

Health Home Herald



Tips for Working with Pediatric Members

Written by Sara Ashley, Molina

As a Care Coordinator, previously working with the pediatric population, I learned several important lessons. Health Home staff:

- ✓ must balance the needs of the parent with the needs of the pediatric member,
- ✓ keep the child's rights in mind, and
- ✓ offer a conversation regarding guardianship for incapacitated pediatric members

You may find that the priorities of the parent and of the pediatric member vary depending on the child's age. A parent of a teenage member may want their child to graduate from high school, but the pediatric member's focus is on attending the upcoming Taylor Swift concert. I found it easiest to incorporate both goals into the health action

plan. In helping the parent of the pediatric member, you impact the quality of care and life of the child. Listening to the pediatric member's wishes builds trust and empowers the pediatric member to ensure they know their voice should and is being heard. The parent may be unwilling to buy the ticket to the Taylor Swift concert, but it is a good conversation starter for the teenage member on what action steps need to be taken to achieve their goal. The member may need to start on job applications or open a checking account. Both will help the member learn important life lessons while making them feel like they are a crucial part of the Health Home process.

It is also important to keep the child's rights in mind. Children have the same rights to medical care and privacy as adults do. Do not overlook their needs just

because of their age. Depending on the child's age, they may play a vital role in making decisions regarding their care. Older children and teens typically are looking to have their voice heard. Keep the Adolescent Information Sharing Consent Form readily available in all of your pediatric member files as a reminder that children between 13 and 17 have the right to give consent regarding mental health, substance use disorder, and reproductive health. Discussing the previous mentioned topics, without the member's consent, can break any trust built with the pediatric member and is a violation of their rights.

Once a child turns 18, they are decision makers for their healthcare needs. The parent of an 18 year-old member no longer has the right to the member's personal health

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Spotlight on Resources



Washington State Parks Discount Passes

Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day use for limited income senior citizens, disabled veterans, foster parents and people with disabilities. Qualified individuals may apply for more than one type of pass, although only one pass may be used at a time. These passes are valid only at Washington state parks

Disabled Veteran Lifetime Pass – No Charge

Washington State residents with a documented service-connected disability of at least 30% are eligible for free camping, moorage, reservations, watercraft launching, trailer dumping and day use entry to State Parks. This free lifetime pass is valid year-round.

For more information [click here](#). To download or print the application by [clicking here](#).

Off-Season Senior Citizen Pass

All senior Washington State residents (age 62+) can purchase an off-season senior citizen pass. For \$75, this pass offers free nightly camping or moorage between October 1 and March 31 (and Sunday through Thursday in April). Utilities cost \$10 per night.

For more information [click here](#)

Foster families do not need a Discover Pass!

If you are a foster family, you do NOT need a Discover Pass to visit state parks or campsites! Both registered foster parents and relative foster caregivers are eligible for free day use and free camping when they visit with the children they are caring for. A reservation fee is required.

Call 1-888-226-7688 to reserve a camping site. You will need to tell the operator that you are a foster care provider. You will also need to show your Washington State Driver's License and Foster Care ID Card upon arrival.

For more information, including the limitations of some of these programs, [click here](#).

Chelan PUD customers can get a free day-use pass!

Chelan PUD customers can get free day use access to Wenatchee Confluence, Lincoln Rock and Daroga State Parks with a Chelan PUD Public Power Benefit Day Use Parking Pass.

To apply, visit a Chelan PUD office or www.chelanpud.org.

There is a limit of one pass per customer account. The PUD must verify your address and current customer status.

For more information about this program, [click here](#).

Visit on a FREE Day and avoid the Discover Pass altogether.

Washington State Parks have free days each year. [You can see the calendar here](#).

Please Note: Washington State Parks pass discounts do not apply to yurts, cabins, vacation houses, roofed accommodations, retreat centers, picnic shelters or group camps. Pass discounts also do not apply to the extra vehicle fee. The extra vehicle fee is not part of the camping fee and must be paid when checking in at the park.

The contents of this article were gleaned from the [Washington State Parks and Recreation Commission | Official Website](#) and [7 Ways to Get a Free Washington State Discover Pass - Low Income Relief](#)





Pediatric Members (cont.)

information and they cannot make healthcare decisions on behalf of the member.

