2026-2027 CHC RESOURCE GUIDE
~ YOUTH, FAMILY & COMMUNITY ~

The **Center for Humanistic Change (CHC)** is committed to supporting children, youth, families, and communities in building the knowledge, skills, connections, and protective factors that promote healthy development and well-being.

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WELCOME!

Connecting youth, families, and communities with resources for support, prevention, and well-being.

This resource guide brings together local, regional, state, and national resources to help individuals and professionals find practical support related to mental and behavioral health, substance use prevention and recovery, family support, grief and loss, basic needs, youth development, school support, and other community needs.

WHO CAN USE THIS GUIDE?

- Youth and young adults
- Parents and caregivers
- Educators and school personnel
- Student Assistance Program (SAP) teams
- Community professionals
- Families seeking support and resources

HOW TO USE THIS GUIDE

Resources are organized by topic and type of support to help you identify services, educational materials, prevention resources, and community supports.

Please contact organizations directly to confirm current information, including availability, eligibility, fees, insurance requirements, hours, referral requirements, and geographic service areas.

RESOURCE INFORMATION

Resources and services can change frequently. CHC makes every effort to review and update this guide regularly; however, inclusion in this guide does not constitute endorsement of a particular organization, service, program, or product.

For additional assistance identifying appropriate community resources, please contact CHC.

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RESOURCE INFORMATION CHANGES FREQUENTLY.

Please contact organizations directly to confirm current availability, eligibility, fees, hours, referral requirements, and service areas.

START HERE

These resources are a starting point for finding immediate help, community services, and searchable programs for children, youth, families, and communities.

1 — IMMEDIATE HELP & CRISIS SUPPORT

Crisis, emergency, safety, and urgent support resources for children, youth, families, and communities.

EMERGENCY & CRISIS

911 — Emergency Services

Call 911 when someone is in immediate danger or requires urgent medical, fire, or law-enforcement assistance.

Call: 911

988 Suicide & Crisis Lifeline

Free and confidential crisis support available 24 hours a day, 7 days a week for people experiencing emotional distress, mental health or substance-use concerns, thoughts of suicide, or other crises. Support is available for individuals and for people concerned about a loved one.

Call or Text: 988

Online Chat: 988 Lifeline

Pennsylvania Crisis Intervention Services

Pennsylvania's public behavioral health crisis system provides 24/7 crisis services throughout the Commonwealth. Services may include telephone crisis support, assessment, mobile crisis response, walk-in services, referrals, and assistance connecting with additional care.

LEHIGH & NORTHAMPTON COUNTY CRISIS SERVICES

Lehigh County Crisis Intervention

24-hour crisis intervention services for individuals and families experiencing a mental health or behavioral health crisis in Lehigh County.

24-Hour Crisis Line: 610-782-3127

Call 911 if someone is in immediate danger.

Northampton County Crisis Services

24-hour crisis and emergency behavioral health support for individuals and families experiencing a mental health or behavioral health crisis in Northampton County.

24-Hour Emergency Number: 610-252-9060

Information & Referral Emergency Services (IRES): 610-829-4800

SUPPORT WHEN YOU ARE NOT IN IMMEDIATE DANGER

Lehigh County Warm Line

A confidential support line for individuals who would like someone to talk to about mental health and emotional challenges. Warm lines are intended for non-emergency support and are not a substitute for emergency services.

Call: 610-820-8451

Northampton County PEER/WARM Line

A confidential support line for individuals who would like someone to talk to about mental health and emotional challenges. Warm lines are intended for non-emergency support and are not a substitute for emergency services.

Call: 1-855-727-3377

IMPORTANT

If a person is in immediate danger, call 911.

For a mental health or emotional crisis, call or text 988.

For local crisis services, county crisis programs can provide additional assessment, support, response, and referrals.

2 — RESOURCE DIRECTORIES

Local, Pennsylvania, and national directories connecting individuals and families with community resources and services.

LOCAL COMMUNITY RESOURCE DIRECTORIES

Community Services for Children (CSC)

Community Resource Booklet

A community resource guide developed by Community Services for Children that helps families identify and connect with community services and supports.

United Way of the Greater Lehigh Valley — PA 211

Findhelp

PA 211 is a free and confidential information and referral service connecting individuals and families with local health and human services, including food, housing, utilities, healthcare, mental health, transportation, employment, and other community supports.

Call: 2-1-1

Text: Your ZIP code to 898-211

Service Area: Lehigh, Northampton, and Carbon Counties

Network of Care

Online resource directories that connect individuals and families with health, behavioral health, social services, disability, housing, and other community resources.

Network of Care's Resource Links for Lehigh and Northampton Counties.

COUNTY HUMAN SERVICES

Lehigh County Human Services

County-based information and referral services, including Children & Youth Services, Mental Health, Drug & Alcohol, Early Intervention, Intellectual Disabilities, HealthChoices, and other human services.

Human Services Information & Referral:
610-782-3200

Northampton County Human Services

County-based services and supports for children, youth, families, adults, and individuals experiencing behavioral health, developmental, substance-use, and other human-service needs.

Information & Referral Emergency Services (IRES):
610-829-4800

24-Hour Emergency Number: 610-252-9060

PENNSYLVANIA HUMAN SERVICES

Pennsylvania Department of Human Services (DHS)

Statewide information about health care, SNAP, CHIP, behavioral health, substance use, housing and utilities, child and family services, intellectual disabilities and autism, and other human-service programs.

COMPASS

Pennsylvania's online system for applying for and managing many health and human-service benefits.

Programs include:

- SNAP
- Medical Assistance/Medicaid
- CHIP
- Cash Assistance
- Child Care Works
- LIHEAP
- Other health and human-service programs

Benefits Helpline: 1-800-692-7462

County Assistance Offices (CAOs)

Local offices that help individuals and families access public benefits and assistance programs.

Lehigh County Assistance Office:
555 Union Blvd., Suite 3
Allentown, PA 18109
610-821-6509

SOCIAL SECURITY & FEDERAL BENEFITS

Social Security Administration (SSA)

Official information about Social Security retirement, disability, survivor, family, Supplemental Security Income (SSI), and Medicare benefits.

SSA provides information and services in multiple languages.

3 — SEARCHABLE RESOURCE DATABASES

Online tools that help you search for food, housing, healthcare, behavioral health, substance use, financial assistance, and other services.

SEARCH BY NEED & LOCATION

PA 211 — Search for Local Resources

Search for programs and services by location and need, including food, housing, utilities, healthcare, transportation, employment, mental health, substance use, and other community supports.

Call: 2-1-1
Text: Your ZIP code to 898-211

Findhelp

Search for free or reduced-cost services in your community, including food, housing, financial assistance, healthcare, transportation, employment, and other supports.

FindTreatment.gov

Search for mental health and substance-use treatment facilities throughout the United States.
Search by location, treatment type, and other available criteria.

SAMHSA — Find Help & Treatment

Federal behavioral health resources for locating mental health and substance-use treatment, prevention, recovery, and support services.

Psychology Today — Find a Therapist

Search for therapists, psychiatrists, treatment centers, and support groups by location, specialty, insurance, and other preferences.

WHEN USING A RESOURCE DATABASE

Search using information such as: ZIP Code • County • Age • Type of Service • Insurance • Language • Transportation • Eligibility • Cost

Always contact the provider directly to confirm current availability, eligibility, cost, insurance participation, and whether services are appropriate for the individual or family.

HEALTH & WELL-BEING

Resources supporting mental health, substance use prevention and recovery, suicide prevention and grief support, physical health, wellness, and healthy development.

4 — MENTAL & BEHAVIORAL HEALTH

Resources for mental health, emotional well-being, counseling, treatment, trauma, and specialized behavioral health needs.

CHILDREN & ADOLESCENT MENTAL HEALTH

National Institute of Mental Health (NIMH)
Evidence-based information about child and adolescent mental health, mental health conditions, treatment, warning signs, and when to seek professional help.

Children and Mental Health: Is This Just a Stage?
A practical resource for parents, caregivers, educators, and school professionals on recognizing concerns, seeking evaluation, and understanding treatment options.

Child Mind Institute
Resources for children, teens, parents, caregivers, educators, and professionals addressing anxiety, depression, trauma, ADHD, behavior, learning, and other mental health concerns.

The Kids Mental Health Foundation
Free, expert-created resources to help parents, caregivers, teachers, coaches, and other adults understand and support children's mental health before concerns become a crisis. Topics include emotions, anxiety, stress, behavior, coping, relationships, and talking with children about mental health.

Mental Health America (MHA)
Mental health education, screening tools, prevention resources, and information for children, adolescents, families, schools, and communities.

The JED Foundation (JED)
Resources and programs focused on protecting the emotional health of teens and young adults and preventing suicide, substance misuse, and self-harm. Includes tools for students, parents, educators, schools, districts, and colleges, including help-seeking, resilience, coping, connectedness, and supporting students who may be struggling.

TeenCentral — KidsPeace
Free, anonymous online prevention and intervention resource specifically for teens. Youth can explore information and coping tools and submit a story or concern to receive a therapeutic-support response. TeenCentral addresses mental health, relationships, substance use, bullying, stress, self-harm, and other challenges.

NAMI Teen & Young Adult Resources
Mental health information and support designed specifically for teens and young adults, including help-seeking, understanding mental health conditions, supporting friends, and connecting with resources

Teen & Young Adult Help Line
The NAMI Teen & Young Adult HelpLine is for you if you're a teen or young adult in your twenties with or without a mental health condition, you need a listening ear about a hard time at school or work, you want to talk through a situation you're experiencing with family or friends, or you need to talk about the state of the world in general. You don't need to have it figured out before you reach out. NAMI is here to help you find the way forward, wherever you're starting from.

MENTAL HEALTH EDUCATION, FAMILY & PEER SUPPORT

National Alliance on Mental Illness (NAMI)
Mental health education, family support, advocacy, support groups, and resources for individuals experiencing mental health concerns.

NAMI Lehigh Valley
Local NAMI affiliate providing education, support, and community connections for individuals and families affected by mental illness.

SAMHSA — Mental Health
Federal mental health information and resources covering mental health conditions, prevention, treatment, recovery,

trauma, and ways to find support and services. Provides resources for individuals, families, caregivers, and communities.

CDC — Mental Health

Information and data related to mental health, emotional well-being, youth mental health, and prevention.

FINDING MENTAL HEALTH SERVICES

Pennsylvania Department of Human Services (DHS) — Find Mental Health Services

Connects individuals and families with Pennsylvania county mental health programs, behavioral health providers, and available services. County mental health offices can help assess needs, determine eligibility for certain services, and make referrals.

PA DHS — Find a Facility or Provider

Search for licensed human service providers and county mental health resources throughout Pennsylvania.

Psychology Today — Therapist Directory

Searchable directory for therapists, psychologists, psychiatrists, treatment centers, and support groups by location, specialty, insurance, and other criteria.

Blackbird Health

Pediatric mental health and developmental care for children, teens, young adults, and families, including therapy, psychiatric services, ADHD and autism evaluations, neuropsychological testing, executive function coaching, and parent support.

KidsPeace

Behavioral and mental health services for children, adolescents, young adults, and families, including outpatient therapy, walk-in assessments, partial hospitalization, inpatient and residential care, autism services, education, and family support.

Pinebrook Family Answers

Community-based services supporting children, youth, adults, and families through behavioral health care, family support, school-based services, foster care and adoption, wraparound services, and reentry programs.

Important: Directory listings do not guarantee availability, insurance participation, or clinical fit. Families should contact providers directly to confirm current information.

PENNSYLVANIA BEHAVIORAL HEALTH

PA DHS — Behavioral Health

Overview of Pennsylvania's behavioral health system, including mental health and substance use services, county behavioral health programs, Medicaid Behavioral HealthChoices, and how to access care.

Behavioral HealthChoices

For Pennsylvania residents enrolled in Medicaid who need mental health or substance use disorder services. County behavioral health offices help determine eligibility and connect individuals with participating providers.

Pennsylvania Network of Care

County-level behavioral health resource directories, mental health information, training, and connections to local, state, and national resources.

PA DHS — County Mental Health/Intellectual Disabilities (MH/ID) Offices

Directory of county mental health offices throughout Pennsylvania. County offices can help individuals determine eligibility for publicly funded services, assess needs, and connect people with appropriate programs.

CHILDREN & YOUTH—INTENSIVE SERVICES

Pennsylvania Intensive Behavioral Health Services (IBHS)

Behavioral health services for children, adolescents, and young adults. Services may be provided in the home, school, and community and can include individual services, Applied Behavior Analysis (ABA), and group services.

Pennsylvania Child and Adolescent Service System Program (CASSP)

A coordinated, family-centered approach for children and adolescents with behavioral health needs and their families. CASSP emphasizes collaboration across behavioral health, education, child welfare, juvenile justice, and other child-serving systems.

LEHIGH & NORTHAMPTON COUNTIES

Lehigh County Mental Health

County behavioral health services, referrals, and connections to community-based mental health programs.

Northampton County Mental Health, Early Intervention & Developmental Programs

County services and connections to community providers for children, adolescents, and adults with mental health and developmental needs.

TRAUMA & SPECIALIZED BEHAVIORAL HEALTH

National Child Traumatic Stress Network (NCTSN)

Evidence-informed resources for children, adolescents, families, educators, and professionals addressing childhood trauma, traumatic stress, and recovery.

National Center for PTSD — PTSD Resources

Information about trauma and post-traumatic stress for individuals, families, caregivers, and professionals.

