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QUARTERLY FALL NEWSLETTER

October - December 2021

"Thanksgiving is a time of
togetherness and gratitude"

Website: www.fhfgbr.org

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Happy Thanksgiving





Where New Lives Begin



REALITY HOUSE

Home for Women Recovering from Substance Use Disorder and Their Children

OVERVIEW

Louisiana Health and Rehab Center (LHRC)-Reality House provides quality, comprehensive treatment to substance use disordered pregnant women, and women and their dependent children aged 0-12 in a safe, caring, and supportive environment. Services focus on women developing and maintaining a healthy and safe alcohol and drug free lifestyle, with emphasis on compassionate attention to gender-specific issues. While the recovery process is person-centered, the end result is that women become effective nurturing mothers breaking the bondage of destructive behaviors. On this continuum of care are developmentally appropriate treatment services to children. With evidence-based treatment, children can be healed from the scars of their mothers' disease, if not escape them altogether.

PHILOSOPHY

LHRC-Reality House views substance use disorder as a primary, progressive, and fatal disease that destructively affects women's lives and the lives of their children. While there is no cure for substance use disorder, we believe that recovery and flourishing lives are possible through trauma-informed systems of care and the time-tested 12-Step Recovery Program and its derivative Children of Alcoholics (COA) on which Reality House treatment is based. Our foundational belief is that every woman and child has value and can reach their God-given potential.

ABOUT LHRC

Louisiana Health and Rehab Center Inc. is a CARF accredited private 501c3 non-profit provider agency offering an extensive array of services throughout the State of Louisiana. Persons served include those across the lifespan from infancy to the elderly and those of all ages and ethnicities suffering the ravages and often stigma of substance use disorder, homelessness, HIV/AIDS, mental illness, developmental and physical disabilities and other handicapping conditions.

The LHRC founder and Executive Director has over 30 years social services delivery experience. One of the benefits of which is the ability to attract and retain personnel of the highest caliber. All programmatic Direct Services are provided by certified, registered or licensed professionals and professionally trained direct care technical assistants.

REALITY HOUSE

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LOUISIANA HEALTH & REHAB CENTER, INC. | 2121 Wooddale Blvd. | Baton Rouge, LA 70806

www.lahealthandrehab.org | tel | 225.231.2490 fax | 225.231.2775



ADMISSIONS CRITERIA

- Must be a pregnant female and/or female with dependent children aged 0-12.
- Must be 18 years old or older.
- Must have a primary diagnosis of substance use disorder.
- Physical and mental illnesses must be stabilized.
- Temporary Assistance for Needy Families (TANF) eligible.
- Medicaid, private pay and private insurance accepted.

ABOUT US

- Residential treatment and half-way house for pregnant women, and women and their dependent children aged 0-12
- 30 bed facility
- Up to six month residency
- Transportation and childcare provided
- Comprehensive case management
- Promotes structure, manageability, effective parenting, and responsible independence
- Individualized, holistic treatment and multi-faceted mother, child, and family programmatic services

TRAUMA-INFORMED SERVICES

- Individual Counseling
(Provided to both mother and child)
- Family Counseling
(Provided to both mother and child)
- Group Counseling
(Provided to both mother and child)
- Substance Use Disorder Education
- 12-Step Recovery Program
- Children of Alcoholics (COA) Program
- Spiritual Formation
- Fetal Alcohol Spectrum Disorder (FASD) Screening and Treatment
- Life Skills Training
- Parenting Training
- Early Childhood Development
- Tutoring for Children
- Nutrition Education
- Transportation
- Crisis Intervention Services Referral
- ESG Emergency Solution Grant (Housing Assistance)
- Money Management
- Job Search Assistance
- Job Readiness
- Supportive Services Referrals
- Relapse Prevention

Thanksgiving

WORD SEARCH



K	D	S	P	O	C	C	A	S	I	O	N	P	E	I	H
A	J	O	A	K	H	O	L	I	D	A	Y	J	H	Q	O
C	V	D	R	K	N	T	H	A	N	K	F	U	L	T	M
X	Z	N	E	D	T	N	Y	A	G	N	J	C	F	G	E
F	G	R	N	U	E	U	N	P	R	U	O	H	Y	A	U
A	O	R	T	Y	N	K	C	E	A	Z	Y	I	P	T	K
M	W	W	S	P	C	G	G	L	T	N	F	L	N	H	B
I	X	R	E	L	A	T	I	V	E	S	U	D	P	E	H
L	S	E	A	S	O	N	K	F	F	N	L	R	M	R	R
Y	M	E	M	O	R	I	E	S	U	K	D	E	H	I	I
C	J	I	G	Q	B	Q	L	F	L	Q	X	N	V	N	E
W	V	I	S	I	T	I	N	G	J	G	M	Y	D	G	L
N	D	I	N	N	E	R	F	M	S	K	K	K	Q	S	G

