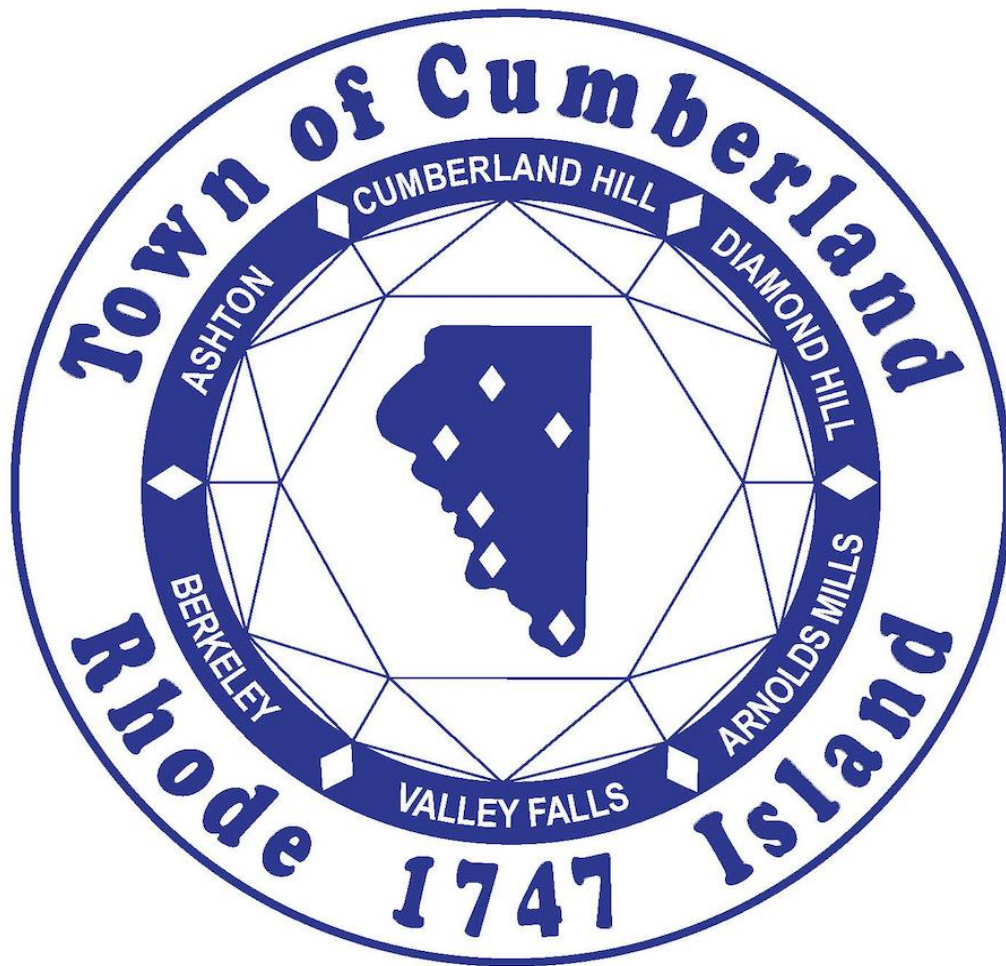


# COMMUNITY HEALTH AND RESOURCES GUIDE



*Neighbors Connecting Neighbors to Resources*

A Guide to State and Local Services

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Sara Brelsford  
CHIEF OF STAFF

# TOWN OF CUMBERLAND

OFFICE OF THE MAYOR  
Jeffrey J. Mutter



Sarah King  
COMMUNITY OUTREACH

Dear Community Member,

It is our firm belief that a strong community is a healthy one. There are a lot of factors that contribute to creating healthy communities. As the United States Surgeon General Dr. Vivek Murthy writes: *"We know that health does not come from the doctor's office alone. Health comes from where we live, learn, work, and play."*

Where we live, work, play, and go to school has a huge impact on our physical and mental health. When we live in communities and neighborhoods that prioritize a well-rounded approach to health and equity, we see outcomes and the quality of life for all members of our community improve. One way that we're seeking to promote a healthier Cumberland, is by revamping this manual.

There are so many resources out there and it is my intention to make sure you are able to be connected to each and every one that you need. Services should be innovative, efficient, transparent, accessible, and empowering for all residents. The resources you find in here, all contribute improving overall wellbeing and security.

We hope that you will find this manual helpful and that you may pass the information in it along to others who may need it.

If you have any questions or need further assistance, please contact my Community Outreach Coordinator Sarah King. She can be reached at 401-728-2400 x132 or by email at [sking@cumberlandri.org](mailto:sking@cumberlandri.org).

Thank you for all that you do to make this community what it is.

Sincerely,

Mayor Jeff Mutter

# Child Care Assistance

The Child Care Assistance Program (CCAP) can subsidize the cost of childcare for families that are residents of Rhode Island. CCAP is available for children who are US citizens or legal residents and under age 13. The age can be extended to 18 if the child has special needs.

Child Care Assistance is based on the following eligibility criteria:

- Low-income families who meet income guidelines and are working a minimum of 20 hours per week at or above Rhode Island's minimum wage.
- Families participating in training, apprenticeship, internship, on-the-job training, work experience, work immersion sponsored by the Governor's Workforce Board, who need childcare in order to take part in these job readiness/training opportunities.
- Families participating in the RI Works program.
- Pregnant/Parenting Teens participating in DHS' Youth Success program.

Transitional Child Care is also available to families. This program allows for families already participating in the CCAP program to remain eligible for the subsidy program if their income increases and does not exceed 225% of the federal poverty level.

Families that qualify for the CCAP program can choose their own childcare provider. The CCAP program will reimburse authorized childcare providers up to a certain amount. Most eligible families share in the cost of care, called a co-payment, based on their income, family size and the number of children receiving childcare subsidies. This fee is paid directly to the childcare provider.

Parents can select the childcare provider of their choice and, if necessary, may use more than one provider to meet their childcare needs so long as the hours of care do not overlap. Options for childcare include:

- A DCYF licensed childcare center or before/after-school program
- A DCYF licensed family childcare home
- A license-exempt provider (relative) that has received approval from DHS

You can search licensed childcare providers through the Children's Cabinet Website linked [here](#). There you are able to filter by location, age group served, quality levels, financial assistance, and accreditations.

[BrightStars](#), are also available to help you find a CCAP child care provider. You can reach them by phone at **(401) 739-6100** or **1-855-398-7605** or by email at [info@BrightStars.org](mailto:info@BrightStars.org). Services are available in both English and Spanish.

# Domestic Violence

**If you are in immediate danger and need emergency assistance, call 911**

## HOTLINE RESOURCES

Statewide Victims of Crime Helpline:  
1-800-494-8100

National Domestic Violence Hotline  
1-800-799-7233 / TTY 1800-787-3224

## Blackstone Valley Advocacy Center

The Rhode Island Coalition Against Domestic Violence (RICADV) has a network of member agencies that provide a wide array of services for victims, including emergency shelter, support groups, counseling services, and assistance with the legal system.

Full Member Agencies are organizations whose primary purpose is to end domestic violence and provide victim services.

The member agency of the RICADV that serves the Cumberland area is the Blackstone Valley Advocacy Center.

### **Blackstone Valley Advocacy Center Services:**

**Court Advocacy Program:** The purpose of the Court Advocacy Program is to support and empower the victim, validate the victim's concerns, represent the victim's wishes, and promote the victim's access to services. Our advocate will assist the victim in the development of a safety plan and then support the decisions made through this plan.

If someone is charged by the police with committing a domestic violence crime against you, your court advocate will contact you to:

- Explain your rights as the victim of a crime;
- Explain the court process and what you can expect;
- Convey your wishes to the prosecutors.

