

News & Resources

September 2023

For parents of children with special health care needs

September 2023 Table Talk: Balancing caring for others when you have your own medical, disability, or mental health needs

Are you a caregiver for others but feel like your own physical or mental health is going downhill?

Join parents of children with special health-care needs to explore:

- What supports are available to help you take care of yourself?
- How can you balance the needs of all family members, including yourself?
- Inexpensive and healthy habits that can support your well-being.

You will hear from other parents, learn what works for them, and share ideas. Resources provided.

Wed, Sept 20, 2023 | 12:00-1:00pm | [Register here](https://tinyurl.com/TT-092023)
<https://tinyurl.com/TT-092023>

You will receive a zoom link via email.
Cost: **FREE**



The first 10 Oregon families to register and participate will receive a \$10.00 Amazon or Starbucks gift card.

Visit our [Facebook](#) page and [website](#).
[Speak with a Parent Partner:](#) 855-323-6744

For more information, to schedule a free training, or to be added to our mailing list: contact@oregonfamilytofamily.org

Youth Spotlight: Aidin Dennehy



Q: How has having a special health need or disability made your life different from your peers?

A: Well, having special health needs hasn't made my life *that* much different. It does mean I struggle sometimes, but having an IEP that I helped develop and a team of people who care for me (in multiple senses of the word) helps. It's also given me the opportunity to partake in advocacy and go to disability-focused summer camps (both very fun, would recommend.)

Q: What advice do you have for other youth or parents?

A: Collaborate early, and collaborate often. To parents: Let your child take part in decisions and ask for input! Assist in navigating systems if necessary. To youth: Tolerate it when your parents aren't helpful or misunderstand your goals, and help guide them to a solution that works for everyone.

Q: What is an ongoing or new challenge for you as you move into adulthood?

A: An ongoing challenge for me (as it may be for many) is time management. It's a skill I haven't put enough focus into developing, but I'm sure I'll learn it soon enough in college

Aidin is starting their first year of college and resides in Multnomah County.

Your child may benefit from these two new state policies



Senate Bill 819: Students with disabilities are entitled to the same number of hours of education as students without disabilities.

Senate Bill (SB) 819 (2023) will help end the practice of shortening school days for more than 1,000 Oregon students with disabilities. It ensures that all of Oregon's children have equal access to education. Because of this bill:

- Parents/guardians will receive notice specifically about shortened days for their child. The notice will explain their right to consent to, or oppose, a shortened day.
- If children are placed on a shortened day, schools must meet regularly with parents or guardians. They must also develop consistent plans for a shortened day as well as a plan for returning to full-time school.

Read more: [ODE Special Education SB 819](#)

Early & Periodic Screening, Diagnostic and Treatment (EPSDT) benefits for OHP members.

EPSDT is the OHP Plus benefit for members under age 21. Historically, OHP did not cover treatments that were “below the line” on the Prioritized List of Health Services. But starting on January 1, 2023, EPSDT coverage was expanded. OHP now covers all medically necessary and medically appropriate services for members under 21.

This is good news for many families of children with disabilities and special health needs. Before 2023, some things could be denied even if they were medically necessary and medically appropriate.

If your child uses the Oregon Health Plan and you believe they need additional health care or therapies, the OR F2F HIC may be able to help you access these EPSDT services. [Contact us.](#)

For more info, visit www.oregon.gov/EPSDT



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