CHILDREN

DINNER

FAMILY

GATHERING

GRATEFUL

HOLIDAY

HOME

JOYFUL

MEMORIES

OCCASION

PARENTS

RELATIVES

SEASON

VISITING

THANKFUL

To all who served,



**WE ARE
THANKFUL
FOR YOUR
SERVICE**

Happy Veterans Day

11.11.21



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Developmental Disabilities Checklist

NOTE: Individuals or their parents/guardians of those with ANY disability prior to the age of 22, should call to see if they qualify for services.

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- ☐ Birth to 3 years-old: Contact EarlySteps at (225)925-2426 or toll free (866)327-5978 to see if your child **qualifies** for their services. www.EarlySteps.dhh.louisiana.gov/
- ☐ During the EarlySteps application process, make it known that YOU ARE INTERESTED in EVERY SERVICE OFFERED! This will give your child a protective date for future services, if needed.
- ☐ Send application via certified mail if possible. As soon as you are approved for EarlySteps and you complete your individual family service plan (IFSP), you can call Capital Area Human Services (CAHS), Developmental Disabilities Services and Programs to request an application for the Flexible Family Fund.
- ☐ At age 3 (2 years 9 months), your child's records will be transferred from EarlySteps to Capital Area Human Services (CAHS), Developmental Disabilities Services and Programs. If you have not received a letter from CAHS by the time your child reaches 3 years and ONE MONTH, you should contact CAHS ASAP at (225)925-1910 or toll free (866)628-2133 to make sure they have received your child's records and that the date is correct from your EarlySteps application.
- ☐ Your information will also be forwarded to the school system with Pupil Appraisal. You will need copies of your **child's** current, signed and dated evaluation and (IEP) Individual Education Program for some services.

IMPORTANT: If you did not go through EarlySteps and the disability happened before the age of 22 years-old, the single point of entry for services is CAHS, and you should call them:

Capital Area Human Services, Region 2: (225)925-1910 or toll-free (866)628-2133
<http://www.cashd.org/about/about-our-services/developmental-disabilities-services/>

Development Disability Services and Programs

- **New Opportunities Waiver (NOW):** This waiver provides personal care attendant/nurse (if needed), home and vehicle modifications, respite, dayhab, personal emergency response system, independent living, and a support coordinator.
- **Children's Choice Waiver (CCW):** This waiver provides for a personal care attendant/nurse (if needed), home and vehicle modifications, respite, therapy, and a support coordinator.
- **Family Support:** You can request assistance for things such as, but not limited to, diapers, respite, dental, vision, equipment or supplies that insurance does not cover. This request needs to be sent in by your support coordinator (SC). If you do not have a SC you can request one from CAHS.
- **ASCEND-ABA Therapy:** For children 2 to 5 years-old with a diagnosis of Autism Spectrum Disorder.
- **Behavioral Support:** Provides support to the family/individual with regard to assessments and behavior plans.
- **Supports Waiver:** Individuals 18 and older without a waiver, can attend a dayhab and receive some respite.
- **Group Home Placement:** Provides assistance if someone needs to be placed in a group home
- **Residential Options Waiver (ROW):** This waiver offers a personal care attendant/nurse (if needed), home and vehicle modifications, medical equipment, respite, one time transitional monies, therapy, and a support coordinator.
- **Flexible Family Fund (FFF; formally called Cash Subsidy):** Serves individuals up to the age of 18. It is critical that you request this service in addition to the other services because FFF requires a separate application. Not everyone **that qualifies for the above services will qualify for this program. If you qualify, the** fund provides a \$258 monthly stipend. You **will need to provide a copy of the child's current, signed, and dated Individual Education Program (IEP) from the child's school** every year.

Revised 2019.07.09

IMPORTANT: If the child sustained a traumatic head or spinal cord injury, you may also be eligible for the **Louisiana Traumatic Head and Spinal Cord Injury Trust Fund**. The injury has to be from an accident not from birth and must have occurred in Louisiana. For more details, you can contact the program at (888)891-9441.
<http://www.biala.org/traumatic-head-spinal-cord-injury-trust-fund-program>

If you reside in Livingston Parish, your single point of entry will be Florida Parishes Human Services. They provide the same services as CAHS, (except the ASCEND program) but can give resources in your region. Region 9.