However, court advocates are not attorneys, and they cannot provide legal advice or representation.

If you have questions about the court process, please call the court advocate at 723-3057.

**The Law Enforcement Advocate (LEA) Program:** is a partnership between Blackstone Valley Advocacy Center, Day One, Central Falls Police, Cumberland Police, Lincoln Police and Pawtucket Police. It provides immediate crisis intervention services to victims of domestic violence and sexual assault. All the services provided under this program are free.

How can the LEA Program help me?

- Explain your rights as a victim of a crime;
- Provide you with assistance and support throughout the criminal proceedings;
- Assist you in developing a safety plan and ensure you are given appropriate information and referrals;
- Accompany you during police statements, to court or to the local hospital;
- Supply you with an emergency cell phone if needed.

For more information about this program, you can contact the Cumberland Police Department 401-333-2500 or Blackstone Valley Advocacy Center 401-723-3057.

**Support Groups:** If you are interested in information about Blackstone Valley Advocacy Center's support group or would like to join, call them at **(401) 723-3057** or contact them by email at [info@bvadvocacycenter.org](mailto:info@bvadvocacycenter.org).

Their domestic violence support groups are offered weekly to the community and are held in a confidential location. Both English and Spanish support groups are available which are free and confidential.

**Family Care Community Partnership Project (FCCP Project):** The FCCP Project is a partnership between the Blackstone Valley Advocacy Center, RI Coalition Against Domestic Violence, and the Family Care Community Partnerships (FCCP). Together, they are working together to help families and children touched by domestic violence. The purpose of the program is to keep all members of the family safe by providing crisis intervention, support, and referrals to appropriate services.

### **How will the program help me?**

The FCCP Project is a valuable program that is designed to help families obtain resources and support in the community. Domestic violence advocates are working to help you and your children live free from violence.

### **For More Information on the FCCP Project contact:**

Blackstone Valley Advocacy Center  
(401) 723-3057  
[info@bvadvocacycenter.org](mailto:info@bvadvocacycenter.org)

## **Sojourner House Services**

### **Safe House & Residential Housing**

**SAFE HOUSE (EMERGENCY SHELTER):** Sojourner House offers inclusive emergency shelter for a variety of needs, including LGBTQ+, men's services, families, and human trafficking survivors. Safe houses are in undisclosed locations and serve as immediate, safe, temporary housing for survivors and their children. Once there, staff provides information about domestic abuse, case management services, referrals, and educational programs.

Survivors and their children are provided with secure shelter and comprehensive services through Sojourner House's network of local resources and service providers. For more information, contact the 24/7 helpline at 401-765-3232.

**TRANSITIONAL HOUSING:** Sojourner House offers a transitional housing program for individuals and families impacted by domestic and sexual abuse and human trafficking. Transitional housing is the bridge to self-sufficiency and permanent housing for clients. This is a short-term program with a typical duration of 6-24 months. For more information, contact the 24/7 helpline at 401-765-3232.

**RAPID RE-HOUSING:** Rapid Re-Housing is a rental assistance program that can pay a portion of a client's rent for up to two years. Advocates work with victims to secure benefits and increase their income, that they may successfully maintain housing. Guidelines vary between programs. For more information, please contact 401-808-6889 or visit a Sojourner House Housing Clinic.

**SHORT-TERM RENTAL ASSISTANCE:** If you are unable to keep up with your rental payments due to abuse, you may be eligible for 1-3 months of rental assistance. Guidelines change frequently; please contact their housing office at (401) 808-6889 for more information. NOTE: This is a non-emergency number for housing assistance. If you are in immediate need, please call (401) 765-3232.

**PERMANENT SUPPORTIVE HOUSING:** Sojourner House offers permanent supportive housing to victims and their children. Permanent Supportive Housing provides victims with an apartment for as long as they need, and the rent is subsidized based on the client's income.

Sojourner House works with victims regardless of immigration status. Guidelines vary between programs. If you are interested in permanent supportive housing, please call at (401) 808-6889 and register at [www.waitlistcentralri.com](http://www.waitlistcentralri.com) and apply to "Sojourner House."

You may also attend one of their housing clinics, which are held every Thursday from 9 am – 1pm at the Pearl Street office at 304 Pearl Street, Suite 100, Providence, RI 02907.

### **Drop-In Services**

**Drop in Center:** Sojourner House offers domestic and sexual violence and human trafficking support services in English and Spanish at their Drop-In Advocacy and Resource Center located at 386 Smith Street in Providence.

Services that are provided through the Drop-In Center include:

1. Meet with an advocate
2. Join a support group
3. Schedule a training or workshop at your organization
4. Meet with our Volunteer Coordinator
5. Get a free HIV test by oral swab
6. Deliver donations
7. Get information on how to help someone you think may be experiencing abuse
8. **HOURS: Monday-Friday 9:00 a.m. - 5:00 p.m.** Se habla Español. For further information, call 401-861-6191.



# Early Intervention Services

## Program Description:

Rhode Island's Early Intervention Program promotes the growth and development of infants and toddlers who have a developmental disability or delay in one or more areas. Developmental disabilities or delays can affect a child's speech, physical ability, or social skills. Children referred to the Early Intervention Program receive a comprehensive developmental evaluation to determine if they are eligible. One of the goals of Early Intervention is to provide support to families so their children can develop to their fullest potential. Services are provided in places where children usually play or take part in daily activities.

## Eligibility

Children must be under age 3 and have a developmental disability or delay in one or more areas.

## Cost

There is no cost to families to receive Early Intervention services. Children do not have to be eligible for RI Medicaid to receive services.

## How to Apply

To apply, contact an Early Intervention Provider in Rhode Island. See the list below for Early Intervention Providers in Rhode Island.

## Directory of Early Intervention Providers:

<b>Children's Friend</b> 621 Dexter Street Central Falls, RI 02863-2603 Ph. 721-9200 Fax. 729-0010 Director: Natalie Redfearn Ph. 721-9294	<b>Looking Upwards, Inc.</b> 2974 East Main Road Portsmouth, RI 02871 Mailing Address: PO Box 838 Portsmouth, RI 02871 Ph. 293-5790, Fax. 293-5796 Director: A. Valory McHugh x330
<b>Community Care Alliance</b> 8 Court Street Mailing Address: PO Box 1700 Woonsocket, RI 02895 Referral Line: 235-6029 Ph. 235-7000, Fax. 767-4099 Director: Darlene Magaw Ph. 767-4078	<b>Meeting Street</b> 1000 Eddy Street Providence, RI 02905 Ph. 533-9100, Fax. 533-9105 Referral line: 533-9104 Assistant Director: Amanda Silva Ph. 533-9172
<b>Easter Seals</b> 320 Phillips St. Unit D # 103 North Kingstown RI 02852. Ph. 284-1000, Fax. 284-1006 Director: Sue Hawkes x11	<b>Seven Hills Rhode Island</b> 178 Norwood Ave. Cranston, RI 02905 Ph. 921-1470, Fax. 762- 0837 Director: Laurie Farrell x7206



<b>Family Service of RI</b> 134 Thurbers Avenue Providence, RI 02905-4754 Ph. 331-1350, Fax. 277-3388 Referral line: 519-2307 Referral line for Spanish speaking families: 519-2308 Director: Randi Walsh x3358	<b>Seven Hills Rhode Island</b> 68 Cumberland Street Woonsocket, RI 02895 Ph. 921-1470, Fax. 762- 0837
<b>Groden Center Early Intervention</b> 610 Manton Ave. Providence, RI 02909 Ph. 525-2380, Fax. 525-2382 Director: Leslie Weidenman	<b>J. Arthur Trudeau Memorial Center</b> 3445 Post Road Warwick, RI 02886 Ph. 823-1731, Fax. 823-1849 Director: Jacqueline Ferreira x 268
	<b>Early Intervention Lead Agency</b> Executive Office of Health and Human Services 3 West Road, Virks Building #325i Cranston, RI 02920 Part C Coordinator: Jennifer Kaufman Ph. 462-3425

***For more information or assistance in choosing a provider, contact RI Parent Information Network at 401-270-0101.***

# Education & Job Training

## Back to Work Rhode Island

Back to Work Rhode Island partners with employers to ensure Rhode Islanders get the skills they need to secure well-paying jobs in growing industries.