FOR SCHOOL PROFESSIONALS & SAP TEAMS

Mental and behavioral health concerns may first appear at school through changes in:

- Attendance or school avoidance
- Academic performance
- Behavior or emotional regulation
- Peer relationships
- Mood or affect
- Sleep or energy
- Social withdrawal
- Self-care
- Substance use
- Expressions of hopelessness or self-harm

Early identification, supportive intervention, family engagement, and appropriate referral can help connect students to support before concerns escalate. A school-based concern does not automatically indicate a mental health diagnosis. Qualified behavioral health or healthcare professionals should complete assessment and diagnosis.

WHEN CONNECTING A CHILD OR FAMILY TO SERVICES

Consider: Age & Development • Presenting Concern • Level of Urgency • Insurance/Cost • Location & Transportation • Language & Culture • Accessibility • Provider Specialty • Family Preferences • Level of Care

CRISIS SUPPORT: For immediate mental health or behavioral health crisis support, see 01 — Immediate Help & Crisis Support.

RELATED:

05 — Substance Use Prevention, Education & Recovery

06 — Suicide Prevention, Grief & Loss

05 — SUBSTANCE USE PREVENTION, EDUCATION & RECOVERY

Prevention, education, treatment, recovery, family support, vaping and nicotine resources, cannabis, alcohol, opioids, fentanyl, and overdose prevention.

PREVENTION & EDUCATION

Pennsylvania Department of Drug and Alcohol Programs (DDAP)
Pennsylvania's state agency for substance use prevention, treatment, recovery, harm reduction, and related services. Resources are available for individuals, families, schools, professionals, and communities.

National Institute on Drug Abuse (NIDA)
Science-based information about drugs, substance use, addiction, prevention, treatment, and recovery. Includes resources for teens, parents, educators, and healthcare professionals.

Substance Abuse and Mental Health Services Administration (SAMHSA)
National information and resources addressing substance use prevention, treatment, recovery, and mental health. Includes educational materials for individuals, families, and professionals.

FINDING TREATMENT & SUPPORT

PA Get Help Now — 1-800-662-HELP (4357)
Free, confidential, 24/7 support for individuals and families concerned about drug or alcohol use. Trained specialists can help identify treatment options and connect people with local services.

Text: 717-216-0905
Live Chat: Available online

PA Treatment Atlas
A free Pennsylvania resource for finding and comparing substance use treatment facilities by location, services, insurance, and other factors.

County Drug & Alcohol Offices
Pennsylvania's county offices, also known as Single County Authorities (SCAs), can help individuals and families access treatment funding, assessments, referrals, and other substance use services.

FindTreatment.gov
A national treatment locator for finding substance use treatment facilities and recovery services by location and type of care.

Caron
Addiction treatment, prevention, recovery, and family support resources, including inpatient and outpatient care, family programs, recovery services, and substance use education.

MARS-ATP
Provides comprehensive, person-centered, quality Substance Use treatment services in a supportive environment, through individual goal-driven treatment in a cost-effective manner.

VAPING, NICOTINE & TOBACCO

CDC — Youth Vaping Prevention & Quitting Resources
Free resources for youth, parents, educators, and healthcare providers addressing vaping, nicotine addiction, prevention, and quitting.

Empower Vape-Free Youth™
CDC resources designed for middle and high school educators to help students understand the risks of vaping and nicotine addiction and find support for quitting.

FDA — Vaping Prevention and Education Resource Center
Free educational materials, lesson plans, activities, videos, and other resources for middle and high school students and educators.

Smokefree Teen
National Cancer Institute resources, tools, and support for teens who want to quit smoking or vaping.

1-800-QUIT-NOW
Connects people with their state tobacco quitline for free and confidential quit support.

This is Quitting — Truth Initiative

Free text-based support designed to help teens and young adults quit vaping, with resources for parents and caregivers.

OPIOIDS, FENTANYL & OVERDOSE PREVENTION

Pennsylvania Overdose Prevention Program
Provides free overdose prevention supplies to Pennsylvanians, including naloxone and test strips that can detect fentanyl and xylazine.

Naloxone (Narcan®)
Naloxone is a life-saving medication that can rapidly reverse an opioid overdose and restore breathing. Pennsylvania provides information about obtaining and using naloxone.

Fentanyl & Xylazine Test Strips
Test strips can help identify the presence of fentanyl or xylazine in certain drugs. Free supplies are available through Pennsylvania's Overdose Prevention Program.

Fake Is Real - Fentanyl Awareness & Prevention

Northampton County's fentanyl-awareness campaign providing education and prevention resources about counterfeit pills, fentanyl poisoning, NARCAN®/naloxone, and substance-use risks. Includes resources for young people, parents and caregivers, educators, and community members, including classroom activities and conversation materials.

Save A Life Day

Save a Life Day is a national day of action held each year on the fourth Thursday of September to increase awareness of opioid overdose, expand access to naloxone, and equip community members with the knowledge and tools to respond when an overdose occurs.

If an overdose is suspected:
Call 911, administer naloxone if available, and stay with the person until emergency help arrives.

RECOVERY & FAMILY SUPPORT

Lehigh Valley Recovery Support Services
Connects individuals and families with recovery-oriented services, including peer support, recovery housing, and other community-based supports.

Al-Anon
Peer support for family members and friends affected by someone else's drinking.

Nar-Anon Family Groups
Support for family members and friends affected by another person's drug use.

YOUTH & FAMILY CONVERSATIONS

Talking about substance use can be difficult. Helpful approaches include:

- Start conversations early and regularly.
- Use age-appropriate, factual information.
- Listen without judgment.
- Ask open-ended questions.
- Discuss peer pressure, stress, coping, and decision-making.
- Talk about vaping and nicotine as well as alcohol and other drugs.
- Encourage healthy ways to manage stress and emotions.
- Seek professional support when substance use is affecting safety, health, relationships, school, work, or daily functioning.

Prevention is not only about saying "no." It also includes building connection, coping skills, healthy relationships, supportive environments, and access to help.

WHEN TO SEEK HELP

Consider reaching out for professional support when substance use:

Interferes with school, work, relationships, or daily responsibilities
Increases in frequency or amount
Leads to risky or unsafe situations

Causes withdrawal or strong cravings
Results in significant changes in mood or behavior
Creates conflict or concern within the family
Involves opioids, fentanyl, or possible overdose

HELP IS AVAILABLE:
PA Get Help Now — 1-800-662-HELP (4357)
Text: 717-216-0905

RELATED:
03 — Searchable Resource Databases
04 — Mental & Behavioral Health
06 — Suicide Prevention, Grief & Loss

06 — SUICIDE PREVENTION, GRIEF & LOSS

Resources for suicide prevention, grief, bereavement, children and youth experiencing loss, and support following a suicide or substance-related death.

SUICIDE PREVENTION & EARLY INTERVENTION

988 Suicide & Crisis Lifeline

Free, confidential, 24/7 support by call, text, or online chat for people experiencing emotional distress, suicidal thoughts, self-harm concerns, substance use concerns, or a mental health crisis—and for people seeking help for someone else. See 01 — Immediate Help & Crisis Support for additional crisis resources.

Pennsylvania 988 Resources

Pennsylvania-specific information about 988, crisis response, warning signs, and connections to local behavioral health services.

Prevent Suicide PA

Pennsylvania-focused suicide prevention education, awareness, survivor support, and community resources.

American Foundation for Suicide Prevention (AFSP)

Suicide prevention education, programs, research, survivor support, community resources, and resources for people affected by suicide loss.

AFSP — More Than Sad

Suicide prevention education designed to help parents and families recognize warning signs in teens, start conversations, and connect young people with appropriate help.

AFSP — Talk Away the Dark

Suicide prevention education and conversation resources designed to help people recognize warning signs, have a direct conversation, and connect someone to help.

Suicide Prevention Resource Center (SPRC)

Evidence-informed suicide prevention resources, toolkits, training materials, data, and resources for schools, communities, healthcare providers, and other professionals.

American Association of Suicidology (AAS)

Suicide prevention education, research, training, crisis and postvention resources, and support for suicide loss survivors.

YOUTH & SCHOOL SUICIDE PREVENTION

Pennsylvania Department of Education — Mental Health Resources

Resources for schools, educators, students, families, and school professionals addressing mental health, suicide prevention, grief, trauma, crisis intervention, and student wellness.

PA Act 71 — Youth Suicide Awareness & Prevention

Pennsylvania school requirements, prevention resources, professional development information, model policies, curricula, and youth suicide prevention resources.

After a Suicide: A Toolkit for Schools

Guidance for schools responding to a student or staff death by suicide, including communication, postvention, identifying students who may need additional support, and ongoing follow-up.

Coalition to Support Grieving Students

Resources specifically designed to help educators and school personnel support students who are grieving, including guidance following suicide and other traumatic deaths.

National Center for School Crisis and Bereavement

Resources and guidance for schools responding to death, grief, crisis, and traumatic events affecting students, staff, and school communities.

SUPPORT AFTER A SUICIDE LOSS

988 — Loss Survivors

Resources for people grieving after a suicide, including information about coping, finding support, and connecting with survivor resources.

AFSP — I've Lost Someone

Resources specifically for people who have lost someone to suicide, including information about grief, coping, supporting family members, and finding additional support.

AFSP — Healing Conversations

Peer support connecting people who have experienced a suicide loss with trained volunteers who have experienced a similar loss.

AFSP — Survivor Support & Support Groups

Support groups, survivor resources, and connections for individuals and families affected by suicide loss.

AFSP — Suicide Bereavement Resources

Information and resources addressing the unique grief that can follow a suicide death, including support for family members, friends, and other survivors.

AFSP — International Survivors of Suicide Loss Day

Resources and events connecting suicide loss survivors with others who understand the experience.

AFSP — Survivor Day Documentaries

Films featuring suicide loss survivors and families discussing grief, healing, connection, resilience, and continuing life after loss. Use discretion when sharing with children or adolescents; AFSP notes that some materials are not appropriate for younger children or youth currently struggling with suicidality.

CHILDREN & YOUTH EXPERIENCING GRIEF

National Alliance for Children's Grief (NACG)

National network supporting children, teens, families, and professionals affected by childhood bereavement.

NACG — Find Support

Searchable directory for grief support programs by location, age, service type, language, and other characteristics.

Coalition to Support Grieving Students

Practical resources for teachers, counselors, administrators, and other school professionals supporting grieving students.

Dougy Center — The National Center for Grieving Children & Families

Resources for children, teens, young adults, and families following the death of someone significant. Includes information about how children grieve, supporting grieving children, and finding grief support.

Sesame Workshop — Grief & Loss Resources

Age-appropriate resources for young children and families addressing death, grief, feelings, routines, and ways adults can support children following a loss.

National Child Traumatic Stress Network (NCTSN) — Childhood Traumatic Grief: Information For Parents & Caregivers

Resources for children and families experiencing traumatic grief and other traumatic events. Particularly useful when a death is sudden, violent, unexpected, or otherwise traumatic.

Coalition to Support Grieving Students

School-based guidance for supporting children and adolescents following death or other significant loss.

GRIEF AFTER A SUBSTANCE-RELATED DEATH

Partnership to End Addiction

Resources for families affected by substance use, including education, support, treatment navigation, and guidance for parents and caregivers. May be particularly relevant following an overdose or substance-related death.

GRASP — Grief Recovery After a Substance Passing

Peer support for people who have lost someone to substance use or an overdose. Provides opportunities for connection with others who have experienced similar losses.

Shatterproof

National nonprofit organization working to reverse the addiction crisis by improving access to evidence-based substance use disorder treatment, supporting prevention and recovery, reducing addiction stigma, and helping individuals and families navigate care. Shatterproof provides education and practical resources on addiction, treatment, recovery, and overdose prevention, along with its Treatment Atlas, a free tool for finding and comparing addiction treatment programs.

OASIS Community Center — Grief Support for Substance-Related Loss

Bethlehem-area community resource providing education, support, and grief services for individuals and families affected by substance use and substance-related loss. OASIS offers support specifically for people grieving a death related to overdose or other substance-related causes, including the Hopeful Hearts Grief Support Group for adults 18+. The organization also maintains resources for bereaved parents, young adults, children, and families and offers both in-

person and virtual support opportunities. Advance registration may be required for some groups.

LOCAL HOSPITAL & HOSPICE BEREAVEMENT PROGRAMS

Lehigh Valley Health Network (LVHN) — Bereavement Services

Provides emotional, psychological, and spiritual support for people coping with grief and loss. Services include individual, family, and couples counseling; bereavement groups; and additional grief programming. LVHN also offers specialized programs for children and families, including Grief & Grub and Camp Cocoon. Families should call 610-402-7481 for current programs, schedules, and registration information.

St. Luke's Hospice — Grief Support

Provides grief support and guidance at no cost to hospice families and members of the community. Services include adult support groups, short-term counseling for hospice families, workshops, educational programs, remembrance events, and grief resources available online. Call 484-526-2499 for current information.

Lehigh Valley Health Network (LVHN) — Grief Resources

Local grief and bereavement resource guide offering support for children, adolescents, parents/caregivers, and adults following the death of a loved one. Resources include Stepping Stones for Children (ages 6–10), Stepping Stones for Adolescents (ages 11–14), parent/guardian support, Giving Sorrow Words adult grief groups, and Memorial Art Groups. The guide also connects families to additional local and national grief supports, including St. Luke's grief groups, Cancer Support Community of the Greater Lehigh Valley, The Dougy Center, AFSP, and other youth support resources.

Contact: 610-402-7481

Location: 2024 Lehigh Street, Allentown, PA 18103

National Alliance for Care at Home (formerly NHPCO)

Provides education, information, and resources related to hospice, palliative care, end-of-life care, and support for patients and families. The organization was formed through the integration of the National Hospice and Palliative Care Organization (NHPCO) and the National Association for Home Care & Hospice.

