

Winter
2012/2013

Family Voices of Wisconsin

*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*

Children with Mental Health Care Needs in Wisconsin

The emotional health of our children affects how they learn, how they get along with others and how they experience life generally. We all want the best for our children. Nonetheless, 1 in 5 children has a diagnosable mental health disorder, and 1 in 9 has a serious emotional disturbance that disrupts his or her life at home, school or community.

Parents and family members are usually the first to notice if their child has emotional or behavioral issues. If you suspect a problem, you should consult your child's doctor. Signs that a child might need professional assistance or an evaluation include:

- Extremes or peculiarity of behavior for the age and gender of the child, such as being significantly more hyper, aggressive, or withdrawn
- Sudden, hard-to-explain negative changes in behavior, such as a steep drop in grades

What might I see during my child's visits to the doctor? Some primary care providers screen children's mental health along with their development. If your child's provider does not request a screening. If your child has not yet started school, your child's doctor may use the *Ages and Stages Questionnaire-3 (ASQ-3)*. If there is a concerning ASQ-3 result, the doctor may use a mental health-specific tool like the *ASQ-Social Emotional* or the *Early Childhood Screening Assessment*. If your child is in school, the doctor may use the *Pediatric Symptom Checklist* or the *Child Behavior Checklist*. To learn more go to the *Bright Futures* site at http://brightfutures.aap.org/tool_and_resource_kit.html

What if the results of the screen are concerning? Screening tools only tell you if a child deserves a more in-depth look, or more attention, in a certain area. They do not give a diagnosis or determine what treatment to use. Remember, screenings should only open doors for your child and family. Screening results often will lead to supports that will ultimately help you and your child.

What Are the Next Steps?

If a child has concerning results, the doctor may recommend the child and family see a mental health professional (psychologist, psychiatrist or counselor). The clinic may be able to connect you with a provider. However, it may be helpful to learn about additional services and supports and ways to pay for the needed services.

Where Can I Learn About Services and Programs?

Wisconsin First Step, a statewide information and referral hotline, can assist families with finding mental health providers at **1-800-642-STEP (7837)**. In addition, the Substance Abuse and Mental Health Services Administration (SAMHSA) has a helpful *Behavioral Health Treatment Locator* at **1-800-662-HELP** or <http://findtreatment.samhsa.gov> The DHS website, under Mental Health and Substance Abuse Services, can also help. Go to www.dhs.wisconsin.gov/bqaconsumer/aoda_mh/AODAmhDirs.htm (See page 2 for more on community-based programs.)

Is there a Parent Organization that Can Help? Yes! Wisconsin Family Ties (WFT) at www.wifamilyties.org or **1-800-422-4715**, is a statewide, parent-run organization providing information, support and advocacy to families that include children and/or adolescents with social, emotional, or behavioral challenges. WFT provides information on a wide variety of topics, including mental health disorders, treatment options, service programs, providers, child and parental rights, the mental health system, special education, child welfare and juvenile justice. WFT can provide information about the wraparound concept for children with significant mental health needs. (Go to page 2 for more information on wraparound.) WFT also has an informative guide on accessing mental health services through **HealthCheck** - a Medicaid benefit that provides a comprehensive screening exam and gives the right to treatment that is medically necessary for problems found in the exam. Go to page 4, under *Resources for Families and Providers*.

There are also statewide and national organizations that can provide resources to families. These include: Autism Society of WI, WI FACETS, Mental Health America of WI, NAMI, SAMHSA, and WI Family Ties. Go to page 3 for contact information.





Did You Know? Now You Know!

Community-Based Mental Health Programs

Community-based mental health programs in Wisconsin are administered by counties and receive funding and policy direction from both the federal government and the Wisconsin Department of Health Services. This means that programs and services differ from county to county and may have waiting lists or varying levels of funding available to children and adults needing mental health services.

Many programs for children and youth incorporate the “wraparound” concept. “Wraparound” (also known as a Coordinated Services Teams or CST) is a collaborative team process designed to ensure strong family involvement and shared decision making. It is based on a set of principles that value the family voice, choice and the assistance of ‘natural’ supports like friends and family. The wrap-around approach has been proven to improve academic success, reduce contacts with law enforcement and improve functional outcomes for youth. To learn more about wrap-around go to the Department of Health Services site at www.dhs.wisconsin.gov/mh_bcmh/cstisp.htm or the Wisconsin Collaborative Systems of Care website at www.wicollaborative.org

Below is a listing of community-based programs offered around the state.