Phone (985)543-4730 or <http://www.fphsa.org/developmental-disabilities-services>

OTHER SERVICES YOUR CHILD MAY BE ELIGIBLE FOR WHILE WAITING

- **Supplemental Security Income (SSI):** Toll free (800)772-1213 <https://ssa.gov/benefits/ssi>
- **Medicaid:** If eligible for Medicaid, you may qualify for EPSDT Personal Care Services, and you can request a support coordinator. *If you did not qualify for Medicaid because of income, be sure to ask about **Family Opportunity Act**.* This program allows a higher income limit for buying into Medicaid so you can access Medicaid services. Contact Medicaid at (888)342-6207.*
- **Daycare Centers for Children with Significant Disabilities in Region 2 and Region 9:** Transportation is available to some centers in and out of EBR Parish. Please call each center for more details:
 - **Pediatric Health Choice:** Birth to 21 years-old; 2355 Drusilla Lane, Baton Rouge, LA 70809; Phone (225)231-5880
 - **In Loving Arms:** Birth to 12 years-old; 6637 North Foster Dr., Baton Rouge, LA 70811; Phone (225)359-9777
 - **Pedia Trust:** Birth to 4 years-old (with some exceptions to older children); 2041 Florida Blvd., Denham Springs, LA 70726
- **Louisiana Assistive Technology (LaTAN):** Assistive technology marketplace and loan program for assistive technology; Phone (225)925-9500

*Legacy Medicaid and Healthy Louisiana plans have travel reimbursement programs for families. Family or friends can get reimbursed for providing transportation to medical appointments. Call your plan to inquire about this program.

IMPORTANT REMINDERS

- Keep copies of all paperwork.
- Keep all your paperwork in one place like a folder or binder.
- Keep notes of who you speak with, what the conversation was about and what agency they are with. Along this journey, it can be easy to forget who's who and which program they are with.
- When you have to mail in documents/paperwork, try to send "certified mail" so you will have proof it was sent and received.
- Check with the agency about hand-delivery because some do require a postmark date from the post office.
- When you are offered a Waiver and you feel you do not want services at that time, you need to send a letter stating you want to go "inactive." This will keep your name on the registry should you need it in the future.
- Open mail immediately from agencies like Capital Area Human Services (CAHS), Office of Citizens with Developmental Disabilities (OCDD), Statistical Resources (SRI), and Louisiana Department of Health (LDH).

You are responsible for notifying the agencies immediately of any changes in your address or phone numbers!

Important Phone Numbers

- **EarlySteps:** Serves infants to 3 years-old
Phone: (225)925-2426, Toll Free: (866)327-5978
- **Capital Area Human Services:** Serves individuals ages 3-21
Phone: (225)925-1910, Toll free: (866)628-2133
- **Statistical Resources Inc., NOW Waiver Registry**
Phone: (225)767-0501, Toll Free: (800)364-7828
- **Louisiana Traumatic Head & Spinal Cord Injury Trust Fund:**
For individuals with an injury caused by an accident (not from birth). The injury must have occurred in Louisiana.
Toll Free: (888)891-9441
- **Medicaid:** Toll Free: (888)342-6207



**Families
Helping
Families**
of Greater Baton Rouge

SATURDAY
NOV 20TH

10-2PM

**WINTER
FUNDRAISER**

TOY AND WINTER CLOTHING DRIVE

**Please Donate New Unwrapped Toys OR
Winter Clothing as Admission**

- Play in the snow
- Cookie decoration
- Special treats
- Food truck
- Door prizes
- Pictures
- Games

10-2PM / INDEPENDENCE BREC PARK

7500 INDEPENDENCE BLVD, BATON ROUGE, LA 70806

WWW.FHFGBR.ORG



FYI



Santa will be stopping by!

