

# FAMILY CONNECTIONS

News for Families from the West Virginia Department of Health and Human Resources,  
Bureau for Behavioral Health's Office of Children, Youth and Families

Family Connections  
Issue VI

Soon it will be Spring, and the birth blooming flowers will sprout. The birds will be chirping and flying along with the beautiful butterflies. The outdoors will turn green. Spring is as fresh as a newborn baby. Check out the featured story about the West Virginia Birth to Three Program.



## West Virginia Birth to Three Program

**WV Birth to Three Can Help Families of Young Children with Developmental Delays**

Do you know a child under age three who isn't talking, walking, or otherwise developing as you think they should? You can refer that child to WV Birth to Three! WV Birth to Three receives referrals from parents, physicians, friends, or other agencies. **There is no charge for WV Birth to Three services for any family!**

WV Birth to Three is a statewide program, under Part C of the Individuals with Disabilities Education Act (IDEA). All services are confidential, and parents must give written consent to release their child's information to anyone other than their team members. WV Birth to Three has Procedural Safeguards that must be followed to protect the family and child's information.

- Continued next page -

# West Virginia Birth to Three Program

## Continued

When a child is referred to WV Birth to Three, the parents are contacted by the Interim Service Coordinator (ISC) for the area where they live. The ISC completes an initial intake with the family, where they gather information about the parents' concerns including about their child's development in the home and in other settings. If the family agrees to go forward, the family selects at least two team members who complete an evaluation with the child/family about the child's development. WV Birth to Three has a variety of professionals enrolled to provide services including speech therapists, developmental specialists, physical therapists, occupational therapists, vision or hearing professionals and others. All families will have an ISC on their team to help coordinate services.

During the evaluation, the family can share information about any concerns they have related to their child's birth or development. The family can also share information about how the child participates at home during different times such as when they get up, at mealtimes, or when they are playing or talking with family members. It is also important to know what the child does during outings – are outings easy with the child or are they sometimes difficult?

When the evaluations are completed, an Individualized Family Service Plan (IFSP) meeting is held. During the IFSP meeting, the family will hear information about the child's development. If they decide to receive services, the family will develop outcomes with their team members. Outcomes identify what the family wants to see for their child. Families should decide who will be on their team as well as how often they need support from those team members. Services are typically provided in the family's home. Services can also be provided virtually with team members working with the child and family using video or teleconference. Families choose the types of services they want to receive.

Children can be referred at birth if certain conditions exist that are known to possibly contribute to a child having developmental delays later. It is always good to refer as soon as possible so children and families get all the help they need. Some of the things at birth that may call for a referral include Down syndrome, intrauterine substance exposure, vision, or hearing impairments, stroke, ataxia, spina bifida, microcephaly, etc.

- Continued next page -



## SELF-CARE CORNER



# West Virginia Birth to Three Program

(Continued)

If a child is receiving services near age three, the IFSP team will help the family with transition. Transition is when the child leaves WV Birth to Three. At age three, the child may qualify for services from their county school system. WV Birth to Three will help the family invite people to the transition meeting which may include teachers from the county school system. The county school system will let each child's family know how the child can be found eligible for Part B services from the school system under IDEA. The family can decide if they want their child evaluated by the county school. Services from the school can continue to promote the child's development. A family may also be interested in services from other agencies such as Head Start, childcare or therapy agencies. The WV Birth to Three IFSP team will help link the family to these other services.

WV Birth to Three looks forward to meeting children and families and providing services and supports to meet their needs.

You can check out WV Birth to Three's website at <http://www.wvdhhr.org/birth23/>. A referral form is available at [http://www.wvdhhr.org/birth23/rau\\_forms/General\\_WVBTT\\_Referral\\_Form.pdf](http://www.wvdhhr.org/birth23/rau_forms/General_WVBTT_Referral_Form.pdf). If you don't have internet, you can call 1-866-321-4728 and ask for the Birth to Three program where the child lives.

*Submitted by Pam Roush, Director*



## Traumatic Brain Injury

A traumatic brain injury is defined by West Virginia statute as an acquired injury to the brain, including brain injuries caused by anoxia due to near drowning. Traumatic brain injury does not include brain dysfunction caused by congenital or degenerative disorders, cerebral vascular accidents (stroke), brain tumors or birth trauma.

