

UNSILENCED

RESILIENCE RESOURCES

Supporting survivors in rebuilding their lives after leaving
Troubled Teen Industry (TTI) programs

Brought to you by our sponsors:



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Griffin Purnell

Griffin Purnell is a nationally recognized law firm dedicated to representing survivors of institutional abuse in all 50 states, with a specialized focus on the troubled teen industry (TTI). Their attorneys bring decades of experience in child abuse litigation, institutional negligence, and complex civil rights cases, and are a leading voice in holding youth residential programs accountable.



Gochnauer Family Foundation

The Gochnauer Family Foundation was established in December of 1998 to give back part of the many blessings our family has received, to teach stewardship across generations, and to cultivate seeds that yield high returns in the support of those in need.

Survivor resources were developed to empower survivors, educate stakeholders, and drive meaningful change in our fight for justice and the protection of vulnerable youth. We invite our supporters to show their support through sponsoring these innovative and essential resources through scanning this QR code, clicking [HERE](#)



At Unsilenced, we are proud to partner with sponsors who are as committed as we are to creating meaningful change for survivors of institutional abuse. As a nonprofit, these sponsorships allow us to continue offering vital resources—like survivor guides, attorney directories, support groups, and educational tools—completely free to those who need them. Every sponsorship directly supports the creation, distribution, and availability of these tools, ensuring that survivors have access to the support they deserve. We are deeply thankful for the support that helps us stay focused on our mission of empowering survivors and advancing justice.



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Virginia

Virgin Islands

Washington

West Virginia

Wisconsin

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Resources

Getting Home

If you are going home or to a friend or relatives home is an option for you, but you find yourself without any way to get there:

Homefree Runaway (Ages 12-21)

Call: 1-800-786-2929 24/7

If you call this number and tell them that you are stranded from your family and show proof of your age by either an ID or a statement from the program, then they will usually be able to get you on a bus within the hour for free.

- This is TO and FROM and state
- Please ask for Devis
- NOTE: you have to have someone on the other end to accept you and sign off for you.

Support

211 Services

Link: <https://www.fcc.gov/consumers/guides/dial-211-essential-community-services>

How 211 Works

211 works a bit like 911. Calls to 211 are routed by the local telephone company to a local or regional calling center. The 211 center's referral specialists receive requests from callers, access databases of resources available from private and public health and human service agencies, match the callers' needs to available resources, and link or refer them directly to an agency or organization that can help.

Types of Referrals Offered by 211

1. **Basic Human Needs Resources** – including food and clothing banks, shelters, rent assistance, and utility assistance.
2. **Physical and Mental Health Resources** – including health insurance programs, Medicaid and Medicare, maternal health resources, health insurance programs

for children, medical information lines, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.

3. **Work Support** – including financial assistance, job training, transportation assistance and education programs.
4. **Access to Services in Non-English Languages** - including language translation and interpretation services to help non-English-speaking people find public resources (Foreign language services vary by location.)
5. **Support for Older Americans and Persons with Disabilities** – Including adult day care, community meals, respite care, home health care, transportation and homemaker services.
6. **Children, Youth and Family Support** – including child care, after-school programs, educational programs for low-income families, family resource centers, summer camps and recreation programs, mentoring, tutoring and protective services.
7. **Suicide Prevention** – referral to suicide prevention help organizations. Callers can also dial the following National Suicide Prevention Hotline numbers which are operated by the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services:
 - 1-800-273-TALK (1-800-273-8255)
 - 1-800-SUICIDE (1-800-784-2433)
 - 1-888-SUICIDE (1-888-784-2433)
 - 1-877-SUICIDA (1-877-784-2432) (Spanish)

Food

Food stamps

- **What is SNAP?:** SNAP is a federal benefit designed to help low-income Americans supplement their grocery budgets and purchase healthy food.
- Information on applying for Supplemental Nutrition Assistance Program (SNAP): <https://www.hhs.gov/answers/programs-for-families-and-children/how-can-i-apply-for-food-stamps/index.html#:~:text=To%20apply%20for%20food%20stamp,pages%20of%20the%20telephone%20book>.
- To apply for SNAP you MUST contact your local SNAP office within the state you reside in. [Click here](#) to view a map of each state's SNAP offices and contact information.
- Please don't call USDA or HHS headquarters as **only your State accepts applications and determines eligibility.**

Food banks

Food banks by location: https://www.feedingamerica.org/find-your-local-foodbank?_ga=2.86250648.1873310999.1662585464-497568737.1662585464&_gac=1.29400506.1662585464.483284262f881e32f2eee73f25f9e99d

Clothing

Dress For Success: <https://dressforsuccess.org/>

- Put in your zip code to find a Dress For Success near you.
- Call or email Dress For Success prior to going there.

Sharia's Closet in San Diego, CA

- <https://www.shariascloset.org/>
- **Phone:** (619) 549-6102 **and** (619) 315-6717
- Email **Shamine Linton** at: shamine.linton@shariascloset.org
- State that you are a survivor of institutional child abuse calling about clothing about the Unsilenced Survivor Empowerment Initiative.
- **Address:** 6244 El Cajon Blvd, Suite #5, San Diego, CA 92115

Other Resources

These resources offer multiple ways of helping those in need.

- **The Salvation Army:** <https://www.salvationarmyusa.org/usn/>

Shelter

Homeless accepted spots

- Homeless shelters by type and location: <https://www.homelessheltersite.org>

Homeless Shelter Locator: <https://www.homelesshelterdirectory.org/>

Domestic Shelter lookup: <https://www.domesticshelters.org/help#?page=1>

Your Safe Place - A Family Justice Center (San Diego, CA):

<https://www.sandiego.gov/yoursafeplace>

- Be guided on the process of a restraining order
- Provides safe shelter/hotel vouchers to be removed from a dangerous situation

Prior to traveling to the shelter:

- You can either contact the above resources directly, or you can follow the following steps using a local Crisis Center.
- Visit your local Crisis Center
 - Crisis Intervention Hotlines To Get You There:
 - **Suicide Hotline:** 988
 - **Domestic Abuse Hotline:** 800-799-7233
 - **Sexual Assault Hotline:** 1-800-656-4673
- 2. Indicate your needs (Example: “I am suicidal, homeless, and in need of stabilization and shelter.”)
- 4. Indicate that shelter is needed.
- 5. Be an advocate for yourself
 - Tell your crisis worker to contact a shelter to ensure your emotional and physical needs are met (LGBTQ friendly, youth friendly, etc.)
 - Ask your crisis worker to verify and confirm there is space available.
 - You may want to ask about privacy accommodations at the shelter.
 - Ask your crisis worker to obtain information on safety procedures at the shelter.
 - Obtain information on whether healthcare access available at the shelter.
 - Are mental health professionals/therapists on site?

Crisis Hotlines

National Runaway Safeline

<https://www.1800runaway.org/>

1-800-786-2929

Jeff Stern - Chief Engagement Officer

jstern@1800RUNAWAY.org

Beth Richman - Public Relations Consultant

312-806-8999

brichman@1800RUNAWAY.org

Housing

Affordable Housing/ Homelessness

- [End Homelessness](#)
- [USA.gov](#)

- [The PATH Program](#)
- [SAMHSA](#)

Section 8 Housing (HUD Vouchers)

Section 8 of the Housing Act of 1937 created a program by which low income individuals or families can apply for a housing voucher through the US Government. This voucher can be used to pay for privately owned housing so long as it meets program requirements (In other words, those who have a HUD voucher are *not* limited to government subsidized housing). This link to the website of **The Department of Housing and Urban Development(HUD)** can answer questions about whether you are eligible, and how to apply:

https://www.hud.gov/topics/housing_choice_voucher_program_section_8

Temporary Housing

Temporary housing can be an apartment, condo, or house. A primary benefit of temporary housing is that the rented place comes furnished, making it ideal for in-between lodging. Temporary housing also offers more flexibility and convenience than alternatives and sometimes covers all bases, including utilities and bath products.

- **Extended Stay Hotels:** [Extended Stay America](#), for example, has over 600 hotels across the U.S. and provide amenities such as a full-sized fridge, free Wi-Fi, a flat-screen TV, on-site laundry facilities, and free grab-and-go breakfast. Some locations also have pet-friendly accommodations, pools, hot tubs, and fitness centers.
- **Traditional Hotels:** This lodging is typically intended for a few days, as they tend to be more costly.

Rental Homes and Apartments: These are often the cleaner and more affordable alternative to long-term hotel stays. Rental homes and apartments are larger and also offer flexibility.

Finding a roommate

Prior to searching for a new roommate, it is important to determine which qualities best suit your needs. Some might be searching for a friend while other may want someone who is simply quiet, tidy, and does not interfere with general obligations. Someone with poor credit or rental history may be looking for the opposite in a roommate. The reason for wanting a roommate and the relationship desired should both be considered when interviewing.

