



### OR F2F HIC Activities

We've added a new family tip sheet section to the [OR F2F HIC website](#). Check out these great tips written by family members like you.

If you don't have the internet, call us for a copy of:

- When Insurance Doesn't Pay
- Durable Medical Equipment
- Partnering with Providers
- Getting to the Conference
- Getting to know your child's Intensive Care Manager

### Regional Family Gatherings

#### Free Training for parents is available in your community!

Your parent support group, church, special education program, clinic, or community can arrange a free training and mini-resource fair.

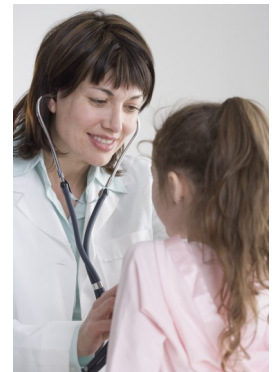
These gatherings are led by parents of children with special health needs and you will come home with many new resources and ideas to help you navigate the health and community systems your child depends upon. You may also earn \$20 for participating in a special "listening session" too. For more information, call 855-323-6744. or email

[contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org)

### Great News for Oregon's Kids!

Starting in January, 2014, the following preventive health services for children will be covered by most health plans, including Oregon Health Plan and those bought through the new Cover Oregon Health Insurance Marketplace. You will not be charged a copayment or coinsurance for these benefits, even if you haven't met your yearly deductible.

- **Autism screening** for children at 18 and 24 months
- **Behavioral assessments** (screenings) for children
- **Blood Pressure screening**
- **Cervical Dysplasia screening** for sexually active females
- **Depression screening** for adolescents
- **Developmental screening** for children under age 3
- **Dyslipidemia (cholesterol/fat) screening** for children at higher risk of lipid disorders
- **Fluoride Chemoprevention supplements** for children without fluoride in their water source
- **Gonorrhea preventive medication** for the eyes of all newborns
- **Hearing screening** for all newborns
- **Height, Weight and Body Mass Index measurements** for children
- **Hematocrit or Hemoglobin screening** for children
- **Hemoglobinopathies or sickle cell screening** for newborns
- **HIV screening** for adolescents at higher risk
- **Hypothyroidism screening** for newborns
- **Immunization vaccines** for children from birth to age 18
- **Iron supplements** for children ages 6 to 12 months at risk for anemia
- **Lead screening** for children at risk of exposure
- **Medical History** for all children throughout development
- **Obesity screening** and counseling
- **Oral Health risk assessment** for young children
- **Phenylketonuria (PKU) screening** for this genetic disorder in newborns
- **Sexually Transmitted Infection (STI) prevention counseling and screening** for adolescents at higher risk
- **Tuberculin testing** for children at higher risk of tuberculosis
- **Vision screening** for all children



These screenings will be provided when your baby is born or in your doctor's office at regular well-child checkups. Can't wait until 2014? Ask your health plan which of these screenings are available now under your current policy. Call us at the OR F2F HIC if you have any questions about getting the most from your child's health plan.

### FAST FACT:

22% of Oregon children with special health care needs (around 24,776 children), age 3-17, have difficulty with self-care activities.

Learn more: [www.childhealthdata.org](http://www.childhealthdata.org)



Contact the

**[Oregon Family to Family Health Information Center](#)** at

**1-855-323-6744**



**[Stay in touch by joining our mailing list!](#)**

### Ready for Obamacare? Get a Refresher on the Affordable Care Act

2014 is coming—are you ready for Obamacare? Join the YouToons as they walk through the basic changes in the way Americans will get health coverage and what it will cost starting in 2014, when major parts of the Affordable Care Act, also known as "Obamacare," go into effect.

Written and produced by the Kaiser Family Foundation. Narrated by Charlie Gibson, former anchor of

ABC's *World News with Charlie Gibson*. Grab a favorite beverage and a friend, and click the picture above to view a fun, easy-to-understand explanation of the new law. If you need more information about how the law impacts your family, call us at the OR F2F HIC.



## SAVE THE DATE!

Attend a conference or class and be **AWARE ~ INFORMED~ EMPOWERED**

Don't wait for someone to give you information about your child's health condition; go out and get it! Below are just some of the upcoming conferences and trainings around the state. Most are free for parents. Call us at 855-323-6744 for more info.

