

Community and School Resource Map

Apex High School



A collaboration between the Center on Secondary Education for Students with ASD at UNC and Apex High School, Spring 2016

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Community Resources

Use this link <https://www.google.com/maps/d/viewer?usp=sharing&mid=zSSqUTY4qQTg.k3aPEFcli5zk> to see a google map of the following resources.



How do I become an advocate for my child?

| Agency Name | Program Summary | Address | Contact Information |
|--|--|--|---|
| The Adaptables | Consumers are taught to be self-advocates who understand their rights under the Americans with Disabilities Act (ADA). Some “Advocacy” services we provide are making sure accessible parking laws are enforced, helping consumers write appeals for denial of services, working to ensure accessible housing, and meeting with transportation officials to make sure they know and use the law. | Center For Independent Living 3908 Westpont Blvd. Ste. B Winston-Salem, NC 27103 | Phone: 336-767-7060 Fax: 336-760-7240 Website: http://theadaptables.com/ Email: theadaptables@theadaptables.com |
| Alliance of Disability Advocates | Alliance of Disability Advocates, Center for Independent Living (Alliance), is committed to assisting people with disabilities to live independently and become productive full participants in society. As a small nonprofit, Alliance utilizes extensive networking and collaboration in order to meet the needs of people with disabilities. | Mailing Address: Alliance of Disability Advocates POB 12988 Raleigh, NC 27605 Physical Address: 505 Oberlin Rd., Suite 148 Raleigh, NC 27605 | Phone Number: (919) 833-1117 (V/TTY) Fax Number: (919) 833-1171 E-mail: alliance@alliancecil.org |
| Children’s Law Clinic at Duke University Law School | The Children's Law Clinic is a community law office that provides free legal advice, advocacy, and legal representation to low-income children. The clinic is staffed by Duke Law students who bring their compassion, commitment, and energy to the task of advocating for at-risk children. They offer experience in special education and school discipline law. | Duke University Law School Box 90360 Durham, NC 27708-0360 | Phone: (919) 613-7169 Tollfree: (888) 600-7274 Fax: (919) 613-7262 http://law.duke.edu/childedlaw/ |

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| Disability Rights NC | Disability Rights North Carolina is a 501(c)(3) nonprofit organization based in Raleigh. Its team of attorneys, advocates, paralegals and support staff provide advocacy and legal services at no charge for people with disabilities across North Carolina. As the state’s federally mandated protection and advocacy system, Disability Rights North Carolina is charged with protecting the rights of children and adults with disabilities living in North Carolina. | 3724 National Drive, Suite 100, Raleigh, NC 27612 | Toll-Free: 877-235-4210 Phone: 919-856-2195 Fax: 919-856-2244 Email: info@disabilityrightsncc.org |
| North Carolina Council on Developmental Disabilities | Priority areas for planning, advocacy, and project initiatives are: prevention and child development; employment, community living and residential services; and public awareness and legislation. Program goals are to maximize independence and productivity. | 3125 Poplarwood Court, Suite 200Raleigh, NC 27604 | (919) 850-2901 http://www.nc-ddc.org |

How can I find the right day program for my child after they graduate from high school?

| Agency Name | Program Summary | Address | Contact Information |
|--|---|---|--|
| Pathways For People Day Program | The Pathways for People Day Program is located in a 3000 square foot facility in Cary, NC that houses a music room, computer lab, art room, yoga/dance space, a central meeting space, and a relaxation room. The day program is intended for adults with intellectual and developmental disabilities, and participants attend using Day Supports (Group & Individual) through the Innovations Waiver. Private pay is also accepted. | 108 New Edition Ct. Cary, NC 27511 | 919-297-7254 - phone 919-462-1653 - fax |
| Transitions Day Program | Transitions Day Program by A Small Miracle, Inc. is committed to providing quality day supports to individuals with developmental disabilities. Transitions provides a comprehensive, behaviorally-based approach to address independent living skills, vocational training, leisure, and coping skills. Our instructors are well trained and highly qualified in their areas of expertise. Classes include Computers and Vocational Training, Exercise and Healthy Living, Art and Music, and Independent Living Skills. | 1008 Bullard Ct, Ste 100 Raleigh, NC 27615 | 919) 900-4422 Office (919) 900-4466 Fax |

Who can help my child find employment after high school?

| Agency Name | Program Summary | Address | Contact Information |
|--|--|---|--|
| The Arc of The Triangle | <p>The Arc, a national organization serving people with disabilities, was founded in 1950 by a group of parents concerned about the lack of services for their children with developmental disabilities. The Arc movement quickly spread throughout the United States. Since then, nearly 1000 state and local chapters of the Arc and their members have advocated for community services to support people with disabilities and their families.</p> | <p>343 E. Six Forks Rd. Suite 370 Raleigh, NC 27609</p> | <p>919-832-2660 Fax 919-832-5446 http://www.arctriangle.org/project see</p> |
| Community Partnerships, Inc. | <p>Community Partnerships, Inc. provides Supported Employment services to people, ages 16 and older, who have intellectual/developmental disabilities, mental illnesses, and/or substance abuse/addiction issues</p> <p>Our Supported Employment services are based on the Individual Placement and Support model. Numerous studies have shown that this approach gets more positive employment outcomes than any other model.</p> | <p>3522 Haworth Drive Raleigh 27609</p> | <p>Leigh Harrison, Program Manager 919-781-3616, ext. 232 Leigh@communitypartnerships.org</p> |
| Department of Vocational Rehabilitation | <p>Provides counseling, training, education, transportation, job placement, assistive technology and other support services to people with disabilities.</p> | <p>4900 Waters Edge Drive Raleigh, NC 27606</p> | <p>(919) 859-8301 http://www.ncdhhs.gov/dvrs/</p> |