Questions to ask may include hobbies and interests, reliability (employment status, income stability, schedule, rental history, and credit score), pets, allergies, opinions on

guests, etc. Here are some additional potential questions. It is also normal to ask for a background check or references. **(Safety first!)**

You should also consider what exactly you are looking for: a new roommate and a new apartment, a new roommate for your current apartment, or a renter who already has an apartment with a spare room and is looking for a roommate. You should also be in agreement about budget and lease length.

Free roommate finder sites and apps:

- [RoomieMatch](#)
- [Roomster](#)
- [Roomi](#)
- [Roommates.com](#)

Other ways to find roommates:

- Mutual connections
- Social media (such as Reddit or Facebook)—you can either post about your quest for a roommate on your personal account or request to join local roommate search groups

Things to Consider Before Committing:

- Size
- Price
- Amenities
- Location
- Other provided items (such as dishes, towels, etc.)
- Whether or not there is a property manager on-site
- Any specific packages provided
- Insurance
- Discounts for longer stays
- Minimum and maximum length of stay
- Ability to prolong rental
- Security deposit and refundability
- Pet regulations, deposit, rent, etc.
- Receiving mail and packages
- What is included in rent (including utilities and usage)
- Protocol in case of a maintenance emergency
- Any planned construction
- Guest policy

Rental assistance

States and counties offer rental assistance programs.

- [Consumer Finance Assistance Finder](#)

- [Rental Assistance Finder](#)
- [NLIHC - National Low Income Housing Coalition](#)
- [U.S. Housing and Urban Development](#)

Transportation

- **Link:** https://lowincomerelief.com/assistance-with-transportation/#Local_organizations_may_have_volunteer_driver_programs
 - Visit this website.
 - See if you are eligible for the options listed.
- Amtrak
 - <https://www.amtrak.com/home>
- Greyhound:
 - <https://www.greyhound.com/en>
 - <https://www.greyhound.com/en-us/destinations>
- Affordable (sometimes free), electric, first/last-mile transportation options that are on-demand and easy to use *in certain locations only*
 - <https://www.ridecircuit.com/faq>
 - <https://www.gestcarts.com/f-a-q/>

Get a Driver's License

This link can help you find information about how to get a driver's license no matter what state you live in:

<https://www.usa.gov/motor-vehicle-services>

Vehicle Insurance

All states require licensed drivers to have a minimum amount of car insurance when they drive. This article walks you through, in five steps, how to get insurance for your car or vehicle:

<https://www.nerdwallet.com/article/insurance/how-to-buy-car-insurance>

Free Phone Service

How to Apply for Free Phone Service from the Federal Government

The Federal Government sponsors a program to help low income families and individuals obtain phones. The following link provides information and will walk you through the application process:

https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html?gclid=Cj0KCQjw94WZBhDtARIsAKxWG--b_Vkg938YWasfvEtZHa2AWZ972KJ7guV3gxyaiH2t7Ss8rPjIR6gaAp5uEALw_wcB#!/newHome

Mental Health

Support Groups and Survivors Spaces:

Peer-to-peer support may significantly help with a range of mental health issues, as well as provide empowerment and a sense of belonging. Support groups (either virtual or in-person) are usually self-run and involve people with similar experiences.

- **Unsilenced Survivor Facebook Group:** <https://www.facebook.com/groups/621255859119432>
- **Unsilenced Facebook Page:** <https://www.facebook.com/Unsilenced.now>
- **Unsilenced Survivor Discord:** <https://discord.gg/JDftX8Yr>
- **For survivors of abuse, rape, and sexual assault:** survive.com, [Pandora's Project](http://Pandora'sProject.com), Womenslaw.org
- **For grief:** [Griefshare](http://Griefshare.com)
- **For mental health:** [Anxiety and Depression Association of America](http://AnxietyandDepressionAssociationofAmerica.org), [Mental Health America](http://MentalHealthAmerica.org), [The Depression and Bipolar Support Alliance \(DBSA\)](http://TheDepressionandBipolarSupportAlliance.org), [Support Groups Central](http://SupportGroupsCentral.com), [Project LETS](http://ProjectLETS.org), [Wildflower Alliance](http://WildflowerAlliance.org)

Free mental health treatment centers by location:

<https://www.freementalhealth.us>
[Local Organizations With Mental Health Expertise](#)
[Behavioral Health Treatment Services Locator](#)
[Find a Board Certified Counselor in Your Area](#)
[Find a Psychiatrist](#)

Mental Health Support Groups:

Support Groups Central:
<https://www.supportgroupscentral.com/index.cfm#anc2>

The Depression Bipolar Support Alliance (The DBSA): <https://www.dbsalliance.org/>

- This is a peer-run support group for anyone seeking support for a mental illness. It does not just have to be depression or bipolar disorder. It can be any mental illness. All are welcome.
- Type in your zip code on the website and it will tell you where the nearest meeting is.

National Eating Disorders Association (NEDA):

<https://www.nationaleatingdisorders.org/help-support>

Autistic Self Advocacy Network (ASAN): <https://autisticadvocacy.org/>

Online Therapy/ Meditation/ Helpful Apps

A range of therapy websites and apps are available. These forms of telemedicine permit a person to access various mental health support remotely. Additionally, teletherapy or telepsychiatry are typically more cost-effective than in-person treatment.

Meditation Apps:

- **Calm:** <https://www.calm.com/>
- **Headspace:** <https://www.headspace.com/>
- **Breathwrk:** <https://www.breathwrk.com/>

Some other apps include: **Insight Timer, Smiling Mind, MyLife Meditation, and UCLA Mindful.**

Free Yoga Videos:

- **Yoga With Adriene:** <https://www.youtube.com/c/yogawithadriene>

Community Mental Health (non-crisis intervention)

Mental healthcare, including the cost of insurance and copayments, can get expensive, especially if a person is ineligible for benefits. In that case, the following mental health support may be an appropriate option for services that are free or have reduced rates.

Training clinics

Some universities have clinics that offer various mental health services from graduate students training to become psychologists, counselors, or social workers. Since the students are not yet fully qualified, services are often offered at reduced rates or for free. One can research and contact [local universities](#) to see if a training clinic is nearby.

Other services with reduced costs

Another option to receive psychological services at reduced costs may be to meet with a trainee rather than a professional. Qualified staff often supervise those in training, so there is still a sufficient level of support from such organizations.

Crisis Hotlines

National Suicide and Crisis Lifeline

<https://988lifeline.org/>

Call: 988

[Chat online](#)

National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing)

<https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>

For TTY Users: Use your preferred relay service or dial 711 then 988

[Chat online](#)

Nacional de Prevención del Suicidio

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

(888) 628-9454

Crisis Text Line

<https://www.crisistextline.org/>

Text HOME to 741741

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

988, then PRESS 1

Text 838255

[Chat online](#)

Substance Abuse

Support Groups and Meetings

- **Alcoholics Anonymous (AA):** <https://www.aa.org/find-aa>
 - Enter your zip code to find a meeting near you
- **Narcotics Anonymous (NA):** <https://www.na.org/meetingsearch/>
 - Enter your zip code to find a meeting near you
- **Al-Anon:** <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **LifeRing:** <https://www.lifering.org/online-meeting-schedule>
- **Women for Sobriety:** <https://wfsonline.org/>
- **SMART Recovery:** <https://meetings.smartrecovery.org/meetings/location/>

- Enter your zip code to find a meeting near you

Harm Reduction Sites

- **National Harm Reduction Coalition:** <https://harmreduction.org/resource-center/harm-reduction-near-you/>
 - If you feel you are at risk of using drugs or alcohol immediately after getting out of your program, it is recommended that you use one of the above resources to prevent using drugs or alcohol. However, if you feel you are unable to utilize those resources at this time, for your own safety, it is recommended that you look up a Harm Reduction Site using the link above in order to ensure your safety.

Crisis Hotlines

SAMHSA National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

(800) 662-4357

Substance Abuse and Mental Health Services Administration National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

(800) 662-4357

Gamblers Anonymous

<https://www.gamblersanonymous.org/ga/>

YouthLine: a teen-to-teen youth crisis and support service provided by a non-profit dedicated to preventing substance abuse and suicide.

(877) 968-8491

Text: teen2teen to 839863

LGBTQIA+ Support

The Trevor Project:

The Leading National Organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

- <https://www.thetrevorproject.org/>
- 866-4UTrevor or (866) 488-7386

- Text START to 678678

Crisis Hotlines

QLine:

24 hour support helpline for LGBT youth and families

- 1-800-527-4747

Trans Life Line: Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

- <http://www.translifeline.org/>
- 877-565-8860

Domestic Violence/ Child Abuse/ Sexual Assault

Crisis Hotlines

Childhelp National Child Abuse Hotline

<https://childhelphotline.org/>

(800) 422-4453

National Domestic Violence Hotline

<https://www.thehotline.org/>

(800) 799-7233

Text START to 88788

National Deaf Domestic Violence Hotline

<https://www.thedeafhotline.org/>

(855) 812-1001

National Sexual Assault Hotline

<https://www.rainn.org/>

(800) 656-4673

Rape, Abuse & Incest National Network

<https://www.rainn.org/>

(800) 656-4673

Stop It Now: Promotes education to prevent sexual abuse.