- Donate New and Unwrapped toys and clothes as admission. Clothing items for adults and children should be hats, scarves, and gloves
- Various items will be for sale such as hot chocolate, cookies, holiday crafts, etc.
- Food truck prices will vary
- Bring blankets and lawn chairs to sit and enjoy Winter Fundrasier activities
- Donations for FHFGGBR Fundraiser can be made at the event or here:

<https://paypal.me/FHFGGBR?>



WWW.FHFGGBR.ORG   



Families Helping Families and Healthy Blue to Host Statewide Virtual Job Fair

Attention: Job Seekers & Employers



**Wednesday,
November 3, 2021
10 am to 2 pm**

*Register **NOW** by clicking below:*

Employer Registration
Job Seeker Registration

The network of Families Helping Families Resource Centers are hosting a **STATEWIDE Virtual Job Fair for Individuals with disABILITIES** on Wednesday, November 3, 2021 from 10 am to 2 pm. The event is **free** to both employers seeking new employees and job-seekers seeking work, thanks to a generous sponsorship by [Healthy Blue](#).

They have contracted with Brazen, a premiere platform for hosting virtual events, to bring you this opportunity. The purpose of the event is to give employers with job openings an opportunity to video chat or chat via a chatbox with individuals with disabilities. As a job-seeker you can upload your resume, meet with a variety of employers or speak to someone at Louisiana Rehabilitation Services about getting a job.

Many state agencies and private employers are planning on participating in this first ever Statewide Virtual Job Fair for Individuals with disABILITIES. If you are looking for a job, register now. If you are an employer wanting to participate, you should immediately register as spots are limited.

Employer Registration: <https://form.jotform.com/212873691145157>

Job Seekers Register: <https://app.brazenconnect.com/a/Families-Helping-Families/e/Q8R53>

HEALTHY LOUISIANA OPEN ENROLLMENT

October 15, 2021 – November 30, 2021

What is Open Enrollment?

During Open Enrollment, Medicaid members can change their health and dental plan. Open Enrollment begins on **October 15** and ends at **6:00 PM** on **November 30, 2021**. Changes made during this time will go into effect on **January 1, 2022**.

How Do You Pick a Plan?

Members will receive a letter in the mail with instructions for how to change plans during Open Enrollment and other helpful information. You may receive this information by email or text message if you have opted in.

Get tips for how to choose the best plan for you and your family at www.myplan.healthy.la.gov or on the free **Healthy Louisiana Mobile App**.

Health Plans

There are 5 plans to choose from:

Aetna Better Health
AmeriHealth Caritas of Louisiana
Healthy Blue
Louisiana Healthcare Connections
United Healthcare of Louisiana

Dental Plans

There are 2 plans to choose from:

DentaQuest
MCNA Dental

If you have questions or did not receive your Open Enrollment information, call **1-855-229-6848**.



Open Enrollment is from October 15 - November 30, 2021 across Louisiana and extended to last until June 30, 2022 if you live in one of the 25 parishes that FEMA approved for disaster relief because of Hurricane Ida.

During this time, people enrolled in Medicaid's managed care program, known as Healthy Louisiana, have the opportunity to choose a new health plan or do nothing and remain with their current plan.

In addition to choosing a health plan, Medicaid members will be able to choose a dental plan for the first time. Previously, all Medicaid members received dental coverage through one dental plan.

There are five health plans and two dental plans to choose from. Enrollment changes made during this time will go into effect on January 1, 2021.

Open enrollment is the only time Healthy Louisiana members can change health plans without a qualifying reason, outside of their initial enrollment period.

There are several ways for a member to change health plans. Members can make their choices online at www.myplan.healthy.la.gov, by using the Healthy Louisiana mobile app, by calling the Healthy Louisiana enrollment center at [1-855-229-6848](tel:1-855-229-6848), or by completing the paper enrollment form that comes with their open enrollment letter and following the directions on the form to return it.

For more information, please visit: <https://ldh.la.gov/index.cfm/newsroom/detail/5714>



SAVE THE DATE

Giving Tuesday: Nov.30

Early Giving: Nov. 16-29

<https://www.225gives.org/fhfgbr>



**DISABILITY RIGHTS
LOUISIANA**
Protect. Advocate. Empower.

DRLA'S LUNCH & LEARN SERIES

**DRLA: A GUIDE TO OUR SERVICES
NOVEMBER 4TH, 2021 @ 12:00 NOON**

Presented by Director of Community Advocacy, Debra Weinberg; Director of Policy & Community Engagement, Tory Rocca; and Assistant Legal Director, Melanie Bray

Link to join: <https://bit.ly/3IYpO0R>

We are very excited to announce the launch of our brand new, DRLA Lunch & Learn webinar series! We will be featuring a webinar on the first Thursday of every month that you can virtually attend around lunchtime, to stay in touch with the services, issues, and discussions that we feature as part of our work here at DRLA.

