



# Kinship Quarterly

Strengthening Families

July 2018

**IN THIS ISSUE:**

**Disaster Planning**

Summer is in full swing! In this issue, we are featuring information on Disaster Planning for this hurricane season. We also feature information on Foster Care Centers. Also, be sure to read past issues to stay informed. You can find previous issues here: [DFPS - Kinship Care](#)

## Foster Care Center of Excellence

Superior Health Plan has established a Foster Care Center of Excellence (FCCOE) in San Antonio and Houston. The centers consist of STAR Health network providers who have extensive foster care experience and are trained in working with children and youth who have undergone trauma. Superior will work closely with this FCCOE to expedite and streamline services for children and youth in foster care.

To learn more about the Foster Care Center of Excellence please read the inserts in this issue. You can also call STAR Health Member Services at 1-866-912-6283 and ask for a Member Connections Representative.

## Disaster planning

Texas hurricane season has begun. It runs from June through November of each year. To survive a hurricane or other types of disasters, kinship caregivers should know the dangers they face, agency requirements, and get prepared.



Kinship caregivers of children in DFPS conservatorship are required to evacuate their home if an evacuation is mandated for the area in which the caregiver lives. Your Kinship Development Worker (KDW) is responsible for ensuring that you complete Form 2288 (Disaster Plan for Foster/Adoptive & Kinship Homes). Each Kinship home must have a written disaster plan on file with CPS as these homes need to be prepared and have an evacuation plan in the event of an emergency. Please ensure a copy of the completed Form 2288 is on file for all required families.

## What to Expect

Within 24-hours of an advisory, FAD workers and KDW (or CVS workers, if no KDW for the family) will make telephone contact with each of their assigned families located in the advisory area and:

- Verify the information on Form 2288.
- Remind you that evacuation is required if mandated for their area.
- Remind you to take at least a two-week supply of medication for the child, if applicable, and if the family evacuates.
- Instruct you how to contact DFPS in order to report the children's whereabouts and conditions after you reach your evacuation destination.
- Workers will update their supervisor regarding their efforts to contact all kinship families who have children placed in their homes.
- Following an evacuation, workers will contact you on the tentative return date and inquire on the condition of the child(ren) and follow-up on any issues that arose during the evacuation.

Read more information and tips in the following article by ECI.

[Navigate Life Texas](#), contains a wealth of resources for families of children with disabilities and special healthcare needs and provides information about different topics, including emergency preparedness.

Since Texas is prone to natural disasters and extreme weather, making a plan and taking steps to be prepared can reduce the impact an emergency or natural disaster has on your family. And it can be a lifesaver for children with disabilities and special healthcare needs.

## Planning for an Emergency

To plan for an emergency, families of children with disabilities or special healthcare needs should consider the following:

- Create a page of simple emergency instructions for your home – with information about exits, fire extinguishers, and power shut-offs. Put them where you can easily see them. Do emergency drills.
- Decide where you would find shelter in case of an emergency. This may be in your home, local hospital, school, and church or a nearby city. If possible, take your child to visit any location away from your home so that they are familiar with it before an emergency happens. Take a picture of the location to help during drills.
- Make a list of family, friends, teachers, neighbors, and other caretakers, include their contact information, these individuals might help you in an emergency or natural disaster.
- Remember your pets and service animals. Include their food, paperwork, licenses, and care in your plans.

- Complete a short [emergency information form](#) to keep in your child's backpack, at school, and at other places your child might be. Try to keep an electronic copy that's easy to get to if you need to evacuate. You can use an online storage system or email it to someone you trust who does not live in your community. Be sure that every one of your child's caregivers knows where to find these forms.
- If your child uses a machine that needs electricity, such as a ventilator, oxygen, or feeding pump, call your local power company and talk to them about your child's needs. You can find their number on your monthly utility bill, and you can ask them what you need to do to get a higher priority placed on your home in case of a power outage. Also, keep a portable generator and fuel. [Waivers](#), [insurance plans](#), or [special grants](#) might pay for one.
- You might want to let your local fire department and 9-1-1 team get to know your child and their needs. See our [Working with Emergency Responders article](#) for ideas on how to do this.

After you have an emergency plan for your own home, you can check to see plans for other places your child spends time. This could include your child's school, therapy centers, grandparents' houses, or summer camps.