### **If you're looking for a job:**

Back to Work RI, offers a job portal which you can filter by location, industry, or job title. These jobs are updated frequently. Access to the portal can be found [here](#).

### **If you want training opportunities:**

Back to Work RI also provides numerous training opportunities including fields like hospitality, behavior health, manufacturing, and many more. Access to a list of full training opportunities can be found [here](#).

If you are interested in more details for a specific training program, click on the program title. Get your personalized career and training program recommendations from CareerCompass RI!

### **Schedule time to talk to a job coach:**

Back to Work RI provides the opportunity for Rhode Island residents to talk to a job coach to receive free personalized career advice, interview coaching, and resume reviews. To schedule an appointment with a job coach, please click [here](#).

## Community College of Rhode Island – Workforce Programs

### **Business and Technology**

CCRI offers in-person and online training classes to help you develop skills and computer knowledge.

- [Business and Digital Essentials](#)
- [Corporate Language](#)
- [Customer Solutions and Technical Assistance](#)
- [Data Analytics](#)
- [Mortgage Data Processor](#)
- [Securities Industry Essentials](#)
- [Software Developer](#)
- [Women In Tech](#)
- [Online Training Class](#)

## Education

CCRI offers courses to prepare you to work in the field of education.

- [Adult Ed: Bridge, ESL, GED® and RI-BEST](#)
- [ParaPro](#)
- [Teacher Assistant](#)

## Healthcare

Healthcare is one of the largest industries in Rhode Island. CCRI has partnerships with employers across the state to train people to start or advance in careers in this field.

- [CNA Course](#)
- [CNA State Test](#)
- [Dental Assistant](#)
- [Dental Radiography](#) \*
- [Patient Support Specialist](#)
- [Pharmacy Technician II](#)
- [Nitrous Oxide](#) \*
- [Local Anesthesia](#) \*

\* Continuing Education class

## Manufacturing and Trades

Manufacturing and trades represent growing industries in Rhode Island and CCRI has partnerships with businesses across the state.

- [CNC Manufacturing](#)
- [Electrical Apprenticeship](#)
- [Maritime Careers](#)
- [Maritime Electrical](#)
- [Maritime Pipefitting](#)
- [Maritime Rigging](#)
- [Maritime Sheet Metal](#)
- [OSHA 10](#)
- [Plumbing Apprenticeship](#)
- [Process Technology](#)

## Renewable Energy

Recognizing the anticipated growth in the renewable energy sectors, by the end of 2021 the Community College of Rhode Island will deliver demand-driven training for Rhode Islanders to prepare for jobs in these emerging industries.

[Renewable Energy and Offshore Wind](#)

# Emergency Services

## Blackstone Valley Community Action Program

There are several emergency services provided by [Blackstone Valley Community Action Program \(BVCAP\)](#) that are available to Cumberland residents. These services include:

### **Food Pantry**

BVCAP's food pantry is open for curbside pickup by appointment only.

To schedule an appointment please call (401) 475-5069 between the hours of 9am – 3pm.

The food pantry is closed every Thursday.

### **Food Delivery**

BVCAP is now offering food deliveries with non-perishable items to individuals and families living in Pawtucket and Central Falls who are home bound and unable to access transportation.

Please contact 401-475-5069 for more information!

### **Tax Assistance**

The Blackstone Valley Community Action Program provides free tax assistance to those with an annual income less than \$55,000.

BVCAP follows COVID-19 guidelines for social distancing to safely provide tax assistance.

Call the BVCAP Woodlawn Community Center at (401) 475-5071 to make an appointment!

For more details or to apply please call 401-475-2251.

### **Rental and Mortgage Assistance**

BVCAP is providing rental and mortgage assistance to those whose income has been directly affected by COVID-19.

If you are behind on your rent or mortgage payments as a result of COVID please call 401-475-5071.

## Project Undercover – Necessities for Infants and Kids

**Mission Statement:** [Project Undercover](#) aims to meet the emergency needs of 20,000 kids by supplying 1,000,000 diapers and 180,000 pairs of underwear and socks every year.

## **What to do if you need support from Project Undercover?**

If you or someone you know needs assistance with diapers, children's socks and underwear, or baby wipes, please find the partner agency nearest you. Contact the partner agency directly for help and say that Project Undercover referred you.

### **Agency Partners that Serve the Cumberland Area:**

**Progreso Latino**

Phone Number: 401-728-5920 Ext. 346  
626 Broad Street  
Central Falls, RI 02863

Services: Statewide

**Mary House**

Phone Number: 401-274-6286  
244 Smith Street  
Providence, RI 02908

Services: Statewide

**Urban League of Rhode Island**

Phone Number: 401-351-5000  
246 Prairie Avenue  
Providence, RI 02905

Services: Statewide

**Blackstone Valley Community Action Program**

Phone Number: 401-723-4520  
32 Goff Avenue  
Pawtucket, RI 02860

Services: Pawtucket, Central Falls, Lincoln, Cumberland, Woonsocket

**RI Coalition Against Domestic Violence**

Phone Number: 800-494-8100  
5 Statewide Locations

Services: Statewide

**RI Parent Information Network**

Phone Number: 401-270-0101  
300 Jefferson Blvd., Suite 300  
Warwick, RI 02888

Services: Statewide

# Family Services

## Blackstone Valley Community Action Program

### Parents as Teachers Home Visiting Program (PAT)

[Parents as Teachers](#) is a free, voluntary, confidential service to expectant mothers and families with young children under the age of four. The program is a long term, evidence-based, family visiting program, made to increase parent knowledge of early childhood development and improve parenting practices. Parents as Teachers also provides early detection of developmental delays and health issues and increase school readiness and success.

### Rhode Island Works

[RIW Program](#) is to encourage families to work and become self-sufficient, parents who work may still qualify for cash assistance and other help, including health care coverage, childcare subsidies, and SNAP.

DHS Social Caseworkers work with parents to develop an employment plan that outlines activities they must do to improve their success in the job market.

## Children's Friend

### Head Start

Head Start's comprehensive child and family development services promote school readiness in low-income preschool children. Services include education, health, nutrition, social services, and other child and family supports. A number of options are available in order to meet the needs of families and children. Most children participate in a traditional center-based preschool classroom.

#### Who is eligible?

- Families living in Providence, Pawtucket, Central Falls, Cumberland, and Lincoln
- Children aged 3 – 5
- Children with disabilities
- Homeless children
- Families must meet income guidelines

For more information contact [headstart@cfsri.org](mailto:headstart@cfsri.org).

### Healthy Families America

[Healthy Families America](#) is a national evidence-based maternal and child home visiting service. HFA pairs expectant mothers or families with newborns with a Family Support Worker, who provides free home visiting services to the family and their child until the child's fourth birthday.

## Goals

- Build and maintain partnerships in communities that engage families in home visiting, either prenatally or at birth
- Promote and strengthen positive parent-child relationships
- Promote positive growth and development in children
- Build strengths of families and their protective factors

## Who is eligible?

- Pregnant women
- Families with newborns (3 months of age or less)
- Families must meet program eligibility requirements; exemptions can be provided on an individual basis to families

For more information contact Susan Dounetos at 401.752.7598 or [sdounetos@cfsri.org](mailto:sdounetos@cfsri.org) or Michelle Hirst at 401.276.4332 or [mhirst@cfsri.org](mailto:mhirst@cfsri.org).

