

Winter
2016



*The Home of Wisconsin's Family to Family Health Information and Education Network
in Partnership with the Wisconsin Children and Youth with Special Health Care Needs Program*

Behavioral Health and Mental Health Resources

The holiday season is upon us which means that winter break from school is just around the corner.

With the kids home from school there are both joys and stresses for families who have children with special needs. You may be managing travel and visits with extended family, more unplanned time and fewer supports.

Holidays can be a time when families realize they need more help managing stresses and start looking for mental health, behavioral health or other services. If you're beginning this search, **Wisconsin First Step** is THE place to go!

Wisconsin First Step is a great source of information and their newly updated and easy to use **Behavioral Health/Mental Health Online Database** can help families learn about programs, supports and options for children with mental health challenges.

The improvements to this web resource were the result of many hours of work by a statewide committee which included Family Voices of Wisconsin and others from the Children and Youth with Special Health Care Needs Network.

The goal of this **Behavioral Health/Mental Health Online Database** is to give families the ability to search for information about mental health services that are close to home and specific to children and teens.

Step 1: Go to www.mch-hotlines.org/wisconsin-first-step

⇒ **Step 2:** Click on  **RESOURCE DIRECTORY**

⇒ **Step 3:** Search database for results

⇒ **Step 4:** For a snapshot of programs and services in your county, go to referweb.net/mchh/resourcelist.aspx

If you prefer to talk to staff and discuss ideas and options, contact **Wisconsin First Step's** 24/7 hotline at **1-800-642-7837**. Trained staff members, many of whom also have children with special needs, can assist you with finding what your family needs.

Wisconsin First Step can connect you to support groups, resources to educate yourself about your child's condition and agencies that provide mental health or behavioral health evaluations.

Whether it's now, during winter break or in the new year, we encourage you to learn more about programs and services to make 2017 a healthy, happy and productive year for your family!

Behavioral Health/Mental Health for Children and Youth



Alternative Therapies



Crisis Mental Health



Counseling/Therapy



Mental Health Screening & Assessment



Physician Based Psychiatric Services



Support & Education for Families

Did You Know? Now You Know!

What is Medical Necessity?



WEB WATCH

For additional resources related to the articles in this newsletter, you can visit the following sites:

National Office of Family Voices
familyvoices.org

Family Voices of Wisconsin
familyvoicesofwisconsin.com

Wisconsin First Step
www.mch-hotlines.org/wisconsin-first-step

The Arc
www.thearc.org

Whether you are trying to get therapy services, a piece of equipment or coverage for a new medication for your child with special needs, **Medical Necessity** is a critically important part of the prior approval process¹.

Wisconsin Medicaid and many private insurance plans base their decision to cover a service on whether it meets the medical necessity requirements as explained in Wisconsin Administrative Code.

It may be helpful to talk with your child's provider about why the service is needed from a medical perspective. In addition, you could ask:

- **Is the therapy or service the most appropriate type and is it being provided in the right setting?**
- **Is there evidence that it works?**
- **And, very importantly, does it not duplicate a service or therapy that your child receives in another setting (for example, at school)?**

A service, defined as medically necessary, must also meet the following standards:

- Is **consistent with the recipient's symptoms** or with prevention, diagnosis or treatment of the recipient's illness, injury or disability;
- Is **provided consistent with standards of acceptable quality of care**;
- Is of proven **medical value or usefulness** and is not experimental in nature;
- Is not solely **for the convenience of the recipient or their family**;
- **With respect to prior authorization¹ of a service, is cost-effective** compared to an alternative medically necessary service that is reasonably accessible to the recipient;
- Is the **most appropriate** supply or level of service that can be safely and effectively provided to the recipient.

(This is only a partial listing of the DHS definition of medical necessity- to view the full listing go to WI Admin Code DHS 101.03(96m)

¹ To learn more about prior authorizations see the [Family Voices Fact Sheet on PAs](http://www.familyvoicesofwisconsin.com/resources/affordable-care-act/family-voices-fact-sheets/) at www.familyvoicesofwisconsin.com/resources/affordable-care-act/family-voices-fact-sheets/

The Consumer's Companion 2017 Open Enrollment Edition is included as our newsletter insert.

This is a helpful resource for all families as they consider insurance coverage for next year and beyond.

Staying Happy and Healthy Over Winter Break!

