

# Information & Resources for Children & Youth with Disabilities in San Mateo County

## Introduction

The information below includes resources for parents of children and students with disabilities assembled by the San Mateo County Commission on Disabilities, Youth and Family Committee. Resources are divided into various categories relevant to the ages of 0-5 years old. Inquiries regarding this specific document can be directed to the [Commission on Disabilities](#). Any inquiries regarding the specific resources listed should be directed to their respective agencies.

## **INFORMATIONAL WEBSITES CHILD DEVELOPMENT 0-5**

1. Zero to Three Organization website: <https://www.zerotothree.org/early-development>
2. CDC 0-3 Milestones and Information: <https://www.cdc.gov/parents/infants/milestones.html>
3. CDC 3-5 (Preschooler) Milestones and information <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>
4. CDC Child Development Information <https://www.cdc.gov/ncbddd/childdevelopment/freematerials.html>
5. Special Education and Related Services Information <https://www.understood.org/>

## **SAN MATEO COUNTY PARENT RESOURCE AND INFORMATION CENTERS**

- 1) First Five: <https://first5sanmateo.org/>
- 2) Parents Helping Parents: <https://www.php.com/>
- 3) Ability Path: <https://abilitypath.org/>

## **0-3 DEVELOPMENTAL DISABILITY RELATED CHARTS AND INFORMATION TO ASSIST IN ACCESSING DISABILITY-RELATED SERVICES**

### ***General Disability and Medical Services***

- 1) The San Mateo County Medical Home Project: [https://www.smchealth.org/sites/main/files/file-attachments/fhs-ccs\\_medical\\_home\\_binder.pdf?1470242709](https://www.smchealth.org/sites/main/files/file-attachments/fhs-ccs_medical_home_binder.pdf?1470242709)

### ***Developmental Disabilities***

- 2) GGRC related Early Start Services Map: 0-3 Related Chart for Accessing GGRC Services for children with Developmental Disabilities.

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- 3) GGRC Navigation Checklist
- 4) GGRC Intake Information: <http://www.ggrc.org/services/applying-for-services>

### ***Emotional and Mental Health Related Disabilities***

- 5) San Mateo County Behavioral and Mental Health Services:  
<https://www.smchealth.org/bhrs>
- 6) National Alliance of Mental Illness (NAMI) San Mateo County:  
<https://namisanmateo.org>

### **3-5 INFORMATION FOR ACCESSING SCHOOL DISTRICT DISABILITY RELATED SPECIAL EDUCATION AND RELATED SERVICES AT AGE 3 OR LATER**

- 1) San Mateo County SELPA: <https://www.smcoe.org/about/san-mateo-county-selpa/>
- 2) San Mateo County School Districts – contact District Special Education Directors for Information (including to request evaluation):  
<https://www.smcoe.org/about/districts-and-schools/school-district-information/>