Comprehensive Community Services Programs (CCS) provide a flexible array of individualized community based psychosocial rehabilitation services and supports to children, adolescents and adults with mental health or

substance use disorders. CCS programs use a wraparound model. Contact Cheryl Lofton at cheryl.lofton@wisconsin.gov for more information.

Community Support Programs (CSP) provide a range of treatment, rehabilitation, and support services through a treatment program and staffing developed to ensure ongoing therapeutic involvement and individualized treatment for adults with severe and persistent mental disorders. Adolescents who are eligible based on diagnosis and functional limitation might also be served. For more information contact Brad Munger at brad.munger@wisconsin.gov

Coordinated Services Teams (CST) and Integrated Services Projects (ISP) use a wraparound process to respond to individuals with multiple and/or serious needs in the least restrictive setting. Each child and family-centered team develops an individualized plan, incorporating the strengths of the child, family, and team members to work toward identified goals. For more information contact Mai Vue Zong at maizong2.vue@wisconsin.gov

Community Recovery Services programs (CRS) provides three specific services to adolescents and adults with significant mental health disorders. The services available to include: community living supportive services, supported employment, and peer support services. For more information contact Kay Cram at kay.cram@wisconsin.gov

WEB WATCH

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

Family Voices of Wisconsin
www.fvofwi.org

National Office of Family Voices
www.familyvoices.org

Wisconsin Family Ties
www.wifamilyties.org

Circles of Life Conference
www.colwisconsin.org

SAMHSA Behavioral Health Treatment Locator
findtreatment.samhsa.gov/

FAMILY VOICES FAMILY LEADERSHIP INSTITUTE

Family Voices of Wisconsin invites **YOU** to apply for ***Advocacy for Change: A Family Leadership Institute*** at the Madison Concourse Hotel on **April 3-4, 2013**. ***Advocacy for Change*** is a learning and action forum for parents or other family members across Wisconsin to gain new information and skills that will enhance their efforts to improve the lives of children and young adults with disabilities and/or special health care needs. Participants will learn about state budget priorities affecting families and youth including health care, waiting lists, special education and children’s long-term supports. The registration fee, conference materials, lodging and meals will be covered by the sponsoring organizations. An on-line application is now available at <http://fvofwi.org/training-and-events/advocacy-for-change/> or call Lynn at 608-828-9959. ***The deadline for applications is March 11th.***

In addition, participants in the Leadership Institute will be eligible for Family Voices of Wisconsin **Parent Leadership Grants** to encourage and facilitate advocacy, systems change and policy efforts. Stay tuned for more details in our next newsletter .

Children and Youth with Special Health Care Needs News

Did You Know? Now You Know! Training - a training that provides a comprehensive overview of health care, community supports and services and resources for children and youth with disabilities and special health care needs from birth through young adulthood.

Madison, Feb. 26th, 5:30 - 8:30pm, (Goodman Community Center) - contact the Southern Regional Center to register.

What's After High School Training on Transition - a training on transition to adult life for youth with disabilities and/or special health care needs. Topics include: envisioning a youth's future in the community; the role of schools; long term supports; vocational resources; transitioning to adult health care; guardianship and other legal options; advocacy; and the fundamentals of self-determination.

Columbus, April 6, 9:00 - 11:30am (resource fair and lunch starting at noon), in collaboration with *It's All About the Kids*, a parent support group in Dodge County - contact Mary at itisallaboutthekids@hotmail.com or call **920-296-0341** to register.

Additional training sessions are being planned for 2013. Check our website (fvofwi.org) for details on upcoming trainings.



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

Legislative/Policy Update

Governor's Budget Proposal to Increase Funding for Mental Health

Governor Walker announced recently that an increase in funding for community mental health services will be included in his 2013-2015 budget proposal. The \$28.9 million increase in funding includes:

- Increased funding for Comprehensive Community Services (CCS)
- Establishes an Office of Children's Mental Health
- Expands Coordinated Service Team (CST) Programs statewide
- Develops Peer-Run Respite Centers
- Provides funding for in-home counseling services for children under Medicaid
- Funds additional forensic units at Mendota Health Institute

For more details, go to the Family Voices of Wisconsin website which has links to the Governor's announcement and the Survival Coalition's response to this proposal at: <http://fvofwi.org/public-policy/state-budget/>

Coverage of Mental Health Services - An Essential Health Benefit

Starting in 2014, the Affordable Care Act (ACA) will increase insurance coverage for mental health and substance abuse services. This is because mental health and substance abuse services are listed as essential health benefits (EHBs) which is a listing of ten categories of services that must be covered by Medicaid/BadgerCare, as well as individual and small group plans offered inside and outside of the Health Care Exchange. The ACA mandates that these services be on par with coverage for other health care services.

