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# *Parent Connection*

## **Spring 2008 – Published Quarterly**

### **CHANGES TO FEDERAL MEDICAID RULES WILL IMPACT SERVICES TO PEOPLE WITH DISABILITIES IN MAINE**

Several changes to the Federal Medicaid rules will impact services to people with disabilities in the State of Maine. The following information is a brief summary of these changes:

#### **Targeted Case Management (TCM) - Special Education - Effective March 3, 2008**

- 1) Case management services will continue to be reimbursable when a single Medicaid (MaineCare) qualified Case Manager addresses all of the service needs of the IDEA (special education) eligible child, including:
  - a. services identified on the IFSP or IEP,
  - b. coordinating the provision of those services, and
  - c. facilitating the timely delivery of those services, etc.
- 2) Medicaid Case Management services must remain separate from the administration of IDEA programs.
- 3) Time spent facilitating the IFSP and IEP meetings and the development of Prior Written Notice will not be allowed as TCM.

#### **Targeted Case Management (TCM) - Significant Rule - Effective June, 2009**

Each individual will be allowed to have only one Case Manager. In the past, the system has relied on Case Managers and their areas of expertise. With this change, Case Managers must be generalists.

#### **Rehabilitation Rule - Effective July 1, 2008**

The primary changes include a reduction in the scope of allowable services that can be provided. Each individual who receives rehabilitation services will need a written plan that specifies:

- 1) the physical impairment, mental health, and/or substance-related disorder to be addressed, and
- 2) measurable goals that demonstrate progress.

The plan's goals must assure the least intrusive level possible to sustain health.

Services may not be provided if they are part of a non-medical program. These programs include foster care, child welfare, education, childcare, vocational and pre-vocational training, housing, parole and probation, juvenile justice and public guardianship.

Continued.....

Another significant change is the disqualification of habilitation services outside of a waiver, to persons with mental retardation or related conditions such as traumatic brain injury or dementia, if those conditions are not expected to improve. These services are considered maintenance services.

Examples of approved habilitation services include Adult Day Services, Traumatic Brain Injury Clinics, Day Habilitation Services, and most special education and related services.

**Other Exclusions:**

- 1) Recreational or social activities not focused on rehabilitation and not provided by a Medicaid provider.
- 2) Services provided to inmates living in secure custody of law enforcement, residing in public institutions.
- 3) Services to people residing in psychiatric hospitals.
- 4) Personal care services must be incidental and not billed separately.
- 5) Federal Match may only be claimed for services directed to a Medicaid recipient.
- 6) Rates may not include transportation costs.

If you are concerned that you or your family will be affected by these rule changes and have not yet been notified, contact your nearest Medicaid office. A Question/Solution Feedback Form and additional information is available at [www.maine.gov/education/medicaid.html](http://www.maine.gov/education/medicaid.html).

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## ~ Transitions ~

The dictionary defines ‘transitions’ as “the process of changing from one form, state, activity, or place to another.” Throughout our lives each of us will go through many transitions: marriage, starting a new career, the death of a loved one, or becoming a parent. All of these transitions can be difficult as we adjust to the new experiences. If a group of adults were asked about their life transitions, a good many will reflect on their first days of school, whether it is elementary, middle or high school. Some will recall it as a pleasant, enjoyable experience while others will wince and cringe at the memory. What we, as adults, do today can make a tremendous difference on how future adults will respond when asked about *their* school experiences.

The transitions your son or daughter make as they grow from a child into an adult can be a long and difficult journey. For a child with disabilities this journey can be especially challenging. That is why it is so important for you to think, as early as possible, about the transitions your child will make, and to develop a plan for each step of the journey.

