



CMDP News

December 2015

<p>INSIDE THIS ISSUE</p> <p>CLICK STORY LINKS TO GO DIRECTLY TO PAGE.</p> 	<p>2 When Should I Go to the Emergency Room? So, How Long Do I Have to Wait?</p>	<p>3 What is EPSDT and What Does It Cover?</p>	<p>4 Preventing Childhood Obesity: Tips for Parents and Caregivers</p>	<p>5 Diabetes Care for Children Dangers of Lead Exposure During Pregnancy</p>	<p>6 Healthy Pregnancy Resources Chlamydia Alert</p>
	<p>7 Birth Weight Matters</p>	<p>8 Safe Sleep Reminders Blood Lead Screening to Identify At-Risk Children Behavioral Health Medications</p>	<p>9 My First Dental Visit: Questions and Answers</p>	<p>10 What Does Cultural Competency Mean to Me? Language Line Do Not Pay!</p>	<p>11 Community Resources CMDP Contact Information</p>

Even healthy kids of any age can get seriously sick from the flu, and they can spread it to family, friends and others.

Everyone 6 months of age and older should get a flu vaccine every year.

Get your kids vaccinated—call their doctor, nurse or clinic.

Spread popcorn. Not flu.

For more information, visit <http://www.cdc.gov/flu>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

When Should I Go To The Emergency Room?

It seems whenever a child gets sick its right after the doctor’s office closes. Sometimes, when a child is sick, we want them to see a doctor right away. However, it is important that children be seen by their Primary Care Physician (PCP) for illnesses/conditions that are not considered an emergency. This allows the PCP to follow along with an illness/condition and provide the best possible care for your child. An emergency room or urgent care center is meant for situations that cannot wait for an appointment and needs to be seen right away. If you have a question about your child who may be sick, try calling the PCP’s office first. An on-call doctor can give you advice or you can leave a message and they will return your call. If you do think the situation is an emergency, you should go to the nearest hospital or call 911. If you need help with finding a PCP, please call CMDP’s Member Services at 602-351-2245 or 1-800-201-1795. They can help find a PCP in your area.



They will make sure the PCP accepts CMDP insurance and are taking new patients.

- It is important that every child get a well check every year (EPSDT visit).
- Make sure your child is up to date with immunizations.
- If you think your child is sick, take them to their PCP.

So, How Long Do I Have To Wait ?

Your primary care physician (PCP) may be able to schedule routine appointment requests within 21 days. More urgent appointments may be scheduled within 2 days of your request and emergencies may be scheduled the same day.

Once you get to a routine appointment, your wait time is typically about 45 minutes or less except when the provider is not available due to an emergency.

Remember if an appointment needs to be cancelled, try to call at least one day before the scheduled appointment. Cancelling an appointment benefits all patients as it frees up time for another patient to be seen.

What is EPSDT and What Does it Cover?

EPSDT stands for *Early and Periodic Screening, Diagnostic and Treatment*. An EPSDT visit is the same thing as a well-child visit. It is a federally mandated Medicaid well-child program that is available for all children and adolescents from birth until their 21st birthday. In Arizona, all Medicaid is administered through the Arizona Health Care Cost Containment System (AHCCCS). The Comprehensive Medical and Dental Program (CMDP) is the AHCCCS health plan responsible for ensuring, in partnership with foster care providers, the provision of appropriate and quality health care services for the well-being of Arizona's children in care.

The EPSDT program provides all medically necessary health care for the infant, child, and adolescent in care. These services include: a complete health history and physical exam, growth, development and nutrition checks, immunizations, blood and urine tests, vision and hearing testing, behavioral health screening, dental care, and the follow-up and referral of any medically-necessary healthcare services, such as eyeglasses and hearing aids, when appropriate.

The EPSDT program is probably the most comprehensive well-child service package offered under any healthcare insurance. It is important to make sure that all children in care receive the appropriate well-care

visits. The required EPSDT visits for CMDP follow those intervals set by the American Academy of Pediatrics (AAP).

There are 10 visits required in the first 24 months of life.

- Two (2) to Four (4) days
- One (1) month
- Two (2) months
- Four (4) months
- Six (6) months
- Nine (9) months
- Twelve (12) months
- Fifteen (15) months
- Eighteen (18) months
- Twenty-Four (24) months

After the age of 2, children and youth require an annual EPSDT until their 21st birthday.

