

CHAMP-Net News

December 1, 2008 | Volume 2, Issue 20



CHAMP-Net is a project of the National Health Foundation (NHF).

Click [here](#) to visit NHF's website.

[Important Links/Information November 2008](#)

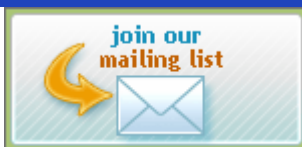
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Have a question/comment regarding CHAMP-Net or CHAMP-Net News? Please

Hello CHAMPers!

As we settle in for winter (even though some days feel like summer), it is a good time to reflect on the past year and look forward to the year ahead. Last month we launched the new and improved [CHAMP-Net](#) website in order to provide CAAs, health advocates and community members with accessible and up-to-date information about healthcare coverage for uninsured families in California. We are very excited about the launch and hope that you have all had a chance to visit [CHAMP-Net](#) and explore all of the wonderful information and features available to you with the click of your mouse! If you haven't visited [CHAMP-Net](#) yet, visit us today!

This year has seen many changes to the public and private healthcare coverage programs on which families depend. While many of the changes have been challenging, we applaud your commitment and continued efforts to ensure that eligible children and families have access to the programs and benefits they need to stay healthy. We hope that the coming year brings you health and happiness and healthcare coverage for all!

In this month's CHAMP-Net News:

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All the best,

Brooke Fox, Program Manager
& the entire CHAMP Team

share your suggestions
by contacting
Nabihah Basrai at
nbasrai@nhfca.org or
213.538.0745. We
look forward to hearing
from you!

[Quick Links](#)

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[Spotlight on: Healthy Eating Lifestyles Program \(HELP\)](#)

*Each month CHAMP-Net
News will highlight a
current NHF program.*

Led by National Health Foundation, with funding from the UniHealth Foundation, a consortium of four hospitals (California Hospital Medical Center, Children's Hospital Los Angeles, Harbor-UCLA Medical Center and Huntington Hospital) collaborated to create and implement a family-focused and community-based pediatric obesity intervention program: Healthy Eating Lifestyles Program (HELP). The curriculum was developed in 2004 by a multidisciplinary group of health professionals, was implemented at each hospital for four years and continues to be implemented at select hospital sites.

The program draws upon components of successful research programs and is tailored to be implemented in ethnic and socioeconomic diverse communities. HELP includes medical and behavioral assessments, interactive educational workshops on nutrition and physical activity, telephone follow-ups and

Upcoming Events

Shasta County - Chronic Neglect and Intervention with Families (Parts 1 & 2)

During these two days, participants will gain greater understanding of the short and long-term results of neglect and develop skills to provide early intervention to families. Participants will build skills and techniques to promote strengths-based intervention. Professional Credit is available. There is no cost to attend.

Dates: December 3 & 4

Time: 9:00 a.m. - 4:00 p.m.

Location: Hilton Garden Inn (Redding)

[Click here for more information about this event.](#)

Register: [Jantina Thompson](#)

2008 Los Angeles County CAA Forum: A Decade of Assistance

The 2008 Los Angeles County Certified Application Assistant (CAA) Forum will take place at The California Endowment on December 16! This free, day-long event will be filled with valuable updates on healthcare program and policy and will be a great networking opportunity. Breakfast and lunch will be provided. Please register below and we look forward to seeing you there!

[Register for the 2008 CAA Forum on CHAMP-Net!](#)

Vision y Compromiso: Promotoras/Community Health Workers Network Conference

The conference organizing committee welcomes you to attend the sixth annual statewide conference "Healthy Promotoras, Integrated Families, Stronger Communities".

This year's conference will be on December 5 & 6. During those two days, participants will have the opportunity to get to know each other as well to share, learn and celebrate the collective work of health workers in the community. Registration fee for Promotoras/community health workers is \$20 and the fee for non-promotoras/community health worker is \$165.00. The conference is being held at the Burbank Marriott Convention Center located at 2500 Hollywood Way, Burbank, CA, 91505.

