



Moms In Motion

Empowering One Family at a Time!

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The A-team!

Greetings from Moms In Motion

We hope your summer is off to a great start! Stay safe as you and your family enjoy the change in routine. Take time to enjoy the warm weather and each other, because autumn will be here before you know it!

Moms In Motion wants you and your loved ones to feel empowered and knowledgeable about all Medicaid waiver services. In this edition of our newsletter we are happy to share with you what

we know about the upcoming CCC Plus Program and the new CCC Plus Waiver, how to maximize your waiver and Medicaid benefits, and information about potential legislation that may impact Medicaid.

As always, we will continue to advocate for your rights with the state through conversation and collaboration with the Department of Medical Assistant Services, Department of Behavioral Health and Developmental Services and the CSBs, and through collaboration with other providers.

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What You and Your Service Facilitator Should be Discussing

1. New for this period:

1. **If you are on the EDCD Waiver, did you know that you could also be on the waiting list for one of the three new waivers (Building Independence, Family and Individual Supports or Community Living)?** Click [Waivers](#) to find out how to apply.
2. **Review Mobility and Behavior/Orientation levels as noted on our reports.** - Are they accurately reflecting your reality?

2. At Every Visit:

1. **Are you enrolled in Commonwealth Coordinated Care (CCC)?** If so, which Managed Care Organization (MCO) are you using?
2. **Any medical and/or functional changes.**
3. **Who are your attendants and are they getting paid?**
4. **Have there been any recent hospitalizations?**
5. **Turning 18** - We have an amazing [resource page](#) for young adults on our website.
6. **Reviewing time sheets** filed by your attendants.

Waivers

Developmental Disability Waivers (BI, CL, FIS) Wait List Monitoring

As the state of Virginia works to create flexible needs-based services through the Developmental Disability Waivers (Building Independence, Community Living, and Family and Individual Support), there have been many changes. One of those changes affects the monitoring of the waiting list status and priority. The monitoring of individuals on the waiting list and their priority has shifted away from private providers like Moms In Motion and is now being done by the

Community Services Boards (CSB's). So when you have a change that you believe would affect your priority on the waiting list, please contact your CSB Case Manager and let them know. In addition, for those that still need to apply for the BI, CL, or FIS waivers to get on the waiting list, the CSB's are now the single point of entry for application and screening.

CCC Plus Program

Commonwealth Coordinated Care Plus (CCC Plus) is a new statewide Medicaid managed long term services and supports program that will serve approximately 214,000 individuals with complex care needs, through an integrated delivery model, across the full continuum of care. Care management is at the heart of the CCC Plus high-touch, person-centered program design. CCC Plus focuses on improving quality, access and efficiency. CCC Plus is proposed to launch August 1, 2017 and enrollment into CCC Plus is required for qualifying populations.

CCC Plus will include Medicaid members who receive Medicare benefits and full Medicaid benefits (dual eligible), including members already enrolled in Commonwealth Coordinated Care (CCC), and members who receive Medicaid long term services and supports (LTSS) in a facility or through one of the home and community-based (HCBS) waivers (except Alzheimer's Assisted Living waiver). Individuals enrolled in the Community Living, the Family and Individual Support, and Building Independence waivers, known as the Developmental Disabilities (DD) waivers, will enroll for their non-waiver services only. At this time, their DD waiver services will continue to be covered through Medicaid fee-for-service. It also includes members who are eligible in the Aged, Blind, and Disabled (ABD) Medicaid coverage groups, including ABD individuals currently enrolled in the Medallion 3.0 program.

CCC Plus roll out will be in stages across the state. The first is set for the Tidewater and surrounding area beginning in August. ([Read Launch Date Chart: August 1, 2017 - January 1, 2018.](#)) The second is Central Virginia set to begin in September. And so on. Letters are to be sent 45 days in advance of your areas roll out. The transition schedule is as follows:

- August 1 - Tidewater
- September 1 - Central
- October 1 - Charlottesville/Western
- November 1 - Roanoke/Alleghany/Southwest
- December 1 - Northern/Winchester
- January 2018 - CCC Demonstration (current CCC members)
- January 2018 - Aged, Blind and Disabled

There will be 6 different health plans/MCOs participating. Enrollees will receive an Initial Notice letter with an initial assignment into a health plan/MCO and a comparison chart of all the MCOs in their region and will receive instructions if they wish to change their health plan/MCO. Additional information will be provided in the enrollment letters that explain the process.

If your child has HIPP or HIPP for Kids, your child will NOT move to CCC Plus at this time. If you have more than one child on a waiver, as long as they qualify for HIPP services, they will not move either. You will be able to tell if your other child/children qualify for HIPP/HIPP for Kids because their name(s) will be listed on the approval letter sent from the HIPP unit.