LOCAL CHILDREN & FAMILY GRIEF SUPPORT

LVHN — Camp Cocoon

A grief-support program designed for children who have experienced a death loss. Contact LVHN Bereavement Services for current age requirements, dates, and registration.

LVHN — Grief & Grub

A grief-support program providing children and families with an opportunity to connect and process grief together. Contact LVHN Bereavement Services for current program information.

The Compassionate Friends

National peer-support organization for families grieving the death of a child, sibling, or grandchild. Local chapters and support opportunities can be located through the organization's chapter directory.

Luke William Hahn Foundation — Friendly Hearts Club Grief Program

School-based peer grief support for students in Kindergarten through 12th grade who have experienced the death of a loved one. Groups use age-appropriate discussion, art, music, journaling, literature, and remembrance activities to help children and teens cope with grief. Free of charge.

FAITH & COMMUNITY-BASED GRIEF SUPPORT

GriefShare

Faith-based grief support groups offered through churches and community congregations. Groups generally combine educational material, discussion, and peer support and are available in communities throughout the Lehigh Valley. Current schedules change frequently; use the online directory to identify an active group.

Diocese of Allentown — Bereavement Ministry

Provides information about parish-based bereavement ministries and grief-support opportunities within Catholic communities throughout the region.

GRIEF SUPPORT FOR SPECIFIC TYPES OF LOSS

Cancer Support Community of the Greater Lehigh Valley — Grief Support

Provides support for individuals and families affected by cancer, including grief programming for people coping with the death of someone from cancer.

GRIEF FOLLOWING A SUBSTANCE-RELATED DEATH

Loss following an overdose or substance-related death can involve grief, anger, guilt, stigma, confusion, trauma, or complicated feelings about the person's substance use.

Helpful supports may include:

- Individual or family grief counseling
- Peer grief support
- Overdose-loss survivor groups
- Substance-use family support groups
- Al-Anon
- Nar-Anon
- Hospice bereavement programs
- Faith/community support
- Mental health services
- Suicide or traumatic-loss support when appropriate

Related:

See 05 — Substance Use Prevention, Education & Recovery for treatment, recovery, overdose prevention, naloxone, and family support resources.

SUPPORTING A GRIEVING CHILD OR TEEN

Adults can help by:

- Listening without immediately trying to fix the situation
- Using clear, age-appropriate language about death
- Allowing children to ask questions repeatedly
- Avoiding phrases such as “be strong” or “move on”
- Maintaining routines when possible
- Giving children opportunities to remember and talk about the person who died
- Watching for changes in sleep, school functioning, behavior, mood, or relationships
- Checking in over time rather than only immediately after the loss
- Connecting the child or family with professional or peer support when needed

Important: Children and adolescents may express grief differently from adults. Changes in behavior, school performance, friendships, sleep, or emotional regulation may be signs that additional support is needed.

WHEN ADDITIONAL HELP MAY BE NEEDED

Consider additional professional support when grief is accompanied by:

- Persistent hopelessness or severe emotional distress
- Thoughts of suicide or self-harm
- Significant changes in functioning
- Severe anxiety, depression, or trauma symptoms
- Substance use or increased risk-taking
- Social withdrawal or isolation
- Persistent sleep or appetite changes
- Significant behavioral changes in children or adolescents
- Difficulty returning to school, work, or daily activities
- Safety concerns

For immediate emotional distress or a behavioral health crisis: Call or text 988.

For an immediate, life-threatening emergency: Call 911.

QUICK RESOURCE PATH

Immediate crisis → 988 / 911
Suicide prevention → AFSP / SPRC / Prevent Suicide PA
School response → PA Department of Education / After a Suicide Toolkit / Coalition to Support Grieving Students
Child or teen grief → NACG / NACG Find Support
Suicide loss → AFSP / 988 Loss Survivors / Healing Conversations
General bereavement → Hospice / Grief Counseling / Community or Faith-based support
Substance-related loss → Grief support + Section 05 resources

REMEMBER

Grief is not something to “fix.”
Support, connection, safety, understanding, and time matter.

RELATED:
01 — Immediate Help & Crisis Support
04 — Mental & Behavioral Health
05 — Substance Use Prevention, Education & Recovery
09 — School, Student & SAP Resources

7 — PHYSICAL HEALTH & WELLNESS

Resources supporting physical health, healthy development, nutrition, wellness, and access to healthcare.

HEALTHY CHILDREN & TEENS

CDC — Raising Healthy Children

Practical information for parents and caregivers on healthy growth, physical activity, oral health, immunizations, safety, school health, and healthy routines.

CDC — Raising Healthy Teens

Resources addressing adolescent health, physical activity, healthy routines, vaccines, school health, and other topics that support healthy development.

NUTRITION & HEALTHY EATING

Pennsylvania Department of Education — Food & Nutrition Resources

Resources for schools, families, and communities related to child nutrition, school meals, food programs, and healthy school environments.

Pennsylvania Department of Health — Healthy Living

State health information covering nutrition, physical activity, immunizations, oral health, adolescent health, tobacco prevention, and other healthy-living topics.

PHYSICAL ACTIVITY & HEALTHY ROUTINES

CDC — Physical Activity

Evidence-based information and practical resources promoting physical activity and healthy movement for children, adolescents, and families.

CDC — Healthy Schools

Resources helping schools promote physical activity, healthy eating, chronic-condition management, health services, and lifelong healthy habits.

ORAL HEALTH

Pennsylvania Department of Health — Oral Health

Information and resources supporting preventive oral health and access to dental care for children, adolescents, adults, and families.

IMMUNIZATIONS & PREVENTION

CDC — Vaccines & Immunizations

Evidence-based information about recommended vaccines, vaccine-preventable diseases, and immunization schedules for children, teens, and families.

SCHOOL HEALTH & WELLNESS

Pennsylvania — Whole School, Whole Community, Whole Child (WSCC)

Framework and resources supporting whole-child wellness through health education, physical activity, nutrition, health services, supportive environments, family engagement, and community partnerships.

CDC — Parents for Healthy Schools

Tools for schools and families to strengthen student health through parent engagement, nutrition, physical activity, health services, and healthy school environments.

CDC — What Works in Schools

School-based resources focused on quality health education, connecting students to health services, and creating safe and supportive school environments.

HEALTH LITERACY & EARLY PREVENTION

CDC — Adolescent & School Health

Resources and data supporting healthy development and prevention of health risks among adolescents, including school health, health education, physical activity, nutrition, sleep, and access to services.

PREVENTION CONNECTION

Healthy habits are protective factors.

Helping children and families build healthy routines, access preventive care, understand health information, and connect with supportive adults can strengthen well-being before concerns become crises.

YOUTH & PREVENTION

Resources that strengthen protective factors, build resilience, promote healthy development, and help young people feel connected, supported, empowered, and prepared to make positive choices.

8 — PREVENTION, YOUTH VOICE & POSITIVE YOUTH DEVELOPMENT

Resources that promote resilience, protective factors, youth leadership, youth voice, mentoring, life skills, healthy decision-making, and positive development.

LEHIGH VALLEY PREVENTION PROGRAMS

Center for Humanistic Change, Inc. (CHC) — Prevention Education & Life Skills

Lehigh Valley prevention programs providing youth with knowledge, life skills, and opportunities to make healthy, informed decisions. Programs use evidence-based and custom-designed education focused on resiliency, healthy choices, decision-making, and preventing substance misuse and other destructive behaviors.

Center for Humanistic Change, Inc. (CHC) — Mentoring Program

School-based K–12 mentoring in Lehigh and Northampton Counties. Trained adult mentors provide individual or small-group social-emotional support and prevention education using the SPARK curriculum, with emphasis on resilience, communication, problem-solving, decision-making, impulse control, healthy relationships, and coping skills.

Valley Youth House — Youth Education Program (YEP)

School- and community-based prevention program serving Lehigh and Northampton Counties. Provides classroom and small-group prevention education, STARs (Students Taking an Active Role), Tobacco Resistance Unit (TRU), community events, and other prevention programming. Services are provided at no cost to participating schools and community organizations.

YOUTH VOICE, LEADERSHIP & ADVOCACY

Student Voice Initiative

Lehigh Valley youth leadership organization helping high school students develop their voices through leadership training, identity exploration, storytelling, meaningful dialogue, and Youth Participatory Action Research (YPAR). Students identify issues that matter to them, conduct research, develop solutions, and share recommendations with school and community decision-makers.

Volunteer Center of the Lehigh Valley — YLEAD

Summer leadership and service program for Lehigh Valley high school students. Participants build leadership skills while completing service projects with local nonprofit organizations, developing peer connections, meeting community leaders, exploring career pathways, and contributing to their communities.

Volunteer Center of the Lehigh Valley — Youth Volunteer Council

Youth-led service and leadership opportunity connecting young people with community-service experiences throughout the Greater Lehigh Valley. Helps students understand community needs, develop leadership skills, and turn their interests into meaningful service.

Cohesion Network — Youth Development

Lehigh Valley organization focused on developing young leaders and supporting community-led solutions. Youth development work emphasizes character, leadership, relationships, community engagement, and opportunities for young people to contribute to stronger neighborhoods.

Promise Neighborhoods of the Lehigh Valley — Leadership Without Limits

Youth leadership program providing structured leadership development, mentoring, and opportunities for young people to give back to their communities. Connects youth leadership with violence prevention, positive relationships, and community engagement.

MENTORING & CARING ADULTS

Big Brothers Big Sisters of the Lehigh Valley

Youth mentoring organization providing supportive relationships between young people and caring adult mentors. Programs include community-based mentoring and group/after-school opportunities designed to build confidence,

connection, positive relationships, and developmental support.

Valley Youth House — Mentoring

Mentoring for Lehigh Valley youth ages 14–21 who are currently or formerly involved with the foster care system. Youth are matched with caring adults who provide consistent support, encouragement, guidance, and connection while helping young people build healthy relationships and navigate life challenges.

The Caring Place Youth Development Center

Allentown youth-development organization providing mentoring, academic support, enrichment, and opportunities for personal growth. Teen mentoring includes programs such as Boys to Men/Boys to Manhood and Sister to Sister, connecting young people with caring adult role models.

LIFE SKILLS, SKILL-BUILDING & POSITIVE ACTIVITIES

Community Bike Works

Youth mentoring and life-skills programming using bicycles as a hands-on tool for learning, responsibility, teamwork, confidence, and positive relationships. Earn a Bike and Junior Earn a Bike programs are offered at no cost to participating families.

Youth & Teen Renovations

Greater Lehigh Valley youth-development organization using a Positive Youth Development approach to provide mentoring, character development, educational support, life skills, structured activities, and positive relationships for youth and teens.

Fine Feather Foundation

Allentown youth-development organization focused on prevention, empowerment, mentorship, leadership, creative expression, academics, and opportunity. Programs include Excelsior, KINDRED, Far From Fatherless, Technology Tools Giveaway, and Generational Wealth Academy.

POSITIVE YOUTH DEVELOPMENT & RELATIONSHIPS

Search Institute — Developmental Relationships

Research-informed resources focused on the relationships young people need to grow and thrive. The Developmental Relationships Framework emphasizes expressing care, challenging growth, providing support, sharing power, and expanding possibilities.

Youth.gov — Positive Youth Development

Federal resources explaining Positive Youth Development and the role of supportive relationships, opportunities, skill-building, youth leadership, and positive environments in helping young people thrive.

EVIDENCE-BASED PREVENTION

Pennsylvania Commission on Crime and Delinquency (PCCD) — Preventing Delinquency

Pennsylvania resource highlighting evidence-based prevention and Blueprints for Healthy Youth Development programs. Supported prevention approaches address risk and protective factors including family conflict, bullying, life skills, aggression, and antisocial behavior.

Pennsylvania Youth Prevention Summit / Young Professionals Prevention Alliance

Statewide opportunity connecting young people with prevention leadership, peer networking, training, advocacy, and civic engagement. The program provides opportunities for youth-serving organizations to involve young people in shaping prevention priorities and bringing youth perspectives to state leaders.

POSITIVE YOUTH DEVELOPMENT IN PRACTICE

Prevention is more than preventing a problem.

Young people are more likely to thrive when they have:

- Caring and consistent adults
- Positive peer relationships
- A sense of belonging
- Opportunities to lead
- Meaningful activities and responsibilities

- Opportunities to serve their communities
- Skills for decision-making and problem-solving
- Safe places to learn, connect, and grow
- Adults who listen to and value their perspectives
- Opportunities to discover strengths, interests, and purpose

Youth voice is prevention.
Connection is prevention.
Mentoring is prevention.
Skill-building is prevention.
Belonging is prevention.

9 — SCHOOL, STUDENT & SAP RESOURCES

Resources supporting students, families, educators, SAP teams, school-based prevention, academic success, student safety, and connection to appropriate school and community supports.

PENNSYLVANIA STUDENT ASSISTANCE PROGRAM

Pennsylvania Student Assistance Program (SAP)

A systematic school-based process designed to identify barriers that interfere with a student's academic and personal success and connect students and families with appropriate school and community supports. SAP can address concerns involving mental health, substance use, behavior, attendance, academics, social concerns, grief and loss, physical health, bullying, self-harm, and other factors affecting student functioning. **SAP is not treatment and does not diagnose students.** SAP teams help identify concerns, gather information, develop coordinated recommendations, and connect students and families with appropriate resources.

Pennsylvania Network for Student Assistance Services (PNSAS)

Statewide training, technical assistance, consultation, and resources supporting Pennsylvania Student Assistance Program teams and SAP professionals.

STUDENT SAFETY & EARLY IDENTIFICATION

Safe2Say Something Pennsylvania

Anonymous reporting system that allows students, educators, parents, and community members to report concerns about threats, violence, self-harm, bullying, and other potentially dangerous situations. Reports are reviewed and routed to appropriate school and emergency personnel.

