Welcome to
Children’s Specialized Hospital!
Schedule a Virtual Telehealth Visit

Now with Expanded Telehealth Services!

Schedule a Virtual Telehealth Visit for Medical & Therapy Services!

What can I use for my child's virtual visit?

- Computer or Laptop
- Web Cam
- Tablet
- Smart Phone

What are benefits of receiving services through this platform?

- Quick access to your child’s initial evaluations
- Eliminates any delay in beginning a beneficial treatment plan
- Provides an opportunity to meet and begin to develop a relationship with your provider allowing them to get to know you and your child
- Your child will be seen in the comfort of their natural home environment
- Doxy.me link allows for easy access using your smartphone, computer, or tablet

To schedule a medical or therapy telehealth appointment, call 888-244-5373 and follow the prompts to schedule an appointment.

Developed by Family Faculty in collaboration with staff.
Programar su cita de Telesalud visitas

Ahora con servicios de telesalud ampliados!

Programar su cita de Telesalud visitas Medicas y Servicios de Terapia!

Qué puedo usar para la visita virtual de mi hijo/a?

- Computadora
- Camara Web
- Tableta
- Telefono Inteligente

¿Cuáles son los beneficios de recibir servicios a través de esta plataforma?

- Acceso rápido a las evaluaciones iniciales de su hijo/a
- Elimina cualquier retraso y comienza un plan de tratamiento beneficioso
- Brinda la oportunidad de conocer y comenzar a desarrollar una relación con su proveedor que les permita conocerse a usted y a su hijo/a
- Su hijo/a será visto en la comodidad de su entorno natural
- El enlace Doxy.me permite un fácil acceso usando teléfono inteligente, computadora, o tableta

Para programar una cita Medica o Terapeutica de telesalud llame a 888-244-537 Y siga las indicaciones para programar una cita

Desarrollado por la Facultad Familiar en colaboración con el Personal.
Getting Ready For Your Virtual Telehealth Visit

- **Try the Virtual Visit Application**
  Download the doxy.me link and test it on your desktop or mobile device before your visit.

- **Adjust Your Lighting**
  Close blinds and limit any natural light coming through.

- **Be On Time**
  Log in early for your virtual visit.

- **Speak Clearly**
  Speak slowly and clearly into the microphone.

- **Set Up Your Camera**
  Place your camera at eye level for a full view of your face.

- **Find a Quiet Space**
  The area should be private and free from distractions. Please find an indoor space where you can be seated rather than in car or walking.

*Developed by Family Faculty in collaboration with staff.*
Preparandos para su visita virtual de Telesalud

1. Prueba la aplicación de visita virtual. Descarga el enlace de Dozy.me y prueba en tu computadora o dispositivo móvil antes de tu cita.


3. Esté a tiempo. Inicia sesión temprano para tu visita virtual.


5. Configure su cámara. Coloque su cámara a la altura de los ojos para una vista completa de su cara.

6. Encuentre un lugar tranquilo. El área debe ser privado y sin distracciones, encuentre un espacio interior donde pueda sentarse en lugar de ir en automóvil o caminando.

*Desarrollado por Facultad Familiar en colaboración de el Personal.*
Telehealth Offering: Rehab Technology Clinic

Telehealth Evaluations Now Available for:
- Special Needs Beds
- Supportive Strollers
- Activity Chairs
- Bath Equipment
- Special Needs Car Seats
- Simple Walkers

At this time, we can begin the process to assess for custom and power wheelchairs, but final recommendations will need to be completed in the clinic when we re-open.

For questions about our Rehabilitation Technology Clinic or to make an appointment, please have families contact us at (908) 389-5620.

For questions about therapies or any other services, contact a Referral Development Representative at 732-258-7248 or acavallo@childrens-specialized.org.