<https://www.stopitnow.org/>

Talk to someone by calling 1.888.PREVENT.

Helpline hours:

- Monday 12pm-8pm EST
- Tuesday 12pm-6pm EST
- Wednesday 12pm-6pm EST
- Thursday 10am-6pm EST
- Friday 12pm-6pm EST

Healthcare

How to Apply

- Go to <https://www.healthcare.gov/get-coverage/>
- Step 1 - Choose your state (Will redirect you to your state's Marketplace).
- Step 2 - Choose individual and follow the prompts to create an account.

For help call 1-800-318-2596

Community healthcare clinics, dental clinics, reproductive health services, etc.

Free healthcare clinics by location: https://www.livefit101.com/free-clinics/?msclkid=e838fe5a1749180a44a89d5cd805da76&utm_source=bing&utm_medium=cpc&utm_campaign=Search_clinic_pc_220414&utm_term=health%20community%20clinic&utm_content=Clinic%20Near%20Me

Medicaid

Medicaid is a public health insurance available for U.S. citizens who have a household income below a certain level. Its coverage varies by state and may not cover all mental health services, depending on location and the mental health concern(s). A formal diagnosis may also be required prior to support coverage. Specific details can be found on Medicaid's [website](#).

Dental

Dental Lifeline Network- Nationally provides access to dental care and education for people who cannot afford it and:

- Have a permanent disability or
- Who are elderly: ages 65 or older or

- Who are medically fragile

National Office: 303-534-5360

<https://dentallifeline.org/>

Crisis Hotlines

Disaster Distress Helpline Online Peer Support Communities

<https://strengthafterdisaster.org/peer-support>

Disaster Distress Helpline Videophone for American Sign Language Users

https://www.vibrant.org/wp-content/uploads/2021/04/DDH-VP_Infosheet.pdf

Family Planning and Sexual Health

Planned Parenthood Locations

Family planning clinics by location: <https://opa-fpclinicdb.hhs.gov>

Also some at above link^^

Crisis Hotlines

CDC National HIV and AIDS Hotline

<https://www.cdc.gov/hiv/library/hotlines.html>

(800) 232-4636

Victim Resources

Victims advocate center

Victims help resources by state: <https://ovc.ojp.gov/help-for-victims/help-in-your-state>

Schooling

If you have received your diploma already, then you will not need to complete anything further if you're wanting to go to secondary education.. If you have not gotten your diploma, then you may decide you want your GED (General Education Development).

GED

A GED is considered a diploma equivalency program, and once you complete this, it will enable you to be able to go to any secondary school.

- For all information regarding your General Education Diploma (GED) [click here](#). Here you will find all of the information required to study for, apply to take the test, and many other resources regarding the state you live in and their GED requirements.
- If you need help navigating or have further questions about obtaining your GED, you can contact GED.com by [clicking here](#).

Secondary Education

Community Colleges

Community college is a great option for many students. You can earn an Associates Degree from a community college and transfer to a university to finish your bachelor's degree. Some states have programs that help students go to community college for free. Many community colleges also offer exceptional vocational programs that will help you become job ready in two years or less. This page on the College Board website offers some good community college resources:

<https://professionals.collegeboard.org/higher-ed/community-colleges/resources>

College Application Process

The following webpage has a lot of general information about how to apply for college.

<http://www.collegebound.org/resources.html>

The Common Application is a service that many colleges and universities use to streamline the application process. It allows you to use one single application to apply to many different colleges or universities:

<https://www.commonapp.org/>

If you are wanting to attend secondary education in the form of a 2-year, 4-year, or trade school and are in need of funding then you will need to look into getting assistance.

FAFSA/ Tuition Assistance for Secondary Education

- [How Financial Aid Works](#).
- [Financial Aid Eligibility](#)
- Can homeless youth receive Financial Aid? Yes! Please [click here](#) for more information.
- **Step 1** - [Click Here](#) and click start here.
- **Step 2** - "I am a student and want to access the FASFA form

- **Step 3** - Create an account. If you already have one you can log in to your already existing account. You will need an email address and phone number and your Social Security number to complete the registration process.
- **Step 4** - Once your account is created, choose “Start New FASFA Form”.
- **Step 5** - Follow the instructions. Read them carefully, you CAN skip the information regarding your parents or guardian.

Pell Grants

A Pell Grant is money that is awarded to college students who have not yet earned a bachelor’s degree and have demonstrated “exceptional financial need.” In most cases, you do not have to pay back a Pell Grant.

To apply for a Pell Grant, begin by filling out a FAFSA form. You can begin the process here: <https://studentaid.gov/apply-for-aid/fafsa/filling-out>

The following link provides additional information about Pell Grants:
<https://studentaid.gov/understand-aid/types/grants/pell>

Career

Career centers

Career centers by location: <https://www.careercenteroffices.com>

Clothes for interviews:

Dress For Success: <https://dressforsuccess.org/>

- Put in your zip code to find a Dress For Success near you.
- Call or email Dress For Success prior to going there.

Resume

Please see the separate document in your resources folder on your laptop labeled “Writing a Resume”

LinkedIn

LinkedIn is the world’s largest professional network, with nearly 400 million members. It allows you to establish your professional profile online, stay in touch with colleagues and friends, find experts and ideas, and explore opportunities (think Facebook for

adulting).

Importance of your profile

- It's the most visible representation of your professional brand – You are your brand!
- Recruiters and hiring managers are sourcing talent – both active and passive
- It serves as your online resume—showcase skills, expertise, and experience, as well as professional portfolio pieces
- LinkedIn generally appears as one of the first 5 results in a Google search of your name
- In general, referred candidates are 2x more likely to get an interview and 40% more likely to get hired

Fun facts:

- The most common reasons to pass on a candidate included:
 - Candidate posted provocative or inappropriate photos or information (46%)
 - Candidate posted information about them drinking or using drugs (41%)
 - Candidate bad-mouthed their previous company or fellow employee (36%)
 - Candidate had poor communication skills (32%)
- 54% of employers plan to use social media in the hiring process this year
- One in five hiring managers conducts background checks using social networks (primarily Facebook)
- One in ten admissions officers do the same^
- Moral of the above points: BE CONSCIENTIOUS ABOUT WHAT YOU POST
- ONLINE!!

Setting up your LinkedIn

Try to aim for a completed profile (but it's not the end of the world if you can't!). This includes:

- Your industry and location
- An up-to-date current position (with a description)
- Two past positions
- Your education
- Your skills (minimum of 3)
- A profile photo
 - LinkedIn states, "Adding a profile photo makes your profile 7x more likely to be found in searches, and having your 2 most recent positions makes your profile 12x more likely to be found!"
- At least 50 connections—can be randos!

- Other connections to consider include former or current classmates, professors/advisors, colleagues/supervisors/mentors, and friends/ friends of friends

Users with complete profiles are 40x more likely to receive opportunities through LinkedIn.

LinkedIn Summary

The summary is for showcasing your expertise/passions and demonstrating how previous experience/skills will enable you to benefit an organization. Consider writing a sentence for each element of your summary (in any order):

1. Who are you—what is the identity you want to share?
 2. What value will you add to an organization (skills)?
 3. What is something personal that will help a recruiter understand why you are interested in this field?
- At entry-level, highlight your passion and skills!

Career Training

IT/Tech

Per Scholas is a non-profit organization whose mission is to advance economic equity through rigorous training for tech careers and to connect skilled talent to leading businesses. They offer no-cost technical training

- <https://perscholas.org/courses/>

Learning a Trade

Requirements

- A high school diploma or GED.
- Money, Student Loans, Apprenticeships, and/or Personal Loans.

Where do I go to learn a Trade?

- Community College
- A 2-Year Vocational or Technical School
- A Specialized Trade School

- Through Apprenticeships
- Through Vocational Training
- Through Certification-Completion

What Kind of Learner Am I? (Note: you can be more than one!)

1. **Visual Learner:** Do you learn best seeing information, and visualizing the relationship between ideas in your head? Do you prefer reading a book to an audiobook? Do you have an eye for art? Do you remember things best when you can see them? Do you like diagrams, tables, maps, and charts? Do you ever draw or map out your thoughts or ideas? You may be a visual learner.
2. **Auditory Learner:** Do you prefer to hear information, rather than read it? Do you remember things that are said to you with ease? Do you prefer audiobooks to reading? Do you have an ear for music? Do you learn best through live or recorded lectures? Do you ever record your thoughts/ideas and listen to them? Do you like listening to podcasts? You may be an auditory learner.
3. **Kinesthetic Learner:** Do you like tactile-stimulation? Do you learn best through experience? Do you prefer a hands-on learning experience? Do you learn best with repetition (repeatedly doing something)? Do you find completing tasks satisfying? You may be a kinesthetic learner.
4. **Reading/Writing Learner:** Do you learn best through interacting with written text? Do you find taking notes to be most helpful to learn and memorize information? Do you highlight and/or annotate articles or books to help you retain the information? Do you remember things best when you write them down? Do you find making flashcards helpful for memorization? You may be a reading/writing learner.