PA Department of Education — School Climate & Student Well-Being

Pennsylvania resources addressing school climate, student well-being, prevention, behavioral health, school safety, and supportive learning environments.

LEHIGH VALLEY SCHOOL & STUDENT SUPPORT

Center for Humanistic Change, Inc. (CHC) — SAP Services

Lehigh Valley prevention organization providing SAP liaison services, SAP support and training, prevention education, consultation, and connections to community resources.

Valley Youth House — School & Youth Services

Lehigh Valley youth-serving organization providing school-based and community services that may include prevention education, school-based counseling, mentoring, attendance support, trauma-focused services, family-based services, and other youth supports.

Communities In Schools of Eastern Pennsylvania

School-embedded student-support organization using an integrated student-support approach to connect students and families with academic, behavioral, attendance, basic-needs, and community resources.

INTERMEDIATE UNITS & EDUCATIONAL SUPPORT

Carbon Lehigh Intermediate Unit 21 (CLIU 21)

Regional educational service agency supporting schools, students, families, and educators in Carbon and Lehigh Counties. Services include special education, early intervention, transition support, professional development, and other educational and student-support services.

Colonial Intermediate Unit 20 (CIU 20)

Regional educational service agency serving Northampton, Monroe, and Pike Counties. Provides special education and related services, early intervention, school-based supports, transition services, professional learning, and other educational resources.

SCHOOL-BASED BEHAVIORAL HEALTH

Lehigh Valley School-Based Mental Health Collaborative

Resource connecting schools and behavioral health providers to support students' mental health needs within or connected to the school environment.

Valley Youth House — School-Based Counseling

School-connected counseling services designed to reduce barriers to accessing behavioral health support and help students receive assistance within their school/community environment.

Pinebrook Family Answers — School-Based Behavioral Health

Provides behavioral health services for children and youth, including school-based services and family-centered supports.

Access Services — Behavioral Health Services

Provides behavioral health and family-centered services for children and youth experiencing emotional or behavioral challenges.

K/S-MST, Inc. — Multisystemic Therapy (MST)

Provides intensive, family- and community-based therapy for youth ages 12–17 experiencing significant behavioral, emotional, family, school, peer, or substance-use concerns. Serves **Lehigh and Northampton Counties** and works collaboratively with families, schools, Children & Youth, Juvenile Probation, and behavioral health providers.

YOUTH ADVOCACY & WRAPAROUND SUPPORT

Youth Advocate Programs (YAP)

Provides individualized, community-based support for youth and families. School-connected services may address attendance, behavior, violence prevention, life skills, mental health, mentoring, and other barriers to success.

Youth MOVE Pennsylvania

Youth-led organization promoting youth voice and participation in behavioral health systems. Provides opportunities for young people to develop leadership, advocacy, self-advocacy, and peer-support skills.

Pinebrook Family Answers — High-Fidelity Wraparound

Team-based support that brings families, youth, and professionals together to identify strengths, coordinate services, and create an individualized plan for youth with complex needs.

Child & Family Focus

Provides family-focused behavioral health and community-based services for children, youth, and families.

PA Child & Adolescent Service System Program (CASSP)

Helps coordinate services across behavioral health, education, child welfare, juvenile justice, and other systems while incorporating youth and family voice.

Youth Engaged 4 Change

Connects young people with opportunities to use their experiences and voices in advocacy, systems improvement, and community change.

STUDENT & FAMILY ADVOCACY

PA Parent and Family Alliance

Family-led support and advocacy resources helping families navigate children's behavioral health systems and participate meaningfully in planning and decision-making.

PA Families, Inc.

Pennsylvania family advocacy and support organization providing information, education, and family-to-family support related to children's behavioral health and service systems.

Youth Advocate Program

Provides advocacy, mentoring, and individualized support for young people and families, including community-based and school-connected services.

The Arc — One-to-One Advocacy

Individualized advocacy and guidance for eligible individuals and families navigating disability, education, and adult-service systems.

ACADEMIC, ATTENDANCE & SCHOOL SUCCESS

School-Based Academic Supports

Students may be connected to existing school resources such as:

- Academic intervention
- Tutoring
- Title I services
- IEP/504 supports
- Speech and language services
- School counseling
- School psychology
- School social work
- Nursing/health services
- Mentoring
- Skill-building groups
- Attendance interventions
- Career and transition services

Attendance Support

When attendance becomes a concern, schools and SAP teams can explore transportation, family stress, health, mental health, bullying, housing instability, academic difficulty, school climate, employment/caregiving responsibilities, and other barriers before assuming the problem is simply motivation.

Education Law Center-PA — School Attendance & Truancy

A 2026 guide explaining attendance and truancy laws, student and family rights, and available school-based interventions and supports.

Valley Youth House — Attendance Support Program

Supports school-identified youth experiencing attendance barriers. Services may include tutoring, mentoring, counseling, and family support to help identify and address barriers to regular school attendance.

Pinebrook Family Answers — Making the Grade

Truancy-reduction and family-support program for elementary and middle school students at risk for chronic absenteeism, truancy, or academic failure. Provides in-home support, attendance action planning, family support, and connections to school and community resources.

JusticeWorks — Check & Connect

Evidence-based student engagement and truancy intervention using structured mentoring to improve attendance, school engagement, academic performance, and connection to school.

Pennsylvania Department of Education — School Attendance & Truancy Resources

Provides attendance guidance, best practices, the Pennsylvania School Attendance Improvement and Truancy Reduction Toolkit, and resources for schools, families, and community partners.

Attendance Works

Provides research-informed tools for schools, families, and community organizations addressing chronic absenteeism, student engagement, mentoring, attendance teams, and family outreach.

TRANSITION & CAREER SUPPORT

CLIU 21 — Transition Services

Resources supporting students as they prepare for life after high school, including education, employment, independent living, and connection to adult services.

PA CareerLink® Lehigh Valley

Employment, career exploration, training, and workforce-development resources for eligible youth and young adults.

Job Corps

A federally funded, tuition-free education and career-training program for eligible young people ages 16–24. Provides academic support, hands-on career training, employability skills, and career transition services. Lehigh Valley residents can connect with Job Corps through PA CareerLink Lehigh Valley.

STUDENT COMMUNITY ENGAGEMENT

Aevidum — Student-Led School & Community Engagement
Pennsylvania & National
A student-led initiative helping schools build cultures of care, connection, acceptance, and advocacy. Students can participate in Aevidum clubs, develop school campaigns, and take an active role in creating supportive school communities.

Volunteer Center of the Lehigh Valley — Youth Volunteer Opportunities
Lehigh Valley
Connects young people with current volunteer opportunities by cause, location, age, and type of service.

United Way of the Greater Lehigh Valley — TeenWorks™
Lehigh Valley
Student-led community service and leadership program helping teens develop projects, leadership skills, and meaningful connections while giving back to their communities.

Allentown Public Library — Teen Advisory Board
Allentown
Middle and high school students volunteer through library programs, children's activities, STEM programs, special events, and community projects.

Lehigh Valley Zoo — Youth Volunteer Opportunities
Lehigh County
Volunteer opportunities for ages 14+ supporting conservation education, visitor activities, special events, and the zoo community.

Friends of the Allentown Parks — Community Service
Allentown
Opportunities to participate in park improvement, environmental stewardship, trails, landscaping, and community volunteer projects.

Pennsylvania Outdoor Corps
Pennsylvania
For young people ages 15–25; combines conservation service with teamwork, leadership, hands-on experience, and career preparation.

Pennsylvania DCNR — Conservation Volunteer Opportunities
Pennsylvania
Volunteer opportunities involving parks, trails, conservation, environmental stewardship, and outdoor service.

PennSERVE — Service Opportunities
Pennsylvania
Connects Pennsylvanians with AmeriCorps-supported service opportunities in education, health, community development, and other areas

Lehigh Valley Health Network — High School Volunteer Program
Lehigh Valley
Volunteer opportunities for high school students ages 16+ to serve patients, families, and healthcare communities.

St. Luke's University Health Network — Student Volunteer Opportunities
Lehigh Valley
Volunteer opportunities for students and young people to support patients, families, visitors, and hospital programs while gaining experience in a healthcare setting.

Phoebe Ministries — Junior Volunteer Program
Allentown
Volunteer opportunities for young people ages 13–17 to serve older adults and gain experience in a healthcare and community setting.

FOR EDUCATORS & SAP TEAMS

Services in Schools — Considerations for Schools and Providers

Resources supporting collaboration between schools and community behavioral health providers, including considerations for connecting students with services while maintaining appropriate school roles, boundaries, confidentiality, and coordination.

PA SAP Resources

SAP teams can use state guidance, training, liaison support, referral resources, and community partnerships to strengthen the SAP process and improve continuity between school and community supports.

WHEN A STUDENT NEEDS MORE THAN SCHOOL CAN PROVIDE

Schools and SAP teams may identify concerns that require specialized services beyond what the school can provide directly.

Depending on the student's needs, families may need connection to:

- Behavioral health assessment
- Mental health treatment
- Substance use assessment or treatment
- Medical or physical health care
- Crisis services
- Family-based services
- Children and Youth Services
- Disability and developmental services
- Housing or basic-needs assistance
- Victim services
- Grief and bereavement support
- Specialized educational or developmental services

The goal is not simply to make a referral.

The goal is to help the student and family understand:

- What the service provides
- Why it is being recommended
- How to access the service
- What to expect
- What barriers may prevent access
- What school or community supports may help with follow-through

PREVENTION CONNECTION

Schools are one of the most important prevention environments in a young person's life.

Prevention happens when schools:

- Notice concerns early
- Build trusting relationships
- Strengthen belonging and connection
- Teach practical skills
- Engage families
- Listen to student voice
- Address barriers to attendance and learning

- Connect students with caring adults
- Coordinate school and community supports
- Respond before concerns become crises

A student does not need to be in crisis to deserve support.

IMPORTANT

SAP is a school-based identification, intervention, and referral process — not a treatment program. School personnel should follow their district's policies, SAP procedures, mandated-reporting requirements, confidentiality requirements, and emergency protocols. SAP recommendations should be made within the team's role and should not replace professional assessment, diagnosis, or treatment when those services are needed.

For immediate crisis support:
See 01 — Immediate Help & Crisis Support

For mental and behavioral health resources:
See 04 — Mental & Behavioral Health

For youth prevention and positive development:
See 08 — Prevention, Youth Voice & Positive Youth Development

10— HEALTHY RELATIONSHIPS, VIOLENCE & EXPLOITATION PREVENTION

Resources that help children, teens, families, schools, and communities build healthy relationships, understand boundaries and consent, recognize unsafe or abusive situations, prevent violence and exploitation, and connect with support when harm occurs.

HEALTHY RELATIONSHIPS, BOUNDARIES & CONSENT

Pennsylvania Department of Health — Healthy Teen Relationships
Provides information and prevention programming focused on healthy relationships, adolescent development, healthy life skills, and prevention of teen dating violence. Pennsylvania uses evidence-informed programs such as Dating Matters and Safe Dates to help young people develop healthy relationship skills before dating begins.

love is respect
A resource for young people ages 14–24 focused on healthy relationships, boundaries, communication, consent, dating abuse, safety planning, and supporting friends. Provides education, interactive tools, and confidential support by phone, text, and chat.

RAINN — Healthy Relationships, Consent & Sexual Violence Prevention
Provides age-appropriate education about consent, boundaries, sexual violence, warning signs, bystander intervention, safer dating, and supporting someone who has experienced sexual violence.

AMAZE
Youth-focused educational resources addressing healthy relationships, communication, consent, personal safety, puberty, sexuality, and other topics affecting young people.

TEEN DATING VIOLENCE & RELATIONSHIP SAFETY

Turning Point of Lehigh Valley — Youth Services
Provides supportive and confidential services for children and teens who have experienced or been affected by domestic or intimate partner violence. Services include individual counseling, school-based advocacy, and youth programs that help young people explore healthy relationships, build emotional resilience, and develop their own voices.

love is respect — Teen Dating Abuse Support
Provides confidential support for teens, young adults, parents, educators, counselors, and friends who have questions or concerns about dating abuse. Resources include healthy relationship education, warning signs, safety planning, and ways to support someone experiencing abuse.

Important prevention topics for students:

- Healthy vs. unhealthy relationships
- Boundaries and respect
- Consent and bodily autonomy
- Communication and conflict resolution
- Jealousy, control, isolation, and manipulation
- Coercion and pressure
- Digital abuse and monitoring
- Supporting a friend
- When and how to seek help

DOMESTIC & INTIMATE PARTNER VIOLENCE

Turning Point of Lehigh Valley
A local domestic and intimate partner violence agency providing confidential support for survivors and their children. Services include a 24-hour helpline, emergency safe house, counseling and support groups, legal advocacy, medical advocacy, youth services, and community education.

Crime Victims Council of the Lehigh Valley (CVC)
Provides free and confidential services to people affected by crime and violence, including sexual assault and domestic violence. Services include crisis response, counseling, advocacy, hospital and court accompaniment, support groups, and prevention education.

Pennsylvania Office of Victim Services — Domestic Violence & Intimate Partner Violence

Provides information about domestic violence, dating abuse, family violence, stalking, coercive control, Protection From Abuse (PFA) orders, and locating local domestic violence programs.

National Domestic Violence Hotline

Provides confidential support, information, safety planning, and referrals for people experiencing domestic violence, as well as friends, family members, and professionals seeking guidance.

SEXUAL ASSAULT, ABUSE & EXPLOITATION

Crime Victims Council of the Lehigh Valley

Provides crisis intervention, counseling, advocacy, support groups, hospital accompaniment, court advocacy, and prevention education for survivors of sexual assault and other crimes.

