



# Pediatric Patient Resources

## Pennsylvania

Health and Wellness	
Eating Disorders.....	2
Nutrition and Fitness.....	3
Disease Management	
Cystic Fibrosis .....	5
Celiac Disease.....	6
Allergies/Asthma.....	7
Juvenile Diabetes.....	9
Juvenile Arthritis.....	11
Behavioral and Mental Health	
Inpatient Psychiatric Centers.....	12
Outpatient Mental Health/Counseling Centers.....	13
Autism.....	15
ADD/ADHD.....	17
Substance Abuse	
Inpatient Alcohol & Drug Treatment.....	19
Outpatient Alcohol & Drug Treatment.....	20
Other Resources	
Food.....	22
Classes, Seminars and Help-Group Opportunities.....	23
Sleep Disorders.....	24
Grief/Bereavement.....	24
Transportation.....	25
Rehabilitation & Early Intervention.....	26
Medical Day Care.....	28
Miscellaneous Links.....	28

# HEALTH AND WELLNESS

## Eating Disorders

- **The Renfrew Center**, Philadelphia (residential), Radnor (outpatient)  
**Phone:** 1-800-RENFREW (1-800-736-3739)  
**Services:** Renfrew provides teenagers 14+ suffering from binge eating disorder, anorexia nervosa, bulimia nervosa, non-specified eating disorder and related mental health problems with the tools they need to succeed in recovery and life.
- **Seeds of Hope**, 13 locations in and around Philadelphia  
**Phone:** 1-888-686-7511  
**Services:** Intensive outpatient program specializing in the treatment of eating disorders. Often an alternative to inpatient hospitalization or can be a transition for individuals being discharged from an inpatient stay.
- **Bala Psychological Resources**, Bala Cynwyd, Merion, Bryn Mawr  
**Phone:** 610-667-4804  
**Services:** Treatment for problems with food, eating, and body image.
- **Eating Disorder Services at Children's Hospital**, Philadelphia  
**Phone:** 215-590-3537
- **Belmont Eating Disorder Program**, Philadelphia  
**Phone:** 1-800-220-4357  
**Services:** For adolescents (boys and girls) as young as 13, three levels of integrated treatment: inpatient, partial hospitalization, and intensive outpatient. Also a monthly support group for those with an eating disorder.
- **Anorexia Nervosa and Associated Disorders**  
<http://www.anad.org/>  
**Services:** This website offers online support, educational materials, a helpline and a referral list of therapists and inpatient and outpatient programs.

## Nutrition and Fitness

- **St. Christopher's Hospital for Children, Philadelphia**  
**Phone:** 215-427-6778  
**Services:** Registered Dietitian who provides nutrition assessments and counseling for a wide range of nutrition-related issues. Areas of specialty include: celiac disease, food allergies, obesity, failure to thrive, feeding disorders and nutrition support.
- **Main Line Health Nutrition Centers, Wynnewood, Newtown Square, Paoli, Media**  
**Phone:** 1-866-CALL-MLH (1-866-225-5654)/484-580-1000  
**Services:** Registered, licensed dietitians who provide information, education, and other services related to childhood/adolescent obesity and eating disorders.
- **Nemours/Alfred I. duPont Hospital for Children, Wilmington, DE**  
**Phone:** 302-651-4200  
**Services:** Registered Dietitians provide individualized assessments, education, guidance, and motivation for children with chronic illnesses, failure to thrive, obesity and other problems that impact nutrition, health growth, and development.
- **Healthy Weight Clinic at CHOP, Philadelphia**  
**Phone:** 267-426-2782  
**Services:** Helps children 2-18 manage their weight through a family-based approach that is customized for each child and their family. On-site fitness facility and teaching kitchen.
- **Nutritional Health Systems, King of Prussia**  
<http://www.nutritionalhealthsystems.com/>  
**Phone:** 610-688-3050  
**Services:** Professionally trained dietitians which specialize in nutritional counseling, eating disorders, sports nutrition, medical nutrition therapy and general nutrition.

- **Penn Medicine at North Hills, West Chester**  
**Phone:** 610-738-2835  
**Services:** Nationally credentialed and licensed dietitians provide one-on-one nutritional counseling with parent(s) and child with weight management needs or other specific nutritional needs.
- **Nutrition Outpatient Center at Crozer-Chester, Upland**  
**Phone:** 610-447-2300  
**Services:** Counseling with a Registered and licensed Dietitian
- **Chester County Nutrition & Weight Management, Downingtown**  
<http://chestercountynutrition.com/index.html>  
**Phone:** 610-518-5253  
**Services:** Nutrition counseling with a registered dietitian, who provides education about diet and disease management and prevention. Individual sessions provide expert advice on prevention and treatment of a wide range of conditions including: celiac disease, eating disorders, food allergies, and weight management.
- **Centers for Disease Control and Prevention-Overweight & Obesity**  
<http://www.cdc.gov/obesity/childhood/index.html>  
**Services:** This website defines obesity and the health risks of being overweight. It provides data and statistics, a child and teen BMI calculator, and other resources.
- **USDA**  
<http://www.choosemyplate.gov>  
**Services:** Established by the United States Department of Agriculture, this website offers information about establishing and maintaining a healthy diet. There are tools, printable materials, and healthy eating tips. There's an interactive section with videos & songs, games and recipes just for kids.
- **Kids Health from Nemours**  
<http://kidshealth.org/>  
**Services:** Comprehensive website with sections for parents, kids and teens. Kids and teen sections are interactive with info on recipes, cooking, and fitness.

