



# All Children Safe at Home

**ELECTRONIC FACT SHEETS  
TO EMAIL TO TRAINEES**

T

**SAFE** | stop abuse for  
everyone

A merger of Austin Children's Shelter and SafePlace

**English Resources (send electronically)**

Resources About Disabilities  
Resources on Trauma  
Resources for Foster Parent and Caregivers

**Spanish Resources (send electronically)**

Recursos para discapacidades (Resources about Disabilities)  
Recursos para padres sustitutos y proveedores de cuidado (Resources for Foster Parents & Caregivers)

# English Fact Sheets

# CHILDREN WITH DISABILITIES

## Resources About Disabilities

### General Resources

- [Navigate Life Texas](#) – Information for families of children with disabilities about specific disabilities, education, insurance, transition to adulthood, and services and supports available in each county.
- [Texas Parent to Parent](#) – Parent-to-parent support, resource material, and education to parents and to professionals working with children with disabilities.
- [Parent Companion](#) – A guide for Texas parents and caregivers of children with diagnosed or suspected disabilities from birth through 5 years of age.
- [Centers for Disease Control and Prevention](#) – Information on disabilities, resources, and educational materials. <https://www.cdc.gov/>

### Attention-Deficit/Hyperactivity Disorder (A-D/HD)

- [CHADD](#) – Resources, information, and training for parents, professionals, and people with A-D/HD.
- [Learning Disabilities Association of America](#) – Information and resources for parents, teachers, professionals, and adults with learning disabilities or A-D/HD.
- [National Institute of Mental Health](#) – Information and resources about A-D/HD.
- [Psychology Today](#) – Texas Support Groups for parents and children with A-D/HD.
- [Navigate Life Texas](#) – Links to information about supports and services throughout Texas.

### Autism Spectrum Disorder

- [Autism Society](#) – Information on autism spectrum disorder, treatment, research, services, legal information, and advocacy.
- [Autism Speaks](#) – Lists of services available in each state, including health services, after-school programs, advocacy, and community support. Also provides information on safety, abuse prevention, and other topics.
- [Autistic Self Advocacy Network \(ASAN\)](#) – A national grassroots disability rights organization run by and for Autistic Americans. Includes resources such as Autism Safety Toolkit.
- [AWAARE Collaboration](#) – National Autism Association. Three digital safety toolkits for caregivers, teachers, and first responders, as well as information regarding autism-related wandering.
- [National Autism Association's Autism Safety Site](#) – Information on wandering, restraint & seclusion, bullying, and suicide prevention.

## **Blind/Visual Disability**

- [All Blind Children of Texas](#) – State and national resources for parents, teachers, and children who are blind or visually impaired.
- [Blind Children's Vocational Discovery and Development Program](#) – Texas Health and Human Services. Support for children who are blind and their families.
- [Family Connect](#) – Support and information for parents of children with visual disabilities.
- [National Federation for the Blind](#) – Resources, products, and services for parents and teachers.
- [National Association of Parents of Children with Visual Impairments](#) – Information, resources, and tele-support groups for parents of children with visual disabilities.

## **Deaf/Hard of Hearing**

- [The National Child Traumatic Stress Network](#) – Tips on working with children who are Deaf who have experienced trauma.
- [Hands and Voices for Deaf Children](#) – Non-profit, parent-driven organization supporting families of children who are Deaf or hard of hearing. It is non-biased about communication methodologies and organizers believe that families can make the best choices for their child if they have access to good information and support.

## **Fetal Alcohol Syndrome**

- [FASD Strategies, Not Solutions](#) – Edmonton and Area Fetal Alcohol Network. Strategies for caregivers and others who live or work with children with FASD.
- [No FAS](#). Includes state-by-state resources on Fetal Alcohol Syndrome (FAS); information on living with FAS, education, FAS and the law; and resources for parents and caregivers.

## **Intellectual Disabilities and/or Developmental Disabilities**

- [The Arc of Texas](#) – Information and resources for people with intellectual and developmental disabilities and families.
- [The Arc \(National\)](#) – Supports, services, and information for people with intellectual and developmental disabilities and their families, as well as information for educators, advocates, and others.
- [Easterseals](#) – Links to Texas Easterseals affiliates that offer local services to children and adults with disabilities.

## **Learning Disabilities**

- [Texas Center for Learning Disabilities](#) – Resources and information for parents and children about learning disabilities.
- [Learning Disabilities Association of America](#) – Information and resources about learning disabilities, A-D/HD, mental health, assessment and technology for parents, teachers, and adults with learning disabilities or attention deficit hyperactivity disorder.