RAINN — Rape, Abuse & Incest National Network

Provides education, prevention resources, survivor support, information about sexual violence, consent and boundaries, and the National Sexual Assault Hotline.

Pennsylvania ChildLine — Child Abuse & Neglect

Pennsylvania's statewide system for reporting suspected child abuse or neglect and connecting concerns involving children to the child welfare system.

Keep Kids Safe | Department of Human Services | Commonwealth of Pennsylvania

Provides information for parents, caregivers, educators, mandated reporters, and community members regarding child abuse prevention, recognition, reporting responsibilities, and keeping children safe.

CHILD ADVOCACY & SUPPORT FOR CHILDREN WHO EXPERIENCE ABUSE

Child Advocacy Center of Lehigh County

A child-focused resource within the child protection system designed to coordinate support for children and families involved in concerns related to child abuse and exploitation.

Child Advocacy / Multidisciplinary Response

When a child may have experienced abuse or exploitation, specialized child advocacy services can help coordinate appropriate medical, forensic, behavioral health, family, and investigative responses while reducing the need for children and families to navigate multiple systems alone.

Prevention Connection - Children Should Know:

- Their bodies belong to them.
- They can talk to a safe adult.
- Unsafe secrets should not have to be kept.
- They can say no to unwanted touch.
- Abuse is never the child's fault.
- Asking for help is a strength.

HUMAN TRAFFICKING & EXPLOITATION

Valley Against Sex Trafficking (VAST)

A local anti-trafficking organization identified in Pennsylvania's statewide anti-trafficking network. VAST provides outreach, education, survivor support, and connections to community resources for individuals affected by or at risk of sex trafficking.

Lehigh Valley Anti-Trafficking Collaborative (LVAT)

A multidisciplinary community collaboration focused on raising awareness, educating the public, supporting survivor voices, and strengthening the community response to human trafficking. Participating organizations include local survivor-service and victim-advocacy organizations.

ASPIRE to Autonomy

A local human-services organization supporting individuals affected by human trafficking, exploitation, and related crises through community intervention, advocacy, education, and trauma-informed services.

Bloom for Women

Provides trauma-informed services and support for women who have experienced sex trafficking and sexual exploitation, including stabilization, safe housing, community support, education, and advocacy.

Pennsylvania Office of Victim Services — Human Trafficking

Provides information about human trafficking, survivor resources, reporting options, and Pennsylvania's anti-trafficking response.

National Human Trafficking Hotline

Provides confidential assistance, referrals, and reporting support related to human trafficking.

Prevention Connection - Trafficking Prevention Includes Helping Young People Recognize:

- Manipulation and grooming
- Excessive control or isolation
- Exploitative relationships
- Promises of money, housing, transportation, or opportunities used to gain control
- Pressure to provide sexual images or sexual acts
- Relationships that become controlling very quickly
- Unsafe situations involving adults or peers who exploit vulnerability

BULLYING, HARASSMENT & PEER SAFETY

StopBullying.gov

Provides evidence-informed information for students, parents, educators, and communities about bullying prevention, cyberbullying, warning signs, responding to bullying, and creating safer school environments.

Bullying Prevention — Pennsylvania Department of Education

Provides school-based resources addressing school climate, student well-being, belonging, safety, and supportive learning environments.

Safe2Say Something

A statewide reporting system that allows students and adults to report concerns involving school safety, including bullying, threats, violence, and other situations that may place students or school communities at risk.

Mikayla's Voice

Promotes diversity, kindness, inclusion, and friendship for everyone. Its message can support broader prevention efforts around acceptance, belonging, and respectful peer relationships.

PBIS World

Resource for addressing bullying/aggression, conflict resolution, coping skills, social skills, et cetera. Can complement school-wide prevention efforts by helping students develop positive interpersonal and behavioral skills.

RULER Approach

Approach for creating emotionally intelligent schools. Supports the development of emotional awareness and skills that contribute to healthy relationships and positive school climate.

Prevention Connection - How Bullying Prevention Is Strengthened When Schools Build:

- Belonging
- Respect
- Student voice
- Caring adult relationships
- Inclusive environments
- Clear expectations
- Bystander skills
- Safe reporting pathways

FOR EDUCATORS, SAP TEAMS & OTHER HELPING PROFESSIONALS

Supporting a Student Experiencing Dating Abuse

Educators and school professionals may encounter students experiencing dating abuse, sexual violence, harassment, exploitation, or family violence. Professionals should understand their district's reporting procedures, mandated-reporting responsibilities, Title IX obligations when applicable, confidentiality limits, and available community supports.

Prevention Education

Schools and community organizations can use healthy-relationship and violence-prevention education to teach students skills before a crisis occurs.

Helpful topics include:

- Healthy relationships
- Consent and boundaries
- Respectful communication
- Recognizing coercion and control
- Bystander intervention
- Help-seeking
- Safety planning
- Recognizing grooming and exploitation
- Supporting a friend
- Understanding when an adult needs to become involved

When a Student Discloses Harm:

Listen calmly.
Take the disclosure seriously.
Avoid promising secrecy.
Follow school/district reporting procedures and mandated-reporting requirements.
Connect the student with appropriate professional and community support.
Prioritize immediate safety when necessary.

IMPORTANT

A prevention resource is not a substitute for emergency response, mandated reporting, medical care, forensic services, legal advocacy, or professional treatment when those services are needed.

For immediate danger, call 911.

For crisis support, see Section 01 — Immediate Help & Crisis Support.

For mental and behavioral health support, see Section 04 — Mental & Behavioral Health.

For digital abuse, online grooming, sextortion, and technology-facilitated exploitation, see Section 11 — Digital Safety & Social Media.

For family and caregiver resources, see Section 12 — Family & Parenting.

11 — DIGITAL SAFETY & SOCIAL MEDIA

Resources that help children, teens, families, educators, and communities navigate technology, social media, online relationships, digital citizenship, privacy, cyberbullying, and online exploitation safely and responsibly.

DIGITAL SAFETY & DIGITAL CITIZENSHIP

SmartSocial

A resource for parents, educators, and schools focused on helping children and teens use social media more safely. Provides information about social-media platforms, online risks, privacy, safety settings, and strategies for adults supporting young people online.

Children and Screens: Institute of Digital Media and Child Development

Provides research, education, and practical resources for parents, caregivers, educators, and professionals addressing children's and adolescents' use of digital media, including social media, gaming, screen use, and online well-being.

Shape The Sky

Provides resources for parents, caregivers, and professionals to help children develop safe and responsible online behaviors and navigate technology in healthy ways.

Common Sense Education / Common Sense Media

Provides family and educator resources related to digital citizenship, media literacy, online safety, privacy, social media, gaming, and age-appropriate technology use.

MEDIA LITERACY & CRITICAL THINKING

Kite & Key Media

A media-literacy resource that can support young people in thinking critically about the media, messages, information, and content they encounter.

Digital Citizenship & Media Literacy

Young people increasingly encounter information, advertising, entertainment, social commentary, and peer communication through digital platforms. Prevention can help students develop the ability to:

- Question what they see and hear online
- Recognize misinformation and manipulation
- Understand how algorithms and social platforms influence what they see
- Protect personal information and privacy
- Think about the permanence of a digital footprint
- Communicate respectfully online
- Pause before posting, sharing, or forwarding
- Recognize when online content or interactions become unsafe

SOCIAL MEDIA, ONLINE RELATIONSHIPS & DIGITAL WELL-BEING

Love Is Respect

Provides resources for young people about healthy relationships, boundaries, consent, dating abuse, and digital relationship behaviors. Helpful topics include digital monitoring, controlling behavior, online harassment, and maintaining healthy boundaries in technology-mediated relationships.

TeenHealthFX

A youth health resource connected that provides information for teens on health, relationships, sexuality, emotional well-being, and other issues affecting adolescents.

Scarleteen

A youth-focused resource providing information and education related to relationships, sexuality, consent, communication, boundaries, and sexual health.

AMAZE

Provides age-appropriate educational resources for young people addressing relationships, communication, consent, personal safety, puberty, sexuality, and healthy decision-making.

ONLINE EXPLOITATION & SEXUAL SAFETY

National Center on Sexual Exploitation (NCOSE)
A resource addressing sexual exploitation and related harms. Provides education and advocacy resources concerning pornography, exploitation, trafficking, and the impact of sexually exploitative material.

National Center for Missing & Exploited Children (NCMEC) — NetSmartz
Provides age-appropriate online-safety education addressing online enticement, sextortion, cyberbullying, gaming, livestreaming, inappropriate content, and reporting concerns.

NCMEC — CyberTipline
Provides a reporting pathway for suspected child sexual exploitation and online enticement.

NCMEC — Take It Down
A service designed to help stop the online sharing of nude, partially nude, or sexually explicit images or videos taken when a person was under 18.

Prevention Connection - Young People Should Understand That Online Exploitation Can Involve:

- Grooming and manipulation
- Excessive attention or flattery
- Requests to move conversations to private platforms
- Requests for personal or sexual information
- Pressure to send images
- Threats or blackmail
- Attempts to isolate a young person from trusted adults
- Fake identities or misleading relationships
- Exploitation through gaming, livestreaming, or social media

If a young person is exploited or manipulated online, the responsibility belongs with the person who exploited them—not the child or teen.

FOR PARENTS & CAREGIVERS

Parents do not need to know every app, trend, or platform to have meaningful conversations with their children.

Helpful prevention conversations include:

- What apps and platforms are you using?
- Who do you interact with online?
- What information should stay private?
- What would you do if someone made you uncomfortable?
- What should you do if someone asks for a picture?
- What should you do if someone threatens you?
- How can you help a friend who is being bullied online?
- What should you do if something online feels wrong?
- Which trusted adults can you go to?

The goal is not simply to control technology use. The goal is to help young people develop the skills, judgment, boundaries, and confidence to navigate digital spaces safely.

FOR EDUCATORS & SAP TEAMS

Digital concerns may appear at school even when the original interaction happened outside school.

Examples include:

- Cyberbullying
- Online harassment
- Social-media conflicts
- Digital dating abuse
- Sextortion
- Sharing of sexual images
- Online grooming
- Threats
- Impersonation
- Gaming-related concerns
- Exposure to harmful or exploitative content

School personnel should follow district policies, reporting procedures, mandated-reporting requirements, and emergency protocols.

When a student discloses online exploitation or sextortion:

Listen. Don't shame. Don't blame. Don't promise secrecy. Follow required reporting procedures. Connect the student with appropriate support.

PREVENTION CONNECTION - Digital Safety Is Prevention

Young people need more than rules about phones and social media. They need - Knowledge • Critical Thinking • Healthy Boundaries • Media Literacy • Privacy Awareness • Supportive Adults • Help-Seeking Skills • Digital Citizenship

A strong prevention approach helps students understand both the opportunities and the risks of technology while giving them practical skills to make safer decisions.

IMPORTANT

For healthy relationships, consent, dating violence, sexual violence, and exploitation prevention, see Section 10 — Healthy Relationships, Violence & Exploitation Prevention.

For school-based support, SAP, Safe2Say, and student safety, see Section 09 — School, Student & SAP Resources.

For mental health and emotional well-being, see Section 04 — Mental & Behavioral Health.

For immediate crisis support, see Section 01 — Immediate Help & Crisis Support.

FAMILY & COMMUNITY

Strong families and connected communities help children and young people thrive. Families, caregivers, schools, and community partners all play an important role in creating the relationships, resources, and opportunities that support healthy development and prevention. This section brings together resources that help families meet everyday needs, strengthen relationships, navigate systems, support children and youth, and build connection and resilience. Whether a family is looking for parenting support, child development resources, housing or financial assistance, culturally and linguistically responsive services, or support for a child with a disability or developmental need, help is available.

Prevention is stronger when families are supported and communities are connected.

12 — FAMILY & PARENTING

Parenting, caregiving, child development, family support, family education, and resources for raising and supporting children and youth.

PARENTING EDUCATION & FAMILY CONNECTION

Caring Place Youth Development Center

Family- and youth-focused programming that supports healthy development, positive relationships, and community connection.

LINCS Family Center

Family-centered support and education designed to strengthen families, promote healthy development, and connect caregivers with community resources.

Bright Hope — Parenting Resources

Parenting education and family support resources designed to help caregivers strengthen relationships, respond to family challenges, and support children and youth.

Operation Parent

Prevention-focused parent education designed to help caregivers navigate topics affecting children and teens, including technology, mental health, substance use, relationships, and risky behaviors. Offers practical conversation tools, parent handbooks, webinars, and resources for families, schools, and prevention professionals.

Penn State Extension — Children & Families

Research-based parenting and family resources covering child development, early childhood, family resilience, stress, nutrition, child care, education, substance use prevention, and other issues affecting children and families.

Nemours KidsHealth

Parent-friendly information about children's health, behavior, development, growth, emotional well-being, and common health concerns from infancy through adolescence.

Parenting.org

Parenting education and practical resources addressing child development, communication, discipline, family relationships, and everyday parenting challenges.

EARLY CHILDHOOD, CHILD CARE & SCHOOL READINESS

Community Services for Children (CSC)

Early childhood education and family-support services, including Head Start, Early Head Start, family engagement, and connections to community resources.

Early Learning Resource Center — Region 14

A one-stop resource for families seeking child care, early learning opportunities, financial assistance with child care, Head Start, Early Head Start, Pre-K Counts, Early Intervention, and other early childhood supports.

Pennsylvania's Promise for Children

Parenting information and resources supporting children's healthy development, early learning, family engagement, and school readiness.

Pennsylvania Early Intervention

Supports families of children from birth to age five who have developmental delays or disabilities through individualized services, coaching, and family-centered supports.