### August:

- **8/20:** [Transitions at Any Age](#) (Stayton)

### September:

- **9/7:** [Understanding Auditory Processing Disorder](#) (Salem)
- **9/9-9/11:** [A Gift of Time](#) (Salem)
- **9/10:** [Issues in Adoption](#) (Astoria)
- **9/18:** [Employment First](#) (Estacada)
- **9/20:** [In Equal Partnership: The Other IEP](#) (Pendleton)
- **9/25:** [ADHD: What Families Need to Know](#) (The Dalles)
- **9/27:** [Health Care Advocacy](#) (Newberg)

### October:

- **10/12:** [The Adopted Child's Perspective](#) (Eugene)
- **10/15:** [Sensory Regulation Disorders](#) (Vancouver)
- **10/15:** [Developmental Disability Services](#) (Hood River)
- **10/16-10/18:** [Disability Megaconference](#) (Salem)
- **10/25:** [Co-Occurring Diagnoses](#) (Portland)
- **TBD:** [Health Care Advocacy](#) (Roseburg)

### November:

- **11/8:** [ADHD: What Families Need to Know](#) (Medford)

## Alternate Newsletter Formats Available Upon Request



Families of children with special needs who do not have internet access may receive this newsletter by mail by calling **1-855-323-6744**.

## Your Child's Medical Home: Moving from "THEY Told me..." to "WE decided..."

Next time you take your child with special needs to a health care appointment, ask yourself a few questions:

- Does our provider *work with me and my family* to make decisions?
- Does he or she offer a *range* of treatment choices?
- *Give me information* I need to help me understand my child's condition?
- *Encourage my child*, as she grows, to also be a partner in her own care?
- Do I *feel comfortable* letting the provider know when I disagree or choose not to follow his recommendations?
- Does he or she know about the *therapies or special education* programs my child is receiving?
- Ask about our *families'* needs, not just our child's health?



If the answer to these questions is yes, congratulations! You are experiencing what it means to have a "medical home." If the answer is "no," or "not really," call the OR F2F HIC for more information at 1-855-323-6744.

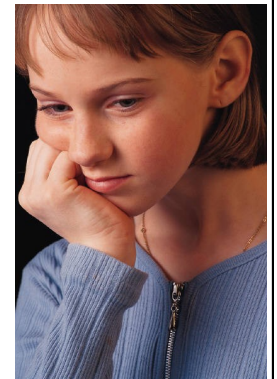
*The OR F2F HIC is pleased to announce it has received a grant from Family Voices Project IMPACT to increase health and wellness outreach to Oregon's families. Family Voices IMPACT works to improve health and wellness for all children, with and without special needs, and to encourage partnerships between families and professionals for children's good health. Each month our newsletter will feature a theme from Bright Futures for Families, a project of the American Academy of Pediatrics.*

## Chronic Illness and Mental Health: A Reminder from Family Voices Project Impact

Dealing with chronic illnesses such as asthma, food allergies, and diabetes can be tough on children and adolescents physically, but can also take a toll on their mental health and well-being. Children with chronic illnesses are twice as likely to have emotional or behavioral challenges as healthy children.

Tips for helping children and teens cope better with their illnesses include:

- Make sure you and your child understand necessary restrictions and dangers associated with your child's condition.
- Empathize with the child's struggles.
- Give them time and opportunity to talk or journal about their feelings.
- Develop illness action plans for trusted adults, including school staff, grandparents, and babysitters.
- Seek help when needed --for either your child or yourself.



If you feel your child is experiencing a mental health crisis, don't wait! Contact your child's physician and/or the [mental health crisis line](#) in the county in which you live. Most crisis lines are open 24 hours a day and can guide you in getting help.

*The resources on this page are not comprehensive nor does inclusion imply endorsement by the Oregon F2F HIC or the Oregon Health & Science University (OHSU). These resources are intended to be a starting point for further research. The Oregon F2F HIC is a family-led effort, funded by a grant from the Health Resources and Services Administration/Maternal and Child Health Bureau. The F2F is closely affiliated with the Oregon Center for Children and Youth with Special Health Needs (OCCYSHN), located at the Institute on Development & Disability (IDD) at OHSU.*