



• It's who we are. It's what we do. •

CAPITAL AREA QUARTERLY

SPRING NEWSLETTER FOR APRIL, MAY, JUNE



2023

2356 DRUSILLA LANE, BATON ROUGE, LA 70809

PHONE: (225) 216-7474 | FAX: (225) 216-7977

WWW.FHFGBR.ORG

HOURS: MONDAY TO FRIDAY 8 AM TO 4 PM



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OFFICE CLOSURES

Good Friday: April, 7 2023 Memorial Day: May 29, 2023

From the Desk of the Executive Director



Greetings!

Spring comes with hope, newness, expectations, and joy. We are looking forward to the growth, change, and new experiences this season brings. I welcome you to look at all the information shared in this newsletter to help you prepare for what's coming up at Families Helping Families GBR and within our community. Please take advantage of the notices of activities, events, trainings and webinars in this issue. We hope the information and resources will be useful to you and your family.

As a reminder, April marks the time that we express Autism Acceptance. We encourage you to join us and express your support as well. We are increasing our expression during this time by collaborating with other organizations to do more.

We want to thank our families, children, youth, and all supporters moved to do something special and exciting during the month of April for people with disabilities, especially those who are on the Autism Spectrum. We hope you be able to join us at the Acadian Circus, [spek-truhm], a variety circus fundraiser supporting autism awareness. Profits will be donated to Families Helping Families of Greater Baton Rouge. Don't miss our featured ad on page 45 of Baton Rouge Parents Magazine in April's issue.

During the month of May, we recognize and promote mental health and wellness. May 4th is Behavioral Health Day, which is a statewide effort to raise awareness on behavioral health and suicide prevention. It is a nationwide effort to educate our communities and policy leaders on behavioral health care quality and access in our state. We want to encourage families to attend this gathering at the Louisiana State Capital to voice your concerns, obtain information, and meet your state representatives. Contact us if you would like to attend but need assistance with travel and accommodations. As May comes to a close, so does the school year. Considering our current mental health crisis, I would like to challenge all of us to stay engaged with our children and youth in positive ways .

As summer nears, please feel free to reach out to us for resources and activities, including camps. Join us, as we partner with BREC, at Liberty Lagoon on June 23 for our 2023 Friends & Family Inclusive Luau. There will be FREE food, drinks, and prizes, along with lots of fun in the water. Save time, beat the heat, and get your tickets and wristbands early at our office. Tickets are \$8 per person ages 4 and over. You don't want to miss this event!

We look forward to continuing to serve you and your family. Feel free to call, attend webinars and/or in-person workshops, or just stop by and visit. We would love to see you! I pray that you and your family will be in good health and have joy. Be safe!

Special regards,

DONATE

Dr. Marilyn Thornton



OUR MISSION

Our mission is to provide the individualized services, information, resources, and support to positively enhance the independence, productivity, and integration of persons with disabilities into the community.

PARISHES WE SERVE

- East Baton Rouge
- West Baton Rouge
- East Feliciana
- West Feliciana
- Ascension
- Pointe Coupee
- Iberville



INCORPORATED IN 1998, FHFGBR is a family driven resource center for individuals with disabilities and their families. Because we have or had a family member with a disability, we understand the importance of supporting others facing similar experiences. The three core services of FHFGBR are parent-to-parent support, education/training, and referrals to services both in-house and in the community. These services are accomplished through support calls, networking and workshops. Disability-related supports and referrals are available to anyone at any time. Understanding the importance of awareness and acceptance of individuals with disabilities in the community helps us achieve our ultimate goal of inclusion.

BOARD OF DIRECTORS

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Todd Hymel

Treasurer

Ana Elizabeth Angeloz

Director

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Kim Henley

Director

Alec Reed

Director

Matthew Talley

Director

Vacant

Director

Vacant

FHFGBR STAFF

Executive Director

Dr. Marilyn Thornton

mthornton@fhfgbr.org

Executive Administrative Assistant

Angel Matthews

amatthews@fhfgbr.org

Bookkeeper

Vicki Wall

vwall@fhfgbr.org

Receptionist

Mary Green-King

receptionist@fhfgbr.org

Inclusive Education Program Director

Cynthia Chesterfield

cchesterfield@fhfgbr.org

Empowerment Program Director

Charlette Minor

cminor@fhfgbr.org

Empowerment Program Support

Keisha Hertzock

khertzock@fhfgbr.org

Early Steps Community Outreach Specialist

Fran Peterson

fpeterson@fhfgbr.org

Outreach & Resource Specialist

Kimberly Smith

ksmith@fhfgbr.org

Outreach & Resource Specialist—Disability Initiatives

Vacant

Communications & Data Management Support

Chanell Thomas

cthomas@fhfgbr.org

Custodian

John Williams



2356 Drusilla Lane Baton Rouge, LA 70809

225-216-7474

2022-2023 BOARD MEETING CALENDAR DATES

Listed below are the scheduled meeting dates for 2022-2023. The Full Board meets every other month on odd months from 11:30 am – 1:00 pm. Meetings are the **3rd Wednesday** of each month.

2022-2023 FULL BOARD MEMBER MEETING DATES

11:30 am – 1:00 pm

MONTH	DATE
August 2022	17
October 2022	19
December 2022	8
February 2023	15
April 2023	19
June 2023	21

Meeting Location:

**Families Helping Families of
Greater Baton Rouge**

2356 Drusilla Lane Baton
Rouge, La 70809

Families Helping Families of Greater Baton Rouge is funded by many individuals, foundations, small businesses, local governmental entities, state government departments, and corporations.

Major Funders Include:



Louisiana Developmental
Disabilities Council





• It's who we are. It's what we do. •



**Of Children and Adults With
Developmental Disabilities**

Serving 7 Parishes

East & West Baton Rouge, East & West
Feliciana, Iberville, Ascension, and
Point Coupee

**Check out our
Website: fhfgbr.org**

and follow us on



FHFBatonRouge

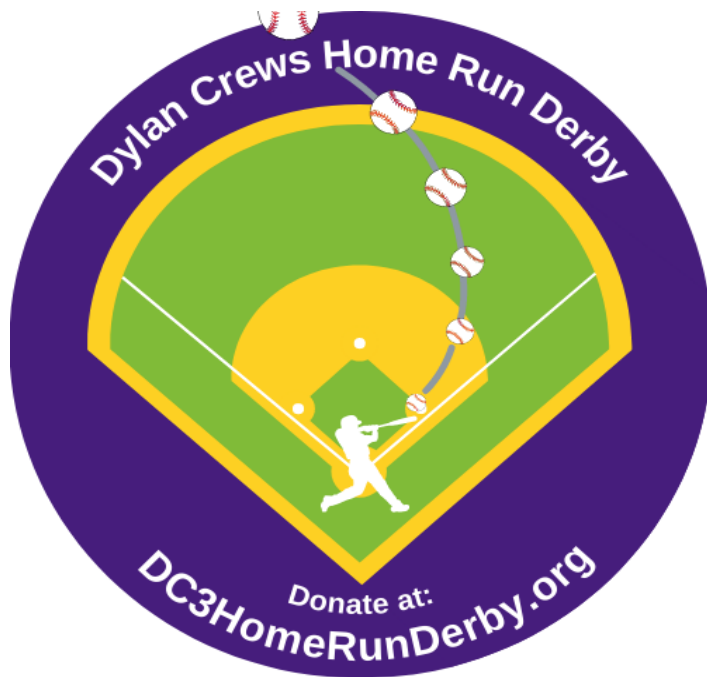


familieshelpingfamilies_gbr



familieshelpingfamiliesofgreaterbatonrouge

#3 Dylan Crews Challenges You to Donate to Families Helping Families



Dylan Crews, Outfielder for LSU Baseball, joined forces with the Network of Families Helping Families Centers to Support Kids with Disabilities and Special Health Care Needs. For every home run he hits during the 2023 season, he will personally donate \$100 to Families Helping Families. For every home run his teammates hit during the 2023 season, his family will personally donate \$100 to Families Helping Families.

