juvenile Law Center uses legal advocacy, publications, projects, public education, and training, to ensure that the child welfare, juvenile justice, and other public systems provide vulnerable children with the protection and services they need to become productive adults.

(800) 875-8887

www.jlc.org

Kids Together, Inc

P O Box 45
Quakertown, PA 18951

Volunteer non-profit providing information on inclusive communities/schools including educational list serve, email newsletter/website.

email: staff@kidstogether.org

www.kidstogether.org

Learning Disabilities Association of America

4751 Lindle Rd., Suite 114
Harrisburg, PA 17111

Information about learning disabilities for parents, teachers, professionals and adults, research and resources.

(800) 775-3272

www.ldapa.org

March of Dimes

Information on pregnancy and newborn health education

(814) 696-9691 (Duncansville)
(610) 945-6050 (Pennsylvania)
www.marchofdimes.com

Mental Health Association of Pennsylvania

Wendy Luckenbill, Family/child Policy Coordinator
1414 N Cameron Street
1st Floor
Harrisburg, PA 17103
Advocacy, education and public policy.
(717) 346-0549
e-mail: info@mhapa.org
www.mhapa.org

Mentor Parent Program

P O Box 47
Pittsfield, PA 16340

The Mentor Parent Program exists to provide support and services to parents of children with disabilities through a coalition of united efforts of parents, educators, service providers, and professionals to effectively meet the needs of children with disabilities in the rural Appalachian region of Pennsylvania.

(800) 447-1431
e-mail: info@mentorparent.org
www.mentorparent.org

MOMSTELL

P O Box 450
Mechanicsburg, PA 17055
Sharon Smith
President

Support, education advocacy for parents of
children involved with drugs
email: momstell@verizon.net
www.momstell.com

Muscular Dystrophy Association

Information on diseases, MDA, clinics, and
services, community, chat rooms and research
(412) 832-3094 Pittsburgh
(717) 540-4316 Hershey
www.mdaua.org

National Down Syndrome Society

666 Broadway
New York, NY 10012
Information and resources, advocacy center,
news and events, links to local support groups
(800) 221-4602
(814) 946-1011 (Altoona)
email: info@ndss.org
www.ndss.org

National Kidney Foundation

Regional Office: NKF Serving the Alleghenies, Inc.
700 5th Ave Fl 4
Pittsburgh, PA 15219

The National Kidney Foundation, Inc., is a
major voluntary health organization, seeks to prevent
kidney and urinary tract diseases, improve the health
and well-being of individuals and families affected by
these diseases, and increase the availability of all
organs for transplantation.

(800) 261-4115 (Pittsburgh)
info@kidneyall.org

www.kidney.org

Online Support Group for Autism

Online discussion list-serve for families of children with autism.

[http://groups.yahoo.com/group/children_with_a
utism](http://groups.yahoo.com/group/children_with_autism)

Parent Education Network (PEN)

2107 Industrial Highway, York, PA 17402

Parent Education Network (PEN) is a statewide coalition in Pennsylvania of parents of children representing a range of disabilities and ages. PEN believes strongly that knowledgeable, skillful parents impact effectively on early intervention, special education, and adult services for their child with disabilities. PEN's Parent Training Projects promote mutual respect between parents and professionals for the knowledge, skills, and abilities each contributes to develop appropriate educational and service delivery outcomes for the child and adult with disabilities. PEN's services are available to parents and professionals.

State Office: 1-800-522-5827

www.parentednet.org

Parent Education & Advocacy Leadership Center (PEAL)

1119 Penn Ave.

Pittsburgh, PA 15222

Information, training and resources related to special education process and parents rights, referrals to community resources
(Serving Western & Central PA

(866) 950-1040
(412) 281-4404
(412) 281-4409 (TTY)
www.pealcenter.org

Parents Exchange

102 East Mermaid Lane
Philadelphia, PA 19118

Parents Exchange is an information, referral and advocacy service for parents and caregivers of children with disabilities and professionals who work with our families. The group's main goal is to help parents avoid the need to recreate the wheel every time they encounter an issue. Through support and training, families gain the knowledge and determination to advocate for their children and make the best choices for their families.

(610) 962-0337
email: Parents_Exchange@comcast.net
<http://pex.tripod.com>

Parents Involved Network (PIN) of Pennsylvania

1211 Chestnut St., 11th Floor
Philadelphia, PA 19107

PIN is an organization that assists parents or caregivers of children and adolescents with emotional and behavioral disorders. PIN provides information, helps parents find services and will advocate on their behalf with any of the public systems that serve children. These include the mental health system, education and other state and local child-serving agencies.

