



CMDP News

Summer-Fall 2017

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Comprehensive Medical and Dental Program *Serving Arizona's Children in Care*

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ARIZONA
 DEPARTMENT
of CHILD SAFETY
 Comprehensive Medical
 and Dental Program

ANNUAL FLU VACCINE

Best Way to Protect Your Children From the Flu

The yearly flu shot protects against the flu. Flu shots protect children and adults from several types of flu.

All people 6 months and older should get a flu shot. There are different types of flu shots. Your child's health care provider will know which shot is right for your child.

Flu shots are especially important for certain people who are high risk such as children younger than 5 years of age, and children of any age with a long-term health conditions like asthma or diabetes. These children are at higher risk of serious flu complications (like pneumonia) if they get the flu.

To help stop the spread of flu, wash your hands frequently and remind others, to do the same. If sneezing or coughing, do so into facial tissue or inside of your elbow rather than your hand. This will limit the spread of germs and help keep people healthy!



Flu and You. (2017, January 19). Retrieved April 5, 2017, from <https://www.cdc.gov/flu/consumer/index.html>

TEMPTATION ISLAND

by Dental Consultant, Michael Lacorte, D.D.S.

Most parents would probably agree that they dread waiting in line at the grocery store. Each check out aisle consists of row upon row of sweet temptations agonizing both parent and child. As you look at these chocolate delights you see a potential cavity in each bite, right? Well not exactly.

Candy in and of itself does not promote tooth decay. That's right! This is not a typing error. Sweets cause no more of a cavity for your teeth than does a piece of bread or cracker, and the bread or cracker may have a higher potential of causing decay.

What causes decay (cavities)? Decay is caused by an increase in the acid level in your mouth. When you eat something, acids are produced by the bacteria that live in your mouth. These bacteria digest the sugars from the food in your mouth producing acids that start attacking the enamel on your teeth. This in turn causing over a period of time a "cavity".

In general, these acid attacks last only 20 minutes from the last piece of food cleared from your mouth. This is why breads and crackers have a higher risk of causing a cavity when compared with a piece of chocolate. When you eat a piece of chocolate, it is cleared by saliva from your mouth rather quickly.

On the other hand, the bread or cracker is cleared slowly and turned from starch to sugar by the saliva in your mouth. This can act as a reservoir of sugar and keep the acid level up in your mouth for hours.

Related to this is "frequency of eating." Frequent snacking and eating also does not allow for foods to clear from your mouth and keeps the acid level high. This is creating a constant environment of attack on the enamel of your teeth. So before you switch your family to an all chocolate diet, understand this, no food is really bad for you or your child, if you do not snack often.

Also brush, floss and use a fluoride tooth paste, with the proper amount, twice a day. And when at school or someplace unable to brush, a rinse or drink of water at the end of a meal can help reduce the remaining food from your mouth. This all is giving you the best chance at being *cavity free!*

Bowen, W. H. (2013). The Stephan Curve revisited. *Odontology*, 101(1),2-8. doi:10.1007/s10266-012-0092-zGibbons RJ, Socransky SS. Intracellular polysaccharide storage by organisms in dental plaques. Its relation to dental caries and microbial ecology of the oral cavity. *Arch Oral Biol*. 1962;7:73-9.Spatafora G, Rohrer K, Barnard D, Michalek S. A *Streptococcus mutans* mutant that synthesizes elevated levels of intracellular polysaccharide is hyper cariogenic in vivo. *Infect Immun*. 1995;63:2556-63.

DANGERS OF LEAD EXPOSURE

Lead is a metal that can be very harmful to people, especially pregnant women and children. You can be exposed to (come into contact with) lead where you live or work. Too much lead exposure can cause a miscarriage (when a baby dies in the womb) or cause the baby to be born prematurely (when a baby is born too early). It can also hurt the baby's organs, and cause them to have learning or behavior problems.

If you live in a home that was built before 1978, it may have been painted with a lead based paint. Some of this paint can still be in older homes, and as the paint gets old it can chip or peel off. When this happens it creates a dust that contains lead, and if you breathe in or swallow this dust it can hurt you or your unborn baby. Also, if you have lead pipes in your house or use a well to get water, lead could be getting into your drinking water.