Number 3 led the LSU Tigers with 22 of the 114 Home runs in the 2022 season and hopes to continue his hitting streak into the 2023 season. This junior from Longwood, Florida, has stolen the hearts of many families of children with disabilities or special health care needs by inviting and giving them tickets to LSU baseball games. For some families, it's the first time they have ever attended a game in Alex Box Stadium.

Dylan and his family hope **YOU** will join in on the Home Run Derby fun by donating any amount every time Dylan or one of the LSU Tigers hits a home run.

You can choose to Pledge and Pay Later or Donate Now.

For more information or to donate: <https://fhfogn.org/baseball-donation>

INCLUSIVE EDUCATION WEBINARS

Free Webinar

INTRODUCTION TO SPECIAL EDUCATION

MONDAY, 17TH APR 2023
12:00 PM - 1:00 PM

Register:
<https://tinyurl.com/IntroToSPEDApr17>

 **Louisiana**
Changing Lives Every Day

 **Families Helping Families**
of Greater Baton Rouge
It's who we are. It's what we do.




FREE WEBINAR



THE IMPORTANCE OF INCLUSION

MONDAY, 24TH APR 2023
12:00 PM - 1:00 PM

Registration Link:
<https://tinyurl.com/InclusionApr24>

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FREE WEBINAR

PARENT RIGHTS IN SPECIAL EDUCATION



KNOW YOUR RIGHTS!

TUESDAY, 2ND MAY 2023
10:00 AM - 11:00 AM

Registration Link:
<https://tinyurl.com/ParentRightsMay2>

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FREE WEBINAR

NO MORE Summer SLIDE



MONDAY 22ND MAY 2023
12:00 PM - 1:00 PM

Registration Link:
<https://tinyurl.com/SummerSlideMay22>

Summer is the perfect time for students of all ages to relax, but it's also a time when **learning loss and regression** can occur. The "summer slide" can happen when children do not engage in educational activities during the summer months. This training will provide you with strategies and fun activities you can do over the long break to help prevent the summer slide.

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FREE WEBINAR

PARENT RIGHTS IN SPECIAL EDUCATION



KNOW YOUR RIGHTS!

Presenters:
Sharon Blackmon, FHF of GNO
Cynthia Chesterfield, FHF of GBR

TUESDAY, 13TH JUN 2023
12:00 PM - 1:00 PM

Registration Link:
<https://tinyurl.com/ParentRightsJune13>

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Free Webinar

EDUCATION & YOUNG CHILDREN WITH EXCEPTIONALITIES: SO MANY QUESTIONS!

THURSDAY 22ND JUN 2023
10:00 AM - 11:00 AM

Presenters:
Sharon Blackmon, FHF of GNO
Cynthia Chesterfield, FHF of GBR

Register:
<https://tinyurl.com/QuestionsJune22>

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Is Your Child Enrolled at an Alternative School in Louisiana?

If you or anyone you know has attended an alternative school as a punishment, or as an alternative to suspension or expulsion, please contact the Southern Poverty Law Center. We are particularly interested in hearing from students who have 504 Plans or Individualized Education Plans (“IEPs”).

All information will be kept confidential. We do not charge for our legal services.

Contact us at alternativeschools@splcenter.org



INCLUSIVE SUMMER CAMPS

ADAPTIVE RECREATION SUMMER CAMPS

For Camp Assessments or Camp Scholarship information, please see page 4 for more information.

All Camp Sunshine campers are required to undergo an assessment with a BREC Adaptive staff member prior to registering for camp. Assessments are held in person at Naim Drive Park.

Mondays / Jan. 23-May 10 / 3:30-5:30 p.m.
Wednesdays / March 6-May 10 / 3:30-5:30 p.m.
No assessments will be held on Feb. 20.

After May 10 assessments are by appointment only. No assessments will be scheduled between June 5-9. To set up an assessment or for questions, email recadapt@brec.org.

CAMP SUNSHINE

Camp Sunshine is an exclusive camp for campers with intellectual and developmental disabilities who can function within a staff ratio of 1:5. During each themed week, campers will enjoy recreational games and activities, arts and crafts, field trips, water activities, and inclusive activities with other BREC summer camps to socialize and interact with their peers.

7 a.m.-3:30 p.m.
\$125 per week for EBR Parish residents
\$150 per week for out-of-parish residents

JEFFERSON HIGHWAY PARK / Ages: 8-11

NAIRN DRIVE PARK / Ages: 12-17

MILTON J. WOMACK PARK - SUNSHINE CLUB /

Ages: 18+

Session 1: June 5-9

Session 2: June 12-16

Session 3: June 19-23

Session 4: June 26-30

Session 5: NO CAMP July 3-7

Session 6: July 10-14

Session 7: July 17-21

Session 8: July 24-28

Session 9: NO CAMP July 31-Aug. 4




special needs summer camp

WEEKLY THEMES:

- June 5-8 Music Makers
- June 12-15 Disney
- June 19-22 Animal Planet
- June 26-29 Community Helpers
- July 10-13 Dinosaurs
- July 17-20 Super Heroes
- July 24-27 Sports Extravaganza

\$175 per Week

REGISTER ONLINE AT
WWW.EVERYDAYCOUNTS-ABA.COM




special needs summer camp

For Age 5 & Older

Fun & Creative Outdoor Activities

\$175 per week

@ Erwinville Community Center from 8:00am - 3:30pm Monday-Thursday

Session 1

- June 5-8
- June 12-15
- June 19-22
- June 26-29

Session 2

- July 10-13
- July 17-20
- July 24-27

Register Online Today

For more information:
www.everydaycounts-aba.com
Call 228-713-0462
edc.summertime@gmail.com



EXCEPTIONAL SUMMER

Fun & education for teens & young adults with special needs. Ages 14-25.

FULL DAY PROGRAMING INCLUDES:

- COOKING FOR LIFE
- ART & EMOTIONS
- HEALTHY MOVEMENT
- LIFE & SOCIAL SKILLS

Weekly MON-THURS 9:00-3:00

JUNE 5 through JULY 27

Covered by insurance or pay by the week
\$160 Weekly

Requirements:

- independent personal care
- functional communication
- transportation consent to ride to grocery store
- \$25 weekly gift card to pay at grocery store

Redstick C.A.R.E.S.
5475 Essen Lane
Baton Rouge, LA 70809

Register by May 26
*Limited Spots Available

www.redstickcares.org/summer



Summer Social Skills Camp

Grades: 3rd - 8th

Sessions: June 5 - 9
June 12 - 16
June 19 - 23

From: 12:00pm - 3:00pm

Location: St. Lillian Academy
Goodwood Blvd.

Cost: \$225 per week

Deadline: May 12

Contact: info@tc-aba.com

Social skills made fun for children with developmental delays.

Daily activities include
crafts, group games, creative play
and much more.

touchstone
applied behavior analysis

Swim Lessons

FREE


DSAG wants to help you learn to swim!

- Free Spring, Summer, or Fall group session or half off private session
- Available to individuals with Ds only
- Baton Rouge or Prairieville location
- Ages 2 and up
- Limit one session per person per year

Register at <https://crawfishswimschool.com/special-needs-intake-form>

CRAWFISH SWIM SCHOOL

DSAG's MAKING WAVES



Virtual Zoom "EVERY DAY MAGIC" CAMP

CAMP 1
Jun 5 - Jun 30

CAMP 2
Jul 10 - Aug 4

Camp is FREE & open to children with disabilities, ages 9-18

In this three-week magic camp, children will learn tricks developed by illusionist, Kevin Spencer and his HOCUS FOCUS program. Camp will be 2-3 hours each week and children will learn 3 tricks a week. Monday, Wednesday, and Friday afternoons. The end of each camp will end in a streamed performance for friends and family!