## Nurse Family Partnership

Nurse-Family Partnership is a national evidence-based maternal and child home visiting service for expectant first-time mothers and their newborns. It pairs expectant mothers with a registered nurse, who provides free, intensive home visiting services for the mother and her child until the child's second birthday.

## NFP Goals

- To improve pregnancy outcomes by helping women engage in good preventive health practices
- To improve child health and development by helping parents provide responsible and competent care
- To improve the economic self-sufficiency of families by helping parents develop a vision for their own future, plan future pregnancies, continue their education, and find work

## Who is eligible?

The Nurse Family Partnership provides services to women with their first pregnancy and gestational age being less than 28 weeks. This program enrolls statewide.

For more information contact Maria Chionchio at 401.721.6410 or at [mchionchio@cfsri.org](mailto:mchionchio@cfsri.org).



# Food Assistance

## Community Foodbanks

The Rhode Island Community Food Bank manages a member agency "Food Assistance Providers" list. Which allows individuals to find organizations by community served. It is recommended that you contact the agency before you visit to confirm hours of operation and find out what information you need to bring with you. For the most up-to-date list, visit: [rifoodebank.org/find-food](http://rifoodebank.org/find-food).

### Member Agencies that serve Cumberland, Rhode Island:

Lighthouse Community Outreach  30 Meeting Street, Cumberland, RI	(401)725-0335  Pastor John Feragne	Mon. 3-6:30 PM (located in Cadillac Mills); if a holiday, open on Tues. instead; Serving Cumberland, Lincoln, North Smithfield; Guests can visit twice a month; Handicapped Accessible.
Northern RI Food Pantry  1 Angell Road, Cumberland	(401)347-5714  Bob Chaput	3rd Saturday of the month 8am-11am. Serves Pawtucket, Woonsocket, Central Falls, Cumberland, Lincoln, N. Smithfield.
Salvation Army Pawtucket Corps' Food Pantry  102 High Street, Pawtucket, 02860	(401)723-9533  Majors Israel & Giselle Acosta	Serves Pawt., Central Falls, Cumberland, Lincoln, Rumford Every other Wed 9 AM - 12 PM; guests can come 1x/mo.; Handicapped Accessible. Spanish also spoken.
Blackstone Valley Emergency Food Center  75 Benefit Street, Pawtucket, 02861	(401)724-7170  Dot Lubera	M, W, F 9-11:30 am, closed 1st week of each month. Pawtucket, Central Falls, Lincoln, Cumberland; serves guests 1X monthly. Handicapped Accessible

## Food Assistance Programs

### 2-1-1 Hotline

The United Way Rhode Island 2-1-1 hotline is open 24 hours a day, 7 days a week. They have information for thousands of programs, including a statewide listing of food assistance programs – even beyond the Food Bank's Food Assistance List. You may reach them free, by dialing 211 on any phone or you may visit them online at [www.211ri.org](http://www.211ri.org).

Please be sure to ask the 2-1-1 representative for referrals for any other support services you may need. They provide information about programs like housing assistance, utility assistance, public transportation, health care, childcare, SNAP and more.

### **The Supplemental Nutrition Assistance Program (SNAP):**

SNAP helps individuals and families buy food. If you are working but are struggling to buy food and provide nutritious meals, SNAP may be able to help. You do not need to be participating in other Rhode Island Department of Human Services programs to receive SNAP benefits. You can be unemployed or working, preparing for work, receiving a pension or homeless.

Eligible individuals enrolled in SNAP receive benefits via a special debit card issued through the Electronic Benefit Transfer (EBT) program. The EBT card can be used to pay for food at supermarkets and convenience stores, as well as some farmer's markets and food co-ops.

For eligibility requirements and an online application, contact [The Rhode Island Department of Human Services' Food Assistance Supplemental Nutrition Assistance Program](#). 1-855-MYRIDHS (1-855-697-4347).

### **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):**

[Children's Friend and Service](#) can help with WIC Enrollment.

WIC is a nutrition program that provides:

- Healthy foods such as milk, juice, cereal, cheese, eggs, infant formula, tuna, and carrots
- Nutrition education to improve family health
- Breastfeeding advice and support
- Referrals to doctors, dentists, and other community services

WIC helps:

- Pregnant women
- Breastfeeding moms
- New moms with babies under six months old
- Babies
- Children younger than five years old

For more information, or to speak to someone about eligibility for WIC, please contact one of Children's Friend's the location listed below or email them at [WIC@cfsri.org](mailto:WIC@cfsri.org). New applications are being accepted.

To receive WIC you must live in Rhode Island and meet income guidelines: [WIC Federal Income Guidelines](#)

*Note: Fathers, grandparents and foster parents can also apply for WIC for children in their care. WIC is an equal opportunity provider.*

Children's Friend's WIC program has been moved to the Independence Square office at  
500 Prospect Street, Pawtucket, RI 02860 • 401.721.6416

# LGBTQ+ Youth

[Youth Pride](#) is dedicated to meeting the unique needs of youth and young adults impacted by sexual orientation and gender identity/expression while working to end the homophobic and transphobic environments in which they live, work and play.

General Contact:

Youth Pride, Inc.  
743 Westminster St.  
Providence, RI 02903

(401)421-5626  
[Info@youthprideri.org](mailto:Info@youthprideri.org)

## **Services Provided by Youth Pride Include:**

*Many services have been impacted by COVID-19 and may be temporarily suspended.*

### **Basic Needs Pantry**

Request to pick-up a premade bag of food and toiletries by submitting a form [here](#).  
If you want to shop the pantry yourself, email Youth Pride RI at [info@youthprideri.org](mailto:info@youthprideri.org) to schedule a time.

### **One-on-One Counseling**

To set up a time for counseling, email [Andy@youthprideri.org](mailto:Andy@youthprideri.org)

### **Lending Library**

Youth Pride's library is home to over 1,000 books and they welcome youth to browse or borrow from the collection while they are in the space.

If you would like to contribute to the library/donate books, please email [Library@youthprideri.org](mailto:Library@youthprideri.org)

### **GSA Coalition**

Youth Pride is committed to engaging with schools and their Gender-Sexuality Alliances (GSAs). They provide assistance and support in a variety of ways, from coming into schools and meeting with GSAs, to connecting GSAs to local community resources. For more information on their GSA Coalition, email [Info@youthprideri.org](mailto:Info@youthprideri.org).

Youth Pride also hosts a variety of group sessions. A full listing and schedule can be found [here](#).

# Housing and Homelessness

## Eviction Diversion

### **Rent Relief Rhode Island:**

The Emergency Rental Assistance Program can pay for rent and utilities owed back to April 1, 2020. The program also covers up to three (3) months of upcoming rent. Utilities may include electricity, water, trash, and heat. Applicants are eligible for a total of 18 months of assistance. A \$50/month internet stipend is also available to applicants. There is no monthly cap on eligible rent relief. The monthly amount is determined by the rent payment agreed to in the lease. RentReliefRI assistance does not need to be reimbursed or paid back.