## The "GO Kit"

A GO kit has all the things your child or family needs if you are in an emergency situation. It should include a weeklong supply of the things your child needs to live and

thrive. Remember some supplies and medications might be hard to get during a natural disaster or emergency.

Your GO kit might include:

- Water, ready-to-eat food, batteries, flashlights, and cell-phone chargers.
- Personal hygiene supplies (including wet wipes, small towels, and antibacterial foam).
- A copy of your child's emergency plan and care notebook. See our [Organizing Medical Records](#) page to learn more about care notebooks.
- Medications, medical supplies, and equipment.
- Favorite toys or stuffed animals, headphones, sleep masks, or other comfort items.
- Copies of important documents like a birth certificate, Social Security card, guardianship paperwork, and powers of attorney (keep these in a waterproof container).
- A credit card and cash.
- One or two changes of clothing. People are likely to donate clothes to your family in an emergency.

Set a schedule for updating your GO kit. Check expiration dates and see if everything is still useable. Here are a few more [GO kit suggestions](#).

To read and learn more about emergency preparedness, visit the [Navigate Life Texas](#) website. There you will find an informative [emergency preparedness video](#), a host of additional suggestions, and resource links that can assist you in case you encounter an emergency.



## Summer Safety Tips

### Beat the Heat

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Schedule outdoor activities carefully, for morning and evening hours.
- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.

### Insect Bites

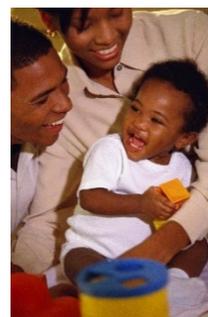
- Do not use insect repellent on babies younger than 2 months old.
- Use an effective insect repellent while playing outdoors.

### Water Safety

- Watch kids without being distracted.
- Swimming aids such as water wings or noodles are fun toys for kids, but are not appropriate to be used as a personal floatation device (PFD). Be sure to use a U.S. Coast Guard-approved life jacket or PFD for your kids.
- Teach children that swimming in open water is NOT the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

### Tween and Teen Safety

- Kids can use electronic media to embarrass, harass, or threaten their peers. Take steps to prevent all types of violence that occur electronically.
- As teens develop emotionally, they are heavily influenced by their relationship experiences, including teen dating. Protect your children from teen dating violence. Nearly one in 10 teens reports having been hit or physically hurt on purpose by a boyfriend or girlfriend at least once over a year's time.



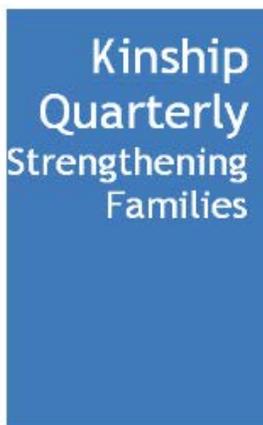
## Resources

- **3 in 30 Caregiver Handout (inserted)**
- [DFPS Kinship Care Facebook](#)
- [STAR Health](#)
- [DFPS Kinship Care Information](#)
- [Care Portal](#)
- [Home Repairs](#)
- [Smoke Alarm Programs](#)
- [Free Medical Transportation Service](#)
- [Texas Legal Services Center](#)
- [Babysitter Certification Classes](#)
- [Infant and Child CPR Classes](#)



Kinship Unit KE in Houston hosted a Springing into Permanency Workshop for caregivers. Thank you to all the guest speakers, Dory Allen (Permanency Care Assistance), Felicia Chambers Bennett (Educational Specialist), Judy Blake (Family to Family Network), and Dr. Valerie Jackson (Monarch Family Services). The event was held at Alice McKean Young Library, a community partner.

The caregivers received information on how to become verified, PCA benefits, Educational Information, and children with disabilities while their children enjoyed the library with KE's supervision.



Report abuse, neglect, or exploitation of children, the elderly, or people with disabilities at (800) 252-5400 or [www.txabusehotline.org](http://www.txabusehotline.org).

All children who come into DFPS care need a good review of their physical and behavioral health needs right away. As a caregiver of a child in DFPS care, we know you are committed to the health, safety, and well-being of the children in your home.

