



**North Carolina Family to Family
Health Information Center's**



"The Beacon"

A Project of The Exceptional Children's Assistance Center (ECAC)

E-letter June 2007

hic@ecacmail.org

Welcome from the NC Family to Family Health Information Center! (HIC). This monthly electronic newsletter is designed to provide parents with links, resources, information, and activities of particular interest to the issues of health care for children with special health care needs.

If you are involved in a support group or training classes relevant to special needs children please send me the details to share with others!

Support Group News:

Greater Charlotte Metropolitan Area (Mooresville NC):

Mom's Morning Out "Little Stars" Empowering families with special children in the Charlotte, Lake Norman, and Statesville areas. Contact Sandra Ringelstein at (704) 877-3751 for more information about meeting locations and times. Children are welcome. Co-sponsored by Family Support Network of Mecklenburg County. www.fsnn.org (704) 336-7173.

Davie County Autism Society Support Group (Advance NC):

Meets the third Tuesday of each month at 6:30 pm at Hillsdale Baptist Church in Advance, NC. Childcare is provided. Contact Stephanie Ashby, Co-Leader at (336) 940-4146.

ParentVOICE Adult and Youth Support Groups (Charlotte NC):

ParentVOICE has an Adult and Youth Support group for families raising youth with emotional, behavioral and mental health concerns. They both meet on the 4th Tuesday of the month at Grace United Methodist Church 737 E. Woodlawn Rd. Charlotte, from 6-8pm. Call or email Nancy at 704-336-7128 parentvoice01@aol.com

Wilson County Parent Resource and Support Group (Wilson NC):

Serves families with children that have special health care needs. Meets the 1st Thursday of every month at Wilson Medical Center 7:00-8:30pm. Contact Mary Brown at (252) 290-0862 for more information.

Sensory Integration Support Group (Hickory NC):

Support group meets last Tuesday of each month from 6:30-8:30 at Children's Neurotherapy Services. To register call Angie Stone at (828) 267-1688. Child care available with advance registration.

Circle of Parents Support Group Stokes County Family Support Network (King NC):

Support group meets 1st and 2nd Monday of each month from 6-7:30pm. Child care available with registration. For location and more information contact Donna Wishon at (336) 985-2676 ext. 167.

Iredell County Chapter of the NC Autism Society (Statesville NC):

Autism support group will meet June 12 from 7-8:30 at the St. Philip the Apostle Catholic Church, 525 Camden Drive in Statesville. Child care will be provided. RSVP to Shelley Cote at (704) 799-1068.

IMPORTANT MEETINGS:

Medical Home Parent Training (Wilmington NC):

FREE Medical Home information and training session June 12, 2007 from 6-7:30pm. To be held at The Arc of NC on 5041 New Centre Drive in Wilmington. Child care and dinner provided with reservation. For more information or to register, contact Wendy Ward (800) 962-6817 ext. 35 or Mary Stough at (910) 791-8219.

Public Health Programs 1 Training (Asheville NC): Covers: Medicaid, CAP Waivers, EPSDT, SSI, Medicare FREE information and training session June 18, 2007, from 5:30-7:30pm. To be held at Mission Reuter Children's Outpatient Center on 11 Vanderbilt Park Drive in Asheville. Child care and dinner provided with reservation. For more information or to register contact Roxanne Colwell at (828) 213-0044 or Wendy Ward (800) 962-6817 ext. 35.

INFORMATION PACKETS AVAILABLE:

The NC Family to Family Health Information Center provides packets of information FREE to NC parents. To order a packet or schedule a training workshop for your group, please contact Wendy Ward at (800) 962-6817 ext. 35 or wward@ecacmail.org. The available packets/fact sheets include:

- Health Consumer Laws and Rights** (HIPAA, ERISA, COBRA, EMTALA, FMLA, MHPA)
- Private Health Insurance** (Private Health Insurance, Denials, Appeals, Complaints)
- Public Programs 1** (Medicaid, CAP, EPSDT, SSI, Medicare)
- Public Programs 2** (Title V, NC Health Choice, Public Health, CSHS, Low Cost/Free Clinics)
- Prescription Assistance Programs** (Help with prescriptions)
- Medical Home Parent Training Curriculum**

For information on other workshops and training opportunities in your area check the recently revised ECAC website at www.ecac-parentcenter.org

FOR YOUR INFORMATION:

Imagination Station Summer Camp (Charlotte NC):

Day camp for children ages 2-6 with disabilities. For more information contact Angela Conti at (704) 527-0237 or Angela.Conti@MecklenburgCountyNC.gov

Durham County Health Department now provides dental services and nutrition education to pregnant women and children from 6 months to 21 years old under a program called Healthy Smiles, Healthy Kids. For more information contact Kelly Warnock at (919) 560-7890. For appointments call (919) 560-7861.

