



Public Health
Prevent. Promote. Protect.
Greene County

CMH News

The Children with Medical Handicaps (CMH) program is an Ohio Department of Health (ODH) program that is offered by Greene County Public Health. CMH connects families of children with special health care needs to a public health nurse (PHN) and a network of quality providers. The program works like a back-up insurance plan and helps families obtain payment for the services their child needs.

- Your Greene County CMH Public Health Nurses are:**
- Susie (937) 308-7010
 - Stephanie (937) 805-9032

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*******NEW ANNOUNCEMENTS*******

WE WILL NO LONGER BE MAILING OUR NEWSLETTERS.

MOVING FORWARD, WE WILL BE SENDING A TEXT MESSAGE WITH A LINK TO OUR WEBPAGE. AT THE BOTTOM OF THE WEBPAGE, YOU WILL FIND A LINK TO THE CURRENT NEWSLETTER.

CMH Reminders

- Your child must see their CMH managing physician at least ONCE a year to be eligible for CMH treatment renewal. If you do not recognize the managing physicians name on your letter of approval or your doctor has changed, contact your public health nurse (PHN) to update your information.
- To be able to use your CMH benefits, all services must be provided by CMH providers. Care from non-providers will result in you paying for those services.
- Renewal is not automatic.
 - * CMH treatment renewal consists of a medical and financial application.
 - * The medical renewal application is typically completed by the managing physician.
 - * Your financial application should arrive in the mail two months before your letter of approval expires.
 - ◇ If your child is actively managed by Medicaid, your financial eligibility will automatically renew. You will NOT receive a financial application packet.
- Call your PHN if you do not receive your financial application or if you need assistance. We are always happy to help.
- Before turning 18 your child will be sent a release and consent to sign for continued services.
 - * If unable to sign for themselves, the parent/guardian may sign with explanation.
 - * Upon turning 19, the child must sign for themselves or submission of guardianship paperwork must be received.

Moving forward, we would like to send our quarterly newsletters and other event information by text message. Please send your PHN your child's name and the best phone number to text, and let us know what information you would like to see in our future newsletters. Thank YOU!

Stephanie: 937-805-9032 ssanders@gcph.info Susie: 937-308-7010 sbrooks@gcph.info



Spring into Healthy Habits



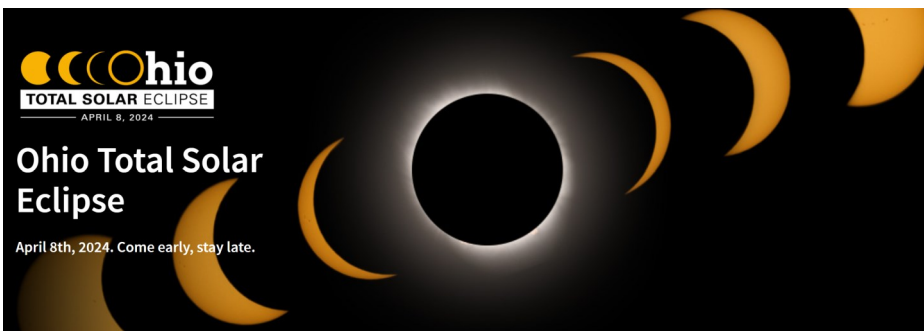
Did you know that 23% of Americans who make New Years Resolutions give up on them by the end of week one? Unfortunately, 43% give up by the end of January. It's okay though; it is never to late to refocus and still accomplish those goals. Here are 8 ways we can encourage and prepare our kiddos to live healthy lives.

- **Review and update your child's immunizations** as discussed with your pediatrician. With this, teach your kiddos the importance of good hand hygiene and how to perform thorough hand washing.
- **Promote healthy digital habits**, not only by limiting screen time, but by interacting with them during their screen time. See what they are watching; make sure it is appropriate.
- **Read together everyday.** Reading with your child has a significant impact on vocabulary and speech development. For older children, take turns reading, or listen to audio books together.
- **Enjoy time outdoors together.** Increasing outdoor activities is an opportunity to relieve built up energy, improve Vitamin D intake, sleep, mood, and even behavior.
- **Review car seat limits and laws.** Kiddos grow quickly, so stay informed on most recent safety regulations.
- **Cook as a family at least once a week.** Cooking together not only helps in bonding between you and your child, but it also makes them appreciate your work more, and it may make them more willing to try new, nutritious foods.
- **Prepare a family disaster kit.** Discuss with your child what items they have that bring them comfort. Refer to a reliable source, like the Red Cross or www.ready.gov, for a list of essential items to include in your kit.
- **Prioritize your mental health and self care practices.** Anxiety and depression affects both moms and dads after the birth of a child, and many adjustments and new life stressors occur in the development of your little one. It is important to take care of ourselves, so we can best take care of our little ones. Witnessing you taking care of yourself, will also impact how our children take care of themselves in the future.