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| Division of Workforce Solutions | <p>Traditional employment and youth development programs teach participants how to maintain positive relationships with responsible adults and peers, explore opportunities for community service, and develop leadership skills. As part of the program, each young person will assess their skills and participate in a program that's designed to address their individual needs.</p> | <p>313 Chapanoke Road, Suite 120 Raleigh, N.C. 27603</p> | <p>(919) 814-0400 (800) 562-6333 (877) 632-2447 JobLink Unit</p> |
| TEACCH Autism Program Supported Employment | <p>The TEACCH® Supported Employment program currently serves adolescents and adults with Autism Spectrum Disorder. The Supported Employment Program helps individuals with ASD to become as independent as possible by assisting them in obtaining and maintaining meaningful and stable employment in predictable and rewarding work environments. Since its inception in 1989, this program has used a variety of job support models to assist more than 500 people with ASD to secure gainful employment and to become productive members in their communities. Contact the program in your region to get more information about the availability of services.</p> | <p>100 Renee Lynne Court Carrboro, NC 27510</p> | <p>919.966.2174 www.teacch.com</p> |
| Workforce Development Training Center | <p>Youth services may include the following opportunities:</p> <ul style="list-style-type: none"> • Tutoring and study skills training • Alternative secondary school • Summer employment opportunities • Paid and unpaid work experiences, including internships and job shadowing • Occupational skill training • Leadership development • Supportive services • Adult mentoring • Follow-up services • Comprehensive guidance and counseling | <p>313 Chapanoke Road, Suite 140 Raleigh, N.C. 27603</p> | <p>(919) 814-0399</p> |

Are there any post-secondary opportunities for my child (e.g., college)?

| Agency Name | Program Summary | Address | Contact Information |
|--|---|---|---|
| <p>LEND Advocacy Leadership Training University of North Carolina Chapel Hill</p> | <p>The LEND Advocacy Leadership Training at the Carolina Institute for Developmental Disabilities offers inclusive leadership training for students with intellectual/ developmental disabilities to participate in graduate-level training in the Leadership Education in Neurodevelopmental and Related Disabilities (LEND) program.</p> | <p>UNC CB 7255 Chapel Hill, NC 27599</p> | <p>Contact person: Deborah Zuver Phone: (919) 962-3603 E-mail: deborah.zuver@cidd.unc.edu</p> |
| <p>Learning Partners Program at Louisburg College</p> | <p>Louisburg College is a two-year college program that supports students in transitioning to a four year program. Students diagnosed with learning disabilities and/or Attention Deficit/Hyperactivity Disorder benefit from the individualized support and coaching they need to develop their learning skills, realize their academic goals and work toward becoming successful independent learners.</p> | <p>Louisburg, NC</p> | <p>Karen Martin 919-497-3403 kmartin@louisburg.edu</p> |
| <p>Wake Technical Community College-Degree</p> | <p>The Academic Success and Transition Resources (ASTR) Division brings together a variety of departments and programs in the college that are dedicated to student success and transition to college. These departments and programs include:</p> <ul style="list-style-type: none"> •Pre-Curriculum Department •Wake Tech MOOCs (Massive Open Online Courses) •Disability Support Services •Wake Early College High School Liaison •Associate in General Education Program | <p>9101 Fayetteville Road Raleigh, NC 27603</p> | <p>919-866-5000</p> |

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| <p>Wake Technical Community College-Adult Basic Education</p> | <p>ABE TOPS is designed for adult students who have an intellectual disability or those who need continued support in functional academics. It is ideal for students who want to achieve a higher level of independence by focusing on academic, social, vocational and life skills needed to fulfill their goals. Career Pathways classes are offered through a partnership with Wake Tech Workforce Continuing Education. These pathways give students the necessary skills to gain competitive employment.</p> <ul style="list-style-type: none"> • Hospitality Hotel & Restaurant Certifications (Formerly known as the START Hospitality Program) - an intensive course where students have the opportunity to earn up to 5 nationally recognized certificates. • Computer Fundamentals – an entry level computer troubleshooting program where students can earn a CompTIA certificate. • Housekeeping – a complete, hands-on training program to prepare students for employment in an entry level hotel career. Students have the opportunity to earn two nationally recognized certificates. <p>Auto Detailing – a hands-on course giving students the necessary skills to gain employment. A Wake Tech certificate is awarded upon completion.</p> | <p>9101 Fayetteville Road Raleigh, NC 27603</p> | <p>919-334-1507</p> <p>http://www.waketech.edu/programs-courses/non-credit/strengthen-basic-skills/ABE-TOPS</p> |
| <p>NC Post-Secondary Alliance</p> | <p>Our mission is to expand the options for postsecondary education for individuals with developmental disabilities throughout North Carolina. List of postsecondary options for individuals with developmental disabilities in NC:http://www.cidd.unc.edu/docs/psea/NC_PSE_Programs_Students_with_ID_1-29-12.pdf</p> | <p>Carolina Institute for Developmental Disabilities Chapel Hill, NC 27599</p> | <p>Donna Yerby donna.yerby@cidd.unc.edu</p> <p>http://www.cidd.unc.edu/psea/</p> |

I want to find out more about **RECREATION** Activities for my child. Who should I call?