EPSDT *includes*, but is not limited to coverage of medically necessary:

- Hospital Services- both inpatient and outpatient
- X-rays
- Doctor and Nurse Practitioner office visits
- Medicine
- Therapy
- Medical Supplies
- Prosthetic devices
- Transportation
- Family Planning Services

EPSDT does *not* include coverage for services that are:

- Experimental or only for cosmetic purposes (to make you look better)
- Not cost effective when compared to other treatment

Dr. Susan Stephens

CMDP Medical Director



Preventing Childhood Obesity: Tips for Parents and Caregivers

Balance is key in helping your child maintain a healthy weight. Balance the calories your child eats and drinks with the calories used through physical activity and normal growth. Overweight and obese children and teens should reduce the rate of weight gain while allowing normal growth and development. Don't put your child on a weight-reduction diet without talking to your health care provider.

Balancing Calories: Help Kids Develop Healthy Eating Habits

Offer your kids nutritious meals and snacks with an appropriate number of calories. You can help them develop healthy eating habits by making favorite dishes healthier and by reducing calorie-rich temptations.

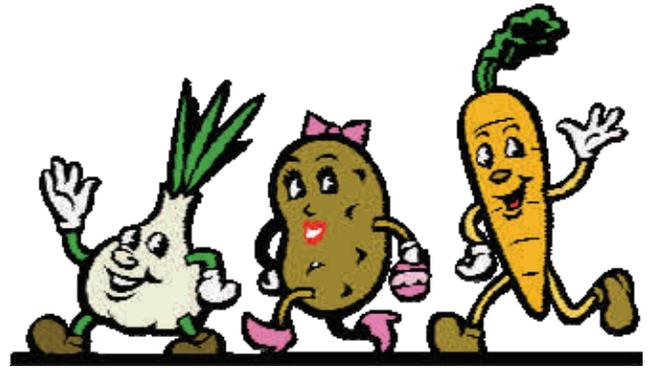
1. **Encourage healthy eating habits. Small changes can lead to a recipe for success!**

- Provide plenty of vegetables, fruits and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Serve reasonably sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages, sugar, sodium and saturated fat.

Make favorite dishes healthier. Some of your favorite recipes can be healthier with a few changes. You can also try some new heart-healthy dishes that might just become favorites too!

3. **Remove calorie-rich temptations.** Treats are OK in moderation, but limiting high-fat and high-sugar or salty snacks can also help your children develop healthy eating habits. Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less:

- A **medium-size apple**
- A medium-size banana
- 1 cup blueberries
- 1 cup grapes



- 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus
4. **Help your kids understand the benefits of being physically active.** Teach them that physical activity has great health benefits like:
 - Strengthening bone
 - Decreasing blood pressure
 - Reducing stress and anxiety
 - Increasing self-esteem
 - Helping with weight management
 5. **Help kids stay active.** Children and teens should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, and every day if possible. You can set a great example! Start adding physical activity to your own daily routine and encourage your child to join you. Some examples of moderate-intensity physical activity include:
 - Brisk walking
 - Playing tag
 - Jumping rope
 - Playing soccer
 - Swimming
 - Dancing
 6. **Reduce sedentary time.** Encourage your children to find fun activities to do with family members or on their own that simply involve more activity.

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/ChildhoodObesity/Preventing-Childhood-Obesity-Tips-for-Parents-and-Caretakers_UCM_456118_Article.jsp

Diabetes Care for Children

Your child or teen has been diagnosed with [Type 1 diabetes](#). What do you do now? Your first step is to work with their doctor to create a diabetes management plan to help you and your child manage the condition, stay healthy, and active.

Treatment plans for type 1 diabetes are based on each child's needs. Approaches differ in, among other things, the types of insulin given and the schedules for giving insulin given each day. Education for the caregivers and child should be built into the plan. This education should include meeting with a dietician to develop a meal plan. It should also include sick day management guidelines.

Type 1 Diabetes Treatment Basics

The [blood glucose level](#) is the amount of glucose in the blood. Glucose is the main source of energy for the body's cells and is carried to each cell through the bloodstream. The hormone [insulin](#) allows the glucose to get into the cells. In type 1 diabetes, the body can no longer make insulin, so the glucose can't get into the body's cells. This causes the blood glucose level to rise.

Treatment goals for kids with diabetes are to control the condition in a way that minimizes symptoms, prevents

short and long-term health problems, and helps them to have normal physical, mental, emotional, and social growth and development. To do this, parents and kids should aim for the goal of keeping blood sugar levels as close to normal as possible.

