



Resources for Children's Good Health

Formerly PICture This

## Bright Futures: Family Matters

“The journey to adulthood is often filled with joys and challenges, hurdles to cross and paths to choose.... take full advantage of the choices that lay before you.”

<http://internet.dccc.uic.edu/dsccroot/parents/transitions.asp>

### Transitions – Growing up and Away!

Besides starting out a new school year, for some families this will be the year to get ready to launch a son or daughter into the next phase of life after high school. The excitement and uncertainty your son or daughter may be feeling this last year of school may be mirrored in your own feelings of pride, concern (and maybe even relief). Growth and change affect everyone!

- \* Listen to your son or daughter’s hopes and ambitions.
- \* Help your teen consider possibilities - additional training, college, work, military, travel - and available resources.
- \* Learn how your teen hopes to achieve these next steps.
- \* Consider best ways to address or manage problems or special needs.
- \* Discuss managing new and changing relationships with family and friends.
- \* Besides dreams, ensure that your teen has some of the practicalities of life down.
- \* Consider ways to move into a more adult relationship with your son or daughter.
- \* Ensure your teen’s health care is updated; learn about and plan for health care transitions; check insurance coverage.
- \* Help your teen develop healthy approaches to managing the mental health of daily life.
- \* Love, support, and encourage your child!

Go to:

<http://www.brightfuturesforfamilies.org/Transition.shtml>  
to see the complete text of this transition information.

### Transitions for Youth with Special Health Care Needs

Adolescence is a challenging time for all youth, but for youth with special health care needs there are additional issues.

The Maternal and Child Health Bureau’s Initiative **Healthy and Ready to Work (HRTW)** focuses on and involves youth with special health care needs and their transition to adulthood—going from pediatric to adult health care, shifting to a more independent lifestyle and learning to manage and participate in their health care decisions. HRTW also aims to improve access to health care services and insurance. Some young people with disabilities may qualify for public health programs, such as Medicaid or Medicare; however, others who are leaving school to begin work may have job related health insurance options. For more information on the Healthy and Ready to Work Initiative, state programs, a web site, chat rooms and information from teens to teens go to: <http://www.hrtw.org>.



#### 5 Basics of Parenting Adolescents:

1. Love and Connect, 2. Monitor and Observe, 3. Guide and Limit, 4. Model and Consult, and 5. Provide and Advocate

Simpson, Rae (2001) Raising Teens: A Synthesis for Research and a Foundation for Action. Boston: Center for Health Communication, Harvard School of Public Health

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices works to encourage partnerships between families and professionals for children’s good health.

*Bright Futures: Family Matters* is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities going on in the maternal and child health community. We hope to encourage flourishing partnerships!



## Partners...

### National Adolescent Health Information Center (NAHIC)

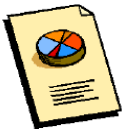
The National Adolescent Health Information Center (NAHIC) focuses their research and publications on the well being of Adolescents. NAHIC analyzes health policy and disseminates information about adolescent health through a variety of products including fact sheets and monographs. Available resources address topics such as the health of American adolescents, access to care and current needs. For more information please contact Tina Paul  
Tel: (415) 502-4856; Fax: (415) 502-4858  
Email: [nahic@itsa.ucsf.edu](mailto:nahic@itsa.ucsf.edu)  
URL: <http://youth.ucsf.edu/nahic>



## Family Resource Corner

- ✿ The Society for Adolescent Medicine has many helpful resources for teens and parents about the importance of health care, how to avoid substance abuse, how to manage anger and many more. A good resource about getting ready for college and being healthy is available in English and Spanish. Go to: [http://www.adolescenthealth.org/html/tips\\_for\\_parents.html](http://www.adolescenthealth.org/html/tips_for_parents.html)
- ✿ If your adolescent, with or without special needs, is looking for information regarding educational funding and federal employment opportunities see this resource! Go to: [www.studentjobs.gov](http://www.studentjobs.gov)
- ✿ QualityHealthCare.org is a free website that focuses on improving health care and patient safety. Go to: [www.qualityhealthcare.org](http://www.qualityhealthcare.org)
- ✿ Beansprout Network has a wealth of information for parents about raising babies. There is also a section to help parents find a pediatrician in their area. Go to: <http://www.beansprout.net/content/audience.jhtml?audience=Family>

## What's new in research?



The largest numbers of uninsured in the U.S. are those ages 19-29. The time of transition from high school to employment or further education typically means significant - and often negative - insurance coverage changes. A Commonwealth Fund report, May 2003, addresses this important issue and proposes solutions. Research shows that 12% of the population birth to 18 years is uninsured. The percentage drastically increases to 28% for the 19 to 29 age group. Three policy suggestions are: 1) extend private health insurance coverage to age 23 2) extend Medicaid and CHIP coverage to 23 and 3) require all universities and colleges to provide health insurance to full and part time students. **Collins, S., Schoen, C., and Tenney, T. 2003 Rite of Passage? Why Young Adults Become Uninsured and How New Policies Can Help. May 2003 Issue Brief, the Commonwealth Fund. See: [http://www.cmwf.org/programs/insurance/collins\\_riteofpassage\\_ib\\_649.pdf](http://www.cmwf.org/programs/insurance/collins_riteofpassage_ib_649.pdf)**

## Tidbits for the Month



- ✿ September is National Baby Safety Month! Make sure you know how to protect your baby and ensure safe practices! For information and resources: <http://www.jpma.org/industry/BabySafetyMonth/BabySafetyMonth.htm>



Highlights for the next  
*Bright Futures: Family Matters*

## Bullying

## Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Lindsey Pope at [lpope@fcsn.org](mailto:lpope@fcsn.org) or fax at (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Lindsey at (617) 236-7210 •

Contributors: Lindsey Pope, Betsy Anderson and Barbara Popper