Contact Lauren Edwards lauren@uab.edu for more information.

UAB SCHOOL OF HEALTH PROFESSIONS
The University of Alabama at Birmingham
Department of Occupational Therapy

UABarts
UAB ARTS IN MEDICINE



Camp Dream Street

Dream Street is a five-day, four night camping program for children ages 8-14 with physical disabilities. Camp was established in 1975 to provide children with the opportunity to have a summer camp experience...and just be kids!

Location
Dream Street is held on the grounds of Henry S. Jacobs Camp in Utica, MS. Campers and staff are housed in air conditioned and accessible group cabins.

Activities
Activities at camp include: swimming, athletics, cooking, fishing, boating, music, games, arts & crafts, science, cheerleading, dancing, pottery, radio, outdoor adventure, and many more. Some days we have unique special activities such as a magician, petting zoo, monster trucks, hot air balloon, and making our own chocolate!

Cost
Dream Street is free of charge and is funded through donations.

Staff
Our staff is 100% volunteers. Counselors are paired one-on-one with a camper for the entire week. Upper Staff are responsible for running the camp's programming and activities. Professional Staff includes doctors, nurses, and therapists from the medical community. All staff participates in an intensive day and a half training prior to camp.

Dates
Sunday May 28 - Thursday June 1, 2017

For More Information...
Visit our website at www.dreamstreetms.org or email info@dreamstreetms.org

1 Camp Dream Street, Mississippi
2 campdreamstreetms.com



JOIN US NOW!

COME JOIN THE FUN AT ABC'S SUMMER MINI-CAMPS!

Phone: 225.790.0208
Email: info@abccamps.com
Website: www.abccamps.com

750 Church Drive
Baton Rouge, Louisiana 70806

100% free of charge for 15 years!
100% free of charge for 15 years!
Every one is fully screened & certified!

2023
SPRING

sunshine social



Dance the night away with BREC Adaptive and Families Helping Families as we host our monthly Sunshine Socials. Be creative and dress to match each month's theme. Enjoy dinner, dancing, and door prizes.

jan. 20



PAJAMA-RAMA

feb. 17



CAJUN CARNIVAL

march 17



GREEN-OUT PARTY

april 21



DANCING IN THE RAIN

may 19



ROLLING OUT THE RED CARPET

Disc jockey DINNER PRIZES *SOCIALIZATION and FUN!*

*To register and for
more information:*



BREC.ORG/ADAPTIVEREGISTRATION

Registration limit of 100 individuals

(participants/family members/PCAs/etc.)



CASEY.CANTRELLE@BREC.ORG

**MILTON J. WOMACK
PARK BALLROOM**

6-9 p.m.

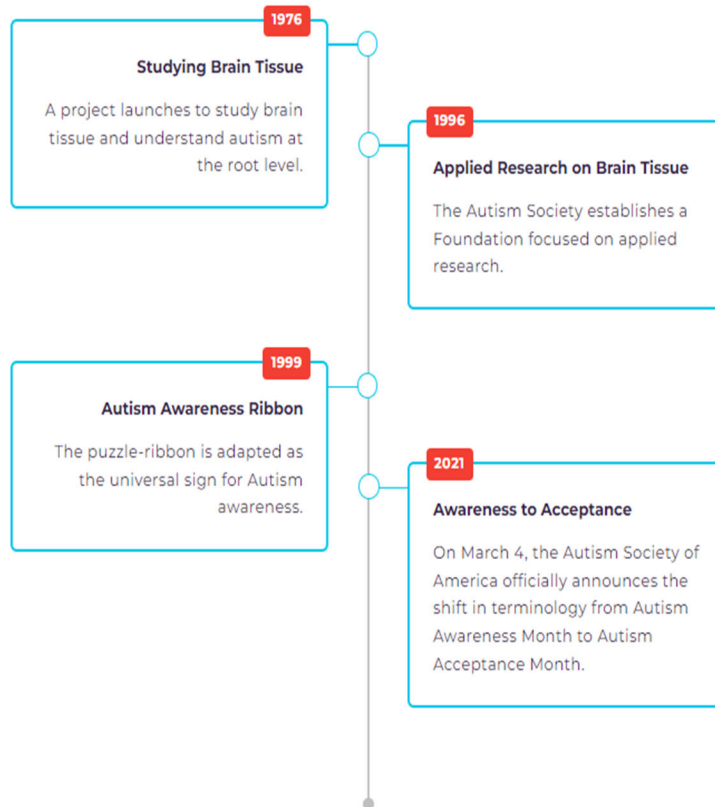
Ages: 16+

*[with intellectual disabilities +
their families]*

\$5/person



AUTISM ACCEPTANCE MONTH TIMELINE



Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness.



LOOK
AROUND,
LOOK
WITHIN

DOWNLOAD THE MENTAL
HEALTH MONTH 2023 TOOLKIT:
[MHANATIONAL.ORG/MAY](https://mhanational.org/may)



A Mommy Moment

By Fran Peterson

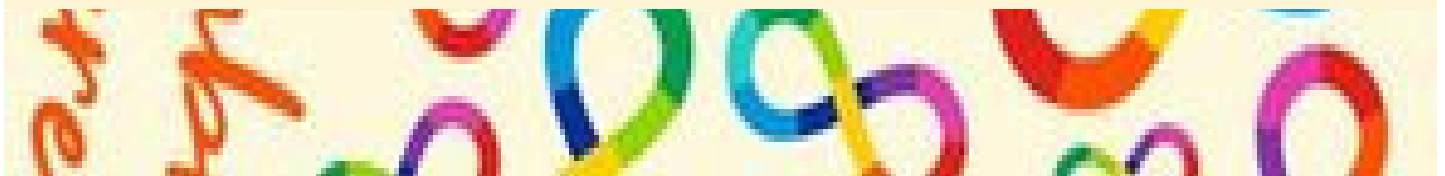
Living with autism is a family condition. It's almost impossible to shield an entire family from a tantrum in Wal-Mart because there were no more Froot-Loops. I would always say "if one person in the household has autism, the household has autism." As a mother of two, finding balance with one child that is on the spectrum and another that is considered "normal" is challenging.

My daughter was born two years prior to her brother and had little to no challenges whatsoever. She has always been advanced and independent. My son was nonverbal until the age of 5. Diagnosed with Autism at the age of 3. He did not like any loud noises or large crowds. His anxiety would cause him to become physically ill. This put a damper on many social events and caused us to become sheltered.

On my daughter's 9th birthday my husband and I asked her if she wanted a birthday party. Her reply was "no, because my brother will cry, and I don't want to hurt his ears." I immediately began to feel guilty. I then realized I subconsciously had not given her a birthday party since he was born. I was appeasing the condition of one child and totally neglecting childhood milestones of another. She also became accustomed to going without. She did not have many friends. She was technically the "only child", her brother could not verbally communicate with her. It is not only tough to live with autism. It's tough to live among autism as well.

That year we were all determined to throw her the best 9th birthday party ever. To our surprise, she and her brother had a blast. We incorporated something they both love, bubbles. During the moments we assumed he would be anxious, he was so happy for his sister, dancing and clapping for her during the "birthday" song (a moment he would normally despise). I believe seeing her joy gave him joy. It's a moment our family will cherish forever.

In this month's "Mommy Moment", I want to shed light on those "forgotten" siblings. The ones who are considered "normal", so they don't get as much attention as those who require more. Take a moment to do something that's considered out of the ordinary for your family. Allow them the opportunity to experience life outside of autism because at home, we do not have the opportunity to turn it off.



MILESTONES MATTER: LET'S TALK ABOUT THEM!

Milestones at 4 Months

- ✓ Brings hands to mouth
- ✓ Holds head steady



Milestones at 9 Months

- ✓ Sits without support
- ✓ Bangs things together



Milestones at 15 Months

- ✓ Points to get help
- ✓ Uses fingers to feed themselves



Milestones at 2 Years

- ✓ Points to body parts
- ✓ Eats with a spoon



Milestones at 3 Years

- ✓ Uses a fork
- ✓ Asks "who", "what" questions



Milestones at 4 Years

- ✓ Says sentences with 4 words
- ✓ Serves themselves food



Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.