If your loved one is on a CL or FIS Waiver, formerly ID/DD, and not on HIPP/HIPP for Kids, you will need to choose a CCC Plus Plan for non-waiver services such as physicians, therapists, etc., even if they are on your private insurance.

Moms In Motion is aware of the upcoming changes, and we are working hard to stay informed and keep you informed about the new CCC Plus program. These are exciting changes as all entities work together to provide the best care for you and/or your loved one. If you'd like to learn more about the program, please visit this [webpage](#).

New CCC Plus Waiver

Effective July 1, 2017 the state will combine what is currently the EDCD waiver and the Technology Assisted waiver into one new waiver called the CCC Plus Waiver (not to be confused with the CCC Plus Program). If you are on the EDCD waiver, you will automatically be switched over to the new waiver and do not need to do anything. [Read more](#) on the June 6, 2017 Medicaid Memo. Moms In Motion will continue to share with you what services will be available on this new waiver as we learn more.

CCC Plus Program Calls and Meetings

Beginning this summer, Department of Medical Assistance Services (DMAS) will begin holding calls with the public, and meetings on CCC Plus. These will provide an opportunity for members, families and advocates to ask questions and receive answers by DMAS and health plan staff. Each meeting or call can address issues particular to the community. Have your questions answered by Medicaid and CCC Plus health plans representatives.

Meetings:

Meetings are open to Medicaid members, caregivers, families and advocates.

- July 11, 2017 2 - 3:30pm
Denbigh Community Center 15198 Warwick Blvd. Newport News, Va. 23606
- July 12, 2017 3 - 4:15pm
Independence Center Inc. (ECI) 6300 East Virginia Beach Blvd. Norfolk, Va. 23502

Calls:

CCC Plus calls for full Medicaid members, caregivers, families and advocates. Open call to first 100 callers.

- 12pm-12:30pm July 11, 18, 25 and August 1st.
- Dial 1-800-832-0736 press *1095279#

Maximizing Your Benefits

Early and Periodic Screening Diagnosis and Treatment (EPSDT)

Early and Periodic Screening, Diagnosis, and Treatment is a federally mandated Medicaid program for children from birth until 21 years of age who qualify for Medicaid. It's purpose is to ensure that children are closely monitored to prevent health and disability conditions from concurring or worsening and to provide services to address such conditions.

What does EPSDT cover?

- Assistive Technology
- Behavioral Treatment Services and Applied Behavioral Analysis
- Hearing Aides
- Medical Formula
- Nursing
- Personal Care (Including services needed while in school)
- Medically prescribed supplements (like Pediasure)
- and more!

[Read](#) Moms In Motion's EPSDT resource page.

Virginia Disability Determination Services

[The Virginia Disability Determination Services \(DDS\)](#), a division within DARS, works in partnership with the Social Security Administration and the Virginia Department of Social Services to make decisions on disability claims for benefits under the Social Security Disability Insurance, Supplemental Security Income, and Medicaid Programs. Following federal regulations, DDS commits to making accurate and prompt disability decisions based on medical and psychological evidence. If applicable, DDS also considers school information and/or vocational criteria as well.

Programs include:

- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Medicaid

PPL - Waiver Fiscal Agent/"Payroll"

Check out Moms In Motion's:

- [PPL & Aides Resource Page](#)



Check out PPL's:

- [Consumer Directed Service Resource Page](#)
- [Online Timesheet Tutorial](#)

Payroll Schedules for 2017 - March 2018

- [A - Central VA & Tidewater](#)
- [B - Northern VA, Piedmont & Southwest](#)

Hiring a New Attendant?

Use [PPL's attendant application](#) to get a pre-populated hire packet sent to you.

Advocacy

Save Medicaid Now

The House already passed a bill that would cut Medicaid by over \$830 billion, and open the door to repealing major health care protections like coverage for people with pre-existing conditions. [Email](#) your Senators and make your voice heard.

Senate Majority Leader Mitch McConnell (R-KY) has placed the American Health Care Act on the Senate calendar with a vote planned by the end of June. The Senate is planning to skip the committee process. The bill is expected to be substantially similar to the version that passed the House. Very few details of the bill have been made public. One likely change is extending the time frame for phasing out the Medicaid expansion. However, Medicaid per capita caps are likely

to remain in the bill, jeopardizing the availability of services for people with I/DD.

Watch and share this [video](#) from The Arc of the United States to show the impact of cutting Medicaid and repealing major health care protections. The Arc of the United States also made a compelling [video](#) to share on the cuts to Social Security.