# DISEASE MANAGEMENT

## Cystic Fibrosis

- **Cystic Fibrosis Center at CHOP, Philadelphia**  
**Phone:** 215-590-3749  
**Services:** Services range from evaluation and diagnosis to treatment and education of both the family and community care providers. Accredited by the National CF Foundation. The CF Center also serves as a Therapeutic Development Research Center in which clinical trials of new therapies are performed.
- **St. Christopher's Cystic Fibrosis Center, Philadelphia**  
**Phone:** 215-427-5183  
**Services:** Provides advanced, collaborative care. Accredited by the National Cystic Fibrosis Foundation.
- **Nemours/Alfred I. duPont Hospital for Children, Wilmington, DE**  
**Phone:** 302-651-4200  
**Services:** Comprehensive treatment. Only program in Delaware that is accredited by the National CF Foundation.
- **Delaware Valley Chapter of Cystic Fibrosis Foundation, Broomall**  
**Phone:** 1-800-378-8423/610-325-6001  
**Services:** Executive Director: Ms. Eileen Miley; email is [del-valley@cff.org](mailto:del-valley@cff.org). Local chapters of the CF Foundation host fundraising events aimed at bringing local communities together in support of the Foundation's mission.
- **Cystic Fibrosis Foundation**  
<http://www.cff.org/>  
**Phone:** 1-800-Fight CF (1-800-344-4823)  
**Services:** Provides patient assistance resources, links to state chapters, local CF events, information on clinical trials, and link to accredited Care Centers.

## Celiac Disease

- **The Center for Celiac Disease at CHOP, Philadelphia**  
**Phone:** 215-590-3076  
**Services:** Center is one of the largest and most comprehensive of its kind in the United States. Provides education, training, care and support for the child and their family.
- **Celiac Center at Paoli Hospital, Paoli**  
**Phone:** 484-580-1000  
**Services:** Center is part of the Gastroenterology Department at Paoli, which has been recognized as a Best Regional Hospital by *U.S. News & World Report* for Gastroenterology and other specialties.
- **St. Christopher's Hospital for Children, Philadelphia**  
**Phone:** 215-427-6778  
**Services:** Registered Dietitian provides nutrition assessments and counseling. There is also a celiac support group for parents looking to introduce their children to other gluten-free kids. Meets the 3<sup>rd</sup> Wednesday of each month.
- **Celiac Sprue Association Cel-Kids Network**  
[http://www.csaceliacs.info/cel\\_kids.jsp](http://www.csaceliacs.info/cel_kids.jsp)  
**Services:** Website has kids' recipes, games and education for kids and parents.
- **Kids Health from Nemours**  
<http://kidshealth.org/> (kids, teen & parent tabs have articles on celiac disease)  
**Services:** Celiac defined, symptoms, treatment options, and foods to avoid.
- **Celiac Central**  
<http://www.celiaccentral.org/kids>  
**Services:** Website features separate sections for kids and parents, allowing kids to have their own space to explore and contribute. Kids section features games and personal stories. Parents section has articles and research news specific to parenting gluten-free children, plus links to recipes and product reviews. Information on support group in Holmes, PA area- 610-999-9774.

## Allergies/Asthma

- **St. Christopher's Asthma Center, Philadelphia**  
**Phone:** 215-427-5183  
**Services:** Comprehensive evaluation and treatment for children with asthma.
- **Division of Allergy at CHOP, Philadelphia, Springfield, Exton, K of P**  
**Phone:** 215-590-2549  
**Services:** One of the largest pediatric allergy programs in the region. Provides comprehensive evaluation and treatment of allergic diseases and asthma.
- **Nemours/duPont Health System, Wilmington, DE, Philadelphia**  
**Phone:** 302-651-4200(DE)/ 215-861-8830(P)  
**Services:** Diagnose and treat asthma and all types of allergies in children, from hay fever to food allergies.
- **Pediatric Allergy at Chester County Hospital, West Chester**  
**Phone:** 610-738-2300  
**Services:** Focuses on allergies and the immunology of children.
- **Main Line Health System, Paoli, Bryn Mawr, Lankenau**  
**Phone:** 1-866-CALL-MLH (1-866-225-5654)  
**Services:** Diagnose and treat asthma and multiple allergies: hay fever, skin disorders, food allergy reactions, and other immunological disorders.
- **Crozer-Keystone Asthma & Allergy Services, Glen Mills, Havertown, Media, Wynnewood, Upper Darby, Newtown Square, Upland, Chester**  
**Phone:** 1-800-254-3258  
**Services:** Assists children and their families in the diagnosis, treatment and management of asthma. K.A.M.P.-management program for Delaware County
- **Kids Health from Nemours**  
<http://kidshealth.org/> (kids, teen, and parent tabs have information on asthma)  
**Services:** Comprehensive interactive website for kids and teens with asthma.