Are you a Social or Solo Learner?

- **Social Learner:** You prefer to learn with people.
 - You work well in groups and can be a team-player.
 - You learn best observing and communicating with others.
 - You may thrive most in in-person classes, instead of online classes.
- **Solo Learner:** You learn best on your own.
 - No trade is completely solo-learner-oriented, but some trades present opportunities for solo-learning more than others.
 - You may enjoy and thrive in online classes more than in-person classes.

Types of Trades

Agriculture Skilled Trades: *Kinesthetic, Visual, and/or Reading/Writing Learners.*

- Farm or Ranch Manager, Agricultural Equipment Operator, Animal Caretaker, Forest and Conservation Technician. Nursery and Greenhouse Managers.
- Obtained through 2-year schools, community colleges, or apprenticeships.
- You will need student loans, apprenticeships, and/or a personal loan.

Construction Skilled Trades: *Kinesthetic Learners and/or Visual Learners.*

- Boilermakers, Brickmasons, Blockmasons, Stonemasons, Carpenter, Carpet Installers. Cement Masons and Terrazzo Workers, Construction and Building Inspectors, Construction Equipment Operators, Construction Workers.
- Obtained through apprenticeships, 2 year-schools, and community colleges.
- You will need student loans, apprenticeships, and/or a personal loan.

Transportation Skilled Trades: *Kinesthetic, Visual, Auditory, Reading/Writing, and/or Solo Learners.*

- Automotive/Motorcycle Service Technician, Bus Operator, Truck Operator, Train Operator, Heavy Equipment Operator, Heavy Equipment Technician, Aircraft Maintenance Technician.
- Obtained through a community college or a 2-year technical or vocational school.
- You will need student loans.

Service Skilled Trades: *Social Learners, Reading/Writing Learners, Visual Learners, Kinesthetic, and/or Auditory Learners.*

- Nurses, aides, patient care assistants, service technicians, hospitality management, veterinary technician, office management, administrative assistants, personal assistants.
- You will need student loans.
- Obtained by community college, and 2-year technical or vocational schools.
 - For nursing, you will need a specialized 2-3 year technical school, and you will need to pass your state board exams to obtain your nursing license.

Manufacturing and Industrial Skilled Trades: *Kinesthetic, Reading/Writing, and/or Visual Learners.*

- Welders, mechanics, machinists, tool and die makers, programmers.
- You can obtain these trades through a community college, 2-year vocational or technical school, and/or apprenticeships.
- You will need student loans and/or apprenticeships.

Esthetician Licensing: *Kinesthetic and/or Visual Learners.*

- Hair stylist, Makeup Artist (MUA), Esthetician (facials, microdermabrasion, waxing specialist, etc.).
- Can be obtained through a cosmetology school, community college, or 2-year vocational school.
- You will need student loans.

Tattoo/Piercing Artist: *Visual Learners and/or Kinesthetic Learners.*

- Obtained through apprenticeship.
- You will need apprenticeship and possibly a personal loan.

Yoga, Meditation, and/or Breath-Work Instructor: *Kinesthetic, Auditory, Visual, Reading/Writing, and Social Learners.*

- Obtained through a 200-750 hour certification-completion training from a Yoga school recognized by the Yoga Alliance.
- You will need a scholarship from a Yoga school, or personal loan for this.
- Make sure the Yoga school is recognized by the Yoga Alliance.

Fitness Instructor: *Kinesthetic, Auditory, Visual, Reading/Writing, and Social Learners.*

- Personal Trainer.
- Obtained through community college, a 2-year vocational or technical school, or through a certification-completion.
- You will need either student loans or a personal loan.

What Trade positions make the most money?

- **22 Highest-Paying Trade Jobs In Demand in 2022:**
<https://mint.intuit.com/blog/career/highest-paying-trade-jobs/>

How do I negotiate a higher salary?

- **How to Negotiate Salary After You Get a Job Offer:** <https://www.roberthalf.com/blog/salaries-and-skills/be-ready-for-salary-negotiations-with-these-8-tips>
- **15 Rules for Negotiating a Job Offer:** <https://hbr.org/2014/04/15-rules-for-negotiating-a-job-offer>
- **How to Negotiate Salary: 37 Tips You Need to Know:** <https://www.themuse.com/advice/how-to-negotiate-salary-37-tips-you-need-to-know>
 - Only do this if you are confident in your interpersonal communication skills and negotiation skills.

Unions

You have the right to join a union in most trades!

What is a union?

- A union is an organization formed by workers who join together and use their strength to have a voice in their workplace. Through their union, workers have the ability to negotiate from a position of strength with employers over wages, benefits, workplace health and safety, job training and other work-related issues. Unions also serve an important role making sure that management acts fairly and treats its workers with respect.
- Unions are democratic organizations and its leaders are elected by the membership.

Why would I need a union?

- You work in public service because you care about your community. We can do more for our neighbors, our families, and each other if we speak with one voice. When we organize as a union, we gain the strength to make real change. Together, we speak with one voice that no one can ignore — not our bosses, not the people we serve, and not our elected officials at any level.

How do I get unionized?

- Making connections and establishing a rapport with someone already in a union is the easiest way.

- **Starting a union:** <https://www.nlr.gov/about-nlr/rights-we-protect/the-law/employees/your-right-to-form-a-union>
- **Joining a union:** <https://uwua.net/you-have-the-right-to-join-a-union/>

Legal Resources

If you wish to press charges against your program or a person from your program, you will need to look up your state's statute of limitations to give yourself a timeline. You will also need to find an attorney who will take your case for free or a sliding scale payment. Some pro bono attorneys offer this. You will need to call the pro bono attorneys, explain your situation and case, and ask about payment options.

Rocky Mountain Children's Law Center

<https://childlawcenter.org/young-adult-legal-advocacy/>

Children's Law Center of California

<https://www.clccal.org/resources/youth-resources/>

Definition of Legal Age of Majority

https://www.law.cornell.edu/wex/legal_age

Miranda Rights

<https://youthlaw.org/resources/miranda-rights>

Legal Aid

<https://www.usa.gov/legal-aid>

How to Find Free/Low Cost Legal Help

<https://www.lsc.gov/about-lsc/what-legal-aid/get-legal-help>

Find legal aid in your community for people with low incomes

<https://www.lawhelp.org>

Find free legal aid near you and get answers to your legal questions. These services are for people with low to moderate incomes

https://www.americanbar.org/groups/center-pro-bono/resources/directory_of_law_school_public_interest_pro_bono_programs/

Many law schools have formal pro bono programs. Search for ones in your state

<https://www.ndrn.org/about/ndrn-member-agencies/>

Locate legal advocacy service providers by state for people with disabilities

Low Income Legal Q + A

<https://abafreelegalanswers.org>

This site lets people with low incomes ask questions online and have a lawyer answer them. They will not answer questions involving crimes

Call USA Gov at 1-844-USA-GOV1 (1-844-872-4681) to ask us any question about the U.S. government for free. They will get you the answer or tell you where to find it. Open between 8:00 AM and 8:00 PM Eastern Time, Monday through Friday, except federal holidays.

TTI Media

Various self-help podcasts and videos are accessible online, usually for free. These are unlikely to replace professional care, but they may provide helpful advice and coping strategies. We have compiled a list of those that we have found

TV/Movies

- 1) **A Boy Named Lucas (20/20):** A 16-year-old gay teen whose mother sent him to a series of Christian-run youth camps that practice so-called “gay conversion therapy” talks about his experience.
 - a) <https://www.youtube.com/watch?v=-bwpsoFH-8c>
- 2) **Aaron Bacon:** AARON BACON (starring Stephen Michael Kane) is inspired by the book “Help at Any Cost” by Maia Szalavitz, based on the true story of a 16 year-old kid who dies at the hands of malpractice and abuse in the tough-love, wilderness drug-treatment facility.
 - a) <https://www.youtube.com/watch?v=rJz5pghLagY>
- 3) **Boot Camp:** A group of at-risk teens are sent to what they think is a rehabilitation program in Fiji, but it’s really a prison-like camp where kids are abused and brainwashed.
 - a) <https://www.amazon.com/Boot-Camp-Mila-Kunis/dp/B002Q93BUE>
- 4) **Boy Erased:** Jared Eamons, the son of a small-town Baptist pastor, must overcome the fallout after being outed as gay to his parents. His father and mother struggle to reconcile their love for their son with their beliefs. Fearing a loss of family, friends, and community, Jared is pressured into attending a

conversion therapy program. While there, Jared comes into conflict with its leader and begins his journey to finding his own voice and accepting his true self.

