

# All in for Kids

*A CLTS Program Family Newsletter*

All in for Kids: CLTS Program is a newsletter created to keep you and your family informed about the supports and services available through the CLTS Program. The newsletter is published by the Wisconsin Department of Health Services.



## **Step Four of Deciding Together: Developing the Individual Service Plan**

The Children's Long-Term Support (CLTS) Program uses a team approach called Deciding Together to make decisions. In this approach, you are a key team member and the expert in your family's goals, strengths, and needs.

The All in for Kids: CLTS Program newsletter will keep supporting you in the Deciding Together process. Previous newsletters covered:

- Step one: Discussing strengths, needs, and goals
- Step two: Thinking creatively about solutions
- Step three: Weighing the options

This newsletter explains step four: developing the Individual Service Plan (ISP). The ISP is the unique plan of supports and services for the child and your family.

In step four, the team works together to decide on supports and services and identifies roles and tasks, including:

- Identifying the types of service providers the plan will use. (For example, who will deliver a service?)
- Deciding where and how often the services will be delivered. (For example, will services be delivered more than once a week?)
- Setting up timelines. (For example, when will the services start?)
- Identifying team members' responsibilities. (For example, who will contact a provider to set up services?)

The ISP is always flexible. You can ask for the plan to change at any time if you feel the services are not working for your family or if your needs change. The plan might address a current need and be updated often as the situation changes, or it might aim to achieve a long-term goal for the child.

It is good to double-check the plan to make sure you understand the details, such as:

- Who should you call if you have questions about the services?
- How often will other team members check in with you to make sure the plan is working?
- What can you do before the next scheduled check-in if you think the plan is not working?
- Where and when will the services be delivered?
- What date will the services start?

If anything in the ISP is unclear, feel free to ask the support and service coordinator (SSC) to explain. Remember, your experiences, opinions, and choices matter. ❖

## What To Do if You Do Not Agree With a CLTS Program Decision

It is natural for people to have differences of opinion from time to time. Even with the best intentions, disagreements can still happen. For example, your family and the SSC may have different ideas about how to support the child to make progress toward their goals. If team members disagree, it is important to keep communicating. Try to explain the reasoning behind your thoughts.

## FOR YOUR INFORMATION

For articles explaining steps one through three of Deciding Together, go to [www.dhs.wisconsin.gov/library/akids21.htm](http://www.dhs.wisconsin.gov/library/akids21.htm) and click the links for the January, February, and May newsletters. Future newsletters will discuss later steps. Details about the full Deciding Together process are at [www.dhs.wisconsin.gov/library/p-02246.htm](http://www.dhs.wisconsin.gov/library/p-02246.htm).

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If an agreement still cannot be reached, your family has the right to choose other options, including:

- Filing a grievance with the county. To learn how, contact your county Health and Human Services Department.
- Appealing the decision through the Wisconsin Division of Hearings and Appeals (DHA).

## Appealing Through the Division of Hearings and Appeals

SSCs are required to provide you with information about your right to appeal. **You can appeal for any reason**, including when:

- The child is found not eligible or loses eligibility.
- Services are denied.
- Services are reduced from the requested amount.
- Your family's choice of provider is not approved.

If you think you should have received this information and have not, please ask the SSC. For more information about appeals, go to [www.dhs.wisconsin.gov/clts/waiver/family/index.htm](http://www.dhs.wisconsin.gov/clts/waiver/family/index.htm) and scroll down to the "Your Rights and How to Appeal" section.

To file an appeal, go to [doa.wi.gov/Pages/LicensesHearings/DHAWorkandFamilyServicesUnit.aspx](http://doa.wi.gov/Pages/LicensesHearings/DHAWorkandFamilyServicesUnit.aspx).

Filing an appeal is not seen as a negative action. It is one way to work through differences. ❖

## Back to School During COVID-19: Tips to Help You Prepare

Children may have questions or worries about going back to school during the COVID-19 pandemic. Being around people they do not live with may make a child scared or nervous. Returning to school this year will be a big change, and it may help to make time to talk about it and prepare beforehand. Here are some tips.

### Listen to the Child

First, ask the child about any fears or concerns they may have. Answer questions with facts and ideas the child can understand. If you are not sure of an answer, let the child know you will find out. You can find information about COVID-19 and supporting a child's mental health on the Centers for Disease Control and Prevention website at [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html).

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Sharing your own experiences may help ease the child's worries. For example, tell them what has helped you adjust to going back to work or being in public places. You can also let the child know that schools and government leaders will help keep students safe.

## Suggestions for Talking to Children of Different Ages

Children often ask different kinds of questions or want different types of information depending on how old they are. Here are some general differences among age groups and how you can communicate with them:

- Young children like to know what to expect.
  - Discuss new school routines, activities, and people they will see.
  - Talk about school safety rules and help them practice. If you are not sure of school safety rules, contact your local school district.
- Pre-teens like to ask detailed questions.
  - Explain the reasons for changes in school rules and routines.
  - Help them understand the difference between fact and rumors.
- Teenagers like to be included in decisions.
  - Guide them to sources of true information.
  - Help them make goals for school and the future.

## Create New Schedules and Routines for the School Year

Routines can help children feel calm and prepared for the day. They are less likely to be rushed or forget things if you:

- Plan the child's morning and evening routines. What needs to be done and in what order? A checklist may help.
- Decide when and where homework will be done.
- Figure out how and when the child will get to and from school.

