

# KENTUCKY RESOURCES

## First Steps (Early Intervention)



First Steps is a statewide early intervention system that provides services to children with developmental disabilities from birth to age 3 and their families. First Steps is Kentucky's response to the federal Infant-Toddler Program. First Steps offers comprehensive services through a variety of community agencies and service disciplines and is administered by the Department for Public Health in the Cabinet for Health and Family Services.

- Anyone can refer a child for First Steps services by calling (877) 417-8377 or (877) 41STEPS.

## Michelle P Waiver (MPW)

The Michelle P. Waiver is a home- and community-based waiver program of the Kentucky Medicaid program developed as an alternative to institutional care for people with intellectual or developmental disabilities. The waiver allows individuals to remain in their homes with services and supports.

Eligibility Information: People with a developmental or intellectual disability who require a protected environment while learning living skills, educational experiences, awareness of their environment **and** meet Medicaid financial eligibility requirements are eligible. **ONLY** the income of the child/individual is assessed for income requirements. Family must apply through the Benefind website:

<https://benefind.ky.gov>. For assistance please contact the call center at: 1-855-459-6328 or TTY 1 -855-326-4654.

Services provided:

- Case Management
- Adult Day Training
- Supported Employment
- Community Living Supports
- Behavior Supports
- Occupational Therapy (**members over 21**)
- Physical Therapy (**members over 21**)
- Speech Therapy (**members over 21**)
- Respite
- Homemaker Service
- Personal Care
- Attendant Care
- Environmental/Minor Home Adaptation
- Adult Day Health Care

## NorthKey Community Care

Each region in Kentucky has mental health, substance abuse and development disability service provider. Services provided are similar throughout the different regions. The service provider in Northern Kentucky is NorthKey.



### Services provided include:

**Family and Child Services:** We know there are times when issues interfere with the type of family life you desire. NorthKey provides services to help you improve the mental health of your children and family. Our professional staff understands behavioral health issues and how to help your children, and you, improve communication and reduce family tensions.

We work with you and your child to assess the factors creating your stress and provide assistance through individual therapy, family therapy and intensive case management. When necessary, our psychiatric services team assists with medication evaluation and medication management.

Our treatment staff help build family communication skills, stress resiliency skills and effective coping skills for children from birth through age 17. We help your child and family reach your potential and truly transform your life.

**Outpatient Therapy Services:** When your child is experiencing mental health or behavioral health issues there is often an impact for other family members. NorthKey's skilled clinicians work with you and your child to provide treatment that is built around your needs. We include other family members in the treatment to bring about better short-term and long-term treatment outcomes.

NorthKey clinicians provide outpatient individual and family counseling services based in research and thoughtfully delivered to children and families experiencing mental health/behavioral health issues. Our professional clinicians assess your child's strengths and challenges and work with you and your child to develop a personalized treatment plan.

In some situations consultation with a NorthKey psychiatrist/advanced practice nurse (APRN) may be a necessary part of your treatment plan to assist with diagnosis, treatment planning and to oversee starting and managing medications.

## Educational Supports



**KY SPIN** [www.kyspin.com](http://www.kyspin.com) 800-525-7746

This organizations works to empower and support individuals with disabilities and their families to effectively advocate for and access needed information, resources, and support networks in order to enhance the quality of their lives.

**The Point/ARC of Northern Kentucky**

To assist families of children with disabilities to receive the educational services aligned to their needs and requirements of the Special Education process. They also work

to mentor care givers in their rights with the school. They work with children from 0 to 21 with disabilities that impact education. They serve Boone, Kenton and Campbell counties.

An advocate may be able to attend a school meeting with you to help with understanding, advocating and negotiating with the school.

Cost: \$40 for each face to face meeting plus \$.50 per mile for travel. If you live outside of Boone, Kenton and Campbell counties the fee is \$70 for each face to face meeting plus \$.50 per mile for travel. If you can show that you receive state assistance (for example food stamps) the cost is reduced to \$10.

859-491-9191 ext. 20 <http://thepointarc.org/>

The  
**Point  
Arc**



**Northern  
Kentucky** | **Greater  
Cincinnati**



**The ARC of Kentucky** 800-281-1272 <http://www.arcofky.org/>

May be able to provide educational mentoring. There are 10 chapters in KY, please visit <http://www.thearc.org/page.aspx?pid=306> for more information and locations.