| Agency Name | Program Summary | Address | Contact Information |
|---|--|---|---|
| Apex Parks and Rec | The Town of Apex Parks, Recreation, and Cultural Resources Department offers a variety of passive and active leisure opportunities to Apex Citizens and residents of Southwestern Wake County. | Administrative Office 53 Hunter Street | http://www.apexnc.org/services/parks-recreation-cultural-resources ph: (919) 249-3402 fax: (919) 249-3368 |
| Cary Parks and Rec | Cary Parks and Recreation offers a variety of classes, sports teams and tournaments, performances and performance opportunities, and other leisure and recreational activities. | Bond Park Community Center 801 High House Rd, Cary, NC | http://www.townofcary.org/Departments/Parks_Recreation_Cultural_Resources.htm Doug McRaney- Director ph:919-469-4066 |
| Garner Parks and Rec | Our parks, recreation facilities and the Garner Performing Arts Center offer great activities for ages 2 to 55+. | Find the recreation facility you are interested in by using the website | Administrative Office, 919-773-4442 http://www.garnernc.gov/Departments/Parks%20and%20Recreation/Default.aspx |
| Horse and Buddy | Enriches the lives of people with special needs in Wake County and surrounding areas through therapeutic horseback riding. | 4728 Old US 1 Hwy New Hill, NC 27562 | (919) 367-7740 http://www.horseandbuddy.org/contact.htm |
| Raleigh Parks and Rec, Specialized Recreation Services | Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged. Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. | 2401 Wade Avenue Raleigh, NC 27607 | Phone 919-996-6835 (Office) |
| Rhythm & Rehab | Rhythm & Rehab provides Music Therapy services for children and young adults with special needs. Services include individual music therapy, small group music therapy, adapted piano lessons and musical theater. | 3514 University Drive, Durham, NC 27707 | (919) 961-2605 / rhythmandrehab@nc.rr.com |

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| Special Olympics Wake County | Nearly 1,200 athletes train and compete year-round in Wake County, making our local program among the largest and most active in North Carolina. We provide year-round training in 18 seasonal sports and host four large competitions. Special Olympics Wake County partners with the Raleigh Parks and Recreation Department and our offices are located at the Jaycee Park Frank Evans Administration Building. | 2401 Wade Ave Raleigh, NC 27607 | Brian Philpot 919-996-2111 (W) (919) 831-6470 (F) |
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I am interested in respite care. Are there programs in Wake County?

| <i>Agency Name</i> | <i>Program Summary</i> | <i>Address</i> | <i>Contact Information</i> |
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| <p>Break Buddy Greystone Baptist Church</p> | <p>Buddy Break is a free kids/respite program where children with special needs (VIP kids) make new friends, play fun games, enjoy crafts, stories, music activities, and more! Siblings have fun too! Meanwhile, their caregivers get a break from their ongoing care-giving responsibilities for three hours. Buddy Break is open to church members and non-church members with VIP kids.</p> | <p>7509 Lead Mine Rd Raleigh, NC 27615</p> | <p>Nancy Register, Buddy Break Coordinator 919-847-1333 BuddyBreak@Greystonechurch.org</p> |
| <p>Friday Night Friends New Hope Church</p> | <p>We know that many families of children with special needs have unique challenges in finding babysitters or finding individualized care for evenings off. To help with this, we are excited to offer Friday Night Friends. Throughout the year, we will have multiple offerings of our Friday Night Friends program at our Central Campus in Durham, providing an evening of free childcare for families of children with special needs (including siblings).</p> | <p>7619 Fayetteville Road Durham, NC 27713</p> | <p>919.206.HOPE (4673)</p> |
| <p>Tammy Lynn Center</p> | <p>Temporary relief for families and caregivers who care for individuals with developmental disabilities, head trauma, or who are at risk for developmental disabilities. Respite care helps reduce family stress, thereby helping to preserve the family unit and support family stability. In addition, these services can prevent the need for lengthy and costly out-of-home placement.</p> | <p>739 Chappell Drive Raleigh, North Carolina 27606</p> | <p>Contact Respite Care Manager Dayna Murphy @ 919-755-2685.</p> |

Are there transportation supports that can help my child get around Wake County?

| <i>Agency Name</i> | <i>Program Summary</i> | <i>Address</i> | <i>Contact Information</i> |
|---|---|--|----------------------------|
| Accessible Raleigh Transportation (A.R.T.) | <p>The City of Raleigh provides transportation services for persons with disabilities. There are two levels of services:</p> <ul style="list-style-type: none"> — Tier 1 service is available for permanent Raleigh residents who do not have a valid driver’s license, and are identified as a person with a physical or mental disability. — Tier II service is available to persons who qualify under the Americans with Disabilities Act (ADA). Call for instructions on how to apply. | www.raleigh-nc.org/transit | 919-890-3459 |
| C-Tran | <p>Hours of Operation Monday through Saturday, 6:00 a.m. to 7:00 p.m. The Town of Cary provides two types of service: fixed route and door-to-door service. The new fixed route system replaces the previous general public door-to-door service. Cary citizens who are disabled or at least 55 years old will continue to have the option of door-to-door service. Cost is \$2.00 each way in Cary; \$4.00 for out of town (Chatham, Durham, Orange or Wake Counties for work). Registered seniors and disabled passengers pay \$1.00 each way from 10:00 a.m. to 3:00 p.m. for trips in Cary. Children aged 6 and younger ride free. Make a reservation to ensure a seat 2 hours to 2 weeks in advance.</p> | www.townofcary.org | 919-481-2020 |

If my child needs health or medical services, where can they go?