To be added or removed from "The Beacon" mailing list <mailto:hic@ecacmail.org>

For medical equipment to sell or trade please contact us at hic@ecacmail.org and we will post in the next month's e-letter.

Useful Links:

1. Children and Youth with Special Health Care Needs (CYSHCN)

Check out The Caregivers Marketplace at www.caregiversmarketplace.com to enroll in a FREE cash back program for anyone who gives, gets or need care. You can receive cash back on eligible products that are not typically covered by insurance or Medicare, regardless of where you buy them! Some eligible products include diapers, bathing/skin care, dietary supplements, incontinence care, and nutritional products.

2. Transition

Transition publications from the American Academy of Pediatrics. Multiple fact sheets available. <http://www.medicalhomeinfo.org/publications/transition.html>

3. Monthly Health Topic: Water Safety

Water safety, complete with printable fact sheets and interactive games from Riley Hospital for Children, Indianapolis Indiana.

<http://rileychildrenshospital.com/document.jsp?locid=2514>

4. Disaster Preparedness/Emergency Planning

Preparing for Disaster for People with Disabilities and other Special Needs. American Red Cross. http://www.redcross.org/services/disaster/0,1082,0_603_00.html

5. Financial Concerns/Insurance Issues

New annual eligibility income guidelines for North Carolina's free or low-cost child health insurance programs, Health Check and NC Health Choice, became effective on April 1, 2007. Under the new guidelines, families of all sizes may earn a slightly higher income and still qualify for these programs. Even children with one or two working parents earning \$41,300 a year or more may be eligible. A wide range of benefits include dental care, vision and hearing care, and counseling. For more information and an application, call the NC Family Health Resource Line at (800)367-2229 or <http://www.nchealthystart.org/>

6. Parent/Professional Collaboration- Medical Home

What is patient- and family-centered health care? The Institute for Family-Centered Care provides leadership to advance the understanding and practice of patient- and family-centered care in hospitals and other health care settings. <http://www.familycenteredcare.org/faq.html>

7. Advocacy

PACER's Parent Leadership Project. From PACER Center (Parent Advocacy Coalition for Educational Rights). Would you like to take your experience and perspective as a parent of a child with a disability and put it to use by helping others? Do you have ideas for improved supports and services for children with disabilities and their families? Would you like to tap into existing opportunities to have your voice heard-to influence decisions and policy? If so, PACER wants to partner with you. <http://www.pacer.org/parent/leadership.htm>

8. Record Keeping

Make a Care Notebook. About.com: Parenting Special Needs. From "About, Inc.", A part of the New York Times Co. <http://specialchildren.about.com/od/medicalissues/qt/notebook.htm>

9. Legal Information

Writing A Letter of Intent. About.com: Parenting Special Needs. From "About, Inc.", A part of the New York Times Co.

<http://specialchildren.about.com/od/longtermplanning/a/letterofintent.htm>

10. Provider Issues

Finding Childcare Providers for Special Needs Children by Lisa Simmons. Ideal Lives. Special Needs Practical Support.

http://www.albertarose.org/women/special_needs/careproviders.htm

11. Other Links and Information

Doug Whispers

A forum for those who care about the disabled can voice their concerns, propose solutions and advocate against the denial of services for our least capable citizens.

<http://web.mac.com/dward7097/iWeb/Doug%20Whispers/Blog/Blog.html>

Special Needs Swim Gear

Help your child be cool in the pool. About.com: Parenting Special Needs. From "About, Inc.", A part of the New York Times Co.

<http://specialchildren.about.com/od/inthecommunity/a/swimgear.htm>

Summer Survival Kit

Great ideas for surviving camp, travel, idle time, therapy breaks, and bad behavior. About.com: Parenting Special Needs. From "About, Inc.", A part of the New York Times Co.

<http://specialchildren.about.com/od/holidays/p/summersurvival.htm>

Father's Day

Let's not forget all the fathers this month!

Celebrate and support fathers and families raising children with special health care needs and developmental disabilities. The Fathers Network. <http://www.fathersnetwork.org/>

Where real Fathers write about real Fatherhood. Fatherville. <http://www.fatherville.com/>

Have you found valuable links you would like to share? Please email them to Wendy Ward, Parent Educator, ECAC, NCF2FHIC at hic@ecacmail.org

The purpose of the e-letter is to assist families and the professionals working with them to better understand issues and resources related to health care for children and youth with special needs so that they may make informed choices. Funding comes in part from grants from CMS and HRSA. The views and opinions herein do not necessarily reflect views or policies of CMS, HRSA, The NC Family to Family Health Information Center, or The Exceptional Children's Assistance Center.