With your help, CPS is launching a new practice in 2018 called 3 in 30. It combines three critical tools for learning the medical, behavioral, and developmental strengths and needs of children and youth. These tools will help us understand the children in your care so we can tailor services to their needs.

Children and youth who come to live with you must have the 3-Day Medical Exam within three business days of entering DFPS legal custody. The Texas Health Steps Medical Checkup and the Child and Adolescent Needs and Strengths (CANS) Assessment must be complete within 30 days.



In 3 business days, children entering DFPS care must see a doctor to be checked for injuries or illnesses and get any treatments they need.



In 30 days, children (ages 3-17) must get a CANS assessment. This review helps us understand how trauma is affecting a child, and how the child is doing. CANS tells us which services may help the child, such as counseling. It also shows strengths we can build on, like good relationships.



In 30 days, each child must see a doctor for a complete check-up with lab work. This makes sure:

- We address medical issues early.
- Kids grow and develop as expected.
- Caregivers know how to help the child grow and develop.

Call **STAR Health Member Services** at **866-912-6283**

Ask for a nurse outside of normal business hours.

#### For help with:

- Finding a doctor for the exam, assessment, or check-up
- Learning if your current doctor can do the 3-Day exam and Health Steps checkup
- Questions about Medicaid ID cards
- Problems with pharmacy refills
- Medical, dental, behavioral health or vision services

#### For more information:

- Search "3 in 30" on the DFPS website at [www.dfps.state.tx.us](http://www.dfps.state.tx.us)
- Send questions to [DFPSStarHealth3In30@dfps.state.tx.us](mailto:DFPSStarHealth3In30@dfps.state.tx.us)



**TEXAS**  
Department of Family  
and Protective Services

# 3 IN 30

A COMPLETE APPROACH TO BETTER CARE FOR CHILDREN

Appointment	Date/Time/Location of Appointment
 <b>3-Day Initial Medical Exam</b>  Due:	
 <b>CANS Assessment</b>  Due:	
 <b>Texas Health Steps Medical Check-Up</b>  Due:	

### What should I bring to the appointment?

- A fully signed and approved Medical Consent Form 2085-B (a form that shows the child has STAR Health and immediate coverage)
- Texas Benefits Medicaid ID Card, if available.
- Superior Health Plan ID Card, if available.



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# Superior HealthPlan Foster Care Centers of Excellence

Superior HealthPlan has established Foster Care Centers of Excellence (FCCOE) in Houston and San Antonio. These centers consist of STAR Health network providers who have extensive foster care experience and are trained in working with children and youth who have undergone trauma. Superior will work closely with the FCCOE to expedite and streamline services for children and youth in foster care.

The Foster Care Centers of Excellence in Houston are:

**Northwest Assistance Ministries Children's Clinic**

15555 Kuykendahl Rd, Houston, TX 77090

281-885-4555

M-Th 8-5, F 8-4

English and Spanish-speaking providers are available

**Harris County Protective Services**

6300 Chimney Rock Road, Houston TX 77081

713-295-2570

M-F 8-5

English and Spanish-speaking providers are available

The Foster Care Center of Excellence in San Antonio is:

**South Texas Center for Pediatric Care**

3327 Research Plaza, Suite 307

San Antonio, TX 78235

210-337-2100

123 Stone Oak Loop

San Antonio, TX 78258

210-495-7334

94 Briggs Ave., Suite 400

San Antonio, TX 78224

210-922-2299

9150 Huebner Rd., Suite 240

San Antonio, TX 78240

210-576-1436

## What are the benefits of a Foster Care Center of Excellence?

The Foster Care Center of Excellence will serve as a one-stop shop to access services. These include:

- Access to a certified provider for Texas Health Steps (THSteps) checkups within the first 30 days of entering state conservatorship
- Access to a certified provider for the Child and Adolescent Needs and Strengths (CANS) assessment within the first 30 days of entering state conservatorship
- Behavioral services (Individual therapy, Group therapy, Trauma Informed Care, Cognitive Behavioral Therapy, etc.)
- Referrals to specialists like Physical Therapy, Speech Therapy and Occupational Therapy
- Assistance with getting Durable Medical Equipment
- Family planning and pregnancy care
- Vision and dental services
- Prescriptions
- Lab tests and x-rays
- Urgent care

**Please note: The FCCOE can provide services to STAR Health members on a one-time basis or serve as a Primary Care Provider.**

## How can a Foster Care Center of Excellence benefit caregivers?

The FCCOE is experienced in working with caseworkers and families to provide immediate services to children and youth to assess their health-care needs. This can be done shortly after they enter into foster care or if there is an urgent placement change requiring a medical visit. The FCCOE will also utilize the use of Health Passport so authorized users can obtain the health-care information of the services their child received in their clinic.

