



In F2F News:

Our newsletter returns!

We are pleased to be back in business after a brief pause. Look to this newsletter to bring you information about health care topics, tips for navigating systems and services, and ways to connect with other families of children and youth with special health needs.

New Parent Training

We are pleased to announce that Shauna Signorini is now serving as the Training Coordinator for the OR F2F HIC! Shauna comes to us with much experience as a trainer and families have given her presentations great reviews! Parent groups who want to arrange for a free workshop on the topics of Resources, Health Care Advocacy, or Transition should call her at 855-323-6744 and she will arrange it.

Strategies to Locate Child /Respite Care Providers

- Need someone trustworthy, experienced, and dependable to care for your child when you need a break? People who know already know your child and family may be your best resource. Don't be afraid to ask—remember -- if you don't ask, they can't say "yes" or give you a referral. Here are some ideas of who to ask from other parents of children with special health needs.
Your child's current providers. Teachers, aides, nurses, therapists, interns, childcare/after school providers, caseworkers and/or caregivers may have referrals or be willing to assist themselves.
- **Your support/play group parents and organizers.** Adults may be willing to provide/swap care, or they may refer their older children or childcare providers to you.
- **Local colleges/universities.** Students in fields of medicine, nursing, child development, social work, psychology, education/special education, physical/occupational/speech therapy, or other areas may be viable resources for families. Students can earn money while gaining valuable, resume-enhancing, real-life experience.

Contact us for our entire Tip Sheet on Finding Respite Care and be sure and check out our entire Tip Sheet Library at

<http://oregonfamilytofamily.org/tip-sheets.html>

FAST FACT:

In the 2014-2015 school year, 570,857 students enrolled in Oregon with only 1 school nurse for every 4664 students.



Source:
2015 Nursing Services in Oregon Public Schools Annual Report



Parent Partners sharing information in Oregon City.

The Oregon City School District held its annual Family Focus Forum on January 30, 2016. Parent Partners: Shauna Signorini, Tami Martin and Maria Basye provided information and resources to families. Over 200 people attended.

A parent partner may be able to attend your next conference. Call us at 855-323-6744 for availability!

Contact the
Oregon Family to Family
Health Information Center at
1-855-323-6744

Stay in touch by joining
our mailing list!



OREGON
Family to Family
 Health Information Center



**Oregon Family to
 Family Health
 Information Center**

We help all Oregon families to navigate the complex world of special health care needs.

We are family members who have first-hand experience raising a child or youth with physical health, emotional, behavioral or developmental challenges.

We help YOU find programs, services & support, and are knowledgeable about navigating insurance and health care systems for children with special needs.

Whether it is asthma, ADHD, anxiety, autism, epilepsy or another health issue that keeps your child going back to the doctor time after time,

Free help is a phone call away:

1-855-632-6744

(Spanish 503-931-8930)

www.oregonfamilytofamily.org

<p>Gresham Thursday April 7, 2016 5:30-7 pm <i>Becoming Your Child's Health Advocate</i> Pediatric Therapy Services 304 NE Hood Avenue Gresham, Oregon</p>
<p>Baker City Tuesday, April 19, 2016 2:30-4 PM <i>Resources and More</i> Building Healthy Families 2725 7th Street Baker City, Oregon</p>
<p>Enterprise Tuesday, April 18 9:30-11 AM <i>Resources and More</i> Building Healthy Families 207 NE Park Street Enterprise, Oregon</p>
<p>Hermiston Wednesday April 20 12-1:30PM <i>Becoming Your Child's Health Advocate</i> Hermiston Center for School Readiness 502 W Standard Avenue Hermiston, Oregon</p>
<p>Condon Thursday, April 21 5-6:30 PM <i>Resources and More</i> North Central ESD 135 S Main Street Condon, Oregon</p>



The Oregon Family to Family Health Information Center is affiliated with the Oregon Center for Children and Youth with Special Health Needs, Oregon Health & Science University, and supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS). (Grant #H84MC21658/Family Professional Partnership/\$95,700). This information, content and conclusions are those of the author(s) and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA< HHS, the US Government, or OHSU.