In general, kids with type 1 diabetes need to:

- take insulin as prescribed;
- eat a healthy, balanced diet, paying special attention to the amount of carbohydrates in each meal and the [diabetes meal plan](#);
- check blood sugar levels several times a day;
- get regular physical activity.

Following the treatment plan helps kids stay healthy, but treating diabetes isn't the same as curing it. Right now, there's no cure for diabetes, so kids with Type 1 diabetes will need treatment for the rest of their lives. But with proper care, they should look and feel healthy and go on to live long, productive lives, just like other kids.

CMDP covers all diabetic supplies, dietician or nutritionist services, and diabetic education.

http://kidshealth.org/parent/medical/endocrine/treating_type1.html#

Dangers of Lead Exposure During Pregnancy

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 mom to have 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.

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.

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.

References

Arizona Department of Health Services (ADHS), 2015. *Food Safety During Pregnancy*. Retrieved from <http://www.azdhs.gov/empower-program/documents/home-visiting/standard-3-food-safety-during-pregnancy.pdf>

March of Dimes, 2014. *Lead and Pregnancy*. Retrieved from: <http://www.marchofdimes.org/pregnancy/lead-and-pregnancy.aspx>

Healthy Pregnancy Resources

Did you know that there are a lot of people and places available to help you have a healthy pregnancy? Not only is your insurance company there for you, but others are available to help you too. Please see the different sources available below. Feel free to use them.

1. Comprehensive Medical and Dental Program (CMDP): 602-351-2245
 - ◆ CMDP is your insurance provider
 - ◇ If you have questions or concerns you can feel free to call CMDP and speak to the Maternal Health Coordinator (MHC). The MHC is a nurse who works at CMDP, and is there to help you and your unborn baby received the best care possible.

2. Arizona Department of Health Services
 - ◆ Pregnancy and Breastfeeding Hotline: 1-800-833-4642
 - ◇ Provide information about pregnancy testing locations
 - ◇ Provide referrals for breastfeeding help
 - ◇ Tell you where to get free prenatal vitamins

 - ◆ Women, Infant and Children Hotline: 1-800-252-5942
 - ◇ Will help you find closest WIC office

 - ◆ Text4Baby
 - ◇ This is a free App that can text you appointment reminders
 - ◇ It can also provide other important health information about your baby's growth and development
 - ◇ Find out more info and sign up on their website at www.text4baby.org

3. Maricopa County Department of Public Health
 - ◆ Nurse-Family Partnership: 602-224-1740
 - ◇ Free program for women who are pregnant with their first baby
 - ◇ A nurse will visit you while you are pregnant, and even up until your baby is 2 years old
 - ◇ The nurse can help you have a healthy pregnancy and baby, support you, and help you set goals

Chlamydia Alert



Chlamydia is a very common infection that you can get by having sex. Often you don't know you have the infection because there are sometimes no signs. **Chlamydia** is easy to spread to partners because you don't know you have it. In many cases, both boys and girls do not have signs. If you do have signs, they usually show within one to three weeks after having sex. Signs may include:

- Girls may have abnormal vaginal discharge and a burning sensation when urinating.
 - Boys may have discharge from their penis and a burning sensation when urinating.
- If you're not sure, please talk with your doctor about being tested. If you have Chlamydia, your doctor can give you antibiotics. Your sex partner should also be treated. You should be tested again after taking the medicine to be sure the infection is gone. This is important if you don't know that your partner was treated. Do not have sex until you are sure that you and your partner do not have Chlamydia.
- If girls are not treated, Chlamydia can cause permanent damage so that it is difficult or impossible for her to get pregnant later on.

Birth Weight Matters

A baby who is born weighing less than 5 pounds 8 ounces is said to have low birth weight (LBW). A baby who is born weighing less than 3 pounds 4 ounces is said to have very low birth weight (VLBW). Did you know that LBW and VLBW babies have a higher chance of having health problems?



Things that make you more likely than others to have a LBW and VLBW baby are called *risk factors*. Most babies born having LBW and VLBW are also born prematurely (this means they are born before 37 weeks of pregnancy). Because of this, many of the risk factors for having a LBW, VLBW, and premature birth are the same. There are different categories of risk factors.