#### **ELIGIBILITY CRITERIA:**

Tenant applicants must meet **all** of the following criteria to be considered for rent relief:

- Household income must meet certain income limits. Limits vary by location and household size. Income Limits are available online at [RentReliefRI.com](http://RentReliefRI.com).
- You must have qualified for unemployment benefits or have experienced a reduction in household income, incurred significant costs, OR experienced other financial hardship due, directly, or indirectly, to COVID-19.
- Applicants must show they are at risk for becoming homeless or loss of housing. This may include submitting past-due rent and utility bills or eviction notices at application

#### **APPLICANTS SHOULD HAVE THE FOLLOWING DOCUMENTS:**

##### **Tenants**

- Documentation demonstrating that you live in Rhode Island (ex; bank statement, utility bill, driver's license)
- Proof of income (ex; wage statements, unemployment letter, 2020 tax return)
- Signed copy of your lease agreement or documentation showing tenancy (a pattern of rent payment)
- Documentation demonstrating your rental/utility arrearage (ex; past due utility bill, eviction notice, 5-day demand letter, communication from landlord) \*If you have received a notice from the court for an eviction proceeding against you, please have that documentation available.

## APPLICATION AND PAYMENT PROCESS:

Applications will be accepted on a rolling basis through September 2022 via an [online portal](#).

## Property Managers/Landlords

- W9 Form
- Rent arrearage documentation (ex; ledger, past due notice)
- Proof of property ownership (ex; mortgage statement, real estate tax bill, water/sewer bill)
- Tenant contact information (ex; cell phone, email address)

*\*\*Even if you do not have these documents, please call 1-855-608-8756 or reach out to our partners for help completing the application. Partner listing is available online at [www.RentReliefRI.com](http://www.RentReliefRI.com).*

## Tenant Rights

Tenants have rights protected by law. Learn what they are, how to advocate for yourself, and who can help from the resources below:

- This [RI Landlord Tenant Handbook](#) lays out all of your rights and responsibilities as a tenant, all of your landlord's rights and responsibilities to you, and a wealth of other information.
- [Direct Action for Rights and Equality, DARE](#): DARE is prepared to assist tenants facing eviction for non-payment of rent, because of landlord retaliation, or other reasons.

## Homelessness/Shelter

**RI Homeless Management Coordinated Entry System:** this is the central resource to connect with shelter or diversion assistance– money to help stop you from becoming homeless, or to return to housing. Their phone number is (401) 277-4316 and their email is [cesteam@crossroadsri.org](mailto:cesteam@crossroadsri.org)

**The House of Hope** outreach program works with people experiencing homelessness. Sara Melucci is the Program Manager for the outreach team and can be reached at 401-287-7808 or [sara@thehouseofhopecdc.org](mailto:sara@thehouseofhopecdc.org). This team provides support through Street Outreach and programs like Shower to Empower.

## Mortgage Assistance

Most homeowners can temporarily pause or reduce their mortgage payments if they're struggling financially. Forbearance is when your mortgage servicer or lender allows you to pause or reduce your mortgage payments for a limited time while you build back your finances. For most loans, there will be no additional fees, penalties, or additional interest (beyond scheduled amounts) added to your account, and you do not need to submit additional documentation to qualify. You can simply tell your servicer that you have a pandemic-related financial hardship.

## Who is eligible for forbearance?

You may have a right to a COVID hardship forbearance if:

- you experience financial hardship directly or indirectly due to the coronavirus pandemic, and
- you have a federally backed mortgage, which includes HUD/FHA, VA, USDA, Fannie Mae, and Freddie Mac loans.

## When is the deadline for applying?

If your loan is backed by HUD/FHA, USDA, or VA, the deadline for requesting an initial forbearance is September 30th, 2021.

If your loan is backed by Fannie Mae or Freddie Mac, there is not currently a deadline for requesting an initial forbearance.

## How long does forbearance last?

Your initial forbearance plan will typically last 3 to 6 months. If you need more time to recover financially, you can request an extension. For most loans, your forbearance can be extended up to 12 months. Some loans may be eligible for up to 18 months of forbearance, depending on when your initial forbearance started. Other limitations may apply.

- **If your mortgage is backed by [Fannie Mae or Freddie Mac](#):** You may request up to two additional three-month extensions, for a maximum of 18 months of total forbearance.
- **If your mortgage is backed by [HUD/FHA](#), [USDA](#), or [VA](#):** You may request up to two additional three-month extensions, for a maximum of 18 months of total forbearance.

## ? Get expert help

### Talk to a Housing Counselor:

For help talking to your mortgage servicer or understanding your options, contact a HUD-approved housing counseling agency in your area. Housing counselors can develop a tailored plan of action and help you work with your mortgage company, at no cost to you.

[Talk to a housing counselor](#)

### Talk to a Lawyer:

If you need a lawyer, there may be resources to assist you, and you may qualify for free legal services through legal aid. If you're a servicemember, you should consult with your local [Legal Assistance Office](#).

### Submit a complaint:

If you have a complaint with your mortgage or forbearance plan, tell the Consumer Financial Protection Bureau about your issue—they'll forward it to the company and work to get you a response, generally within 15 days.

[Submit a complaint](#)

## Affordable Housing

### Cumberland Housing Authority:

The Cumberland Housing Authority (CHA) was incorporated in 1962 for the purpose of providing affordable, decent, safe, and sanitary housing to elderly, disabled individuals, and families in Cumberland, Rhode Island. The Housing Authority has a total of 176 units for elderly persons or persons with disabilities at Cumberland Manor located at One Mendon Road. CHA administers 384 Housing Choice Vouchers.

Staff Member	Title	Phone
Susan Monaghan	Executive Director	401-475-5282
Joanne Penswick	Deputy Director	401-334-2786

#### Housing Choice Voucher Program

Janeth Gonzalez	HCV Program Manager	401-334-2399
Andrea Ayala	HCV Program Assistant Manager	401-334-1528
Deidre Quintal	FSS Coordinator	401-475-5281

#### Elderly/Disabled Public Housing – Cumberland Manor

Lana Wilson	Property Manager	401-475-0766
Roberta Revell	Housing Assistant	401-475-0748
Deborah Carr	Housing Assistant	401-475-0820

#### [Cumberland Manor Application.](#)

### Valley Affordable Housing (VAHC):

VAHC's primary business is to acquire develop and manage affordable housing in R.I. and elsewhere. VAHC has an all-volunteer, nine-member Board of Directors with 4 officers; a President, Vice President, Secretary and Treasurer.

<a href="#">Ashton Village Apartments:</a> Cumberland, RI. A Tax Credit Family Development.
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<a href="#">Berkley Village:</a> Cumberland, RI. A Tax Credit Family Development.
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<a href="#">Factory Street:</a> Cumberland, RI. A Tax Credit Family Development.
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<a href="#">Main Street Phase III:</a> Cumberland, RI. A Tax Credit Family Development.
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### RI Housing:

[RIHousing](#) works to ensure that all people who live and work in Rhode Island can afford a safe, healthy home that meets their needs. They provide resources for both [buyers](#) and [renters](#), including low-interest loans, grants, [education](#), a [rental resource guide](#), advocacy and consumer counseling to help their customers buy and [retain their homes](#).



RIHousing also sponsors [HousingSearchRI.org](https://HousingSearchRI.org), a free online rental listing service that links people who need housing with the housing they need.

### **Affordable Rental Housing Online**

This [online database](#) showcases all types of housing, from market rate to affordable housing property types such as family housing, senior housing, Low Income Housing Tax Credit (LIHTC), Project-Based Section 8, rural rental housing, and handicap accessible housing.

## Utility Assistance

### **Rent Relief Rhode Island:**

The Emergency Rental Assistance Program can pay for utilities owed back to April 1, 2020. Utilities may include electricity, water, trash, and heat. Applicants are eligible for a total of 18 months of assistance. A \$50/month internet stipend is also available to applicants. Applications will be accepted on a rolling basis through September 2022 via an [online portal](#).

### **Blackstone Valley Community Action Program:**

Rhode Island Home Energy Assistance Program (LIHEAP) helps keep families warm through the winter by assisting families with energy costs and reducing the severity of energy-related crises.

