

# INTRODUCTION TO SELF-ADVOCACY

## Statewide Community Resources

## **Advocacy and Disability Rights Groups**

Autism Tennessee

https://autismtennessee.wildapricot.org/

Disability Rights Tennessee

https://www.disabilityrightstn.org/

Tennessee Developmental Disabilities Network

http://tndd.vkcsites.org/

Tennessee Disability Coalition

https://www.tndisability.org/

The ARC

https://www.thearctn.org/

TN Justice Center

https://www.tnjustice.org/

## **Employment Resources**

American Job Center

https://www.careeronestop.org/Site/american-job-center.aspx

WorkAbleTN

https://www.tndisability.org/workabletn

Caring, Inc.

https://www.caringinc.net/

Goodwill Industries

https://www.goodwill.org/

Vocational Rehabilitation

https://www.tn.gov/humanservices/ds/vocational-

rehabilitation.html

## **Family Support Groups**

#### **Emergency Housing**

American Red Cross

https://www.redcross.org/

Community Resource Centers

Homeless Shelters

Tennessee Housing Development Agency

https://thda.org/

Tennessee Runaway and Homeless Youth Programs

https://www.acf.hhs.gov/fysb/grants/tennessee-rhy

#### Food

County Food Banks

Supplemental Nutritional Assistance program

https://www.fns.usda.gov/snap/supplemental-

nutrition-assistance-program

WIC Program

https://www.fns.usda.gov/wic

Faith-Based Food Banks



**Medical / Health Care** 

Al-Anon and Alateen

https://al-anon.org/newcomers/what-is-al-anon-and-

alateen/

Family Voices of TN

https://www.familyvoicestn.org/

**Abuse and Violence** 

"Safe" Houses

Tennessee Coalition

https://www.tncoalition.org

**Clothing** 

Goodwill

https://www.goodwill.org/

Local Faith-Based Closets

Local Hospital Mental Health Counseling/ Addiction Counseling

TN Department of Mental health and Substance

**Abuse Services** 

https://www.tn.gov/behavioral-health.html

YWCA Domestic Violence Support Program

https://www.ywcanashville.com/what-we-do/dv-

services/

Salvation Army

https://www.salvationarmyusa.org/usn/

St. Vincent de Paul

https://www.svdpusa.org/

## **Independent Living Resources**

Housing

Housing and Urban Development (HUD)

https://www.hud.gov/

Local Housing and Redevelopment Authority

 $\underline{https://www.hud.gov/states/tennessee/renting/}$ 

hawebsites

Local United Way

https://www.unitedway.org/find-your-united-way

Rent Assisted Apartments

https://www.hud.gov/topics/rental\_assistance

Social Security Administration

https://www.ssa.gov/

Tennessee Department of Intellectual and

Developmental Disabilities Family Support https://www.tn.gov/didd/for-consumers/family-

support.html

**Transportation** 

Access Ride Program

https://nashvillemta.org/Nashville-MTA-AccessRide-

Information.asp

Caliber Care – Transportation

https://www.caliberpatientcare.com/

Nashville Metropolitan Transit Authority - MTA

 $\underline{https://nashvillemta.org/Nashville-MTA-homepage.}$ 

asp

RTA Special Assistance

https://www.rtarelaxandride.com/Middle-TN-RTA-

Special-Assistance.asp

SETHRA/ETHRA

https://www.ethra.org/services/5/transportation/

Tennessee Disability Coalition

https://www.tndisability.org/



## **Mentoring**

**Best Buddies** 

https://www.bestbuddies.org/

Big Brothers/Big Sisters

https://www.bbbs.org/

Parent Helping Parents http://www.phponline.org/

School Peer to Peer Programs

Young Pregnant Parent Teen Services

https://www.childwelfare.gov/topics/preventing/promoting/parenting/pregnant-teens/

## **Postsecondary Education Resources**

ACT special testing accommodations

https://www.act.org/content/act/en/products-and-services/the-act/registration/accommodations.html

Job Corps

https://www.jobcorps.gov/

Office of Disability Services (available at all postsecondary schools) Partners for Youth with Disabilities

https://www.pyd.org/

Tennessee Inclusive Higher Education Alliance https://tnihealliance.org/programs-in-tennessee/

Think College (online resource)

https://thinkcollege.net/

### **Recreational Resources**

Best Buddies

https://www.bestbuddies.org/

Boys and Girls Club

https://www.bgca.org/

Easter Seals

https://www.easterseals.com/

Park District programs

Special Olympics

https://www.specialolympics.org/about

**YMCA** 

https://www.ymca.net/

**YWCA** 

https://www.ywca.org/