Medical risk factors include, but are not limited to:

- Getting late prenatal care (medical care you get when you are pregnant), or not getting prenatal care at all.
- Having certain chronic health problems (health problems that last for a long time or that happen again and again over a long period of time). These are things like high blood pressure, diabetes, and heart, lung and kidney problems.
- Infections: Certain infections during pregnancy like sexually transmitted infections (STI) and infections in the uterus (womb).

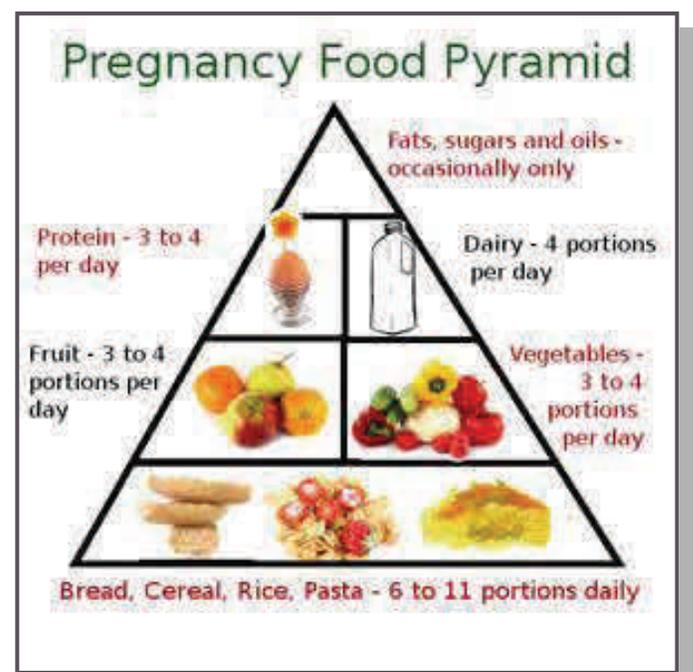
Everyday life risk factors include, but are not limited to:

- Smoking, drinking alcohol, using street drugs or abusing prescription drugs. Doing any of these things can cause your baby to grow slower than it should, and increase the chances of your baby being born early and having birth defects (problems that a baby has at birth).
- Having a lot of stress in your life, including having little education, not having enough money, being unemployed, or having little support from family and friends.

What can you do to lower your chances of having a LBW or VLBW baby? Get prenatal care early, and keep all of your scheduled prenatal appointments. Talk to your doctor about health problems you may be having, and follow the advice your doctor gives you. Do NOT smoke, drink alcohol, and use street drugs or abuse prescription drugs. Try to lower the amount of stress you have. Seek help if you are in a domestic violence relationship. Avoid things that can hurt you and your baby.

References

March of Dimes (2014). Complications: Low Birth Weight. Retrieved from <http://www.marchofdimes.org/complications/low-birthweight.aspx>



Safe Sleep Reminders

The Arizona Child Fatality Review (CFR) Program was established in 1993 with the passing of A.R.S. §§ 36-342, and 36-3501-4. Data collection and case reviews began in 1994. Since 2005, the program has reviewed the death of every child who died in the state. The most current report issued by the Arizona Child Fatality Review Team found that 811 children under the age of 18 years died in Arizona in 2013.



74 infants died from **sleep related causes**. The majority of the infants (65) died in **unsafe sleep environments**. 34 of those infants died while **co-sleeping** (bed sharing with adults and/or other children). **Deaths due to suffocation** (baby can't breathe because airway is blocked) remained high, as compared with previous years. Deaths due to suffocation were determined to be the cause of death for 45 infants.

The Child Fatality Review Team found that 89% of the Sudden Unexplained and Sleep Related Deaths were **preventable**.

Blood Lead Screening to Identify at Risk Children

In Arizona more than 800 children each year are identified with elevated blood lead levels (EBLL). Even at low blood lead levels, children's intelligence, behavior, hearing and growth can be irreparably damaged. Most children will not have any symptoms. The only way to detect lead poisoning is through a blood test. All children living in [high risk zip codes](#) should receive a blood lead test at 12 and 24 months of age.

So...how is Arizona doing? The screening rate is **24%** in high risk ZIP codes. This means that most children living in high risk codes are not receiving a blood lead test.

It's not just paint! 70% of known lead sources in 2014 were NOT lead-based paint. Other [sources](#) included imported spices and candy, imported glazed pottery used for cooking or drinking, toys, home remedies, hobbies (lead bullet making).

