

**Department of
State Health Services**
www.dshs.state.tx.us
1-888-963-7111

DSHS has programs that provide direct health services, help protect Texans from illness, prevent the spread of disease, and help people prepare for emergencies. DSHS also provides help for mental illness and substance abuse. Look for programs at www.dshs.state.tx.us/HealthTopics.spx?alp=all.

Mental Health Services
1-512-206-5804
www.dshs.state.tx.us/mhservices/

Hemophilia Assistance Program
1-800-222-3986
www.dshs.state.tx.us/hemophilia
Kidney Health Care Program
1-800-222-3986
www.dshs.state.tx.us/kidney

Texas HIV/STD Program
1-512-533-3000
www.dshs.state.tx.us/hivstd

**Department of Family
and Protective Services**
[www.dfps.state.tx.us/Child_Protection/
Transitional_Living/default.asp](http://www.dfps.state.tx.us/Child_Protection/Transitional_Living/default.asp)
Call 2-1-1

Preparation for Adult Living (PAL) Program
Services for transitioning youth in foster care.



FEDERAL AGENCIES

Medicare
www.medicare.gov
1-800-633-4227 (TTY 1-877-486-2048)
Medicare policy and benefit information

Supplemental Security Income (SSI)
www.socialsecurity.gov/ssi/index.htm
1-800-772-1213 (TTY 1-800-325-0778)
SSI helps aged, blind and disabled people.

DISABILITY AGENCIES IN TEXAS

The ARC of Texas
1-800-252-9729
www.thearcoftexas.org

Disability Rights Texas
1-800-252-9108
www.disabilityrightstx.org

Partners Resource Network
1-800-866-4726
www.partnerstx.org

**Texas Association of Centers
for Independent Living**
1-512-374-0730
www.tacil-texas.org

**Texas Council for
Developmental Disabilities**
1-800-262-0334
www.txddc.state.tx.us

Texas Parent to Parent
1-866-896-6001
www.txp2p.org

RESOURCE LIST FOR TRANSITIONING YOUTH IN TEXAS



Transition is the time when the changes in the lives of youth create specific needs. Getting ready ahead of time for those needs can help the transition happen more smoothly.

The Children with Special Health Care Needs (CSHCN) Services Program is pleased to provide this brochure about ways Texas youth can find help with their transition to adulthood. For more information, go to the CSHCN Services Program's website at www.dshs.state.tx.us/cshcn, or call **1-800-252-8023**.

The CSHCN Services Program is a unit of the Texas Department of State Health Services (DSHS). Other state agencies in the Texas Health and Human Services System that help youth in transition include:

- HHSC** Health and Human Services Commission
- DADS** Department of Aging and Disability Services
- DARS** Department of Assistive and Rehabilitative Services
- DFPS** Department of Family and Protective Services

Some of the resources listed here can help Texas youth:

- change from a doctor who treats children to a doctor who treats adults
- learn the skills to manage their own health care
- change from going to school to going to work
- change from living with family to living on their own.



Health and Human Services Commission
www.hhsc.state.tx.us/help/index.html
Call 2-1-1 or 1-877-541-7905

Supplemental Nutrition Assistance Program (SNAP)
www.hhsc.state.tx.us/Help/Food/SNAP.shtml

Medical Transportation Program
1-855-687-4786 in Houston/Beaumont area
1-855-687-3255 in Dallas/Fort Worth area
1-877-633-8747 (TDD 1-800-735-2989) in rest of Texas
 Medical transportation in the Medicaid programs

Texas Information and Referral Network
www.211texas.org or call **2-1-1**
 Find health, mental health, and substance abuse services where you live.

Medicaid Hotline
www.hhsc.state.tx.us/medicaid/index.html
1-800-252-8263 (TDD 1-800-735-2989)
 Information about Medicaid services, pharmacy issues, Medicaid rights, complaints, and fair hearings.

Department of Aging and Disability Services
www.dads.state.tx.us/services
1-512-438-3011

DADS has many kinds of services and support for people with disabilities right where they live.



Community Living Assistance and Support Services (CLASS) Program
www.dads.state.tx.us/services/faqs-fact/class.html

Medically Dependent Children's Program (MDCP)
www.dads.state.tx.us/services/faqs-fact/mdcp.html

Deaf-Blind Multiple Disabilities (DBMD) Program
1-877-438-5658 (To place a person on an interest list)
www.dads.state.tx.us/services/faqs-fact/dbmd.html

Community-Based Alternatives (CBA) Program
1-512-438-3011 (Ask for your local office number.)
www.dads.state.tx.us/services/faqs-fact/cba.html

Home and Community-Based Services (HCS) Program
1-800-458-9858
www.dads.state.tx.us/services/faqs-fact/hcs.html

Department of Assistive and Rehabilitative Services
www.dars.state.tx.us
1-800-628-5115
Choose 1 for English or 2 for Spanish

DARS helps people with disabilities to find jobs and to live on their own in their communities.

