

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 5 of Deciding Together: Reviewing Supports and Services

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 explained:

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

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This newsletter discusses step five: reviewing the supports and services that your family is receiving to make sure goals are being met. This helps to produce the best outcomes for your family.

Measuring Progress Toward Goals

Each service or support is put into place to help meet a goal and to help your family. Reviewing a support or service measures whether it is working. Sometimes it is working as expected, which is great! Other times it may not be helping and needs to be changed.

Think about whether **the types of services and supports and how often they are provided** meet your family's goals. For example, maybe your family is experiencing a high level of stress, so the team decided to try respite services. The review will check whether the service is helping the stress level. If you originally reported a stress level of 8 on a scale of 1–10, is that number lower with the respite care? If not, the team can discuss whether respite care is needed more often or if a different service or support might help lower your family's stress level more.

Sharing your family's thoughts with the support and service coordinator (SSC) will help make sure the supports and services meet the goals of the child and your family. It is important that team members talk to each other so that if a support or service is not working, it can be changed as soon as possible.

Supports and Services Need to Keep Up With Your Family's Goals

Your family will naturally have new goals over time. As life changes and the child grows, supports and services will need to change to help meet those goals. Reviewing supports and services gives the team a chance to discuss new things you want to improve in your family's life. Here are some questions to think about:

- **Does the child have different needs or interests now?** For example, maybe a teenager is being coached on how to manage money. Now they are finishing high school and need help finding a part-time job or filling out college applications. The supports and services can be changed to meet the new goals.
- **Have goals been met and are new goals needed to continue improving the child's and family's daily activities and routines?** For example, the child has met the goal of being able to prepare cold snacks on their own. A new goal might be for them to learn to use the microwave.

FOR YOUR INFORMATION

For articles explaining steps one through four of Deciding Together, go to www.dhs.wisconsin.gov/library/akids21.htm and click the links for the January, February, May, and September newsletters. Details about the full Deciding Together process are at www.dhs.wisconsin.gov/library/p-02246.htm.

When are supports and services reviewed?

Supports and services can be reviewed and changed at any time and as often as needed, especially whenever your family's life or goals change. During the COVID-19 pandemic, your life and goals may be changing more often or in unexpected ways. If you need any changes to your supports and services, just ask the SSC! ❖

CLTS Program Renewal Will Bring Improvements

Every five years, the CLTS Program is renewed through the federal government. The next program renewal will take effect on January 1, 2022. Each time the program is renewed, we think about ways to improve services and supports for children and families.

The Wisconsin Department of Health Services (DHS) collected family and participant feedback through a survey and online input sessions to get ideas for CLTS Program improvements. We determined three values that program improvements will be based on:

- **Access/eligibility:** Making sure that children with substantial needs have access to the CLTS Program
- **Family-focused:** Expanding the program to help support the wide range of needs and goals a family may have
- **Inclusion:** Promoting equity (fair treatment and equal opportunity) and cultural inclusion (making sure that people's uniqueness is seen, heard, and valued)

We are excited about making the CLTS Program stronger! After the program renewal is approved, a future issue of this newsletter will give specific details about the improvements. Meanwhile, the next two stories give information on two of the program changes to come:

- Reducing the use of restraint and seclusion
- Improving guidance for families with youth transitioning to adulthood ❖

CLTS Program Is Reducing the Use of Restraint and Seclusion

The CLTS Program is committed to providing safe supports and services to children. One way DHS will provide safe supports is by reducing the use and types of restraints that are used with children in the program. This includes ending the routine use of physical restraint and seclusion by service providers. Best practices show that there are more useful ways to help children cope that are safer for both the child and the provider.

NEED HELP?

It is natural for people to have differences of opinion from time to time. People, doing the best they can, may still disagree. Every family has the right to formally appeal a decision about supports and services with the Division of Hearings and Appeals.

You can request a hearing using the form at doa.wi.gov/Pages/LicensesHearings/DHAWorkandFamilyServicesUnit.aspx or by letter.

Mail your form or letter to:
DHA, P.O. Box 7875, Madison, WI 53707. Filing an appeal is not seen as a negative action. It is simply one way to work through differences.

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The CLTS team, including your family, the SSC, providers, and others who know the child well, will work together to create a plan to support the child without using physical restraint. This may be a part of the Individual Service Plan (ISP), a support plan, or simply a daily routine (for example, what the child does after school). CLTS providers will get to know the child's preferences, strengths, and needs. Providers will then:

- Use the plan to support the child based on their unique needs.
- Provide positive supports to the child, such as teaching coping skills or using methods to prevent or calm unsafe behavior.
- Communicate with you often about how they are working with the child and what positive supports they are providing.