Call to Action - What Caregivers Can Do to Help

Ask your doctor if your child should receive a blood lead test.

If your child has an elevated blood lead level, be sure to keep all follow up appointments with the doctor.

What does safe sleep look like?

A publication on safe sleep tips can be found here:

- English
www.nichd.nih.gov/publications/pubs/Documents/Safe_Sleep_Environment_English.pdf
- Spanish
www.nichd.nih.gov/publications/pubs/Documents/SafeSleepEnvironment-Espanol.pdf

Safe sleep means:

- Safety-approved crib, covered by a fitted sheet;
- No pillows, blankets, sheepskins, or crib bumpers;
- No soft objects, toys, and loose bedding near the baby's sleep area;
- No smoking around the baby;
- Baby should not sleep in an adult bed, on a couch, or on a chair alone or with you; and
- Nothing should cover or be near the baby's head.

The substance-exposed newborn is at much greater risk of Sudden Unexplained Death and Sudden Infant Death Syndrome (SIDS). Safe sleep is very important for this group of infants. For more information on the care of the substance-exposed newborn, please see our publication, [Handle With Care: Special Care for the Substance Exposed Newborn](#).

Let's keep our babies safe while they sleep!

Behavioral Health Medications

Behavioral health (BH) medications can be very helpful and can even save lives. Sometimes kids can gain weight from taking them. Children may be hungry all the time when taking the medicine. They may not feel that they are full. This can put children at risk for obesity, which can lead to diabetes and high blood pressure.

When children start their BH medication and stay on it, height and weight should be measured. Also, lab tests may be needed. The following steps can be helpful: use portion control, eat more fruits and vegetables and stay away from junk food and soda. Get active, join a sport or walk and cut down TV or on the computer time.

If your child is on BH medication and you see some weight gain please talk with the doctor and let them know. You can also email the CMDP Behavioral Health Unit at CMDPBHC@azdes.gov, or call 602-351-2245, toll free at 1-800-201-1795.

Resources

<http://www.ncbi.nlm.nih.gov/pubmed/15086865/>

My First Dental Visit: Questions and Answers

Most caregivers do not realize that they should take babies to the dentist shortly after their first few teeth appear in the mouth. It is important to ensure a healthy mouth and to begin teaching them how to clean their teeth. Below are frequently asked questions and answers about children's dental care.

When should my child first see a dentist?

For children 1 year old and older: Children should visit the dentist within 30 days of placement in your care. This is to ensure that your child has a plan to address any dental needs and the dentist can put a plan into place if there are cavities to be filled, etc. Member Services can be called at (602) 351-2245 to locate a dentist to meet your needs.

For children 6 months to 1 year old: Your child's first visit to the dentist should happen at least by their 1st birthday. The general rule is 6 months after the first tooth breaks through the gum. Taking children to the dentist at a young age is the best way to prevent problems such as tooth decay, and can help you learn how to clean your child's teeth and identify their fluoride needs. After all, decay can occur as soon as teeth appear. Bringing children to the dentist early often leads to a lifetime of good oral care habits and gets them used to the dental office. This will help reduce anxiety and fear, build confidence and make for plenty of stress-free visits in the future.

How do I find a dentist for my child?

CMDP Member Services can help with selecting a dental home for your child.

How do I prepare my child and myself for the visit?

Before the visit, ask the dental office about the procedures of the first appointment so there are no surprises. Plan a course of action for either reaction your child may exhibit – cooperative or non-cooperative. Very young children may be fussy and not sit still. Talk to your child about what to expect, be positive and build excitement as well as understanding about the upcoming visit.

What will happen on the first visit?

Children's appointments should be scheduled earlier in the day, when they are alert and fresh. For children under 36 months, caregivers may need to sit in the dental chair and hold the child during the examination. If the child is relaxed and cooperating, the first session could be between 15 and 30 minutes and may include the following, depending on age.

- A gentle but thorough examination of the teeth, gums, oral tissues and jaws to evaluate growth and development and observe any problem areas

- If indicated, a gentle cleaning, which includes polishing teeth and removing plaque, tartar buildup or stains
- X-rays
- Fluoride varnish
- A demonstration on proper home cleaning
- Assessment of additional fluoride

The dentist should be able to answer any questions you have and try to make you and your child feel comfortable throughout the visit. The entire dental team should provide a relaxed, non-threatening environment for your child.

When should the next visit be?

