



## ADVOCACY CODE CARD

Resources for Common Problems

What is Advocacy? Advocacy is the work of pleading, defending, maintaining, or publicly recommending or raising one's voice on behalf of children and their families in order to improve their health and well-being.

### GENERAL ADVOCACY TIPS

- Write a letter or make a phone call to the caseworker, counselor, school, or other persons involved with the family
- Encourage families to apply for needed services and to appeal if necessary
- Involve our social work services to help identify family needs and provide information on how to access available resources

### SAMPLE SCREENING QUESTIONS

- Do you have health insurance?
- Do you have enough food to eat?
- Are you worried about safety for you/your child?
- Where are you living? What is your home environment like? How do you heat your home?
- How do you make ends meet?
- Every couple fights - what are fights like in your home? Are they ever physical?
- Have you ever gotten a restraining order against someone?
- For the child: Is there anything uncomfortable or confusing going on? Any secrets?

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Comments or updates?  
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### HEALTH INSURANCE

FAMIS/FAMIS Plus (Medicaid)  
1-866-873-2647  
Charlottesville United Way 972-1701

Children are eligible for FAMIS if they are under age 19, live in Virginia, have had no insurance for past 4 months, are U.S. citizens or qualified aliens, and family income is ≤200% FPL. They can qualify for FAMIS-Plus (Medicaid) if family income is ≤133% FPL.

# in HH	133% FPL	200% FPL
1	\$13,034	\$19,600
2	\$17,556	\$26,400
3	\$22,078	\$33,200
4	\$26,600	\$40,000
5	\$31,122	\$46,800
6	\$35,644	\$53,600
7	\$40,166	\$60,400
8	\$44,688	\$67,200

### ADULT EDUCATION

Adult Literacy	800-237-0178
Albemarle	296-5888
Albemarle ESL	296-3872
Charlottesville ESL	245-2817
Greene	985-5239
Louisa	540-894-4679
Nelson	263-8317
CATEC	973-4461
Even Start-Fluvanna	842-9273
PVCC Continuing Ed.	977-3900
UVA Continuing Ed.	982-5513
Blue Ridge ESL	977-7988
Literacy Vol. Ch/Alb	977-3838
Literacy Vol. Fluvanna	842-2521
Literacy Vol. Louisa	540-967-1051
Literacy Vol. Nelson	263-8228
GED	877-376-9433

### BREASTFEEDING/LACTATION

Ameda/Egnell Locations	800-323-8750
CMH Consult/rental	540-829-5775
Lactation Corner rental (Char)	982-8440
La Leche League	1-800-LA-LECHE
MJH Consult	982-8440
Medela Rent Locations	1-800-TELL-YOU
RMH Consult/rental	540-433-4266
UVA Consult	982-3316

### CARS

Wheels to Work	295-3171 ext 3025
Louisa Transport. Init.	540-967-9522

### CHILD ABUSE

Child Abuse/Neglect Hotline  
800-552-7096  
*See also Departments of Social Services*

### CHILD CARE

<b>Referrals:</b>	
United Way Info/Referral	972-1703
Children Youth & Fam. Serv.	296-4118
<b>Financial Aid/Scholarships:</b>	
United Way Scholarships	972-1703
Project Link	972-1760
<b>Temporary Child Care:</b>	
Loving Neighbors in Christ	977-7457

### CHILD SUPPORT

Div. of Child Support Enforcement  
1-800-782-3523

### COUNSELING

Children, Youth, & Fam. Serv.	296-4118
Community Attention (24 hr)	970-3342
Family Preservation Services	293-4262
Mental Health Referral Serv.	977-4673
Region Ten CSB	972-1800
UVA Child/Family Psych.	243-6950
UVA Family Stress Clinic	924-1613
UVA Clinical Psychology Serv.	924-7034
Ainsworth Clinic (free)	982-4737

### DEPARTMENT OF SOCIAL SERVICES

Albemarle Co.	972-4010
Buckingham Co.	969-4246
Charlottesville	970-3400
Culpeper Co.	540-727-0372
Fluvanna Co.	842-8221
Greene Co.	985-5246
Louisa Co.	540-967-1320
Madison Co.	540-948-5521
Nelson Co.	263-8334
Orange Co.	540-672-1155

### DISABILITY

Infant/Toddler Early Intervention	
Alb, Char, Flu, Grne, Nel, Lou	924-5357
Cul, Fauq, Mad, Orange, Rappa.	
	540-937-2155
Buckingham	392-5914
Lynchburg	455-2295
Arc of the Piedmont	800-732-9507
Infant Dev. Project	977-4003
Va. Institute of Autism	923-8252
Special Olympics	800-732-9507
Dept. Rehab. Services	296-5621
Infant/Toddler Connection	924-5694
Care Connection	924-0222

### INDIVIDUALS WITH DISABILITIES

ACT OF 1997 (IDEA): Provides spec.ed/related services, to include transport, PT, OT, speech, SW, nursing, counseling, medical diagnosis/eval. to children aged 2-21 with certain disabilities: MR, deafness, speech, vision, ED, orthopedic, autism, traumatic brain injury, specific LD, OHI causing "limited alertness to the educational environment" with adverse effect on the child's education, requiring spec. ed. Parent or school makes referral to school child study committee; committee decides if evaluation indicated. Comprehensive evaluation within 65 days; IEP meeting with school/family to determine eligibility. If eligible, IEP is developed within 30 days. Re-evaluated annually (but may be modified as needed) with triennial eligibility determination.