(800) 688-4226
www.pinofpa.org

Parent to Parent of Pennsylvania

6340 Flank Drive, Suite 600
Harrisburg, PA 17112

Parent to Parent of Pennsylvania matches parents and family members of children and adults with disabilities or special needs, to supporting parents, on a one-to-one basis, according to condition or concerns. Some of these include, but are not limited to: physical disabilities, developmental disabilities, special health care needs, behavioral/mental health care concerns, foster care or adoption, educational issues.

(717) 540-0263

email: ckrawczak@parenttoparent.org

www.parenttoparent.org

Pennsylvania Association for the Blind

Information on prevention, education and recreation programs, promoting community interaction, rehabilitation training programs

(814) 623-8214

email: scblind@embarqmail.com

www.pablind.org

Pennsylvania Client Assistance Program (CAP)

Advocacy for those seeking service from Occupational Vocational Rehabilitation, Blindness, Visual Services, Center for Independent Living and other federally funded programs. Information and advice on rehab programs, legal rights consultation, problem resolution.

(877) 533-1593

email: info@equalemployment.org

www.equalemployment.org

Pennsylvania Council of Exceptional Children

Dreamalee Brotz Plymouth-Whitemarsh HS

201 E Germantown Pike

Plymouth Meeting, PA 19462

Education and welfare of children and youth
with exceptionality

888-232-7733

www.pacec-sped.org

Pennsylvania Education for all Coalition (PEAC)

Pennsylvania's Education for All Coalition (PEAC) is a grassroots organization of parents, family members, educators, professionals, and individuals with disabilities that supports inclusive education. We believe that children of all backgrounds and abilities should be successfully educated together within the general education curriculum.

(267) 232-0570

email: info@paedforall.org

www.paedforall.org

Pennsylvania Elks Home Service Program

Nurses can provide in-home medical case management services, advocacy, information and referral, information on social and recreational programs

(724) 224-7652

www.paelks.com/files/Homeserv.htm

Pennsylvania Family Support Alliance Support Group

Lisa Reed

Church of Good Tabernacle
Saxton, PA 16678

Group setting where parents can speak about
challenges of raising children.
(814-635-4348)

Pennsylvania Health Law Project (PHLP)

650 Smithfield St., Suite 2130
Pittsburgh, PA 15222 PHLP provides free legal
services and advocacy to Pennsylvanians having
trouble accessing publicly funded health care
coverage or services.
1-800-274-3258
(866) 236-6310 (TTY)
email: staff@phlp.org
www.phlp.org

Pennsylvania Human Rights Commission

300 Liberty Ave.
Pittsburgh, PA 15222
301 Chestnut Street
Suite 300
Harrisburg, PA 17101
Administer and enforce the PHR Act and
PFEOA of PA for the identification and elimination of
discrimination and providing of equal opportunity for
all persons
Pittsburgh
412-565-5395
Harrisburg
717-787-9784
www.phrc.state.pa.us

**Pennsylvania Mental Health Consumers' Assoc.
(PMHCA)**

4105 Derry Street
Harrisburg, PA 17111

Jennifer Hoch, Dir. Of Member Services

PMHCA is a statewide membership organization representative of the individual and collective expression of people who have recovered or are recovering from mental illness.

Our purpose is to promote and support recovery through advocacy and education to eliminate stigma and discrimination.

(800) 887-6422

email: pmhca@pmhca.org

www.pmhca.org

The Pennsylvania Partnership

Brenda Folk (Bedford County Regional Representative)

5108 Saint Hubert Hollow Road

P O Box 86

Six Mile Run, PA 16679

Training, mentoring through Partnership

Trainings and Family Connections

814-928-5155

jfolk@hughes.net

**Pennsylvania School-Age Child Care Alliance –
PENN SACCA**

Carolyn Hawk

Joyce Lang

4751 Lindle Road

Harrisburg, PA 17111

Support of school age care and after-school programs for children and youth. Support of school-age professionals and the development of quality school-age programs through advocacy and education.

Carolyn Hawk

570-323-7134

Joyce Lang

610-332-6541

www.pennsacca.net

The Pennsylvania Training Partnership for People with Disabilities and Families

1601 N. Broad Street, University Services Bldg, Suite 610

Philadelphia, PA 19122

1-866-865-6170

The Partnership makes available training and technical assistance, developed and provided by people with disabilities and families. The training will be coordinated statewide yet regionally-responsive; person-centered and culturally competent; attentive to capacity-building and supportive of leadership development.

www.temple.edu/thetrainingpartnership

Pennsylvania Tourette Syndrome Association Inc.