- a) <https://www.amazon.com/Boy-Erased-Lucas-Hedges/dp/B07JZDBMS9>
- 5) **Coldwater:** A teenage boy is sent to a juvenile reform facility in the wilderness. As we learn about the tragic events that sent him there, his struggle becomes one for survival with the inmates, counselors, and the retired war colonel in charge.
 - a) <https://www.imdb.com/title/tt2198956/>
- 6) **Emancipated:** The Troubled Teen Industry abuses and tortures children for profit. A group of survivors, ex-abusers, and whistleblowers come together to tell their story and try to get this behemoth shut down for good.
 - a) <https://www.facebook.com/EmancipatedDoc>
- 7) **Dateline Paradise Cove:** This is an episode of Dateline that aired in the 90s that centered around WWASP and Paradise Cove in Samoa
 - a) <https://youtu.be/aWln8JuzD38>
- 8) **Dateline Circle of Hope:** An investigation of abuse allegations against one of the owners of the religious reform school, Circle of Hope.
 - a) <https://www.nbc.com/dateline/video/broken-circle/4309137>
- 9) **Dark Side of Bain Success:** Romney Profits From Bain-owned Health Company Facing Wrongful Death, Neglect Allegations
 - a) <https://www.youtube.com/watch?v=FtIDQimsfI8>
- 10) **Congressional Hearing on “Child Abuse and Deceptive Marketing by Residential Programs for Teens”:** This is the second House Committee on Education and Labor “Hearing on “Child Abuse and Deceptive Marketing by Residential Programs for Teens”. The hearing was held on April 24th, 2008. The history here is that Rep. George Miller (D-CA) requested an investigation into this industry and sent the request to then-Attorney General John Ashcroft who refused to investigate dating back to 2004 and earlier. Miller then requested a Government Accountability Office (GAO)investigation. These hearings provided an opportunity for the GAO and others to testify regarding their experiences and findings in regards to false advertising, fraud, and institutional child abuse.
 - a) <https://www.youtube.com/watch?v=fRWEh-qIiUM>
- 11) **Fix My Kid:** This film by no means tells the full story of Straight (you can’t possibly do so in 90 minutes) but our mission for this piece was to provide a documentary that could be shared with family members, other survivors, and friends, to shed light on this incredibly abusive institution. The purpose is to provide a stranger with a basic understanding of what happened to the clients of Straight and the lasting effects it has had on their lives. This is only the tip of the iceberg of years of research, interviews with survivors, and experts.
 - a) <http://www.fixmykidthemovie.com/>

- 12) **Inside Edition:** Straight, Incorporated was a controversial program in the United States that existed from 1976 to 1993, which held clients ranging in age from 12 to 21 incommunicado in warehouses; the youngest documented detainee was aged 11. This video is an Inside Edition exposé on Straight Inc.
a) <https://www.youtube.com/watch?v=MeY-1H2iOGE>
- 13) **Kidnapped for Christ:** A young evangelical filmmaker is granted unprecedented access inside a controversial Christian behavior modification program for troubled teens, where she discovers shocking secrets and young students that change her life.
a) <https://www.kidnappedforchrist.com/>
- 14) **Kids for Cash:** KIDS FOR CASH is a riveting look behind the notorious scandal that rocked the nation when it first came to light in 2009. Beginning in the wake of the shootings at Columbine, a small town in Luzerne County, Pennsylvania elected a charismatic judge who was hell-bent on keeping kids in line. Under his reign, over 3,000 children were ripped from their families and imprisoned for years for crimes as petty as creating a fake MySpace page. When one parent dared to question this harsh brand of justice, it was revealed that the judge had received millions of dollars in payments from the privately-owned juvenile detention centers where the kids—most of them only in their early teens—were incarcerated.
a) <https://kidsforcashthemovie.com/>
- 15) **Lifeboat:** A gripping & uncomfortable film based on real-life “therapeutic boarding schools”. The line between abuse & tough love is blurred when a counselor (Stephen Dorff) leads six teenagers in an intriguing game of survival.
a) <https://www.youtube.com/watch?v=CdagKUKmATQ>
- 16) **Locked in Paradise:** A BBC feature about child abuse and violence at Tranquility Bay, Jamaica, part of the World Wide Association of Specialty Programs and Schools. Tranquility Bay is the last resort for parents who cannot “control” their kids, where good behavior and obedience are learned through what they call “Tough Love”, and what most people would call abuse. As a BBC reporter put it, “they’re criminalizing adolescence.”
a) <https://www.youtube.com/watch?v=g9qrOlo61hE>
- 17) **Over the GW:** Two drug-addicted siblings (George Gallagher, Kether Donohue) are subjects of abuse and brainwashing at a New Jersey rehabilitation center.
a) <https://www.youtube.com/watch?v=wNrOSGrH5y0>
- 18) **Primetime News Report on Tranquility Bay:** WWASP Abusive Prison Style Boarding School for Teens, Tranquility Bay in Jamaica. Parents have their kids kidnapped to be sent here. This news special aired in the late 90’s the program has since shut down.
a) <https://www.youtube.com/watch?v=uYdpqm8N4Wg>

- 19) **The Experience:** Scarlet forms an instant bond with a girl named Dylan at a wilderness camp for troubled youth. Tormented by memories of her deceased mother, Scarlet believes she has finally found someone with whom she can share her family secrets. However, as she opens up, an unexpected twist of events unfolds and the new friendship is soon devastated by betrayal.
- a) https://www.amazon.com/gp/video/detail/B0867J9CFW/ref=share_ios_mobile
- 20) **The Group:** The Group is a network of adolescent drug abuse programs created by Bob Meehan and operated by his son-in-law and protege Clint Stonebraker. Ostensibly aimed at helping young people overcome drug addiction, all evidence points to an organization that aims for profits and operates on a cult-like mentality. The Group is a feature-length documentary that retraces the director's five-year journey through the world of adolescent drug abuse programs.
- a) <https://youtu.be/BXBLYEeF5vs>
- 21) **The Last Stop:** The Elan School was the last stop. Set deep in the woods of Maine, Elan delivered controversial therapy to troubled teens. It was a meat grinder of raw emotion and harsh discipline. Some say it sold hope, others say it sold Hell.
- a) <https://thelaststopfilm.com/>
- 22) **The Miseducation of Cameron Post:** In 1993 after teenage Cameron is caught in the backseat of a car with the prom queen, she is sent away to a treatment centre in a remote area called God's Promise. While she is being subjected to questionable gay conversion therapies, she bonds with some fellow residents as they pretend to go along with the process while waiting to be released.
- a) <https://www.imdb.com/title/tt6257174/>
- 23) **The Wilds:** Teenage girls from radically different backgrounds find themselves stranded on a remote island, unaware they've just become the subjects of an elaborate social experiment.
- a) https://www.amazon.com/gp/video/detail/0IZKFKR06XYS2N0C1N4F0NMQ8A/ref=share_ios_episode
- 24) **This is Paris:** Socialite, businesswoman, and actress Paris Hilton reveals intimate stories and never-before-heard details about her life.
- a) <https://www.youtube.com/watch?v=wOq0TY1jG3w>
- 25) **Tough Love:** 48 Hours' "Tough Love" special that aired in 1998. This special featured WWASP, Paradise Cove, and Tranquility Bay
- a) <https://www.youtube.com/watch?v=Tm615oOIA0s>
- 26) **Trapped: The Alex Cooper Story:** Based on a harrowing true story, when 15-year-old Alex (Addison Holley) revealed she was gay to her devout Mormon parents, they feared so deeply for her soul that they took her from their Southern

California home and placed her against her will in a conversion therapy home in Utah. Trapped for eight months with strangers (Sarah Booth and Ian Lake), Alex faced horrible punishments and beatings that were intended to cure her homosexuality.

a) <https://www.mylifetime.com/movies/trapped-the-alex-cooper-story>

27) **Who's Watching The Kids?:** There are more than 30 privately run schools for troubled youth operating in the state of Montana. They employ more than 600 people and pump an estimated 4 million into the state income taxes. It's an exploding industry, but strangely, most Montanans have no idea the schools even exist.

a) <https://www.youtube.com/watch?v=XZcUqK07Z7I>

Podcasts

- **For Eating Disorder Recovery:**
 - "Diet Culture Rebel" with Bonnie Roney, RD
 - "Maintenance Phase" with Michael Hobbes and Aubrey Gordon
- **Anti-TTI Podcasts/Anti-Cult Podcasts**
 - "Sent Away" by APM Reports, KUER, and The Salt Lake Tribune
 - "Sounds Like A Cult" with Amanda Montell and Isa Medina
 - "A Little Bit Culty" by Sarah Edmondson and Anthony "Nippy" Ames
- **General Mental Health Podcasts**
 - "Good Inside" with Dr. Becky Kennedy
 - "Radio Headspace" with the Headspace meditation app team

For a full list of Podcasts, visit our website: <https://www.unsilenced.org/podcasts/>

Books

Troubled Teen Industry

- "Help At Any Cost" by Maia Szalavitz (included in your Independence Pack)
- "Totalistic Teen Treatment" by Marcus Chatfield
- "Institutionalized Persuasion" by Marcus Chatfield
- "Stolen" by Elizabeth Gilpin
- "From Miracle to Madness: The True Story of Charles Dederrich and Synanon" by Paul Morantz
- "This Will Be Funny Later" by Jenny Pentland

Addiction

- “Unbroken Brain” by Maia Szalavitz
- “Dopamine Nation” by Dr. Anna Lembke

Trauma

- “It Ends With Us” by Colleen Hoover
- “The Body Keeps The Score” By Bessel Van Der Kolk, M.D.