For more information, please contact Maine Parent Federation at 1-800-870-7746. We have the following transition packets available:

- Transition
- Transition to Kindergarten
- Transition to Graduation and Beyond
- Transition Planning for Employment
- Transition Planning for Postsecondary Education

*Adapted from SERVE, National Head Start Association and [www.nichcy.org](http://www.nichcy.org)*



# Facts for Families

## *Children and Movies*

Watching movies, videos, and DVDs can be a fun activity in which children and adolescents use their imagination and fantasy. Parents should, however, consider the following when planning to watch movies at a theatre or at home:

- Although going to a movie theater can be exciting, movies with loud noises and frightening or upsetting scenes can create anxiety for children.
- Younger children may have trouble telling the difference between make-believe and reality. They can get upset when a parent figure dies in a movie or when frightening things happen to children.
- Some children cannot tolerate the darkness of a movie theater, even when their parents are present.
- Viewing movies with sex, violence, drug abuse, adult themes, and offensive language have a negative effect on children and adolescents. Many movies are **not** appropriate for children or teenagers.
- Older children and adolescents may mimic risky and possibly dangerous situations or actions they see in movies.
- Having a TV, VCR, or DVD player in children's and adolescents' bedrooms encourages movie watching without adult supervision.
- Movies should not replace child-care or be left on as background noise.
- If parents are unsure whether a movie is appropriate, they should view the movie in private before watching it as a family.

### Tips and Recommendations for Parents:

- Check a movie's Motion Picture Association of America (MPAA) rating and read reviews before watching it with your child. Movie reviews can be found online and on AACAP's website, [www.aacap.org](http://www.aacap.org).
- Discuss any upsetting or frightening events in a movie.
- Turn the movie off or leave the theater if your child becomes upset or frightened.
- Use the same care and attention to a movie's content whether choosing a movie to watch at home or in a movie theater.
- Deciding when a teenager can go to a movie without parental supervision depends on the teenager's maturity and the friends going with your teenager.
- Children of all ages should be supervised by their parents or adult caretakers while they are watching a movie.
- Parents can and should be active participants in their children's and adolescents' movie watching experiences.



## ***New & Updated Information Packets***

Maine Parent Federation has information packets available on over 200 topics. These packets contain researched information, tips, local and national resources, and lending library material available through Maine Parent Federation's central office. The following is a partial list of recently updated information packets:

### **Disability/Disorder Related Topics:**

- *Asthma*
- *Chromosome and Genetic Disorders*
- *Crohn's Disease*
- *Epilepsy*
- *Lupus*
- *Selective Mutism*

### **General Topics:**

- *Adopting a Child with Special Needs*
- *Child Care*
- *Foster Care*
- *Grief*
- *Respite Care*
- *School Refusal*

### **Laws, Rules and Regulation Related Topics:**

- *State Complaint, Mediation and Due Process*

**.... and many more!!!!**

If you would like to receive any of these information packets or would like to receive information on another topic, please contact Maine Parent Federation by:

- Phone: **1-800-870-7746** (ask to speak with a Parent Information Specialist)
- E-Mail: **parentconnect@mpf.org** (please provide mailing address)

**These materials are free of charge!**

## **PIRC Updates**

*(Parent Information and Resource Center)*

Maine Parent Federation's Maine State PIRC project is offering two new, exciting workshops:

### **Managing the Mystery of Mathematics**

For many of us, mathematics may be an intimidating world of unknown rules and formulas, a strange new language filled with unfamiliar terms, or even a complicated puzzle that makes you feel like you are missing the necessary pieces. This workshop won't teach anyone how to be a math expert. It will, however, provide parents with helpful hints, tools, and strategies to help their child become more successful with their math studies.

### **Home-School Communication: What's All the Commotion?**

This workshop will help teachers, school staff and administrators understand the different approaches to home-school communication and how communication shapes relationships with families. Pre-service and in-service teachers will have an opportunity to learn different approaches for communicating with families.

