

HSCSN's Newsletter for Families with Children and Young Adults with Special Health Care Needs

## How to Support Your Child in Stressful Times

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**The American Academy of Pediatrics (AAP) says signs that children may need extra support include:**

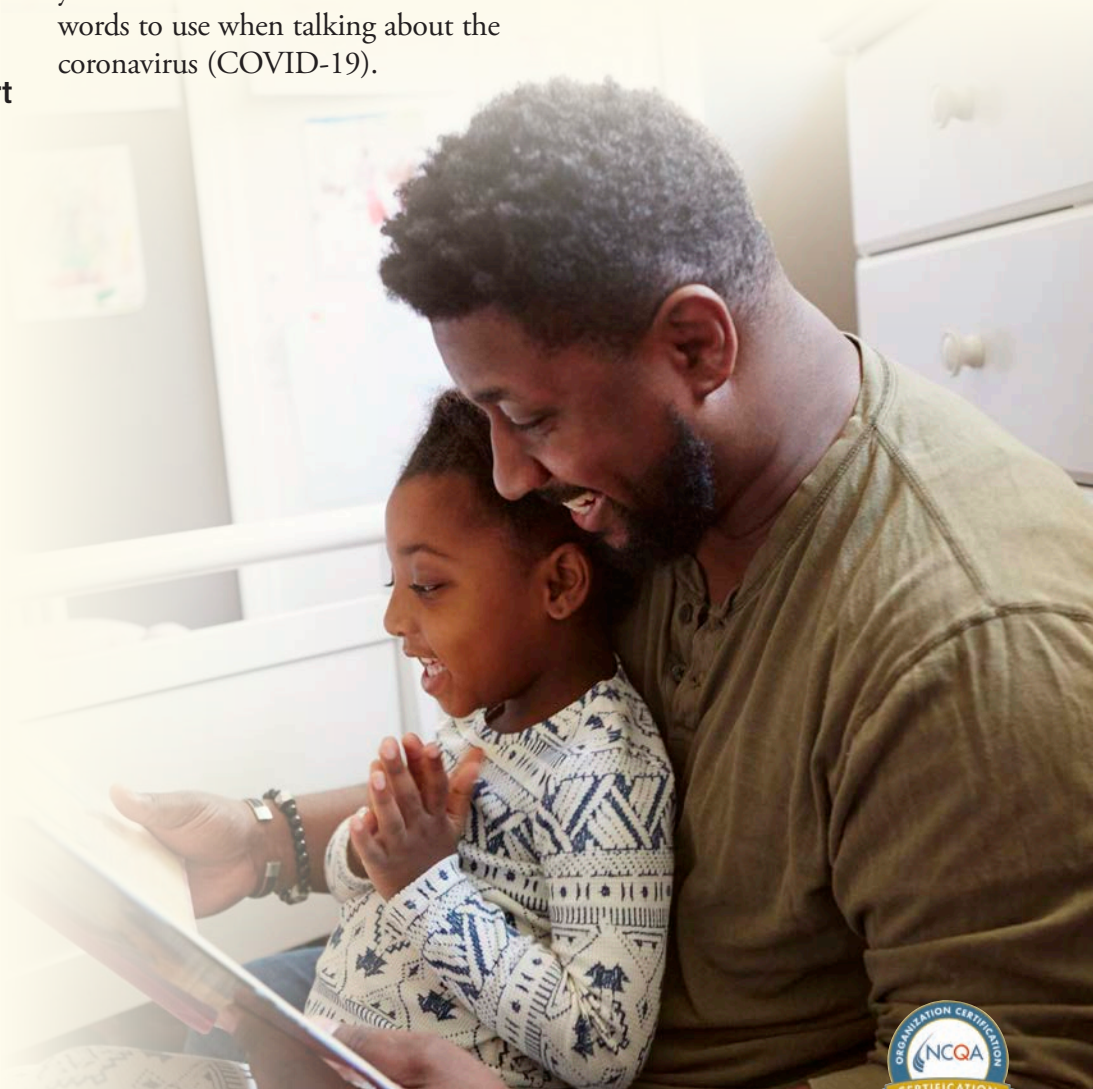
- Eating much more or less.
- More tantrums or crying in younger children.
- Nightmares and having problems sleeping.
- Return of challenging behaviors.

Talk with your child's health care provider or a mental health professional if you have questions or concerns about behavior.

**The CDC and AAP offer these tips to help support children with special needs:**

- 1.** Stay calm and cope with your own stress in positive ways. Exercise, eat healthy foods, and limit the use of alcohol.
- 2.** Make decisions based on developmental level, not just age in years. This includes what facts and words to use when talking about the coronavirus (COVID-19).

- 3.** Try to keep to a routine. Consider using a visual schedule. Include meals, taking medicine, and bedtime.
- 4.** Offer comfort often. Some children might want hugs. Some may respond better to words. You could say, "I know this is hard. It is OK to feel upset."



### IN THIS ISSUE:

- Telehealth for Care and Support
- Pregnancy Care During COVID-19
- EPSDT Services Help Children Stay Healthy
- Male Caregivers Advocacy Support Group

# Telehealth Offers Care and Support at Home

WANT TO LEARN MORE about COVID-19 testing sites? For the most up-to-date DC locations, visit [coronavirus.dc.gov/testing](https://coronavirus.dc.gov/testing).

