

OHIO RESOURCES

Help Me Grow



Help Me Grow is a voluntary family support program for pregnant women or new parents. Offered in every county of the state through a well-established network, Help Me Grow is an evidence-based program that promotes healthy growth and development for babies and young children. Our home visitors are well-trained professionals who use a non-judgmental and compassionate approach that empowers parents with skills, tools and confidence to nurture the healthy growth of their children.

Help Me Grow believes all young children deserve the same opportunities to realize their full potential in life, regardless of economic, geographic, and demographic considerations. The parenting education and child development resources provided to families allows them to maximize this critical period of development in their child's life, providing a foundation for lasting success.

When a parent schedules a home visit with Help Me Grow, they will have the opportunity to share to share their thoughts about parenting, ask questions, and receive reliable information based on their individual family needs or topics of interest

- Anyone can refer a child for Help Me Grow services by calling 1-800-755-GROW
- CCHMC providers can place a referral to Help Me Grow

(Early Intervention)



Early intervention provides family-centered services for infants and toddlers from birth to age three with a medical diagnosis or developmental delay

WHAT CAN YOU EXPECT?

Once your child is determined eligible for services, a team of early intervention professionals will support you and your family. Members of the team include a Help Me Grow Service Coordinator and an Occupational Therapist, a Physical Therapist, a Speech/Language Pathologist, and a Developmental Specialist from the Cuyahoga County Board of Developmental Disabilities.

One of the team members will serve as your Primary Service Provider (PSP). This person will visit you and your child in your home or other places you regularly spend time. At each visit, you and your PSP will work together to support your child's development during everyday activities. The PSP will consult with other team members as needed and they may join the PSP on visits with you.

The Service Coordinator is the team member who helps guide you through services. Your Service Coordinator will learn about your family, daily activities, and your hopes and priorities for your child. He or she will listen to your goals for your child, help to put needed services in place, and monitor your child's progress on an Individualized Family Service Plan (IFSP). Your Service

Coordinator also helps you through the eligibility process, schedules evaluations and assessments for your child, and works with your PSP and other team members to ensure a smooth delivery of services.

Children with Medical Handicap Program (BCMh) of the Ohio Department of Health



BCMh links families of children with special health care needs to a network of quality providers and helps families obtain payment for the services their children need.

BCMh provides assistance to children with special health care needs and their families who meet the **medical and financial** eligibility criteria. Assistance is provided to children under the age of 21 who have special health care needs and are residents of the State of Ohio. *Spina Bifida is a covered diagnosis.*

Although BCMh covers a wide range of services, it is important to know BCMh does not cover all the services a child with special health care needs may require, nor are all services available for every diagnosis. Services must be related to the child's BCMh-eligible condition.

BCMh provides support allowing the Center for Spina Bifida to have dedicated nurse coordinators on staff.

Ohio Department of Developmental Disability (DODD)



The Ohio Department of Developmental Disabilities (DODD) oversees a statewide system of supports and services for people with developmental disabilities and their families. DODD does this by developing services that ensure an individual's health and safety, encourage participation in the community, increase opportunities for meaningful employment, and provide residential services and support from early childhood through adulthood

County Board of Developmental Disability

In Ohio, the County Board is the primary contact for an individual and their family. The County Board serves two primary functions:

- 1. Determining Eligibility:** Your County Board will work with you to determine eligibility for services. Eligibility criteria varies by age:
 - **Ages 0-2:** the eligibility report completed by or for *Help Me Grow* is used to determine eligibility.

- **Ages 3-5:** Each County Board sets eligibility requirements, which may include the evaluation completed by or for the school district for preschool special education
- **Ages 6+:** Standard assessment tools are used to measure an individual's current functional abilities in life activity areas – mobility, self-care, self-direction, capacity for independent living, learning, and receptive and expressive language skills – for ages 16 and older, the tool also measures economic self-sufficiency. To be eligible for services, an individual must show substantial functional limitations in at least three of these areas. The tools used are the Children's Ohio Eligibility Determination Instrument (COEDI) for children ages 6-15, and the Ohio Eligibility Determination Instrument (OEDI) for individuals ages 16 and older.

2. Service Coordination: Once you are eligible for services, your County Board will link you to needed services and supports. A Services and Support Administrator (SSA) will work with you to develop an Individual Service Plan that outlines what types of supports are needed.