| Agency Name | Program Summary | Address | Contact Information |
|--|---|---|---|
| Capitol Pediatrics | "Sensitive to parents' needs and experienced with Autism, open to suggestions" | 3801 Computer Drive Suite 200 Raleigh, NC 27609 | (919-782-5273) |
| Carolina Institute for Developmental Disabilities | Our interdisciplinary faculty and teams offer assessment, consultation, and treatment options for individuals with behavioral, learning, and developmental needs across the lifespan. Emphasis is on individuals and their families who have intellectual disabilities, autism spectrum disorders, traumatic brain injuries, cerebral palsy, and genetic or medical conditions which impact development, health, and independent living. | 101 Renee Lynne Court Carrboro, NC 27510 | Phone: 919-966-5171 Fax: 919-966-2230 Email: Info@cidd.unc.edu |
| North Raleigh Family Medicine | "Is open to a variety of methods in addition to medicine. Very understanding and extremely experienced with Autism" | 8331 Bandford Way - Suite 101 Raleigh, NC 27615 | Dr. Thomas Jeffries (919-841-4566) |
| Pediatric Dentistry | Our clinical and administrative team has a combined experience in pediatric dentistry of over 80 years and is skilled in all aspects of treating your child's dental needs. They will help make you and your child's experience as good as possible. We try hard to develop relationships with our patients and families that are based on trust and understanding. Although we are not always 100 percent successful, we strive to make every visit as fun and enjoyable for your child as possible. | 120 Preston Executive Drive Suite 100 Cary, North Carolina 27513 | office (919) 468-9775 fax (919) 468-5001 |
| Psychoeducational Clinic at North Carolina State University | The Clinic is a part of the School Psychology Graduate Program at NCSU and is staffed by both faculty and graduate students. The Clinic serves individuals from preschool through college and their families. Assessment of learning, memory, and attention is the primary focus of Clinic activity. In addition to our evaluation services, we also offer study skills and academic therapy/coaching as well as parent/teacher consultation. | Location: Poe Hall, Room 640 Address: NCSU Box 7650 Raleigh, NC 27695 | Phone: 919.515.2251 Fax: 919.515.1716 http://psychology.chass.ncsu.edu/pss/facilities/clinic/ |

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| Raleigh Neurology Associates | A child neurologist is an expert in the diagnosis and treatment of children with disorders of the central nervous system, which include the brain and spinal cord, as well as the peripheral nervous system, including peripheral nerves, neuromuscular junctions, and muscles. Some disorders that a child neurologist evaluates and treats are epilepsy, cerebral palsy, muscular dystrophy, tics, Tourette syndrome, brain tumors, autism, and developmental delays. | 1520 Sunday Drive Raleigh, NC 27607 | Phone: 919-782-3456 Fax: 919-788-8986 www.raleighneurology.com/ |
| Raleigh Pediatrics | "Spends extra time with children with special needs" | 1921 Falls Valley Drive Raleigh, NC 27615 | phone: 919.872.0250 fax: 919.848.3054 |
| TEACCH Autism Program | TEACCH® Centers provide diagnostic evaluations for children, adolescents, and adults who are thought to have an autism spectrum disorder (ASD) but have not yet received a diagnosis. Evaluations typically last one to one and a half days at the clinic (varies depending upon complexity of case and services provided) and focus on issues of diagnosis and educational programming and intervention. | 100 Renee Lynne Court Carrboro, NC 27510 | 919.966.2174 www.teacch.com |
| Triangle Neuropsychiatry | Triangle Neuropsychiatry is a privately run clinic designed for the needs of people with emotional or psychiatric illnesses. The practice also works with the developmentally disabled including people with Autism Spectrum problems. | 3713-B University Dr. Durham, NC 27707 | ph: (919) 401-6212 fax: (919) 401-4170 info@triangleneuropsych.com |
| Triangle Pediatrics in Cary | "Experience with autism and special needs" | 105 Ridgeview Drive Cary, NC 27511 | Dr Adams, Dr Horwitz (919-467-5543) |

If my family needs help finding *housing* or paying for their home, what resources can we use?

| Agency Name | Program Summary | Address | Contact Information |
|--------------------------------|---|--|--|
| CASA | CASA develops, owns, and manages affordable housing for consumers of Wake County Human Services (WCHS) who have a disability. There are some limited housing for persons who are not homeless and not receiving services from WCHS. Housing applications are made to CASA. Must have a service provider (919-250-1260 for list of service providers) | 624 West Jones Str., Raleigh 27610 | 919- 754-9960 |
| InterAct of Wake County | InterAct's Residential Shelter provides safe housing and a comprehensive program of counseling and advocacy to women and their children who are escaping violent relationships. The women and children stay for eight weeks, during which time our counselors and advocates work extensively with them. The shelter is a 45-bed facility located in a secret location in Wake County. | Mailing Address InterAct's Family Safety & Empowerment Center 1012 Oberlin Road Raleigh, NC 27605 | Main Office: 919-828-7501 http://www.interactofwake.org/ |
| NC Housing Coalition | The North Carolina Housing Coalition is a private, non-profit membership organization working for decent, affordable housing that promotes self-determination and stable communities for low- and moderate-income North Carolinians. Our mission is to lead a movement to ensure that every North Carolinian has a home in which to live with dignity and opportunity. We work to accomplish our mission by supporting our members and building partnerships to improve affordable housing. | 118 St. Mary's St. Raleigh, NC 27605 | phone: 919-881-0707 fax: 919-881-0350 |

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| <p>Raleigh Rescue Mission</p> | <p>We offer emergency overnight shelter for women and children. We also provide residential recovery for both men and women. Educational services, pre-school and other outreach services are also available to the community.</p> | <p>Physical Address: 314 E. Hargett Street Raleigh, North Carolina 27601</p> <p>Mailing Address: P.O. Box 27391 Raleigh, North Carolina 27611</p> | <p>Telephone: (919) 828-9014 info@raleighrescue.org Fax: (919) 833-6162</p> |
| <p>Wrenn House</p> | <p>Wrenn House provides a safe, legal, and responsible environment for youth who run away from home, who are homeless, or are otherwise in a crisis situation. We are open 24 hours a day, 365 days a year. Wrenn House is available to any youth age 10 – 17, with priority given to youth from Wake County and Raleigh.</p> | <p>908 W. Morgan St. Raleigh, NC 27603</p> | <p>919-832-7866 http://www.havenhouseenc.org/programs/wrenn-house</p> |


What can my child do for *entertainment* in Wake County?

| <i>Agency Name</i> | <i>Program Summary</i> | <i>Address</i> | <i>Contact Information</i> |
|--|--|---|----------------------------|
| <p>Raleigh Little Theater Access Theater Now</p> | <p>This class gives students with physical, emotional, learning and developmental disabilities an opportunity to gain self-esteem, improve social and communication skills and explore new modes of self-expression – all in a non-competitive, structured atmosphere. Each session will culminate in an open classroom highlighting the individual talents of all involved. Support staff is welcome. No previous experience necessary.</p> | <p>301 Pogue Street Raleigh, NC 27607</p> | <p>919 821-4579 x225</p> |

ARE THERE DISABILITY-SPECIFIC RESOURCES IN WAKE COUNTY?