Sherrie Sponseller, Administrator

132 West Middle Street

Gettysburg, PA 17325

Information on support groups, newsletters, related links

(800) 990-3300

(717) 337-1134

info@patsain.org
www.patsainc.org

**Pennsylvania Training & Technical Assistance
Network (PaTTAN)**

6340 Flank Drive
Harrisburg, PA 17112

PaTTAN is an initiative of the Pennsylvania Department of Education working in partnership with families and local education agencies to support programs and services to improve student learning and achievement.

(800) 360-7282
www.pattan.net

**Prader-Willi Syndrome Association of
Pennsylvania**

104 Persimmon Place
Cranberry Township, PA 16066
Debbie Fabio

PWSA (USA) is an organization of families and professionals working together to promote and fund research, provide education, and offer support to enhance the quality of life of those affected by Prader-Willi syndrome.

(800) 926-4797
email: webmaster1@pwsausa.org
www.pwsausa.org

Remembering Adam

P O Box 665
Hastings, PA 16646

Support and Substance abuse prevention
1-877-767-ADAM

www.rememberingadam.com
Email: contact@rememberingadam.org

Selective Mutism Sites

National advocacy groups for parents who have children with selective mutism
www.selectivemutismfoundation.org
www.selectivemutism.org

Self Advocates Becoming Empowered

P.O.Box 30142
Kansas City, MO 64112

SABE ensure that people with disabilities are treated as equals and that they are given the same decisions, choices, rights, responsibilities, and chances to speak up to empower themselves; opportunities to make new friends; and to learn from their mistakes.

SABEnation@gmail.com
www.sabeusa.org

Speaking for Ourselves

714 Market Street
Philadelphia, PA 19106

Speaking for Ourselves is an independent community organization controlled by people with disabilities who help us: Find a voice for ourselves; Teach the public about the needs, wishes, and potential of people with disabilities; Speak out on important issues; Support each other through sharing, leadership development, and helping and encouraging each other.

(800) 867-3330
email: info@speaking.org

www.speaking.org

Spina Bifida Association

Information on spina bifida, programs,
advocacy, and research

(800) 621-3141

(202) 944-3285

info@sbaa@sbba.org

www.sbaa.org

STARFISH Advocacy Assoc.

17269 Scottsdale Blvd.

Shaker Heights, OH 44120

Internet community for parents with children
with neurological disorders, i.e. ADHD ,bipolar,
Asperger's , PDD, learning disabilities, OCD, tourette
syndrome, etc. Forum boards, interactive chat room,
moderated chats, informational resources, online
classes in education advocacy, educational
consultation.

(216) 283-2377

email: starfish@starfishadvocacy.org

www.starfishadvocacy.org

**The American Academy of Child & Adolescent
Psychiatry (AACAP)**

3615 Wisconsin Ave., N.W.

Washington, DC 20016-3007

The AACAP is the leading national
professional medical association dedicated to treating
and improving the quality of life for children,
adolescents, and families affected by these disorders.

(202) 966-7300

www.aacap.org

The ARC (Advocacy & Resources for Citizens with cognitive, intellectual and developmental disabilities) of PA

101 South 2nd Street, Suite 8
Harrisburg, PA 17102

The ARC of Pennsylvania is affiliated with The ARC, the largest advocacy organization in the United States for citizens with cognitive, intellectual, and developmental disabilities, and their families. The Arc's mission is to work to include all children and adults with cognitive, intellectual, and developmental disabilities in every community. We promote active citizenship and inclusion in every community.

In conjunction with its local chapters and the national organization, The Arc of Pennsylvania works every day to carry out its mission - to work to include all children and adults with cognitive, intellectual, and developmental disabilities in every community.
(877) 272-2270
www.thearcpa.org

The ARC of Blair County

431 Jackson Ave.
Altoona, PA 16602

Advocacy & Resources for Citizens with cognitive, intellectual, & developmental disabilities
(814) 946-1011
email: mbrantt@thearcblair.org
www.thearcpa.org

The ARC of Cambria County

960 Bedford Street
Johnstown, PA 15902
(814) 535-1511

The Association for Persons with Severe Handicaps (TASH)

26 Gunpowder Rd.
Mechanicsburg, PA 17050

TASH is an international association of people with disabilities, their family members, other advocates, and professionals fighting for a society in which inclusion of all people in all aspects of society is the norm. TASH is an organization of members concerned with human dignity, civil rights, education, and independence for all individuals with disabilities.

(717) 691-8686

email: ksbrill@comcast.net

web:

home.dejazza.com/mcsouth/PATASH_index.html

www.tash.org