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**Disclaimer**
The content within this booklet is for informational purposes only. It is not intended to be a substitute for professional medical advice. Families are encouraged to discuss the information in this booklet with their child's doctor or other health-care providers.
Asthma is a chronic, treatable disease that causes narrowing of the airways, making breathing difficult at times. More than 22 million people in the United States have asthma, including 6.5 million children younger than 18, according to the Centers for Disease Control and Prevention (CDC). For some children with asthma, evaluation by an experienced team of professionals is necessary for an accurate diagnosis and optimal treatment planning. Families are an essential partner to the team as they are the principle caregiver and the center of strength and support for the child. The following link contains guidelines for the care of children with asthma: www.nhlbi.nih.gov/guidelines/asthma/index.htm.

**Asthma Clinics and Specialists**

Asthma clinics are held in Bismarck/Lincoln and Fort Totten. Children's Special Health Services (CSHS) supports the regional asthma clinics held in Bismarck/Lincoln, which provide multidisciplinary team evaluations where families have an opportunity to see many different providers in one place at one time. Reports generated from the clinic visit include recommendations to help direct care for the coming year. All children who might benefit are eligible to attend with no direct cost to the family. For more information, review the following link: www.ndhealth.gov/cshs/docs/clinic-schedule.pdf.

The sites and contact information about asthma clinics are listed below.

**Bismarck/Lincoln**

St. Alexius Regional Children’s Asthma Clinic
3 Benteen Drive
Lincoln, ND 58504
701.530.8520 - St. Alexius Respiratory Therapy Department

**Fort Totten**

Early Childhood Tracking
P.O. Box 359
Fort Totten, ND 58335
701.766.1248
Statewide Tribal Programs

Fort Berthold Indian Reservation
Three Affiliated Tribes
- MinneTohe Health Center 701.627.4701
- Community Health Representative New Town 701.627.3653
  Mandaree 701.759.3441
  Parshall 701.862.3872
  Twin Buttes 701.938.4574
  White Shield 701.743.4178
- Community Health Representative   New Town 701.627.3653
  Mandaree 701.759.3441
  Parshall 701.862.3872
  Twin Buttes 701.938.4574
  White Shield 701.743.4178

Standing Rock Indian Reservation
www.standingrock.org
- Public Health Service Hospital 701.854.3831
- IHS Clinics – Cannonball, ND 701.854.3453
- Community Health Representative   Fort Yates 701.854.3856
  Cannonball 701.854.9926
- Tribal Health 701.854.7206
- Public Health Service Hospital 701.854.3831
- IHS Clinics – Cannonball, ND 701.854.3453
- Community Health Representative   Fort Yates 701.854.3856
  Cannonball 701.854.9926
- Tribal Health 701.854.7206

Fort Totten Indian Reservation
www.spiritlakenation.com Spirit Lake Nation
- Indian Health Service Clinic 701.766.1600
- Maternal Child Health 701.766.1251
- Tribal Health 701.766.4236
- Community Health Representative 701.766.4238
- Early Childhood Tracking 701.766.1232

Trenton Indian Service Area
www.ndhealth.gov/localhd/TISA
- Trenton Community Clinic 701.774.0461
- Community Health Representative Coordinator 701.774.0303
- Tribal Health 701.774.0461

Turtle Mountain Indian Reservation
www.tmbci.net
- Quentin Burdick Health Facility 701.477.6111
- Community Health Representative 701.477.5696

Health-Care Providers
If your child’s asthma is difficult to control, your physician may refer your child to an allergist or a pulmonologist. For a list of CSHS participating specialists, contact CSHS at 800.755.2714.

If needed, a board certified pediatric allergist, immunologist, and pulmonologist is available at:
Sanford Children’s Hospital
Anand Kantac, MD
801 N. Broadway Drive
Fargo, ND 58122
701.234.6500

A Certified Asthma Educator is a health professional who is certified to provide asthma education.
- Provides asthma education to patients, families and health-care providers according to the national standards.
- Provides counseling to patients and families regarding environmental and emotional triggers for asthma.
- Coordinates care with other health-care providers to improve quality of life for all patients and families.

To locate a Certified Asthma Educator, visit the following website: www.NAECB.org.

