

CDD MEDICALLY FRAGILE CASE MANAGEMENT NEWSLETTER

May 2024



CENTER FOR
DEVELOPMENT
& DISABILITY

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MAY IS MENTAL HEALTH AWARENESS

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like [diabetes](#), [heart disease](#), and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.²

(<https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=What%20is%20mental%20health%3F,1>)

Finding Help

Resources to find mental health help is hard! If you feel like you need immediate help or someone to talk to please call **988**. It's free and confidential. <https://988lifeline.org/>

NM Finder also has some resources that are available in New Mexico. You can find the list here: <https://www.nmfinder.org/search-results/1>

The Special Olympics Strong Minds also has helpful information:

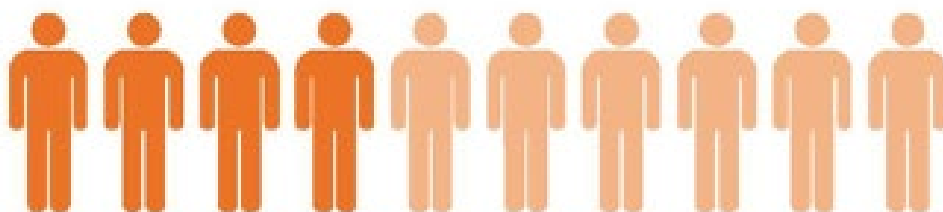
<https://www.specialolympics.org/our-work/inclusive-health/my-health/strong-minds?locale=en>

National Center for START Services Mental Health Blog:

https://centerforstartservices.org/blog/2024/05/may-mental-health-awareness-month?mc_cid=97d05f1c60&mc_eid=c55c435e56



<https://www.nami.org/>



Up to 40% of people with intellectual and developmental disabilities (I/DD) experience co-occurring mental illness.

MED FRAG NEWS

Handbook Is Here!

Hello Med Frag Families!
We wanted to let you all know, that the Handbooks are completed!
Please use this link to view the handbooks:

<https://unmhealth.org/services/development-disabilities/programs/other-disability-programs/mfcmp/resources-newsletters.html>

Thank you for your patience while waiting for this, and we hope you all enjoy it and find it helpful! If you have any feedback, positive, anything missing that could be helpful? Any thoughts, please feel free to share them!

Family Survey


Every year, the UNM CDD Medically Fragile Case Management Program conducts a survey of all individuals and families served by the program and its RN case managers. We strive to continually improve our services. Information provided as part of this survey will help us identify the areas we are doing well, and the areas we need to improve upon. This survey is anonymous and will take about three minutes to complete.

Please share your feedback on the services you've received over the last 12 months from the Medically Fragile Case Management Program and from your RN case manager.

Please provide your input by Friday, May 31st, by using the following link:

https://www.research.net/r/MFCMP_Family_Survey_2024

If you'd prefer a paper copy, via regular mail, please email nrajala@salud.unm.edu



**Medically Fragile Waiver
Family Handbook**

2300 Menaul Blvd. NE
Albuquerque, NM 87107
505-272-2910
Toll Free 1-800-675-2910

2024 Edition



FAMILY CONNECTIONS

Save the Date: June 5th at 5:30 on ZOOM

Parent led zoom group topics!

Some of the family advisory board parents are going to lead breakout groups on different topics for families to connect and share experiences.

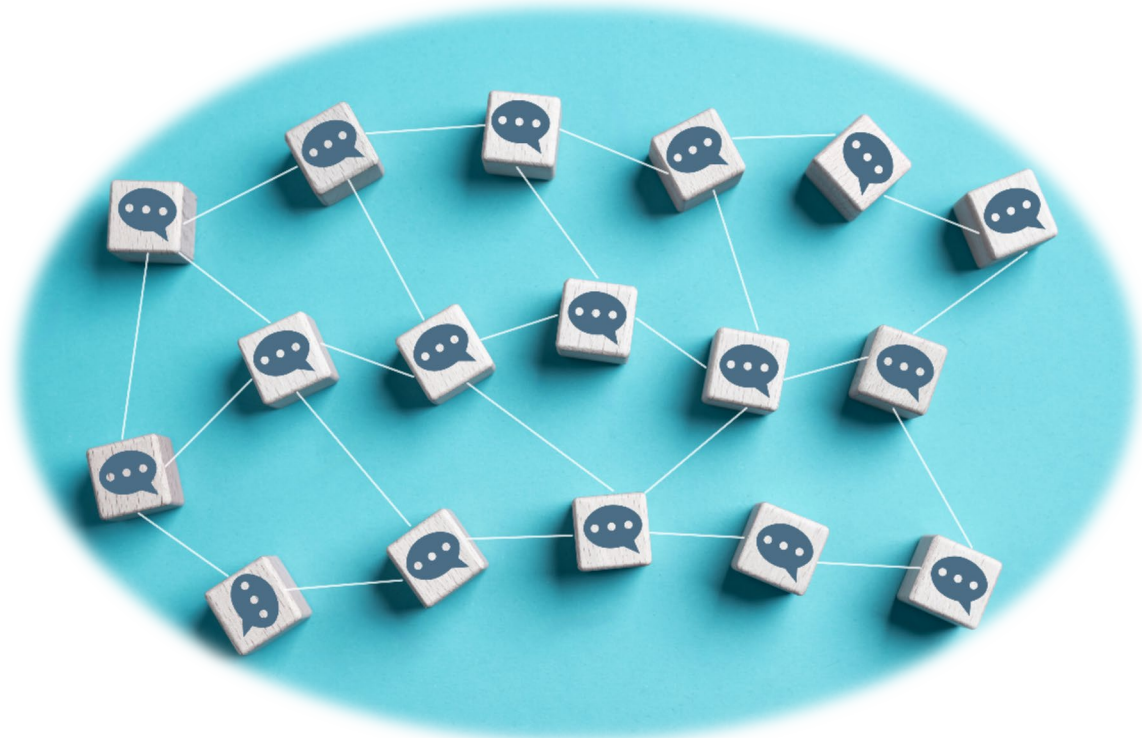
Topics include:

- Teen/tween groups for parents of children at grade level (looking for teen/tween get togethers in the future)
- Trach/Vent group
- Adult transition for parents of high school age children approaching adulthood.
- Spanish Speaking group
- Cardiac issues group

This will be held on Wednesday, June 5th, 2024 at 5:30 PM.

Zoom Link: <https://hsc-unm.zoom.us/j/97686914414>

Please email Nichole (nrajala@salud.unm.edu) if you have any questions

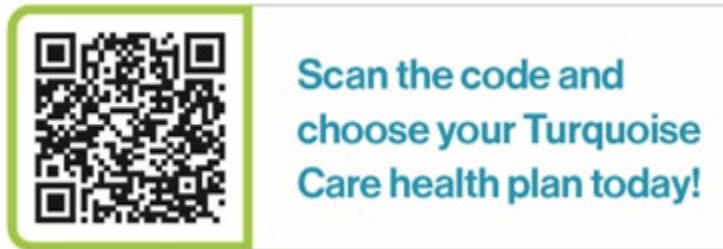


NEWS FROM THE STATE

Turquoise Care Is Coming!

Turquoise Care will begin July 1, 2024, replacing what is currently called Centennial Care, as the new, New Mexico Medicaid Managed Care program.

Open enrollment began April 1st and is ending May 31st, 2024.



If Presbyterian or BCBS are your MCO currently, and you do not choose a different MCO, you will be automatically re-enrolled with that MCO.

If Western Sky Community Care is your current MCO, you will need to select a new MCO during the open enrollment. If you do not select an MCO, you will automatically be enrolled with another MCO.

Please note, if you do not respond and select an MCO during the open enrollment period, you will automatically be assigned to an MCO.

>> Compare MCOs at <https://www.hsd.state.nm.us/turquoise-care/>

For more information, visit <https://www.yes.state.nm.us> or call [1-800-283-4465](tel:1-800-283-4465).

*For more information and answers to FAQs regarding Turquoise Care visit:

<https://www.hsd.state.nm.us/turquoise-care-overview>

PROGRAM EVENTS

FREE

EXPLORA MEMBERSHIP

This will be One Membership per Household.
This will be a family membership which includes:
up to 6 people within a family; at least one
member must be 18+.

If you would like to receive a free year membership I will need to add your information to Explora. This information will include: Primary Adult First and Last Name, your address, city, state, zip code, email, phone number, and let me know if you need the instructions sent in Spanish.

Please respond to me (nrajala@salud.unm.edu) with the following information if you would like to receive this membership!



If you received a membership last year, please email Nichole at least 1 month prior to your expiration date. You will need to send her all your information again to get your membership renewed.

nrajala@salud.unm.edu

GRATIS

EXPLORAR AFILIACIÓN

Esta será una membresía por hogar. Esta será una membresía familiar que incluye: hasta 6 personas dentro de una familia; al menos un miembro debe ser mayor de 18 años.

Si desea recibir una membresía anual gratuita, tendré que agregar su información a Explora. Esta información incluirá: nombre y apellido del adulto principal, su dirección, ciudad, estado, código postal, correo electrónico, número de teléfono y avíseme si necesita que le enviemos las instrucciones en español.

¡Por favor respóndame
(nrajala@salud.unm.edu) con la siguiente
información si desea recibir esta membresía!



Si recibió una membresía el año pasado, envíe un correo electrónico a Nichole al menos 1 mes antes de la fecha de vencimiento. Deberá enviarle toda su información nuevamente para renovar su membresía.

nrajala@salud.unm.edu

About the Summer Food NM Program

Summer meals are nutritionally balanced and easy to prepare. The sponsor follows the required USDA established meal pattern and portion sizes. Most sponsors serve breakfast and lunch.

The Program

The Summer Food Service Program for Children (SFSP) is administered on the Federal level by the United States Department of Agriculture (USDA). The primary purpose of the SFSP is to provide food service to children from needy areas during periods when area schools are closed for vacation. This Federally funded program was created by Congress in 1968 after studies had uncovered the direct link between a child's ability to learn in school and their nutritional intake. USDA provides Federal funds to the State agency who in turn, acts as the pass-through agency and reimburses eligible organizations for the meals that are served to children and youth.