Check out the new Family Voices webpage on winter activity ideas and tips! Go to www.familyvoicesofwisconsin.com/winter-activities/

Below are a few tips for having a positive winter break with your kids:

- ◆ **Create a daily schedule of activities and post it on the refrigerator**
- ◆ **Plan for outdoor time as well as downtime/quiet activities each day**
- ◆ **Limit screen time and set rules up front that everyone can depend on**
- ◆ **Nutritious food - its not easy, but try to be aware of what your kids are eating and have healthy snacks on hand for munching between meals (for example, cut up fruit, nuts and raisins).**
- ◆ **Try to maintain a consistent bed-time routine (even while visiting family or on vacation)**

Children and Youth with Special Health Care Needs News

Family Voices Training Sessions

Join us for one of our informative training sessions to learn about supports and services for children and youth with special needs. Sessions will be held around the state in partnership with the Regional Centers. Check our website for dates and locations.

- ◆ **Did You Know? Now You Know!** explains resources and services for children with disabilities and special health care needs from birth through young adulthood.
- ◆ **What's After High School?** is a broad overview of the transition to adult life for youth with disabilities and special health care needs. Topics include the role of schools, long-term supports, transitioning to adult health care, legal options and more.
- ◆ **Coordinating Your Child's Health Care** explains the importance of having coordinated care, a medical home and integrated health care for every child. Tools, like the Shared Plan of Care, are discussed. View the online training anytime at www.familyvoicesofwisconsin.com/care-coordination/



Advocacy for Change 2017 Registration Now Open!

Join us for our 2017 **Advocacy for Change - Family Leadership Institute** on Thursday, March 2 at the Madison Concourse Hotel! This is a full day advocacy and systems change training opportunity for families who have children or youth with special needs. This event will be held while Wisconsin legislators are considering the 2017-2019 state budget so your elected officials need to hear from YOU!

To learn more and to register go to [Advocacy for Change](#) or tinyurl.com/zgsxa3s

Policy Update

New Administration in Washington May Lead to BIG Changes for Families

While it is too soon to know exactly how a new President and changes in Congress may impact families here in Wisconsin, many are bracing for big changes. One possible change is to make the Medicaid Program a **block grant** to states. The Arc explains this change in their report, [The Outlook for Medicaid in 2017](#).

“A **block grant** is a funding structure that provides states with a set amount of federal money to fund its Medicaid program. A block grant would effectively end the current flexible state and federal partnership. States would be responsible for covering the costs beyond the federal allotment. Deep cuts in federal spending on Medicaid and block grants would be a cost shift to already cash strapped states. This may force states to reduce eligibility, limit services and supports, cut reimbursement to providers, or any number of methods to save money in the Medicaid program.” (*The Arc - www.thearc.org*)

Family Voices will keep families updated on changes to Medicaid and related issues on its website and [Facebook page](#). *Visit often!*”



Children and Youth with
Special Health Care Needs

CYSHCN REGIONAL CENTERS Call with your questions!

Northeast Region
Children's Hospital of
Wisconsin - Fox Valley
1.877.568.5205

Northern Region
Marathon County Health
Department
Wausau
1.866.640.4106

Southeast Region
Children's Hospital
Milwaukee
1.800.234.5437

Southern Region
Waisman Center
Madison
1.800.532.3321

Western Region
Chippewa County Dept of
Public Health
Chippewa Falls
1.800.400.3678

**Great Lakes Inter-Tribal
Council
(GLITC)**
Lac du Flambeau
1.800.472.7207



Family Voices of Wisconsin

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About Family Voices of Wisconsin

Family Voices of Wisconsin (FVW) is a state affiliate organization of the national Family Voices organization and serves as Wisconsin's Family-to-Family Health Information Center. Additionally, FVW is recognized as the Family Leadership Hub for Wisconsin's Children and Youth with Special Health Care Needs (CYSHCN) partnership.

Family Voices focuses its work on health care and community supports in three areas:

- Education and information, including trainings, fact sheets, and newsletters;
- Family leadership activities, including the annual Advocacy for Change Institute (March 2, 2017); and
- Public policy and systems change activities.



A donation to Family Voices of Wisconsin supports our work with families who have children and youth with special health care needs and/or disabilities! Go to our website for more details!

www.familyvoicesofwisconsin.com/donate