## How do I set up an appointment?

To set up an appointment with the FCCOE's, call the numbers listed above. To learn more about FCCOE's, please call STAR Health Member Services at 1-866-912-6283 and ask for a Member Connections Representative.



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## Superior HealthPlan Centro de Excelencia de Hogares Sustitutos

Superior HealthPlan ha establecido los Centros de Excelencia de Cuidado Temporal (FCCOE) en Houston y San Antonio. Estos centros consisten en proveedores de la red de STAR Health que cuentan con amplia experiencia en cuidado temporal y que están capacitados para trabajar con niños y jóvenes que han sufrido traumas. Superior trabajará estrechamente con los FCCOE a fin de acelerar y optimizar los servicios para niños y jóvenes en cuidado temporal.

En Houston, los Centros de Excelencia de Cuidado Temporal son los siguientes:

<b>Northwest Assistance Ministries Children's Clinic</b> 15555 Kuykendahl Rd, Houston, TX 77090 281-885-4555 M-Th 8-5, F 8-4 English and Spanish-speaking providers are available	<b>Harris County Protective Services</b> 6300 Chimney Rock Road, Houston TX 77081 713-295-2570 M-F 8-5 English and Spanish-speaking providers are available
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Este Centro de Excelencia de Hogares Sustitutos en San Antonio es:

<b>South Texas Center for Pediatric Care</b> 3327 Research Plaza, Suite 307 San Antonio, TX 78235 210-337-2100	123 Stone Oak Loop San Antonio, TX 78258 210-495-7334
94 Briggs Ave., Suite 400 San Antonio, TX 78224 210-922-2299	9150 Huebner Rd., Suite 240 San Antonio, TX 78240 210-576-1436

### ¿Cuáles son los beneficios de un Centro de Excelencia de Hogares Sustitutos?

El Centro de Excelencia de Hogares Sustitutos funcionará como un lugar centralizado para acceder a los servicios. Estos incluyen:

- Acceso a un proveedor certificado para los exámenes regulares de los Pasos Sanos de Tejas (THSteps) dentro de los primeros 30 días del ingreso a la tutela estatal
- Acceso a un proveedor certificado para la evaluación de las Necesidades y Fortalezas de Niños y Adolescentes (CANS) dentro de los primeros 30 días del ingreso a la tutela estatal
- Servicios del comportamiento (terapia individual, terapia grupal, atención informada de traumas, terapia cognitiva del comportamiento, etc.)
- Referencias a especialistas, como profesionales de terapia física, terapia del habla y terapia ocupacional
- Asistencia para la obtención de equipos médicos duraderos
- Planificación familiar y atención del embarazo
- Servicios dentales y oftalmológicos
- Medicinas recetadas
- Pruebas de laboratorio y radiografías
- Atención de urgencia

***Tenga en cuenta lo siguiente: El FCCOE puede proporcionar servicios a los afiliados de STAR Health una única vez o como proveedor de atención primaria.***

### ¿De qué forma un Centro de Excelencia de Hogares Sustitutos puede beneficiar a los cuidadores?

El FCCOE tiene experiencia en trabajar con trabajadores sociales y familias para proporcionar servicios inmediatos a niños y jóvenes a fin de evaluar sus necesidades de atención médica. Esto se lleva a cabo inmediatamente después de que ingresan al hogar sustituto o si existe un cambio urgente de hogar sustituto que requiera una visita médica. El FCCOE también empleará el uso del Pasaporte de Salud (Health Passport), así los usuarios autorizados pueden obtener la información de atención médica de los servicios que el/la niño/a recibió en su clínica.

### ¿Cómo coordino una cita?

Para coordinar una cita con el FCCOE, llame a los números indicados arriba. Para obtener más información sobre los FCCOE, llame a los Servicios para miembros de STAR Health al 1-866-912-6283 y pida hablar con un representante de Conexiones para Miembros.