- **F.E.A.S.T. (Food & Environmental Allergy Support Team), Main Line Services:** Support group which meets monthly at the Memorial Library of Radnor Township for parents of allergic children in the Main Line area. Coordinator is Jean K. and her email is: [Jmk226@cornell.edu](mailto:Jmk226@cornell.edu). Topics of discussion include dealing with allergies in schools, sharing recipes and product suggestions, and handling different situations including restaurants, parties, etc.
- **P.H.A.C.T. (Parents Having Allergic Children Team), Chester County Services:** Support group for the Downingtown/Chester County area for parents of children with food allergies. Coordinator is Jenine Lawton and her email is: [ParentsHavingAllergicChildren@yahoo.com](mailto:ParentsHavingAllergicChildren@yahoo.com). The group provides emotional/social support for families, spreads awareness and knowledge regarding food allergies.
- **Anaphylaxis Community Expert (ACEs)**  
<http://www.aanma.org/health-topics/anaphylaxis/ace-directory-2012/>  
**Services:** Allergy and Asthma Network created ACEs, a national, award-winning program developed in partnership with the American College of Allergy, Asthma & Immunology. ACE teams conduct free local seminars to increase awareness about anaphylaxis and treatment and prevention strategies.
- **Centers for Disease Control and Prevention-Asthma Page**  
<http://www.cdc.gov/asthma/children.htm>  
**Services:** This website provides games and learning activities as well as videos for children and teenagers. Kids learn what asthma is as well as how to manage their asthma and how to control environmental triggers.
- **Kids with Food Allergies**  
<http://www.kidswithfoodallergies.org/>  
**Services:** Food allergy information, food and cooking assistance, help in finding allergy-free foods, products and services, and free educational webinars.
- **Allergy & Asthma Network, Mothers of Asthmatics**  
<http://www.aanma.org/>  
**Services:** Leading patient education organization, this website has podcasts, links to publications, community outreach programs and many resources. (Site in Spanish as well).



## Juvenile Diabetes

- **The Diabetes Center for Children at CHOP, Philadelphia**  
<http://www.chop.edu/service/diabetes-center-for-children/home.html>  
**Phone:** 215-590-3174  
**Services:** One of the largest centers in the country dedicated to the treatment and study of diabetes in children. Self-management classes, online education materials for adolescents, links to diabetes camps, and support groups to help parents, patients, and siblings meet other families dealing with diabetes.
- **Center for Diabetes at Crozer-Keystone, Springfield, Glen Mills, Chester**  
**Phone:** 610-328-8920  
**Services:** An American Diabetes Association recognized diabetes program offers a variety of individual and small group classes, as well as counseling to help manage the diabetes. Referral from physician is required.
- **St. Christopher's Hospital for Children, Philadelphia**  
**Phone:** 215-427-8100  
**Services:** Diagnostic and therapeutic services, education, and support to patients and their families.
- **Nemours/duPont Health System, Wilmington, DE, Newtown Square, Philadelphia, Bryn Mawr**  
**Phone:** 302-651-5965(DE) 610-557-4800(NS) 215-955-1648(P) 800-416-4441(B)  
**Services:** Program is accredited by the American Diabetes Association. Provides comprehensive care, education and support for child and family.
- **American Diabetes Association**  
<http://www.diabetes.org/living-with-diabetes/parents-and-kids/>  
**Services:** For kids, teens, and parents. Tips on keeping children safe at school, free Everyday Wisdom Kit, and In My Community section has a link to local diabetes camps.

- **Kids Health from Nemours**  
<http://kidshealth.org/>  
**Services:** Comprehensive website with a diabetes sections for parents, kids and teens. Recipes, newsletter, articles and personal stories.
- **American Diabetes Association, Bala Cynwyd**  
**Services:** Local office of the American Diabetes Association -#610-828-5003.
- **Camp Nejeda, Stillwater, NJ**  
<http://www.campnejeda.org/>  
**Services:** Overnight, week long camp for children 7-16 years of age with Type 1 diabetes. Also offers year-round programs and conferences for families.
- **Camp Setebaid, Bethel, Mifflinburg**  
<http://www.setebaidservices.org/>  
**Phone:** 570-524-9090  
**Services:** Week long sleep-away camps for kids ages 8-17 with Type 1 diabetes.
- **Camp Freedom, Schwenksville**  
**Phone:** 610-828-5003 x4657  
**Services:** Week long sleep-away camp for kids ages 7-16.
- **Diabetes Camp, Rockwood**  
**Phone:** 412-824-1181 x4608  
**Services:** Week long sleep-away camp for kids 8-18.
- **Art Therapy Groups-Lee Ann Thill, Bensalem**  
**Phone:** 215-990-4874  
**Services:** Single-session art therapy workshops and multi-session groups for school-ages children and teens with type 1 diabetes to have fun, learn and share with peers. Email is: [leann@leannthill.com](mailto:leann@leannthill.com).
- **ABC Diabetes Education Program, 19 Philadelphia area locations**  
**Phone:** 1-866-399-4222  
**Services:** Supportive program covered by most insurance plans.

