

## 2-1-1 Texas

2-1-1 Texas is a free, anonymous program that helps connect Texans to the services they need. Call 2-1-1 or visit [211Texas.org](https://211Texas.org) for resources on health/medical services, childcare, disability, food, and mental health.

Available 24 hours a day, 7 days a week, 365 days a year.

## Additional Resources for CYSHCN:

- **Texas HHS Early Childhood Intervention**  
[hhs.texas.gov/services/disability/early-childhood-intervention-services](https://hhs.texas.gov/services/disability/early-childhood-intervention-services)
- **Texas Health and Human Services (HHS) Children's Autism Program**  
[hhs.texas.gov/services/disability/childrens-autism-program](https://hhs.texas.gov/services/disability/childrens-autism-program)
- **Texas HHS Blind Children's Vocational Discovery and Development Program**  
[hhs.texas.gov/services/disability/blind-visually-impaired/blind-childrens-vocational-discovery-development-program](https://hhs.texas.gov/services/disability/blind-visually-impaired/blind-childrens-vocational-discovery-development-program)
- **Texas HHS Children's Mental Health**  
[hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health](https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health)

## About Us

Children and Youth with Special Health Care Needs Systems Development Group (CYSHCN SDG) works to improve the health, quality of life, and well-being for CYSHCN and their families. We partner with community-based organizations across Texas to strengthen systems of care. See our website for resources, support and services provided in your area.

## Department of State Health Services

### Maternal and Child Health

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To learn more, visit:



# Children and Youth with Special Health Care Needs

A RESOURCE GUIDE  
FOR FAMILIES



[dshs.texas.gov/mch/CSHCN.aspx](https://dshs.texas.gov/mch/CSHCN.aspx)



Texas Department of State  
Health Services

It can be scary and confusing to learn that your child has a disability or special health care need. Texas has resources to help you, and your family find care, services, and support.



## Support for CYSHCN Families

### Navigate Life Texas

Navigate Life Texas is a resource developed by parents, for parents. The website includes tools, articles, and videos about diagnoses, health care, and family support. Learn more about Early Childhood Intervention, Medicaid Waivers, Medicaid Buy-In, the STAR Kids programs and more at [navigatelifetexas.org](https://www.navigatelifetexas.org).

### Texas Parent to Parent

Texas Parent to Parent is a parent-led non-profit organization that provides support for families of children with disabilities, special health care needs, and chronic illnesses.

To learn more, visit: [txp2p.org](https://txp2p.org).

## Health Care Benefit

### Children with Special Health Care Needs (CSHCN) Services Program

The CSHCN Services Program helps children 20 and younger who have special health care needs and people with cystic fibrosis of any age. Benefits include medical/dental, mental health, and vision services. The program also provides case management, medical equipment, and family support services.

To learn more, visit:

[hhs.texas.gov/services/disability/children-special-health-care-needs-program](https://hhs.texas.gov/services/disability/children-special-health-care-needs-program)

## Medicaid

### STAR Kids

STAR Kids is the Texas Medicaid managed care program for children under the age of 21 with disabilities.

To learn more, visit:

[hhs.texas.gov/services/health/medicaid-chip/programs/star-kids](https://hhs.texas.gov/services/health/medicaid-chip/programs/star-kids)

### Medicaid Buy-In for Children

Families who have a child with a disability but make too much money to get regular Medicaid can “buy-in” to Medicaid coverage.

To learn more, visit:

[hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-programs-services/programs-children-adults-disabilities/medicaid-buy-children](https://hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-programs-services/programs-children-adults-disabilities/medicaid-buy-children)

## Case Management Services

Case managers help families navigate complex systems and connect them to needed resources and supports.

### DSHS Case Management Program

Case management is available to all CYSHCN in every county through Public Health Regions (PHRs).

Find your region here:

[dshs.texas.gov/regional-local-health-operations/public-health-regions](https://dshs.texas.gov/regional-local-health-operations/public-health-regions)

### Community-Based Case Management Contractors

Our program partners with organizations who provide case management in some areas of Texas.

To learn more, visit:

[dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/cshcn-systems-development-group/cshcn-contractors](https://dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/cshcn-systems-development-group/cshcn-contractors)

### Family Supports and Community Resources (FSCR)

FSCR services include respite care, parent education, family support groups, conferences, family events and more. Our program partners with organizations who provide these services in some areas of Texas.

To learn more, visit:

[dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/cshcn-systems-development-group/cshcn-contractors](https://dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/cshcn-systems-development-group/cshcn-contractors)