Ohio car seat laws



[Why Most New Year's Resolutions Fail | Lead Read Today | Lead Read Today \(osu.edu\)](#)
[8 tips for parents to ring in 2024 from the American Academy of Pediatrics \(contemporarypediatrics.com\)](#)



The only safe way to look directly at the sun during an eclipse is through special-purpose solar filters, like eclipse glasses or handheld solar viewers.



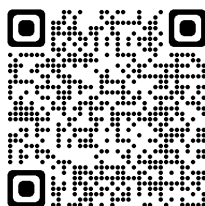
The only safe time to look at the sun without solar filters is during the 2-4 minutes of total eclipse. It is never safe to look at the sun without solar filters during any other phases of the eclipse.

The total solar eclipse visits Ohio on April 8, 2024 beginning at **3:08 pm EDT** with the final exit of the Moon's shadow from the state at 3:19 pm EDT. The last total Solar Eclipse in Ohio was in 1806, the next total eclipse will in Ohio will not occur till 2099!

Our Local Greene County Parks and Trails is hosting a Total Eclipse of the Parks! Pre-Eclipse Party on Tuesday, April 2nd 2024 from 5-7PM. The whole family is invited to learn about the upcoming Solar Eclipse. There will be games, crafts, and more!

Review the Greene County Parks & Trails website to see how you can get your free pair of solar eclipse glasses while supplies last.

Scan Here →



DETAILS

Date: April 2
Time: 5:00 pm - 7:00 pm
Event Category:
Website: https://greenecountyohio.org/myrec.com/info/activities/program_details.aspx?ProgramID=29853

ORGANIZER

Greene County Parks & Trails
Phone: 937-562-6440

VENUE

Russ Nature Reserve
 2380 Kemp Road
 Beavercreek, OH 45431 +
[Google Map](#)
[View Venue Website](#)

Ohio Parent to Parent (Ohio P2P)



Are you feeling overwhelmed or isolated because of your child's needs? Do you want to talk with another parent who has similar experiences?

Ohio P2P can connect you!

What is Ohio Parent to Parent?

Ohio P2P is a statewide matching program that matches parents, family members, or caregivers of a person with a disability or special healthcare need. Our program is unique because we match families with an experienced, trained, volunteer support parent.



Who are the Ohio P2P Staff?

Ohio P2P Staff are family members of people with disabilities/special healthcare needs. Ohio P2P staff help match families with similar experiences and backgrounds.

Who are Support Parents?

Support parents are further along in life with a loved one who has a disability or special healthcare need. Support parents are trained using our national P2P training program. Support parents will listen and support others by sharing their experiences in a positive way.



Who are Referred Parents?

Referred parents are any family members or caregivers who would like to connect with another person for support. Some families request a connection for support with: dealing with a new diagnosis, facing challenges your family is experiencing, navigating life, or learning how to handle transition to adulthood.



We Believe:

The support of another parent holds great power and can help build both strength and resilience.

Get Connected: Call-513-803-5557

Email: OhioP2P@cchmc.org

Search: www.ohiof2f.org/p2p, www.p2pusa.org

This project is supported by funding from the Jack H. Rubinstein Foundation

Please join us online for a session on...

Positive Parenting



The Early Childhood Mental Health Team at the Greene County ESC will facilitate virtual meetings to empower parents of children ages 0-10, through positive supportive networking. Each month new information will be presented to encourage us to reflect on communication with our children without blame or shame, but through the use of humor, support, and resource sharing. We will create a space for honest conversations about the challenges of raising children to help avoid burnout and build stronger relationships.

Tuesday, February 13th - 8:00pm-8:30pm
Wednesday, February 14th - 1:00pm-1:30pm
Tuesday, February 27th - 8:00pm-8:30pm
Wednesday, February 28th - 1:00pm-1:30pm

This month we will be discussing : *Guidelines and Suggestions for Reducing and Monitoring Screen Time*

Join each meeting here:

<https://zoom.us/j/97049694203>

E-mail:
ECMHTeam@greeneESC.org
for more information
or if you can't make
a session but want
to know more!



Other CMH Providers in this area

When scheduling with a provider for your approved services, please double check that they still accept CMH. Unfortunately, changes do occur from time to time.

Do you need help finding a medical provider? If so, give us a call.