## Juvenile Arthritis/Rheumatology

- **Center for Childhood Arthritis and Rheumatic Disease at CHOP, Phil.**  
**Phone:** 215-590-2547  
**Services:** Treatment for children with rheumatic illnesses as well undiagnosed multisystem diseases. Active parent and adolescent support groups.
- **St. Christopher's Section of Rheumatology, Philadelphia**  
**Phone:** 215-427-5051  
**Services:** Provides comprehensive services for the evaluation and treatment of children with a wide spectrum of acute and chronic rheumatic disorders. The section is a member of the nationwide Pediatric Rheumatology Collaborative Study Group, which enrolls selected children with various pediatric rheumatic disorders in trials of newer medications and population studies.
- **Nemours/Alfred I duPont Hospital for Children, Wilmington, DE**  
**Phone:** 302-651-4200  
**Services:** Provides comprehensive care for children with arthritis and a wide range of related disorders.
- **WebMD**  
<http://www.webmd.com/arthritis/juvenile-arthritis-directory>  
**Services:** Comprehensive coverage about how juvenile arthritis develops, what the symptoms are, how to treat it, and information on 504 plans, IEPs, and other ways to help a child cope with arthritis in the classroom.
- **Kids Health from Nemours**  
<http://kidshealth.org/> (kids, teen, and parent tabs all have articles on arthritis)  
**Services:** Website explaining arthritis, how it's treated, and how to live with it.
- **Kids Get Arthritis Too**  
<http://www.kidsgetarthritisoo.org/>  
**Services:** This website explains what juvenile arthritis is, lists resources, explains natural treatments and therapies, medications, and has separate interactive sections for kids and teens. Free Welcome Kit. Local Arthritis Foundation office representative: Danielle Stephens 267-238-9724, [dmstephens@arthritis.org](mailto:dmstephens@arthritis.org).

# BEHAVIORAL & MENTAL HEALTH

## Inpatient Behavioral Health Centers

- **Belmont Behavioral Health, Philadelphia**  
**Phone:** 1-800-220-4357  
**Services:** Only full scale crisis response center for adolescents and children as young as 3 in the Philadelphia region able to handle 24-hour emergencies. Programs dedicated to children and adolescents ages 5-17 who are in crisis.
- **Nemours/Alfred I. duPont Hospital for Children, Wilmington, DE**  
**Phone:** 302-651-4500  
**Services:** Provides inpatient services to young people dealing with anxiety, depression and other mental health issues.
- **Presbyterian Children's Village, Rosemont**  
**Phone:** 610-525-5400  
**Services:** Residential treatment program serves girls 12 to 18 years old with serious mental health and behavioral health treatment needs.
- **Devereux, Glenmoore, Malvern, Devon**  
**Phone:** 1-800-345-1292  
**Services:** Three separate residential campuses provide services for boys and girls ranging in age from 9 to 18.
- **Wordsworth, Fairmount Park Philadelphia**  
**Phone:** 1-800-769-0088/215-643-5400  
**Services:** Comprehensive treatment and education program for adolescents ages 9-19 who are experiencing serious emotional and behavioral issues.
- **Crozer-Chester Medical Center, Upland**  
**Phone:** 610-447-7600 (crisis)/610-447-6100  
**Services:** Full range of services to care for patients with mental health illnesses.

## Outpatient Mental Health/Counseling Centers

- **Center for the Treatment and Study of Anxiety, U of P, Philadelphia**  
**Phone:** 215-746-3327  
**Services:** Offers specialized treatment for children, adolescents, and adults with a wide range of anxiety and stress disorders, including OCD, PTSD, social phobia, panic disorder, generalized anxiety disorder, and specific phobias.
- **The Light Program, 13 locations in and around Philadelphia**  
<http://www.mylightprogram.com/>  
**Phone:** 1-888-686-7511  
**Services:** Mental health intensive outpatient program that treats individuals in crisis or struggling to function on a regular basis. For those age 11 and up.
- **Main Line Health, Drexel Hill, Exton, Malvern**  
**Phone:** 1-888-227-3898  
**Services:** Services encompass a wide range of mental, emotional and addiction disciplines for adolescents 14 years and older.
- **Department of Child and Adolescent Psychiatry and Behavioral Sciences at CHOP, Exton, Philadelphia, Chadds Ford, King of Prussia**  
**Phone:** 215-590-7555  
**Services:** Provides emotional and behavioral health services for infants, children and teens.
- **Belmont Behavioral Health, Philadelphia**  
<http://www.einstein.edu/mental-behavioral-health/>  
**Phone:** 1-800-220-4357  
**Services:** Specialized services for children and adolescents from ages 5 to 17.
- **Bryn Mawr College Child Study Institute, Bryn Mawr**  
**Phone:** 610-526-5900  
**Services:** CSI serves children and adolescents: Psychological assessment services, student support learning issues from preschool to college, psychotherapy, speech-language pathology, and education/career consultations.

- **Crozer-Chester Psychiatry Services**, Glen Mills,  
**Phone:** 610-874-5257  
**Services:** Diagnosis and treatment for a range of issues for all ages.
- **Presbyterian Children’s Village**, Rosemont, Philadelphia  
**Phone:** 215-730-2240  
**Services:** Child must be receiving Medicaid to be eligible for services.
- **Child Guidance Resource Centers**, Coatesville, Havertown, Philadelphia  
<http://cgrc.org/>  
**Phone:** 484-454-8700  
**Services:** Children and adolescents from 2 to 21 years old who are experiencing emotional, social, developmental or behavioral health difficulties.
- **Children’s Crisis Treatment Center**, Philadelphia  
<http://cctckids.org/>  
**Phone:** 215-496-0584  
**Services:** Provides mental and behavioral health services to children and their families in Philadelphia.
- **Child & Adolescent OCD, Tic, Trich & Anxiety Group at U of P**, Phil.  
**Phone:** 215-746-1230  
**Services:** A specialty clinic in the Department of Psychiatry at the University of Pennsylvania for those with OCD, tic orders, trichotillomania, and anxiety.
- **National Alliance on Mental Illness**  
[http://www.nami.org/template.cfm?section=Child\\_and\\_Adolescent\\_Action\\_Center](http://www.nami.org/template.cfm?section=Child_and_Adolescent_Action_Center)  
**Services:** NAMI’s Child and Adolescent Center works to improve the lives of children, youth and young adults impacted by mental illness and their families.
- **National Alliance on Mental Illness PA**, Main Line (Merion Station)  
<http://namipamainline.org/>  
**Services:** An affiliate of the National Alliance on Mental Illness-a grassroots organization offering information and support to people with mental illness, their families and friends.