Go to [www.dhs.wisconsin.gov/library/p-02767.htm](http://www.dhs.wisconsin.gov/library/p-02767.htm) for more information about returning to school after COVID-19. ❖

## Routine Vaccinations Are Important for Children and Teens

During the COVID-19 pandemic, families stayed at home to stay safe. Many people skipped health care checkups. Because of this, some children have missed routine childhood vaccinations (also called "immunizations"). Parents and caregivers should keep children up

## FOR YOUR INFORMATION

Everyone 12 years of age and older can get a free COVID-19 vaccination. Visit [www.dhs.wisconsin.gov/covid-19/vaccine-get.htm](http://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm) to learn how. Children 2 years of age and older are encouraged to add more layers of protection, such as wearing a mask. Learn more on the DHS COVID-19 Resources for Parents and Guardians webpage: [www.dhs.wisconsin.gov/covid-19/parents.htm](http://www.dhs.wisconsin.gov/covid-19/parents.htm).

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to date on vaccinations to help prevent certain dangerous diseases. These diseases can be very serious, even deadly, especially for young children. Vaccination is one of the best ways to protect babies, children, and teens from these diseases.

### Vaccinations for Babies and Young Children

From birth to 24 months old, babies need vaccinations to protect against diseases such as hepatitis B, chicken pox, whooping cough, measles, and many more. You can learn about simple ways to make vaccinations easier for babies and young children at [www.cdc.gov/vaccines/parents/visit/less-stressful.html](http://www.cdc.gov/vaccines/parents/visit/less-stressful.html).

### Vaccinations for Older Children and Teenagers

Older children need vaccinations to help protect them from being infected at school. It is important for older children and teens to be vaccinated to protect against diseases they can develop now and in the future. Make an appointment with a health care provider today to make sure they are fully protected against vaccine-preventable diseases. Teaching teens to make regular health checkups creates healthy habits for life!

Tips on making vaccinations less stressful for teens can be found at [www.chop.edu/centers-programs/vaccine-education-center/age-groups-and-vaccines/adolescents](http://www.chop.edu/centers-programs/vaccine-education-center/age-groups-and-vaccines/adolescents).

### What Vaccinations Does a Child Need?

Health care providers keep track of the vaccinations a child has received. If a child is due for a vaccination, the health care provider should offer it at a checkup appointment. If you have any questions about vaccinations the child needs, ask the health care provider. ❖

### Free and Fun Things To Do With Kids this Fall

As summer turns to fall you may be looking for different things to do with kids. The cooler weather makes it nicer to be outside, but the start of school means some families have less free time. Read on for some activities to try when you have some “together time.”

- **Make a leaf pile.** Nothing beats the crisp fall air on your face and working in the yard as a family. Okay, this one involves work, but it pays off in fun! Rake leaves into a pile, then play in it or bury each other. Repeat until everyone tires out.



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- **Explore nature.** There are lots of changes to notice outside as the seasons shift. You can even make a game of it with a nature bingo sheet that includes things like acorns, leaves that have changed color, birds, and squirrels. You can find bingo sheets online or make your own. Whoever gets bingo first wins!
- **Make and decorate a poster** that shows in words or pictures some things your family is thankful for. Working together, use crayons, markers, glitter, stickers, or pictures cut from magazines to create a unique piece.
- **Roast marshmallows.** There is something about this time of year that makes this a special treat. Next time you are at the store, get some marshmallows (and chocolate bars and graham crackers if you want to make s'mores). Then gather round the fire pit or grill and cook up these gooey treats—yum! ❖

## Helpful Resources for Families

Ways to take care of mental health during COVID-19:

[children.wi.gov/Documents/COVID-19%20and%20Mental%20Health%203.18.20.pdf](https://children.wi.gov/Documents/COVID-19%20and%20Mental%20Health%203.18.20.pdf)

Tips on responding to COVID-19 changes at school:

[children.wi.gov/Documents/ResearchData/OCMH%20Fact%20Sheet\\_April2021\\_Responding%20to%20COVID%20Changes%20at%20School.pdf](https://children.wi.gov/Documents/ResearchData/OCMH%20Fact%20Sheet_April2021_Responding%20to%20COVID%20Changes%20at%20School.pdf)

Tips on safely returning to school during COVID-19 for children with complex health needs:

[www.healthykidsdane.org/reset](https://www.healthykidsdane.org/reset)

Previous issues of All in for Kids: CLTS Program:

[www.dhs.wisconsin.gov/clts/waiver/family/index.htm](https://www.dhs.wisconsin.gov/clts/waiver/family/index.htm) (scroll down to the Resources section)

## JOIN OUR EMAIL LIST

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You can also sign up for other Department of Health Services long-term care program emails at [www.dhs.wisconsin.gov/dms/ltc-email-signup.htm](https://www.dhs.wisconsin.gov/dms/ltc-email-signup.htm).

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All in for Kids: CLTS Program is a newsletter published by the Wisconsin Department of Health Services for children and families in the CLTS Program.

The CLTS Program makes Medicaid funding available to support children with substantial limitations due to developmental, physical, or severe emotional disabilities who are living at home or in the community. Funding may be used to support a range of services based on an assessment of the child's and family's specific needs and identified goals or outcomes. For more information, visit [www.dhs.wisconsin.gov/children/index.htm](https://www.dhs.wisconsin.gov/children/index.htm).

Para leer este boletín en español, visite [www.dhs.wisconsin.gov/library/akids21.htm](https://www.dhs.wisconsin.gov/library/akids21.htm).

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