If anyone in the home has a job or hobby that involves exposure to lead (for example mining, car repair, welding, construction, plumbing, shooting, hunting, fishing) you and your child can be exposed.

Lead can also be found in certain dishes that you use at home, namely lead crystal glassware and some ceramic dishes that come from other countries. Do not use any dishes that are chipped or cracked.

Some painted toys and jewelry, especially those that are not made in the United States, could also contain lead.

Even certain makeup can have lead in it. Candy and foods that are from other countries may also contain lead.

In general, CMDP children are checked for blood lead levels by their doctor at 9, 12, 18 and 24 months of age and every year after until the age of 6.

The doctor will ask questions to see if the child could have a higher blood lead level. Children should be routinely tested for lead at 12 and 24 months of age, as part of their Well-Child screening.

If you think your home has lead, contact your local health department, and they can help you find someone to inspect your home.

The Arizona Department of Health Services can be reached at 602-364-3118. If you think you have been exposed to lead, please talk to your doctor. They can do a test to check your lead levels.

March of Dimes Foundation. (2016). *Lead Poisoning*. Retrieved from: <http://www.marchofdimes.org/pregnancy/lead-and-pregnancy.aspx> https://www.cdc.gov/nceh/lead/publications/nceh_prevent_childhood_lead_poisoning_508.pdf

Now is the time to keep your baby safe from lead poisoning. Here's what you can do:

- 1 Watch out for lead in your home.**
Most lead comes from paint in older homes. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.

Home repairs like sanding or scraping paint can make dangerous lead dust. Pregnant women should not be in the house during cleaning, painting, or remodeling a room with lead paint.
- Tip: If you live in an older home, have your home inspected by a licensed lead inspector.**
- 2 Eat foods with calcium, iron and vitamin C.**
These foods may help protect you and your unborn baby.

 - **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.
 - **Iron** is in lean red meat, beans, cereals, and spinach.
 - **Vitamin C** is in oranges, green and red peppers, broccoli, tomatoes, and juices.
- 3 Talk to your doctor.**
Talk to your doctor about any medicines or vitamins you are taking. Some home remedies and dietary supplements have lead in them. It is important that you tell your doctor about any cravings you are having such as eating dirt or clay.

Contact us for more information:



FAMILY PLANNING

It is important that you have the information needed to make good choices. This helps you to stay safe and healthy. Sex can sometimes be an uncomfortable topic to talk about, but do not let that stop you.

Please talk with your doctor about sex so you know how to prevent pregnancy and sexually transmitted diseases (STDs).



QUICK FACTS ABOUT **Chlamydia**

Chlamydia is a sexually transmitted disease (STD). Anyone can get it. It is very common among teens and young adults, both men and women.

Young, sexually active girls need to be tested every year. Pregnant women need to be tested for Chlamydia.

Most young men and women who have this STD do not know it because they have no symptoms. You can pass Chlamydia to others without knowing it.

The good news is that Chlamydia is easy to treat and cure! If you are sexually active, it is important that you and your partner get tested. This is because if you do not treat Chlamydia, it can lead to health problems!

Talk to your doctor or call 1-800-CDC-INFO for more information about Chlamydia. You can also visit www.cdc.gov/std/chlamydia.

Centers for Disease Control and Prevention. (2016). Chlamydia-CDC Fact Sheet. Retrieved from <https://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>

DID YOU KNOW

CMDP is here to help you stay safe! We cover the cost for the following services for our CMDP members (Male and Female):

- **Annual physical exams (including radiological procedures when needed)**
- **Lab tests**
- **Testing, treatment and counseling for STDs, including Chlamydia**
- **HIV testing**
- **Education on preventing pregnancy, abstinence and STDs.**
- **Birth control pills and emergency contraceptives**
- **Birth control injections**
- **Birth control implants**
- **Condoms**
- **Diaphragms**
- **LARC (contraceptive implants)**
- **Intrauterine Device (IUD)**
- **Patches**
- **Spermicides**

Please talk with your provider if you are or thinking of becoming sexually active! Being educated about sex safety can make all the difference!

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/default.aspx>

WHAT IS INCLUDED IN AN EPSDT VISIT

EPSDT means the same thing as a well-child visit. In other words, your child should have an EPSDT visit even if the child is not sick or hurting. Regular visits help keep your child healthy.