Asthma Action Plan
The North Dakota Asthma Action Plan is a tool to help asthma patients and medical professionals manage and prevent asthma exacerbations (symptoms) while providing information that is crucial to those who come in contact with or care for people with asthma.

The N.D. Asthma Action Plan is available at the following website: www.ndhealth.gov/asthma/forms.htm.
Family Support Services

Anne Carlsen Center (ACC) offers a rich tradition of empowering individuals with disabilities and their families. Their experienced staff provides compassion, training, services and supports in homes and communities across North Dakota. On the Jamestown campus, they meet the educational, residential and therapeutic needs of children and young adults with autism, behavior disorders, medical fragility and other developmental disabilities. They also provide services in the home through customized supports for individuals from birth to age 21.

www.annecenter.org  701 3rd Street NW  701.252.3850
Jamestown, ND 58401  Toll-free: 800.568.5175

Care Coordination for Children with Special Health-Care Needs is a program intended to assist families who have children with complex needs. The Care Coordination Program through Children’s Special Health Services (CSHS) helps eligible families access services and resources in their community, and when needed, across multiple service delivery settings. For more information, refer to the following websites:

- Medical Home –
  www.medicalhomeinfo.org
- Grand Forks Public Health –
  http://grandforksgov.com/gfgov/Health.nsf/Pages/Care+Coordination
- County Social Services –
  www.nd.gov/dhs/locations/countysocialserv/index.html
- North Dakota Integrated Services –
  www.ndcpd.org/ndis

Child Care Assistance Program
Services: Provides financial assistance to low-income families for child care costs.
North Dakota Department of Human Services
600 East Boulevard, Dept 325, Bismarck, ND 58505
701.328.2332  Public Assistance Toll Free Number: 800.755.2716
www.nd.gov/dhs/services/financialhelp/childcare.html

Child Care Resource and Referral
Services: Assistance locating child care and other related services.
Bismarck – 701.223.1510 or 888.223.1510  Grand Forks – 701.772.3435 or 888.778.3435
Minot – 701.838.7800 or 800.450.7801  Fargo – 218.299.7026 or 800.941.7003
Jamestown – 701.252.0350 or 888.767.0350
http://www.ndchildcare.org

Websites

Condition-Specific Websites:
American Lung Association: www.lungusa.org
American Academy of Allergy, Asthma and Immunology: www.aaaai.org
Allergy and Asthma Network Mothers of Asthmatics: www.aanma.org
Centers for Disease Control and Prevention: www.cdc.gov/asthma
Mayo Clinic: www.mayoclinic.com/health/asthma/DS0021
National Heart, Lung and Blood Institute: www.nhlbi.nih.gov
North Dakota Department of Health: www.ndhealth.gov/asthma
Starlight/Starbright Children’s Foundation: www.starlight.org

Additional Websites for Families of Children With Special Health-Care Needs:
Bright Futures: www.brightfutures.org
CDC Parent Portal: www.cdc.gov/parents
Dr. Greene’s House Calls: www.drgreene.com
Early Intervention: www.nd.gov/dhs/services/disabilities/earlyintervention
Family Village: www.familyvillage.wise.edu
Gillette Children’s Specialty Healthcare: www.gillettechildrens.org
Healthy Children: www.HealthyChildren.org
Healthy & Ready To Work (HRTW): www.hrtw.org
Institute for Child Health Policy (ICHP): www.ichip.edu
Kids As Self Advocates (KASA): www.fvkasa.org
Mayo Health Clinic: www.mayoclinic.com
Medical Home National Center: www.medicalhomeinfo.org
Medical Home Portal: www.medicalhomeportal.org
MUMS (parent support): www.netnet.net/mums
National Organization for Rare Disorders (NORD): www.rarediseases.org
Need to Know: www.ndcpd.org/n2k
ParentsPlace: http://parenting.ivillage.com
Social Security Administration: www.ssa.gov
Starlight/Starbright Children’s Foundation: www.starlight.org
University of Minnesota Children’s Center: www.uofmchildrenshospital.org
**North Dakota Association for the Disabled, Inc. (NDAD)** may provide some financial assistance for individuals with disabilities. For more information, call the office nearest you:

- **Grand Forks**  
  2660 South Columbia Road, Grand Forks, ND 58201  
  701.775.5577 or 800.532.6323

- **Minot**  
  1808 20th Avenue SE, Minot, ND 58701  
  701.838.8414 or 888.999.6323

- **Williston**  
  309 Washington Avenue, Williston, ND 58801  
  701.774.0741 or 877.777.6323

- **Bismarck**  
  400 E Broadway Avenue, Ste. 306, Bismarck, ND 58501  
  701.355.4615 or 888.540.4728

- **Fargo**  
  3509 Interstate Boulevard, Fargo, ND 58103  
  701.281.8215 or 888.363.6323

Services: Information and referral, advocacy, equipment donations and financial assistance.  
[www.ndad.org](http://www.ndad.org)

**Supplemental Security Income (SSI)** provides monthly payments for children who meet disability and financial eligibility requirements. For more information, contact the Social Security Administration.  
North Dakota toll-free: 877.319.6044 or National toll-free: 800.772.1213  
[www.ssa.gov](http://www.ssa.gov)

**Women, Infants and Children (WIC)** provides nutritious foods, offers information about how to feed your family, and helps you participate in other important health programs. Pregnant women, breastfeeding women and children up to age 5 who meet WIC’s liberal income guidelines are eligible to participate. For more information, contact 800.472.2286 or your county WIC office as listed in the phone book.  
[www.ndhealth.gov/wic](http://www.ndhealth.gov/wic)

**Disability Services Division** provides services to North Dakota citizens of all ages with developmental disabilities. Call your regional Human Service Center or the Disability Services Division at 800.755.8529.  
[www.nd.gov/dhs/services/disabilities](http://www.nd.gov/dhs/services/disabilities)

- **Family Care Option** provides respite care to families through short-term foster home placement.
- **Family Subsidy Program** provides financial help needed by the family to care for the child at home.
- **Infant Development Program** provides intervention services in the home or other natural settings by trained professionals to promote optimum development of children from birth through age 2.
- **Respite Care Program** provides services of a specially trained caregiver to provide the family with occasional relief from the stress of providing care.
- **Right Track** provides child development consultations for children from birth to age 3. For more information, call 800.755.8529.
- **Supportive Home Care** assists with and teaches parents about the special care the child needs.
- **Experienced Parent Program** provides support services to parents with children enrolled in early intervention.

**Family Voices of ND** is a health information and education center, which includes the Parent to Parent Project, a program that offers emotional support to families.  
701.493.2634 or 888.522.9654  
[www.fvnd.org](http://www.fvnd.org)

**FamNet** supports collaboration between family support organizations to improve health outcomes for families of children, youth and adults with special health-care needs and/or disabilities. Partner agencies have come together to develop a portal to help guide others to agencies that will best help meet family needs.  
[www.ndcpd.org/ndfamnet](http://www.ndcpd.org/ndfamnet)

**Federation of Families** provides support and advocacy for children’s mental health.  
701.250.1795 or 800.492.4951  
[www.fcsn.org](http://www.fcsn.org)

**Legal Services of North Dakota**  
P.O. Box 1893  
Bismarck, ND 58502-1893  
701.222.2110 or 800.634.5263

**National Alliance on Mental Illness North Dakota**  
P.O. Box 3215  
Minot, ND 58702-3215  
701.857.3345
National Dissemination Center for Children with Disabilities (NICHCY) is an information clearinghouse that provides free information about disabilities and disability-related issues. For more information, call 800.695.0285. www.nichcy.org

Pathfinder Services of North Dakota, Inc.
Family Training and Information Center
1600 2nd Avenue SW, Ste. 19
Minot, ND 58701
701.837.7500 or 800.245.5840
TDD: 701.837.7501 Fax: 701.837.7548 www.pathfinder-nd.org

Regional Resource Centers for Independent Living provides services that help young people with disabilities with transition from home and school to the work place and independent living. www.freedomrc.org/links.html

Pathfinder Services of North Dakota, Inc.
Protection and Advocacy Project
400 E. Broadway, Ste. 409
Bismarck, ND 58501
701.328.2950 or 800.472.2670
Fax: 701.328.3934
TTY: 800.366.6888 www.ndpanda.org

Options Interstate Resource Center
Dakota Center for Independent Living
311 East Broadway
Bismarck, ND 58501
701.222.3636 or 800.489.5013

Freedom Resource Center
2701 9th Avenue S, Ste. H
Fargo, ND 58103
701.478.0459 or 800.450.0459

Ronald McDonald House Charities provides a temporary residence near the medical facility where family members can sleep, eat, and find support from other families in similar situations. In return, families are asked to make a donation, but if that isn't possible, the stay is free.