Centers for Disease
Control and Prevention
cdc.gov/ActEarly
1-800-CDC-INFO

Concerned about Development?

How to Get Help for Your Child



Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). **Don't wait.** Acting early can make a real difference!

1 Make an appointment with your child's doctor

- When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

2 Complete a milestone checklist

- Before the appointment, complete a milestone checklist by downloading CDC's free [Milestone Tracker mobile app](#) from the App Store or Google Play or printing a paper checklist from www.cdc.gov/Milestones.
- Write down your questions and concerns; take these with you to the doctor's appointment.

3 During the doctor's appointment

- Show the completed milestone checklist to the doctor**
 - If your child **is** missing milestones, point them out, and share any other concerns that you have.
 - If your child **is not** missing milestones but you still have concerns, tell the doctor about them.
- Ask the doctor for developmental screening for your child**
 - Developmental screening is recommended whenever there is a concern. It gives the doctor more information to figure out how best to help your child.
 - For more information about developmental screening, go to www.cdc.gov/DevScreening.
- Ask the doctor if your child needs further developmental evaluation**
 - If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, let the doctor know.

4 Make sure you understand what the doctor tells you, and what to do next

- Before you leave the appointment, check the notes you have written and make sure all of your questions have been answered.
- If you do not understand something, ask the doctor to explain it again or in a different way.
- When you get home, review your notes and follow the steps the doctor has given you. Remember, you can always contact the doctor's office if you have any questions.

You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with others (doctor, teacher, another provider) to get a second opinion

AND

Call for a free evaluation to find out if your child can get free or low-cost services that can help.

- If your child is under age 3:**

Call your state's early intervention program. Find the phone number at www.cdc.gov/FindEI.

- If your child is age 3 or older:**

Call the local public elementary school.

You do not need a doctor's referral to have your child evaluated for services.

Find more information, including what to say when you make these important calls, visit www.cdc.gov/Concerned.

Don't wait.
Acting early can make a real difference!



www.cdc.gov/ActEarly

1-800-CDC-INFO (1-800-232-4636)



Download CDC's free
Milestone Tracker app



Learn the Signs. Act Early.

Get Started with



To start: Call the regional system point of entry (SPOE) in your area: a 45-day timeline begins



- Developmental screening
- Identify your team
- Determine your family strengths and priorities for your child

We value your time and input



- If eligible, develop a service plan (IFSP) and determine supports to meet needs
- If not eligible, we provide other resources

Together we create a picture of the next steps

A phone call starts the wheels turning



Your family is the "star" of this process

- We collect information about your child and family
- We discuss your concerns and priorities
- We review your options in EarlySteps



Determine Eligibility

- Conduct evaluation
- Review all information collected
- Your and your team determine eligibility



EMPOWERMENT PROGRAM WORKSHOPS

Free Webinar

Reducing Antisocial Behaviors

Monday
April 10, 2023
11:00 AM-12:30 PM



Webinars are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health



Register Here:

<https://attendee.gotowebinar.com/register/2044061814759303007>

Participants will gain knowledge on defining and identifying antisocial behaviors in children and youth, and will learn skills to help reduce antisocial behavior.

Audience: Parents/caregivers, families and professionals

Presenter:

Dr. Maxine Flint, Medical Psychologist



FREE WEBINAR

Mental Health Community Resources

Friday, May 12 • 11 a.m. - 12:30 p.m. • Register below

<https://tinyurl.com/MentalHealthResources519>

Lack of information and access to mental health services remains an obstacle for children, teens, and adults seeking help. Join our Mental Health Community Resources webinar to learn more about the services offered by many Louisiana mental health providers, locations and contact information for resources.

Presenter: Anthony Germade, Karman Line Learning



Webinars are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.

It's who we are. It's what we do.

Free Webinar

Suicide Prevention

Friday
April 14, 2023
11:00 AM - 12:30 PM



Webinars are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health



Register Here:

<https://attendee.gotowebinar.com/register/6721913530211215101>

Suicide has reached epidemic proportions, affecting all ages, races, genders and populations. This webinar focuses on the signs and causes of suicide, and preventive actions.

Audience: Parents/caregivers, families and professionals

Presenter:

Anthony Germade
Karman Line Learning



Strategies to Manage ADD & ADHD In-Person Training



May 22, 2023 11a.m. — 12:30 p.m.

2356 Drusilla Lane, Baton Rouge

Presenter: Dr. Maxine Campbell-Flint

This IN-PERSON TRAINING teaches parents and caregivers about Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) and provides strategies to manage children with these disorders.

Free Webinar

Healing from Trauma

Friday
April 21, 2023
11:00 AM - 12:30 PM



Webinars are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health



Register Here:

<https://attendee.gotowebinar.com/register/8307003191872894233>

The presentation will aim to increase knowledge of trauma, with a focus on identifying trauma, coping skills, understanding when formal support is needed and types of treatment.

Audience: Parents/caregivers, families and professionals

Presenter:

Zalexis M. Williams



Webinars are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.

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EMPOWERMENT PROGRAM WORKSHOPS



Let's Talk About **Youth Suicide Awareness and Prevention** *In Person*

with Dr. Maxine Campbell-Flint

Thursday, June 8
11 a.m. – 12:30 p.m.

2356 Drusilla Lane, Baton Rouge

*A suicide prevention training providing resources for
children, adolescents, parents and caregivers*



Webinars are provided with funding support from the
Louisiana Department of Health, Office of Behavioral Health.



Create a Mental Health Crisis Plan for your Child

FREE webinar with Dr. Maxine Campbell-Flint



TUESDAY, JUNE 20 | 5 P.M. – 6:30 P.M.

REGISTER HERE: <https://tinyurl.com/ChildCrisisPlan>



Webinars are provided with funding support from the
Louisiana Department of Health, Office of Behavioral Health.



FREE WEBINAR

Coping Mechanism for Children with Mental Health Diagnosis

Presenter: Dr. Maxine Campbell-Flint

REGISTER HERE: <https://tinyurl.com/CopingJune12>

Monday, June 12
11 a.m. – 12:30 p.m.

Parents and caregivers will learn coping mechanism
and skills to improve their child's mental health.



Webinars are provided with funding support from the
Louisiana Department of Health, Office of Behavioral Health.



Additional Workshops

June
14
2023

Act 278 & 504 Training In Person & Online

Cynthia Chesterfield & Charlotte Minor

It's Ok not to Be Okay Webinar

Zalexis Williams, LSCW

June
15
2023

June
16
2023

Grassroots Advocacy Training In Person & Online

April Hampton, Region 2 LaCAN Leader

"Yes, I'm In My Feelings" Goodwood Library

Dr. Maxine Campbell-Flint

June
22
2023



FREE CALL-IN SUPPORT NETWORK *Parents / Caregivers* *Networking Meetings*

Are you a parent/caregiver with behavioral health concerns for your child or youth? These networking meetings will provide parents/caregivers across the state an opportunity to gather and share information and resources related to behavioral health services, and to increase their support networks. In addition to seeking solutions for concerns, participants will be able to share any successful experiences or barriers they may be experiencing.