### **More PIRC workshops coming soon:**

- *Building Blocks for Reading: A Parent's Guide to Nurturing Literacy*
- *Transition into Kindergarten: Parent and Child Readiness*

### **New PIRC Publications:**

- *No Child Left Behind (NCLB) Empowering Parents – A Toolkit*
- *A Dad's Playbook: Coaching Kids to Read*
- *Balancing Students Privacy and School Safety: A Guide to Family Education Rights and Privacy Act (FERPA)*

If you are interested in scheduling a workshop or receiving PIRC publications, please call MPF at 1-800-870-7746 and ask for the PIRC project.

## **A New Reason to Celebrate!**

This year MPF's Maine State PIRC project invited schools throughout the State to take a different approach when celebrating their 100<sup>th</sup> day of school. Many schools already include students in their celebration activities, so the PIRC project encouraged schools to come up with creative ways to involve parents and families.

The first 50 schools to submit their activity plan were presented with a colorful banner saying "100 Parents On the 100<sup>th</sup> Day 100% Behind Our School." An additional incentive of \$100 was awarded to the first 10 schools that submitted their proposal. The results were fantastic! Many elementary, middle and high school families participated in a variety of festivities.

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### **Attention MaineCare Members!**

- **Have you had your MaineCare annual review since August 2007?**
- **If yes, were you not able to show DHHS proof of your citizenship or identity?**

**If you answered yes to both of these questions, you are at risk of losing your MaineCare!**

A new Federal law that affects MaineCare enrollees became effective in August 2007. Many people who get MaineCare must now show documents that prove both their US citizenship and their identity in order to get coverage. This law is for adults and children.

At first, DHHS was able to wait while people worked on getting these documents, but this waiting period will soon be over for many people.

If you still cannot provide these documents to DHHS or to an Outstation, call the Citizenship and Identity Hotline at 1-800-701-1887 for help right away. If you do have the documents you need, you must bring them to DHHS or to an Outstation right away.

Please note that some people do not have to meet this requirement. People with Medicare, SSI, and SSDI, as well as legal immigrants and foster children do not have to show these documents to get or keep MaineCare.

For more information, call Maine Equal Justice at 1-866-626-7059 or the DHHS Citizenship and Identity Hotline at 1-800-701-1887.

## **SAVE THE DATES!**

### **2008 Wraparound Maine Training Symposium**

*Challenges and Changes: Making a Difference Through Wraparound*

April 10 – 11, 2008

Harraseeket Inn, Freeport, ME

For more information and registration forms, please refer to the Wraparound Maine website: [www.wraparoundmaine.com](http://www.wraparoundmaine.com) or contact Jeannine Bouchard, Logistical Coordinator, The Wraparound Maine Initiative, at [jbouchard@usm.maine.edu](mailto:jbouchard@usm.maine.edu), or 207-626-5278.

### **LDA of ME Annual Conference**

Friday, April 11, 2008

Featuring: Dr. Larry Silver

For details, check the website at [www.ldame.org](http://www.ldame.org) or call 1-877-208-4029.

### **25<sup>th</sup> Special Family Weekend**

June 13 – 15, 2008

University of Maine at Machias

SFW is an annual event for children with special needs and their families. It is a time for families to share experiences, knowledge and love.

If you would like more information or to participate, contact Lillian Leighton at 207-565-2774 or email her at: [gigglesII@peoplepc.com](mailto:gigglesII@peoplepc.com).

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## **2008 CAMP Directory Now Available!**

Maine Parent Federation recently surveyed summer camps around the State regarding camping opportunities for children with special needs and compiled that information for you.

You can view the camp directory on our website at [www.mpf.org](http://www.mpf.org) or receive a printed copy by calling the office at 1-800-870-7746.