To learn more about EHBs, you can view the webinar *Essential Health Benefits 101: A National and Wisconsin Perspective* at www.waisman.wisc.edu/healthdisparities/trainings.php



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About Family Voices of Wisconsin

Family Voices of Wisconsin is the home of the Wisconsin Family to Family Health Information and Education Network. Family Voices of Wisconsin is part of a national grassroots network of families and advocates who support children with disabilities and/or special health care needs. We provide information, training and support around health care and community supports to families throughout Wisconsin, including the well received "Did You Know? Now You Know!" training program. Family Voices is dedicated to strong collaborative partnerships between families and essential allies to improve the systems of supports and services for children. A core commitment of Family Voices is to involve and support parents in decision making roles that affect program design and policy recommendations on local, regional and statewide levels.

Feedback Welcome

We want to make sure that this newsletter is an effective resource for you. If you have any comments, or wish to provide news and information for us to publish, please contact Lynn at Lynn@fvofwi.org. We look forward to your ideas and suggestions!

Would you prefer to have this newsletter emailed you? If so, contact the Family Voices newsletter editor at Lynn@fvofwi.org.

Partnering with Schools When A Child Is Experiencing Emotional Challenges

Families are encouraged to speak with school staff when a child is experiencing emotional challenges. Just as these events can be difficult for families to understand, so too, do schools find these situations confusing. Too often educators identify the effects of emotional challenges as behavioral or attitudinal *choices* that interfere in learning, rather than as signs that your child is struggling. By contacting the school, parents can alert educators that you are concerned about your child, are doing what you can to help him/her, what the school can expect during this time and how to be helpful to your child.

It is not necessary to share diagnostic information in order to engage school personnel in helping your child unless you think it will be helpful. Be sure to let your child's teacher know how you'd like to be contacted if/when educators would like to talk further about how your child is doing. Parents might want to speak with their child's mental health provider about what information you should be sharing with the school.

Children tend to be sensitive about parents sharing information about emotional health. It is, however, often helpful to talk with a child about why it is important for schools to know about this health challenge, how the school can be helpful, etc. When considering whether to talk with your child, think about his/her age and the individual circumstances and help your child to understand that this is part of how s/he will get better. Such a conversation can provide an opportunity to provide your child with a simple story (description) about what is happening, what people are doing to be helpful, what s/he can do and the expectation that as you all work together, things will get better. It is often helpful for a child to have a story that is used at various times when you want him/her to try something new, understand that little setbacks don't mean that all is lost and most importantly, be aware of improvements. In other words, it becomes a way to talk about the child's emotional challenges in a positive framework.

Thank you to Sally Raschick, Healthy Transitions Initiative Project Director, Wisconsin Department of Health Services, for contributing this article. Sally can be contacted at Sally.Raschick@dhs.wisconsin.gov

Mental Health Resources for Families

Below is a listing of organizations and agencies that may be helpful for families who have a member with emotional or behavioral health concerns.

Autism Society of Wisconsin - PO Box 165, Two Rivers, WI 54241, **1-888-428-8476**, **www.asw4autism.org**

The Autism Society of Wisconsin provides support, referral and information to the autism community in Wisconsin, sponsors an annual conference, quarterly newsletter, and information about support groups statewide.

Mental Health America of Wisconsin, 600 W. Virginia St, Suite 502, Milwaukee, WI 53204, **1-866-948-6483**, **www.mhawisconsin.org**

MHA of Wisconsin provides information and assistance, training, resources and advocacy. They also coordinate a suicide prevention program.

National Alliance for Mental Illness of WI (NAMI-WI), 4233 W Beltline Hwy., Madison, WI 53711, **1-800-236-2988**, **<http://namiwisconsin.org>**

NAMI provides education, advocacy and support for people with mental illness and their friends and family.