During an EPSDT visit, your doctor should check for problems in all of these areas:

- Physical health
- Developmental health
- Behavioral health assessments/screening's
- Eating habits
- Oral health
- Vision
- Hearing/Speech
- Are all shots up-to-date?



If any problems are found, your doctor will either treat the problem or send you to a specialist. There are additional special checks that happen only for certain ages. There are also special checks for children who have certain risk factors.

Your child should have had an EPSDT visit within the first month of being placed in out-of-home care. Routine EPSDT visits are due at 3-5 days of life, at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months of age and once a year from age 3 to age 20. You do not have to wait for an EPSDT to see your doctor.

You can see your doctor for help with any problems you may be having with your child. Your doctor may ask you to come in at other times in order to

AHCCCS. (n.d.). AMPM Policy 430, Exhibit 430-1, AHCCCS EPSDT Periodicity Schedule. Retrieved from AHCCCS Medical Policy Manual: <https://www.azahcccs.gov/shared/MedicalPolicyManual/>

CMDP MEMBERS NEVER PAY

Do not ever pay for any medical services, dental services or prescriptions even if you are asked to! If your health care provider has any questions regarding payment, contact CMDP.

Call CMDP at 602-351-2245 or 1-800-201-1795.

You can get more information from the CMDP Member Handbook which is available on the CMDP website. If you need a copy sent to you, please call CMDP.

<https://dcs.az.gov/cmdp>

ASHLine Arizona's Smoking Cessation Program and Helpline



ASHLine is the Arizona Smokers' Helpline and helps people to quit using tobacco for free. ASHLine has been helping thousands of people learn how to live tobacco-free lives since 1995.

ASHLine Offers

- A helpline to get started (Call 1-800-556-6222)
- Free coaching
- Online help
- Free medication

Resources to Help You Quit

ASHline is easy to use. You simply call the helpline and a representative will start the process of matching you with a Quit Coach.

Your Quit Coach is selected based on your needs including if you are a pregnant women or if you use chewing tobacco.

Quit Coaching is ideal for people in any stage of wanting to quit tobacco. This includes those thinking about quitting, those wanting to quit now and those who already quit and need extra support.

As part of your Quit Plan, you will have scheduled meetings (about 1-2 per week) with your Quit Coach. You'll decide with your coach the best time and the best way to connect.

When making a Quit Plan, you and your coach will:

- Talk about where you are in wanting to quit
- Discuss what makes you want to quit
- Set up coaching meetings with your coach

Sign Up Now

Complete the Quit Coaching helpline questions to be matched with a coach.

After completing the questions, your Quit Coach will contact you within 48 hours to get to know you and to start on your Quit Plan.



ALLERGIES

Allergies occur when the body has a reaction to a common thing that is normally not hurtful. Allergies can develop at any age. Most people develop allergies as a child or a young adult. Children get allergies from coming into contact with allergens. Allergens can be inhaled, eaten or injected from stings or medicine. They can also come in contact with the skin.

According to the American Academy of Pediatrics Allergies can cause the following:

Hay Fever is the most common type of allergy. It is also called Allergic Rhinitis. The signs of hay fever are cold like symptoms that occur around the same time each year.

Eczema is a red itchy rash can be caused by an allergy.

Food Allergy is an allergic reaction that happens right after eating a food. It can cause a rash, hives, swelling of face or tongue, gagging, vomiting, abdominal pain or wheezing. Some allergies can be life threatening. This is when there is a severe allergic reaction (anaphylaxis).

Asthma can be caused by allergies or be made worse by allergies in some people.

The signs of asthma are coughing and difficulty breathing that get worse at night or with exercise.



If your child has an allergic condition, try the following:

- Keep windows closed during pollen season, especially on dry, windy days when pollen counts are highest. Keep the house clean and dry to reduce mold and dust mites.
- Try to avoid having carpets in your home or clean them often.
- Do not sleep with stuffed animals or soft toys in the bed.
- Avoid having pets and indoor flowering plants. Prevent anyone from smoking anywhere near your child, especially in your home and car.
- Avoid the foods or medicines that your child is allergic to.
- See your doctor for specific instructions on the treatment of your child's allergies.
- See your doctor for safe and effective medicine that can be used to help treat and prevent allergy symptoms.

