

# Home Visitation

## Quarterly Newsletter

MAY-JUN

## Have you heard the news about CHIP and Medicaid?

States will soon be required to start Medicaid and CHIP eligibility reviews. Here's some helpful information to help make the process run as smoothly as possible

- Losing Medicaid or CHIP coverage is a Qualifying Life Event (QLE), which allows you to enroll in a [Marketplace plan](#) outside of the Open Enrollment Period
- If your child no longer qualifies for Medicaid, you may be able to get them health coverage through your state's [Children Health Insurance Program \(CHIP\)](#)
- Keep your information up to date
  - Make sure your state has your current mailing address, phone number, email, and other contact info. This ensure they'll be able to contact you quickly
- Check with your employment provider to see if they have health care coverage plans



**Children's  
Service Society**

Safe Children · Caring Families  
Strong Communities · Since 1884

## GROUP CONNECTIONS

MAY 17TH

Family Math  
Night, 3pm-5pm  
@ Wheeler Farm  
Barn

JUNE 10TH

Super Summer  
Kickoff Bash, 11am-  
3pm @ Marmalade  
Library

JULY 20TH

Splash Pad, 2pm -  
3pm @ Mountain  
View Park

@CSSUTAH

CSSUTAH.ORG

# May is Mental Health Awareness Month



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Feeling stuck, tired, or just overall overwhelmed? That's okay! Everyone has something they are going through and this month we're focusing on Mental Health. Keep reading to see how you can help you or others you know  
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- Cities often have more stressors to physical and mental health, but green space (like parks and gardens) can reduce their impact. Even spending some time in your backyard (if you have one) can produce positive outcomes
  - Children living in neighborhoods with more greenspace had a reduced risk of developing depression, mood, eating, and substance use disorders
  - Light exposure has a direct impact on your body's sleep-wake cycle, and consistent sleep is one of the most important factors in well-being
- Improve your sleep by ensuring your space is safe and comfy
  - Ideal sleeping temperatures are between 60-70F
  - Try to limit the amount of light in your space, such as your phone or TV
    - Try not using your phone for the hour before you go to bed
- Keeping your living space clean is shown to promote calmness and a sense of control of your day-to-day life
  - Start small and focus on one area of your living space
  - Set a timer so that you're not overwhelmed by the task at hand
  - Get rid of any unneeded belongings

## Quick Tips

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- Plant Something
- Try a light box
- Get outside for 10-15 minutes
- Don't discount the little things
- Bring the outdoors inside
- Practice Gratitude
  - Get rid of unneeded belongings
- Breathing Exercises
- Put pictures of loves ones or pets in places you look often
- Stop and smell the roses
- Try meal prepping
- Set out your work clothes the night before
- Keep a gratitude journal

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org

# Spring Into Action

Winter in Utah this year was one for the books (literally). With all of the snow fall this year, there is a lot of anticipation around spring flooding. Here are some helpful tips and tricks to help make sure you and your families can be as prepared as possible

## Make a Plan

- Make a plan with your family (including pets) so everyone knows what to do, where to go, and what you need if your home floods
  - To learn where flooding may occur and where to get sandbags, click [here](#)
- Gather supplies- several days of food, fresh water, medications
- Keep important documents in waterproof container
- Check to make sure street gutters and storm drains are free of any debris
- Move valuable items to higher levels of the home

Information provided by:



## Be Flood Aware

Do not walk, swim, or dive through flood waters. Turn around!

Avoid entering standing water; even shallow water can be dangerous

Stay off bridges over fast-moving water

Just 6" of moving water can knock you down, one foot can sweep away vehicles

Identify a safe location you can go to if told to evacuate

Stay where you are unless told to evacuate

Resources to Help During a Flood - Utah 211 (available 24/7)

Call: 888-826-9790

Online: [211utah.org](http://211utah.org)



# Friends of the children

## Community Spotlight

Friends of the Children - Utah is part of a national network of chapters across the US. They connect children to a paid, professional mentor called a Friend. These trained mentors' full-time jobs are to support youth to succeed, from as early as age 4 through high school graduation.

They have redefined youth mentoring by creating the first and only long-term professional mentoring program in the country. They are an evidence-informed and research based company, that has proven long-term outcomes to show their program works. For more information, click [here](#)

**FR1ENDS** of the  
**CH1LDREN**  
**Utah**

## Refer a Friend

Children's Service Society is currently enrolling families for our English Speaking program and we need your help!

If you know of anyone that you feel would benefit from Home Visitation services, please have them submit a referral form, which can be found [here](#)



Children's Service  
Society of Utah