- [The Learning Disabilities Association of Texas](#) – Parent-professional membership organization that provides information and resources for parents and professionals about learning disabilities.

## **Mental Health**

- [Mental Health Association of Texas](#) – Information on mental health, substance use, and mental illness for children, youth, and adults; along with their family members, mental health professionals, first responders, educators, and others.
- [National Alliance on Mental Illness](#) – Educational and support programs for people living with mental illness, families, friends, professionals, and the community.
- [Pathways RTC](#) – To improve the lives of youth and young adults with serious mental health conditions, Pathways RTC provides information on topics such as engaging with young people and early intervention programs for psychosis.
- [PTSD in Children & Teens](#) – National Center for PTSD. How PTSD affects children and teens.

## **Muscular Dystrophy**

- [Muscular Dystrophy Association](#) – Information about neuromuscular diseases, services, and supports, including educational information and local and online support groups.

## **Traumatic Brain Injury**

- [Brain Injury Association of America](#) – Tips and resources on topics such as symptoms and recovery of brain injuries in children, returning to school, college, concussions, and prevention.
- [Texas Brain Injury Alliance](#) – Texas resources and other information on brain injuries and children.

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through a Children's Justice Act grant.

## CHILDREN WITH DISABILITIES

# Resources on Trauma

### How Trauma Affects Children

- [The Relationship of Adverse Childhood Experiences on Adult Health: Turning Gold into Lead](#) – The Permanent Journal. The ground-breaking ACE Study "reveals a powerful relation between our emotional experiences as children and our adult emotional health, physical health, and major causes of mortality in the United States."
- [Complex Trauma](#) – National Children's Traumatic Stress Network. How trauma affects children emotionally, cognitively, physically, and behaviorally.
- [ACES Too High! News](#) – To prevent childhood trauma, pediatricians screen children and their parents for childhood trauma.

### Responding to Trauma

- [Healing and Support for Children and Parents](#) – Stop It **Now!** Resources and supports for children who have been sexually abused, as well as their parents.
- [National Child Traumatic Stress Network](#) – Resources for parents, educators, and other service professionals to better understand and respond to children who have experienced trauma, including children with disabilities.
- [The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma](#) – National Child Traumatic Stress Network. Training and toolkit provides overview on how to work with families and children who are living with intellectual and development disabilities who have experienced trauma.

### Deaf Children

- [Addressing the Trauma Treatment Needs of Child Who are Deaf or Hard of Hearing and the Hearing Children of Deaf Parents](#) – National Child Traumatic Stress Network. White paper to begin to create collaborative efforts involving the Deaf community, specialized providers, and mainstream clinicians to facilitate the delivery of effective treatment to Deaf children and/or families experiencing traumatic stress.
- [Facts on Trauma and Deaf Children](#) – National Child Traumatic Stress Network. Tips in modifying therapeutic services to Deaf children.

### Children with Developmental Disabilities

- [Facts on Traumatic Stress and Children with Developmental Disabilities](#) – National Child Traumatic Stress Network. Information for therapists and other service providers in working with children with developmental disabilities who have experienced trauma.

## Post-Traumatic Stress Disorder

- [PTSD in Children and Adolescents](#) – National Center for Post-Traumatic Stress Disorder. Fact sheet on risk factors, incidence, and treatment of children and adolescents with PTSD.

## Trauma & Culture

- [Culture and Trauma](#) – National Child Traumatic Stress Network. Resources on culture and trauma.
- [The Importance of Cultural Competence in Trauma Recovery](#) – Women's Consortium. Newsletter article about the need for cultural responsiveness in providing trauma recovery services.

## Trauma-Informed Services & Training

- [Assessing Trauma-Informed Practice: Lessons Learned from a Trauma Audit](#) – Futures Without Violence. Recorded training about an audit of trauma-informed environments in juvenile and family courts, as well as online resources.
- [Creating Trauma-informed Welfare Systems: A Guide for Administrators](#) – Chadwick Center for Children and Families. Documents/tools to create a more trauma-informed child welfare system for use by individuals and organizations.
- [Trauma-Informed Care Training](#) – Texas Department of Family and Protective Services. Online training for families, caregivers, and other social service providers on trauma-informed care and child traumatic stress.