Tuesday
January 10th
10:00 AM

Tuesday
February 7th
10:00 AM

Tuesday
March 7th
10:00 AM

Tuesday
April 11th
10:00 AM

Tuesday
May 9th
10:00 AM

Tuesday
June 13th
10:00 AM

CONFERENCE CALL INFO: Phone Number: (605) 313-4819 / Access Number: 546755#

PARTICIPATING FHF CENTERS:

- Families Helping Families of New Orleans: fhfnola.org
- Families Helping Families of Greater Baton Rouge: fhfgbr.org
- Bayou Land Families Helping Families: blfhf.org
- Families Helping Families of Acadiana: fhfacadiana.org
- Families Helping Families at the Crossroads of LA: familieshelpingfamilies.net
- Families Helping Families of Southwest Louisiana: fhfswla.org
- Families Helping Families of Region VII: fhfregion7.com
- Families Helping Families of Northeast Louisiana: fhfnela.org
- Northshore Families Helping Families: fhfnorthshore.org

Contact Us:

 (225) 216-7474

 FHFGBR.ORG

 INFO@FHFGBR.ORG



Networking Meetings are provided with funding support from the Louisiana Department of Health, Office of Behavioral Health.

MAY 2023

31 WAYS TO MAKE THE WORLD AROUND YOU WORK FOR YOUR MENTAL HEALTH



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Try to find 15 minutes to get some sunlight - if that isn't an option, use a daylight lamp or a blue light lamp when you spend all day indoors.

2

Create a "favorite things" corner, basket, or space with pictures of people/things you love, textures that bring you joy, or your favorite color.

3

Remember that your mind and body are connected. Use your space to assist you with physical movement - find a good spot to stretch, practice yoga, or do other exercises that you can do at home.

4

Surround yourself with loved ones (if not physically in person, seek out communities online).

5

Write down affirmations or notes that you can look at throughout your day. These could go in your home or car to serve as reminders as you go about your day.

6

Play music instead of watching TV when you have downtime at home.

7

Do some spring cleaning with mental health in mind! Remove objects in your home that might trigger negative thoughts or habits.

8

Put pictures of loved ones or pets in places you often look to stir positive thoughts and feelings throughout the day.

9

Set a timer and clean whatever you can in 10 minutes. Try doing this daily to tackle cleaning up your space in a non-overwhelming way.

10

Stop and smell the roses...literally. Studies show that being surrounded by nature is a mood booster. While you're at it, consider adding plants to your space. They will improve air quality and cognitive functioning.

11

Get comfortable and read a good book. Reading can help relieve stress and tension by serving as a temporary distraction.

12

Hold the door for a stranger or sign up to volunteer for your favorite charity. Studies show that random acts of kindness increase release of oxytocin - the "feel good" hormone.

13

Take the stairs instead of the elevator, or park your car farther away from the store. Even small additions of exercise throughout the day can decrease tension and improve sleep.

14

Incorporate your favorite color into your living space - if you can't paint walls, use art, pillows, blankets, or curtains.

15

Do you work from home? Setting up a designated workspace in your home is ideal, but if you don't have the option of an office, at least keep your work out of your bedroom.

16

Air pollution can speed up cognitive decline - change the filter in your furnace regularly, clean dust often, buy an air purifier if you can, or use houseplants to improve air quality.

17

Try prepping your lunches or picking out your work clothes the night before. You'll save some time in the morning and start the day with a sense of control.

18

Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60 degrees and 67 degrees Fahrenheit.

19

Keep hobby supplies easily accessible for when you are stressed or need a creative outlet.

20

Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone) and increases endorphins (the body's "feel-good" chemicals).

21

Use scents you like in your spaces. This could be lighting candles, using diffusers, or even creating DIY smells (for example, boiling oranges and cinnamon on the stove).

22

Use noise-canceling headphones or earplugs to block out noise at home. Especially if the sound of specific people or things gets triggering, or if you find yourself getting overstimulated.

23

Make your sleep environment as dark as possible. Try blackout curtains or use a sleep mask.

24

Keep things that nourish your primary needs easy to access (snacks, water, blankets for bedtime, etc.).

25

Try creating a stim box filled with fidgets or soft things to occupy your hands when you feel stressed, anxious, or need help focusing.

26

Try listening to white noise if you have trouble falling asleep. You can use a white noise machine, phone app, or turn on a fan.

27

Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.

28

Consider changing the settings on your phone to "do not disturb" or mute your notifications when possible.

29

After you're done using something, put it away, don't just put it down - this can help prevent clutter and piles of stuff from accumulating.

30

Try keeping a journal or notepad by your bedside. If you struggle with shutting your mind off at night, write down your thoughts to attempt to clear your mind and find rest.

31

Make a wall or jar of gratitude where you write things you are thankful for, that bring you joy, or positively impact your mental health.

MHA
Mental Health America
mhanational.org | mhascreeing.org

f /mentalhealthamerica
t @mentalhealtham
i @mentalhealthamerica
y /mentalhealthamerica

988 SUICIDE & CRISIS LIFELINE

11

ONE DEATH BY
SUICIDE OCCURS
EVERY 11 MINUTES

689

LOUISIANA
HAD 689
SUICIDES IN
2021

1 in 5

ADULTS LIVE
WITH A MENTAL
HEALTH
CONDITION

WHAT IS 988?

The 988 Suicide and Crisis Lifeline is a national network of more than 200 accredited local crisis call centers. 988 responds to calls, chats and texts to provide **24/7, free and confidential** emotional support to people experiencing suicidal crisis, emotional distress, substance use or mental health challenges across the United States.

- The 988 service is available in English and Spanish, with translation services in more than 250 languages. Text and chat are currently available in English.
- Individuals who are hard of hearing or blind can use their preferred TTY relay service or dial 711 then 1-800-273-8255.
- The chat feature is available through 988's website:
<https://988lifeline.org/chat>
- People can also reach 988 if they are worried about a loved one who may need crisis support.

HOW DOES 988 WORK IN LOUISIANA?

The Louisiana Department of Health (LDH) launched 988 in July 2022. LDH's Office of Behavioral Health (OBH) has contracted with two certified call centers to answer 988 calls 24/7 throughout the state:

- The Louisiana Association on Compulsive Gambling (LACG) in Bossier City answers calls in north, central and southwest Louisiana (area codes 318 and 337).
- VIA LINK in New Orleans answers calls in southeast Louisiana (area codes 504, 225 and 985).

HOW IS LDH PROMOTING 988?

LDH is launching a campaign to **raise awareness of 988 and reduce stigma surrounding mental health.**

- As part of that campaign, LDH is launching a **988 dashboard** that will **provide transparent access to key in-state metrics** including the volume of contacts by parish, overall broad demographics and the type of assistance individuals are requesting. It will be updated monthly.
- This campaign will also include PSAs on radio stations throughout Louisiana and partnerships with key stakeholders to help amplify messaging and awareness.

RESOURCES

- 988 Suicide and Crisis Lifeline: www.988lifeline.org
- 988 FAQ: www.samhsa.gov/find-help/988/faqs
- LDH 988 Dashboard (goes live May 2): www.ldh.la.gov/988 | www.vialink.org | www.helpforgambling.org



[spek-truhm]

THE QUIET & THE CHAOS

April 22
6:30 - 9 pm
Tickets \$20



Oxbow Distillery
760 St. Philip St.
Baton Rouge, LA 70802

Join The Acadian Circus for a variety circus
fundraiser supporting autism awareness!

AERIAL 🎪 FIRE 🎪 ACRO 🎪 FOOD TRUCKS
DRINKS 🎪 RAFFLE



GET YOUR
TICKET!



FAMILIES HELPING FAMILIES OF SWLA

PRESENTS THE

Regional Resource Information Workshop

TRAUMA INFORMED CARE AND RESOURCES *For All Children*

TUESDAY, MAY 16, 2023

9 - 11 AM

We are pleased to have **Hollie Jeffery** join us as the 2023 RIW speaker! She will talk about what Trauma Informed Care is, what it looks like for children, and what it looks like for children with disabilities and special health care needs. Ms. Jeffery is the founder of the ACE Institute.

Information on resource and referral services provided by Families Helping Families of SWLA will also be provided.

This Zoom webinar is a wonderful opportunity for Nurses and Social Workers to earn CEs, and at no cost to you!