If you have questions about what this means for your family, talk to the SSC. ❖

CLTS Program Is Improving Guidance on Transitioning to Adulthood

Becoming an adult is an exciting and challenging time in everyone's life! It comes with increased independence and is full of decisions. Families have told us they would like more help for youth that are transitioning to adulthood. To better support families, the CLTS Program is increasing the amount of information and guidance we provide about the transition process. Our goal is to help families and youth feel supported and ready to transition from the CLTS Program.

When will I get information about transitions?

The SSC will start talking with you and the youth about transition when they are 14 years old. This gives you time to plan and prepare for this change.

The SSC will give information about several options for the youth after they leave the CLTS Program, including transition to:

- Adult long-term care programs.
- Adult mental health programs.
- Other community programs.

Topics to Discuss With the SSC

To help prepare youth for transitioning to adulthood, you may want to bring up the following topics at your next meeting with the SSC:

- **Disability determination:** This is needed to enroll in adult long-term care programs.
- **Medicaid source:** Often the type of Wisconsin Medicaid that a youth is enrolled in will need to change as they transition to adulthood.

WHAT IS AN ISP?

An ISP is the unique plan of supports and services for the child and your family.

REMINDER

Remote services are services that are provided on a smart phone, tablet, or computer. Remote services are available for the CLTS Program for families who want them. You can find out more in the February 2021 issue of this newsletter at www.dhs.wisconsin.gov/newsletters/kids-2021-02.pdf.

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- **Employment or education options:** You can discuss ways to prepare the youth for next steps after high school, such as getting a job, moving up at a job they already have, or enrolling in additional education or training.
- **Supported Decision-Making versus guardianship:** These are two options for helping people with disabilities with decision-making in areas such as money, medical care, and where to live.
 - Supported Decision-Making: An arrangement that allows a person to keep their legal decision-making rights while getting input from people they trust. Family or friends help explain information, answer questions, and weigh options. Supported Decision-Making gives a person more control over their life and future than guardianship.
 - Guardianship: A legal relationship in which a guardian is appointed by the court and has the power to make decisions for a person.

The SSC can give you information about resources available in your county as the youth goes through this stage of life. ❖

Winter Family Fun Ideas

Some people love to spend time outdoors at this time of year. Others just want to stay inside when the temperature drops. Whichever type you are, here are some activities to try with kids when you are spending time together this winter.

- **Snow painting:** When can you squirt out a painting? When there is snow on the ground! Fill squirt bottles (such as empty mustard or ketchup bottles) with water and food coloring. (Use more food coloring to make it show up better.) Then head outside and let the child squirt a picture or their name onto the snow. This is lots of fun and helps the child practice motor skills. As a bonus, there is no clean-up afterward!
- **Fort building:** This is a great inside activity when it is just too cold outside! Lay sheets or blankets over chairs or the kitchen table. Add pillows and more blankets inside the fort to make a cozy space. Snuggle up together for a yummy snack, a game, a good book, or a movie!
- **Creative cooking:** Getting kids involved in cooking is a great way for them to have fun and help out at the same time! For a sweet treat, try making chocolate-dipped pretzels: Use the stove or microwave to melt chocolate chips, then dip pretzels. Add colorful sprinkles if

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WINTER FAMILY
FUN

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you like and wait for the chocolate to cool. This is one time when it is okay for kids to play with their food! ❖

Helpful Resources for Families

Tips for talking about COVID-19 vaccinations with family and friends:

www.dhs.wisconsin.gov/covid-19/vaccine-talk.htm

Tips for safer holiday get-togethers during the pandemic:

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html

Latest information about COVID-19, including information about vaccinations for children, vaccine booster doses, and virus variants:

www.dhs.wisconsin.gov/covid-19/index.htm

Searchable web page for COVID-19 and flu vaccinations near you:

www.vaccines.gov/search

Searchable web page for COVID-19 vaccinations near you:

211wisconsin.communityos.org/guided_search_zip_lookup/render/ds

Information about food assistance during the pandemic:

www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm

Tips for preventing the flu:

www.dhs.wisconsin.gov/influenza/prevention.htm

Details about Supported Decision-Making from the Wisconsin Board for People With Developmental Disabilities:

wi-bpdd.org/index.php/SupportedDecision-Making

Articles and newsletters for families of children with disabilities:

www.parentcenterhub.org

Previous issues of All in for Kids: CLTS Program newsletter:

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

FOR YOUR INFORMATION

Everyone 5 years of age and older can get a free COVID-19 vaccination from their health care provider, community-based vaccination clinics, local and tribal health departments, or pharmacies. Visit 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.

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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.

Para leer este boletín en español, visite www.dhs.wisconsin.gov/library/akids21.htm.

Xav nyeem tsab ntawv xov xwm no ua Lus Hmoob, mus xyuas www.dhs.wisconsin.gov/library/akids21.htm.

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