To get more information regarding the conference please visit: www.visionycompromiso.org. To register on-line, click [here](#). If you have questions about registration please contact: Alma Esquivel (213) 202-5358.

Healthcare Coverage Program Updates

opportunities for physical activity and exercise to promote healthy lifestyles. Results from the 304 children that completed HELP showed statistically significant decreases in raw body mass index (BMI) scores with younger participants achieving the largest decreases in scores. These outcomes are significant as they are associated with favorable clinical outcomes such as decreased systolic and diastolic blood pressure and total cholesterol to name a few. In addition, both the nutrition and fitness scores of participants increased by nearly 2 points (equivalent to a 10% increase from baseline scores) indicating improved knowledge and behaviors related to nutrition and healthy habits.

For more information on HELP, please contact Mia Arias, MPA at marias@nhfca.org or (213) 538-0743.

Healthy Families

Open Enrollment is here!

As you know, Open Enrollment for the Healthy Families Program was delayed this year. This year Open Enrollment started on November 15, 2008 and will last until December 31, 2008.

During this time families are allowed to change their health, dental and vision plans. They will receive a packet that lists the available plans for families to choose from. Once the families have chosen their plans, they must return their packets to Healthy Families by December 31, 2008 and, if the transfer is approved, the start date for the new health plan will be February 1, 2009.

This year, Open Enrollment is especially important since some health plans in which families are currently enrolled may no longer be available. If that is the case, the families will have to choose a new health plan.

If you have any questions please contact Healthy Families at 1-866-848-9166.

Potential Healthy Families Waitlist

Due to the state's budget shortfall and uncertain federal funding, the Healthy Families Program is also facing budget problems.

The Managed Risk Medical Insurance Board (MRMIB) must decide how to address the shortfall and is considering an enrollment freeze for Healthy Families. The MRMIB board will vote on December 17th whether to freeze enrollment or take other action. During this uncertain time, it is critical that CAAs reach out to all families to make sure that eligible families are enrolled into appropriate healthcare coverage, whether it is Healthy Families, Medi-Cal, Kaiser Permanent Child Health Plan, etc. For children currently enrolled in Healthy Families, it will be more important than ever that they submit the Annual Eligibility Review so they do not lose coverage; if an enrollment freeze is imposed, families who fail to submit the AER will be not be able to re-enroll and will be placed on the waitlist until the freeze is lifted. We will notify you immediately of any decision that impacts Healthy Families enrollment.

CHAMP-Net's Tip of the Month: Networking

One of the biggest challenges we face as community health workers is staying informed about all of the changes to the health coverage programs. Our communication could mean the difference between families applying to the appropriate coverage program to receive services sooner or receiving mixed messages about what is available to them and not enrolling due to confusion. Our tip for this month is for all CAAs and community health workers to stay connected to a

networking group that will help them stay informed and be efficient in their outreach efforts. Networking groups such as CAA task forces, advocacy groups focused on health concerns of one specific ethnic group, community based organizations that advocate for improving health access, and other groups that meet to allow people to exchange information are vital to helping families. If you can't get involved with a group you can also sign up for newsletters put out by many health organization. Some of the benefits to participating in networking groups are:

- Getting updates from the programs
- Hearing information that our families in the community are hearing
- Meeting other people that work in your field that can give you different ideas
- Gathering resources (handouts, pamphlets, websites etc.) for working with our families

Attending events such as the CAA Forums locally and statewide are also great ways to meet new people and get lots of useful information. If you haven't signed up already, you can sign up for the Los Angeles CAA Forum on Dec 16 [here](#). This is a free event.

If you want to get involved with a group and don't know where to start, send an email to askthtrainers@champ-net.org and we would be more than happy to give you some ideas.