## Autism

- **The Center for Neurological and Neurodevelopmental Health, K of P**  
**Phone:** 855-852-8150  
**Services:** Health care provider that diagnoses and treats neurological, neuropsychological, neuropsychiatric, behavioral, developmental and learning concerns for children and adolescents.
- **Devereux CARES, Downingtown**  
**Phone:** 610-873-4930  
**Services:** State-of-the-art school for children with an autism spectrum disorder, ages 5 to 21 years of age.
- **Autism Integrated Care Program at CHOP, Philadelphia, Springfield, King of Prussia, Exton**  
**Phone:** 215-590-7500  
**Services:** This program focuses on helping families get a clear diagnosis and consultation support by leading autism spectrum disorder experts.
- **Section of Developmental Pediatrics at St. Christopher's, Philadelphia**  
**Phone:** 215-427-5531  
**Services:** Evaluates and treats children experiencing cognitive and/or motor difficulties.
- **Belmont Behavioral Health, Philadelphia**  
**Phone:** 1-800-220-4357  
**Services:** Specialized treatment to children and adolescents with autism for those who are also exhibiting a primary mental health complication like violence or impulse control.
- **Neurodevelopmental Pediatrics of the Main Line, Rosemont**  
**Phone:** 610-520-2130  
**Services:** Provides consultative services to children, generally birth to 5, with developmental disabilities. Specializes in autism, Asperger's, PDD-NOS, nonverbal learning disability, and Semantic-Pragmatic Language Disorder.

- **A. J. Drexel Autism Institute**, Philadelphia  
**Phone:** 215-571-3401  
<http://www.drexel.edu/autisminstitute/>  
**Services:** Research organization that seeks to involve the various constituencies concerned with autism (individuals with autism, their families, clinicians, etc.) actively in their research. Website lists research and projects as well as events families can be involved with.
- **Pediatric Specialty Care at Crozer-Chester Medical Center**, Upland  
**Phone:** 1-800-254-3258  
**Services:** Developmental services for children and adolescents, such as ADHD, learning disabilities, and autism.
- **The Center for Autism**, Philadelphia  
<http://thecenterforautism.org/>  
**Phone:** 215-878-3400  
**Services:** The oldest autism treatment center in the country. Services are: evaluation and assessment; full day pre-K program for children 2-5; half day treatment program for children up to 6; after-school program for children and adolescents 5-16; Saturday program for teens and young adults; outpatient therapy program; and workshops and seminars.
- **Autism Link**  
<http://www.autismlink.com/>  
**Services:** Nationwide provider database and informational resources.
- **Autism Society**  
<http://www.autismsource.org/>  
**Phone:** 1-800-328-8476  
**Services:** Information regarding treatment, education, research and advocacy.
- **Autism Speaks**  
<http://www.autismspeaks.org/>  
**Services:** Website has research, articles, resource guide, autism apps, and a 100 Day Kit for newly diagnosed families to make the best possible use of the 100 days following their child's diagnosis.



## ADHD

- **The Center for Neurological and Neurodevelopmental Health, K of P**  
<http://www.cnnh.org/>  
**Phone:** 1-855-852-8150  
**Services:** Health care provider that diagnoses and treats neurological, neuropsychological, neuropsychiatric, behavioral, developmental and learning concerns for children and adolescents.
- **CHOP Center for Management of ADHD, Springfield, Philadelphia, Exton, King of Prussia**  
**Phone:** 1-800-TRY-CHOP (1-800-879-2467)  
**Services:** Evaluates and treats children from 3 to 18.
- **Bryn Mawr College Child Study Institute, Bryn Mawr**  
**Phone:** 610-526-5900  
**Services:** CSI serves children and adolescents: Licensed psychologists and/or neuropsychologists provide assessment, diagnosis, educational recommendations and suggest therapeutic interventions.
- **Section of Developmental Pediatrics St. Christopher's, Philadelphia**  
**Phone:** 215-427-5531  
**Services:** Evaluates and treats children experiencing cognitive and/or motor difficulties. Also ongoing management of children with ADHD.
- **Crozer-Chester Health System Division of Developmental Pediatrics, Upland**  
**Phone:** 610-619-7410  
**Services:** Provides evaluation and guidelines for managing and treating developmental disorders in children from birth to adolescence.
- **Nemours/Alfred I. duPont Hospital for Children, Wilmington, DE**  
**Phone:** 302-651-4500  
**Services:** Consultation, comprehensive evaluation, and parent-based training.