PEDIATRICIANS

Pediatric Association of Dayton

937-320-1950 (Beavercreek)

937-832-7337 (Englewood)

937-436-2866 (Kettering)

Prime Med

937-320-3888 (Beavercreek)

Ohio Pediatrics

937-236-5396 (Dayton)

937-299-2339 (Kettering)

VISION

DCH Ophthalmology

937-641-3000

Dayton Eye Association

937-320-2020 (Beavercreek)

Bloom Family Eye Care

937-723-7772

GLASSES

Clarkson Eyecare (Milford only)

513-831-3166

Pediatric Ophthalmology

Associates (Columbus)

614-224-6222

THERAPY SERVICES

ABC Pediatrics

937-427-9200

Novacare (Columbus only)

937-320-9131

Synergy Family Therapies

937-428-6273

PEDIATRIC DENTISTS

Centerville Pediatric Dentistry

937-582-0430

ABC Dental (Huber heights)

937-938-7678

Beavercreek Pediatric Dentistry

accepts CMH as secondary only

937-426-2653

Orthodontist

Orthodontics Association-Lima

419-229-8771

DURABLE MEDICAL EQUIPMENT

Kaup—1-866-526-0976

Byram—1-800-303-2273

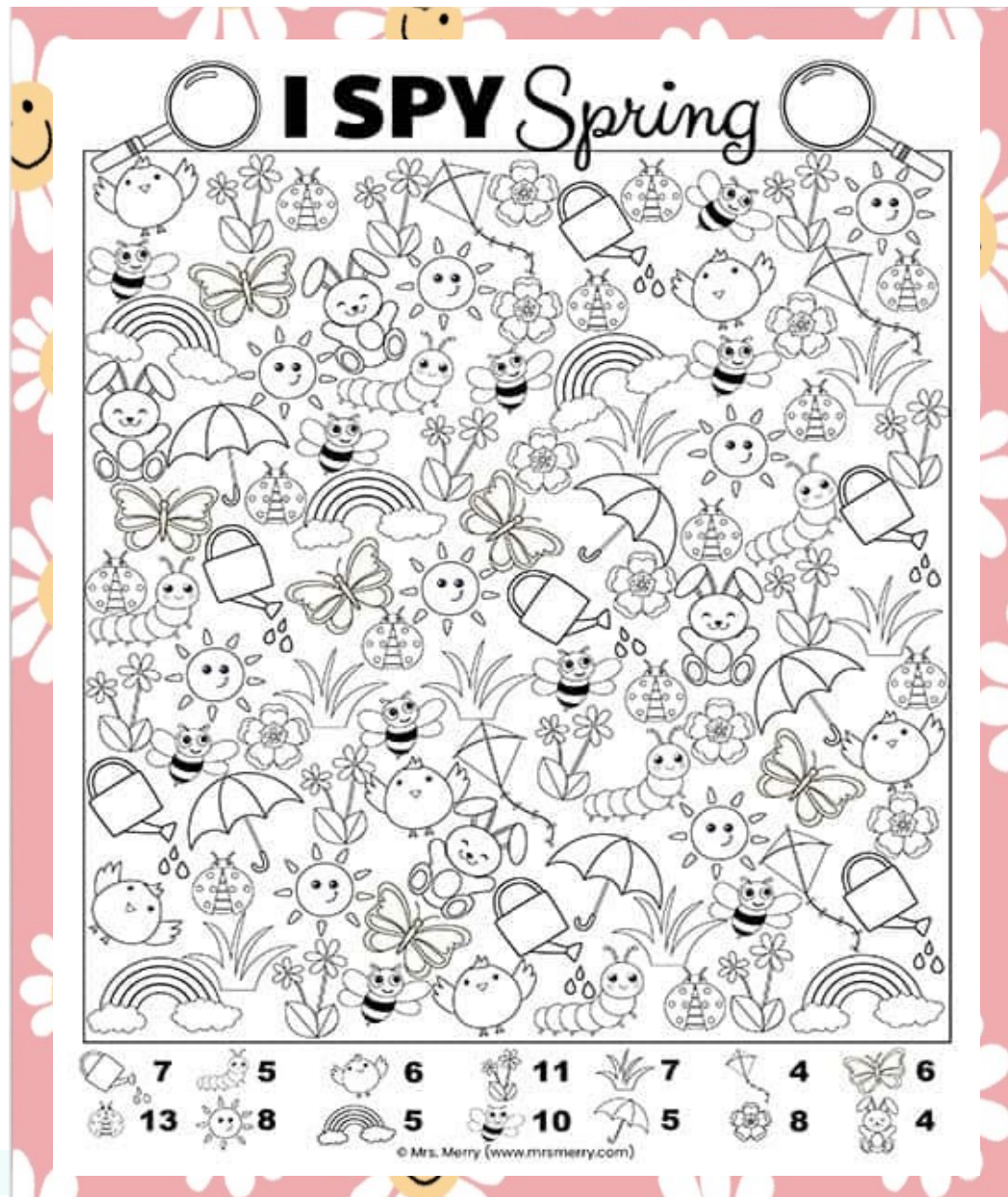
Pediatric Home Service—614-790-0200

Hanger Clinic—937-228-5462

Activ Styles—1-800-651-6223

Fidelity Orthopedics—937-228-0682

American Orthopedics—937-342-0150



Ohio

Department
of Health