

NEW YORK CITY DEPARTMENT OF HEALTH
AND MENTAL HYGIENE
DIVISION OF HEALTH CARE
ACCESS AND IMPROVEMENT
**BUREAU OF PRIMARY CARE
ACCESS AND PLANNING**

ALL HEALTH EDUCATION FORUMS

will be held at:

Gotham Center
42-09 28th Street
Long Island City, NY 11101
Conference Room 14-31

from **10:00 a.m. to 12:30 p.m.**

Teleconferencing is also available.

Call for information.

Who should attend:

parents, caregivers and providers

Reserve your seat! Space is limited.

RSVP: Call **347-396-4600** or
email: ecurent1@health.nyc.gov

Refreshments will be served.

Call 311 or visit nyc.gov
and search for CSHCN.



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE
42-09 28th Street, 11th Floor CN 34
Long Island City, New York 11101

Children with Special
Health Care Needs Program
2014

HEALTH EDUCATION FORUMS

CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM (CSHCN)

WHO WE SERVE

- CSHCN serves children and young adults (up to age 21) who
- live in a New York City borough
 - have been diagnosed or may have a serious or chronic health condition or disability, or a physical, developmental, intellectual, emotional or behavioral condition
 - need extra health care and assistance

PROGRAM SERVICES

REFERRALS

CSHCN staff refer families with children who have special health care needs to the Health Department's Certified Application Counselors. The Certified Application Counselors assist families in applying for low-cost health insurance and connecting to community resources to meet their children's medical needs.

INFORMATION SERVICES

CSHCN staff informs and educates families on health care options and services to best meet their children's needs.

RESOURCES

CSHCN provides educational materials and web-based resources on health insurance and medical topics.

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

OFFICE OF HEALTH INSURANCE SERVICES

NYC
Health

CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM

2014 Health Education Forums

Wednesday

March 12, 2014

The Affordable Care Act: New Health Insurance Benefits for Your Children and Family

*Caroline Heindrichs
Executive Director,
Office of Health Planning
Bureau of Primary Care Access
and Planning
New York City Department of Health
and Mental Hygiene*

The Office of Health Planning is responsible for devising and implementing policy, program and research initiatives that help vulnerable populations obtain and maintain health insurance coverage and access primary and preventive health care services.

Discussion Topics:

- overview of the Affordable Care Act (ACA) and families
- changes to existing insurance coverage
- navigating new insurance options
- helpful online resources

Health Department Certified Application Counselors will be available to provide assistance and answer questions about low-cost health insurance options.

Wednesday

May 14, 2014

Getting On the Right Track: Working with Schools to Support Your Child's Emotional and Learning Needs

*Kari K. Collins, Ph.D.
Assistant Professor of Pediatrics,
Albert Einstein College of Medicine,
Director of Mental Health Services, School Health Program, Montefiore Medical Center*

*Polina Umylny, Ph.D.
Healthy Steps Specialist, Montefiore Medical Group Comprehensive Health Care Center*
*Candida Brooks-Harrison, MSW, LCSW
Director, The Village Enrichment, Expert Learning Disabilities*

Montefiore Medical Center provides primary and specialty care in New York City. The Village Enrichment provides psychotherapy, education, evaluation and consultation services.

Discussion Topics:

- how to integrate positive behavior interventions
- benefits of the School-Based Health Center Model
- tips for talking to school staff to effectively resolve problems
- the school's role and what to expect
- supporting growth and positive outcomes for your child, family, school and community

Wednesday

September 17, 2014

Self-Care for Caregivers: How Do I Manage Everything and Take Care of Myself at the Same Time?

*Annette Raia
Regional Coordinator, Parent to Parent of New York State, Family Voices of New York State*
Dahn Yoga, Yoga Instruction and Relaxation Techniques

TIRA TIME, Meditation and Yoga
Carla Gervasio, L.AC., Tai Chi, Acupuncture

Parent to Parent of New York State provides information, referral services, training and support for parents and caregivers through the Parent Matching Program.

Discussion Topics:

- accepting help and getting relief
- managing your time and getting organized
- coping with stress and mastering relaxation

Various professionals will introduce relaxation techniques and offer five-minute massage, group meditation, tai chi and yoga instruction.

Wednesday

November 19, 2014

Prevention: Promoting Oral Health and Good Nutrition to Keep Your Child Healthy

*Ramneet Kaira, MPH, MBA
Program Manager, Oral Health Initiatives
Bureau of Primary Care Access and Planning
New York City Department of Health
and Mental Hygiene*

*Cathy Nonas, MS, RD
Senior Advisor, Bureau of Chronic Disease
Prevention and Tobacco Control
New York City Department of Health
and Mental Hygiene*

The Oral Health Initiatives and The Childhood Obesity Program conduct education and awareness campaigns to inform all New Yorkers about ways to prevent diseases and improve their health.

Discussion Topics:

- how to keep your child's mouth healthy
- tips for preventing tooth decay, the number one chronic disease among U.S. children
- healthy eating habits
- how to prevent your child from becoming overweight