*Eligibility:* BVCAP services the following areas for heating assistance: Pawtucket, Central Falls, Cumberland, and Lincoln. Households must document income and family size and fall into the guidelines set by the federal government. Eligibility is based on Federal Income Guidelines.

Please see the eligibility guidelines here: [2022 Eligibility](#)

The following forms should be completed and submitted with your application:

[Appendix M: Rental Income Info](#)

[Appendix F: Support Letter](#)

[Appendix E: Adult No Income](#)

[Appendix B: Landlord Info Form](#)

If you have any questions regarding your application, please call (401)723-0227

# Medical Care

## Rhode Island Free Clinic

[Rhode Island Free Clinic](#) located at 655 Broad St, Providence provides a medical home for uninsured, low-income adults, ages 18-65.

### **How do you become a patient at the Rhode Island Free Clinic?**

To qualify to become a patient you must:

1. Have no insurance
2. Be an adult resident of Rhode Island, age 18 or older, and show one of the following:
  - a. A utility bill with your name on it or other acceptable document/piece of mail with your current Rhode Island address
3. Meet low-income guidelines, by showing one of the following:
  - a. If employed: your most recent tax return, last two pay stubs, or a notarized statement of income.
  - b. If unemployed: TDI or SNAP authorization letter, or a notarized letter of support.
4. Show current picture ID.

In order to schedule an appointment to see if you qualify, please call: 401-274-6347 ext: 314.

### **Medical Services Provided:**

- [Primary Care](#)
- [Labs & Diagnostic Imaging](#)
- [Dental Health](#)
- [Behavioral Health](#)
- [Physical Therapy](#)
- [Specialist Referrals](#)
- [Ophthalmology](#)
- [Podiatry](#)
- [Women's & Men's Health](#)
- [Prescription Medication & Pharmacy Services](#)

The Rhode Island Free Clinic does not operate like a walk-in, urgent care, or emergency room. It provides a medical home of coordinated services.

## Blackstone Valley Community Health Care, Inc.

[Blackstone Valley Community Health Care, Inc.](#) (BVCHC) is committed to providing high quality affordable care, regardless of ability to pay, while improving the health status of the population in the lower Blackstone Valley. They have medical offices in Pawtucket and Central Falls and a dental office in Pawtucket.

## How to become a new patient?

In order to become a new patient, an individual has to call Blackstone Valley Community Health Care's call center. It is open Monday – Friday, 8am – 5pm and can be reached at 401-722-0081.

During this phone call, a new patient appointment will be scheduled, as well as a Registration Visit.

To make your Registration visit as efficient as possible please review and fill out the following forms beforehand.

- [Patient Rights and Responsibilities \(English\)](#)
  - [Spanish](#)
  - [Portuguese](#)
- [Authorization \(English\)](#)
  - [Spanish](#)
  - [Portuguese](#)
- [Notice of Privacy Practices](#)
  - [Spanish](#)
  - [Portuguese](#)
- [Demographic Intake \(English\)](#)
  - [Spanish](#)
  - [Portuguese](#)
- [Parental Consent \(English/Spanish\)](#)
  - [English/Portuguese](#)

*If you are already insured, please bring your: **Photo ID, insurance card, current doctor's information, and proof of address.** If you are applying for insurance, you may need to schedule a separate appointment.*

## Services Provided

- [Family Medicine](#)
- [Pediatrics](#)
- [Behavioral Health](#)
- [Delta Dental Clinic](#)
- [Eye \(Optometry\) Clinic](#)
- Maternal Women's Health
- [Express Health Care](#)
- [Telehealth](#)
- [School Based Health Center](#)
- [Rapid Covid Testing](#)
- After Hours Care
- Express Health Care

# Mental Health Services

## Behavioral Health Care

### Blackstone Valley Community Health Care

Blackstone Valley Community Health Care offers [behavioral health treatment](#) to support the emotional wellbeing of each patient. Counseling treatment is provided by trained Licensed Independent Clinical Social Workers, Licensed Clinical Social Workers, and Licensed Mental Health Counselors.

The behavior health team offers Spanish, Portuguese, and Creole speaking providers.

#### Services Provided:

- Individual Therapy
- Group Therapy
- Referral Services

### Community Care Alliance

#### Health Home Teams

Case managers and multi-disciplinary teams work together in the home or out in the community to help people maintain their health and well-being. Our Health Home integrates health monitoring and medical coordination within the treatment plan adding a more holistic approach to support services.

#### Psychiatric Services & Medication Management

Psychiatric evaluation and medication monitoring is provided by psychiatrists and clinical nurse specialists on the treatment team.

#### Psychotherapy

Innovative programming includes individual, family and group counseling, and psychotherapy/educational groups to empower individuals and their families by supporting them in making positive behavioral choices.

#### [Residential Mental Health Services](#)

Emergency housing, recovery and sober housing, group homes, supervised apartments, and assisted living options are available to individuals and families with housing and supportive needs.

#### Vocational Rehabilitation

Vocational assessment, job development and placement, and support after employment are provided by a specialized employment team.

#### [The Wellness & Recovery Center](#)

A welcoming environment where people receiving services can attend scheduled groups and visit the computer lab, Lucy's Place, or utilize the available resources.

### [Alive Peer Support Program](#)

The Alive Peer Support Program provides supportive social activities for people living with mental illness and/ or addiction. Alive operates in the evenings and weekends when clinical support is less likely to be available. Peers support one another, encouraging hope and resilience with compassion and understanding.

## **Rhode Island Free Clinic**

The Rhode Island Free Clinic offers [Behavior Health Services](#) in the form of health education, wellness classes in nutrition or fitness, individual on-on-one instruction, and behavioral health sessions.

They also offer master's and bachelor's students of Social Work to provide assistance to patients, overseen by faculty supervisors. In addition, mental health professionals available when patients need counselling.

## [Mental Health Helplines](#)

### **Samaritans of Rhode Island**

Suicide Prevention Resource Center

[www.samaritansri.org](http://www.samaritansri.org)

(401) 272-4044 or RI 1-800-365-4044

### **BHLINK**

(401) 414-LINK (5465) Open 24/7

bhlink.org

For under 18 call Kid's Link RI: 1-855-543-5465

### **The Trevor Project (LGBTQ+)**

Call 1-866-488-7386 Text START to 678-678

[www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/)

### **Substance Abuse and Mental Health Services**

Administration (SAMHSA)

SAMHSA's National Helpline 1-800-662-4357

TTY: 800-487-4889

### **National Suicide Prevention Lifeline**

1-800-273-TALK

### **SAMHSA's Disaster Distress Helpline**

1-800-985-5990 or text TalkWithUs to 66746 to connect to a trained crisis counselor.

### **Thrive Behavioral Health**

24 Hour Emergency Services:

401-738-4300 [www.thrivebhri.org](http://www.thrivebhri.org)

### **Veterans Crisis Line**

1-800-273-8255

You may also text 838255

# Senior Housing

## Public Housing Options:

Cumberland's only Public Housing option for seniors is through Cumberland Manor, often referred to in conversation as "One Mendon." Cumberland Manor is located at One Mendon Road, Cumberland, RI 02864. They can be reached by phone at 401-724-8590.

Income Requirements for Cumberland Manor:

There are income requirements/limits for those applying to Cumberland Manor. These are based on the number of persons within the household. Income limits can be found below:

Persons in Household	Income Limits
1	\$45,850
2	\$52,400
3	\$58,950
4	\$65,500

There is a waiting list for Cumberland Manor, but applicants are encouraged to submit a complete application to the Housing Authority so that they can be placed onto the waiting list.

**How Application Process Works:** Cumberland Housing Authority (CHA) uses a two-step application process. Applicants must first complete this [pre-application](#) to determine a person's preliminary eligibility.

