

Louisiana Coordinated System of Care

# CSoC Member Newsletter—Spring 2021

## What is the Family Support Organization (FSO)?

Our partners at the FSO have had many of the same life experiences as you!

The FSO employs caring individuals who have “been there.” These individuals provide Youth Support and Parent Support and Training services from a unique, family-oriented perspective. They assist parents/caregivers and youth to develop skills that can improve their well-being, self-esteem and social functioning.

Have you ever been to the doctor and (s)he described what’s going on in your very own body in a language that you didn’t understand? Our Parent Support and Training (PST) staff are trained to break down diagnoses into everyday language. They use their knowledge, plus their very own life experiences, to help parents explore solutions to challenges they may be facing. They inspire hope, and help parents feel less alone.



For children 12 and older, the FSO offers Youth Support and Training (YST). These services are provided by peers who are ages 18 and up. They are Gen X, Gen Y and even Gen Z!

Youth Support and Training staff partner with CSoC youth. They offer hope and empower them to take part in their own care. With permission, Youth Support and Training staff share their experiences and triumphs and give our youths the hope that they can do the same. YST’s assist in identifying your child(ren’s) strengths and then help them learn how to cultivate them.

Behavioral Services of Louisiana (“BSLA”) is the sole provider of Parent Support and Youth Support and Training services. They have offices in every region across the state, so they can serve you at a time and place of your choice, no matter where you live!

*[View the Member Handbook and Newsletter at www.MagellanofLouisiana.com](http://www.MagellanofLouisiana.com)*

# What's in it for you and your child?

In partnership with you, your child, your Wraparound Facilitator, and others on your Child and Family Team, a plan of care will be developed just for you. No two plans of care are the same because no two children are the same.

- The services are tailored to YOUR child's life, needs and goals.
- Everything is personalized to align with your hopes, goals, and preferences.
- You choose when the meetings occur and the topics to be discussed. (Examples: controlling anger, not getting along with parents or caregivers, staying on top of homework, etc.) You can trust that your peers have been there, and they can offer up techniques that worked for them, that may also work for you.



## Stay Home for MY LIFE

In response to the COVID-19 pandemic, Magellan Healthcare launched the free **Stay Home for MY LIFE** youth fest for youth and young adults who have experience with mental health, substance use, juvenile justice, and foster-care-related issues.

Mark your calendar and register for upcoming events on the 4th Thursday of each month from 5:00 – 6:30 p.m.

[Register for Free](#)

You can also visit the [Virtual Events](#) page on the Magellan of Louisiana website to view past recorded events.





April is National Autism Awareness Month.

## Family support and training can reduce family stress and improve functioning of a child with autism.

It's key for parents to seek help from any sources that exist. Talk to your health expert. Explore what help exists nearby. Think about these helpful tips:

- **Seek help for a child with autism who is entering adolescence.** Community supports and public programs can help families during what can be a really hard time for their child. An adolescent child may gain from:
  - Group home settings
  - Special employment
  - Other programs meant to help the shift to adulthood
- **Plan breaks.** Daily demands of caring for a child with autism can be draining. Trained workers can relieve family members from these tasks as needed. They may also help a family go on caring for a child at home.
- **Contact other families who have a child with autism.** Local and national groups can help link families. They can also provide much-needed sources of info.

Want to learn more? Visit [www.healthwise.net/MagellanHealth](http://www.healthwise.net/MagellanHealth) and search for "autism."



May is Mental Health Month.

## Mental health myths and facts

- ☑ **Myth:** Mental health problems don't affect me.  
**Fact:** Mental health problems are very common.
- ☑ **Myth:** Children don't have mental health problems.  
**Fact:** Very young children may show early signs of mental health problems.
- ☑ **Myth:** Personality or character weakness cause mental health problems. People can fix mental health problems if they try hard enough.  
**Fact:** Mental health problems have nothing to do with being lazy or weak. A lot of people need help to get better.
- ☑ **Myth:** There is no hope for people with mental health problems. Once someone has problems, they will not get better.  
**Fact:** Studies show that people with mental health problems get better and have a full recovery.
- ☑ **Myth:** I can't do anything for a person with a mental health problem.  
**Fact:** Friends and loved ones can make a big difference. They can be important influences to help someone get the care they need.

# 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](http://www.MagellanofLouisiana.com) and follow these steps:

- Click on the For Members Tab
- Click on the Community & Online Resources Tab
- Select Community Events

You can:

- Select the region that is closest to you. (If you are not sure of what is closest to you, a CSoc Regional Map is provided for you)
- Select Virtual Events

