



# The Beacon



**The NC Family to Family Health Information Center  
A project of The Exceptional Children's Assistance Center  
Home to Family Voices of NC**

June, 2010



Volume 4, Issue 5

## 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 children with special health care needs.

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

## Prepare, Plan, and Stay Informed

Emergencies happen every day - often when you least expect it. We encourage you to have an emergency supply kit, an emergency plan, and to be informed about the different emergencies that can happen in your area as well as the appropriate responses.

FEMA is offering a free publication called *Are You Ready?* which provides in-depth information on specific hazards including what to do before, during, and after each hazard type. The following hazards are covered: Floods, Tornadoes, Hurricanes, Thunderstorms and Lightning, Winter Storms and Extreme Cold, Extreme Heat, Earthquakes, Volcanoes, Landslide and Debris Flows (Mudslide), Tsunamis, Fires, Wildfires, Hazardous Materials Incidents, Household Chemical Emergencies, Nuclear Power Plant, and Terrorism (including Explosion, Biological, Chemical, Nuclear, and Radiological hazards).

FEMA is also offering a new citizen preparedness DVD titled, *"Getting Ready For Disaster- One Family's Experience"*. The DVD guides viewers through important steps of disaster preparedness and is must have in your preparedness tool kit. <http://www.fema.gov/areyouready/index.shtm>

Ready America is a website which takes preparedness a step further. Ready America has created an online tool kit with printer friendly forms ready to print and go. Forms such as wallet cards, tool kit supply lists, brochures, and supply suggestions for populations such as the elderly, disabled, those with special needs, families with young children, pet owners, and military families. Ready America offers their tools as an online file document with fillable PDF's <http://ready.adcouncil.org/beprepared/> or as printer friendly documents <http://www.ready.gov/america/index.html>

"An Ounce of Prevention is Worth A Pound of Cure"

~ Benjamin Franklin



## Previous Editions

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<a href="#">April 2010</a>
<a href="#">March 2010</a>
<a href="#">February 2010</a>
<a href="#">January 2010</a>

## The NC Family to Family Health Information Center

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# Internet Resources:



## Advocacy

- CNN Health offers their "Top Empowered Patient Tips for 2010" in this article:  
<http://www.cnn.com/2009/HEALTH/12/31/top.empowered.patient.lessons/index.html>
- The Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults has several new fact sheets on a variety of topics related to self-injury, including what to expect from therapy:  
<http://www.crpsib.com/>

## Financing issues

- For information on various health care reform issues, go to the Kaiser Family Foundation's health care reform page at: <http://healthreform.kff.org/> or the Families USA website at: <http://www.familiesusa.org/health-reform-central/>

## Easter Seals Project Action

- The mission of Easter Seals Project ACTION (Accessible Community Transportation in Our Nation) is to promote universal access to transportation for people with disabilities. The website offers technical assistance, guides, and answers frequently asked questions:  
[http://projectaction.easterseals.com/site/PageServer?pagename=ESPA\\_homepage](http://projectaction.easterseals.com/site/PageServer?pagename=ESPA_homepage)

## Legal information

- This New York Time article looks at how the Children's Health Insurance Program would be affected under health care reform legislation from both the Senate and the House:  
<http://prescriptions.blogs.nytimes.com/2010/01/03/program-for-children-has-uncertain-future/>
- The National Health Law Program offers this Fact Sheet on Medicaid Early and Periodic Screening, Diagnosis and Treatment: <http://www.healthlaw.org/images/stories/epsdt/3-EESDPT08.pdf>

## Medicaid funded Waiver Services

- The Kaiser Family Foundation offers an online database of Medicaid services provided in each state, including information regarding available waiver programs. This would be a good starting point in developing the questions to ask for anyone considering a move:  
[http://medicaidbenefits.kff.org/state\\_main.jsp](http://medicaidbenefits.kff.org/state_main.jsp)

## Art Exhibition

- The Brian Ayers Memorial Art Exhibition is celebrating the artistic ability of children with learning disabilities and dyslexia. Location: Boone Mall, Boone, NC. When: July 10- August 22, 2010. Entry deadline is July 6, 2010. Prizes include twenty \$50 Merit Awards, ten \$25 awards to local artists. No entry fee. Artists ages 7-21 with learning disabilities, dyslexia or autism are encouraged to submit their work. See [Entry Form](#) for submission instructions. For more details please visit their website: [Art Exhibition](#)

## Announcements:

### FAMILY SUPPORT GROUP MEETING

#### ***The Family Support Network of Eastern North Carolina***

would like to invite you to meet some of the families in Johnston County who have faced or are facing some of the same challenges you may be experiencing!! You do not have to feel alone in raising a child with special needs. If you need support or feel you can give support to another family, please join in. At this month's meeting they will be giving a tour of their resource center.

Following the tour they will have a meet and greet where light refreshments will be served.

The Meeting is going to be held at:

**Partnership for Children of Johnston County  
Resource Center  
918 Highway 42W  
Clayton, NC**

**Thursday June 29th, 2010  
6:00 pm—8:00 pm**

Their meetings are held the last Tuesday of every month at the same above location. There will be no child care at these meetings. If you have any questions or concerns, please feel free to contact: *Becky Justice Parent Coordinator, Johnston County 919-610-9343  
Johnston FSN@gmail.com*

## *Lending Library*

### **FEATURED BOOK OF THE MONTH:**

#### **Survival Strategies for Parenting Children with Bipolar Disorder**

*By George T. Lynn M.A., M.P.A., C.M.H.C.*

***Innovative parenting and counseling techniques for helping children with bipolar disorder and the conditions that may occur with it.***

*This is the best book I have found to help with the care and hope for the future with my son with Bipolar Disorder. It gives helpful strategies, but more than anything else, it answers the question WHY by providing an understanding of the inside of life with a child with Bipolar Disorder. I highly recommend this book. - Laurie Vassel, parent*

*"As I read through it I could draw parallels that were exactly the same situations I have found myself in with our child. Thank you so much for this insight"-John Ferro, parent*

The NC Family to Family Health Information Center is adding health and disability specific books to the lending library at The Exceptional Children's Assistance Center. Our library has over 2,000 books which are available to NC parents at no charge. To borrow a book or other library item, please call Shandra Umazar, ECAC's librarian at **(800) 962-6817 ext. 13.**

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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 a grant from the Health Resources and Services Administration (HRSA). The views and opinions herein do not necessarily reflect views or policies of HRSA, The NC Family to Family Health Information Center, or The Exceptional Children's Assistance Center.

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