When to contact your local County Board

- If your child is diagnosed with a developmental disability, or you suspect your child may have a developmental disability.
- If additional support is needed to achieve your/your child's goals.
- If you are moving to a new community and are receiving services, and want to continue receiving services once you move.

Case Management (Service and Support Administration - SSA)

Case management is a process to link individuals and families to needed services and supports provided by local county boards of DODD. It may include any or all of the following supports:

- Information, referral and linkage
- Eligibility determination and assessment
- Individual Service Plan development and revision
- Assistance in provider selection and accessing services
- Coordination and monitoring of services
- Quality assurance of services provided to individuals and families
- Crisis intervention

How to contact your local County Board:

<http://dodd.ohio.gov/CountyBoards/CNT/Pages/default.aspx>

Family Support Services Program (FSSP)

Small amount of funding available by DDS for certain services. To learn more about the program please contact your SSA. *Program may have different names in different areas of Ohio.*

DODD Waivers

Currently there are 3 waiver program administered by DODD. All of these waivers tend to have VERY long wait lists, which are managed by each county. Ask your Board of Developmental Disability Services (DDS) worker for more information about ensuring your child is on the waiver wait list in your county.

Waivers waive your right to put your child in an institution. Waivers also only examine the income and assets of the child to determine Medicaid income eligibility.

Level 1: allows for minimal paid support and relies heavily on natural supports assisting individuals to live in community settings of their choice with supports instead of living in an institution.

- **Eligibility:** Individuals must meet be Medicaid-eligible and have an ICF level of care – there are no age requirements.
- **Services provided by the Level 1 Waiver include:**
 - Homemaker/personal care; community respite; personal emergency response systems, environmental accessibility adaptations, supported employment, residential and information respite, transportation, specialized medical equipment, emergency assistant, day habilitation

SELF: Ohio's first participant-directed waiver. It lets people direct where and how they receive services, this is known as self-direction.

- **Eligibility:** Individuals must be willing and able to self-direct at least one waiver service, be able to have their health and welfare needs met through the SELF waiver, need of at least one SELF waiver service, be Medicaid eligible, and have an ICF level of care. There are no age requirements for eligibility.
- **Services provided by the SELF waiver include:**
 - Support brokerage, community inclusion (personal assistance/transportation), residential respite, community respite, adult day supports, vocational habilitation, supported employment-enclave, remote monitoring and equipment, integrate employment, functional behavioral assessment, clinical/therapeutic intervention, participant-directed goods and services, participant/family stability assistance

Individual Options (IO): more comprehensive waiver which allows individuals to live in community settings of their choice with supports instead of living in an institution. The IO waiver has a higher funding limit and waiver services are developed in order to meet a person's individualized needs.

- **Eligibility:** Individuals must meet Medicaid eligibility criteria and have an ICF level of care – there are no age requirements.
- **Services provided by the IO waiver include:**
 - Homemaker/personal care; residential and informal respite, personal emergency response systems, environmental accessibility adaptations, supported employment, community respite, Ohio Shared Living, transportation, specialized medical equipment, day habilitation

Educational Supports

State Support Teams

The state has been divided into 16 regions. Each region has a support team. The goal of the support team is improve school delivery, literacy, special education compliance and school readiness. There is a parent contact or representative at most teams who can talk with parents about school concerns related to special education. To find your local contact please visit <http://education.ohio.gov/Topics/School-Improvement/State-Support-Teams>



State Support Team 13 which serves Hamilton, Butler, Clermont and Warren Counties, has a parent contact at 513-674-4234.

Parent Mentors of Ohio

A parent mentor is another parent who has a child with a disability and is employed by the school system to help the school district and families communicate effectively. There is no charge when working with a parent mentor. They can provide guidance, support, information and resources to families. In addition, they often are willing to attend school meetings with families. Not all districts have a parent mentor, to find out whom your parent mentor is contact the Director of Special Education in your district and/or visit

<http://www.ocecd.org/ContactaParentMentor.aspx>

- Spanish-speaking families: marbellac@ocecd.org or [844-382-5452](tel:844-382-5452)

Ohio Coalition for the Education of Children with Disabilities (OCECD)



Ohio Coalition for the Education of Children with Disabilities

This is a statewide program that works with families to get education assistance. There are regional contacts that can provide support and assistance regarding special education. 800-374-2806 ext. 20 <http://ocecd.org>

Red Treehouse:

<http://www.redtreehouse.org/main>

RedTreehouse.org is Ohio's online resource promoting and supporting the physical, emotional, intellectual and social development of children and young adults, prenatal-25