West Virginia's Traumatic Brain Injury (TBI) Program helps assure all individuals with a traumatic brain injury have access to available services and supports by 1) identifying current clinical and support services and providing direction on how to access those services and 2) providing access to the "Funds for You" program, a designated funding source for individuals with a TBI who have need of goods and/or services that would otherwise not be covered in a conventional manner. The TBI program also documents unmet needs, defined as goods and services that enhance quality of life and are considered best practice, but are not available and/or are not covered or are not fully covered by a commercial insurance carrier, Medicare, or Medicaid.

- Continued next page -

# Traumatic Brain Injury

(Continued)

The TBI Program also provides person-centered resource coordination services (with a focus on linkage, referral, and advocacy activities), collects data on services that were not available in the state, provides linkage and/or assistance with positive behavior supports, neuropsychological services and training on brain injury issues statewide.

## Funds for You

The Funds for You program was developed to carry out direct service mandate of the West Virginia Code and DHHR Legislative Rule 197CSR1. Funds for You pays for goods and services to increase opportunities for and enhance the achievement of functional independence and a return to a productive lifestyle for individuals who have suffered a traumatic brain injury or a spinal cord injury, including but not limited to:

1. **Medical:** Services and supplies verified as necessary by professional assessment (e.g., nutritional supplement).
2. **Dental:** Services and supplies verified as necessary by professional assessment (e.g., anesthesia for dental procedures).
3. **Vision/Hearing:** Services and supplies verified as necessary by professional assessment.
4. **Adaptive Equipment/Occupational Therapy (OT)/Physical Therapy (PT):** Assistance of daily living needs using services and items to safeguard the consumer's health and safety, such as Durable Medical Equipment, Adaptive Equipment, Home Modifications, Therapies (Occupational Therapy Physical Therapy or other types of therapies deemed appropriate by physician/psychiatrist or rehabilitative specialists).
5. **Assistive Technology Assessment (AT)/Training** provided by WVU CED Assistive Technology (FY2020 Pilot): Assistive Technology Assessments are about helping the individual select the correct assistive technology solution designed to meet the individual's needs in their environment (i.e., home, workplace etc.). Assessments generally require at least 2 hours of contact with the individual. Service provider will evaluate the barriers the individual is encountering, taking into consideration the environment and individual's specific strengths and weaknesses. The individual will have the opportunity to try devices to meet their needs if available. A final report with assistive technology recommendations and justifications will be provided. Final report will include training hours recommendations (maximum 6 hours).
6. **Training** Customized training on identified assistive technology devices in appropriate setting (maximum 4 hours), travel time (maximum 4 hours).
7. **Start-up Funds:** Cost of essential items needed to start a home when a move is necessary.
8. **Other:** All other items needed that do not fit into any other category. Examples are furniture and/or household requests not related to a move or start-up of home which if not made available would create a risk to health and safety of an individual, computers, and/or other electronic items that do not fit into another defined category.

If you or someone you know has a traumatic brain injury or spinal cord injury and needs assistance, please reach out to the Traumatic Brain Injury Program by calling 877-724-8244 or email [TBI@hsc.wvu.edu](mailto:TBI@hsc.wvu.edu). For more information, visit [tbi.cedwvu.org](http://tbi.cedwvu.org).

*Submitted by Steve Brady*

# RECIPES

## Lamingtons

Lamingtons are traditionally made from a vanilla sponge cake, coated in a chocolate sauce, and then rolled in shredded coconut.

### Ingredients:

#### **FOR THE CAKE:**

1 ¼ cup all-purpose flour  
2 teaspoons baking powder  
⅓ cup cornstarch  
2 sticks unsalted butter softened (minus 1 tablespoon for melting)  
1 cup plus 1 tablespoon sugar  
2 teaspoons vanilla extract  
½ cup milk

#### **FOR THE CHOCOLATE SAUCE:**

3 ½ cups icing sugar, sifted  
7 oz dark chocolate – 60-70% cocoa content  
1 tablespoon unsalted butter  
½ cup milk, plus more  
12 oz desiccated coconut (shredded coconut)

### **INSTRUCTIONS:**

Ideally, make the cake the night before to allow a good cooling time.

