



Family to Family Michigan Update

VOLUME 1, ISSUE 11

SUMMER 2014

F2F Michigan provides:
“Resources, information and education for children and youth with special health care needs; the families who love them and the professionals who help them.”

Join our email list! Click on the tab on the website and fill out the form to be notified of upcoming news, resources and educational opportunities.

We Have Launched Our New Website!

Welcome to the Family to Family (F2F) Michigan Update! We are providing this newsletter quarterly to update families and community partners. We will provide news, information and educational opportunities from F2F and our partners across the state.

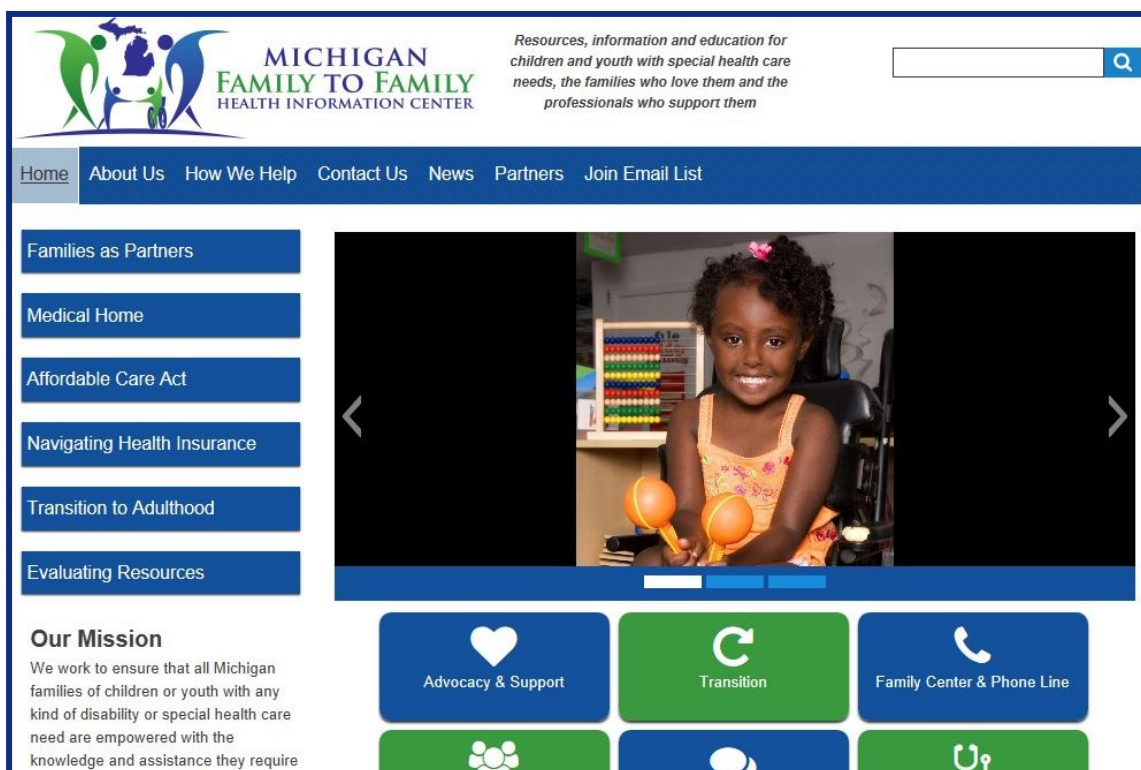
In this newsletter we would like to announce the launch of our new Michigan Family to Family website. MI F2F worked with community partners as well as parent representatives in the development of the navigation and lay out of the new website. You can find it at:

www.f2fmichigan.org

We are currently working with our community partners to add content to the website that is helpful and relevant to families. We will also be adding information specifically for providers who care for children and youth with special health care needs.

The website will continue to grow and we welcome feedback from the families, providers and youth who visit it. We invite you to check it out and be sure to sign up for our email list.

If you are an agency or organization that would like to share your information or resources, please visit the Partners tab on our website for a link to submit your profile to be added.





Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.
~ Booker T. Washington



Michigan Interagency Coordinating Council seeks Parent Representative

The Michigan Interagency Coordinating Council (MICC) is a Governor-appointed body of stakeholders established to advise and assist the Michigan Department of Education in matters related to Part C of the Individuals with Disabilities Education Act (IDEA), in Michigan known as Early On. In October there will be a vacancy on the MICC for a parent representative.

If you are interested in applying for this appointment, the application can be found at: www.somgovweb.state.mi.us/GovBoard/GovBrdAppForm.aspx

This application must be sent to the Governor's office for consideration.

A parent alternate is also needed. To apply for the parent alternate position contact:
Barbara Schinderle

Michigan Department of Education
Office of Early Childhood Education and Family Services
(517) 241-2591 or schinderleb@michigan.gov

Applications must be submitted no later than September 15, 2014.

The parent representatives and alternates share their experience and perspectives related to Early On, as well as provide a voice for all parents. The parent representatives and alternates are reimbursed for mileage and childcare expenses, and receive an honorarium for their time attending MICC meetings and any subcommittee meetings. Meetings are held in Lansing 4 times a year. There may be some work time between meetings to read and give input on materials or documents, respond to surveys, etc.