For referrals to therapies and all things Children’s Specialized Hospital, call 1-888-CHILDREN (244-5373) to schedule an appointment!
Fun Activities to Do with Your Child at Home

**Fun Activities**

- Play cards, go fish, war, solitaire, memory.
- Take turns reading to each other.
- Have a spa night.
- Look through old photo albums together.
- Watch your child’s favorite television show or movie together.
- Do a puzzle.
- Play a board game.
- Sit outside and look at the stars or clouds.
- Eat meals together.
- Help your child send an email to a grandparent, aunt, or uncle.
- Help your child write a letter to a friend or relative.
- Go bird watching. Try to identify the birds you find.
- Play a video game together.
- Pull out a box of toys they haven't played with for a while.
- Plant seeds from something you’ve eaten, such as an apple or watermelon.
- Play I-Spy, hot or cold, mother may I, red light/green light.
- Sing Karaoke.
- Teach your dog tricks.
- Let your child teach you about something they know or do well.

**Movement, Exercise & Outdoor Play**

- Play hide and go seek.
- Workout together.
- Write down exercises on separate pieces of paper and put them in a box, shake it and pull one out at a time. Do what it says! 10 jumping jacks, jog in place, do a somersault, 10 sit ups, 10 touch your toes, 10 arm circles, 10 lunges, walk sideways, make up your own!
- Play hop-scotch.
- Ride bikes.
- Play Simon-says
- Take a walk in the woods collect acorns, pretty rocks, & leaves.
- Rake leaves together.
- Play tag.
- Wash your car together.
- Teach your child how to ride a bike.
- Learn a new dance, Chicken Dance, Electric Slide, The Hustle, The Macarena dance
- Help your child practice a sport they enjoy. Have a catch.
- Draw on the sidewalk with sidewalk chalk.
- Have a picnic outside.
- Have a dance party.
My Children’s Specialized Hospital Patient & Family Portal

Do you know about the My Children’s Specialized Patient & Family Portal?

The Portal provides:
- Secure access to refill prescriptions and review medications any time of day
- Ability to view upcoming appointment schedules and review past medical and therapy needs
- Capability to view, print, and share patient records at a moment’s notice
- 24/7 access so you can pay bills when it’s convenient for you

Not signed up? Get started today! Stop by a registration or scheduling representative or email us at PortalHelpDesk@childrens-specialized.org to receive your access code.

Want more information? Visit our website using this convenient QR Code:

Already signed up? Access our portal at my.childrens-specialized.org
Use the Patient Portal to Refill Your Prescription and be Entered to Win!

Need to Refill Your Prescriptions?
Use the Patient Portal and be Entered to WIN!

THE PORTAL PROVIDES:
- Secure access to refill prescriptions and review medications any time of day
- Ability to view appointment schedules and review past medical and therapy needs
- Capability to view, print, and share patient records at a moment’s notice
- 24/7 access so you can pay bills when it’s convenient for you

BE ENTERED TO WIN:
Now through the end of the year, we will be holding a monthly drawing for families who use the Patient and Family Portal to refill their prescriptions.
All you need to do is use the patient portal to refill your prescriptions and you will be entered to win a $25 gift card.

Not signed up? Get started today! Stop by a registration or scheduling representative or email us at PortalHelpDesk@childrens-specialized.org to receive your access code.
Want more information? Visit our website using this convenient QR Code:

Already signed up? Access our portal at my.childrens-specialized.org
COVID-19
Support For Parents of Children with Special Health Needs In New Jersey

During this time, there may be situations which seem out of your control (e.g., child care, financial challenges, need for food, etc.). The New Jersey Department of Human Services has a list of contacts, programs, and resources that may be able to help you. You will also find a Disaster Preparedness Checklist for People with Disabilities. The New Jersey Resources list is available at:

If you do not have access to a computer or if you need to reach a person directly, you can reach a certified information and referral specialist at the New Jersey Division of Disability Services by calling toll-free:
1-888-285-3030.

