

AJE WINTER TRANSITION GUIDE



Ready-Set-Grow!

Ready-Set-Grow Post-Winter Break Resources

The post-winter break transition brings changes to routines, school schedules, and access to providers. For families of children and youth with disabilities and special health care needs (CYSHCN), this period of transition back to school can be especially challenging.

This Ready-Set-Grow guide offers simple tips, essential contacts, and local DC resources to support you. If you need help at any time, please reach out:

Advocates for Justice and Education (AJE)

 (202) 678-8060
 info@aje-dc.org
 www.aje-dc.org



Ready-Set-Grow

Post-Partum Families Resources

(First Year Post-Birth, NICU, Perinatal Mental Health)

Tips for Routines:

- Keep feeding and sleep schedules consistent.
- Build quiet bonding routines: use soft lights and spend skin-to-skin time.
- Ask for help and schedule caregiver breaks.
- Monitor postpartum depression/anxiety warning signs.
- Schedule a well-child visit

Key DC Resources:

- DC Healthy Families: (202) 639-4030
- Mary's Center Perinatal Support: (202) 483-8196
- MedStar Women's Behavioral Health: (202) 877-7108
- Postpartum Support International: 1-800-944-4773
- Children's National NICU: (202) 476-5000

DC Access HelpLine 1-888-793-0527



Ready-Set-Grow

Early Learning Resources

Birth to 8 yrs old

Tips for Routines:

- Use visual schedules to show daily activities.
- Build in sensory breaks and quiet reset times.
- Keep therapy materials easily accessible.
- Use social stories to prepare for routine changes.
- Schedule an annual well-child visit.

Key DC Resources:

- Strong Start EI (Birth-3): (202) 727-3665
- Early Stages (Ages 2.8-5): (202) 698-8037
- Mary's Center Pediatrics: (202) 483-8196
- Children's National Developmental Pediatrics: (301) 765-5430

DC Access HelpLine 1-888-70-1057



Ready-Set-Grow

Upper Elementary & Middle School Resources

9 to 13 yrs old

Tips for Routines:

- Maintain consistent morning/bedtime routines.
- Use timers for screen time and independent play.
- Do daily emotional check-ins.
- Review IEP goals and jot down January meeting questions.
- Schedule an annual well-child visit.

Key DC Resources:

- DCPS Special Education: (202) 442-5400
- DC Public Charter School Supports: (202) 328-2660
- Children's National Behavioral Health: (202) 729-3300
- Community of Hope Family Health: (202) 540-9857

DC Access HelpLine 1-888-743-4257



Ready-Set-Grow

High School Resources

14 to 17 yrs old

Tips for Routines:

- Establish weekly check-ins on stress and mental health.
- Encourage youth to manage medications and appointments.
- Begin transition planning early—self-advocacy, post-school goals.
- Keep peer and social connections active.
- Schedule an annual well-child visit.

Key DC Resources:

- School-Based Mental Health (DBH): (202) 442-5955
- Children's National Adolescent Health: (202) 476-2170
- HSC Pediatric Center Transition Support: (202) 635-5580

DC Access HelpLine 1-888-743-4057



Ready-Set-Grow

Post-Secondary Transition

Resources

18 to 26 yrs old

Tips for Routines:

- Help youth maintain their own calendar of appointments.
- Refill medications before clinics close.
- Review insurance status (Medicaid, Alliance, BHP).
- Update crisis plans for mental health needs.
- Schedule an annual well-child visit and transition planning to adult health care providers.

Key DC Resources:

- DBH Access HelpLine (24/7): 1-888-793-4357
- Unity Health Care Adult Services: (202) 469-4699
- Whitman-Walker Health: (202) 745-7000

DC Access HelpLine 1-888-793-4357



Ready-Set-Grow General Resources

Emergency & Crisis Contacts:

- DC Access HelpLine (24/7 Mental Health): 1-888-793-4357
- Mobile Crisis Team: (202) 673-6300
- Children's National ER: (202) 476-5000
- Domestic Violence Hotline: (202) 737-2255
- Child & Family Services (CFSA): (202) 671-7233
- Poison Control: 1-800-222-1222

Medicaid & Alliance Quick Guide:

Medicaid Reminders

- Families must complete renewals before the 2026 deadlines.
- If renewal was missed, you have 90 days to submit documents.
- Help available through:
 - DC Healthy Families: (202) 639-4030
 - DHS Call Center: (202) 727-5355
 - District Direct: districtdirect.dc.gov

Alliance Program – Important Changes

- Income limit now 138% FPL.
- Adults 26+ cannot newly enroll.
- Services now excluded: vision, hearing, transportation, podiatry, and home health.
- Undocumented caregivers may still receive Emergency Medicaid for urgent care.