Ask The Trainer Question of the Month

Dear Trainer,

Are earnings from a child's job counted in the family income? What if they work full-time during summer or winter breaks? Is this income counted?

Thanks!

Jesse

Dear Jesse,

Thanks for your question. This is an issue that many families face. As long as your child is in school, his or her earned income

from a job is not counted when determining his or her eligibility. The rule is that earned income of child under 14 years is never counted and earned income of a child over 14 who is in school is not counted in the eligibility determination. Income of children over 14 that work full-time during their summer and winter vacation does not count because they are still enrolled in school.

We hope this information helps!

-The CHAMP Team

*Please do not hesitate to send us a question or comment at askthetrainers@champ-net.org. Our trainers will respond to you within 48 hours.

CHAMP Training: Spanish CAA Training

As you know, the CHAMP training team strongly believes that access to information helps increase access to healthcare coverage. For that reason, we would like to remind you that CHAMP offers a Spanish CHAMP/CAA Online Prep Course available for all the advocates who work with Spanish speaking families.

This training is designed to equip assistors with fundamental information on public and private healthcare coverage programs for children and pregnant women. This module also offers comprehensive preparation for the CAA Online Certification Exam as well as helps advocates become familiar with the information and common healthcare terminology in this Spanish.

If you would like to obtain more information about this training, please contact Sara Train at saratrain@nhfca.org or 213-538-0782.

CHAMP-Net's County of the Month: Ventura

Ventura County is dedicated to promoting individual and community health as well as to preventing disease, injury, and disability. We would like to highlight some of the programs available in this county.

Community Nursing and Education Program

This program was designed to reduce illness and injury and educate families and individuals on health and wellness throughout their life span. Through this program, community nurses conduct home visits for clients with physical, social, family and/or psychological problems. During the visits, in-depth evaluation, education and referral to appropriate

community services and agencies are provided.

This program focuses on the following areas: cancer detection, child abuse prevention, child passenger safety, child injury prevention, child oral health, chronic disease, community nursing, perinatal services, healthcare coverage for kids, and obesity prevention.

If you would like to obtain more information about this program, please contact:

Community Nursing & Education Division
2125 Knoll Drive, Suite 200
Ventura, CA 93003
Telephone: 805-654-7600

Family Health

This program's goal is to improve the health of families that have children. Family Health educates the members of the community, especially new parents, about nutrition and wellness and provides nutritious foods to families in need. In addition, this program helps families who have children with special needs get health and medical services, and provides health services for children in foster families. Family Health also reduces exposure to toxic substances, and helps children who have been exposed to lead. Staff members work with families at homes, schools and with agencies that serve children.

This program focuses on the following areas: special needs children, child medical services, child health and disability prevention services, child lead, poisoning, foster care services, medical therapy and nutrition services.

If you would like to obtain more information about this program, please contact:

Family Health Division
2240 East Gonzales Road, Suite 260-CMS
Office direct telephone: 805-981-5281
County-wide toll free access: 800-781-4449, Ext. 4

Disease Control and Prevention

The county of Ventura tracks, monitors and responds to health conditions to improve the health of people in its community and reduce the impact of chronic and communicable diseases. The county engages in a wide variety of activities and services to achieve their goals, which include disease control and prevention.

This program focuses on the following areas: communicable diseases, emergency medical services, emergency preparedness, epidemiology research, family planning, healthcare for homeless, HIV/AIDS, immunizations, pregnancy testing, sexual infections, travel vaccinations and tuberculosis

control.

If you would like to obtain more information about this program, please contact:

Disease Control and Prevention Division
2240 East Gonzales Road, Suite 260
Telephone: 805-981-5101

NHF is an independent, charitable, tax-exempt 501(c)(3) corporation dedicated to improving and enhancing the healthcare of the underserved by developing and supporting innovative programs that 1) can become independently viable, 2) provide systemic solutions to gaps in healthcare access and delivery and that 3) have the potential to be replicated nationally.

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