Bismarck: 609 N. 7th Street, Bismarck, ND 58501 701.258.5076 www.rmhc-bismarck.com
Fargo: 1330 18th Ave South, Fargo, ND 58103 701.232.3980 www.rmhc-fargo.org

Dental Coverage

Safety Net Dental Clinics are programs that usually see patients who do not have other access to dental care. The patients typically are covered by Medicaid or the clinic offers sliding fee schedules or reduced fees.
- Bridging the Dental Gap is a nonprofit community dental clinic serving low-income and uninsured individuals in the Bismarck-Mandan area. 701.221.0158
- Family Healthcare Center Dental Clinic is a federally qualified community health center serving low-income and uninsured individuals within the Fargo Red River Valley Region. 701.271.3332
- Red River Valley Dental Access Project serves low-income, uninsured and Medicaid-eligible individuals who have urgent dental pain and do not have access to a dentist in Fargo-Moorhead. 701.364.5364
- Valley Community Health Center Dental Clinic is a federally qualified health center serving low-income, uninsured and insured individuals of all ages in the Northern Red River Valley. 701.757.2100

North Dakota Donated Dental Services is a network of volunteer dentists who provide dental care to the state’s most vulnerable people: disabled, elderly or medically compromised individuals who cannot afford necessary treatment nor get public aid.
866.572.9390
www.ndhealth.gov/oralhealth/Publications/Fact_Sheet_Dental%20Access.pdf

Jerene’s Wish is a program that provides orthodontic treatment at a minimal cost to eligible children. For more information contact Warford Orthodontics. 701.255.1311
info@warfordorthodontics.com

Medicaid pays for health services for qualifying families with children and people who are pregnant, elderly or disabled. Screening, diagnosis and treatment for children younger than 21 is provided through the Health Tracks Program. For more information or to apply, contact your county social service office.
www.nd.gov/dhs/services/medicalserv/medicaid

ND Healthy Steps is for children age 18 or younger who do not have health insurance, do not qualify for North Dakota Medicaid and live in families with qualifying income. Call 877.543.7669 for an application.
www.nd.gov/dhs/services/medicalserv/chip
**Vision Coverage**
Vision USA provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.
701.258.6766
www.aoa.org/visionusa.xml

**VSP Sight for Students** is a charity that provides free vision exams and glasses to low-income, uninsured children.
888.290.4964
www.sightforstudents.org

**Prescription Coverage**
ND Prescription Drug Repository Program collects and distributes donated medications from hospitals, hospices and other facilities so that pharmacies and physicians can dispense them to those who struggle paying for prescriptions regardless of insurance coverage. The medications and supplies are unopened and secure but cannot be resold to patients.
www.nodakpharmacy.com

Prescription Connection for North Dakota is a program of the North Dakota Insurance Department that connects kids and families with free and discounted prescription drugs direct from the pharmaceutical manufacturer.
888.575.6611
www.rxconnectnd.org

**Health-Care Program**
United Health Care Children’s Foundation embraces and supports the concept of facilitating access to health-related services that have the potential to significantly enhance either the clinical condition or the quality of life of the child and that are not fully covered by the available commercial health benefit plan. The Foundation provides financial assistance toward the family’s share of the cost of medical services.
www.uhccf.org

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**Information and Referral Services**

**Children’s Special Health Services (CSHS)**
North Dakota Department of Health
State Capitol – Judicial Wing
600 East Boulevard Avenue, Dept 301
Bismarck, ND 58505-0200
701.328.2436
Toll-free: 800.755.2714
Relay TDD: 701.328.3975
E-mail: dohcshsadm@nd.gov
Children's Special Health Services is a program that helps children with special health-care needs and their families. Individuals are encouraged to call CSHS for free health-care information. CSHS can also help with referrals to health-care providers and special programs for children with chronic health conditions.
www.ndhealth.gov/cshs