## Healing

- [Healing and Support for Children and Parents](#) – Stop It **Now!** Resources for parents and children after sexual abuse of children with disabilities.
- [Building Resilience: The Power to Cope with Adversity](#) – Zero to Three. Building resilience in infants and toddlers, parents, schools and caregiving systems, and the community.
- [Coping with the Shock of Intrafamilial Sexual Abuse](#) – National Child Traumatic Stress Network. Primer for parents on the effects of family sexual abuse and ways to cope.
- [Child Sexual Abuse: Coping with the Emotional Stress of the Legal System](#) –National Child Traumatic Stress Network. Fact sheet for parents and guardians to help children cope with the stress of the legal system.
- [Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event – a Guide for Parents, Caregivers & Teachers](#) –Substance Abuse and Mental Health Services Administration. Guide to help parents and teachers recognize common reactions of children after a disaster or traumatic event, how to respond, and when to seek support.

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# Resources for Foster Parent & Caregivers

## Abuse Prevention

- [Behaviors to Watch for When Adults are with Children & Signs that a Child or Teen May Be At-Risk to Harm Another Child](#) – Stop It **Now!** Tipsheet to help parents or caregivers of children with disabilities recognize warning signs of abuse by adults or other children.
- [Child Maltreatment Among Children with Disabilities](#) – Center for Disease Control. Tips and resources for parents to increase their children's safety.
- [Connect With Your Child: Prevent Bullying and Peer Abuse](#) – Prevent Child Abuse. Tips for parents for talking about bullying with children.
- [For Parents of Children with Disabilities](#) – Stop It **Now!** Four prevention tip sheets for parents and caregivers of children with disabilities. Includes information on family safety planning and protecting children with disabilities from abuse in program settings.
- [Family Safety Planning to Prevent Child Sexual Abuse](#) – Chicago Children's Advocacy Center. Reducing risk of sexual abuse for children with disabilities by creating a family safety plan.
- [Help for Parents. Hope for Kids](#) – Parenting tips, resources for Texas parents, and information about abuse and children.
- [How to Talk to Your Child to Reduce Vulnerability to Sexual Abuse](#) – Chicago Children's Advocacy Center. Teaching children about sex and sexuality, personal space, and boundaries.
- [My Child Was Sexually Abused - What I Wish I Knew Before](#) – The Mama Bear Effect. 9 hard lessons every parent can use to keep their child safe.
- [Positive Parenting Approaches](#) – Zero to Three. 12 alternatives to lashing out at children.
- [Recognizing Child Abuse: What Parents Should Know](#) – Prevent Child Abuse. Tip sheet on recognizing child abuse, and signs of physical abuse, neglect, sexual abuse, and emotional maltreatment.

## Healing from Abuse

- [Building Resilience: The Power to Cope with Adversity](#) – Zero to Three. Building resilience in infants and toddlers, parents, schools and caregiving systems, and the community.
- [Child Sexual Abuse: Coping with the Emotional Stress of the Legal System](#) – National Child Traumatic Stress Network. Tips for helping children cope with the stress of the legal system.

- [Healing and Support for Children and Parents](#) – Stop it **NOW!** Resources for parents and children after sexual abuse of children with disabilities.
- [Parenting a Child Who Has Experienced Abuse or Neglect](#) – Information and resources for parents and caregivers in caring for a child who has been abused or neglected.
- [Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event – a Guide for Parents, Caregivers & Teachers](#) – Substance Abuse and Mental Health Services Administration. Recognize common reactions of children after a disaster or traumatic event, how to respond, and when to seek support.

### **Parenting a Child with a Disability**

- [Conversations About Your Child: Themes for a Lifetime](#) – Disability Rights Wisconsin. 58-page interactive guide encourages parents to increase their child's well-being by considering their point-of-view and encouraging others in the child's life to do so as well.
- [First Five Years](#) – Interactive Parent Companion. Resources for individual family's specific needs and concerns.

### **State**

- [Call 211](#) – Statewide information about community resources, including information about state benefits and other government services.
- [CHIP/Medicaid](#) – Children's Health Insurance to Fit Your Budget. Call toll-free 1-877-543-7669 (1-877-KIDS-NOW). Texas families with uninsured children who are approved may be able to get health insurance through Children's Medicaid or the Children's Health Insurance Program (CHIP).
- [Help for Parents. Hope for Kids](#) – Parenting tips, resources for Texas parents, and information about abuse and children.
- [Medicaid Buy-In for Children](#). – Call 2-1-1 or 1-877-541-7905. Medicaid Buy-In for Children can help pay medical bills for children with disabilities. This program helps families who need health insurance, but make too much money to get traditional Medicaid. Families "buy in" to Medicaid by making a monthly payment (premium).
- [Navigate Life](#) – Information for children with disabilities and families about insurance, schools, transition to adulthood, services, family support, and disabilities.
- [Parent Companion](#) – A guide for Texas parents and caregivers of children with diagnosed or suspected disabilities from birth through 5 years of age.
- [Texas Education Agency](#) – Information for parents and families of children with disabilities.
  - [Services for Texas students with disabilities ages 3-5](#)
- [Texas Project First](#) – Website by and for parents of children with disabilities to provide "accurate and consistent information to parents and families of students with disabilities."
- [Texas Parent to Parent](#) – Provides parent-to-parent support, resource material, and education to parents and to professionals working with children with disabilities.