Eating Disorder

- “Hunger” by Roxane Gay
- “The Inside Scoop on Eating Disorder Recovery: Advice from Two Therapists Who Have Been There” by Dr. Colleen Reichmann and Jennifer Rollin
- “Anti-Diet” by Christy Harrison, RD
- “Health At Every Size” by Lindo Bacon, PhD

Relationships

- “Set Boundaries, Find Peace” by Nedra Glover Tawwab
- “Toxic Positivity” by Whitney Goodman, LMFT

General Mental Health/ Wellness

- “Why has Nobody Told Me This Before?” By Dr. Julie Smith
- “After The Rain” by Alexandra Elle

For a full list of books we recommend, visit our website:

<https://www.unsilenced.org/books/>

Social Media

Instagram Accounts to Follow

- **Unsilenced:** @unsilenced_now
- **Meg Appelgate:** @megappelgate
- **SIA Organization:** @siaorganization
- **Autistic Self Advocacy Network (ASAN):** @autisticselfadvocacy
- **Nedra Glover Tawwab:** @nedratawwab
- **Whitney Goodman, LMFT:** @sitwithwhit
- **Dr. Julie Smith:** @drjulie
- **Dr. Nicole LePera:** @the.holistic.psychologist
- **Dr. Colleen Reichmann:** @drcolleenreichmann

- **Bonnie Roney, RD:** @diet.culture.rebel
- **Jennifer Rollin:** @jennifer_rollin
- **Dr. Becky Kennedy:** @drbeckyatgoodinside
- **Shana Minei Spence, MS, RDN, CDN:** @thenutritiontea
- **Anna Sweeney MS, RDN, CEDS-S:** @dietitiananna
- **Sober Motivation:** @sobermotivation

YouTube

- **Unsilenced YouTube Channel:** https://www.youtube.com/c/UnSilenced_Now
- **Calm YouTube Channel:** <https://www.youtube.com/c/calm>

Tiktok

- **Unsilenced:** @Unsilenced_now
- **Meg Appelgate (survivor):** @megappelgate
- **Maggie (survivor):** @maggiehiggins4
- **Kelsie (survivor):** @kelskiller
- **Daniel Stearns (survivor):** @danielthemammal
- **Katelyn (survivor):** @katelynharuko

All Crisis Hotlines

Crisis hotlines by location: https://www.prepareu.live/crisis_centers

Crisis hotlines

[CDC National HIV and AIDS Hotline](#)

(800) 232-4636

[Crisis Text Line](#)

Text HOME to 741741

[Disaster Distress Helpline Online Peer Support Communities](#)

[Disaster Distress Helpline Videophone for American Sign Language Users \(PDF, 180KB\)](#)

[Gamblers Anonymous](#)

[Nacional de Prevención del Suicidio](#)
(888) 628-9454

[Childhelp National Child Abuse Hotline](#)
(800) 422-4453

[National Domestic Violence Hotline](#)
(800) 799-7233
Text START to 88788

[National Deaf Domestic Violence Hotline](#)
(855) 812-1001

[National Sexual Assault Hotline](#)
(800) 656-4673

[National Eating Disorders Association](#)
(800) 931-2237

[National Grad Crisis Line](#)
(877) 472-3457

[National Suicide and Crisis Lifeline*](#)
988
[Chat online](#)

[National Suicide Prevention Lifeline \(Options for Deaf and Hard of Hearing\)](#)
For TTY Users: Use your preferred relay service or dial 711 then 988
[Chat online](#)

[Rape, Abuse & Incest National Network](#)
(800) 656-4673

[SAMHSA National Helpline](#)
(800) 662-4357

[Substance Abuse and Mental Health Services Administration National Helpline](#)
(800) 662-4357

[Trans Lifeline](#)
(877) 565-8860

[The Trevor Project](#)
(866) 488-7386
Text START to 678678

[Veterans Crisis Line](#)

988, then PRESS 1

Text 838255

[Chat online](#)

[YouthLine](#)

(877) 968-8491

Text teen2teen to 839863

[National Runaway Safeline](#)

<https://www.1800runaway.org/>

1-800-786-2929

Jeff Stern - Chief Engagement Officer (specific state or region data)

jsstern@1800RUNAWAY.org

Beth Richman - Public Relations Consultant

312-806-8999

brichman@1800RUNAWAY.org

State Protection and Advocacy Agencies

for Persons with Developmental Disabilities, Mental Illness and the Client Assistance Program

Alabama

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA

Alabama Disabilities Advocacy Program

The University of Alabama

Box 870395

Tuscaloosa, AL 35487-0395

Phone: (205) 348-4928 Toll Free: (800) 826-1675

TDD: (205) 348-9484

FAX: (205) 348-3909

E-Mail: adap@adap.ua.edu

Web Page: www.adap.net

Alabama

CAP

State of Alabama Client Assistance Program

400 Union Street

Montgomery, AL 36104

Phone: (800) 228-3231

FAX: (334) 230-9765

E-Mail: rachel.hughes@rehab.alabama.gov

Web Page: www.sacap.alabama.gov/

Alaska

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA

Disability Law Center of Alaska

3330 Arctic Blvd., Suite 103

Anchorage, AK 99503

Phone: (907) 565-1002 Toll Free: (800) 478-1234

TDD: (907) 565-1002

FAX: (907) 565-1000

E-Mail: akpa@dlcak.org

Web Page: www.dlcak.org

American Samoa

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA

Client Assistance Program and Protection & Advocacy

P. O. Box 3937

Pago Pago, AS 96799

Phone: (684) 633-2441

TDD: (684) 633-2441

FAX: (684) 633-7286

E-Mail: uta.opad@americansamoa.gov

Web Page: www.americansamoa.gov

Arizona

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA

Arizona Center for Disability Law

177 North Church Avenue, Suite 800

Tucson, AZ 85701

Phone: (520) 327-9547 Toll Free: (800) 922-1447
FAX: (520) 884-0992
E-Mail: center@azdisabilitylaw.org
Web Page: www.azdisabilitylaw.org

Arkansas

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Arkansas, Inc. (DRA)
400 West Capitol Avenue, Suite 1200
Little Rock, AR 72201

Phone & TDD: (501) 296-1775 Toll Free: (800) 482-1174
FAX: (501) 296-1779
E-Mail: info@disabilityrightsar.org
Web Page: www.disabilityrightsar.org

California

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights California
1831 K Street
Sacramento, CA 95811-4114

Phone: (916) 504-5800 Toll Free: (800) 776-5746
FAX: (916) 504-5809 Toll-Free TTY: (800) 719-5798
E-Mail: legalhelp@disabilityrightsca.org
Web Page: www.disabilityrightsca.org
www.disabilityrightsca.org/espanol

Colorado

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Law Colorado
455 Sherman Street, Suite 130
Denver, CO 80203

Phone & TDD: (303) 722-0300 Toll Free: (800) 288-1376
FAX: (303) 722-0720
E-Mail: dlcmal@disabilitylawco.org

Web Page: www.disabilitylawco.org

Connecticut

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Connecticut
846 Wethersfield Ave.
Hartford, Connecticut 06114

Phone: (860) 297-4300 Toll Free: (800) 842-7303
TDD: (860) 566-2102
FAX: (860) 566-8714
E-Mail: info@disrightsct.org
Web Page: www.disrightsct.org

Delaware

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Community Legal Aid Society, Inc.
Community Services Building, Suite 801
100 W. 10th Street
Wilmington, DE 19801

Phone & TDD: (302) 575-0660
FAX: (302) 575-0840
E-Mail: datkins@declasi.org
Web Page: www.declasi.org

Delaware

CAP
Client Assistance Program
of United Cerebral Palsy of Delaware, Inc.
700A River Road
Wilmington, DE 19809-2746

Phone: (302) 764-6216 Toll Free: (800) 640-9336
FAX: (302) 764-8713
E-Mail: ucpde@ucpde.org
Web Page: www.ucpde.org

District of Columbia

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights DC
220 I Street, NE, Suite 130
Washington, DC 20002

Phone: (202) 547-0198
FAX: (202) 547-2662
E-Mail: jbrown@uls-dc.org
Web Page: www.uls-dc.org