**FIND of Louisville** 502-587-6500 1151 S. Fourth St. Suite 101 Louisville, KY 40203

FIND of Louisville (Family Information Network on Disabilities) helps families with children with disabilities to navigate the educational system. By knowing their rights, supporting each other and working together, families can be powerful and make good things happen for their children. Through the Jefferson County Public Schools, the Family Resources Centers and other community organizations, FIND can help educate parents and educators on the processes surrounding IDEA, 504 and the importance of working together for the educational growth of children.

**Council on Developmental Disabilities** 502-584-1239 1151 S. Fourth St. Louisville, KY 40203



The Council on Developmental Disabilities, a private non-profit association of families and friends of persons with developmental disabilities, has been advocating for persons with developmental disabilities in Jefferson County since 1952. The Council is a member agency of Metro United Way. Additional funding sources include: private, state, and federal grants; self-generated and program fees; foundation gifts and grants; and donations from the general public. Please contact us for any assistance concerning your family issues around disabilities.

**Kentucky Education Rights Center, Inc.** [www.edrights.com](http://www.edrights.com) 859-983-9222

The center is comprised of individuals who as advocates and attorneys have represented children with disabilities with school-related problems for a number of years. The endeavor of this organization is to

provide this assistance, but to do so without families incurring financial hardships. This group works with families and their local school district to help resolve disputes over education. Please note fees may apply.

**Kentucky Protection and Advocacy (KY P & A)** 1-800-372-2988 [http://kypa.net/Home\\_Page.html](http://kypa.net/Home_Page.html)

This state program is available for support when families of children with special needs dispute school supports and services. There is an intake process and they cannot accept every case that contacts them. Either an advocate or attorney will contact you back to discuss your case. This is the same as calling an attorney when you are in a dispute with your school.



**Children's Law Center** 859-431-3313

<http://www.childrenslawky.org>

An attorney is assigned to cases to represent children with issues with special education. If this agency takes your case you have hired an attorney and your district will likely also have an attorney

present. Often the cost for the service is determined following the case and the losing side may be required to cover the costs of the other side (according to IDEA).

## **NON EMERGENT MEDICAID TRANSPORTATION BENEFITS**

Kentucky Medicaid will assist members with cost of transportation to medical visits

**It is the expectation of the Kentucky Department for Medicaid Services that our recipients and families/caregivers will comply with any and all rules and regulations of the facilities where they receive care, the lodging facilities where they sleep and the food services businesses where they eat. Failure to do so could lead up to denial of assistance for a specific instance to denial of all future assistance for travel, lodging and food reimbursement.**

To be eligible for reimbursement assistance:

Travel: **The recipient must live at least 120 miles away from the place of the appointment and the authorization form must be submitted 7 days prior to the appointment.** You or your child must have been referred to the specialty provider by your primary care physician. The appointment must meet medical necessity criteria and be a Medicaid covered service. You must make sure that the provider you are going to see is a credentialed Kentucky Medicaid provider as well as a credential provider with whatever Managed Care Organization your child is assigned to. Fuel is reimbursed per receipts that are submitted to the Department for Medicaid Services (DMS). We will reimburse for the fuel to get to the appointment and the fuel to get back home. You fill up your vehicle before leaving on the trip and fill up before returning home. We do not pay to fill up again once you are home.

Lodging: We do not cover lodging for a caregiver if the recipient is an adult. We will reimburse up to \$90.00 per night per invoice. In some areas we have arrangements with some hotels that bill us directly, in other areas you will have to pay upfront and then send in your receipt. For long stays of more than a week, we typically require the stay be at the local Ronald McDonald House if possible. If lodging is requested a written statement from the Doctor will need to be provided stating that lodging is Medically Necessary for this appointment.

Food: Food is covered for the recipient (as long as they are not inpatient). If the member is a child, one parent or guardian is eligible for food reimbursement. Food is reimbursed per receipts. Receipts must be submitted to DMS. DMS will reimburse up to \$15.00 per day or the actual amount of the receipts (the lesser of the two). Therefore one adult parent is eligible for up to \$15.00 per day and if the child is not inpatient the child is eligible for up to \$15.00 per day.

All receipts must coincide with the dates of the prior approved travel and submitted within 30 days of after the approved appointment. Please have your social worker or yourself call or email to receive prior approval at least seven days in advance of the scheduled appointment.

If you have questions please email [eddie.newsome@ky.gov](mailto:eddie.newsome@ky.gov) or at NEMTRequests@ky.gov or call 502-564-6890