## Working with Child Protective Services (CPS)

- [The Family Helpline for Strong Families and Safe Children](#) – Answers questions from parents and caregivers about CPS issues at **844.888.6565**. The helpline is open Monday through Friday 9:00 a.m. to 6:00 p.m. Central Standard Time. Spanish speaking services are also available. A lawyer with CPS experience will answer questions about CPS issues and the legal system. The call is anonymous. Lawyers cannot offer legal advice, but can give legal information and education.
- [How the Child Welfare System Works](#) – Child Welfare Information Gateway. How the child welfare system works: from what happens after possible abuse is reported to what happens in substantiated cases of abuse.
- [A Parent's Guide to Child Protective Services Investigation](#) – Texas Department of Family and Protective Services. Information on how Child Protective Services (CPS) conducts investigations step by step, legal information regarding CPS records, and what to do if you disagree with the findings of a CPS investigation.

## National Resources

- [National Child Abuse Hotline](#) – Staffed by professional counselors who are available 24 hours a day, every day of the year. All calls are anonymous and toll-free. Call 1-800-4-A-Child (1-800-422-4453), then push 1 to talk to a hotline counselor. Communication in 170 languages is available.
- [Parenting Resource Center](#) – Child Help. A list of 30+ online and literature resources for parents of children with a disability.
- [Resources for Parents and Caregivers](#) – National Child Traumatic Stress Network. Resources on family and trauma. The more parents understand how traumatic events affect children, the more they will understand the reasons for their kids' behaviors and emotions, and the better prepared they will be to support them and help them cope.
- [Understood - For Learning and Attention Issues](#) – Resources for parents of children aged 3-20 with learning and attention issues, including detailed information about education, friends, family issues, and self-care.

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# Spanish Fact Sheets

# NIÑOS CON DISCAPACIDADES

## Recursos para discapacidades

### Recursos generales

- [Avancemos Juntos Texas \(Navigate Life Texas\)](#). Recursos para niños con discapacidad y necesidades especiales de salud.
- [Centros para el Control y la Prevención de Enfermedades \(Centers for Disease Control and Prevention\)](#). Información sobre discapacidades.

### Trastorno de déficit de atención/hiperactividad (Attention-Deficit/Hyperactivity Disorder, A-D/HD)

- [CHADD](#). Recursos, información y capacitación para padres, profesionales y personas con A-D/HD. Haga clic en "Spanish" (español) debajo de "select language" (traducción al idioma) en la esquina superior derecha de la página.

### Trastorno del espectro de autismo

- [Información general sobre el autismo](#). Información sobre el trastorno del espectro de autismo, su tratamiento, investigación, servicios, información legal y defensa.

### Ceguera/Discapacidad de la vista

- [Programa de Descubrimiento y Desarrollo Vocacional para Niños Ciegos](#). Sistema de Salud y Servicios Humanos de Texas. Apoyo para niños ciegos y sus familias.
- [Family Connect](#). Para padres de niños con discapacidad visual. La versión en español se puede encontrar en la esquina derecha superior de la página principal.

### Discapacidades intelectuales y/o discapacidades del desarrollo

- [Easterseals Español](#). Enlaces a agencias locales de Easterseals que ofrecen servicios para niños y adultos con discapacidades.

### Discapacidades del aprendizaje

- [Understood: dificultades de aprendizaje y de atención](#). Recursos para padres de niños de 3 a 20 años de edad con dificultades de aprendizaje y atención.