**County Social Services**
Administers economic assistance and social service programs. To inquire about assistance, please check your local phone book under county government.
www.nd.gov/dhs/locations/countysocialserv

**Pediatricians and Family Doctors**
Lists of primary care doctors who practice in North Dakota are available upon request. All children benefit from a medical home. A medical home is not a building, but rather an approach to providing comprehensive medical care. In a medical home, a physician or other medical provider works in partnership with the family/patient to assure that the medical and non-medical needs of the child/youth are met. Through this partnership, the medical provider can help the family/patient access and coordinate specialty care, educational services, out-of-home care, family support, and other public and private community services that are important to the overall health of the child and family.

**Public Health**
Local public health units provide a variety of services such as immunizations, home visits, high-risk infant follow-up, general child health services, community wellness programs, and school health screenings.
www.ndhealth.gov
Organizations

**American Lung Association of North Dakota**
Services: Information, referral, and educational curriculum on lung disease, tobacco control, and indoor and outdoor air quality.
P.O. Box 5004
212 North 2nd Street
Bismarck, ND 58501
701.223.5613
Toll-free 800.252.6325
www.lungnd.org

**Interagency Project for Assistive Technology (IPAT)**
Services: Information and referral, training, technical assistance to systems and individuals, equipment loan library, outreach activities, a link between state and private entities, resource development, alternative loan program, and dissemination of assistive technology materials based on consumer input.
P.O. Box 743
Cavalier, ND 58220
701.265.4807 or 800.265.4728
www.ndipat.org

**North Dakota Center for Persons with Disabilities**
Minot State University
500 University Avenue West
Minot, ND 58707
701.858.3000 or 800.777.0750
www.ndcpd.org/

Financial Help

**Bridge to Benefits** is a multi-state project sponsored by the Children’s Defense Fund – Midwest Region focused on improving the well-being of families and individuals by linking them to public work support programs and tax credits.
nd.bridgetobenefits.org

**Caring for Children** provides free health and dental coverage to children of low-income working parents. Children are eligible if they are North Dakota residents, birth through age 18, and are not covered by other health insurance or not eligible for Medicaid or Healthy Steps. Parents must meet income requirements. For more information or to apply, call 701.277.2227 or toll-free at 800.342.4718.
www.ndcaring.org

**Children’s Special Health Services (CSHS)**

**Diagnostic Services** – CSHS pays for health-care visits and tests needed to diagnose many chronic health conditions seen in children. To qualify, children must be suspected of having a CSHS-eligible condition. There is no financial eligibility requirement for diagnostic services; however, insurance or other sources of health-care coverage are used when available. Health-care visits must be made with a specialist who is approved to provide services through CSHS.

**Treatment Services** – In North Dakota, several programs are available that provide health care coverage for children. CSHS is a program specifically for children with special health-care needs. CSHS pays for specialty care that is needed to treat a CSHS-eligible condition. To qualify, families must meet income eligibility guidelines currently set at 185 percent of the federal poverty level. Families with incomes higher than 185 percent still may be eligible with a cost share. Insurance or other sources of health-care coverage are used when available. Health-care visits must be made with a specialist who is approved to provide services through CSHS.

Families apply for CSHS diagnostic and treatment services at their local county social service office. In order to ensure coverage, contact CSHS toll free at 800.755.2714, as provider restrictions and time limits may affect the eligibility start date.

**Comprehensive Health Association of North Dakota (CHAND)** provides comprehensive health insurance to residents of the state who are denied health insurance or are considered high risk. Individuals must be a resident of North Dakota continuously for at least six months and have written evidence from at least one insurance carrier that within the last six months they have been denied health-care coverage or offered coverage which substantially restricts benefits for specific conditions. For more information, call 800.737.0016.
Head Start
Head Start and Early Head Start are comprehensive child development programs. Regular Head Start programs are for children ages 3 and 4. Some communities offer a program specifically for families with children younger than 3 and pregnant women. A variety of services are provided through Head Start programs, including health, education, parent involvement, family literacy, social services and services for children with disabilities. Call the Head Start State Collaboration office at 800.245.3736 or your local Head Start program. www.nd.gov/dhs/services/childfamily/headstart