Families with children who have disabilities and special health needs may have additional unique challenges. If you are experiencing stress, anxiety or other emotional concerns due to your role as a caregiver for a child with special health needs, or need assistance with resources, the New Jersey Mom2Mom helpline is available 24 hours a day at 1-877-914-4662. For additional information, visit:
https://www.njdoh.nj.gov/families/ce/Mom2MomHotline.pdf

An emergency is any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to your child being severely harmed or possibly harming someone else. If you have an emergency situation involving your child that is life-threatening, seek help immediately by dialing 911. If you have an emergent situation that is not immediately life-threatening, call PerformCare at 1-877-602-7624.

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Helpful Tips for Parents and Caregivers of Children with Disabilities and Special Health Needs

COVID-19

- Changes in routine may be confusing for your child and lead to feelings they can’t describe or understand such as fear and frustration. Behavior changes sometimes may occur. Providing a comfortable and predictable environment may help your child feel safe and in control. Spend time together doing things your child enjoys.

- Your child may have difficulty with the change in schedule and/or the environment. Help your child to keep busy throughout the day. Try to keep a structure in your child’s day:
  - Establish consistent schedules for waking up, meals, play, school work, chores, physical activity, bedtime, and other routines
  - Arrange designated time for those using computers and other electronic devices
  - Find books, games, and projects your child enjoys
  - Take some time to get fresh air and connect with nature

- Your child may not understand why schools are closed. Explain that in order to help keep everyone healthy, sometimes students have to stay home instead of going to their school. Let them know it is still important to do their homework and that the school staff will let everyone know when they can come back to school. In the meantime, reassure your child that he or she is safe at home.

- There is so much information that is being shared about COVID-19. It might be helpful to limit your child’s exposure to news and social media to filter what they are hearing. Help put things into your child’s perspective using simple facts they can understand. Managing your own reactions may help reduce any anxiety that your child may be feeling.

- Your child may miss friends and family. Stay connected with family and friends by phone or through other electronic devices.

- It is alright to reach out to others to get the support you need.

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I can help myself to stay healthy
and prevent others from getting sick

I cover my sneezes and coughs into my arm to help stop germs from spreading to other people.

When I wipe my nose, I use a tissue. When finished with the tissue, I throw it into a trash can and wash my hands.

It is important to avoid touching my face as much as possible.

To prevent germs from spreading, I try to stand at least an arm’s distance from other people.

Instead of shaking hands with another person, I can wave to them.

I can clean an area before I touch it using a disinfecting wipe.

I should try to avoid being near people who are sick.
BIANJ “Virtual Support Groups”

BIANJ Staff will facilitate four "Virtual Support Groups" this June!

- Debra Crossman will be facilitating caregiver calls on **Wednesday, June 3** and **Friday, June 19**.

- Survivor calls will be on **Wednesday, June 10** and **Wednesday, June 24**, facilitated by Wendy. Berk.

- All virtual support groups start at 11 am and last about one hour. They are free to attend, but registration is required.

For more information please visit: [https://bianj.org/support-groups/](https://bianj.org/support-groups/)
There’s No Place Like Home: Online Resources To Keep you Engaged

**When:** Tuesday, June 9, 2020 2:00 PM - 3:00 PM EDT

**Time:** 4:00pm

**Presented by** Ashley Ritchey, this webinar will explore fun, creative, and innovative web-based resources for self-advocates, family members, and staff to engage in during the stay at home order. It will include the goings-on of local chapters of The Arc and community provider agencies statewide as well as ways to stay active including games to keep your brain engaged, advocacy opportunities, arts and culture resources, and much more! You’ll learn how to plug into a world of opportunity from the comfort of your home.

**To Register:**
https://register.gotowebinar.com/register/5799776909044635663
When: Tue, Jun 23, 2020 3:00 PM - 4:00 PM EDT

Presented by Erin Smithers, this webinar will provide an overview on why masks are important during this pandemic as well as how to properly obtain, wear, remove, and care for your masks. Proper etiquette and health guidelines on venturing out into the community and returning to society will also be discussed.