As a Care Coordinator or allied staff, you should start the conversation with parents regarding the guardianship process for children who are incapacitated. The process to obtain guardianship is quite lengthy, so having this conversation 12 or more months early is key. Care Coordinators can start this conversation with reasons why this paperwork is necessary, what guardianship requires, how it works, and where to begin. This conversation and process will ensure that those with function-

al and intellectual limitations are taken care of well into their adult life.

Whether you love working with kids or have had no experience working with them, there is a chance that you may be assisting a pediatric Health Home member. As Health Home staff we want to ensure the member's needs are being met, improve their overall wellbeing and empower the member and family to promote optimal health outcomes and member self-management. Through a person centered approach and timely interventions we can affect our pediatric member's lives to guarantee a better and happier tomorrow.

Consent Guidance

The Consent Guidance document has been added to the Care Coordinator toolkit on the DSHS Health Home webpage.

Go [here](#) and find it under

Section C: Forms & Tools



May is Mental Health Awareness Month

TOGETHER
for Mental Health

#Together4MH

Taking on the challenges of mental health conditions, health coverage, and erasing the stigma around mental illness requires all of us.

For more information go to nami.org

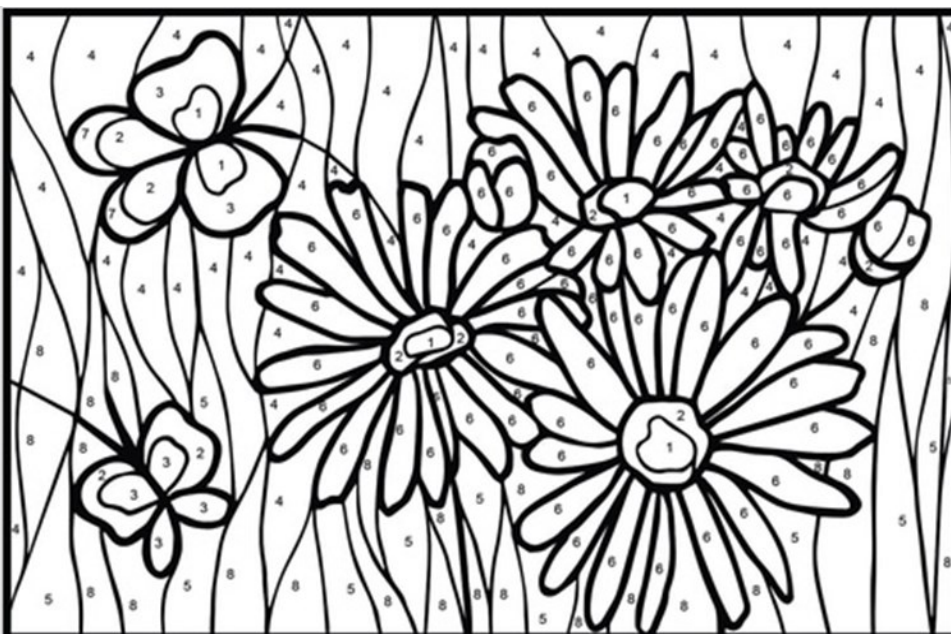
Fast Facts

1 in 5

The number of U.S. adults experiencing mental illness each year

1 in 6

The number of U.S. youth aged 6-17 experiencing a mental health disorder each year



creativecommons.org

Participant Portrait

*Lead/CCO: NWRC
 HH Care Coordinator:
 Allison Cole*

Client is a 68 y/o male living in independent housing with his adult grandson. Pertinent medical conditions include Congestive Heart Failure, Hypertension, and COPD. He worked all of his teenage and adult life for the same food supply company until his health got to the point when he was no longer able to work. This heavily impacted the way he saw himself, as he really has always been someone who works hard, provides for his family, and tries to give back to his community.

I've been working with this client since 3/2016, and we focus on both medical and wellness goals. In the time I've known him, he has been diagnosed with diabetes, first rejecting the diagnosis and refusing the treatment- and eventually coming to a place where he takes his medication, checks his sugars, and is aware of the relationship between diet and the disease. He also had cataract surgery and no longer has to wear glasses. And he has made efforts to prevent any further cardiac episodes through regular appts with his cardiologist and

compliance with his pacemaker team. I was also able to connect with the local Rotary to obtain a donated 3-wheeled bicycle that client was able to ride around his neighborhood since he did not yet feel stable on a 2-wheel but wanted to bike again.