To be selected as a parent member or alternate for the MICC, you must have a child who either receives or did receive Early On services, and who is currently under the age of 12. The difference between a parent member and a parent alternate is the parent member is appointed by the Governor and has full voting rights at MICC meetings. The parent alternate also attends all the meetings, but only votes if a parent member is not present.

More information about the MICC can be found at www.michigan.gov/micc

Did You Know??

Your son or daughter with special health care needs may be eligible for the [Home Help Services](#) program. This program gives support to individuals who are unable to care for themselves adequately at home. The program provides funding so that individuals with a disability can hire helpers to assist with daily activities such as: eating, toileting, bathing, grooming, dressing, taking medicine, preparing meals, shopping, laundry and light housework.

Home Help clients employ their own providers and **can** hire family members to perform these services. If your child moves out of your home, this money can be used to hire aides so that he/she can live as independently as possible.

The Home Help program is administered through the Michigan Department of Human Services. For more information, and to see if you are eligible, contact your [local DHS office](#).



2ND ANNUAL MICHIGAN AUTISM CONFERENCE

We are proud to announce that the second Michigan Autism Conference has officially been scheduled. Due to the support and attendance of last year's conference we are delighted to announce a change in venue to accommodate a larger number of attendees and an expanded number of presenters and topics. Educators, practitioners, parent and researchers are all welcome to attend.

Join us in
Downtown
Kalamazoo on
September
25th & 26th
THURSDAY &
FRIDAY



For more information please visit:

<http://www.michiganautismconference.org>
<https://www.facebook.com/Mlautismconference>



Caregiver's Corner

In families with children with special health care needs, parents often provide care above and beyond the scope of routine parenting. The demands of parenting a child with special needs can take their toll. Caregiver parents often report higher rates of emotional stress, physical strain, lack of time for other family members and friends and more financial hardships than other parents.

Make time for yourself. Don't neglect your health, your hobbies and your friends.

Accept help. Be realistic about what you can and can not do. It's okay to admit you are exhausted or stressed out. Don't be afraid to ask for, and accept, help.

Utilize respite. Give yourself a chance to recharge your batteries. By leaving your child with a trusted sitter, you are teaching your child to handle change and develop relationships with others.

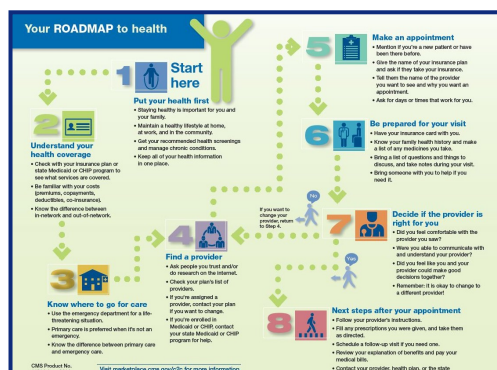


Affordable Care Act Information

Got new coverage through the Marketplace and now you have questions on how to use it?

The Centers for Medicare & Medicaid Services has launched a national initiative "From Coverage to Care" to help answer questions that people may have about their new health coverage. It has resources to help them take full advantage of primary care and preventive services. For help if you are newly covered, check out the following link:

<http://marketplace.cms.gov/technical-assistance-resources/c2c.html>



Many resources are available in both English and Spanish, including the Roadmap to Better Care and a Healthier You. This tool is also available in an 11 part video series offered on the website. Be sure to check them out for more great information on how to use your coverage.

Tips for Transition

Preparing for Adult Health Care

Once your child turns 18, you will no longer be responsible for his or her medical care. Your child will become legally responsible for his or her own health care treatment and information.

If your child wants your help in making health care decisions, or is unable to make decisions for themselves, there are options available to you. These can range from your son or daughter giving you written permission at the doctor's office or insurance company, to petitioning the court for guardianship or power of attorney.

Make sure you don't wait for a medical emergency to plan for these changes! Take time to determine what is best for your family, and get started before your child turns 18.

Learn more about sharing health information and resources on guardianship and decision-making at www.gottransition.org.



www.gottransition.org

Leaders In Policy Advocacy Coming To Mt. Pleasant



Leaders in Policy Advocacy (LIPA) is a leadership development program for adults with developmental disabilities and parents of minor children with developmental disabilities. The project trains and supports participants to become leaders in the disability rights movement. It is funded by the Michigan Developmental Disabilities Council and administered by The Arc Michigan.

Topics include:

- Disability History
- Inclusive Education
- Assistive Technology & Social Media
- Self-determination
- Person-centered Planning
- Access to Housing, Employment & Recreation
- Benefits and Systems of Support
- Systems Change

Participation in LIPA requires a significant time commitment.

Six weekend sessions run on Fridays from 12:30 p.m.—9 p.m. and Saturdays from 8:30 a.m.—3:30 p.m. There is no cost to participate in the training. Participants will be asked to share a hotel room with another class member, if lodging is needed. Meals will be provided, including to caregivers, and participants will be reimbursed for mileage to and from the training sessions.