- **2BeSocial, Exton**  
<http://www.2besocial.org/>  
**Phone:** 610-883-3320  
**Services:** Social tutoring for students and adults with ADHD, Asperger's, Non-Verbal learning disabilities, and high functioning Autism.
- **Live and Bloom Child and Family Therapy, Havertown**  
<http://www.hilarywyant.com/>  
**Phone:** 484-452-4084  
**Services:** Serves children from preschool to young adulthood, as well as their families. Specializes in ADHD and learning disabilities. Social skills groups.
- **CHADD (Children and Adults with ADHD)**  
<http://www.chadd.org/>  
**Services:** Provides education, advocacy and support for individuals with ADHD.
- **Chester County CHADD support group**  
<http://www.chadd.net/template.cfm?affid=222&p=about>
- **Elkins Park Area support group**  
<http://www.chadd.net/template.cfm?affid=249&p=about>
- **Virtual Online Chapter of CHADD-PA**  
<http://www.chadd.net/template.cfm?affid=002&p=about>  
**Services:** Webinar 2<sup>nd</sup> Tuesday of each month-8pm-9:30pm; or Teleconference 4<sup>th</sup> Thursday of each month-12pm-1:30pm.
- **National Resource Center on ADHD (A Program of CHADD)**  
<http://www.help4adhd.org/>  
**Services:** Serves parents, educators, adults with ADHD, professionals, policy-makers and the general public by providing information on the most relevant topics about ADHD. Website also in Spanish.
- **American Academy of Child & Adolescent Psychiatry**  
<http://www.aacap.org/>  
**Services:** ADHD Resource Center has helpful information for parents.

# SUBSTANCE ABUSE

## Inpatient Detoxification and Substance Abuse Treatment

- **White Deer Run Allenwood, Allenwood**  
**Phone:** 1-855-231-1198  
**Services:** Inpatient non-hospital detox service and residential treatment to adolescents who are struggling with chemical dependency and related issues.
- **Therapeutic Center at Fox Chase AKA The Bridge, Philadelphia**  
**Phone:** 1-800-394-4220/215-342-5000 x203  
**Services:** Residential short-term drug treatment (30 days or less) and residential long-term drug rehab treatment (more than 30 days).
- **Gaudenzia, Norristown**  
**Phone:** 610-239-9600  
**Services:** Residential program for teens seeking recovery from chemical dependency.
- **Pyramid Quakertown, Quakertown**  
**Phone:** 1-888-694-9996  
**Services:** Inpatient drug and alcohol treatment facility for teens struggling with co-occurring substance abuse and mental health disorders.
- **Hillside, East Stroudsburg**  
**Phone:** 1-888-878-8554/1-855-878-8554  
**Services:** Detoxification program for adolescents 14 years of age and older.
- **The Academy/American Addiction Center, Palm Beach, FL**  
**Phone:** 1-855-805-8955  
**Services:** Provides adolescents ages 13-17 with the guidance and knowledge for success in overcoming their destructive habits and compulsive behaviors.

## Outpatient Alcohol & Drug Treatment

- **Recovery Center of Crozer-Keystone Health System, Chester**  
**Phone:** 610-497-7200  
**Services:** All treatment programs include individual and group therapy.
- **Family & Community Service of Delaware County, Media**  
**Phone:** 610-566-7540  
**Services:** Initial evaluations, outpatient treatment, referrals to inpatient alcohol treatment facilities and aftercare support.
- **Center for Addictive Diseases, Drexel Hill, Exton**  
**Phone:** 1-888-CARE-898 (1-888-227-3898)  
**Services:** Provides drug and alcohol assessments and treatment services for those 14 years and older with substance abuse problems as well as for family members affected by this illness. Outpatient and Intensive OP programs.
- **UHS Recovery Foundation AKA Keystone Center, Brookhaven, Ambler**  
**Phone:** 1-800-558-9600  
**Services:** Outpatient and Intensive outpatient programs for adolescents.
- **Child Guidance Centers-Teen Care Drug & Alcohol Program, Havertown, Coatesville, Norristown, University City**  
**Phone:** 484-454-8700  
**Services:** Specialized outpatient program focusing on education, treatment, and recovery from substance abuse.
- **Therapeutic Center at Fox Chase AKA The Bridge, Philadelphia**  
**Phone:** 1-800-394-4220/215-342-5000 x203  
**Services:** Outpatient substance abuse treatment for adolescents.
- **Parkside/NHS Human Services, Philadelphia**  
**Phone:** 1-888-NHS-0020 (1-888-647-0020)  
**Services:** Substance abuse treatment, detoxification, and methadone maintenance services.

- **FOCUS Psychological Associates, Media**  
**Phone:** 610-566-4330  
**Services:** Pennsylvania State licensed Drug and Alcohol Treatment Center with preferred provider status by Delaware County Courts, for those with drug and alcohol abuse or dependency problems.
- **The Consortium, Philadelphia**  
**Phone:** 215-596-8000  
**Services:** Various addiction treatment programs for adolescents during either the day, after-school hours, or those in the Juvenile Justice System.
- **Gaudenzia, Norristown**  
**Phone:** 610-239-9600  
**Services:** Outpatient program for teens seeking recovery from chemical dependency.
- **Belmont, Philadelphia**  
**Phone:** 1-800-220-HELP (1-800-220-4357)  
**Services:** Serves patients whose primary diagnosis is addiction or a substance abuse disorder. Traditional outpatient and Intensive outpatient programs.
- **Sobriety Through Out Patient, Philadelphia**  
**Phone:** 1-800-660-STOP (1-800-660-7867)/215-227-7867  
**Services:** Teen drug and alcohol rehabilitation program that provides drug and alcohol help for teens, day and evening treatment and partial hospitalization, plus programs for outpatient addiction treatment.
- **Rehab After School, Philadelphia, Glen Mills, Paoli, Exton, Havertown, Media, Phoenixville**  
**Phone:** 1-800-238-HELP  
**Services:** Specifically designed for adolescents between the ages of 14 and 18 who are experiencing problems from alcohol and drug use.
- **National Council on Alcoholism & Drug Dependence, Inc. (NCADD)**  
<http://ncadd.org/>  
**Services:** Section for Youth with self-tests to test for abuse.