He has had multiple hobbies and interests over his lifetime, including making burial gowns for infants who have passed away, which he then distributed through his church in his local community. He was also heavily involved in woodworking in his earlier years, but after a heart attack in 2013 he lost motivation to do this. Part of what I try to emphasize to my clients is the importance of "finding the WHY," meaning finding the quality in the life you are living. Sure, you do all this stuff, take these meds, go to the appts to stay in compliance, but it's important to address the WHY that we do that. And this client was really receptive to this.



In May 2017, he stated that he wanted to make a wooden planter when the weather improved. We reviewed the catalogues together for woodworking patterns, and he was able to budget for materials. He had the planter finished by June and then got to work on setting up a workspace in the garage with all of his tools that were previously in disuse. Flash forward to Feb 2022, and he has made so many woodworking projects that I cannot keep count! So I will simply show the photos of his latest Christmas project where he made a Snoopy theme and also included characters from the Grinch. He made so many pieces he even decorated the neighbor's yard! It was a sweet sight. I do have to note that I **may** have provided some direction to him in the photo where he is waving next to waving Santa- whose arm really moves, by the way- but he was a totally willing participant!



I guess that was a pretty big brag, but I am really proud of all of the work he has done for himself. And I am grateful to be on the journey with him.



Care Coordinator Corner

CCO: Community Choice
 CCO Manager: Elaine Bandy
 CC: Midge Kirkpatrick

This client lives in a Recovery House due to loss of job from COVID restrictions and prohibitive cost of rent. One main health concern at time of enrollment was to take care of his teeth. His long-term goal was to start working again. He stated he felt like he had been "trying to do this all alone" and he was happy to have "finally found some support". The Client's CC quickly referred him to a local dental office that accepts Medicaid patients, and the client was able to schedule an appointment to begin receiving the needed services.

Since enrolling in the program the client and his CC have addressed and met many goals. Making healthy, appropriate and cost-effective food choices was one of the client's goals. CC assisted with providing local food resources, problem-solving how to eat healthy while working, cook healthy at home, and how to best follow diet guidelines set

by his doctor for swallowing due to his stricture and for maintaining a healthy weight. CC supported client through emergency surgery for bowel obstruction and recovery.

Client's long-term goal was to work again. First, he wanted to get his driver's license and a truck to drive. CC helped client research information and resources about how to work with his memory issues from his TBI. This also improved his confidence and self-management abilities. After a year of working together and preparing, the client was able to get his driver's license and buy a used truck. He was able to get a job at a company he had previously worked for. With support from his CC, he set his goal higher and was able to change jobs to one with greater responsibility and challenges. Because of his great success, it is likely that client will no longer need the Health Home program and become fully self-sufficient in his

life. He told his CC, **"I want to thank you for calling me at a time of my life when I really needed it, for being there to call & check on me at a time of my life when I was very vulnerable & really fragile, & scared. It has been a big help to me, & I really appreciate it"**.

Webinar Trainings

Join us for free monthly webinar trainings designed for Health Home Care Coordinators and allied staff. Webinars are typically held from 9:00 a.m. to 10:30 a.m. the second Thursday of each month.

Invitations are posted on DSHS website at [Washington Health Home Program – Training Invitations | DSHS](#) so check often for any updates to topics and links.

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Submit your story, resource, or ideas to the Care Coordinator Corner via our newsletter inbox:
healthhomenewsletter@dshs.wa.gov



Springtime Anagrams

According to the Merriam-Webster Dictionary an anagram is a word or phrase made by transposing the letters of another word or phrase. For example, the word "secure" is an *anagram* of "rescue". Below are some anagrams. Create a word(s) associated with spring.

- Elf Row _____
- Hens In Us _____
- Bar I Won _____
- By Left Rut _____
- Humor Moss _____
- Nets _____
- Rots Up _____
- Rat Bib _____
- Balm _____
- Lamb Rule _____
- Tike _____
- Well Yo _____
- April Cartel _____
- Danger _____
- Lit Up _____
- A Rat Icon _____
- Bale Slab _____
- Flea _____
- Nicest _____
- Chip Ring _____
- Like Buses _____
- A Nectar Wing _____
- Feel Win _____
- Boat Irons _____
- Mrs Be Color Shy _____



Answers can be found at

[Washington Health Home Program - Quarterly Newsletters | DSHS](#)