### SECTION 504, REHABILITATION ACT

OF 1973: Protects the rights of people with disabilities from discrimination by any agency receiving fed. funds (incl. public schools); applies to students with physical or mental impairment that "substantially limits one or more major life functions" (i.e. learning), including ADHD. If found eligible, the child is entitled to a 504 plan detailing "reasonable accommodations." Parent makes referral to school; eligibility determined, may have testing; if eligible 504 plan developed (modified as needed). For the child with ADHD, 504 plan may include: modified homework, unlimited time for tests, preferential seating, organizational assistance, behavioral mgmt, modified test delivery, increased use of technology (computers), small group setting for standardized tests, careful teacher selection, etc.

**UVA Family Advocacy Program (FAP):**  
**Legal assistance for families in need.**  
**Call 924-5851 or pager 970-0105.**

### DENTAL SERVICES

Comm. Children's Dental Ctr	293-9300
Louisa Dental Clinic	540-967-4439
Ch/Alb Hlth Dept. Dent. Clinic	972-6255

DOMESTIC VIOLENCE/SEX. ASSAULT

Sexual Assault Resource Agency (SARA)  
977-7273  
Shelter for Help in Emerg. 293-8509  
Family Violence/Sexual Assault Hotline  
1-800-838-8238  
United Support 293-2273  
FOCUS Teensight 295-8336  
FOCUS Women's Res. Ctr 293-2222

DONATIONS & THRIFT STORES

Albemarle Baptist Assoc. 964-1165  
Pregnancy Ctr of Central Va 979-8888  
Central VA Baptist Assoc 977-6876  
Church of Brethren (Clothes) 973-3639  
Good-to-Go Boutique 972-1760  
Salvation Army Thrift 979-5230  
Schoolhouse Thrift 973-2271  
Twice is Nice 293-8319  
Love in the Name of Christ 293-6060  
Va. Baptist (Clothes) 977-6876  
Fluvanna Christian Service 589-8231  
Rural Outreach-Fluvanna 589-2521  
Rural Outreach-Nelson 263-8119

EDUCATION

**Special Education Support Services:**  
Piedmont Regional Ed. Prog. 975-9400  
Arc of the Piedmont 977-4003  
The Learning Center 977-6006  
**Other Educational Resources:**  
UVA Ed Consult (outpt) 872-8406  
Parent Resource Center 975-9400  
**Legal:**  
JustChildren 977-0553

GRIEF

Hospice of the Piedmont 817-6900  
Compassionate Friends 974-9314  
Living Objectives (widows) 296-6148

EMPLOYMENT

**Job Counseling/Training:**  
Alb. Bapt. Job Readiness Prog. 589-6080  
Alb. Career Center 972-4010  
Connecting People to Jobs Init. 296-7008  
FOCUS Women's Res. Ctr 293-2222  
FOCUS Teensight 295-8336  
Piedmont Works Career Ctr 977-2662  
Piedmont Works Louisa 540-967-5201  
UVA Ed Sch Career Counseling 982-2361  
UVA Internship Prog. 982-5552  
UVA Personal & Career Dev. 924-0783  
Va. Dept. of Rehab. Services 296-5621

**Employment Assistance:**

Albemarle Human Res. 296-5827  
Char. Human Res. 970-3490  
UVA Human Res. 924-4598  
Va. Employment Comm. 984-7630  
Weed & Seed Program 970-3120  
Va. Unemployment Comp. 984-7630  
WorkSource Enterprises 972-1730  
Va. Baptist Job Readiness 977-6876  
Jobsight/FOCUS 977-5627  
MACAA Opportunity Knocks 295-3171

FINANCIAL ASSISTANCE (TEMP.)

CARES 295-3171  
MACAA-Fluvanna 842-2521  
MACAA-Louisa 540-967-9522  
MACAA-Nelson 263-8119  
Orange Emerg. Council 540-672-3447  
Salvation Army 295-4058  
Fluvanna Christian Service 589-8231  
Church of the Incarnation 973-4381  
*TANF, see local DSS*

FOOD AND NUTRITION RESOURCES

*Food Stamps, see Depts of Soc. Services*  
United Way Info/Referral 972-1703  
Meals on Wheels 293-4364  
Soup Kitchens 972-1703  
Emergency Food Bank Char/Alb 979-9180  
Emergency Food Bank-Fluv. 842-2521  
Food Pantry-Nelson 263-6923  
Salvation Army Meals 295-4058  
Church of our Savior Pantry 973-6512  
*WIC, see local Health Departments*