## OTHER RESOURCES

### Food

- **Philabundance**, Philadelphia  
<http://www.philabundance.org/>  
**Phone:** 1-800-319-FOOD (1-800-319-3663)  
**Services:** Region's largest hunger relief organization, serving Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties. Seven different programs are provided that cover the range of those in need of assistance: including infants, kids and seniors.
- **Family and Community Service of Delaware County**  
**Phone:** 610-566-7540/610-626-5800  
**Services:** Program provides emergency food assistance to needy individuals and families through a network of 20 food centers located in churches, faith communities, and social service agencies.
- **Penn State Nutrition Links**, All PA counties  
**Phone by County:** Delaware 610-690-2655/Chester 610-696-3500/Philadelphia 215-471-2200/Montgomery 610-489-4315  
**Services:** Funded by federal programs: Expanded Food and Nutrition Program (EFNEP) and PA TRACKS.
- **Supplemental Nutrition Assistance Program (SNAP)**  
[http://www.benefitsapplication.com/program\\_info/PA/Food%20Stamps](http://www.benefitsapplication.com/program_info/PA/Food%20Stamps)  
**Services:** Step by step application process for applying for food stamps.
- **National School Lunch Program, School Breakfast Program**  
<https://www.compass.state.pa.us/compass.web/CMHOM.aspx>  
**Services:** Links to apply for statewide government food assistance programs for children, babies, teenagers, and others from qualified low income, unemployed and working poor families.

## Classes, Seminars, and Help-Group Opportunities

- **The Children’s Hospital of Philadelphia, Philadelphia**  
<http://www.chop.edu/visitors/family-support-and-resources/support-groups.html>  
**Phone:** 215-590-1000  
**Services:** CHOP hosts a number of parent-led support groups on the hospital campus. Also Kohl’s Injury Prevention Program with an activity book to download; Sports Safety products and Id bracelets to purchase; and Teen Driver Source link.
- **St. Christopher’s Hospital for Children, Philadelphia**  
<http://www.stchristophershospital.com/patients-families/hospital-support-services/support-groups>  
**Phone:** 215-427-5000  
**Services:** St. Chris’s facilitates a variety of family and patient support groups: Grow Clinic parent support group, diabetic support group, Sickie Cell parent support group, congenital heart defects support group, oncology teens support group, oncology bereavement support group, and more.
- **Crozer-Keystone Health System, Drexel Hill**  
**Phone:** 610-284-8158  
**Services:** One-day “Safe Sitter” courses offered to youths 11 years and older. This program teaches how to care for infants and young children. Fee involved.
- **Main Line Health, Media**  
**Phone:** 1-866-CALL-MLH (1-866-225-5654)  
**Services:** Two-day “Safe Sitter” course for boys and girls ages 11-13. The purpose of this program is increase the ability of adolescents to safely care for younger children while babysitting. Fee involved.
- **Nemours/A. I duPont Hospital for Children, Wilmington, DE**  
**Phone:** 302-651-4000  
**Services:** Kohl’s Injury Prevention Program with an online video game, AAA Keys2Drive for teen driver safety, and healthy eating resources.

## Sleep Disorders

- **The Sleep Center at CHOP**, Philadelphia, King of Prussia, Voorhees, NJ  
**Phone:** 215-590-3749  
**Services:** Diagnose, evaluate and treat sleep disorders in children.
- **Sleep Center for Children at St. Christopher's Hospital**, Philadelphia  
**Phone:** 215-427-5183  
**Services:** Treats patients of all ages, from toddlers to teens.
- **Sleep Medicine at Nemours/A. I. duPont**, Wilmington, DE  
**Phone:** 302-651-5056  
**Services:** Diagnose, evaluate the causes of, and treat sleep disorders in children.
- **Jefferson Sleep Disorder Center**, Philadelphia  
**Phone:** 1-800-JEFF-NOW (1-800-533-3669)  
**Services:** Specialists at the center care treat children ages 3 and up.

## Grief/Bereavement

- **The Center for Grieving Children**, 3 locations in Philadelphia  
<http://grievingchildren.org/>  
**Phone:** 267-437-3123  
**Services:** A safe and caring place where young people and their families who are grieving a death can find help to grow through the healing process.
- **The Center for Loss and Bereavement**, Skippack  
<http://www.bereavementcenter.org/>  
**Phone:** 610-222-4110  
**Services:** Non-profit organization that provides counseling, support services and education. Support program for grieving children who have experienced the death of an immediate family member and a summer bereavement camp offered to children ages 6-12 who have experienced the death of an immediate family member.