➤ AUTISM

| Agency Name | Program Summary | Address | Contact Information |
|--|---|--|--|
| <p>Autism Society of North Carolina, Creative Living</p> | <p>Our organization works to directly improve the lives of individuals and families affected by autism through advocacy, training and education, and direct services.</p> <p>Advocacy: We are the only autism-specific advocacy organization in North Carolina, and it is the heart of what we do. We find resources for families, assist with school issues, educate families through workshops, help individuals navigate the services system, and host local support groups. We also give those with autism a voice in public policy by maintaining relationships at the state legislature and other policy-making entities.</p> <p>Training and Education: We focus on evidence-based best practices that empower self-advocates, families, and professionals. We also work to increase understanding and acceptance of people with ASD in the community.</p> <p>Services: ASNC is a direct care service provider, and a recipient of the highest level of accreditation by the Council on Quality Leadership for exemplary service provision. Individuals with ASD receive a variety of residential, recreational, vocational, and community-based services that are designed to meet their needs, interests, and strengths.</p> | <p>505 Oberlin Road, Suite 230 Raleigh, NC 27605</p> | <p>(919) 854-6161 1 (800) 442-2762 http://autismsociety-nc.org</p> |

|  DEAF/BLIND | | | |
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| <p>North Carolina Division of Services for the Blind</p> | <p>Rehabilitation Program-Services offered to assist individuals who are blind or visually impaired in obtaining or maintaining employment and in living more independently.</p> <p>Independent Living Program-Services are provided to help the senior visually impaired adult population maintain self-sufficiency in their place of residence.</p> <p>School to Work Program- Transition services are provided to help high school students obtain various employment opportunities.</p> | <p>2601 Mail Service Center, Raleigh, NC 27699</p> | <p>919-733-9822</p> |
| <p>Alliance of Disability Advocates</p> | <p>Alliance of Disability Advocates/ Center for Independent Living (Alliance) is committed to helping people with disabilities live independently and become productive, full participants in society. The entire staff and board, most of whom have disabilities, support people with disabilities in their efforts toward such life-affirming goals.</p> <p>Core services of Alliance include individual and systems advocacy, information and referral, training in independent living skills, peer mentoring and support, and community inclusion. Alliance also provides accessibility surveys of facilities and programs and training on the Americans with Disabilities Act.</p> | <p>505 Oberlin Road, Suite 148 Raleigh, NC 27605</p> | <p>Phone: 919-833-1117 Fax: 919-833-1171</p> <p>http://www.alliancecil.org</p> |

| ➤ BRAIN INJURY | | | |
|--|--|---|--|
| Community Partnerships, Inc. | <p>Each individual and each brain injury is unique. Experience has taught us that an individualized approach leads to the greatest success. Services in our program include:</p> <ul style="list-style-type: none"> • Cognitive Rehabilitation • Occupational Information • Case Management • Therapy | 3522 Haworth Drive Raleigh, NC 27609 | 919-781-3616 (phone) 919-782-1485 (fax) |
| ➤ DOWN SYNDROME | | | |
| Triangle Down Syndrome Network | <p>The Triangle Down Syndrome Network (TDSN) is a nonprofit support, resource, and advocacy organization for individuals, families, and professionals. Our mission is to support, educate, and connect individuals with Down syndrome, their families, and communities in North Carolina.</p> | | http://www.triangledownsyndrome.org |
| ➤ EPILEPSY | | | |
| GCF Family Support Services | <p>GCF Family Support Services (GCF-FSS) is dedicated to supporting, educating, and informing families of children with special needs. GCF-FS believes that the greatest asset a child can have is a strong family. We provide parent mentoring, peer support groups and education to families of children with developmental and intellectual disabilities, chronic illness, other special needs or those who are born prematurely.</p> | http://www.gcffamilysupportservices.org/ | Karen Hogan 919-662-4600 ext. 257 khogan@gcffamilysupportservices.org |

INTELLECTUAL DISABILITIES

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|---------------------------------------|--|---|--|
| <p>The Arc of The Triangle</p> | <p>The Arc, a national organization serving people with disabilities, was founded in 1950 by a group of parents concerned about the lack of services for their children with developmental disabilities. The Arc movement quickly spread throughout the United States. Since then, nearly 1000 state and local chapters of the Arc and their members have advocated for community services to support people with disabilities and their families.</p> <p>In 1954, our local chapter, now known as The Arc of Wake County, was formed. Our chapter and its members were active in establishing the first classes for children with developmental disabilities in the public schools, special programs in various churches, residential and employment programs, recreational opportunities and respite care services.</p> <p>The Arc of Wake County provides:</p> <ul style="list-style-type: none"> •advocacy •information & referral •supported employment •community education services | <p>343 E. Six Forks Rd. Suite 370 Raleigh, NC 27609</p> | <p>919-832-2660 Fax 919-832-5446 http://www.arctriangle.org/project_see</p> |
|---------------------------------------|--|---|--|