Once the eligibility determination is made, CHA places the person's name on a waitlist by the date and time the pre-application was received. CHA has a residency preference. If you live in Cumberland, and meet the local preference requirements, your name is placed as a preference on the waitlist.

The CHA processes its list according to unit size and local preference. The CHA units may be located on different floor levels and are accessible by elevators and stairs.

To be eligible for admission to public housing, an applicant must:

1. Be a family member as defined in CHA's Admissions and Continued Occupancy Policy;
2. Meet the HUD citizenship or immigration status requirements;
3. Have an annual income at the time of admission that does not exceed the income limits established by HUD;
4. Provide documentation of Social Security numbers for all family members;
5. Meet or exceed the Applicant Selection Criteria
6. Not have had a lease terminated by a PHA or other federally assisted program;
7. Not have any family members engaged in any criminal activity that threatens the life, health, safety, or right to peaceful enjoyment of the premises by other residents, and not have any family member engaged in any drug-related criminal activity.

Each year the CHA updates its Public Housing waitlist. An Annual Update will be sent out each year on January 15. You will have 15 business days to return your update form, or your name will be removed from the waitlist.

Applicants with disabilities may seek assistance with the completion of the application at CHA's office at the above address.

CHA will conduct credit checks and criminal record checks on all applicants.

### Private Housing Options:

Those looking for additional housing opportunities can seek private housing options. Many of these options are managed through Valley Affordable Housing, including the following:

[JenksWoods Apartments](#) - Cumberland, RI.

- A section 202 development must be 62 years of age or older.
- (401)-658-2337

[Riverside Village Apartments](#) - Cumberland, RI.

- A section 8 development must be 62 years of age or disabled.
- (401)-658-2030.

[Waterfall Estates](#) - Cumberland, RI.

- A section 202 development must be 62 years of age or older.
- (401)-658-0002.



# Sexual Assault

## Day One Rhode Island

The mission of [Day One](#) is to reduce sexual abuse and violence while supporting and advocating for those affected by it.

### Immediate Help:

**If you are in crisis and need to speak to an Advocate right away, call the Helpline at 1-800-494-8100.**

The Helpline gives 24-hour support and advocacy to those impacted by crimes of violence in Rhode Island, as well as non-offending friends and family members.

### Comprehensive services include:

- 24-hour Helpline and legal advocacy
- Law enforcement advocacy programs
- Individual and group counseling
- Professional training sessions
- Prevention education workshops

### Therapeutic Treatment Services:

Day One Clinicians provide a variety of services to support your healing process. These services include, but are not limited to:

- EMDR (Eye Movement Desensitization and Reprocessing)
- IFS (Internal Family Systems)
- Expressive Therapies
- Play Therapy and Sand Tray
- DBT (Dialectical Behavioral Therapy)
- Yoga Therapy

### Advocacy Programs:

Day One's Advocates are here to listen to you, validate your feelings, assist you with feeling safe and give you resources and information about all of your options. Advocates are also available to answer any questions your non-offending family members and friends may have or explain the process to them as well.

- [What is an advocate?](#)
- [Law Enforcement Advocates \(LEAs\)](#)
- [Helpline Advocates](#)
- [Office of Victim Services \(OVS\)](#)
- [Legal Advocacy Programs](#)

## **Sexual Assault Survivor Groups:**

The Sexual Assault Survivor support group is specifically for individuals who have experienced sexual assault or rape. This group will provide an opportunity to discuss different topics related to sexual assault and how to best support the healing process.

This Group meets on Tuesdays from 5:30 - 7 PM.

Contact Jolene Potter, group coordinator for more information and to sign-up.

Email: [jpotter@dayoneri.org](mailto:jpotter@dayoneri.org)

Phone: 401-421-4100 x148

## **Trauma Informed Yoga Groups:**

Day One offers Trauma Informed Yoga Groups for any person who has been a victim of any type of trauma. Taught by a certified yoga instructor and a licensed Day One clinician, the trauma-informed yoga groups combine the yoga component with guided meditation and mindfulness in every class.

Classes are 75 minutes and take place at Day One over an 8-week session.

Contact Jolene Potter, group coordinator for more information and to sign-up.

Email: [jpotter@dayoneri.org](mailto:jpotter@dayoneri.org)

Phone: 401-421-4100 x148

# Substance Use Disorder

## Rhode Island Department of Health

The Rhode Island Department of Health's Prevent Overdose RI provides a [map](#) to connect you with the closest treatment location for you.

You can also call 401-414-LINK(5465) to connect with a licensed counselor, 24 hours a day, 7 days a week.

Rhode Island also offers buprenorphine, a medicine used for opioid addiction, over the phone. You can find out more information by calling the Buprenorphine 24/7 Hotline at 401-606-5456.

## Community Care Alliance

Community Care Alliance operates over 50 programs, providing a comprehensive array of family-centered services at various locations, predominantly in northern Rhode Island.

### **Programs Provided for those struggling with Substance Use Disorder:**

- [Acute Stabilization Unit](#)
- [Intensive Outpatient Program](#)
- [Opioid Treatment Center of Excellence](#)
- [Outpatient Counseling Services](#)
- [Residential Substance Use Treatment](#)
- [Recovery Housing](#)
- [Serenity Center](#)
- [Safe Haven](#)

## Harm Reduction

### **Naloxone quick facts:**

- Naloxone (also known as Narcan®) is a medicine that can stop an opioid overdose—like an overdose caused by fentanyl or heroin.
- Naloxone is safe to use and only works if a person has opioids in their body.
- If you give naloxone to someone who is overdosing, you are protected by the Rhode Island Good Samaritan Law and cannot be arrested.

### **[Request Free Naloxone Delivered to Your Home](#)**

Click the link above to start a short interactive training in English or Spanish. The training will take less than 5 minutes. You will learn how to recognize an overdose, respond to an overdose using naloxone, and ways you can stay safer if you are using drugs. At the end of this short training, you can request free naloxone shipped to your house. You can also request a peer recovery specialist.

### **Getting Naloxone from a Pharmacy**

In Rhode Island, you can get naloxone at your local pharmacy without a prescription from a healthcare provider. When you buy naloxone at a pharmacy, the pharmacist can show you how to use it. You can also [use these online instructions](#) or [watch this video to see how to give nasal naloxone](#).

# Special Education Services

## Cumberland Public Schools – Office of Special Services

The Special Services Office works collaboratively with school and District leaders, teachers, students, and families to provide the tools, guidance, supports, and services needed to ensure access to the general education curriculum for students with disabilities.

Families are important partners in educating and preparing Cumberland students for a successful future. Our office looks forward to partnering with you as we strive to assist students to become life ready, college ready, and/or career ready with 21st century skills.

### Office Contacts:

Dr. Rachel Santa  
Director of Special Education  
E-mail: [rachel.santa@cumberlandschools.org](mailto:rachel.santa@cumberlandschools.org)

Ms. Melani Santos  
Administrative Assistant  
E-mail: [melani.santos@cumberlandschools.org](mailto:melani.santos@cumberlandschools.org)  
Phone: 401-658-1600 x313

Ms. Barbara Brunelle  
Statistical Data Clerk  
E-mail: [barbara.brunelle@cumberlandschools.org](mailto:barbara.brunelle@cumberlandschools.org)  
Phone: 401-658-1600 x314

Nellie Normand  
Special Education Coordinator – Preschool  
E-mail: [nellie.normand@cumberlandschools.org](mailto:nellie.normand@cumberlandschools.org)

Alicia DeStefani  
Special Education Coordinator – Ashton, BF Norton Elementary Schools & North Cumberland Middle Schools  
E-mail: [alicia.destefani@cumberlandschools.org](mailto:alicia.destefani@cumberlandschools.org)

Kyle Santos  
Special Education Coordinator – Community, Garvin Elementary Schools & McCourt Middle School  
E-mail: [kyle.santos@cumberlandschools.org](mailto:kyle.santos@cumberlandschools.org)

Tammy Lemieux  
Special Education Coordinator – Cumberland Hill & Cumberland High School  
E-mail: [tammy.lemieux@cumberlandschools.org](mailto:tammy.lemieux@cumberlandschools.org)

## **What is Special Education?**

Special Education is specialized instruction provided for children from ages 3 through 21 who qualify according to the laws and regulations outlined by the State of Rhode Island and federal government. A student may qualify for special education services as an individual with special needs in one of twelve areas identified by the Individuals with Disabilities Education Act (IDEA 2004).