Register at:

<https://tinyurl.com/R5RIW2023>

For More Information Contact

Davelyn Patrick

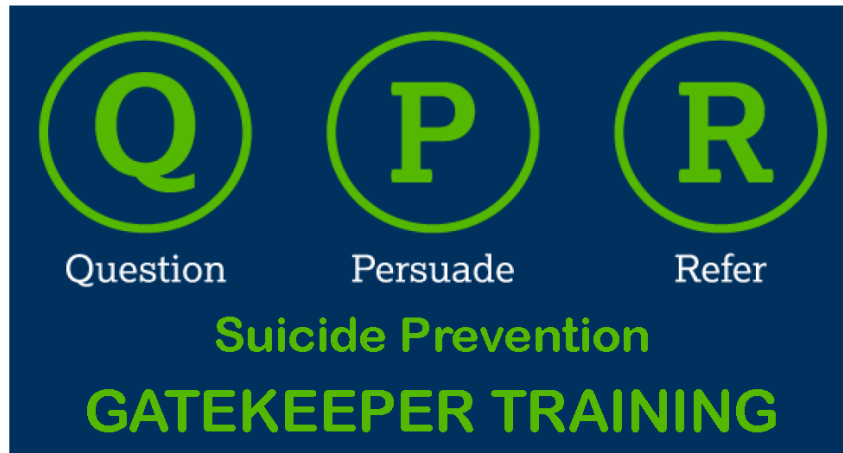
337-436-2570 * dtpatrick@fhfswla.org



The Bureau of Family Health is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association Approver Unit, and accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4003257. The event planners and presenter(s) have no relevant financial relationships to disclose. Nurses must attend the entire event and complete evaluation to receive continuing education (CE) award. This activity has been submitted for approval to the LA Department of Health, Office of Public Health, Bureau of Family Health (BFH) for 2 general contact hours of Social Work Continuing Education. The LA Department of Health, Office of Public Health, Bureau of Family Health is an authorized approval organization of the LA Board of Social Work Examiners. Presenters have no conflicts of interest to disclose. Social workers must attend the entire event and complete evaluation to receive continuing education (CE) award. The views expressed by the presenter(s) do not represent the opinions or policies of Louisiana State Board of Nursing or the Bureau of Family Health.

Resource Information Workshop

Mental Health Supports



TUESDAY, MAY 30, 2023

1:00 pm—3:00 pm

REGISTER: <https://tinyurl.com/RIW-SuicidePrevention>

For more information, please contact: Annette at afuge@fhfacadiana.org or Kimberly at ksmith@fhfgr.org

**Nurses and Social Workers
REGISTER IN ADVANCE
FOR 2 CE'S AT NO COST TO YOU!**

FACILITATOR

Brittany Williams Wright,
Certified QPR Gatekeeper Facilitator &
LivingWorks ASIST Certified Trainer
Region IV Suicide Prevention Coordinator
Jacob Crouch Suicide Prevention Services

FREE LIVE WEBINAR



The Bureau of Family Health is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4003257. The event planners and presenter(s) have no relevant financial relationships to disclose. Nurses must attend the entire event and complete evaluation to receive continuing education (CE) award.

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The views expressed by the presenter(s) do not represent the opinions or policies of Louisiana State Board of Nursing or the Bureau of Family Health.



SUPPORTS AND SERVICES FOR CHILDREN & YOUTH WITH SPECIAL HEALTHCARE NEEDS

What Providers Need To Know About
TEFRA/ACT 421 and EarlySteps



GUEST SPEAKERS: APRIL HEARRON, RG 7 EARLYSTEPS REGIONAL COORDINATOR AND RICHARD D. RICHARDSON RN- ACT 421 TEFRA, WILL TALK ABOUT RESOURCES AND SUPPORTS FOR CHILDREN BIRTH-ADOLESCENCE WITH SPECIAL HEALTHCARE NEEDS

Resource Information Workshops provide information and resources on Children and Youth with Special Healthcare Needs. Intended audiences include; healthcare professionals, educators, therapists, students, and mental health professionals. Parents and Caregivers are also welcome.

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Questions or need more information?
Families Helping Families Region 7 (318)226-4541
Families Helping Families of Northeast Louisiana (318)361-0487



No Cost Nurse
& Social
Worker CEs

FRIDAY

June 2, 2023

12-2 pm

Zoom Registration Link:

<https://tinyurl.com/RIWregion7>

Or

SCAN TO REGISTER





Getting to Know Families Helping Families

Topics Include:

- Our History
- Who We Are
- What We Believe
- What We Do
- FHF in Action
- Region Center Information

June 8, 2023 @ 1:30 pm

register now @

tinyurl.com/GetToKnowFHF

Contact Your Regional FHF Center for Additional Information

FHF NOLA
Phone: 504-943-0343
Toll Free: 877-243-7352
www.fhfnola.org

FHF of SW Louisiana
Phone: 337-436-2570
Toll Free: 800-894-6558
www.fhfswnla.org

FHF NE Louisiana
Phone: 318-361-0487
Toll Free: 888-300-1320
www.fhfnela.org

FHF Greater Baton Rouge
Phone: 225-216-7474
Toll Free: 866-216-7474
www.fhfgbr.org

FHF at the Crossroads of LA
Phone: 318-641-7373
Toll Free: 800-259-7200
www.fhfxroads.com

Northshore FHF
Phone: 985-875-0511
Toll Free: 800-383-8700
www.fhfnorthshore.org

Bayouland FHF
Phone: 985-447-4461
Toll Free: 800-331-5570
www.blfhf.org

FHF Region 7
Phone: 318-226-4541
Toll Free: 877-226-4541
www.fhregion7.com

FHF of Greater New Orleans
Phone: 504-888-9111
Toll Free: 800-766-7736
www.fhfogno.org

FHF of Acadiana
Phone: 337-984-3458
Toll Free: 855-984-3458
www.fhfacadiana.org



Save the Date!!!



This event is for Individuals of all ages with disabilities and their friends and families.

Bring your swimsuit and enjoy after-hour VIP access to the water park!!!

Ticket Price: \$8 per person ages 4 and up

Location: Liberty Lagoon, 111 Lobdell Ave, Baton Rouge LA 70806


SAVE TIME!!!

Pre-purchase tickets and pick up wristbands at Families Helping Families of Greater Baton Rouge

2356 Drusilla Lane, Baton Rouge LA 70809

For more information contact us at 225-216-7474

COMMUNITY EVENTS



April 11, 2023

**2023 LOUISIANA
CHILDREN'S TRUST FUND
CHILD ABUSE PREVENTION CONFERENCE**

**Pathways to Prevention:
Helping Children and Families Thrive in Louisiana**
Baton Rouge, Louisiana
<https://LCTF2023conf.eventbrite.com>

**More Information:
www.louisianactf.org**

BATON ROUGE

APRIL 15-16, 2023

Love Heals

FREE CLINIC

DENTAL | VISION | MEDICAL

Raising Cane's River Center • 275 S. River Rd., Baton Rouge, LA 70802

Saturday, April 15, 7AM-7PM • Sunday, April 16, 7AM-3PM • Entry On St. Louis St. ONLY

SERVICES PROVIDED

Medical

Treatment of Minor Urgent Care Conditions, Treatment for Chronic Conditions Physical Exams, Cardiovascular Screenings, Covid Vaccinations & Testing, Flu Vaccination, & HIV Testing

Dental

Cleanings, Extractions, Fillings

Vision

Eye Exams & Free Prescription Eye Glasses

Pharmacy

Free Prescription of Prescribed Medication by Free Clinic Providers

All Services are FREE • No ID or Insurance Required

Interpreter Services Available • Services are "First Come, First Served"

www.lovehealsfreeclinic.org
batonrougefreeclinic@gmail.com

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Celebrating 10 Years

YOUTH PEACE OLYMPICS 2023

"PEACE IN OUR WORLD"



FREE | OPEN TO THE PUBLIC

FOOD LIVE ENTERTAINMENT RESOURCES

4/21 ~ OPENING CEREMONY
BREC Ben Burge Park (Elvin Dr)
5:30 PM - 8:00 PM

4/22 ~ PEACE MARCH & PARADE
BREC Hartley Vey Park
9:00 AM (Line Up at 8:30 AM)

4/22 ~ YOUTH SUMMIT
BREC Perkins Road Community Park
11:00 AM - 3:30 PM



BRANDI HARRIS, CO-MC

A.V. MITCHELL, CO-MC



Sponsor



CONFIRM YOUR ATTENDANCE TODAY

GET INVOLVED AND APPLY TO BE AN OLYMPIAN OR VOLUNTEER

<https://YPO2023.eventbrite.com>

SCAN ME





**LOUISIANA
HEALTH EQUITY**



BREC



MORE

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 @PLACEALTHEQUITY
 @LAHEALTHTEQUITY
 WWW.LAHEALTHTEQUITY.ORG



Join LAMHA For

"Top of Mind"

Annual State Conference

April 25 and April 26
8:30 A.M.- 3:00 P.M. both days
Virtual

CEU credits available!