Children, like adults, should see the dentist every six months.

How can I protect my child's oral health at home?

Caregivers should provide oral hygiene care until the child is old enough to take personal responsibility for the daily dental health routine of brushing and flossing.

- Clean your infant's gums with a clean, damp cloth after each feeding.
- As soon as the first teeth come in, begin brushing them with a small, soft-bristled toothbrush and water. If you are considering using toothpaste before your child's second birthday, ask your dentist first.
- To avoid baby bottle tooth decay and teeth misalignment due to sucking, try to wean children off of the breast and bottle by one year of age, and monitor excessive sucking of pacifiers, fingers and thumbs. Never give children a bottle of milk, juice or sweetened liquid as a pacifier at naptime or bedtime.
- Help a younger children brush at night, the most important time to brush. Allow children to brush their teeth first to build self-confidence, and then follow up to ensure that all plaque is removed. Usually by age 5 or so, children can learn to brush their own teeth with proper supervision and instruction.
- The best way to teach children how to brush is to lead by good example. Allowing children to watch you brush your teeth teaches the importance of good oral hygiene.

So, to recap here are a few things to remember:

- Start a dental home - Take children to the dentist within the 30 days of placement if they have teeth.

(Continued on page 10)

What Does Cultural Competency Mean to Me?

Cultural Competence and patient centeredness makes members' healthcare services better. It can be defined as accommodating the thoughts, actions, customs, beliefs and values of racial, ethnic, religious or social groups. It is important that members receive healthcare information, rights and protections in a way that can be understood. Most people think their own values and customs are best and may expect other cultures to share those views, so it is important that members' needs are discussed when



receiving health care services. Be sure to talk with your health care provider about cultural practices and needs. CMDP Member Services can help with locating a provider with specific language, ethnic, geographical or specialized health care needs. Services are also available for orally, hearing and visually-challenged members. CMDP wants members to get the health care services that are best for them, so, when in doubt, call us!

CMDP Member Services:
(602) 351-2245

Outside of Maricopa County
1-800-201-1795

Language Line

Language Line Services are provided for members and caregivers to communicate with CMDP and healthcare providers. The service provides interpretation in over 140 languages, either by phone or written translation. **American Sign Language** is also available to help members and caregivers communicate with healthcare providers. CMDP asks that you contact us one week in advance to arrange for language interpretation services. To request these services, contact CMDP Member Services at 602-351-2245 or 1-800-201-1795.



My First Dental Visit

(Continued from page 9)

- Continue to have **children see the dentist every 6 months to check for cavities.**
- **Check teeth for white spots (beginning decay) or dark spots (cavity).**
- Brush younger children's teeth and help them until they are 8 years old.
- Avoid high sugar drinks, foods and snacks.
- Use dental floss between the teeth to clean areas where a toothbrush can't reach.

Happy Smiles!

Dr. Gerald Caniglia

CMDP Dental Consultant



DO NOT PAY!

CMDP reminds caregivers that they are not to pay for any medical or dental services for CMDP members.

Use the CMDP ID Card when you see a doctor or a dentist.

If you are asked to pay for medical services, do not pay. Call CMDP at 602-351-2245 or 1-800-201-1795 if the provider has any questions.

You can get information on payments in the *CMDP Member Handbook*, available on the website, dcs.az.gov/cmdp. You can also check the Provider Directory on the website. If you need a copy sent to you, please call CMDP.

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 Pediatr Adolesc 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, health care 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.

AzEIP is established by **Part C of the Individuals with Disabilities Education Act** (IDEA), which provides eligible children and their families’ 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, and 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 foster care and/or a child with disabilities go 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 foster care, adoption, behavioral health, prevention programs, and other child welfare services.

Comprehensive Medical and Dental Program “Serving Arizona’s Children in Care”

(602) 351-2245

1-800 201-1795

dcs.az.gov/cmdp

Department Email Addresses

Claims	CMDPClaimsStatus@azdes.gov
Provider Services	CMDPProviderServices@azdes.gov
Behavioral Services	CMDPBHC@azdes.gov
Member Services	CMDPMemberServices@azdes.gov



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.

Pregnancy Dos & Don'ts

Good Nutrition

DO...eat a variety of healthy foods. Choose fruits, vegetables, whole grains, calcium rich foods, and food in low saturated fat. Drink plenty of fluids, especially water. Get all the nutrients you need each day, including iron. Getting enough iron prevents you from getting anemia which is linked to preterm birth and low birth weight. Eating a variety of healthy foods will help you get the nutrients your baby needs. Wash your fruits and vegetables before eating. It is also important to take prenatal vitamins, which are covered by CMDP.