Thanks to COVID-19, many of us are looking for new ways to stay safe and healthy. Telehealth may be good ways for you to do this, says the Centers for Disease Control and Prevention (CDC). This means you use a smartphone, computer, or tablet with a camera to “meet” with a health care provider for some of your care. You will not have to travel to an office and sit in waiting and exam rooms.

Many providers in the HSCSN network are offering telehealth for services such as:

- Dental exams
- Well-child visits
- Mental health services
- Applied behavior analysis (ABA) therapy
- Physical therapy
- Occupational therapy
- Speech therapy

Please reach out to your Care Manager for more information. You can also call Customer Care at **202-467-2737**.

## Pregnancy Care During COVID-19

A lot has changed, but you should still make sure to get care from your provider. You may see some differences, which are meant to help keep you, your baby, and other people safe. These changes include:

- Video or phone (telehealth) visits instead of some in-person visits with your provider.
- Tests done on the same day as your visit.
- Limits on how many people you can bring with you to visits.
- Online prenatal and childbirth classes.
- Online tours of maternity units and birth centers.

Talk with your provider about your birth plan. Hospitals and accredited birth centers remain safe places to give birth, says the American College of Obstetricians and Gynecologists. They have strict rules that help prevent infections and protect you and your baby. Having your baby in one of these places is key if you have COVID-19 at the time. If you have questions about telehealth visits or your birth plan contact your Obstetrics (OB) Care Manager.

**For more information, visit [cdc.gov/coronavirus](https://cdc.gov/coronavirus). Enter “pregnancy” in the search field.**

# EPSDT Services Help Your Child Stay Healthy

Immunizations (shots) can protect your child from serious diseases, such as pneumonia and measles. Many shots are given during well-child visits. The CDC urges you not to miss them due to COVID-19 concerns. Talk with your child's health care provider about how to stay on track.

Well-child visits are key to getting many Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) services. Health Services for Children with Special Needs, Inc., connects enrollees with EPSDT services in the District of Columbia. Here is how these services can help your child:

## **E** stands for **EARLY**.

Immunizations and medical and dental checkups can help find and stop health problems early.

**P** stands for **PERIODIC**. Periodic means regular. Regular checkups are key to making sure children are growing well and that no new problems have developed.

## **S** stands for **SCREENING**.

Screenings are tests that look for health problems. One type of screening is a blood lead test. Blood lead tests must be done twice by your child's second birthday.

**D** stands for **DIAGNOSIS**. If a screening shows something unusual, the provider studies it further and makes a diagnosis. The diagnosis states what the provider thinks the symptoms and test results mean.

## **T** stands for **TREATMENT**.

Treatment controls or cures a diagnosed health problem. When the health problem is controlled,

it does not get worse. When the health problem is cured, it goes away completely.

If you have not set up your child's next visit yet, please call your Care Manager to schedule one soon. Free checkups include:

- Full physical exams.
- Growth and development checks.
- Hearing and vision screenings.
- Health education for parents and youth.
- Oral health assessments.
- Lab testing, such as blood lead tests.
- Mental health checks.
- Treatment or service referrals.



**Find out how you can get a \$15 gift card** for having yearly medical and dental checkups! Call your Care Manager at **202-467-2737**.

## Keep Your Benefits Call Today!

Are you going to lose Medicaid eligibility this month? If you lose eligibility, you will not be able to:

- Take your child to the doctor.
- Get medicine your child needs.
- Use transportation services.

HSCSN can help you and your family with medical benefits. Call us Monday through Friday between 8:00 a.m. and 5:00 p.m. at **202-467-2737**.



THE HSC HEALTH CARE SYSTEM

Health Services for Children  
with Special Needs, Inc.

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President, HSC Health Care System

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Chief Medical Officer, HSCSN

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For more information, visit  
**[hscsnhealthplan.org](https://hscsnhealthplan.org)**.

For reasonable accommodations,  
please call **202-467-2737**.

The Family and Community Development Outreach Department is now the HSCSN Wellness Center! Tour our new space online at **[hscsnhealthplan.org/wellnesscenter](https://hscsnhealthplan.org/wellnesscenter)**.

## Male Caregivers Advocacy Support Group (MCAS)

HSCSN's Male Caregivers Advocacy Support Group (MCAS) offers support and resources for parents and caregivers of children with special needs. During weekly meetings, you will hear from speakers and individuals who has experience working with children with special needs. MCAS offers a safe environment for men to talk about their needs and learn from others. For HSCSN enrollees, we offer transportation and child care. All meetings are open to the public. MCAS meetings are held at:

**Family and Community  
Development Outreach Department**  
HSCSN Wellness Center  
3400 Martin Luther King Jr. Ave. SE  
Washington, D.C. 20032

To learn more about MCAS, visit  
**[hscsnhealthplan.org/MCAS](https://hscsnhealthplan.org/MCAS)**.



If you do not speak and/or read English, please call 202-467-2737 between 7:00 a.m. and 5:30 p.m. A representative will assist you. English

Si no habla o lee inglés, llame al 202-467-2737 entre las 7:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle. Spanish

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Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 202-467-2737 từ 7 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn. Vietnamese

如果您不能講和/或不能閱讀英語，請在上午 7:00到下午 5:30之間給 202-467-2737 打電話，我們會有代表幫助您。Chinese

영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 7시 00분에서 오후 5시 30분 사이에 202-467-2737번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다. Korean

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 202-467-2737 entre 7:00 du matin et 5:30 du soir. Un représentant vous aidera. French



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