# MPF Workshops Coming to a Location Near YOU!

Maine Parent Federation will be offering a series of four workshops in six different locations this Spring! These workshops, for parents of children with disabilities, are being offered in Presque Isle, Bangor, Machias, Waterville, Rockland and Portland. The workshops are FREE and topics include: Advocacy, Challenging Behaviors, Developing IEP's, and Conflict Resolution. You can attend any number of the workshops -- *but you do need to register.*

## ***Advocacy to Self-Advocacy: Moving On and Letting Go***

We all know that a parent is their child's first advocate. For parents of children with disabilities, that advocacy takes on a heightened meaning. As children get older, it becomes important to begin the process of shifting from advocating for your child to helping your child become their own advocate. Moving on and letting go isn't easy. It doesn't happen overnight. In this workshop, participants will explore some of the skills needed for both advocacy and self-advocacy. Participants will discuss the opportunities that exist to help children begin the journey of becoming their own self-advocate.

## ***Why Can't Johnny B. Goode at Home?***

In this 'spin-off' from our popular workshop, *Why Can't Johnny B. Goode at School?*, the discussion on challenging behaviors continues. The focus shifts from school to home. All children misbehave, but for some children, that behavior is more frequent, intense and challenging. During this workshop participants will gain an understanding of some of the causes of challenging behaviors. Strategies that impact in positive ways on a child's behavior will be discussed, and parents will learn some simple ways to take care of themselves.

## ***Developing IEP's: A Step-by-Step Guide***

When students receive special education services, an Individualized Education Program (IEP) is developed that specifies their special education supports and services. Parents, as equal members of the IEP team, assist in developing the IEP. But understanding what goes into an IEP, how to write an IEP, and how to participate in the process can seem like a daunting task. Using the Maine Department of Education's IEP Form, parents will gain an understanding of the various aspects of the IEP, learn how to write parts of the IEP, and discover how to be a full contributor in the process.

## ***Making Peace with Conflict: Weathering the Storm***

What is conflict and why is it so difficult? We all have individual tendencies or styles we use to manage, avoid, or resolve conflict. Through discussion, reflection and interaction, participants will become familiar with some common terms and tools used to manage conflict. Those who attend will have the opportunity to explore various approaches and identify strategies that can be used to resolve conflicts. This workshop provides an opportunity to view conflict resolution from the eye, or calm center, of a hurricane, and leave with strategies to help you 'weather the storm.'

MPF is also collaborating with the Maine Department of Education (MDOE) on two one-day workshops for parents of children 0-5 who receive services through Child Development Services (CDS). Learn about changes to the Child Development System and the new Maine Special Education Regulations, including new requirements, new forms and what these changes mean for you and your child. This is a free workshop for parents. Morning refreshments and lunch will be provided. ***Registration is required.***

For complete details on workshop locations, dates and times, and for registration information, go to our website at [www.mpf.org](http://www.mpf.org) and click on "Upcoming Events" or call the MPF office at 1-800-870-7746.

## News From the Family Support Regional Coordinators

### **Region 1:** Cumberland, York, Androscoggin & Oxford Counties

**Theresa D'Andrea** 1-800-515-2738 – tdandrea@mpf.org

Call Theresa to see what MPF offers in this region, or to become a Support Parent in our Parent-to-Parent Program.

### **Region 2:** Waldo, Lincoln, Knox, & Sagadahoc Counties & the Brunswick area

**Beth Thomas** 1-866-639-2804 - bthomas@mpf.org

**Wanted!** Parents raising children with special needs - to volunteer in our parent-match program.

**Benefits offered:** \$50 stipend, mileage reimbursement, lunch & a great chance to connect with like minds!

- ★ **Support Parent Training:** Sweetser Family Services, Rockland -- Sat. Feb. 23 -- 10:00-3:00
- ★ **Support Parent Training:** Broadreach Family & Community Services, Belfast – Coming in May!  
Northern Midcoast parents are needed! Contact Beth for date and time.
- ★ **Employment & Personal Hygiene Workshop:** (for youth and parents) Independence Assoc., Brunswick--  
coming in April! Presented by Patti Hackett, Healthy & Ready to Work Trainer. Call Beth for date & time.

