

Louisiana Coordinated System of Care

Member Newsletter

Trauma can happen to anyone. Understanding trauma helps you understand your child's behaviors and feelings. It can better prepare you to help them heal. With the right help, children can recover from trauma.

What is trauma?

A traumatic event is anything scary or hurtful that happens to a person or that they see.

Some examples of traumatic events include:

- Abuse (physical, sexual, or emotional)
- Neglect
- Separations from family
- Death or sickness of a family member
- Poverty or homelessness
- Discrimination or community violence

How do children commonly react to trauma?

Trauma affects both your child's brain and body. Some common responses for children include:

- Worrying about safety
- Thinking and talking about the event over and over again
- Sleep problems (too much or too little, bad dreams)
- Trouble concentrating and learning in school
- Headaches and stomachaches
- "Acting out" behavior
- Bed wetting and acting younger than their age
- Older children may engage in self-destructive or reckless behavior

Is there anything I can do as a parent to help?

Yes!

- Let your child know that they are safe.
- Remember that something happened to them. The event isn't the child's fault.
- Keep consistent routines.
- Allow your child to talk about what happened to them.
- Understand that their reactions are to be expected and are not "bad" behavior.
- Connect with caring and supportive friends, family, and community / faith groups.
- Seek treatment with a Licensed Mental Health Professional.

How can I get treatment for my child that can work?

Connect with your Child and Family Team. Your Wraparound Facilitator has a list of Licensed Mental Health Professionals who have special training in helping children who have experienced trauma. Your Facilitator can help you make an appointment. Magellan can also help you find a provider and will pay for counseling services.

Telehealth and You

COVID-19 required us to learn about social distancing. Because of this, your services are being delivered in a new way. We understand that this could be a concern, but the content of your services does not change. It is important to stay connected to your supports.



What is telehealth?

Telehealth allows us to use communications technology to care for our members at a distance. This can include real-time video visits or telephone calls with your provider, wraparound agency facilitator, or family support organization providing youth support and parent support.

Technology

There is no cost for the video visits for CSoC services. These visits can be led through Zoom, FaceTime, Skype, Facebook Messenger Video Chat or Google Hangouts. If you need help learning how to use these applications, below are online trainings or tutorials that may help you.

- [Zoom video tutorials](#)
- [Use FaceTime with your iPhone, iPad, or iPod touch](#)
- [How to make a call in Skype](#)
- [How do I video chat with someone or a group in Messenger](#)
- [Getting started with classic Google Hangouts](#)

Behavioral health awareness

JUNE

PTSD Awareness Month
LGBTQ Pride Month

JULY

Minority Mental Health
Awareness Month
World Day Against Trafficking
Persons (July 30)

AUGUST

National Back to School
Month
National Immunization
Awareness Month



July is National Minority Mental Health Month

If you have a mental health problem, you may worry about what other people will think of you.

Here are some ways you can help others better understand mental health problems.

- Let them know that your mental health problem is a medical problem that can be treated.
- Show them your strengths and talents. Don't let your mental health problem keep you from going after things you want to do.
- Remember that "you are the message." You can show how you want to be treated by the way you act. Treating yourself with respect can set an example for everyone.
- Talk about your recovery. This will help them understand the challenges you face.
- Accept that you may need breaks during activities. Your symptoms may make it harder to focus on things for a long time.
- Work with your family and doctor to set goals you can reach. Let them know what changes you want to make in your life.

For more information, visit www.healthwise.net/MagellanHealth and search for "mental health."



It's National Back to School Month!

Help your school-age child develop social skills

Most school-age children feel driven to “make it” in the world away from home. Making friends and being accepted become top priorities. There is no one easy formula for teaching social skills. People learn through watching parents, friends and others interact over a lifetime. Although bullying or abusive behavior should be addressed, parents should be sensitive about when to get involved and try to let children work out issues on their own.