Virginia Governor Signs Anti-Bullying, Suicide Prevention Legislation

Virginia Gov. Terry McAuliffe signed two bills into law designed to curtail student suicides and increase prevention efforts. Senate Bill 1117, introduced by Virginia state Sen. Jeremy McPike (D-Prince William County), requires school counselors to receive training in bullying and suicide prevention in order to renew their state licenses. House Bill 1709, introduced by Virginia House Del. Eileen Filler-Corn (D-Fairfax County), directs schools to notify parents within five days if their child is involved in a bullying incident. [Read more](#) at NBC 4 Washington News.

Restraint and Seclusion in Schools

Do you know your school's policy on restraint? Students in restraint and seclusion (isolated confinement) have been killed, and suffered broken bones, injuries, and other trauma-often for doing things that put no one at any risk of harm. One Virginia student suffered broken hand and foot bones when forced into an isolation room. A Virginia 7 year old was locked in a storage closet over and over; the school did not tell his parents. Twenty children nationwide have died in restraint. Over 100,000 students were restrained and secluded nationally in 2013-14.

The United States Department of Education's (USDOE) 2012 Restraint and Seclusion Resource Document states that "physical restraint or seclusion should not be used except in situations where the child's behavior poses imminent danger of serious physical harm to self or others."

Longstanding Law in Virginia:

-§ 22.1-279.1-provides that the prohibition on the use of corporal punishment in public schools DOES NOT preclude reasonable force to (i) quell a disturbance that threatens serious physical harm or injury to persons or damage to property; (ii) remove a student from the scene of a disturbance that threatens serious physical injury to persons or damage to property; (iii) defend self or others; (iv) obtain possession of controlled substances or paraphernalia which are upon the person of the student or within the student's control; (v) to obtain possession of weapons or other dangerous objects that are upon the person of the student or within the student's control.

[Read](#) the Guidelines for the Development of Policies and Procedures for Managing Student Behaviors in Emergency Situations

[Read more](#) about seclusion and restraint at The Arc of Virginia's website.

Spotlight On...

Family Highlights



"Tackling My Son's Rare Disease One Bite at a Time"
by Dawn McCoy of Moms In Motion!

Living with chronic health issues and a rare disease means getting creative. I learned this when my son Joshua was diagnosed with eosinophilic esophagitis (EoE) at 18 months of age and we began our journey to find out what foods he would need to avoid as part of his prescribed dietary therapy.

I had to learn very quickly what - and how - to feed my child to help him feel better. He needed to avoid all the top eight allergens (soy, wheat, milk, eggs, fish and shellfish, nuts and tree nuts). Shopping and cooking became a whole new adventure. Not only did I become diligent about scouring ingredient labels to be sure it didn't contain any of the many ingredients he had to avoid, but I also had to learn how to properly prepare and serve everything he ate to avoid possible cross-contact between food proteins.

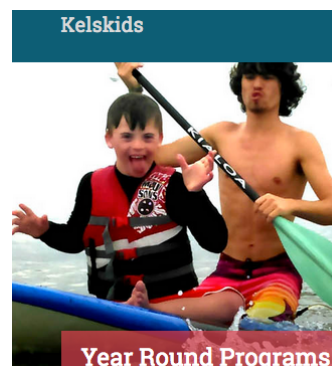
I put a great deal of time and effort into cleaning and designating kitchen utensils, blenders, cookware and counters to prevent cross-contact. While this does require extra time for us, it's simply what we must do to keep Joshua healthy.

Joshua's EoE made it so he had a hard time swallowing solid foods. Once I figured out what he could eat, I began preparing pureed meal combinations in addition to some bite-size foods like handmade "sandwiches" with small slices of ham and rice crackers. His care providers at the local children's hospital helped me to plan nutritionally balanced meals for him, and he was prescribed a special amino acid-based formula to ensure he was getting all of nutrients he needed. [Read more.](#)

Kelskids Paddle Board Camps

[Kelskids](#) offers activities to any individual with exceptional needs and their siblings. Their stand up paddle board camps and year round swim lessons in Virginia Beach begin June 19, 2017.

KelsKids offers services which enable diagnosed disabled people of the world to gain a sense of freedom through their aquatic programs. Their teaching methods for swim lessons, paddle board and aquatic safety skills are extremely successful for everyone. Kelskids programs incorporate & enhance global



development; physical fitness, life saving and changing aquatic skills along with aquatic kinesthetic learning that reinforces cognitive goals.