These are:

- Deaf/Hard of Hearing
- Deaf-Blind
- Visually Impaired
- Speech-Language Impaired
- Specific Learning Disability
- Multiple Handicapped
- Orthopedically Impaired
- Other Health Impaired
- Mentally Retarded
- Emotionally Disturbed
- Autism
- Traumatic Brain Injury

### **The Special Education Process**

If your child is demonstrating a pattern of serious difficulty in school and frequently exhibits learning problems, consideration of Special Education may be considered. Below is a general outline of the process:

#### **Referral and Identification**

- A referral may come from a parent, teacher, physician, or building administrator. If you suspect that your child has a disability you should contact your child's classroom teacher, school counselor or building administrator to discuss further.

#### **Assessment**

- If your child is referred to the Evaluation Team for evaluation, the team will review all pertinent data to determine if further evaluation is needed to assist with determining if your child has a disability. If your child is determined to require further evaluations, evaluations will be completed within 60 calendar days of receiving your authorization to conduct evaluations.

#### **Individualized Education Program (IEP)**

- Upon reviewing the results of evaluations, the Evaluation Team will determine if your child is eligible as a student with a disability who requires specialized instruction from a special educator under one of the twelve eligibility categories. If your child is eligible for special education services an Individualized Education Program (IEP) will be developed by the IEP team. The IEP team consists of the parents/guardians, a school administrator, a special education teacher, the child's general education teacher, and other special education staff as determined by the team. During the IEP, annual goals are developed to help the student progress in the general education curriculum. Parents must give approval prior to placement and services beginning.

#### **IEP Review**

- Your child's program will be reviewed by the IEP team at least annually to determine progress in meeting established goals and to determine new goals as appropriate.

## Rhode Island Parent Information Network

[RIPIN's Special Education team](#) provide workshops and learning opportunities on a variety of topics related to special education and transition.

- **Parent Training and Information Center (PTIC):** Trained RIPIN staff coach and guide families to actively participate in making informed decisions about their child's education. They support families in navigating the special education process and gaining an understanding of the Individuals with Disabilities Education Act (IDEA).
- **Transition to Adult Services:** This program supports students, young adults with disabilities, and their families as they transition to adult services; and learn about the options and resources available. They empower young adults with disabilities and their families to actively participate in making informed decisions about the services they receive.



# Veterans' Services

**The Rhode Island Office of Veterans Services** has lots of information and services available to connect veterans to in a host of categories. For a full listing visit their site [here](#).

## Some of the services they can help connect you to include:

### Basic Needs & Housing:

- [Bus Pass Program for Individuals with Disabilities](#)
- [United Way 2-1-1](#)
- [City Housing Authorities' Veterans' Preference](#)
- [Foreclosure Protection](#)
- [Grant and Per Diem Transitional Housing](#)
- [Honor House](#)
- [HUD-VA Supportive Housing](#)
- [National Call Center for Homeless Veterans](#)
- [New Home Program](#)
- [Permanent Housing Facilities](#)
- [PVAMC Homeless Outreach](#)
- [South County Habitat for Humanity Veterans' Preference](#)
- [Supportive Services for Veteran Families](#)
- [VA Adapted Housing Grants](#)
- [VA Home Improvements and Structural Alterations](#)
- [VA Home Loan Guaranty](#)
- [Resources for Homeless Veterans](#)
- [The Elisha Project](#)
- [Lockbox Program](#)
- [Friends of Animals in Need](#)

### Health & Counseling:

- [Housebound Assistance](#)
- [PTSD: National Center for PTSD](#)
- [PVAMC Substance Abuse Treatment Program](#)
- [Warwick Vet Center](#)
- [Middletown Community-Based Outpatient Clinic](#)
- [PVAMC Caregiver Support Services](#)
- [PVAMC Eligibility and Enrollment Office](#)
- [PVAMC Geriatrics and Extended Care](#)
- [PVAMC OEF/OIF/OND Program](#)
- [PVAMC Women Veterans Program](#)
- [PVAMC Fiduciary Program](#)
- [Rhode Island Veterans Home](#)
- [Rhode Island Veterans Home Family Council](#)
- [Veterans Affairs Dental Insurance Program](#)
- [Benefits for Medicaid Eligible Veterans](#)
- [YMCA Membership for Veterans](#)
- [CapTel Captioned Telephone](#)
- [Talking Books Library for the Visually Impaired](#)
- [VA Airborne Hazards and Open Burn Pit Registry](#)

### Legal & Records:

- [Rhode Island Legal Services](#)
- [Veterans Justice Outreach](#)
- [HealtheVet](#)
- [Records Request](#)
- [RI Veteran Designation Driver's License](#)
- [RI Veteran Designation License Plates](#)

### LGBTQX & Minority Voices:

- [PVAMC Lesbian Gay Bisexual and Transgender Veterans](#)
- [LGBT Veteran Training](#)
- [LGBT Veteran Care](#)

## Operation Stand Down

[Operation Stand Down Rhode Island \(OSDRI\)](#) is an independent 501(c)(3) non-profit organization focused on serving homeless and at-risk veterans. Founded in 1993 and headquartered in Johnston, OSDRI's mission is to strengthen the veteran community by providing crucial wrap-around services.

### [Legal Assistance](#)

Operation Stand Down's Legal Assistance for Warriors (LAW) program provides extensive pro-bono representation and reduced-fee assistance to eligible Rhode Island veterans in a variety of areas.

They work with eligible veterans in initial applications for VA and Social Security Disability Benefits, misdemeanor criminal matters before the Rhode Island Veteran Treatment Court, license restoration matters at the Rhode Island Traffic Tribunal / RI DMV, Landlord Tenant, and limited Family Court cases.

### [Employment & Training](#)

Operation Stand Down works with Active Duty Military Personnel, National Guard, Reservists, Veterans and Military Families on a one-on-one basis to assist with:

- Job Placement
- Training
- Job Development
- Career counseling
- Resume preparation
- Education

### [Housing](#)

Located on eight campuses across Rhode Island, OSDRI has developed, owns, and operates 88 units. Each housing program offers various levels of supportive services. Housing is available for females, males and families.

#### **Temporary Rental & Financial Assistance:**

Beyond OSDRI's housing, hundreds of additional veteran households are assisted each year in maintaining and securing housing in the community at large. Eligible veterans who are literally homeless receive assistance with security deposits, rent, moving expenses and emergency shelter. Those at risk of homelessness, may receive help with rent in arrears and utilities.

## **Basic Human Needs**

### OSDRI Food Pantry

OSDRI's food pantry is located at 1010 Hartford Avenue, Johnston, RI ([map](#)). The pantry is available for use by in-need veterans during normal business hours and is stocked with non-perishables (canned fruit, vegetables, pasta, rice, etc.). Frozen poultry and meats are sometimes available as well. Veterans wanting to use the pantry must bring proof of veteran status before admittance.

### Personal Hygiene Program

In addition to food, Personal Hygiene products, including soaps, body wash, deodorant, toothpaste, razors, and other items are stocked at the Food Pantry. OSDRI welcomes donations of these items as well.