PARENT & CAREGIVER SUPPORT

PA Parent and Family Alliance

Free parent peer support for families raising children and teens experiencing behavioral, emotional, or school-related challenges. Trained Parent Peers help caregivers understand services, prepare for school meetings, identify resources, and navigate systems. A diagnosis is not required to seek support.

PA Families Inc.

Statewide family network supporting families raising children and youth with emotional, behavioral, and special needs. Provides family-to-family support, information, education, advocacy, and help navigating child-serving systems.

PA KinConnector

Information and support for kinship caregivers raising relatives' or loved ones' children, including connections to resources and assistance navigating systems.

National Federation of Families

Family-led advocacy, education, and support focused on improving behavioral health systems and strengthening the voice of families raising children and youth with behavioral health needs.

FAMILY MENTAL HEALTH & EMOTIONAL WELL-BEING

LVHN — Raising a Family

Parent education, workshops, classes, and support opportunities for expectant parents, new parents, experienced parents, grandparents, and other caregivers. Topics include preparing for childbirth and baby care, parenting, child development, and family well-being.

St. Luke's — Family & Child Health Resources

Family-centered pediatric and child health services, educational resources, and supports for children and caregivers.

St. Luke's Nurse-Family Partnership

Nurse-led home visiting program supporting eligible families during pregnancy and through a child's first two years. Provides parenting education, guidance, health education, and family support.

Harvard University — Center on the Developing Child

Research-based resources explaining child development, brain development, resilience, relationships, toxic stress, and the importance of responsive caregiving.

Little Otter

Whole-family mental health care for children, teens, parents, and caregivers. Little Otter provides virtual therapy, psychiatry, and parent coaching, with support for concerns such as anxiety, depression, trauma, ADHD, behavioral challenges, stress, family relationships, parenting challenges, and parent-child communication. Services are available across different developmental stages, including early childhood, school-age children, adolescents, and parents.

Prevention Connection: Early support can help families recognize concerns, strengthen parent-child relationships, develop healthy coping skills, and connect with appropriate care before challenges become more serious.

PARENTING, BEHAVIOR & POSITIVE DEVELOPMENT

Be Strong Families

Family-strengthening education, webinars, and resources focused on protective factors, resilience, healthy relationships, and family well-being.

Zero to Three

Resources for parents, caregivers, and professionals supporting infants and toddlers, including child development, responsive caregiving, early learning, and family well-being.

ADDitude

Parenting and education resources addressing ADHD, executive functioning, behavior, school concerns, and strategies

for supporting children and teens.

Watson Institute — Special Education & Autism Resources

Family and professional resources related to special education, autism, developmental needs, behavior, and supporting children with disabilities.

FAMILY HEALTH, NEW PARENTS & CAREGIVING

LVHN — Preparing for Labor, Childbirth, Baby Care & Breastfeeding

Classes and educational resources supporting families before and after childbirth, including childbirth preparation, newborn care, breastfeeding, and family adjustment.

St. Luke's Baby & Me Support Center

Parent and infant support including breastfeeding/lactation education, classes, appointments, and support groups designed to promote family health and well-being.

Nemours KidsHealth — Parents

Accessible health information for parents and caregivers covering physical health, development, behavior, mental health, nutrition, safety, and common childhood and adolescent concerns.

FAMILY SUPPORT, BASIC NEEDS & CONNECTION TO COMMUNITY

Parenting does not happen in isolation. Families may need help with food, housing, health care, child care, transportation, employment, financial assistance, or other stressors that affect family well-being.

When a family's needs extend beyond parenting education, connect caregivers to:

- PA 211 — statewide resource navigation
- Pennsylvania Department of Human Services — family assistance and benefits
- Community Services for Children — early childhood and family supports
- Valley Youth House — family and youth services
- Lehigh and Northampton County Human Services
- Local Children & Youth Services
- WIC and nutrition assistance
- Housing and homelessness resources
- Behavioral health and substance use services

See Section 13 — Basic Needs, Housing & Financial Support for additional resources.

PARENTING ACROSS DEVELOPMENTAL STAGES

Young Children

Focus on:

- Attachment and responsive caregiving
- Child development
- Early learning
- Routines and consistency
- Positive discipline
- Language and communication
- Safe sleep and child safety
- Early intervention
- School readiness

School-Age Children

Focus on:

- School adjustment
- Emotional regulation

- Friendships and peer relationships
- Bullying prevention
- Healthy technology habits
- Family routines
- Positive discipline
- Building confidence and independence

Adolescents & Teens

Focus on:

- Communication and trust
- Mental health
- Substance use prevention
- Social media and technology
- Healthy relationships
- Sexual health and safety
- Peer pressure
- Risk-taking and decision-making
- Academic stress
- Identity and belonging
- Help-seeking

PREVENTION STARTS AT HOME

Parents and caregivers are an important part of prevention.

Prevention is not only about responding when something goes wrong. It also means building protective factors before a crisis occurs.

Families can strengthen prevention by:

- Staying connected and present
- Creating predictable routines and clear expectations
- Talking openly about difficult topics
- Listening before reacting
- Teaching healthy coping and problem-solving
- Modeling healthy communication
- Setting appropriate boundaries
- Knowing a child's friends, activities, and online environments
- Encouraging positive relationships with trusted adults
- Supporting healthy decision-making
- Asking for help early rather than waiting for a crisis

Connection is Prevention.

A strong relationship with a caring adult can become one of the most important protective factors in a young person's life.

FOR PARENTS & CAREGIVERS

You do not have to know everything before you start the conversation.

Try: Ask. Listen. Stay Curious. Connect.

When a child or teen brings you something difficult:

- Pause before reacting.
- Listen to what they are really trying to communicate.
- Ask open-ended questions.
- Avoid immediately jumping to punishment or solutions.
- Let them know they can come back to you.
- Connect them with additional support when needed.

Behavior is communication.

A change in behavior may be an opportunity to ask what is happening beneath the surface.

FOR EDUCATORS & SAP TEAMS

Schools and SAP teams can strengthen family engagement by:

- Sharing parent-friendly resources early
- Normalizing help-seeking
- Connecting families to community supports
- Including caregivers in appropriate planning
- Providing culturally and linguistically responsive information
- Helping families understand available school and community services
- Encouraging communication between school, family, and providers
- Connecting families to more intensive supports when school-based interventions are not enough

IMPORTANT

Parenting resources are educational and supportive. They do not replace emergency services, professional assessment, medical care, mental health treatment, or child protective services when those interventions are needed.

For immediate danger or a behavioral health crisis, see Section 01 — Immediate Help & Crisis Support.

For mental and behavioral health resources, see Section 04.

For substance use prevention, education, and recovery, see Section 05.

For healthy relationships, violence, and exploitation prevention, see Section 10.

For digital safety and social media, see Section 11.

For basic needs and family stability, see Section 13.

For disability, autism, and neurodiversity resources, see Section 15.

13— BASIC NEEDS, HOUSING & FINANCIAL SUPPORT

Resources for housing, homelessness, food, transportation, utilities, employment, benefits, financial assistance, and other basic needs.

START HERE — FINDING HELP

PA 211

Free, confidential resource navigation connecting individuals and families with local help for food, housing, shelter, utilities, transportation, health care, employment, child care, financial assistance, and other basic needs.

PA Navigate

A statewide resource-navigation tool connecting Pennsylvanians with community organizations, county and state agencies, and health care providers for help with food, housing, utilities, transportation, medical care, and other essential needs.

Findhelp

Search by ZIP code for free or reduced-cost resources related to food, housing, health care, transportation, financial assistance, and other needs.

Finding Your Way in PA

Website and app providing resources for children and youth experiencing homelessness, including connections to education and community supports.

FOOD, HUNGER & NUTRITION

Second Harvest Food Bank of the Lehigh Valley & Northeast Pennsylvania

Connects individuals and families with food assistance through a regional network of food pantries, meal programs, and community partners.

Easton Area Neighborhood Center

Provides community assistance addressing food insecurity, housing insecurity, rising utility costs, daily needs, and social isolation.

Catholic Charities of the Diocese of Allentown

Provides emergency assistance, food, clothing, rent and utility assistance, referrals, and case management.

Community Action Lehigh Valley

Anti-poverty organization providing programs and connections addressing food access, housing, utilities, economic stability, and other barriers affecting individuals and families.

S.T.A.R. — Serving to Aid & Restore

Community resource organization providing essential necessities, information, and connections to resources for people experiencing homelessness, poverty, or other hardship. STAR's Resource Center provides free clothing, toiletries, household goods, essential equipment, and selected outdoor supplies.

Hispanic Center Lehigh Valley

Community resource organization connecting individuals and families with services, information, and support, including assistance for families experiencing economic hardship.

HOUSING & HOMELESSNESS

Family Promise of Lehigh Valley

Community-based support for families with children experiencing homelessness or housing insecurity, with a focus on helping families develop stability and sustainable independence.

Sixth Street Shelter

Provides short-term transitional housing and supportive services for families experiencing homelessness, including families with children.

New Bethany Ministries

Provides housing and homelessness services, meals, financial case management, and other supports addressing immediate needs while helping individuals and families work toward long-term stability.

Bethlehem Emergency Shelter

Emergency shelter resource for individuals experiencing homelessness or an immediate housing crisis.

Victory House of Lehigh Valley

Provides emergency and transitional housing and supportive services for men and veterans experiencing homelessness.

Safe Harbor Easton

Provides transitional housing and supportive services for individuals experiencing homelessness.

Third Street Alliance

Provides safe shelter and supportive services for women and children experiencing homelessness or housing instability, along with educational and economic-stabilization programs.

Valley Youth House

Provides emergency and transitional housing, rental assistance, and supportive services for youth and young adults experiencing homelessness or housing instability.

Lehigh Valley Regional Homeless Advisory Board (RHAB)

Regional coordinating body bringing together service providers, government agencies, and community organizations to address homelessness and housing stability.

HOUSING STABILITY & RENTAL ASSISTANCE

Lehigh County Housing Assistance Program (HAP)

Provides a continuum of services for individuals and families who are homeless or at risk of homelessness. Eligible households may receive rental assistance and housing case management.

Department of Human Services — Housing Resources

Provides information about housing assistance and programs for individuals and families with low incomes or those experiencing or at risk of homelessness.

Family Promise of Lehigh Valley

Supports families with children experiencing housing insecurity and helps connect families with services that promote longer-term stability.

Casa Guadalupe

Provides housing case management and utility assistance to individuals and families at risk of losing housing, including households facing eviction or utility shutoffs.

EMERGENCY & SAFE HOUSING

Turning Point of Lehigh Valley

Provides emergency shelter, legal advocacy, counseling, and supportive services for individuals escaping domestic or intimate partner violence.

Salvation Army — Lehigh Valley

Provides emergency assistance and community support, including housing-related and utility assistance programs.

New Bethany Ministries

Provides transitional and permanent housing resources, meals, financial case management, and other supports for individuals experiencing homelessness or financial hardship.

Bethlehem Emergency Shelter

Emergency shelter for individuals experiencing homelessness.

UTILITIES & ENERGY ASSISTANCE

LIHEAP — Low Income Home Energy Assistance Program

Helps eligible households with heating costs. Crisis assistance may also be available for households experiencing an immediate heating emergency.

Lehigh County Authority — Hardship Program

Utility hardship assistance for eligible households. Applications may be completed through participating community agencies and the Dollar Energy Fund's MyApp system.

Salvation Army — Utility Assistance

Provides emergency assistance for eligible households experiencing utility or heating difficulties, including programs

that may assist households facing shutoff notices.

PA 211 — Utility Assistance

Connects individuals and families with current electric, gas, heating, water, and other utility-assistance programs.

FINANCIAL ASSISTANCE & BENEFITS

Pennsylvania COMPASS

Online system for applying for and managing Pennsylvania health and human-services benefits, including programs that support food, health care, and family stability.

Pennsylvania Department of Human Services

Statewide information and assistance related to public benefits, food assistance, health care, housing, utilities, children and families, and other human services.

SNAP — Supplemental Nutrition Assistance Program

Food assistance for eligible individuals and families experiencing financial hardship.

WIC — Women, Infants & Children

Nutrition assistance, education, breastfeeding support, and referrals for eligible pregnant and postpartum women, infants, and young children.

Pennie

Pennsylvania's official health-insurance marketplace, where individuals and families can compare coverage and determine eligibility for financial assistance.

NeedHelpPayingBills.com

Online directory designed to help low- and moderate-income individuals and families identify financial assistance and essential-service programs.

LEGAL & HOUSING ADVOCACY

North Penn Legal Services

Provides free civil legal assistance to eligible low-income individuals and families, including help related to housing, benefits, family matters, and other civil legal concerns.

Housing Alliance of Pennsylvania

Statewide organization focused on housing stability, homelessness prevention, affordable housing, and systems that support people experiencing housing insecurity.

Corporation for Supportive Housing

Resources and information related to supportive housing and strategies for helping people experiencing homelessness achieve housing stability.

TRANSPORTATION & ACCESS

LANTA — Lehigh and Northampton Transportation Authority

Public transportation services throughout the Lehigh Valley that help individuals access school, employment, health care, housing, food, and other community resources.

CAT — Coalition for Appropriate Transportation

Community transportation organization promoting accessible transportation, bicycling, and mobility options.

Danny's Ride

Provides free transportation to recovery services for people living with substance use disorder.

PA 211 - Get Connected. Get Help.

Can help identify transportation assistance based on an individual's location and circumstances.

EMPLOYMENT & ECONOMIC STABILITY

PA CareerLink® - Welcome to PA CareerLink

Employment and workforce-development services including job searches, career counseling, training, education, and connections to employers.

Community Action Lehigh Valley

Supports economic opportunity and financial stability while addressing barriers related to housing, food, utilities, and other basic needs.