GRANDPARENTS
RAISING
GRANDCHILDREN
INFORMATION CENTER
OF LOUISIANA

GRANDPARENTS RAISING GRANDCHILDREN

ANNUAL CONFERENCE

April 28, 2023 | 8:30am to 3:00pm



Holiday Inn South
9990 Airline Hwy, Baton Rouge, LA 70816

Save the Date!

FREE ACCESS TO 45 VENDORS PLUS

- Free workshops
- Help with tough legal questions
- Access to resources, experts, and state leaders who can help
- Network with families like yours
- Free lunch with registration

REGISTER HERE → dcfs.la/grg23



LA MHA
LOUISIANA
MENTAL HEALTH
ASSOCIATION

**American
Foundation
for Suicide
Prevention**

Louisiana

**Join LAMHA and AFSP Louisiana
For
Behavioral Health Day**

**May 4, 2023
8:00 A.M.-12:00 P.M.**

Louisiana State Capitol Steps

**Join us at 10:30 A.M. for lunch at A.Z. Young
Park**

***Wear white to shine a light on
behavioral health!***



EMDAC
Louisiana Emergency Management
Disability and Aging Coalition

ACCESS TO ASSISTIVE TECHNOLOGY IN DISASTERS

LUNCH N' LEARN

THURSDAY
May 4th, 2023

TIME
12:00 PM



Yakima Black
President
LATAN
Speaker





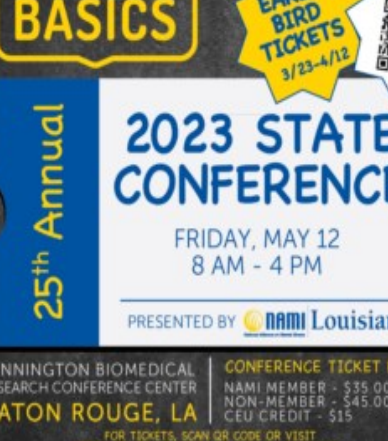
LATAN
Louisiana
Assistive
Technology
Access Network

REGISTER NOW

<https://bit.ly/emdac-latan>



EMDAC
Louisiana Emergency Management
Disability and Aging Coalition



BACK to the BASICS

EARLY BIRD TICKETS
3/23-4/12

SCAN HERE

25th Annual

2023 STATE CONFERENCE

FRIDAY, MAY 12
8 AM - 4 PM

PRESENTED BY **NAMI Louisiana**

PENNINGTON BIOMEDICAL RESEARCH CONFERENCE CENTER
BATON ROUGE, LA

CONFERENCE TICKET PRICES

NAMI MEMBER -	\$35.00
NON-MEMBER -	\$45.00
CEU CREDIT -	\$15

FOR TICKETS, SCAN QR CODE OR VISIT
<https://FORM.301FORM.COM/230744749863165>

THANK YOU TO OUR SPONSORS

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NEUROCRINE

Healthy Blue

Acadia Healthcare

LOUISIANA
FETAL ALCOHOL SPECTRUM DISORDERS
FASD
SUMMIT

JUNE 16-17, 2023

WOMAN DEVELOPMENT CENTER
BUILDING CAPACITY • INSPIRING CHANGE

LSU Health
NEW ORLEANS





“How Self-Determination and Risk Promote Inclusion”



Russell Lehmann

Award-winning and internationally recognized motivational speaker, author, and self-advocate.

Inclusion has become a trendy term when it comes to creating an equitable environment for all people. Yet, how often are our inclusion practices translating to the feeling of being included, and what roles do self-determination and risk play in promoting inclusion? We often think of inclusion as a goal, rather than a verb that has to be practiced every day.

Attendees will learn:

- That all contributions to society are valuable and should be appreciated as such.
- That One individual's accomplishments may look different than another person's accomplishments and that's ok
- How personal experience of those with disabilities can create inclusive practices.
- That being included oftentimes does not equate to one feeling included.



MONDAY

JUNE 19, 2023



**L'AUBERGE CASINO
777 L'AUBERGE
AVENUE
BATON ROUGE, LA
70820**



AT 10 AM - 2 PM

REGISTER NOW



Louisiana Developmental
Disabilities Council



APRIL HAMPTON

LaCAN Region 2 Leader

Serving Ascension, East Baton Rouge, East Feliciana, Iberville, Point Coupee, West Baton Rouge, and West Feliciana Parishes

Phone: (337) 522-6363 or (866) 216-7474

Email: ahampton@lacanadvocates.org

LOUISIANA COUNCIL'S ADVOCACY NETWORK

WWW.LACANADVOCATES.ORG

- Links lawmakers, individuals with disabilities and family members to make positive change in systems serving people with disabilities.
- Advocate for policies and systems that support inclusion everywhere people work, live, play, learn and grow!
- Support systems that help children and adults with disabilities to live in their own homes and be fully-included and participating members of their communities.
- LaCAN Leaders provide connection with a regional team of advocates, provide information on proposed policy changes and how those changes may affect you and others, provide training in skills to effectively advocate for systems change, and support you in linking with your policymakers!
- Complete our online membership form at www.lacanadvocates.org

MEMBERSHIP IS FREE! NO DUES. NO FEES.



Council's 2023 Legislative Agenda

January 27, 2023

The Louisiana Developmental Disabilities Council adopted its 2023 Legislative Advocacy Agenda with input from both its grassroots advocacy network LaCAN (Louisiana Council's Advocacy Network) and Families Helping Families (FHF) Centers. Thank you to all the LaCAN members, LaCAN Leaders, FHF Centers and those in the general public who shared their agenda recommendations.

2023 Legislative Agenda

1. The Council will advocate for additional funding for the nine FHF Regional Resource Centers it contracts with. During the last two legislative sessions, an additional \$500,000 was added to the Council's budget specifically for FHF Centers. The Council's request to include this additional funding in its Fiscal Year 2024 budget was denied leaving these Center's in an unfortunate situation.
2. The Council will also partner with the Arc of Louisiana to advocate for the funding needed to provide all adults on Medicaid waivers for individuals with intellectual and developmental disabilities (I/DD) with incontinence supplies. Currently, incontinence supplies is covered for children and youth, but this coverage stops at age 21.
3. The Council will continue its efforts to increase and expand postsecondary inclusive education opportunities in Louisiana for individuals with I/DD. During the last legislative session, the Inclusive Postsecondary Inclusive Education Fund was established. This year, the Council is advocating for an additional \$3 million be added to this fund.
4. Finally, the Council will advocate to amend Louisiana's Open Meetings Law to allow virtual participation of public body members and the general public when no state of emergency or disaster exists, and require official meeting notices include information regarding all available options for the public to participate.

Get Involved

The 2023 Legislative Session begins April 10th and will conclude on June 8th. Individuals with disabilities, family members, and advocates are encouraged to take part in the Council's advocacy efforts by participating in upcoming *virtual* roundtables and legislative visits.