- Make sure that the butter, eggs, and milk are at room temperature. If they are not at room temperature, this can cause the batter to curdle, which will result in a dense cake.
- Preheat oven at 350 degrees without fan.
- Butter a baking pan measuring 7x11x1.5 inches, and line the bottom with greaseproof paper.
- Place all the cake ingredients into a large food processor and blitz until thoroughly combined
- The batter should be pale yellow and thick. If the batter curdles (which can happen if not all the ingredients are at room temperature), blitz for a few more seconds.
- If you don't have a food processor, sift the flour, baking powder, and cornstarch into a bowl and use a hand mixer. Add the butter, eggs, sugar, vanilla, and milk. Beat on low speed until ingredients are incorporated together. At this stage, the mixture might curdle. Increase the speed to high until the mixture has slightly increased in volume. You should have a thick, pale yellow mixture.
- Pour the mixture into the prepared baking pan and bake for about 30-35 minutes, or until a skewer inserted into the center of the cake comes out clean. You may need to cover the cake with some foil if it is browning too quickly.
- Leave the cake in the tin for about 5 minutes before turning out onto a wire rack to cool, with the bottom facing upwards. This will help to ensure that the top of the cake flattens while it cools.
- Using a serrated knife (ideally a long, serrated bread knife), cut the sponge cake into 32 squares or to whatever size you wish. Keep in mind that, once coated in the chocolate sauce and shredded coconut, the cakes will be much bigger in size.

- Continued next page -



(Recipe continued)

**FOR THE CHOCOLATE ICING:**

- Melt the butter and chocolate over low heat in a bowl over a pan of simmering water.
- Add the icing sugar and whisk in the milk until you have a thick mixture. The icing needs to be thick enough to coat the cakes, but runny enough to only leave a light coating.
- Leave the bowl with chocolate sauce on the stove on low heat to keep it melted while you work on coating the cake.

**TO ASSEMBLE:**

- Pour the desiccated coconut onto a large plate.
- Using two forks, dip a piece of sponge into the chocolate icing mixture, making sure that all sides are covered in chocolate sauce, and allow any excess icing to drain off.
- Roll the chocolate covered sponge in the desiccated coconut, and place the lamington on a wire rack to dry.
- Repeat with remaining sponge cake pieces.
- Let the lamingtons set on a wire rack for about 30-60 minutes to dry before eating.

*An Australian recipe submitted by Jessica Fleming*



## Lazy Man's Cabbage Rolls

32 oz. tomato sauce  
1 cup cooked white rice  
Small head of cabbage chopped  
1 lb. ground chuck browned and drained  
1 small onion chopped  
½ tsp. salt  
¼ tsp. pepper

Preheat the oven to 350 degrees. Layer chopped cabbage in the bottom of a 13x9x2 pan. Mix rice, meat, onion, salt, and pepper and layer over the cabbage. Cover with tomato sauce. Cover the pan with foil and bake for 1 ½ to 2 hours until the cabbage is tender. You can add and delete ingredients based on your preference.

*Submitted by Dominique McAvoy*

## Mental Health Awareness Month

May is Mental Health Awareness Month. Mental health is a very important part of your overall health. Check out this website [link](#) for more information. For help to start taking care of your mental health, check out the resources on the next page.



## Children's Mental Health Acceptance Week

Children's Mental Health Acceptance Week is May 1-7, 2022. The word acceptance was replaced with awareness this year. We want communities to accept children's mental health and all stigma be removed. For more information, check out this website [link](#).



## Resources

- Children's Crisis and Referral [Line](#)
- HELP4WV
- Children's Mobile [Crisis](#) Response and Stabilization Teams
- West Virginia Children's Mental Health [Wraparound](#)
- Regional Family [Coordinators](#)
- West Virginia Statewide Family [Advisory Board](#)
- Bureau for Behavioral Health - Office of Children, Youth and [Families](#)
- West Virginia Coalition Against Domestic [Violence](#)
- Family Advocacy Support and Training ([FAST](#))
- West Virginia Department of Health and Human Resources [Local Offices](#)
- West Virginia Positive Behavior Support ([PBS](#)) Program
- West Virginia Family and Community Support [Program](#)

## West Virginia Division of Rehabilitation Transition Fair

The West Virginia Division of Rehabilitation is hosting a Transition Fair on March 17, 2022. Do you know a youth who is in middle school or high school with a disability and would like more information about transitioning after high school? Click [here](#) to find out more about this free online event.



For additional information or to share ideas for future newsletters or comments, contact [Roxanne.K.Chaney@wv.gov](mailto:Roxanne.K.Chaney@wv.gov)