Center for Family Involvement

[The Center for Family Involvement](#) at the Partnership for People with Disabilities at Virginia Commonwealth University partners with the Virginia departments of Education and Health, the federal Maternal and Child Health Bureau, the Administration on Intellectual and Developmental Disabilities, and others in supporting a variety of activities to strengthen family involvement. The Center for Family Involvement works with families to increase their skills as advocates, mentors and leaders so that families, children and young adults with

disabilities can lead the lives they want. Families become:

- Advocates who speak with and for their family members with disabilities
- Mentors who use what they have learned to help others
- Leaders who make possible a better life for those who follow

Moms In Motion in the Community

Thank you for believing in us!

Moms In Motion would like to express our appreciation to the following organizations and individuals who have shared Moms as a resource with families they know. Thank you to:



- [International Rescue Committee](#)
 - Located in Charlottesville Virginia, they help refugees achieve economic self-sufficiency, a sense of security, and social integration.
- [The Daily Living Center](#)
 - A licensed adult day health care serving the Staunton, Waynesboro and Augusta County area for over 27 years. They are a non-profit, United Way agency and also a member of the National Adult Day Services Association and of the Virginia Adult Day Services Association. They prevent the pre-mature placement in a long-term care facility or institution.

Buzz about Moms In Motion

What people have been saying about us:

"You all are so on top of everything, I am very happy to have found people willing to help out and explain things correctly and thoroughly!"

Events

Tools You Can Use

[Intro to Virginia Medicaid Waivers](#)



[Learn about Special Education](#)

For parents NEW to the world of Special Education. A training opportunity gives participants a chance to engage directly with the presenters who are leaders in their fields. June 22 - 23, 2017 Charlottesville, Va.

[Community Outreach](#) Training for helping individuals with disabilities in the community. Jun 24, 2017 10am Christiansburg, Va.

[Housing Resources for People with Developmental Disabilities](#) For individuals and families to an information session about resources to help people in the Settlement Agreement population access housing in the community. Jun 26, 2017 6pm Fredericksburg, Va.

[Minds of All Kinds](#) The Science Museum of Virginia hosts a free sensory friendly event. Jul 13, 2017 5:30pm Richmond, Va.

[The Arc of Virginia State Convention](#) Sessions on Waiver Redesign, Commonwealth Coordinated Care Plus, Federal Policy Issues, Inclusive Education, Early Intervention and more. Aug 7 - Wed Aug 9, 2017 Norfolk, Va.

These events and others can be accessed at Moms In Motion's [Calendar](#).

Video by Moms In Motion.

[Frequently Asked Questions](#)

Regarding Consumer Directed Services by Moms In Motion.

[How to Fill Out a Hire Packet](#)

Video by Moms In Motion.

[Guide to a Better Future for Youth and Adults with Disabilities](#) by The Arc of Northern Virginia

[Why, When, and How Can I Get the IEP Revised?](#) Consenting to an IEP does not mean you are stuck with it - or that it will be appropriate for an entire year.

[Searchable Resource List](#)

Waivers

- [Moms In Motion's Waiver Facebook Group](#) Discuss and ask questions about Virginia's Medicaid Waivers. (must have Facebook account)
- [VaWaivers](#) is used to discuss and share news about Virginia Medicaid Waivers.
- www.VaMedicaidWaivers.org The Medicaid Waiver Information Center provides information, materials, workshops, and advocacy meetings about Virginia Medicaid Home and Community-Based Waiver Services.
- Sign up for updates on Virginia's Waiver Redesign Initiative. Send an email to waiverupdates@dbhds.virginia.gov and provide your email address in the body of the email (it is not required, but feel free to also briefly note if you/a family member is on the ID or DD Waiver, on a waitlist for the ID or DD Waiver, etc).

Finding Attendants

[A Virginia Statewide Directory](#) is now available for people who would like to become a Consumer-Directed Assistant and

for people who need a Consumer-Directed Assistant. People wanting to become assistants can list their skills, availability, location, and contact information. People with disabilities that need assistants can search for a person to work with them that matches their needs.

[The Arc of Northern Virginia](#) has put together an [incredible document](#) to introduce individuals to consumer direction. Starting on page 8 of the document, there are very valuable insights into finding and managing qualified care providers. (Remember they are located in Northern Virginia so the reimbursement rate is only relevant to Northern Virginia.)

Other strategies to find attendants:

- Relevant departments of local colleges.
- Your local department of social services likely has a list of people interested in working as attendants.
- Ask your school's paraprofessionals.
- [Virginia Employment Commission](#)
- Utilize sites such as:
 - [Care.com](#)
 - [Craig's List](#)
 - [MySupport](#)
 - [SitterCity](#)



Moms in Motion is a Service Facilitation provider for Medicaid EDCD, CL & FIS Waiver enrollees.

MomsInMotion.net