The premiere episode in our Lunch & Learn series, "DRLA: A Guide to Our Services", will be presented by Director of Community Advocacy, Debra Weinberg; Director of Policy & Community Engagement, Tory Rocca; and Assistant Legal Director, Melanie Bray.

This will take place on Thursday, November 4th, 2021 @ 12:00 noon, and you can join by following this link: <https://bit.ly/3IYpO0R>

Stay tuned to this space for more information and announcements for future episodes. We can't wait to see you there!

Webinars On Employing Individuals with Disabilities



*Employing People with
Developmental Disabilities*

WEBINARS ON RECRUITING, HIRING, AND
RETAINING PEOPLE WITH DISABILITIES



LaDDC launched Working Together: Employing People with Disabilities, a series of online webinars that provided step-by-step planning and implementation strategies for recruiting, hiring and retaining employees with developmental disabilities.

Catch up on those webinars and download the curriculum here: <https://qoo.ly/3emhf9>



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Teachers
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Parents
+
Students
+
Community Partners
=
SUCCESS



Navigating the IEP Part 1

This training covers the requirements of notification to the parent for an IEP meeting, IEP team members, IEP exceptionalities, General Student Information and Special Factors to be considered for a child with a disability.

Presenter:

Cynthia Chesterfield

***Program Director of Inclusive Education
Families Helping Families of GBR***

Webinar Date:

**Friday, November 5, 2021
10:00am - 11:15am**

Please follow this link to register:

<https://attendee.gotowebinar.com/rt/9108614226455661579>



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Navigating the IEP Part 2

Navigating the IEP Part 2 is part of a 4 part series. Part 2 picks up where Part 1 ended.

The contents include:

- ♦ A recap of Part 1
- ♦ Present levels of performance
- ♦ Annual Goals
- ♦ SMART Goals
- ♦ Short-term objectives
- ♦ Classroom and Assessment Accommodations

Presenter:

Cynthia Chesterfield

***Program Director of Inclusive Education
Families Helping Families of GBR***

Webinar Date:

**Friday, November 12, 2021
10:00am - 11:15am**

Please follow this link to register:

<https://attendee.gotowebinar.com/rt/197837743424184587>



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Navigating the IEP Part 3

Navigating the IEP – Part 3 is part of a 4 part training series on the IEP.

Part 3 goes over:

- State Assessments
- Special Transportation
- Least Restrictive Environment
- Extended School Year
- Placement Determination
- Site Determination

Presenter:

Cynthia Chesterfield

***Program Director of Inclusive Education
Families Helping Families of GBR***

Webinar Dates:

**Wednesday, November 17, 2021
10:00am - 11:15am**

Please follow this link to register:

<https://attendee.gotowebinar.com/rt/9207897927420662795>



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SUCCESS

Special Education Frequently Asked Questions



The Special Education FAQ Series

Presenter: Cynthia Chesterfield
Program Director of Inclusive Education

Webinar Dates:

FAQ 1.0

will cover some of the most commonly asked questions by parents about the Identification, Referral and Evaluation Process of special education.

FAQ 1.0 Fri, Dec 3, 2021 10:00am– 11:15am

Link to Register:

<https://attendee.gotowebinar.com/rt/2033072183763749131>

FAQ 2.0

will cover the IEP process and Special Education

FAQ 2.0 Thur, Dec 9, 2021 10:00 -11:15 am

Link to Register:

<https://attendee.gotowebinar.com/register/3919602140073914891>

FAQ 3.0

will cover the transition process.

FAQ 3.0 Thur, Dec 15, 2021 10:00 am -11:15 am

Link to Register:

<https://attendee.gotowebinar.com/register/2053530796621796363>

Christmas Word Search

G Q C E L V E S Z L I G H T S
D C Z L F J S R V N U L B Z B
C E L E B R A T E W M J E Y F
Q F D C W G N R E I N D E E R
P F Z E H J T G C O O K I E S
G R A N C R A I R I W B I H C
O M E M N O I U K S F V A Z A
R I I S I N R S N D O H J D N
N M M S E L E A T E C Q B W D
A G Z D T N Y C T M J C P R Y
M I I I U L T T W I A B T E C
E V H N Z W E S S Q O S B A A
N I E N A Q Q T F T P N J T N
T N G E P Q I C O P Y Z S H E
D G A R J W D E Q E Y P E B S