Most common allergies are

- **Pollens**, from trees, grasses, weeds;
- **Molds**, both indoor and out;
- **Dust mites**, living in bedding, carpeting;
- **Pests**, cockroaches, mice, rats;
- **Animal dander** from furred animals like cats, dogs, horses, rabbits and birds;
- **Some foods and medicines**
- **Insect stings**

American Academy of Pediatrics. (2015). Allergy Causes in Children: What Parents Can Do. Allergies and Asthma: What Every Parent Needs to Know, 2nd Edition by the American Academy of Pediatrics.

NOTICE OF FORMULARY CHANGES FOR OPIOIDS

Opioids are strong medicines used for pain. They can only be ordered by a doctor. This medicine is used for a short time (short-acting) to treat severe pain. This type of pain would come after some surgeries and injuries.

Opioids can also be used for a long time (long-acting) to treat severe pain. This type of pain would be for illnesses like cancer or certain diseases that cause severe pain.

Opioid medications are addictive. An overdose of these medicines can cause death.

Because of the strength of these medicines and the risk for addiction, CMDP has the following rules in place.

Your doctor must get an authorization for all long-acting opioid medicines. The doctor will send the authorization request to CMDP's pharmacy company, MedImpact.

If the doctor orders a **short-acting opioid medicine that is to be used after surgery**, no authorization is needed for new prescriptions of 14-days of medicine and refills for another 7-days of medicine. Anything more than that must have an authorization sent by your doctor.

If the doctor orders a **short-acting opioid medicine for other pain reasons**, no authorization is needed for new prescriptions for 7-days of medicine.

If a prescription for more than 7 days is needed, the doctor must get an authorization.

If you are in pain, talk with your doctor about your pain medicine and ways to help you with the pain.

Different illnesses may need different types of medicine for different lengths of time. If you have any questions, please contact our nurses' e-mail box at: cmdpnurse@azdcs.gov or call the Health Services Unit at 602-351-2245.



LANGUAGE LINE SERVICES



If you need to talk to a person who speaks the same language as you do, CMDP can help. Language Line Services are available to assist you.

The Language Line service helps by connecting you with an interpreter that can help with your healthcare visits. You can also get help if you have a hard time hearing. Translation is available either by phone or in writing.

Please call CMDP Member Services at least one week before your appointment. For more information. Call CMDP at 602-351-2245.

TRAUMA INFORMED CARE

What is Trauma Informed Care?

Trauma Informed Care is not a place services happen, like a hospital or office. Trauma Informed Care is how nurses, counselors, doctors, teachers, uncles, aunts, parents and anyone can understand the effects of stress on a child or adult. Using Trauma Informed Care helps us reduce a child's stress.

How does stress from trauma affect a child?

Stress from trauma can affect the child's ability to protect themselves. You may notice the child has a hard time with their mood or behavior. A stressed child can cause stress in caregivers. The child may not be able to talk about stressful events or feelings. The child may not readily trust adults around them. Living with high stress levels can lead a child toward harmful or dangerous behaviors.

What can you expect from your health provider?

Health care providers need to have the same trauma informed approach when treating your child. A trauma informed provider will realize the impact of trauma and using this knowledge to treat your child, works to prevent more trauma

How can you as a caregiver help this child?

Caregivers who welcome other children into their home have special compassion to love and protect children who may have high levels of stress. High stress levels can make it hard for the child to feel safe. This can feel frustrating to adults who want the child to play, relax and connect with the family. The child cannot experience the safety of your family until they develop trust for you and others in your home. Although children may be protected in your home, they may not feel safe until their trust is earned.



Here are some ways to develop TRUST with your child:

- Learn about their life
- Commit to honor their parents
- Learn the child's likes & dislikes
- Use natural consequences
- Follow through on what you say you will do
- When you make a mistake, apologize
- Play with them
- Let the child decide what to play
- See a child's misbehaviors as unmet needs
- Give options and choice
- Notice when they feel scared
- Protect them
- Take responsibility for your emotions and mood
- Explain the reason for your behavior
- Listen to their voice
- Accept the child's love for their biological parents
- Change sarcasm to sincerity
- Do not say bad things about the child
- Do not say bad things about the child's family
- Find things to enjoy about the child
- Help them name their feelings



<https://learn.nctsn.org/> search for 'Resource Parent Curriculum' American Academy of Pediatrics: Healthy Children site: <https://www.healthychildren.org> "emotional wellness"

A CULTURE OF CARING



At CMDP, we want our members to receive the best possible care. That includes making sure that services are supplied in a culturally competent manner.