### **Region 3:** Kennebec, Somerset, Piscataquis & Franklin Counties

**Veronica Currier-Boucher** 1-800-870-7746 or 207-623-2144 - vboucher@mpf.org

- ★ **Support Parent Training:** Sat., June 7<sup>th</sup> -- 8:00-12:00 noon. Location to be announced.

### **Region 4:** Northern Penobscot, Northern Washington & Southern Aroostook Counties

**Lori Jewell** 1-866-797-2500 - ljewell@mpf.org

Call Lori to see what MPF offers in this region, or to become a Support Parent in our Parent-to-Parent Program.

### **Region 5:** Southern Washington & Hancock Counties & the Bangor area

**Jackie Stanley** 1-877-963-2588 - jstanley@mpf.org

#### **Special Events/Workshops**

- ★ **Self Advocacy Workshop:** UMA – Ellsworth -- March 4, 9:00-11:00 am
- ★ **Strength-Based Supports for Couples with Children with Special Needs and Disabilities:** March 8, 9:00-3:00. Workshop and tips for strengthening marital relationships presented by Marjorie Withers.
- ★ **Support Parent Training:** Bangor -- March 15 -- time & location to be announced, call Jackie FMI.
- ★ **Student Assistant Team Training:** with Nancy Drake, Belfast -- March 29, 8:00-3:00, call Jackie FMI.

#### **Regional Monthly Family Support/Advisory Meetings**

- ★ **Hancock:** Special Children's Friends, Ellsworth -- last Wed. of month – 6:00-8:00
- ★ **Bucksport:** Jewett Elementary School -- first Thurs. of month – 6:00-8:00
- ★ **Bangor/Hermon:** Date and location varies – 6:00-8:00
- ★ **Calais:** NADA office -- March 10 – 6:00-8:00. Please contact monthly (date varies).
- ★ **Jonesport/Beals:** A new group will be starting in September, time and location TBA.
- ★ **Washington County:** Time/date/location announced monthly
- ★ **Wabanaki Mental Health:** Exchange St., Bangor -- third Wed. of month – 2:00-4:00

*Call Jackie for updates, or to be added to her list serve for information on these monthly meetings.*

### **Region 6:** Northern and Central Aroostook County

**Catherine Jandreau** 1-877- 848-1253 or 207-834-7908 - cjandreau@mpf.org

- ★ **Developmental Delays: Sexual Health and Safety:** Presque Isle Career Ctr. – Wed., March 8 – 6:00-8:00
- ★ **Interacting with People within the Autism Spectrum:** UMFK's Nadeau Hall – Wed., February 27  
Two Sessions: 1:00-3:00 (for first responders) & 6:00-8:00 (for families)  
Presented by Matt Brown, US Probation Officer and father of a child with Autism.
- ★ **Coping with Autism:** University of Maine at Fort Kent, Division of Nursing – Mon. March 24

Maine Parent Federation, Inc.  
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**CHANGE SERVICE REQUESTED**

**Wrightslaw Conference Registration Inside!**

## **What's New In the MPF Library?**

*Believe in My Child with Special Needs* - Helping Children Achieve Their Potential in School, by Mary Falvey

*Down Came the Rain* – My Journey Through Postpartum Depression, by Brooke Shields

*From Gobbledygook to Clearly Written Annual IEP Goals*, by Barbara Bateman

*Life Skills Activities for Special Children* – 145 ready-to-use lessons and reproducible worksheets that help children acquire the basic skills necessary to achieve independence and success in everyday living, by Darlene Mannix

*What We Can't Tell You* - Teenagers Talk to the Adults in Their Lives, by Kathleen Cushman

A complete listing of lending library materials is available on our website, [www.mpf.org](http://www.mpf.org). If you would like to borrow any of these books or need help locating items on a specific topic, call the library at 1-800-870-7746 for assistance.