- Virtual roundtables will be held by each region of the state. These virtual events are an opportunity to gain more information about the 2023 Legislative Advocacy Agenda and connect with legislators. See the 2023 Legislative Roundtable schedule and register for yours today!
- Interested in advocating for these agenda items with your legislator and regional delegation? Reach out to your LaCAN Leader to participate in legislative visits.

For questions about virtual roundtables, legislative visits, or participating in other advocacy events, contact your LaCAN Leader or FHF Center.

Contact Us

LaDDC News is the electronic newsletter for the LA Developmental Disabilities Council. If there are any questions about the information above, contact the Council.

phone: 1-800-450-8108

email: info@laddc.org

website: www.laddc.org

facebook: www.facebook.com/LaDDCouncil

twitter: www.twitter.com/LaDDCouncil

Louisiana Youth & Young Adults with Disabilities and Special Healthcare Needs Survey

Tell us what YOU want or need!

We want to know what will benefit youth with disabilities or special healthcare needs in order to be successful in their adult life.



Eligibility:
Louisiana Youth
between the ages
of 14 and 21.

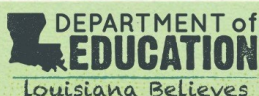
Gift Cards:
2 Youth
Participants
will win a \$20
Gift Card.



Deadline to Complete June 10, 2023



Special Education Parental Involvement Survey



Each year LDOE surveys parents of children with disabilities who receive special education services. They use this information to enhance family involvement and improve services and results for children with disabilities.

LDOE special education parental involvement survey is **open now through July 31.**

[Louisiana Special Education Parent Involvement Survey \(louisianabelieves.com\)](https://louisianabelieves.com)

Medical Transportation



Non-Emergency Medical Transportation

HOW TO ACCESS:

All Medicaid beneficiaries, who are eligible for transportation services and DO NOT receive transportation services through a managed care plan, should contact Verida to schedule a ride.

Beneficiaries may reach the Fee-For-Service broker, Verida, at 1(855)325-7626.

Medicaid beneficiaries who DO receive transportation services from a managed care plan should contact the call centers as follows:

Health Plan	Phone Number	Fax Number	Email Address
Aetna Better Health of Louisiana	877-917-4150	337-366-6760	Facility@Meditrans.com
AmeriHealth Caritas of Louisiana	225-726-2800	225-448-2017	LACompliance@southeastrans.com
Healthy Blue	844-349-4324	337-366-6760	Facility@Meditrans.com
Humana Healthy Horizons	844-613-1638	337-366-6760	Facility@Meditrans.com
Louisiana Healthcare Connections	866-595-8133	480-757-6082	ClaimsLA@Veyo.com
United Healthcare Community Plan	866-886-4081	877-457-3349	TXLAEExceptions@modivcare.com

ELIGIBILITY:

Medicaid covered transportation is available to Medicaid beneficiaries when:

- The beneficiary is enrolled in a Medicaid benefit program that explicitly includes transportation services; and
- The beneficiary or their representative has stated that they have no other means of transportation.

COVERED SERVICES:

Transportation to and/or from Medicaid covered services, including carved-out services, or value added benefits (VAB) when no other means of transportation is available.

Beginning January 1, 2023, Medicaid will only reimburse for a beneficiary's transportation services to a Fee-For-Service (FFS) provider or a managed care provider if that provider has enrolled through the Medicaid Provider Enrollment.

LDH granted all NEMT providers an extension for enrollment in the Medicaid Provider Portal. LDH requires all NEMT providers to enroll in the Medicaid Provider Portal no later than June 30, 2023.

Attendants

An attendant shall be required when the beneficiary is under the age of 17.

The attendant must:

- Be a parent, legal guardian, or responsible person designated by the parent/legal guardian; and
- Be able to authorize medical treatment and care for the beneficiary.

Attendants may not:

- Be under the age of 17; or
- Be a Medicaid provider or employee of a Medicaid provider that is providing services to the beneficiary being transported, except for employees of a mental health facility in the event an beneficiary has been identified as being a danger to themselves or others or at risk for elopement.
- Be a transportation provider or an employee of a transportation provider.

If a child is to be transported, either as the beneficiary or an additional passenger, the parent or guardian of the child is responsible for providing an appropriate child passenger restraint system as outlined by La. R.S. 32:295.

Meals and Lodging

Eligible expenses include the following when necessary to ensure the delivery of medically necessary services:

- Transportation for the beneficiary and one attendant; and
 - Meals, lodging, and other related travel expenses for the beneficiary and one attendant when long distance travel is required. Long distance is defined as when the total travel time, including the duration of the appointment plus the travel to and from the appointment, exceeds 12 hours
- Medicaid covers meals and lodging for trips that are not otherwise covered in the inpatient per diem, primary insurance, or other payer source.

COMMENTS:

Medicaid beneficiaries should contact transportation broker call centers at least 48 hours prior to the requested transportation services.

With the exception of urgent transportation requests and discharges from inpatient facilities, when requesting transportation services, the beneficiary's and healthcare providers should schedule all services a minimum of 48 hours prior to the requested appointment. The 48-hour minimum does not include non-business days. However, the MCO and/or transportation broker must make a reasonable attempt to schedule the trip with less than 48 hours' notice.

MCOs shall make every effort to schedule urgent transportation requests and may not deny a request based solely on the appointment being scheduled less than 48 hours in advance.

Urgent transportation refers to a request for transportation made by a healthcare provider for a medical service, which does not warrant emergency transport but cannot be postponed.

Urgent transportation shall include chemotherapy, radiation, dialysis, OTP, or other necessary medical care that cannot be rescheduled to a later time.

All non-emergency out-of-state transportation must be prior approved by the MCO or transportation broker. The MCO may approve transportation to out-of-state medical care only if the beneficiary has been granted approval to receive medical treatment out of state when it is the nearest option available. Coordination of approvals may take longer than 48 hours.



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Louisiana Families Helping Families Network

Region	FHF Center	Mailing Address	Phone Numbers	Executive Director
1	Families Helping Families of Southeast Louisiana	2401 Westbend Pkwy, #3090 New Orleans, LA 70114	504-943-0343 877-243-7352	Aisha Johnson info@fhfsela.org
2	Families Helping Families of Greater Baton Rouge	2356 Drusilla Lane Baton Rouge, LA 70809	225-216-7474 866-216-7474	Dr. Marilyn Thornton info@fhfgbr.org
3	Bayouland Families Helping Families	286 Highway 3185 Thibodaux, LA 70301	985-447-4461 800-331-5570	Dr. Charles Michel bayoulandfhf@gmail.com
4	Families Helping Families of Acadiana	100 Benman Road Lafayette, LA 70506	337-984-3458 855-984-3458	Nicole Flores info@fhfacadiana.org
5	Families Helping Families of Southwest Louisiana	324 West Hale Street Lake Charles, LA 70601	337-436-2570 800-894-6558	Susan Riehn info@fhfswla.org
6	Families Helping Families at the Crossroads	2840 Military Hwy, Suite A Pineville, LA 71360	318-641-7373 800-259-7200	Jim Sprinkle fhfxroads@aol.com
7	Families Helping Families of Region VII	215 Bobbie Street, Suite 100 Bossier City, Louisiana 71112	318-226-4541 877-226-4541	Chanel Jackson info@fhfregion7.com
8	Families Helping Families of Northeast Louisiana	5200 Northeast Road Monroe, Louisiana 71203	318-361-0487 888-300-1320	Stacy Guidry-Little info@fhfnela.org
9	Northshore Families Helping Families	108 Highland Park Plaza, Suite 108 Covington, Louisiana 70433	985-875-0511 800-383-8700	Karen Artus kartus@fhfnorthshore.org
10	Families Helping Families of Greater New Orleans	700 Hickory Avenue Harahan, Louisiana 70123	504-888-9111 800-766-7736	Mary Jacob info@fhfognor.org