Decorations

Celebrate

Lights

Giving

Candy Canes

Ornament

Presents

Dinner

Christmas

Reindeer

Family

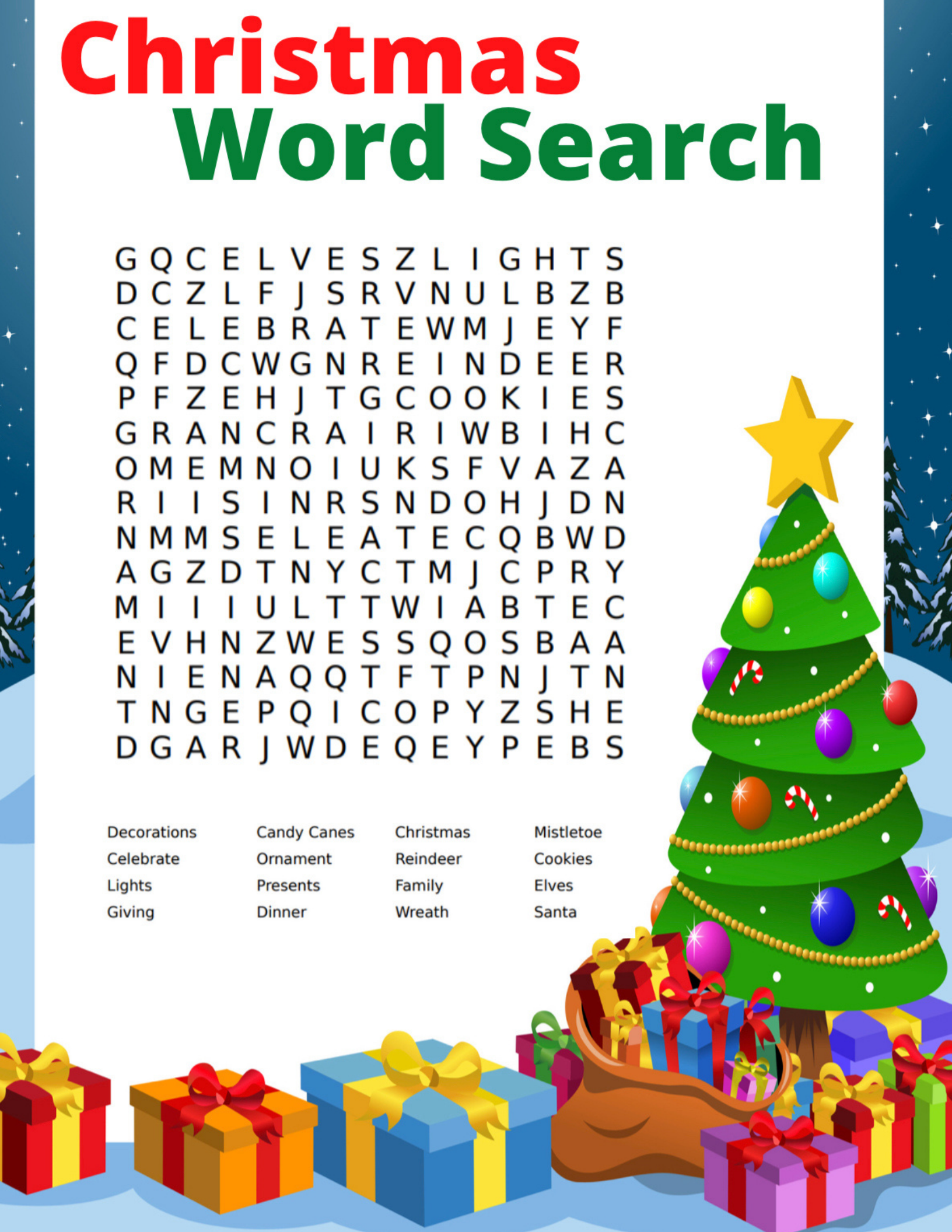
Wreath

Mistletoe

Cookies

Elves

Santa





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Baton Rouge, LA 70809

Phone: (225)216-7474

Toll FREE: (866)216-7474

Fax: (225)216-7977

Website: www.fhfgbr.org

Email: info@fhfgbr.org

Hours: Monday - Friday 9AM-4PM

Follow Us or by appointment

OFFICE CLOSURES

November 25-26, 2021

December 24-3, 2021

“It’s who we are. It’s what we do.”

FHFGBR receives partial funding from the Louisiana Department Disabilities Council, Capital Area Human Services District, Louisiana Department of Education, and the Louisiana Department of Health and Hospitals as well as generous donations from families and our community.

FHFGBR does not endorse or promote any legislation, institutions, individuals, or methods of treatment or therapy.