| ➤ LEARNING DISABILITY | | | |
|--|--|--|---|
| <p>Ultimate-Outcomes</p> | <p>I offer comprehensive services that provide help to children, adolescents, parents & families on their journeys. I enjoy working with children & families who desire growth in any area, including academics, behavioral &/or those on the autism spectrum. I wish to enhance the quality of life for my clients, help them towards meaningful progress & life balance. Services include: Academic, Behavioral, Parent Training & services for those on the Autism Spectrum, Study Skills, Test Taking & Organizational Skills, Developmental Delays, Intellectual Impairments, Learning Disabilities, Autism, ADHD & Emotional Concerns, IEP meetings, Life Coaching, Navigating Transitions, Improving Self Esteem/Confidence, Social Skills & Effective Life Skills.</p> | <p>14460 Falls Of Neuse Rd Ste 149-205 Raleigh, North Carolina 27614</p> | <p>Betty Brandon (919) 728-5767</p> |
| ➤ MENTAL HEALTH ISSUES | | | |
| <p>Alliance Behavioral Health</p> | <p>Alliance Behavioral Healthcare manages the public mental health, intellectual/ developmental disability and substance abuse services for the citizens of Durham, Wake, Cumberland and Johnston counties.</p> <p>Although we do not actually provide services, our job is to ensure that individuals who seek help receive the quality services and supports they are eligible for to help them achieve their goals and live as independently as possible.</p> <p>These services are delivered by a network of private providers who contract with Alliance.</p> | <p>5000 Falls of Neuse Road Raleigh, NC 27609</p> | <p>(800) 510-9132</p> |

WHERE CAN I FIND SCHOOL RESOURCES?

| <i>Resource</i> | <i>Website</i> |
|---|---|
| Student Handbook | http://apexhs.wcpss.net Listed under "General" on the home page |
| Club Information Page <i>Information on student clubs, when they meet, advisor contact</i> | http://ahsstudco.weebly.com/clubs--societies.html |
| Apex High School Counselor Page <i>Resources gathered by student services including information on course registration, transcripts, colleges and universities, financial aid, summer programs</i> | http://apexhscounselors.weebly.com/ |
| School Calendar | http://www.brownbearsw.com/freecal/apexcalendar?sectionid=218 |
| Lunch Menu | http://www.wcpss.net/parents/school-meals/ |
| Athletics | http://ahscougarsports.weebly.com/ |

Apex High School Administration and Counselor Assignments

Dr. Diann Kearney, Principal: dkearney@wcpss.net

John Hayden, Dean of Students: jhayden@wcpss.net

Michelle Pittelli, Student Assistance Program (SAP) Coordinator: mpittelli@wcpss.net

| Student Last Names | Administrator | Email Contact | Counselor | Email Contact |
|--------------------|--|------------------------|------------------|----------------------|
| A | Jeannette Hill | jhill1@wcpss.net | Kari Kite | kkite@wcpss.net |
| B | Rob Matheson | rmatheson@wcpss.net | Kari Kite | kkite@wcpss.net |
| C | Jim Nelson | jnelson@wcpss.net | Kari Kite | kkite@wcpss.net |
| D, O-Q, V-Z | David Zies (Special Programs Contact) | dzies@wcpss.net | Melissa Schwartz | mschwartz2@wcpss.net |
| E-J | Jeannette Hill | jhill1@wcpss.net | Cheryl Chenet | cchenet@wcpss.net |
| K-N | Jim Nelson | jnelson@wcpss.net | Maureen Kurz | mkurz@wcpss.net |
| R-U | Rob Matheson | rmatheson@wcpss.net | Tandra Taylor | ttaylor3@wcpss.net |

Apex High School Special Education Teachers

| Teacher | Email Contact |
|--|--------------------------|
| Michelle Windle Department Head | mwindle@wcpss.net |
| Sarah Barnhill | sbarnhill@wcpss.net |
| Cynthia Berniak | cberniak@wcpss.net |
| Ashley Bradford | abradford2@wcpss.net |
| Faith Bramble | jbramble@wcpss.net |
| Isaac Bristol | lbristol1@wcpss.net |
| Stefanie Brown | sbilobranbrown@wcpss.net |
| Emily Chiarolanzio | echiarolanzio@wcpss.net |
| Jana Hill | jkhill@wcpss.net |
| Chelsea Jones | cjones10@wcpss.net |
| Margaret Kallander | mkallander@wcpss.net |
| Heather Long | hlong@wcpss.net |
| Patrick Monaghan | pmonaghan@wcpss.net |
| Andrea Rutherford | arutherford@wcpss.net |
| Margaret Smith | msmith17@wcpss.net |
| Rozanne Todd | rtodd@wcpss.net |

Apex High School Student Clubs

| Club Name | Advisor | Email Contact |
|--|---------------------------|--|
| American Sign Language Club | Gurkin | jgurkin@wcpss.net |
| Anime Club (Otaku Society) | Berniak | cberniak@wcpss.net |
| Apex Peak Players | Levine | llevine@wcpss.net |
| Boost Club | Hatch | ahatch@wcpss.net |
| Debate | Nordt | mnordt@wcpss.net |
| DECA | Obaigbena | robaigbena@wcpss.net |
| Domestic Violence Awareness and Prevention | Pittelli | mpittelli@wcpss.net |
| Drafting | R. Myers | rmyers@wcpss.net |
| Environmental | Nagel, Thomason, Piper | knagel@wcpss.net |
| eSports | Oltmans | aoltmans@wcpss.net |
| Excel Club | Nordt | mnordt@wcpss.net |
| Fandoms, Alt Music, and Art Club | Sands | isands@wcpss.net |
| FCA | Ferguson, Duncan, Oltmans | jferguson@wcpss.net |
| FCCLA | Hoskins | ehoskins@wcpss.net |
| Feminist Club | C. Brown | cbrown10@wcpss.net |
| Film Club | Whiteside | swhiteside@wcpss.net |
| FFA | R. Thomas | rthomas2@wcpss.net |
| Free the Children (FTC) | Upchurch | kupchurch@wcpss.net |
| French | Pilling | kpilling@wcpss.net |
| Game Development (2nd semester only) | C. Smith | csmith2@wcpss.net |
| German | Maseman | pmaseman@wcpss.net |
| German Honor Society | Maseman | pmaseman@wcpss.net |
| Guitar Club | Kane | tkane@wcpss.net |
| Henna Tattoos | Clark | dclark5@wcpss.net |
| HOSA | Vogt | avogt@wcpss.net |
| Improv | Whiteside, Levine | swhiteside@wcpss.net |
| Interact | Bristol | Lbristol1@wcpss.net |