United Way of the Greater Lehigh Valley

Connects community members with local resources and services addressing financial stability, food, housing, health, transportation, and other needs.

BASIC NEEDS & COMMUNITY CONNECTION

S.T.A.R. - Serving to Aid and Restore

A particularly useful resource for immediate material needs. STAR provides free clothing, toiletries, household goods, essential equipment, and selected outdoor supplies to community members. Everyone is welcome, with no income requirement stated for access to the Resource Center. The current Resource Center is located at Christ Church, 75 E. Market Street, Bethlehem.

Bethlehem Health Bureau — Community Connections

Connects residents with resources addressing food, housing, medical insurance, and other basic needs, including PA Navigate.

STAR Community Health

Federally Qualified Health Center providing accessible health care along with social services, financial counseling, care management, referral coordination, and assistance connecting patients with community resources. Locations include Allentown, Bethlehem, Easton, and surrounding communities.

PA Education for Children & Youth Experiencing Homelessness

Pennsylvania provides information and resources supporting educational access and stability for children and youth experiencing homelessness.

PA Homeless Liaisons

School-based contacts who help students experiencing homelessness access educational protections, services, and stability supports.

National Center for Homeless Education

Resources for educators, families, and communities supporting children and youth experiencing homelessness.

NAEHCY - National Association for the Education of Homeless Children & Youth

Resources, advocacy, and professional information focused on improving educational opportunities and outcomes for students experiencing homelessness.

National Network for Youth

Resources addressing youth homelessness and strengthening community systems of support for young people.

WHEN BASIC NEEDS AFFECT SCHOOL SUCCESS

Basic-needs concerns can appear at school as:

- Frequent absences or tardiness
- Difficulty concentrating
- Changes in behavior
- Fatigue
- Hunger
- Lack of appropriate clothing or supplies
- Transportation problems
- Family stress
- Difficulty completing assignments
- Housing instability
- Caregiving responsibilities

A student's behavior may communicate that something outside the classroom needs attention.

Before asking only, "What's wrong with this student?" consider asking: **"What barrier might this student or family be experiencing?"** Schools and SAP teams can help connect students and families with appropriate community resources while maintaining the school's role and boundaries.

FOR EDUCATORS & SAP TEAMS

When basic needs are identified, consider whether the family needs assistance with:

- Food
- Housing
- Rent
- Utilities
- Transportation
- Health care
- Child care
- Employment
- Public benefits
- Clothing
- Household necessities
- Legal assistance
- Homeless education protections
- Domestic violence safety
- Youth housing
- Recovery-related transportation

Whenever possible, provide a warm connection rather than simply handing a family a list.

Help the family understand:

What is this resource?
Why might it help?
How do we contact them?
What should we expect?
What barriers might make access difficult?

PREVENTION CONNECTION

Basic-needs support is prevention.

A young person's ability to learn, participate, regulate emotions, maintain relationships, and plan for the future can be affected by whether their basic needs are being met.

Connecting families with resources can strengthen protective factors such as:

- Safety
- Stability
- Family connection
- School engagement
- Access to health care
- Economic stability
- Supportive adults
- Community connection
- Hope and future orientation

Prevention means looking beyond the presenting concern and asking what supports will help the young person and family become more stable, connected, and supported.

Connection is Prevention.

IMPORTANT

Resource availability, eligibility, hours, funding, and service areas can change. Contact organizations directly to confirm current information before referring a family.

For immediate crisis support, see 01 — Immediate Help & Crisis Support.

For family and parenting resources, see 12 — Family & Parenting.

For immigrant, refugee, and multilingual family support, see 14 — Immigrant, Refugee & Multilingual Family Support.

For disability, autism, and neurodiversity resources, see 15 — Disability, Autism & Neurodiversity.

For professional development and additional community resources, see 16–17.

14—IMMIGRANT, REFUGEE & MULTILINGUAL FAMILY SUPPORT

Families and individuals who are immigrants, refugees, asylum seekers, newcomers, or multilingual may be navigating several systems at the same time—including schools, health care, housing, employment, benefits, immigration services, and community resources. This section brings together resources that can help families find information, access services, navigate systems, overcome language barriers, build community connections, and support children and youth. Language, culture, immigration experience, and family background are not barriers to belonging. They are part of the strengths and experiences that families bring to their communities.

START HERE—FINDING HELP

PA Refugee Service Contractors Directory

A statewide directory connecting refugees and eligible newcomers with organizations that provide services such as employment support, education, ESL, interpretation and translation, citizenship preparation, health promotion, case management, and community integration.

M.I.R.A. Resources

Equips migrant, immigrant, refugee, and asylee families with equitable resources and connections to help them navigate their communities and access support.

PACRI

Provides immigration assistance, interpretation and translation, ESL, citizenship support, career development, and other services for immigrants and refugees.

Resources for Immigrants in the USA

A collection of information and resources for immigrants navigating life, services, education, employment, and other needs in the United States.

REFUGEE & NEWCOMER SUPPORT

Pennsylvania Refugee Resettlement Program

Provides information and services for eligible refugees and other populations served through Pennsylvania's refugee programs, including connections to employment, education, health, case management, and community integration.

Refugee Community Center

Provides trauma-informed support for refugees, including ESL classes, preschool readiness, citizenship classes, community activities, and opportunities for connection.

KleinLife — Immigrant Welcome Center

Provides support for immigrant and refugee families, including ESL classes, after-school programming, food assistance, and help navigating employment and public-assistance documentation.

Family Wize

Provides access to prescription savings and medication-cost resources that may be helpful for families who are uninsured or underinsured.

Allentown Refugee Community Center

Provides opportunities for refugee families to build connection through ESL, preschool readiness, citizenship education, community activities, and other programming.

ENGLISH LANGUAGE, LITERACY & EDUCATIONAL SUPPORT

Learning English can help adults and families navigate schools, employment, health care, government services, and everyday life.

The Literacy Center

Offers literacy and English-language learning opportunities for adults and community members.

Pennsylvania Refugee Education Resources

Pennsylvania provides education-related resources and support for eligible refugee students and families, including assistance related to educational access and school systems.

PA CareerLink

Provides employment, workforce-development, career, and training resources. English-language learning and other services may be available through workforce partners.

Make the Road PA

Provides education, organizing, advocacy, and community support for immigrant and working-class communities.

IMMIGRATION INFORMATION, EDUCATION & ADVOCACY

Immigrants Rising

Provides educational, financial, career, and other resources for undocumented young people and immigrants.

My Undocumented Life

Provides resources for undocumented students, educators, and allies, including information about scholarships, education, college access, and opportunities.

National Immigration Law Center

Provides information and advocacy related to the rights and needs of low-income immigrants.

Dreamer's Roadmap

Provides information about scholarships and educational opportunities for undocumented students.

PA Immigrant

Provides information and resources for immigrants and families navigating life and systems in Pennsylvania.

IMPORTANT

Immigration circumstances vary significantly. For legal questions, connect families with a qualified immigration legal-service provider or attorney rather than relying on informal advice or social media information.

LANGUAGE ACCESS & INTERPRETATION

Families should be able to understand information about their children's education, health, safety, benefits, and available services.

Pennsylvania Department of Human Services — Language Assistance

Pennsylvania DHS provides language translation services for individuals with limited English proficiency accessing DHS benefits and services.

PACRI — Interpretation & Translation

PACRI provides interpretation and translation services in Arabic and other languages.

Avante Language Services

Provides 24/7 interpretation and translation services in Arabic and numerous other languages, including services for medical, legal, and business communication.

SPANISH-SPEAKING FAMILY RESOURCES

Spanish-speaking families can find support with family services, education, immigration, health care, benefits, employment, and community navigation.

Hispanic Center Lehigh Valley

Provides bilingual social services, case management, resource navigation, assistance with applications and forms, translation, and connections to community resources.

Casa Guadalupe Center

Provides educational, social-service, family, and community supports, including assistance for Spanish-speaking individuals and families.

Hispanic American Organization

Provides community services, education, advocacy, and support for Hispanic and Latino individuals and families.

Kids Mental Health Foundation

Provides mental-health education and family resources available in Spanish.

ARABIC-SPEAKING FAMILY RESOURCES

Arabic-speaking families may benefit from resources offering interpretation, translation, community connection, health and social services, education, immigration assistance, and culturally responsive support.

American Amarian Syrian Charity Society

Provides cultural and community support for Syrian-Americans.

Charity At Work, INC.

Provides financial aid and essential items like food and clothing to people in need, locally and globally.

Syrian Arab American Charity Association

Provides cultural and community support, including social events, Arabic classes, and refugee-support services for the Syrian-American and broader Arab community.

Arabic-Speaking Mental Health Providers

Psychology Today offers a robust search directory that allows users to filter and identify mental health providers who speak Arabic.

Muslim Association of Lehigh Valley

Provides religious, educational, and social services, including health-clinic resources, assistance with benefit applications, youth programs, and Arabic-speaking staff.

Islamic Society of Allentown

Provides community support, family counseling, religious services, and Arabic-language educational programming for youth and adults.

American Syrian Arab Cultural Association

Syrian and Arab American community organization providing cultural connection, community initiatives, humanitarian support, advocacy and awareness, and resources related to Syrian communities. ASACA may be a useful culturally specific resource for Syrian and Arab American families seeking community connection and culturally relevant support.

HEALTH & WELL-BEING

Newcomer and immigrant families may be navigating unfamiliar health-care systems while also managing language barriers, relocation, financial stress, family separation, cultural adjustment, or previous traumatic experiences.

Intercultural Family Services - Resource Library

Community resources, tools, educational information, and other supportive materials related to our service and program areas.

PA Refugee Provider Resources

Pennsylvania provides multilingual health information and resources for refugee families.

Pennsylvania Refugee Health Program

Provides health-related services and resources for eligible refugees, including health assessment, health promotion, referrals, and language access.

Pennsylvania Refugee Health Resources

Provides multilingual health information for refugee families.

Pennsylvania Immigrant and Refugee Women's Network - Resource Hub

Find trusted support services, programs, and organizations for immigrant and refugee women.

CULTURAL & COMMUNITY CONNECTION

Lehigh Dialogue Center

Provides opportunities for people from different cultural and religious backgrounds to connect, learn from one another, and build community. Programs include dialogue and lecture series, youth education, intercultural activities, Ramadan and friendship dinners, and other community events focused on understanding, respect, and relationship-building.

FOR EDUCATORS, SCHOOL STAFF & SAP TEAMS

When supporting immigrant, refugee, multilingual, or newcomer students:

- Ask the family what language they prefer for communication.
- Use qualified interpretation or translation when needed.
- Avoid asking children to interpret sensitive information for parents or caregivers.
- Do not assume limited English proficiency reflects limited understanding, intelligence, motivation, or family engagement.
- Provide important school information in a language the family can understand whenever possible.
- Ask whether written materials should also be provided in the family's preferred language.
- Recognize that relocation, immigration experiences, family separation, language barriers, financial stress, and cultural adjustment may affect a student's sense of safety and belonging.
- Connect families with culturally and linguistically responsive resources.
- Help families navigate systems rather than simply handing them a list of phone numbers.
- Protect student and family privacy.
- Ask about strengths, relationships, culture, language, and community—not only problems or barriers.
- Remember that culture and language are strengths and sources of identity and belonging.

LANGUAGE ACCESS MATTERS

For SAP meetings, parent conferences, behavioral-health referrals, school concerns, crisis response, and other sensitive conversations, consider language access before the meeting begins. A family should not have to choose between understanding what is happening and being able to participate in their child's support.

PREVENTION CONNECTION - BELONGING IS PREVENTION

For immigrant, refugee, multilingual, and newcomer families, prevention includes more than responding to risk.

It means creating environments where children, youth, parents, and caregivers feel:

Welcomed.
Understood.
Respected.
Safe.
Connected.

A family does not have to navigate every system alone.

Connection Is Prevention.

IMPORTANT

Immigration, refugee, benefit, and legal eligibility requirements can vary by individual circumstance and may change over time. Families should verify current eligibility, documentation requirements, fees, and services directly with the organization providing assistance. For immigration-related legal questions, connect families with a qualified immigration legal-service provider or attorney. Resource availability may change. Please contact organizations directly to confirm current services, hours, eligibility, language availability, and enrollment requirements.

15— DISABILITY, AUTISM & NEURODIVERSITY

Every person deserves to be valued, respected, included, supported, and given meaningful opportunities to participate in family, school, work, and community life. This section brings together resources for individuals with autism, developmental delays, intellectual and developmental disabilities (IDD), and other disabilities, as well as families, caregivers, educators, and professionals. Resources include autism information and support, early intervention, family navigation, advocacy, education, independent living, employment, transition, and community participation.

START HERE — FINDING SUPPORT

The Arc of Lehigh & Northampton Counties
Resource coordination, advocacy, education, and support for individuals and families navigating disability-related systems.

PAAutism.org, an ASERT Autism Resource Guide
Pennsylvania's statewide autism resource and navigation system, connecting individuals, families, professionals, and communities with information and services.

Parent to Parent of Pennsylvania
Connects families of children and adults with special needs with other families for one-to-one support.

The Special Kids Network
Free statewide information, support, and referrals for families of children with special needs.

CPIR - Center for Parent Information & Resources
National hub of information and resources supporting families of children with disabilities through the Parent Center network.

AUTISM, NEURODIVERSITY & AUTISM-SPECIFIC RESOURCES

OAR - Organization for Autism Research
Research-based resources and support for families, educators, and clinicians.

Duke Center for Autism and Brain Development
Research and information related to autism and brain development.

Autism Speaks
Autism information, advocacy, resource navigation, and family support.

Autism Society of America
National autism information, support, advocacy, and resources related to education, employment, and community living.

ASAN - Autistic Self Advocacy Network
Autistic-led advocacy focused on self-advocacy, disability rights, policy, and neurodiversity.