Attendance is required at each weekend session. Please apply only if you can make the time commitment. The dates are: October 10th and 11th, November 14th and 15th, December 12th and 13th, January 9th and 10th, February 6th and 7th (in Lansing) and March 6th and 7th.

To apply, go to <http://www.arcmi.org/new/lipa.htm>. Please contact Project Coordinator Salli Christenson if you have questions or need help in applying. She can be reached at 1-800-292-7851, ext. 130, or salli.c@arcmi.org

Free NAMI Education Program

The NAMI Family-to-Family Education Program is a free, twelve week course for family caregivers of individuals with severe mental illnesses.

- The course is taught by trained family members
- All instruction and course materials are free to class participants
- Over 115,000 family members have graduated from this national program

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

For information about a course in your area, call 800-331-4264



Vision Screening For Your Child - Don't Overlook It!!

With back-to-school planning in full swing for parents and children, one important item must be added to the checklist— a vision screening or an eye exam. Problems with vision can have a profoundly negative impact on a child's learning ability.

More than 12.1 million school-age children, or one in four, have a vision impairment. Among preschool-age children, more than one in 20 has a vision problem that can cause permanent sight loss if left untreated. The most common types of eye problems seen in children are:

- Myopia (nearsightedness)
- Strabismus (crossed eyes)
- Amblyopia (lazy eye)

Having your child screened for these problems and others can prevent serious vision problems.

August is Children's Eye Health and Safety Month and the National Center for Children's Vision and Eye Health at Prevent Blindness is

teaming up with Family Voices National Center for Family Professional Partnership to offer free information on a variety of children's eye health topics, from UV safety, the Affordable Care Act and children's vision services, to general eye health.

Visit the [National Center for Children's Vision and Eye Health at Prevent Blindness](#) to learn more about:

- Signs of Vision Problems in Children (English & Spanish)
- First Aid for Eye Emergency
- The Eye Patch Club
- Selecting Sunglasses for Children



Family to Family Board Seeks Youth Advisory Member

The Family to Family Advisory Board is looking for some young adults (aged 16-26) to join them. The Board wants to be sure that their activities help not only families with young children but also young adults who have disabilities or special health care needs.

As a Family to Family Advisory Board member you may:

- Assist the Advisory Board by sharing what it is like to be a young adult with a disability or special health care need. The youth experience and viewpoint is important to us.
- Be asked by the Board what is important to you and other young people like you. We would like to know how we can best support young adults.
- Work with the Board on projects that help support families with children and youth with special health care needs.
- Attend meetings and share your energy, enthusiasm and expertise with us!

If you are interested in applying, or want more information, contact Kristen Hawkins at khawkins@mphi.org or 517-324-7396.



Parent to Parent of Southwest Michigan

Parent to Parent of Southwest Michigan is a non-profit community organization offering services at no cost to families who have children with disabilities or special needs. Founded in 1998, Parent to Parent serves families in 9 counties and collaborates with other organizations. Since our inception, we have assisted over 1200 families through mentor support, referrals, information, recreation opportunities, parent network meetings and informal social events. We offer families the following types of assistance: Emotional support and guidance through the use of mentor parents who can validate and share experience and hope. We host monthly parent network meetings, connections to support groups

and informal connections to other parents. We also offer Informational Support by providing quick and easy access to information about their child's disability through our website and library. We also offer information about financial assistance, Early On services in your county for infants and toddlers as well as community resources, both public and private, including recreational programs, child care and respite options. P2P also offers trainings, both formal and informal, on how to foster parent/professional partnerships. For more information please visit:

www.p2pswmi.org or call: (269) 345-8950



Find us on
facebook



For more information contact:

F2Fmichigan@mphi.org

or call the CSHCS Family Phone Line at:
(800) 359-3722

Michigan Family to Family Health Information Center (F2F HIC)

assures that families of children and youth with special health care needs (CYSHCN) are able to participate in decision-making at all levels and be satisfied with the services they receive.

How Can F2F HIC Help?

F2F HIC can help families with CYSHCN because they are staffed by family members who have experience. They know firsthand how to navigate the maze of health care services and programs for CYSHCN. F2F HIC staff understand the issues families face. They help families make informed decisions.

The Michigan Family to Family Health Information Center is a project of the Michigan Public Health Institute. It is funded by Health Resources Services Administration Maternal and Child Health Bureau Grant H84MC26214



“Providing information, resources and education on health issues to help families navigate systems, become more confident and partner with professionals in decision making.”



Disclaimer: The Michigan Family to Family newsletter includes information and links to internet and other resources. These resources are for your consideration only and are not endorsed by Michigan Family to Family Health Information Center, Michigan Public Health Institute or our funders. The information provided should not be used for diagnosing or treating a health problem or disease, and is not a substitute for professional care.

How to contribute to upcoming newsletters:

F2F Michigan is interested in sharing on topics of interest to families of children and youth with special health care needs across Michigan. If you have an upcoming event, learning opportunity, educational resource or other items you would like to share, please contact us at:

F2Fmichigan@mphi.org.