| | | |
|----------------------------------|-----------------------|--|
| International Thespian | Levine | llevine@wcpss.net |
| Jewish Student Union | Gurkin | jgurkin@wcpss.net |
| Key | Dott | ldott@wcpss.net |
| Latinos United | R. Myers | rmyers@wcpss.net |
| Magicians Meet | Summers | ssummers2@wcpss.net |
| Model UN | Kane | tkane@wcpss.net |
| Muslim Student Association | Nordt | mnordt@wcpss.net |
| National Art Honor Society | Rossi | srossi@wcpss.net |
| National Honor Society | McGee | rmcgee2@wcpss.net |
| National Technical Honor Society | Wilson | bwilson3@wcpss.net |
| Nourish International | Collis | ecollis@wcpss.net |
| Orchestra/Strings | Miller | tmiller@wcpss.net |
| Philosophy | Coffey | acoffey@wcpss.net |
| Pink Ribbon | Winstead | vwinstead@wcpss.net |
| Photography Club | Hatch | ahatch@wcpss.net |
| Project Unify | Lockwood | plockwood@wcpss.net |
| Prom Committee | Hoskins | ehoskins@wcpss.net |
| Reader's | Fackler-Bretz | mfackler@wcpss.net |
| Robotics | Gurkin | jgurkin@wcpss.net |
| Science Olympiad | Bost, Telford, Gurkin | cbost@wcpss.net |
| Shuffleboard | Maseman (see website) | pmaseman@wcpss.net |
| Solutions | R. Myers | rmyers@wcpss.net |
| Spanish | Drake | sdrake2@wcpss.net |
| Spanish Honor Society | Lasher | klasher@wcpss.net |
| STEM | C. Smith | csmith2@wcpss.net |
| Student Council | C. Brown | cbrown10@wcpss.net |
| Table Top Games Club | Telford | ktelford@wcpss.net |
| Tri-M Natl Music Honor | Copley | hcopley@wcpss.net |
| TutorConnect | Huntley | Lhuntley@wcpss.net |
| UNICEF Club | Moncelle | hmoncelle@wcpss.net |

| | | |
|-------------------------------------|----------|--|
| Volley Bros Committee | Moog | fmoog@wcpss.net |
| Women and Minorities Who Program | C. Smith | csmith2@wcpss.net |
| Writers | Coffey | acoffey@wcpss.net |
| Yoga | Bost | cbost@wcpss.net |
| Young Democrats & Young Republicans | Wilkie | dwilkie@wcpss.net |
| Youth & Government | C. Brown | cbrown10@wcpss.net |

Apex High School Fine Arts Groups

Classes Focusing on Fine Arts

| Last | First | Program Area and Website | E-mail |
|---------|---------|---|--|
| Copley | Heather | Chorus, http://apexhighchorus.webs.com/ | hcopley@wcpss.net |
| Miller | Todd | Guitar | tmiller@wcpss.net |
| Purtee | Melissa | Visual Art | mpurtee@wcpss.net |
| Rossi | Shawnda | Visual Art | srossi@wcpss.net |
| Jarvis | Daniel | Concert band, honors wind ensemble, jazz bands, pep bands, elite marching band | djarvis@wcpss.net |
| Sands | Ian | Visual Art, http://www.artofapex.com/ | isands@wcpss.net |
| Sudkamp | Kim | Visual Art | ksudkamp@wcpss.net |
| Levine | Laura | Drama | llevine@wcpss.net |

Apex High School Sports Teams

Groups that play sports competitively; up-to-date information also available at:

<http://www.wakecountyathletics.com/apexhs?id=1954833-directory>

| Sport | Coach | Contact Info | Season |
|-----------------------|---|--|-----------------|
| Football | Head Coach : Robert Graham JV Coach : Shane Skeens | rgraham5@wcpss.net mskeens@wcpss.net | Fall |
| Men's Soccer | Jerry Oglesby | http://www.apexcatsoccer.com/ | Fall |
| Volleyball | Emily Whitsett and Dana Higgins | ewhitsett@wcpss.net dhiggins2@wcpss.net | Fall |
| Men's Cross Country | Roy Cooper | racooper@wcpss.net | Fall |
| Women's Cross Country | Roy Cooper | racooper@wcpss.net | Fall |
| Women's Tennis | Lynn Thomas | Lynn.thomas@mindspring.com | Fall |
| Women's Golf | Mike Muse | jmuse@wcpss.net | Fall |
| JV Cheerleading | Stephanie Barton | sbarton@wcpss.net | Fall and Winter |
| V Cheerleading | Alex Mann | amann2@wcpss.net | Fall and Winter |
| JV Men's Basketball | Forrest Moog | fmoog@wcpss.net | Winter |
| V Men's Basketball | David Neal | dNeal@wcpss.net | Winter |
| JV Women's Basketball | Jeff Cropper | jcropper@wcpss.net | Winter |
| V Women's Basketball | Isaac Bristol | iBristol1@wcpss.net | Winter |
| Men's Swimming | Kevin Maksinchuk and Michelle Pittelli | maksinchukk@yahoo.com mpittelli@wcpss.net | Winter |
| Women's Swimming | Kevin Maksinchuk and Michelle Pittelli | maksinchukk@yahoo.com mpittelli@wcpss.net | Winter |
| Men's Diving | Kevin Maksinchuk and Michelle Pittelli | maksinchukk@yahoo.com mpittelli@wcpss.net | Winter |
| Women's Diving | Kevin Maksinchuk and Michelle Pittelli | maksinchukk@yahoo.com mpittelli@wcpss.net | Winter |
| Men's Indoor Track | Roy Cooper | racooper@wcpss.net | Winter |
| Women's Indoor Track | Roy Cooper | racooper@wcpss.net | Winter |
| JV Wrestling | Shane Skeens | mskeens@wcpss.net | Winter |
| V Wrestling | Ross Little | slittle@wcpss.net | Winter |
| Gymnastics | James Howard | jamesconradhoward@gmail.com | Winter |

