Early Intervention:
The Arc of Essex County’s two Early Intervention programs are uniquely specialized for families of children ages birth to three. A team of early childhood specialists works together with parents and other family members to maximize the growth and development of children by supporting the advancement of motor, communication, and social skills. Programs include:

- **Stepping Stones Early Intervention**: A center-based, private program which provides 1-4 hours per week of supplemental services and parent support groups. This program is free for children birth through 12 months old.

- **The Shapiro Center**: Funded through the Department of Health, this program provides therapeutic, educational, and medical services in the child’s natural setting (i.e. home, day care, etc.)

Education:
Education and extended school year services are offered through the Stepping Stones School. Extended school year services are also offered through Camp Hope.

- **Stepping Stones School**: A Department of Education approved private school for students with disabilities serving children ages 3-9. Individualized instruction and therapies are based on each child’s Individualized Education Plan (IEP) and support the development of cognitive, social, physical, and communication skills. A team of highly trained professional staff and volunteers work together toward clearly defined student goals. The Stepping Stones’ 12 month program includes a 30 day summer session.

- **Extended School Year at Camp Hope**: Under the direction of the camp director, as well as a certified special education teacher, the camper’s day is designed to meet IEP goals through a once daily academic period and integrated traditional camp activities. Tuition is provided by the sending school district.

- **Transition Resource Services**: Transitioning out of school begins through the IEP at age 14. This process can be overwhelming and confusing as there are a myriad of systems and plans to negotiate and develop. The Arc of Essex County will work with you and your transition team to facilitate a seamless process.

Recreation and Weekend Services:
Recreation and weekend programs are designed to provide family and caregiver respite through fun and engaging activities for children ages 5-21. Programs include:

- Parents’ Night Out
- Themed Dances
- Classes
- Swim Program
- Camp Hope
- School Break Care

Home Assistance Program:
The Home Assistance Program provides services to low-income families whose child and/or parent has an I/DD. This program provides supports in the areas of:

- Transportation
- Community resources
- Housing
- Navigating school systems
- Recreation
- Skill trainings

The goal is to assist parents and families in becoming more self-sufficient, economically and personally; maintain the family unit; and attain independence.

Respite Services:
Respite services are funded through the NJ Department of Children and Families and provide a short-term break for caregivers to help relieve stress, restore energy, and help manage family life. A range of programs and services are offered through center-based, community-based, and in-home respite settings.

**Individual Respite:**

- **Agency-Hired**: The Arc of Essex County hires and trains a respite worker who is matched with the participant’s unique personal needs and family schedule. Activities take place within the family home.

- **Life Management**: Through an assessment process, a Life Management Plan is developed to provide in-home, individualized behavioral supports. Based on this plan, a highly-trained worker is hired to implement the strategies and to achieve the desired goals. Family and caregiver training is emphasized. Activities may take place in the home or community.

- **Self-Hired**: Allows parents and guardians the ability to personally supervise and direct their child’s respite needs. This program provides a financial reimbursement to families for the expense they incur in paying someone to provide respite care. The parent/guardian is responsible for hiring, training, and supervising an eligible respite worker.

**Group Respite:**

- **Saturday Group Respite**: A community-based program for children ages 5-21. Individuals participate in community-based and in-center activities including: visits to parks, festivals, cooking, arts & crafts, and more. The program provides transportation and lunch.
About The Arc of Essex County:
The Arc of Essex County is a private, non-profit organization dedicated to helping children and adults with intellectual and developmental disabilities participate in every level of our society and enjoy fuller, more independent lives. Founded in 1948, The Arc of Essex County provides a wide variety of programs and services that support nearly 1,500 people throughout Essex County from birth to their senior years.

Our services include:
- Early Intervention
- Education
- Respite Services
- Home Assistance Program
- Recreation and Weekend Services
- Transition Resource Services

For more information or to make a donation, visit www.arcessex.org.

Introduction to Children & Family Services:
The Arc of Essex County’s Department of Children and Family Services supports children with intellectual and developmental disabilities (I/DD), as well as their families, with a comprehensive system of programs designed to foster cognitive and physical development, teach and enhance communication and social skills, and support primary caregivers as they work to provide and advocate for their child, sibling, relative, or friend. These services are achieved through:

- Early Intervention
- Education
- Respite Services
- Home Assistance Program
- Recreation and Weekend Services
- Transition Resource Services

Testimonials:
“[The Arc of Essex County’s Saturday Respite Program] has given me a break and exposed my daughter to activities I may not be able to afford to do. She’s is an only child and through this program she’s had a chance to be around kids her own age and socialize. She looks forward to going every Saturday!”

- Parent of a Teenager in Saturday Group Respite

“We are so thankful for a place like Camp Hope. It is a safe place where the kids can just be themselves and where they are respected and appreciated.”

- Parent of Four-Year Camper with Autism

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Children & Family Services
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