



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 is available at (937) 308-7010
- Stephanie is available at (937) 805-9032

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CMH Mission:
 To ensure, through the development and support of high quality, coordinated systems, that children with special health care needs and their families obtain comprehensive care and services that are family centered, community based and culturally sensitive.

SUMMER SAFTEY REMINDERS

- 1. WATER SAFTEY:** Having your child learn to swim at a young age provides a power to protect themselves. Those who cant swim should always wear a flotation device, and children should always be closely supervised while in and near the water.
- 2. HEAT SAFTEY:** Encourage your child to take breaks while playing outside on hot days. Take a few minutes to sit in the shade and drink some water to stay hydrated. Know the Signs of heat exhaustion. Also remember to always check the back seat and never leave your child alone in the vehicle.
- 3. SUN SAFTEY:** Remember Long term sun exposure can have come health effects as well. Find shade, dress in cool comfortable clothing, wear hats to protect your face and ears, wear sunglasses with UV protection, use and reapply sunscreen.
- 4. STREET SAFTEY:** Review with your child the importance of being hyper vigilant when playing outside near road ways. Wear bright, clothing so motorists can easily see them, and always wear properly fitted helmets while riding anything with wheels.
- 5. FIREWORK SAFTEY:** Know that nearly 1/3 of firework injurers in the U.S. are children under the age of 15. Fireworks can be a fun summer activity, but are also extremely dangerous. Never let your child touch or light fireworks and always keep a water source close by for extinguishing.
<https://talkingparents.com/parenting-resources/summer-saftey-tips-for-kids>

from your CMH Nurses



May is Mental Health Awareness Month

The strength of our children's mental health doesn't begin during middle school or high school, but at birth. There are engagements that occur everyday in your child's life that have an impact in the development of our child's brain and ability to digest emotions. Review below some ways you can connect with your child and promote a trusting relationship with your child.

Age 0-5

- Respond to your child's needs in a timely manner, creating trust
- Get on their level to play
- Provided your child with uninterrupted attention,
- Monitor achieving milestones, ask and provide interventions if there are any concerns for developmental delays.

Age 5-9

- Allow time for increased independent activities like dressing themselves or tying their shoes
- Discuss and encourage positive relationships between your child and others.
- Create routines to promote regular expectations while encouraging independence.

Ages 10-12

- Schedule time for family connection; listen and take your child's feelings seriously
- Don't minimize issues that stress them out, work together to find solutions or distractions for stressors
- Give room for independence while reinforcing your family values
- Help your child think through and give advice about how to handle strong emotions and when they come across moral dilemmas.

Age 13-15

- Provide your child with an open line of communication where they can come to you to discuss difficult issues without punishment, but guidance and support.
- Be involved in your child's social media use
- Set clear boundaries and expectations for your child, with clear consequences if expectations are not met
- If you suspect an issue, ask your child and then they open up really listen

Ages 16-18

- Encourage exploration of new interests
- Provide your teen opportunities for open line of communication
- Have open discussions about difficult issues (bullying, intimacy, drug use, ect.)
- Be honest about your life experiences to assist in their own decision making processes

Overall remember every child is different, as we are as adults, and prefer to confront challenges differently. It is not our jobs to make their life easy, but to teach them how to overcome challenges in a way that works for them. We need to provide them with direct safety and provide an encouraging environment with open communication without judgment. If you are ever in question of the stability of your child's mental state don't be afraid to seek advice from your pediatrician, a psychologist, a psychiatrist, a school counselor, or even a friend to discuss your experiences and ideas of solutions that will work best for your family.

- [Healthy Mental and Emotional Development | Mental Health America \(mhanational.org\)](https://www.mhanational.org)
- [Tips to Support Healthy Mental & Emotional Development in Your Child - HealthyChildren.org](https://www.healthychildren.org)
- [Childhood Stress: How Parents Can Help \(for Parents\) | Nemours KidsHealth](https://www.nemourskidshealth.org)
- [Tips to Promote SE Health 2023.pdf \(aap.org\)](https://www.aap.org)
- [Managing Anxiety: Tips for Families \(aap.org\)](https://www.aap.org)



Upcoming Pack N' Play Giveaways!

Sadly, in the state of Ohio 3 infants die every week due to unsafe sleep practices. The safe way for your baby to sleep is by practicing the simple ABC's of safe sleep. **A**lone, **O**n their **B**ack, **I**n a **C**rib. If you are a mother at least 32 weeks pregnant or if you have a child under the age of one you may join us at the upcoming event to get a safe sleep environment for your child.

- **Thursday, May 22nd 1-3PM**** at Greene County Public Health located at 360 Wilson Dr. Xenia Ohio 45385
- Please watch ALL the instructional videos (30 minutes) with the QR code aside to improve your wait time.

***If you are unable to make it to the above event, there is an additional opportunity to get a Pack-N-Play crib on Tuesday, June 4 from 1:00-3:00pm during a health fair held at Fairborn FISH Pantry located at 480 W. Funderburg Rd. in Fairborn.*



As summer rolls in so does the extra time for our kids to be bored. Some simple ways you can set yourself and your family up for a more successful summer include but are not limited to:

- Create and maintain a written weekly schedule including daily chores
- Make plans ahead of time
- Review the upcoming weather and plan sometime outside
- Monitor and maintain screen limits
- When trying new things that may cause your child some stress discuss their stressors with open ended questions allowing them to explain their feelings and encourage their strength's
- Try to keep to some routine while vacationing

[Strategies for a Successful Summer Break - Child Mind Institute](#)

Some Free, Fun Activities to Consider!

- Free Bowling- [KidsBowlFree.com: Kids Bowl Free All Summer Long!](https://www.kidsbowlfree.com)
- Always check out your local Library's event calendar. Some events require registration- [Greene County Public Library \(greenelibrary.info\)](https://www.greenelibrary.info)
- Check out one of our local Parks and the Greene County Parks and trails events and programs- [Events – Greene County Parks & Trails \(gcparkstrails.com\)](https://www.gcparkstrails.com)
- Create a short, realistic Summer Bucket List with your kids, then you know exactly what they would like to do.

MY SUMMER
- Bucket List -

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

3RD ANNUAL CHALLENGING PERCEPTIONS ADAPTIVE TRAIL RACE!

Saturday, June 1, 2024
8:00am - 12:00pm

or scan here

Visit [greenedd.org/run](https://www.greenedd.org/run) for more info
Russ Nature Preserve
2380 Kemp Road, Beaver Creek, OH 45431

Greene County Board of Developmental Disabilities
Compassion. Community. Commitment.

OHIO RIVER ROAD RUNNERS

GREENE COUNTY PARKS & TRAILS

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)

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

***Not every child with a CMH LOA has prescription benefits, but for those who do the pharmacy benefit information is:**

Group# ohchildren

BIN# 610084

PCN: drbcprod

Please call your PHN with any questions.



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Department of Health

Children with Medical Handicaps



Help us improve our services by filling out a short survey. We value your feedback.