## Salud mental

- [National Alliance on Mental Illness en español \(National Alliance on Mental Illness\)](#). Programas educativos y de apoyo en Texas para personas que viven con enfermedad mental, sus familias y amigos, profesionales y la comunidad.
- [Red Nacional para el Estrés Traumático Infantil Información en español \(National Child Traumatic Stress Network\)](#). Recursos para padres, educadores y otros para entender y responder mejor a niños que han vivido un trauma, entre ellos niños con discapacidades.
- [Sistemas de cuidado: ayudando a niños y jóvenes con depresión mayor](#) – Administración de Servicios para el Abuso de Sustancias y Salud Mental (Substance Abuse and Mental Health Services Administration, SAMHSA)
- [Sistemas de cuidado: ayudando a niños y jóvenes con necesidades de salud mental severas](#) SAMHSA

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# Recursos para padres sustitutos y proveedores de cuidado

## Prevención de abuso

- Chicago Children's Advocacy Center (Centro de Defensa de los Niños de Chicago). Haga clic en "Spanish" (español) en la esquina superior derecha de la página debajo de "select language" (seleccione el idioma).
  - [La prevención del abuso sexual](#)
  - [Para padres de niños con discapacidades: cómo hablar con su hijo para reducir vulnerabilidad al abuso](#)
  - [Para padres de niños con discapacidades: planificar la seguridad familiar para prevenir el abuso infantil](#)
  - [Qué hacer si sospecha que un niño está siendo abusado](#)
  - [Reconociendo el abuso sexual](#)
  - [Recursos sobre abuso sexual](#)
- [Ayuda para padres. Esperanza para niños](#). Consejos para la crianza de los hijos, recursos para padres en Texas e información sobre el abuso y niños.
- Prevent Child Abuse (Prevenga el abuso infantil). En la parte inferior de la página, elija "Spanish" (español) debajo de "select language" (elija un idioma).
  - [Cómo tratar el tema del acoso](#)
- [Child Welfare Information Gateway \(Acceso a información sobre el bienestar de niños\)](#). Recursos en español sobre cómo prevenir el abuso de niños y cómo responder a él.
- [Child Abuse Hotline Nacional \(National Child Abuse Hotline\)](#) En esta línea de ayuda telefónica, consejeros profesionales están disponibles las 24 horas del día, todos los días. Todas las llamadas son anónimas y sin costo. Llame a 1-800-4-A-Child (1-800-422-4453), luego oprima 1 para hablar con un consejero de la línea de ayuda.

## Seguro médico

- [211 Texas](#). Información que aplica a todo el estado sobre recursos en la comunidad, entre ella información sobre beneficios estatales y otros servicios del gobierno.
- [CHIP/Medicaid Seguro Médico para Niños](#). Llame sin costo al 1-877-543-7669 (1-877-KIDS-NOW). Es posible que familias en Texas obtengan seguro médico a través de Children's Medicaid o del Programa de Seguro Médico para Niños (Children's Health Insurance Program, CHIP)
- [Medicaid Buy-In para Niños](#). Llame al 2-1-1 o al 1-877-541-7905. Medicaid Buy-In para Niños puede ayudar a pagar cuentas médicas para niños con discapacidades. Este programa ayuda a las familias que necesitan seguro médico, pero que ganan demasiado dinero para obtener el Medicaid tradicional. Las familias aportan o realizan un "buy in" a Medicaid al hacer un pago mensual (prima).

## **Apoyo para la crianza de los hijos**

- Compañero de padres: primeros cinco años. Parent Companion es una guía para los padres y los proveedores de cuidado de niños en Texas de niños recién nacidos hasta los cinco años de edad que han sido diagnosticados con discapacidades o presuntas discapacidades.
- Texas Parent to Parent Proporciona apoyo entre padres, material de recursos y educación para padres.
- CERO A TRES: recursos en español. Nuestro deseo es ofrecer a los padres, profesionales y legisladores el conocimiento teórico y práctico para cultivar el desarrollo temprano.

## **Cómo trabajar con Servicios de Protección al Menor**

- Cómo funciona el sistema de bienestar de menores Child Welfare Information Gateway.
- El Departamento de Servicios para la Familia y de Protección (DFPS) de Texas. Texas Department of Family and Protective Services. Información sobre cómo Servicios de Protección al Menor (Child Protective Services, CPS) realiza investigaciones paso por paso, información legal con respecto a registros de CPS y qué hacer si no está de acuerdo con los hallazgos de una investigación de CPS.
- Línea de ayuda de la familia de CPS para familias fuertes y niños seguros Llame a la Línea de Ayuda para la Familia al **(844) 888-6565** con sus preguntas relacionadas con CPS. La línea de ayuda está disponible de lunes a viernes de 9:00 a.m. a 6:00 p.m. Un abogado con experiencia en CPS responderá preguntas acerca de asuntos de CPS y el sistema legal. La llamada es anónima.

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