School Nursing
The purpose of school nursing is to support the educational process by contributing positively and significantly to the health, health attitudes and health behaviors of today's children, and consequently, tomorrow's adults. Contact the Department of Health at 701.328.2493 or your local school nurse. www.nd.health.gov/school-nursing

Special Education
It is important to locate and identify children who are in need of special services as early as possible. Screening and assessment opportunities offered at school help identify possible areas of difficulty that could interfere with a child’s learning or academic performance. Some children with disabilities may require special education services to address their unique educational needs. Contact the Department of Public Instruction at 701.328.2260 or your local special education unit. www.dpi.state.nd.us

Libraries
North Dakota State Library – 701.328.4622 or toll-free at 800.472.2104 www.library.nd.gov
Pathfinder Services of North Dakota Library – toll-free at 800.245.5840 www.pathfinder-nd.org/lib.html
Prevention Resource Center – toll-free at 800.642.6744 (topics in mental health, substance abuse, aging and disabilities) http://odinlibrary.org/ndspr.html

Education

Easter Seals Goodwill ND, Inc.
Services include, but are not limited to: Respite or relief care, personal care services and domestic homemaker services, equipment loan, advocacy for individuals with disabilities, and information and referral.

Dickinson: 2125 Sims Street
PO Box 361
Dickinson, ND 58602-0361
866.895.1587

Fargo: 15 South 21st, Suite 105
Fargo, ND 58103-1435
866.895.1588

Grand Forks: 3651 South Washington Street
Grand Forks, ND 58201-7201
866.876.1015

Jamestown: 203 Business Loop West
PO Box 756
Jamestown, ND 58402-0756
866.897.6004

Mandan: 211 Collins Avenue
PO Box 1206
Mandan, ND 58554-1206
701.663.6828
Toll-free: 800.247.0698
www.esgwnd.net

Minot: 800 12th Avenue South West
Minot, ND 58701-9114
866.895.1589
North Dakota Chapter of the March of Dimes Birth Defects Foundation
1330 Page Drive, Ste. 102
Fargo, ND 58103
701.235.5530
www.marchofdimes.com/northdakota/northdakota.asp

Project HERO
Services: HERO provides unused medical supplies and donated durable medical equipment to those in need. HERO works with several agency and health-care partners to redistribute viable medical products to the medically fragile and financially challenged.
5012 53rd Street S, Suite C
Fargo, ND 58104
218.284.6111
www.fmhero.org

Shriners Hospitals for Children-Twin Cities
Services: Provides care for children (17 and younger) with orthopedic problems and burns. Some of the common orthopedic problems treated at Shriners include scoliosis, osteogenesis imperfecta, orthopedic problems of cerebral palsy, hand problems, back problems, limb deficiencies and growth problems, orthopedic problems of spina bifida with myelodysplasia, club foot and dislocated hip, leg-length discrepancies, orthopedic problems resulting from neuromuscular disorders, legg-perthes disease, rickets, and juvenile rheumatoid arthritis. Evaluation clinics are offered throughout North Dakota. For more information, call Shriners Hospital for Children –Twin Cities at 888.293.2832 or the patient referral line at 800.237.5055.
www.shrinershq.org

The Arc of North Dakota
Services: The Arc is a member and volunteer-driven nonprofit organization that offers advocacy, education and family support to children and adults with intellectual disabilities and related developmental disabilities and their families.

Bismarck: The Arc of Bismarck
1211 Park Avenue
Bismarck, ND 58504
701.222.1854
www.thearcofbismarck.org/

Dickinson: The Arc of Dickinson
PO Box 1421
Dickinson, ND 58601
701.483.4272

Fargo: The Arc of Cass County
255 North University Drive
Fargo, ND 58102
701.293.8191
www.arccassnd.com

Grand Forks: Arc, Upper Valley, Inc.
2500 Demers Ave
P.O. Box 12420
Grand Forks, ND 58208-2420
701.772.6191
www.thearcuppervalley.com

Valley City: The Arc of Barnes County
700 11th Street NW #135
Valley City, ND 58072
701.845.5845