"Culture" is a word for people's way of life. That means the way groups of people do things.

Different groups of people may have distinct customs and beliefs. Every cultural group brings its own outlook and values to health care.

Health care professionals should be sensitive to a patient's needs. A patient in Western culture may want to use medicine. But a patient whose culture relies on home remedies may want to seek out different options. Either way, a health care professional needs to respect that patient's views.

If you feel for any reason that a provider hasn't been culturally sensitive, please call CMDP Member Services at 602-351-2245.

If you would rather leave an anonymous message, call our Compliance Hotline at 602-771-3555. Please give as much information as possible. It's important for us to know the physician's name, the date of service, and the reason for your call.

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HOW TO REPORT FRAUD WASTE AND ABUSE

Anyone suspecting Medicaid fraud, waste, or abuse should report it. You do not need to leave your name when reporting suspected fraud. You can leave an anonymous voicemail by calling the CMDP Corporate Compliance Hotline at 602-771-3555.

The following information is helpful when reporting fraud:

- Name of the CMDP member or their CMDP card number
- Name of the physician, hospital, or other health care provider
- Date of service
- Estimated amount of money involved
- Description of the suspected fraudulent acts



COMMUNITY RESOURCES

Never Shake a Baby Arizona Education Materials and Resources

www.nsbaz.org

Abusive Head Trauma (AHT) in infants, including Shaken Baby Syndrome (SBS), is the most common cause of death from physical abuse among children (Reece RM, Sege R., Childhood head injuries: Accidental or inflicted? *Arch Pediatric Adolescent Med*). Most victims are under 1 year of age and are helpless to protect themselves.

For more information on Abusive Head Trauma as well as educational materials and resources, please contact Nicole Valdez, Never Shake a Baby Arizona Statewide Coordinator at Nicole@nsbaz.org.

Women, Infants and Children (WIC)

www.azwic.gov

1-800-252-5WIC or 1-800-252-5942

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, healthcare referrals, and nutrition education for low-income families with infants and children up to age five who are found to be at nutritional risk.

The Arizona Early Intervention Program (AzEIP)

www.azdes.gov/AzEIP/

AzEIP is Arizona's statewide, interagency system of supports and services for infants and toddlers with developmental delays or disabilities and their families.

Part C of the Individuals with Disabilities Education Act (IDEA), is established by AZEIP. It provides eligible children and their families with access to services to enhance the capacity of families and caregivers to support the child's development.

Head Start and Early Head Start

www.azheadstart.org/

Head start and Early Head Start programs help young children grow up healthy and get ready for kindergarten. Head Start is for 3-5 year old children and their caregivers, Early Head Start is for pregnant women or new mothers and their children birth to 3 years old. Service options include home-based or school-based services.

Head Start in Arizona serves almost 22,000 children and their families at almost 500 locations throughout the state. This program is federally mandated to have a wait list but a **child in out-of-home care and/or a child with disabilities goes to the top of the list**. Help that special child you care for get a "Head Start" on success.

Children's Rehabilitative Services (CRS)

www.azahcccs.gov/Commercial/CRS.aspx

Arizona's Children's Rehabilitative Services (CRS) is a program that provides medical treatment, rehabilitation, and related support services to AHCCCS members who have completed the CRS application and meet the eligibility criteria to be enrolled in CRS.

Arizona's Children Association

www.arizonaschildren.org/

offers out-of-home care, adoption, behavioral health, prevention programs, and other child welfare services.



ARIZONA
DEPARTMENT
of CHILD SAFETY
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Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008, the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact CMDP at 602-351-2245; TTY/TDD Services: 7-1-1. • Free language assistance for Department services is available upon request. • Ayuda gratuita con traducciones relacionadas con los servicios del Departamento está disponible a solicitud del cliente.