HEALTH CARE RESOURCES

Buckingham Health Dept. 392-3984  
Char/Alb Health Dept. 972-6219  
Culpeper Health Dept. 540-829-7350  
Fluvanna Health Dept. 591-1960  
Greene Health Dept. 985-2262  
Louisa Health Dept. 540-967-3703  
Madison Health Dept. 540-948-5481  
Nelson Health Dept. 263-8315  
Orange Health Dept. 540-672-1291

**Other Health Care Resources:**

AIDS/HIV Services 979-7714  
CVCHC (Buckingham) 581-3271  
UVA Internatl Adoption Clinic 924-9130  
Planned Parenthood 296-2330  
Poison Control Center 1-800-222-1222  
Pregnancy Ctr of Central Va 979-8888  
Salvation Army Med. Assist. 295-4058  
UVA Teen Health Clinic 982-0090  
Westhaven Clinic 971-1200

HOUSING/SHELTER

Salvation Army 295-4058  
Shelter for Help in Emerg. 293-8509  
MACAA Hope House 295-3171  
SAFE (Culpeper) 540-825-8876  
Albemarle Housing Office 296-5839  
C'ville Housing Authority 970-3253  
Fluvanna Co. Housing Found. 589-4820  
Louisa Co. Housing Found. 540-967-3483  
Nelson Co. Comm Devl Found. 263-8074  
Piedmont Housing Alliance 817-2436  
Habitat for Humanity 293-9066  
PACEM (homeless intervention) 465-1392

HOUSING REHABILITATION/REPAIR

AHIP Home Rehab & Repair 817-2447  
Char. Home Owner Rehab 970-3182  
Char. Free Paint Program 970-3182  
JABA Home Safety/Repair 817-1634  
USDA Rural Development 975-0047  
Weatherization Program 293-3777  
*Fuel/Cooling Assistance, see local DSS*

IMMIGRANT/REFUGEE RESOURCES

UVA Internatl Adoption Clinic 924-9130  
Internat'l Refugee Committee 979-7772  
UVA Internat'l Fam. Clinic 924-5348

LEGAL SERVICES

FOCUS Lawyers Assistance 293-2222  
Legal Aid Justice Center(Char) 977-0553  
Legal Aid Justice Center (outside Char)  
800-578-8111  
Central Va Legal Aid 296-8851  
Lawyer Referral Service 800-552-7977

MENTAL HEALTH RESOURCES

UVA Psychiatry Consult 924-2701  
Central VA CSB-Lynchburg 847-8050  
Crossroads CSB-Buckingham 392-7049  
IRC-Disability Advoc/Counsel. 971-9629  
Mental Health Association 977-4673  
Orange Fam. Guid.-24 hr 540-672-2739  
Rappahannock CSB-F'brg 540-373-3223  
Rappahannock-Rapidan CSB  
(Culpeper, Madison, OR) 540-825-3100  
Region Ten CSB (24 hr) 972-1800  
Charlottesville 972-1810  
Fluvanna Co. 589-8276  
Greene Co. 985-5220  
Louisa Co. 540-967-2880  
Nelson Co. 263-4889

PARENTING

Health Fam/Fam Partners Pro 296-4118  
Fathering Initiative 296-4118  
FOCUS Mediation 975-9400  
Jefferson Area CHIP 972-6292  
Partnership for Children 220-KIDS  
Project Link 970-1498  
The Parent Center 817-1234  
VA Coop. Ext, Char/Alb 872-4580  
VA Coop. Ext, Fluvanna 591-1950  
VA Coop. Ext. Greene 985-5236  
VA Coop. Ext, Louisa 540-967-3422  
Gov. Warner's support line 800-KIDSTLC  
Resource Mothers (teen) 295-8336

SUBSTANCE ABUSE/SMOKING

Alanon 1-800-344-2666  
Alateen 1-800-344-2666  
Alcoholics Anonymous 293-6565  
Narcotics Anonymous 979-8298  
Region Ten CSB 972-1800  
"Plan to Quit," MJH (free) 982-7009  
"Thinkin' About Quittin," Culpeper (free)  
540-829-4190

SAFETY

Car Seat Hotline "Safe Kids" 243-5862  
Seminole Trail Fire Station 973-1717  
Stoney Point Fire Station 973-7733  
Earlysville Fire Station 973-8862  
Poison Center 924-5543

TEEN RESOURCES

UVA Teen Health Clinic 982-0090  
C'ville Pregnancy Center 979-8888  
FOCUS Teensight 295-8336

TRANSPORTATION

Char. Transit System 970-3840  
Greene Co. Transit 985-5205  
JAUNT 296-6174  
RideShare 295-6165  
University Transit System 924-7711

YOUTH AFTER-SCHOOL

Boys & Girls Club 977-2001  
Boy Scouts 540-943-6675  
Comm. Attention Teens Give 970-3334  
Girl Scouts 296-5156  
Hope Partnership 973-4381  
Mentorville 972-1703  
UVA Madison House 977-7051  
Computers4kids (gr. 7-12) 817-1121  
MACAA Project Discovery 295-3171  
Piedmont Family YMCA 974-9622  
6th Street Afterschool 972-1790