Florida

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Florida
2473 Care Dr., Suite 200
Tallahassee, FL 32308

Phone: (850) 488-9071 Toll Free: (800) 342-0823
TDD: (800) 346-4127
FAX: (850) 488-8640
E-Mail: maryellenm@disabilityrightsflorida.org
Web Page: www.disabilityrightsflorida.org

Georgia

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Georgia Advocacy Office, Inc.
One West Court Square, Suite 625
Decatur, GA 30030

Phone & TDD: (404) 885-1234 Toll Free: (800) 537-2329
Toll-Free TDD: (800) 610-2779
FAX: (404) 378-0031
E-Mail: info@thegao.org
Web Page: www.thegao.org

Georgia

CAP
Georgia Client Assistance Program
123 N. McDonough Street
Decatur, GA 30030

Phone: (404) 373-3116 Toll Free: (800) 822-9727
FAX: (404) 373-4110
E-Mail: GaCAPDirector@georgiacap.com
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Guam

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Guam Legal Services
113 Bradley Place
Hagatna, GU 96910-4911

Phone: (671) 477-9811
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E-Mail: information@guamlegalservices.com
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Guam

CAP
(Office Location)
Guam Client Assistance Program (GCAP)
Parents-Agencies Networking, Inc. (PAN Inc.)
1350 North Marine Corps Drive
Dos Amantes Plaza, Suite 206
Upper Tumon, Tamuning GUAM 96913

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Guam Client Assistance Program (GCAP)
Parents-Agencies Networking, Inc. (PAN Inc.)
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Hawaii

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Hawaii Disability Rights Center
1132 Bishop St., Suite 2102
Honolulu, HI 96813

Phone & TTY: (808) 949-2922 Toll-Free TTY: 800-882-1057
FAX: (808) 949-2928
E-Mail: info@hawaiidisabilityrights.org
Web Page: www.hawaiidisabilityrights.org

Idaho

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
DisAbility Rights Idaho
4477 Emerald Street, Suite B-100
Boise, ID 83706-2066

Phone & TDD: (208) 336-5353 Toll Free: (866) 262-3462
FAX: (208) 336-5396
E-Mail: info@disabilityrightsidaho.org
Web Page: www.disabilityrightsidaho.org

Illinois

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Equip for Equality, Inc.
20 North Michigan Avenue, Suite 300
Chicago, IL 60602

Phone: (312) 341-0022 Toll Free: (800) 537-2632
TDD: (800) 610-2779
FAX: (312) 541-7544

E-Mail: contactus@equipforequality.org
Web Page: www.equipforequality.org

Illinois

CAP
Illinois Client Assistance Program
Division of Rehabilitation Services
100 S. Grand Avenue
Springfield, IL 62704

Phone: (217) 557-5233 Toll Free: (800) 843-6154
FAX: (217) 524-1184
E-Mail: Kari.Branham@Illinois.gov
Web Page: www.dhs.state.il.us/page.aspx?item=37637

Indiana

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Indiana Disability Rights
4701 N. Keystone Ave., Suite 222
Indianapolis, IN 46205

Phone &TDD: (317) 722-5555 Toll Free: (800) 622-4845
FAX: (317) 722-5564
E-Mail: info@IndianaDisabilityRights.org
Web Page: www.IndianaDisabilityRights.org

Iowa

PADD/PAIMI/PAIR/PABSS/PATBI/PAVA
Disability Rights Iowa
666 Walnut St., Suite 1440
Des Moines, IA 50309

Phone: (515) 278-2502 Toll Free: (800) 779-2502
TDD: (515) 278-0571 Toll-Free TDD: (866) 483-3342
FAX: (515) 278-0539
E-Mail: info@driowa.org
Web Page: www.driowa.org

Iowa

CAP
Community Advocacy Services
Office of Persons w/ Disabilities
Lucas State Office Building, 2nd Floor
Des Moines, IA 50319

Phone: (515) 281-8088 Toll Free: (888) 219-0471
FAX: (515) 242-6119 Toll-Free TDD: (888) 219-0471
E-Mail: jackie.wipperman@iowa.gov
Web Page: www.humanrights.iowa.gov/pd/

Kansas

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Center of Kansas
214 SW 6th AVE, Suite 100
Topeka, KS 66603

Phone: (785) 273-9661 Toll Free: (877) 776-1541
FAX: (785) 273-9414
E-Mail: info@drckansas.org
Web Page: www.drckansas.org

Kentucky

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Kentucky Protection and Advocacy
5 Mill Creek Park
Frankfort, KY 40601

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TDD: (800) 372-2988
FAX: 502-695-6764
E-Mail: info@kypa.net
Web Page: www.kypa.net

Kentucky

CAP
Client Assistance Program
300 Sower Blvd. 4th Floor 4CSW20
Frankfort, KY 40601

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Video Phone (502) 564-0530
FAX: (502) 564-1566
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Web Page: kycap.ky.gov

Louisiana

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Disability Rights Louisiana
8325 Oak Street
New Orleans, LA 70118

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FAX: (504) 522-5507
E-Mail: info@disabilityrightsla.org
Web Page: www.disabilityrightsla.org

Maine

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Maine
160 Capitol St., Suite 4
Augusta, ME 04330

Phone: (207) 626-2774
TDD: (800) 452-1948
FAX: (207) 621-1419
E-Mail: advocate@drme.org
Web Page: www.drme.org

Maryland

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Maryland
1500 Union Avenue, Suite 2000
Baltimore, MD 21211-1982

Phone: (410) 727-6352 Toll Free: (800) 233-7201
TDD: (410) 235-5387
FAX: (410) 727-6389
E-Mail: RobinM@DisabilityRightsMD.org
Web Page: www.disabilityrightsmd.org

Maryland

CAP
Client Assistance Program
Maryland State Dept. of Ed. Div. of Rehab Serv.
2301 Argonne Drive
Baltimore, MD 21218-1696

Phone: (410) 554-9361
FAX: (410) 554-9362
E-Mail: cap.dors@maryland.gov
Web Page: www.dors.maryland.gov/resources/pages/CAP.aspx

Massachusetts

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Law Center, Inc.
11 Beacon Street, Suite 925
Boston, MA 02108

Phone: (617) 723-8455 Toll Free: (800) 872-9992
FAX: (617) 723-9125
E-Mail: mail@dlc-ma.org
Web Page: www.dlc-ma.org

Massachusetts

CAP
Client Assistance Program

MA Office on Disability
One Ashburton Place, Room 1305
Boston, MA 02108

Phone: (617) 727-7440 Toll Free: (800) 322-2020
FAX: (617) 727-0965
E-Mail: amy.rangi@massmail.state.ma.us
Web Page: www.mass.gov/anf/employment-equal-access-disability/oversight-agencies/mod/

Michigan

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Michigan
4095 Legacy Parkway, Suite 500
Lansing, MI 48911-4263

Phone & TDD: (517) 487-1755 Toll Free: (800) 288-5923
FAX: (517) 487-0827
E-Mail: info@drmich.org
Web Page: www.drmich.org

Minnesota

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Minnesota Disability Law Center
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Minneapolis, MN 55403

Phone: (612) 334-5970 Toll Free: (800) 292-4150
FAX: (612) 334-5755
E-Mail: info@mylegalaid.org
Web Page: www.mylegalaid.org

Mississippi

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Mississippi
5 Old River Place Suite 101
Jackson, Mississippi 39202

Phone & TDD: (601) 968-0600 Toll Free: (800) 772-4057
FAX: (601) 968-0665
E-Mail: info@drms.ms
Web Page: www.drms.ms

Mississippi

CAP
MS Society for Disabilities
1675 Lakeland Drive
Jackson, MS 39216

Phone: (601) 362-2585
FAX: (601) 982-1951
E-Mail: Johnmsd@bellsouth.net
Web Page: www.msdisabilities.com/cap.htm

Missouri

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Missouri Protection and Advocacy Services
925 South Country Club Drive
Jefferson City, MO 65109

Phone: (573) 893-3333 Toll Free: (800) 392-8667
FAX: (573) 893-4231
E-Mail: app.unit@mo-pa.org
Web Page: www.moadvocacy.org

Montana

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Montana
1022 Chestnut Street
Helena, MT 59601

Phone: (406) 449-2344 Toll Free: (800) 245-4743
FAX: (406) 449-2418
E-Mail: advocate@disabilityrightsmt.org

Web Page: www.disabilityrightsmt.org

Native American

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI
Native American Disability Law Center, Inc.
3535 East 30th Street, Suite 201
Farmington, NM 87402

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E-Mail: info@natedisabilitylaw.org
Web Page: www.natedisabilitylaw.org

Nebraska

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Nebraska
134 South 13th Street, Suite 600
Lincoln, NE 68508

Phone &TDD: (402) 474-3183 Toll Free: (800) 422-6691
FAX: (402) 474-3274
E-Mail: info@disabilityrightsnebraska.org
Web Page: www.disabilityrightsnebraska.org