Wisconsin FACETS (Wisconsin Family Assistance Center for Education, Training & Support), 600 W. Virginia St, suite 501, Milwaukee, WI, 53204, **1-877-374-4677**, **www.WiFACETS.org**

Wisconsin FACETS provides individual assistance to parents of children receiving special education services and provides advocacy, information & referral, workshops, support groups and parent leadership development.

Wisconsin Family Ties (WFT), 16 N Carroll St., suite 230, Madison, WI 53703, **1-800-422-7145**, **www.wifamilyties.org**

WFT provides information, support, advocacy and individual assistance to families. Assistance is provided through a network of parent peer specialists who are parents or caregivers of a child with emotional or behavioral disorders who have been specifically trained to provide support and assistance to other parents of children with mental health needs.

Substance Abuse & Mental Health Services Administration (SAMHSA), 1 Choke Cherry Road, Rockville, MD 20857, **1-877-SAMHSA-7**, **www.samhsa.gov**

SAMHSA, an agency of the US Department of Health and Human Services, has a wealth of information and resources for families, including a mental health facility locator at **<http://store.samhsa.gov/mhlocator>**

Learning Opportunities Around the State

Circles of Life Conference - April 25-26th in Stevens Point

The Circles of Life Conference (COL) is for families who have children of any age with disabilities or special health care needs and the professionals who support and provide services for them. The conference is a unique opportunity to develop new skills, hear the latest information, and form lasting friendships. This year the conference is being held on April 25-26, 2013 at the Holiday Inn and Conference Center in Stevens Point. Respite is available for children with disabilities, as well as a **Sibshop** and a **Gathering of Youth** (for teens and young adults). Registration material, brochure and Elsie Shaw scholarship fund information is now available on the Circles of Life website at www.colwisconsin.org

Family Voices Listening Session at the COL Conference - Thursday, April 25th

Are you a parent or grandparent whose child uses the health care and community support system? Are you a provider who works with families and sees where they get stuck in the system? We are interested in learning what works for you and what you would change to improve community supports and services, health care and coordination between programs. Please join us on Thursday, April 25th from 6:00 - 7:30pm at the Holiday Inn, Stevens Point, for a free pizza dinner and share your experiences and challenges! Spanish interpreter services will be available during the session.

Autism Society of Wisconsin (ASW) Annual Conference

The 2013 ASW annual conference will be held April 18-20 at the Kalahari Resort, WI Dells. The conference is an opportunity for families, educators and other professionals to learn more about autism related issues and strategies for working with individuals with autism. To learn more go to www.asw4autism.org

Sibshop Facilitator Training

The Autism Society of Southeast Wisconsin will be hosting a Sibshop Facilitator Training on May 10 & 11 in Milwaukee. Those who attend the 2 day training become Sibshop facilitators and may start a Sibshop in their community. For details contact Emily Levine at **414-427-9345** or go to www.aseww.org/2012/08/15/sibshops/

Resources for Families and Providers

Materials for Spanish Speaking Families

Do you work with Spanish speaking families who have children with special needs? There are many helpful resources available in Spanish, including all of the Family Voices fact sheets and our newsletters. In addition, the *Did You Know? Now You Know!* and the *What's After High School* training curriculum are now available in Spanish. Contact Lynn at Lynn@fvofwi.org for copies of any of these materials.

Parent Guide to Accessing Mental Health Services for Your Child through HealthCheck

If your child is eligible for BadgerCare/Wisconsin Medicaid, you should know about an important benefit called HealthCheck. HealthCheck is Wisconsin's name for the federally mandated EPSDT (early and periodic screening, diagnosis and treatment). Wisconsin Family Ties has an informative guidebook to learn about this program. Go to <http://www.wifamilyties.org/Health%20Check%20guidelines.pdf> to download the Guide or call WFT at **1-800-422-7145** for more information.

Children's Social and Emotional Development Resource

The Center on the Social Emotional Foundations for Early Learning has high-quality, evidence-based information available for families and providers designed to foster children's social and emotional development. To view the family resources page go to <http://csefel.vanderbilt.edu/resources/family.html>

Training on Universal Pediatric Mental Health Screening

Wisconsin Statewide Medical Home Initiative (WISMHI) is now offering training on pediatric mental health screening tools. This sixty-minute, on-site training is designed for pediatric primary care clinicians and care team members. Community professionals serving children with behavioral health needs and their families will attend as co-presenters. To learn more visit www.wismhi.org/providers or call **608-630-9552**. *Families, you can tell your child's doctor about this great training opportunity!*