ABOARD's Autism Connection of PA
Pennsylvania autism support, groups, events, information, and family resources.

Autism Society Lehigh Valley
Local autism community connection, social groups, events, and resource support for individuals and families.

ASERT Autism Resource Guide
Searchable Pennsylvania resource database for autism-related services, support groups, social groups, training, education, employment, daily living, health, and community resources.

EARLY INTERVENTION, DEVELOPMENT & CHILDREN

Pennsylvania Early Intervention
Information and services for young children with developmental delays or disabilities and their families.

Lehigh County Early Intervention Services
Early intervention for children from birth through age 5 with developmental delays or disabilities, including services provided in familiar settings such as the home, child-care setting, or early-childhood classroom.

Colonial Intermediate Unit 20 — Early Intervention
Early intervention services for children and families in Northampton, Monroe, and Pike Counties, including specialized instruction and related services.

Connective Intervention Services
Developmental services for young children, including children under age 3 with developmental delays and autism, through Colonial IU 20.

PA Promise for Children
Pennsylvania resource supporting families with early learning, child development, and choosing quality early-learning programs.

Lehigh University Autism Services
Autism services for young children, including services provided in clinic, home, school, and community settings.

Easterseals Eastern Pennsylvania
Services and programs for children with disabilities and their families, including autism-related supports.

Helping Hands Family
Autism services and individualized ABA support for children and families.

DISABILITY, DEVELOPMENTAL SERVICES & INDEPENDENT LIVING

Via of the Lehigh Valley
Vocational, social, and independent-living services for individuals with disabilities, including individualized skill-building and autism waiver services.

Keystone Human Services
Supports individuals with disabilities, including services focused on employment, education, independence, and person-directed planning.

Lehigh Valley Center for Independent Living
Supports individuals with disabilities in pursuing independence and navigating services and supports.

Lehigh County Intellectual Disabilities Program
Provides services and supports designed to promote self-determination, independence, choice, and community participation for individuals with intellectual disabilities.

Northampton County Developmental Programs
Coordinates services for individuals with intellectual disabilities across the lifespan, including residential services, day habilitation, employment supports, home and community habilitation, respite, companion services, and family support.

The Arc of Lehigh & Northampton Counties
Provides resource coordination and advocacy for individuals and families navigating disability and developmental-service systems.

Step By Step, Inc.
Services and supports promoting wellness, inclusion, independence, and opportunities for individuals with disabilities and other support needs.

ADVOCACY, EDUCATION, SAFETY & FAMILY SUPPORT

Blue Envelope Program
Provides communication tools intended to support interactions between drivers with autism and law enforcement during traffic stops.

Magellan of Pennsylvania
Connects individuals and families with behavioral-health services and programs, including Intensive Behavioral Health Services, Family-Based Services, and transition supports.

Easterseals
Provides disability-related services, family support, educational resources, and community-based assistance.

Parent to Parent of Pennsylvania
Provides one-to-one family connection and support for parents and caregivers of individuals with special needs.

Home - Center for Parent Information and Resources
Provides disability-related educational information and resources for families and Parent Centers.

The Special Kids Network
Provides statewide information and referrals to services and organizations supporting children with special needs.

RESEARCH, INFORMATION & PROFESSIONAL RESOURCES

NCAAS - National Coalition for Access to Autism Services

Advocacy focused on preserving and expanding access to autism services and supports.

Organization for Autism Research

Research-based information and practical resources for families, educators, and professionals.

Milestones Autism Resources

Resources, education, and support for families and professionals working with autistic individuals.

ASERT

Professional resources, training, education, communication resources, safety information, and other evidence-informed materials for people supporting autistic individuals. ASERT's current resource system includes searchable materials on communication, education, employment, daily living, health, community engagement, and more.

FOR FAMILIES & CAREGIVERS

Families may need different types of support at different points in a child's or young person's life. A family may be looking for:

- Information about a developmental concern
- Early intervention
- Autism resources
- Special education support
- Family-to-family connection
- Behavioral or therapeutic services
- Disability advocacy
- Waiver or developmental services
- Respite
- Employment or transition planning
- Independent-living supports
- Community activities and social connection

Start with a resource navigator when you are unsure where to begin.

The Arc, ASERT, Parent to Parent of Pennsylvania, and the Special Kids Network can help families identify appropriate next steps and navigate available systems.

FOR EDUCATORS, SCHOOL STAFF & SAP TEAMS

When supporting students with disabilities, autism, developmental differences, or other neurodivergent needs:

- Start with the student, not the diagnosis.
- Consider strengths, interests, communication, sensory needs, and environment.
- Remember that behavior can communicate an unmet need.
- Ask what helps the student feel safe, understood, and successful.
- Include students and families in planning whenever possible.
- Support self-advocacy and increasing independence.
- Consider accessibility when planning prevention programming and school activities.
- Avoid assuming that all students with the same diagnosis have the same needs.
- Coordinate with the student's educational and support team.
- Connect families with appropriate resources rather than expecting schools to navigate every system alone.

SAP REMINDER

Students first. Not diagnoses.

PREVENTION CONNECTION - INCLUSION IS PREVENTION

Prevention is stronger when young people have opportunities to:

Belong.
Participate.
Communicate.
Be understood.
Build relationships.
Develop strengths.
Make choices.
Contribute.

For students with disabilities and neurodivergent students, inclusion means more than simply allowing access.

It means creating environments where students are known, valued, welcomed, respected, and meaningfully included.

Connection Is Prevention.

IMPORTANT

Eligibility, availability, and program requirements vary.

Some services may require an evaluation, diagnosis, waiver enrollment, county eligibility, age requirements, or other qualifications.

Families should contact programs directly to confirm current services, eligibility, enrollment, and availability.

Resources change over time. Please verify current information directly with the organization.

PROFESSIONAL RESOURCES

Resources for **educators, SAP teams, prevention professionals, counselors, school staff, and community partners**, including professional development, training, curricula, evidence-informed practices, prevention tools, and resources to strengthen the work of supporting children, youth, families, and communities.

16— PROFESSIONAL DEVELOPMENT, TRAINING & EVIDENCE-INFORMED RESOURCES

Training, curricula, toolkits, professional education, prevention science, evidence-informed practices, and resources for educators and community professionals.

Professional Learning & SAP

Center for Humanistic Change, Inc. (CHC)

Prevention education, professional training, SAP training, life-skills programming, and community resources.

Pennsylvania Student Assistance Program (SAP)

Pennsylvania's systematic team process for identifying and addressing barriers to student success.

PA Student Assistance Program — DDAP

SAP resources, including the SAP Liaison Handbook and statewide prevention information.

Pennsylvania Department of Education

Professional learning, school supports, student services, and education resources.

Evidence-Based Practice & Prevention Science

SAMHSA Evidence-Based Practices Resource Center

Evidence-based practices and implementation resources for prevention, treatment, and recovery.

What Works Clearinghouse

Research reviews and practice guides supporting evidence-based educational decisions.

Blueprints for Healthy Youth Development

Registry of scientifically evaluated youth, family, and community interventions.

Pennsylvania Resources for Evidence-Based Practices

Pennsylvania-curated evidence-based resources for school climate, SEL, trauma-informed practice, attendance, and more.

CrimeSolutions

Evidence-based information on programs addressing crime, juvenile justice, victimization, and related community concerns.

OJJDP Model Programs Guide

Evidence-based and promising youth prevention, intervention, and reentry programs.

School Climate, SEL & Youth Development

CASEL

Research, frameworks, tools, and professional learning related to social and emotional learning.

CASEL District Resource Center

Resources supporting systemic SEL implementation in school districts.

PBIS

Framework and resources for positive, predictable, and supportive school environments.

Search Institute

Research and resources focused on developmental relationships and positive youth development.

Attendance Works

Training, tools, and strategies addressing chronic absenteeism and student attendance.

Trauma-Informed Practice

National Child Traumatic Stress Network (NCTSN)

Training, toolkits, and resources for professionals supporting children and families affected by trauma.

Trust-Based Relational Intervention® (TBRI®)

Trauma-informed, relationship-based resources and training for caregivers and professionals supporting children who have experienced adversity, trauma, or disrupted attachment.

HEAL PA

Pennsylvania trauma-informed and healing-centered resources and training.

Resilient Lehigh Valley

Community resources and collaboration focused on trauma-informed and resilient communities.

Mental Health, Suicide Prevention & Substance Use

National Institute of Mental Health (NIMH)

Research-based mental-health information and educational resources.

The Jed Foundation (JED)

Evidence-informed tools and resources for educators supporting student mental health.

National Alliance on Mental Illness (NAMI) Resource Directory April 2026

Mental-health education, professional information, family resources, and community support.

American Foundation for Suicide Prevention (AFSP)

Suicide-prevention education, training, and community resources.

National Institute on Drug Abuse (NIDA)

Research and educational resources related to drugs, substance use, and prevention.

Pennsylvania Department of Drug and Alcohol Programs (DDAP)

Pennsylvania prevention, treatment, recovery, and professional resources.

Mandated Reporting & Professional Responsibilities

Pennsylvania Mandated Reporter Training

Approved child-abuse recognition and reporting training information.

Pennsylvania Child Abuse Reporting

Reporting requirements and guidance for mandated reporters.

17 — ADDITIONAL COMMUNITY & SPECIALIZED RESOURCES

A collection of local, regional, state, and national resources addressing specialized needs, populations, and community concerns that may not fit within the guide's primary sections.

Specialized Youth & Family Support

Pennsylvania Migrant Education Program (PA-MEP)

Provides supplemental educational support to eligible migrant children and youth from birth through age 21 whose education may be interrupted due to family mobility and seasonal or temporary agricultural work. Services include tutoring, preschool and summer learning programs, school enrollment assistance, language development, graduation support, and referrals to community resources. PA-MEP also works with families and schools to help students succeed academically.

Valley Youth House

Youth and family services including housing, prevention, mentoring, and independent-living supports.

Community Services for Children

Early childhood, family, and community resources supporting children and families.

Head Start — Early Childhood Learning & Knowledge Center

Federal early-childhood development, family engagement, health, and early-learning resources.

DEAF, HARD OF HEARING & COMMUNICATION ACCESS

American Society for Deaf Children

Resources and support for families raising children who are deaf or hard of hearing.

National Association of the Deaf (NAD)

Advocacy, information, resources, and education related to the rights and needs of deaf and hard-of-hearing people.

Pennsylvania Office for the Deaf & Hard of Hearing

Pennsylvania information and resources related to communication access, interpreting, advocacy, and services for deaf and hard-of-hearing individuals.

LGBTQ+ Youth & Community Support

Bradbury-Sullivan LGBT Community Center

Community, education, advocacy, and support for LGBTQ+ people and families.

The Trevor Project

Crisis support, peer support, education, and suicide-prevention resources for LGBTQ+ young people.

Trans Lifeline

Peer support and crisis resources created by and for transgender people.

Victims of Crime, Sexual Assault & Trauma

Crime Victims Council of the Lehigh Valley

Advocacy, support, education, and services for victims of crime.

RAINN

Information, crisis support, referrals, and resources related to sexual violence.

National Center for Victims of Crime

Information and resources for victims and survivors of crime.

Human Trafficking & Exploitation

VAST — Valley Against Sex Trafficking

Lehigh Valley education, awareness, prevention, and community resources related to human trafficking.

Polaris

National human-trafficking information, resources, and training.

National Human Trafficking Hotline

Confidential support, information, and referrals related to human trafficking.

Veterans & Military Families

U.S. Department of Veterans Affairs

Health care, benefits, housing, mental-health, employment, and other veteran services.

Pennsylvania Department of Military and Veterans Affairs

Pennsylvania benefits, programs, and services for veterans and their families.

Veterans Crisis Line

24/7 crisis support for veterans, service members, and their loved ones.

LV Military Affairs Council

A nonprofit organization dedicated to supporting local military service members, veterans, and their families. Through community partnerships, resource connections, educational programs, and advocacy, LVMAC works to improve access to services related to employment, education, healthcare, housing, and overall well-being throughout the Lehigh Valley.

REENTRY, JUSTICE & COMMUNITY REINTEGRATION

JusticeWorks YouthCare

Services supporting children, youth, and families involved with child welfare and juvenile justice systems.

Resources for Human Development (RHD)

Human-services organization providing community-based services for individuals and families, including specialized populations and people navigating complex systems.

SELF!

Support for women rebuilding their lives following traumatic experiences, including incarceration, domestic violence, and homelessness.

Pennsylvania Reentry Resources

Statewide information and services supporting individuals returning to the community after incarceration, including employment, housing, treatment, and other stabilization needs.

Cultural & Community Connection

Lehigh Dialogue Center

Dialogue, intercultural education, youth programming, and community-building opportunities.

American Syrian Arab Cultural Association (ASACA)

Syrian and Arab American cultural connection, humanitarian initiatives, advocacy, and community engagement.

PROFESSIONAL & COMMUNITY NETWORKING

United Way of the Greater Lehigh Valley

Connects community members and organizations with programs, initiatives, volunteer opportunities, and community-wide efforts addressing local needs.

Greater Lehigh Valley Chamber of Commerce

Community and business network that can help connect organizations, employers, and community partners.

Discover Lehigh Valley

Regional information and community resources supporting visitors, residents, organizations, and community connection.

When a Need Doesn't Fit One Category

PA 211

Statewide resource navigation for health and human services.

Findhelp

Searchable directory of local and national health and social-service resources.

St. Luke's FindHelp

Community resource navigation for health, social-service, and basic-needs supports.

For emergencies or immediate safety concerns, use Section 01 — Immediate Help & Crisis Support. For resources that fit more naturally within another section, use that section as the primary point of reference.