Nebraska

CAP
Client Assistance Program
301 Centennial Mall South, Box 94987
Lincoln, NE 68509

Phone: (402) 471-3656 Toll Free: (800) 742-7594
FAX: (402) 471-0117
E-Mail: shari.bahensky@nebraska.gov
Web Page: www.cap.nebraska.gov

Nevada

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Nevada Disability Advocacy & Law Center, Inc.
2820 W. Charleston Blvd., Suite B-11
Las Vegas, NV 89102

Phone: (702) 257-8150 Toll Free: (888) 349-3843
TDD: (702) 257-8160
FAX: (702) 257-8170
E-Mail: lasvegas@ndalc.org
Web Page: www.ndalc.org

New Hampshire

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Center New Hampshire
64 N Main Street, Suite 2, 3rd Floor
Concord, NH 03301-4913

Phone & TDD: (603) 228-0432 Toll Free: (800) 834-1721
FAX: (603) 225-2077
E-Mail: mail@drcnh.org
Web Page: www.drcnh.org

New Hampshire

CAP
Client Assistance Program
54 Regional Drive
Suite 5
Concord, NH 03301
Phone: (603) 271-2773
FAX: (603) 271-2837
E-Mail: disability@nh.gov
Web Page: www.state.nh.gov/disability/about/cap.htm

New Jersey

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights New Jersey
210 S. Broad Street, 3rd Floor

Trenton, NJ 08608

Phone: (609) 292-9742 Toll Free: (800) 922-7233
FAX: (609) 777-0187
E-Mail: advocate@drnj.org
Web Page: www.drnj.org

New Mexico

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights New Mexico
3916 Juan Tabo Blvd., NE
Albuquerque, NM 87111

Phone & TDD: (505) 256-3100 Toll Free: (800) 432-4682
FAX: (505) 256-3184
E-Mail: info@drnm.org
Web Page: www.drnm.org

New York

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights New York
725 Broadway, Suite 450
Albany, NY 12207

Phone: (518) 432-7861 Toll Free: (800) 993-8982
FAX: (518) 427-6561
E-Mail: mail@drny.org
Web Page: www.drny.org

North Carolina

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights North Carolina
3724 National Drive, Suite 100
Raleigh NC 27612

Phone: (919) 856-2195 Toll Free: (877) 235-4210
FAX: (919) 856-2244 TDD: (919) 733-9250

E-Mail: info@disabilityrightsnc.org
Web Page: www.disabilityrightsnc.org

North Carolina

CAP
Client Assistance Program
North Carolina Department of Health & Human Services
2806 Mail Service Center
Raleigh, NC 27699-2806

Phone: (919) 855-3600 Toll Free: (800) 215-7227
FAX: (919) 715-2456
E-Mail: nccap@dhhs.nc.gov
Web Page: www.cap.state.nc.us

North Dakota

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
North Dakota Protection & Advocacy Project
400 E. Broadway, Suite 409
Bismarck, ND 58501

Phone: (701) 328-2950 Toll Free: (800) 472-2670
FAX: (701) 328-3934
E-Mail: panda@nd.gov
Web Page: www.ndpanda.org

Northern Marianas Islands

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI
Northern Marianas Protection and Advocacy System, Inc.
P.O. Box 503529
Saipan, MP 96950-3529

Phone: (670) 235-7274
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Web Page: www.NMPASI.org

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Disability Rights Ohio
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E-Mail: MKirkman@disabilityrightsohio.org
Web Page: www.disabilityrightsohio.org

Oklahoma

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Oklahoma Disability Law Center, Inc.
5600 N. May Ave., Suite 260
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Phone: (405) 525-7755 Toll Free: (800) 880-7755
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Oklahoma

CAP
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Office of Disability Concerns
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Oklahoma City, OK 73103

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FAX: (405) 522-6695
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Oregon

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Oregon
511 SW 10th Avenue, Suite 200
Portland, OR 97205

Phone: (503) 243-2081 Toll Free: (800) 452-1694
FAX: (503) 243-1738 Toll-Free TDD: (800) 556-5351
E-Mail: welcome@disabilityrightsoregon.org
Web Page: www.disabilityrightsoregon.org

Pennsylvania

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Pennsylvania
1800 JFK Boulevard, Suite 900
Philadelphia, PA 19103

Phone: (717) 236-8110 Toll Free: (800) 692-7443
FAX: (215) 772-3126 TDD: (877) 375-7139
E-Mail: intake@disabilityrightspa.org
Web Page: www.disabilityrightspa.org

Pennsylvania

CAP
Pennsylvania Client Assistance Program
1515 Market Street, Suite 1300
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E-Mail: spenningtonlaw@aol.com
Web Page: www.equalemployment.org

Puerto Rico

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
(Office Location)

Defensoría de las Personas con Impedimentos (DPI)
Centro Gubernamental Minillas
Torre Sur, Piso 2, Oficina 204
Ave. De Diego Santurce, PR 00912

(Mailing Address)

Defensoría de las Personas con Impedimentos (DPI)
Centro Gubernamental Minillas
P.O. Box 41309, San Juan, PR 00940-1309

Phone: (787) 725-2333

E-Mail: dpi@dpi.pr.gov

Web Page: www.dpi.pr.gov/Pages/default.aspx

Rhode Island

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Rhode Island
33 Broad Street, Suite 601
Providence, RI 02903

Phone: (401) 831-3150

Toll Free: (800) 733-5332

FAX: (401) 274-5568

TDD: (401) 831-5335

E-Mail: info@drri.org

Web Page: www.drri.org

South Carolina

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA/CAP
Disability Rights South Carolina
3710 Landmark Drive, Suite 208
Columbia, SC 29204

Phone & TTY: (803) 782-0639

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FAX: (803) 790-1946

Toll-Free TTY: (866) 232-4525

E-Mail: info@disabilityrightssc.org

Web Page: www.disabilityrightssc.org

South Dakota

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights South Dakota
2520 E. Franklin Street, Suite 2
Pierre, SD 57501

Phone & TTY: (605) 224-8294 Toll Free: (800) 658-4782
FAX: (605) 224-5125
E-Mail: drsd@drsdlaw.org
Web Page: www.drSDLaw.org

Tennessee

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Tennessee
2 International Plaza, Suite 825
Nashville, TN 37217

Phone: (615) 298-1080 Toll Free: (800) 342-1660
FAX: (615) 298-2046 Toll Free TTY: (800) 852-2852
E-Mail: gethelp@disabilityrightstn.org
Web Page: www.disabilityrightstn.org

Texas

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Texas
2222 West Braker Lane
Austin, TX 78758

Phone & TDD: (512) 454-4816 Toll-Free & TDD: (800) 252-9108
FAX: (512) 323-0902
E-Mail: mfaithfull@DisabilityRightsTx.org
Web Page: www.DisabilityRightsTx.org

Utah

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Law Center
The Community Legal Center
205 North 400 West

Salt Lake City, UT 84103

Phone: (800) 662-9080 Toll Free: (800) 662-9080
FAX: (801) 363-1437 TDD: (801) 924-3185
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Vermont

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Disability Rights Vermont
141 Main Street, Suite 7
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E-Mail: info@disabilityrightsvt.org
Web Page: www.disabilityrightsvt.org

Vermont

CAP
Vermont Disability Law Project
57 North Main Street, Suite 2
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E-Mail: nbreiden@vtlegalaid.org
Web Page: www.vtlegalaid.org

Virginia

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
disAbility Law Center of Virginia
1512 Willow Lawn Drive, Suite 100
Richmond, VA 23230

Phone TDD: (804) 225-2042 Toll Free: (800) 552-3962
FAX: (804) 662-7431

E-Mail: info@dlcv.org
Web Page: www.dlcv.org

Virgin Islands

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Center of the Virgin Islands
63 Estate Cane Carlton
Frederiksted, VI 00840

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FAX: (340) 772-0609
E-Mail: amelia@drcvi.org
Web Page: www.drcvi.org

Washington

PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights Washington
315 5th Avenue South, Suite 850
Seattle, WA 98104

Phone: (206) 324-1521 Toll Free: (800) 562-2702
FAX: (206) 957-0729 Toll Free TDD: (800) 905-0209
E-Mail: info@dr-wa.org
Web Page: www.disabilityrightswa.org

Washington

CAP
Washington State Client Assistance Program
2531 Rainier Avenue South
Seattle, WA 98144

Phone: (206) 721-5999
FAX: (206) 721-4537
E-Mail: capjerryj@gmail.com
Web Page: www.washingtoncap.org

West Virginia

CAP/PADD/PAIMI/PAIR/PABSS/PAAT/PATBI/PAVA
Disability Rights West Virginia
Litton Bldg, 4th Floor
1207 Quarrier Street
Charleston, WV 25301

Phone & TDD: (304) 346-0847 Toll Free: (800) 950-5250
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Wisconsin

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Disability Rights Wisconsin
1502 West Broadway, Ste 201
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