

Community Resources

If you have a good resource to add to our community resource list, please let us know!

[Utah Parents Center](#) The mission of the *Utah Parent Center (UPC)* is to help parents help their children with disabilities to live included, productive lives as members of the community. Their website is www.utahparentcenter.org

[Arc of Utah](#) The *Arc of Utah* is a non-profit, grassroots organization, founded over forty years ago by a small group of parents and others concerned about the rights of people with developmental disabilities (DD). *Arc of Utah* has new programs that assist people with cognitive disabilities and their families as they plan and live their lives. The *Arc of Utah* advocates for and alongside people with cognitive, intellectual and developmental disabilities and their families.

[Dr. Sam Goldstein](#) Variety of online resources dealing with AD/HD and other topics, as well as posted some of Dr. Sam Goldstein's articles online.

United Way of Utah County

2-1-1 [Help Me Grow](#) is an info-line that can connect parents with children from birth to age 8 years to community services. Parents, healthcare providers, educators or anyone else can have a single point of access to multiple resources and services for children in Utah County. Simply dial 2-1-1 and ask for *Help Me Grow*.



Medical Home Portal

[Medical Home Portal](#): Reliable information and resources to help physicians and parents care for children and youth with special health care needs (CYSHCN)

[Utah Chapter of the International Dyslexia Association](#) a coalition of concerned parents and educators who are dedicated to addressing the needs of the children in Utah who have the learning difference of dyslexia. Excellent resource links for dyslexia issues.

[Learning Disabilities Association of Utah](#) Multiple resources for all.

[Utah State Resources](#) National Dissemination Center for Children with Disabilities - Multiple Resources - Many government and other organizations.

[Education and Support Group for Asperger Syndrome](#) Provide support and understanding to parents of children with the diagnosis of Asperger Syndrome.

[P.A.V.E.](#) Parent resource-detailing rights of children with disabilities to a free and appropriate education.

[Utah State University - Center for Persons with Disabilities](#) The CPD provides a variety of community services, including training and technical assistance to consumers, families, professionals and paraprofessionals, policymakers and students.



[Quest for What's Best](#) This website is maintained by a school counselor and a Mom of children with challenges. The local (within Utah) resources on the webpage are worth reviewing. The resources are constantly being updated, so please return here frequently to get the latest information.

[Intermountain Healthcare](#) Resources on ADHD:

- Basic handouts on ADHD in English and Spanish
- Fact sheets for parents of students with ADHD, on working with teachers — in English and Spanish.
- A handout for teachers on managing ADHD-like behaviors in the classroom, assisting with ADHD evaluations, and working with the families of students diagnosed with ADHD