To Register: https://register.gotowebinar.com/register/9157245615621476623
Follow Me! Guided Activities to Boost Your Health & Happiness

+ **When:** Tue, Jun 30, 2020 2:00 PM - 3:00 PM EDT

+ **Presented by** Erin Smithers and Kelly Mulvaney, this webinar will provide guided instructions on meditation, practicing gratitude, and healthy food preparation. Follow along with Erin and Kelly in our most hands-on webinar yet! To participate in real-time, you’ll need to gather some basic supplies: -A whole wheat wrap for the dough -1 cup of tomato sauce -1 8oz bag of shredded mozzarella cheese OR a log of fresh mozzarella cheese OPTIONAL -Healthy Toppings (examples include: sliced peppers, squash, olives, onion, pineapple, tomatoes, sliced mushrooms, basil) -Spice toppings (garlic powder, oregano, red pepper, parmesan cheese)

+ **To Register:**
  [https://register.gotowebinar.com/register/3036720681118026767](https://register.gotowebinar.com/register/3036720681118026767)
Police Use as it Relates to People with Behavioral Health Issues Webinar

+ **What:** Webinar: "Police Use of Deadly Force as it Relates to People with Behavioral Health Issues"

+ **When:** Thursday, June 18, 2020  **Time:** 2:00 pm - 3:00 pm

Please join us for our next webinar discussion of "Police Use of Deadly Force as it Relates to People with Behavioral Health Issues" with guest speaker Professor Heather Cucolo, co-owner and partner, Mental Disability Law and Policy Associates.

+ **To Register:**
  https://register.gotowebinar.com/register/150183799919167245
The Transition Into The Adult System Webinar

+ The Transition Into The Adult System: A Step By Step Process for Children Aging Out of the Children System of Care and Entering

+ This webinar is offered several times. Select the date and time that works best for you. June 11, 18th or 25th. 12:00pm-12:45pm.

+ This webinar will provide valuable information to better prepare individuals and their families for their transition into adult life services. Topics will include the step-by-step transition process, Medicaid eligibility, support coordination, choosing the right support coordination agency, and much more!

+ https://register.gotowebinar.com/rt/2372614558534565902
This webinar is offered several times. Select the date and time that works best for you.

**When:** June 9\(^{th}\), 16\(^{th}\), 23\(^{rd}\) & 30\(^{th}\)  **Time:** 12:00pm – 1:00pm

**What:** The Covid-19 pandemic doesn't mean your soon-to-be graduate's transition into the Adult System of Services has been placed on hold. This brand new, LIVE webinar will discuss the detailed process of person-centered planning and how it relates to your graduate's immediate future.

**To Register:** [https://register.gotowebinar.com/rt/3389667211678794251](https://register.gotowebinar.com/rt/3389667211678794251)
Navigating Special Education during COVID-19

+ **When:** Fri, Jun 12, 2020

+ **Time:** 10:00 AM - 11:00 AM EDT

+ This webinar will present information to parents in order to help them understand the current educational landscape in NJ for children with epilepsy amid these uncertain times.

+ To Register:
  https://register.gotowebinar.com/register/748962438624498960

Children’s Specialized Hospital
An RWJBarnabas Health facility

epilepsy SERVICES
NEW JERSEY
This webinar is offered several times. Select the date and time that works best for you.

**When:** June 24th, July 29th, Aug. 26th, Sept. 30th, Oct. 28th, Nov. 25th & Dec. 30th

**Time:** 12:00pm – 1:00pm

**What:** One in every 26 individuals has Epilepsy. Would you know what to do if a student in your school had a seizure? Epilepsy Services of New Jersey offers Seizure Recognition and First Aid training for school personnel and school nurses.

**To Register:** [https://register.gotowebinar.com/rt/1106967820219707651](https://register.gotowebinar.com/rt/1106967820219707651)
Parent Burnout in the face of Covid-19

June 17, 2020
Presented by Azlen Theobald, Psy.D.