Here are some crucial skills that will help your child become more socially competent:

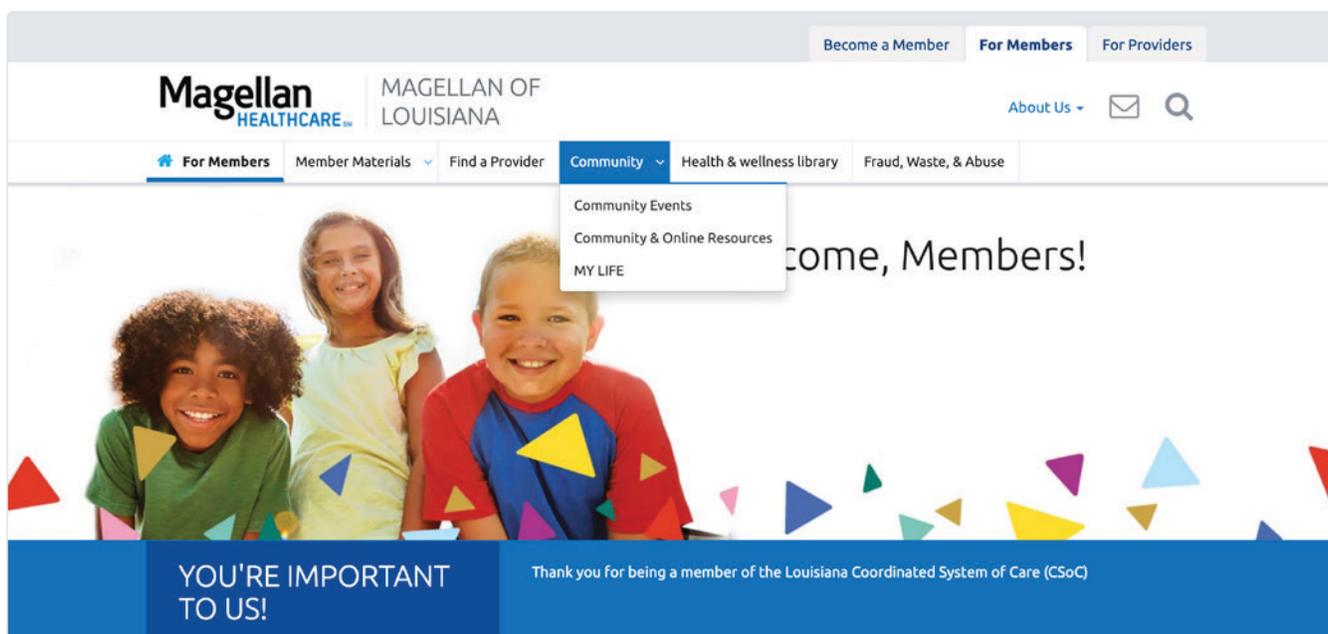
- Let others know you appreciate them.
- Don't let a disagreement hurt a friendship.
- Avoid gossip and put-downs.

For more information, visit www.healthwise.net/MagellanHealth and search for “child social skills.”

For Primary Health Concerns, contact your Healthy Louisiana Plan

Healthy Louisiana Plans	Customer Service	Website
Aetna Better Health	1-855-242-0802	aetnabetterhealth.com/Louisiana
AmeriHealth Caritas	1-888-756-0004	Amerihealthcaritasla.com
Healthy Blue	1-844-521-6941	myhealthybluela.com/la
Louisiana Healthcare Connections	1-866-595-8133	louisianahealthconnect.com
United Healthcare	1-866-675-1607	Uhccommunityplan.com/la.html

****For life threatening situations, always call 9-1-1****



There are community events that take place in an area near you! For a detailed list, please visit www.MagellanofLouisiana.com and follow these steps:

Click on the *For Members* Tab > Click on the *Community* Tab > Select *Community Events*

Then select the area that is closest to you. (If you are not sure of what is closest to you, a CSoC Regional Map is provided for you)