Don't eat uncooked or undercooked meats and fish. Always handle, clean, cook, eat and store foods properly

Early Delivery

New mothers cannot wait to see their baby. Even though it is exciting, a full term birth is very important so that both you and your baby are delivered healthy. Full term is 39 to 40 weeks, from the time you first became pregnant. The baby's lungs and brain are still developing during weeks 37 and 38. The baby's body also gains fat during this time. This helps the baby keep a healthy body temperature.

If babies are born before 39 weeks they are more likely to have problems breathing and feeding, and have trouble hearing, seeing, thinking and learning. They also may be very sick right after birth. They might have to stay in the hospital a lot longer. Women who carry their baby at least 39 weeks also have less postpartum depression. You and your baby will be healthier and able to enjoy each other.

Sexually Transmitted Infections (STIs)

DON'T...get a sexually transmitted infection (STI) while you are pregnant. STIs are infections you can get by having sexual contact with someone who already has an infection. You can't tell if a person is infected because many STIs have no symptoms. But STIs can still be passed from person to person even if there are no signs of infections. One of the most common STI is chlamydia. Screening tests can help find STIs, so they can be treated. STIs are dangerous to women, who often have more severe health problems from STIs than men. Untreated STIs can cause health problems such as cancer, pelvic inflammatory disease, and infertility. If you are pregnant and have a STI, it can cause health problems for the baby. Having an STI also can put you at greater risk of getting HIV infection. You can take steps to lower your risk of getting an STI. Talk to your doctor about abstinence and safe sex.

DO this! DON'T do that! Pregnant women are bombarded with DOs and DON'Ts. It's tough to keep it all straight. Here are some simple DOs and DON'Ts to help you stay healthy during your pregnancy.

DO...get early and regular prenatal care. Your doctor will check to make sure you and your baby are healthy at each visit. If there are any problems, early action will help you and your baby.

DO...STAY away from chemicals like insecticides, solvents, LEAD, mercury, and paint. Many of these items can be found in household cleaners and paint and not all have warnings on their labels. Additionally, DON'T clean the litter box. You could put yourself at risk for toxoplasmosis, an infection that is very harmful to the fetus.

Comprehensive Medical & Dental Program (CMDP) pays for all tests

HIV Testing

All pregnant teens should be tested for the Human Immunodeficiency Virus (HIV) by their doctor as early as possible. A blood test is done to check for HIV. It can take a few days to get the results of the HIV test. You do not need permission from an adult for HIV testing if you are 13 and above. Permission from your legal guardian is required if you are 12 and under. Pregnant teens must be offered HIV testing at their prenatal visits with their OB/GYN doctor. Talk to your doctor about getting tested for HIV. A mother who knows early that she is HIV infected has more time to make important decisions. This includes deciding on ways to protect her health and avoid mother-to-child passing of HIV. She can also take steps to prevent passing HIV to her partner. Counseling is available for all members that test HIV positive.

Substance Abuse

DON'T...smoke tobacco. Quitting is hard, but you can do it! Smoking during pregnancy passes nicotine and cancer-causing drugs to your baby. Smoking also keeps your baby from getting needed nourishment and raises the risk of miscarriage, preterm birth and infant death.

DON'T...drink alcohol. There is no known safe amount of alcohol a woman can drink while pregnant. Drinking alcohol during pregnancy can harm the baby.

DON'T...use street drugs. Tell your doctor if you are using drugs. Marijuana, cocaine, heroin, speed, barbiturates, LSD, and Meth are very dangerous for you and your baby.

Postpartum Depression

Many women have the “baby blues” for a few days to a week after childbirth. The symptoms are not as severe and do not need treatment.

However, if the symptoms last longer and more severe, it is called postpartum depression. It can begin anytime the first year after childbirth. If you have postpartum depression, some of the symptoms may include thoughts of hurting the baby, hurting yourself, and not having any interest in the baby.

Postpartum depression needs to be treated by a doctor. Call your doctor if the “baby blues” don't go away after two weeks or if the symptoms get more intense. Your doctor will ask you questions to test for depression. Your doctor can also refer you to a mental health professional who specializes in treating depression.

It is important to go to all of your appointments.

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