What is burnout? We’ve all likely felt it in some capacity whether at home, in a school setting, or within our job environment. In the current pandemic setting, parents are wearing even more hats than they usually do and have found themselves very swiftly and without much preparation time playing the role of parent, educator, behavioral therapist, and coach. For children with neurodevelopmental disorders, the COVID-19 environment has meant a drastic change from their daily routine and left parents and caregivers feeling overwhelmed and burned out.

Register Here

When: June 17th,

Time: 7:30pm – 8:30pm

To Register:
https://register.gotowebinar.com/register/158696218945137167
Connect With Your Epilepsy Community

ESNJ will be holding its first online support group for young adults with epilepsy on May 28th at 5pm. This is a new opportunity to meet others with epilepsy and discuss topics related to epilepsy, share your experiences and connect with others.

If you’re between the ages of 17 and 23 and interested in participating please contact: Andrea Racioppi at aracioppi@epilepsynj.org.

We hope to see you for our first session Friday May 28th, 2020 at 5 pm.
Yoga

June 9 and June 23 2020
10:00am -11:00 am

A gentle yoga sequence led by a certified instructor that will focus on expanding the breath and releasing stored tension in the body. The class will include stretching, strengthening and balancing postures to improve the overall being of the body. There will be modifications provided to accommodate all levels of practice. Classes will be held on 6/9 and 6/23.

To Register: https://us02web.zoom.us/meeting/register/tZcpf-CuqzssG93ka7yz7E2cLww_b9pggzos
FRN Connect “Are We Still Friends?”

"Are We Still Friends?"

June 29, 2020
1:00 pm - 2:00 pm

It is hard for children to feel connected with their friends during the “stay-at-home” order. This may make them feel anxious and sad. Children need help to feel connected and to manage the changes in their lives. Let’s read a story together and find out how Mia learns the real meaning of friendship during COVID-19. Mia learns that there are many ways to connect and to have fun with friends! This story will be read by Cyndee Smith a BCBA and illustrated by Caitlyn Smith.

To Register: https://us02web.zoom.us/meeting/register/tZ0pd2hrTosHNxL6blq9xFnXlAluZyRbotX
Hablemos

Un grupo de apoyo gratis para padres y cuidadores de niños con necesidades especiales. Participe en una conversación por el teléfono o video.

martes 30 de junio
Desde las 6:00pm hasta las 7:30pm

Hablemos con un panel de maestras de educación especial.
Tema: Como disminuir el atraso académico cuando termina el año escolar / Consejos para modificar el comportamiento de su hijo.

Registación:
Envíe sus preguntas para las maestras Michelle Díaz y Katherine Chao y el consejero Martín Ramírez a ajohnson@childrens-specialized.org. Deben confirmar su asistencia. Pueden hacer preguntas durante la charla.

GoToMeeting: Para participar desde su computadora, tableta o teléfono haz clic en: https://global.gotomeeting.com/join/984983405 o marque con su teléfono (669) 224-3412. Siga la indicación para introducir el código de acceso: 984-983-405

*Para obtener más información, comuníquese con Sandra Johnson al 908-301-5944*

www.childrens-specialized.org
An Overview of the Americans with Disabilities Act (ADA): What It Means For Your Loved One

- **Date:** Tuesday, July 21
- **Time:** 6pm

The Americans with Disabilities Act (ADA) of 1990 prohibits discrimination against people with disabilities in several areas, including employment, transportation, public accommodations, communications and access to state and local government programs and services. This webinar will provide an overview the ADA, how it relates to everyday life and what to do if you feel you or your loved ones right are being violated under the ADA.

**To Register:** [https://register.gotowebinar.com/register/2771179820342886411](https://register.gotowebinar.com/register/2771179820342886411)
Camp TREK will be held virtually this August. The final decision came after examining every alternate possibility. Ultimately, the factors that made it necessary to shift to a virtual platform came down to camper and staff safety. Camp is everyone’s favorite week of the year, but the good news is that the virtual TREK will be provided for free and can accommodate more people.