How the Program Works

Eligible organizations (sponsors) that are approved by the State agency to participate either prepare meals on their own, or purchase meals from another entity and serve them at approved meal service locations (meal sites) to children and youth. Children ages 18 and younger can receive these meals, free of charge, as long as they are physically present at the meal site and in the serving line. Children and youth receive the same meals on a first come, first served basis. There is no discrimination during the course of the meal service. There is no fee, or enrollment requirement to participate. Just show up!

Although it is a requirement for participants to be served meals that have all of the required components (complete meals), children may choose to eat the items they wish. Complete meals or individual food items cannot be consumed or otherwise taken away from the meal site. This is to say that; all meals and food items must be eaten at the site. SFSP meals are not served outside of the approved times of operation. Other rules that apply to the meal site include the requirement that participants not disturb other participants and are also responsible for discarding their trash in the appropriate receptacle.

Some sites serve breakfast and lunch, while others only serve lunch. Please use this site to find a meal site location near you. You may also call the State agency at 1-800-EAT COOL for assistance in finding a meal site location near you.

<https://summerfoodnm.org/about>

OUTSIDE RESOURCES

Family Caregiver Center of New Mexico

Powerful Tools
FOR Caregivers

Spring 2024 Calendar

A free six-week program designed to help family caregivers take better care of themselves while caring for a relative or friend.

This course is for family caregivers like you!

Registration is required

Call us: 505.785.5533

Visit us: www.familycaregivernm.org

Palo Duro Senior Center

Day and Time: Thursdays, 3:00 pm - 4:30 pm

Dates: May 2, May 9, May 16, May 23, May 30, June 6

Location: 5221 Palo Duro Ave NE, 87110

Virtual - Zoom

Day and Time: Wednesdays, 5:30 pm-7:00 pm

Dates: April 17, April 24, May 1, May 8, May 15, May 22

South Valley Multipurpose Senior Center

Herramientas Poderosas para Cuidadores en español

Día y hora: Viernes, 1:00 pm - 3:00 pm

Fechas: May 3, May 10, May 17, May 24, May 31, June 7

Ubicación: 2008 Larrazolo Rd SW, 87105



Sponsored by



Herramientas Poderosas para Cuidadores

Las clases de Herramientas Poderosas para Cuidadores ayudan a los cuidadores a cuidar mejor de ellos mismos mientras cuidan a un amigo o a un familiar. Ya sea que cuide a un cónyuge, pareja, padre, amigo o hijo con necesidades especiales; en casa o en un centro de cuidados; ya sea en la cuadra o millas de distancia, el suyo es un papel importante. Este curso es para las personas que cuidan a un familiar, ¡como usted!

Día y hora: Viernes, 1:00 pm - 3:00 pm

Fechas: May 3, May 10, May 17, May 24, May 31, June 7

Ubicación: South Valley Multipurpose Senior Center
2008 Larrazolo Rd SW, 87105

Las clases le dan herramientas para ayudar a:

- Disminuir el estrés
- Mejorar la autoconfianza
- Manejar el tiempo, establecer metas y resolver problemas
- Comunicar mejor sus sentimientos
- Tomar decisiones difíciles
- Encontrar recursos útiles

Esta serie de seis semanas le da la confianza y apoyo para cuidar mejor de su ser querido y de usted mismo. Los cuidadores reciben el The Caregiver Helpbook, que sigue el plan de estudios y proporciona herramientas adicionales para abordar problemas específicos de los cuidadores. ¡Completamente gratis y en español!

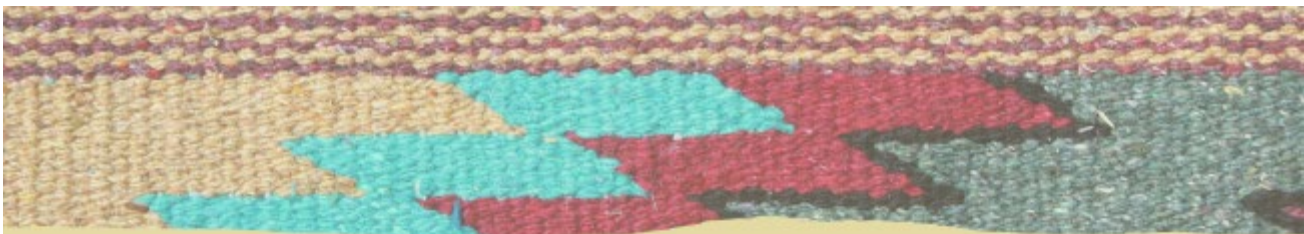
Se requiere registro

Llámanos: 505.785.5533



Powerful Tools
FOR Caregivers





SAVE THE DATE

Four Corners Special Education Day

Thursday, July 25, 2024

9am-4pm
(Mountain Daylight Time, GMT-6)

Navajo Nation Museum
Window Rock, AZ

HOSTED BY:



DISABILITY
RIGHTS
ARIZONA

REGISTER:



Register Here: <https://form.jotform.com/240886167555064>