## Transportation

- **Medical Assistance Transportation Program (MATP)**, statewide  
<http://matp.pa.gov/>  
**Services:** Transportation to medical appointments for Medical Assistance recipients who do not have transportation available to them. The individual's county of residence will provide the type of transportation that is the least expensive while still meeting their needs.
- **LogistiCare**, call for area  
<http://www.logisticare.com/index.php>  
**Phone:** 1-877-835-7436  
**Services:** Non-emergency medical transportation for Medicaid and certain Medicare plans.
- **ROVER Community Transportation**, Chester County  
<http://www.riderover.com/>  
**Phone:** 484-696-3854  
**Services:** Affordable transportation throughout Chester County for non-medical transportation needs as well as up to 15 miles outside of Chester County for medical trips.
- **Community Transit**, Delaware County  
<http://ctdelco.org/>  
**Phone:** 610-490-3960  
**Services:** Affordable transportation for Delaware County residents for any trip purpose. Trips must originate in Delaware County and destinations may be in Delaware County, Philadelphia County, and limited areas in Montgomery and Chester Counties.
- **Suburban Transit Network (TransNet)**, Montgomery County  
<http://suburbantransit.org/>  
**Phone:** 215-542-RIDE (215-542-7433)  
**Services:** Low-cost transportation to school, medical appointments, camp, etc.

## Rehabilitation & Early Intervention

- **Crozer-Keystone Pediatric Rehabilitation**, Springfield, Ridley Park  
**Phone:** 1-800-CK-HEALTH (1-800-254-3258)  
**Services:** Evaluation and treatment for children 0-18 years of age demonstrating physical, cognitive, or developmental deficits.
- **The Center for Rehabilitation at CHOP**, Philadelphia, Springfield, Exton, King of Prussia  
**Phone:** 1-800-TRY-CHOP (1-800-879-2467)  
**Services:** Programs for children with neuro-cognitive, neuromuscular, cardiopulmonary, integumentary, and musculoskeletal deficits and injuries.
- **Theraplay, Inc.**, West Chester, Broomall  
**Phone:** 610-436-3600(WC)/610-356-1991(B)  
**Services:** Occupational therapy, physical therapy, speech/language therapy, Early Intervention Services and School and Contract Services.
- **Speech & Language Therapy at Nemours/A.I. duPont**, Wilmington, DE  
**Phone:** 302-651-6010 option 2  
**Services:** Programs for those with general speech and language disorders or delays as well as hearing impairment, birth defects and cochlear implants.
- **Main Line Health Outpatient Rehabilitation Network**, Media, Paoli, Collegeville, Newtown Square, Wynnewood  
**Phone:** 1-866-CALL-MLH (1-866-225-5654)/484-580-1000  
**Services:** Pediatric occupational and physical therapies as well as speech-language pathology and audiology services. Also social skills groups for children 6-11 years old and pediatric feeding program.
- **Bureau of Early Intervention Services**  
**Phone:** 1-800-692-7288  
**Services:** Services are provided at no cost to children from birth to age 5 who have special needs due to developmental delays and disabilities.

- **Physical Medicine & Rehab at Nemours/A.I. duPont Hospital, DE**  
**Phone:** 302-651-4200  
**Services:** Pediatric rehabilitation program for children up to age 17 helps improve mobility, functional skills and/or communication skills affected by disease or injury.
- **Department of Speech-Language Pathology at CHOP, Philadelphia, Springfield, King of Prussia, Exton**  
**Phone:** 1-800-551-5480  
**Services:** Evaluates and treats children from birth to 21 years of age who have difficulties with communication and swallowing.
- **Speech Pathology Consultants, Blue Bell**  
**Phone:** 610-834-4099  
**Services:** Speech and language therapy to children and adolescents.
- **Children's Therapy Center, Ambler**  
**Phone:** 215-643-7884  
**Services:** Speech and language therapy, sensory integration therapy, motor skills, handwriting therapy, occupational therapy, physical therapy, feeding therapy and gait training.
- **Child Study Institute, Bryn Mawr**  
**Phone:** 610-526-5900  
**Services:** Speech-language assessment and therapy to children presenting with communication difficulties.
- **Physical & Speech Therapy at St. Christopher's, Philadelphia**  
**Phone:** 1-888-STCHRIS (1-888-782-4747)/215-427-5000
- **Ellen Schwartz: Speech-Language Pathologist Society Hill-Philadelphia**  
**Phone:** 215-923-3886
- **Child Link-Public Health Management Corporation, Philadelphia**  
**Phone:** 215-685-4646  
**Services:** Early Intervention for children birth-3 with developmental delays.

## Medical Day Care

- **Frankie's World**, Philadelphia  
**Phone:** 215-763-0151  
**Services:** Area's only non-profit medical day care center for children ages birth through 12 with special healthcare needs.
- **Nurses 'n Kids**, New Castle, DE  
**Phone:** 302-323-1118  
**Services:** For infants and children with acute & chronic medical needs, developmental delays and nutritional deficiencies.
- **Pediatrics Healthcare for Kids**, Wyncote  
**Phone:** 215-376-6801  
**Services:** Health Centers serves medically complex children from birth through 8 while Private Duty Nursing serves children through the age of 21.
- **Lauren's House**, Coatesville, Boothwyn, Philadelphia  
**Phone:** 1-877-589-0854(C)/1-888-340-9420(B)/1-888-340-9430(P)  
**Services:** For special needs children from birth up to 8 years of age.

## Miscellaneous Links

- **The Child Advocate**  
<http://www.childadvocate.net/index.htm>  
**Services:** Serves the needs of children and families while addressing health, medical, educational, legal and legislative issues.
- **Pennsylvania Assistance Programs**  
[http://www.needhelppayingbills.com/html/pennsylvania\\_assistance\\_progra.html](http://www.needhelppayingbills.com/html/pennsylvania_assistance_progra.html)  
**Services:** State programs, organizations and charities that can provide assistance with paying bills, rent, food, health care, and more.