| | | | |
|-------------------------|----------------|--|--------|
| JV Baseball | Ricky Frankoff | rfrankoff@wcpss.net | Spring |
| V Baseball | Mike Valder | mvalder@wcpss.net | Spring |
| JV Men's Lacrosse | Ed Moore | Ed.moore@townofcary.org | Spring |
| V Men's Lacrosse | John Hayden | jhayden@wcpss.net | Spring |
| JV Women's Lacrosse | | | Spring |
| V Women's Lacrosse | Mike Bagnasco | mbagnasco@wcpss.net | Spring |
| Women's Soccer | Kevin Todd | ktodd@wcpss.net | Spring |
| JV Softball | | | Spring |
| V Softball | Dana Higgins | Dhiggins2@wcpss.net | Spring |
| Men's Track and Field | Roy Cooper | racooper@wcpss.net | Spring |
| Women's Track and Field | Brian Kelley | bkelley@wcpss.net | Spring |
| Men's Tennis | Lynn Thomas | Lynn.thomas@mindspring.com | Spring |
| Men's Golf | Michael Muse | jmuse@wcpss.net | Spring |

Apex High School Career/Employment Events/Resources

Career and Technical Education

| Last | First | Program Area | E-mail |
|----------------|--------------|--|--|
| Hayes | Jackson | Career Development Coordinator | jhayes2@wcpss.net |
| Battles | Kate | Family and Consumer Science | mbattles@wcpss.net |
| Caudill | Kelly | Business and IT Education | kcaudill@wcpss.net |
| Davenport | Ron | Marketing Education | udavenport@wcpss.net |
| Evans | John | Business and Marketing Education AOIT Director | jevans3@wcpss.net |
| Evans | Susan | Business and Marketing Education | sevans1@wcpss.net |
| Graham | Robert | Trade and Industrial Education | rgraham5@wcpss.net |
| Hoskins | Erica | Family and Consumer Science Department Head | ehoskins@wcpss.net |
| Keith | Megan | Family and Consumer Science | mkeith@wcpss.net |
| Lassiter | Angela | Family and Consumer Science | alassiter@wcpss.net |
| Maynard | Tommy | Trade and Industrial Education | temaynard@wcpss.net |
| Mitchell | Lawrence | Business and IT Education | lmitchell1@wcpss.net |
| Myers | Rhondalyn | Trade and Industrial Education | rmyers@wcpss.net |

| | | | |
|-----------|---------|---------------------------------|--|
| Oakley | Judy | Business and IT Education | loakley@wcpss.net |
| Obaigbena | Rodney | Business Education | robaigbena@wcpss.net |
| Smith | Celeste | Programming and Applications | csmith2@wcpss.net |
| Szep | Susan | Business and IT Education | sszep@wcpss.net |
| Thomas | Ronnie | Agricultural Education | rthomas2@wcpss.net |
| Tullis | Jeffrey | Business and IT Education | jtullis@wcpss.net |
| Vogt | Allison | Health Occupations | ajvogt@wcpss.net |
| Wilson | Barbara | Special Populations Coordinator | bwilson3@wcpss.net |
| Winstead | Vicki | Family and Consumer Science | vwinstead@wcpss.net |

WHERE CAN I FIND COLLEGE RESOURCES?

| <i>Resource</i> | <i>Description</i> | <i>Contact Information</i> |
|----------------------------|---|--|
| NC Post-Secondary Alliance | Our mission is to expand the options for postsecondary education for individuals with developmental disabilities throughout North Carolina. List of postsecondary options for individuals with developmental disabilities in NC: http://www.cidd.unc.edu/docs/psea/NC_PSE_Programs_Students_with_ID_11-29-12.pdf | Donna Yerby donna.yerby@cidd.unc.edu http://www.cidd.unc.edu/psea/ |
| CFNC | Helps students play for, apply for, and pay for college – students should set up an account in 9 th grade and take the career interest survey in 10 th grade. | http://www.cfnc.org/index.jsp |
| College Application Week | Held each November- many colleges wave application fees | Contact your guidance counselor or visit www.cfnc.org |
| Scholarship Plus | Wake County Public School System students and parents can access information about 621 scholarships that cover a wide range of academic disciplines and eligibility requirements as well as tips to help you get scholarships and links to other resources about scholarships and financial aid. | http://www.scholarshipplus.com/wake/ |
| Student Information Page | Information about programs specific to each class year can be found, including post-high school career and college information | http://apexhscounselors.weebly.com/ |
| College Board | Sign up to take the SAT and send scores via the College Board website. SAT Test Prep is available as well. | www.collegeboard.org/sat |
| ACT | Sign up to take the ACT and send scores via their website. ACT Prep is also available. | www.actstudent.org |