We have confidence that we can remain connected in a virtual way. More details about these activities will be revealed over the next few weeks. We will also be creating a live Q & A zoom meeting for campers and their families to ask questions. We have so many awesome things planned, and hope that you are as excited to attend Virtual TREK as we are. For questions and more information, contact ljacobs@bianj.org.
Autism Beach Bash Returns This Summer!

To Register:
https://familyresourcenetwork.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=586
Fall 2020 Virtual Parent Empowerment Conference

To learn more go to:  http://hinkle1.com/virtual-parent-empowerment-conference-presented-by-hinkle-prior-fischer/
2020 9th Annual Paint The Pony Purple

+ Save the Date - Sunday, November 1st, 2020 12:30 pm - 5:00 pm
ESNJ’s Paint the Pony Purple is held every year at The Stone Pony in Asbury Park New Jersey to raise awareness for Epilepsy and provide a safe and fun concert for individuals with Epilepsy and their families.

+ To Register: https://familyresourcenuetwork.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=585
What Is Register Ready?

Register today—be ready for tomorrow!

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register at:

www.registerready.nj.gov

or call 211 within NJ or 877-652-1148 toll free

- Free
- Voluntary
- Secure and confidential
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don’t wait for help — call 911
BIANJ Helpline 732-783-6172  
info@bianj.org  
BIANJ's Helpline Specialists are available via phone, email or online chat to provide information, resources and support. BIANJ's Helpline is open Monday-Friday, 9:00am-5:00pm.

NJ Traumatic Brain Injury Fund 1-888-285-3036  
The NJ TBI Fund is continuing operations. Case managers are supporting clients remotely. The TBI Fund application is available online, and can be printed and submitted by mail.

NJ Mental Health CARES 866-202-4357  
help@njmentalhealthcares.org  
If you're concerned about your mental health or the well being of a loved one, NJ Mental Health CARES can help. Their free hotline is open 7 days a week, from 8:00am-8:00pm. Staff offer counseling via telephone, as well as information and referral assistance to obtain behavioral health services.

NJHelps.org  
This one-stop website will help you determine if you are eligible for food assistance (SNAP), cash assistance (WFNJ/TANF or WFNJ/GA), and health insurance (NJ FamilyCare/Medicaid). You can apply for services or learn about additional resources.

Register Ready NJ  
registerready.nj.gov  
Register Ready allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so that emergency responders can better plan to serve them in the event of a disaster or other emergency. To register, click here.

New Jersey Council on Developmental Disabilities (NJCDD)/ARC of New Jersey  
njcdd.org  
The NJCDD has partnered with the ARC of New Jersey to process requests for emergency funding from any individual with intellectual/developmental disabilities, their families, and any qualified community-based organizations that provide supports to people who are affected by the statewide COVID-19 response.
NJ Mental Health Cares

If you’re concerned about your mental health or the mental health of someone you love, NJMentalHealthCares can help. The free helpline offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)
7 days per week, 8am - 8pm
The Activity Connection programs at Children’s Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The programs provide opportunities to make new friends, develop new skills, participate in physical activities, and enjoy new experiences.

All programs are led by Children’s Specialized Hospital’s therapists, certified program instructors, coaches, and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

www.childrens-specialized.org/recreation (908) 301-5548
The Autism EXPECT Study is an online survey coordinated by the Autism Science Foundation in partnership with the University of Pennsylvania. We want to hear from adults and families with autism about what influences them to participate in clinical research.

You will be asked questions about why you have or haven’t participated in research and about what might make your next research experience better. This survey takes 30 minutes to complete. Participation is completely voluntary. ✅ All participants will be entered for the chance to WIN an iPad!

We will use our findings to inform scientists about steps they can take to improve the research experience for members of the autism community. Please take the survey at: bit.ly/EXPECTsurvey

Questions? Contact AutismExpectStudy@gmail.com
Thanks for choosing Children’s Specialized Hospital!