

## News & Resources

February 2024

For parents of children with special health care needs

### February 2024 Table Talk: Tall or Small: Supporting your child to be themselves, no matter their age or size



Are you the parent of a child who appears larger or smaller than their chronological or emotional age? Join Lydia Dennehy, [OR F2F HIC](#) Parent Partner, to talk about helping our kids navigate:

- Playgrounds, school, and friendships
- Clothing
- Expectations from others
- Puberty
- And more

Questions:

[contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org) | 855-323-6744

*\*This Table Talk is offered in [Spanish](#) on the evening of February 28. For other language interpretation [please request](#) by no later than February 15.*

**Wed., Feb 28, 2024 | 12:00-1:00pm**

[Register here](#)

<https://tinyurl.com/TT-small-tall>

You will receive a zoom link via email.

Cost: **FREE**

First 10 Oregon families to register & participate will receive a \$10.00 e-gift card.



### Youth Spotlight: Everett



**Q: What has been a benefit of having a special health need or disability?**

**A:** It has kind of has made me feel special and unique. If you have a disability it kind of makes you realize everyone is actually different and it helps make you kinder and less likely to make fun of other people. I love answering questions about my hearing loss and spreading information about disabilities. My ear molds and aids are kind of a cool accessory too. I always enjoy picking colors and sparkles for my ear molds.

**Q: What is an activity you like to do with family or friends?**

**A:** I really like choir...we have a great teacher at my school. And I just got a phone so I FaceTime with my friends a lot. Bluetooth helps with hearing them better. My family likes to hike and find waterfalls.

**Q: What is an ongoing or new goal for yourself?**

**A:** I really would like to learn sign language. I can hear at a typical level with my aids, but I would like to be able to communicate with the Deaf community...and it would just be a good skill to have.

*Everett K. resides in Oregon with his family.*

Visit our [Facebook](#) page and [website](#). [Speak with a Parent Partner](#) or [refer a parent](#). For more information, to schedule a free training, or to be added to our mailing list contact us at [contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org) or 855-323-6744.

## OCCYSHN

Oregon Center for Children and  
Youth with Special Health Needs

[www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org)



# OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

## Does your child qualify for the Oregon Health Plan?

### Oregon has new rules for 2023 -2027

Oregon has made some positive changes in how it provides health care for children.

- Kids who qualify for the Oregon Health Plan (OHP) can now be continuously enrolled from birth until their sixth birthday
- Children, youth and young adults can have two years of protected coverage, even if their eligibility status changes
- OHP now covers more health services for kids from birth to age 21.

Attend this one-time information session:  
[Introduction to Oregon Health Plan Benefits for Children and Youth](#) on **February 20, 6:00-7:00pm**

*\*For other language interpretation [please request](#) no later than February 09.*

## Youth Leadership Opportunities

### FEMA Youth Preparedness Council

Do you know a young person in grade 8 – 11 with leadership potential?

FEMA is accepting applications for the Youth Preparedness Council (YPC), a program that brings teens together from across the nation who are interested in emergency planning.

To be considered for this unique opportunity, students must submit an application and two letters of recommendation by March 4. New council members will be announced by June 2024.

Get the [application materials and more information](#) about the Youth Preparedness Council at [FEMA.gov](https://www.fema.gov)

### Family Voices: Youth as Self Advocates (YASA)

Do you know a youth with a disability or chronic health condition between the ages of 13 and 26 who wants to make a difference?

The National Advisory Board meets monthly on Zoom. Members will spend about 2-4 hours/month on YASA activities and projects. There are opportunities to serve on other boards and committees, travel to attend or present at conferences or meetings, and occasionally get paid to participate on special projects.

For more information or to learn more about YASA [click here](#).

## Let's Connect



- Feb 13 Swindells: [Galeria de Recursos](#)  
9:30am-12:30pm | Newberg | In-Person event in Spanish
- Feb 16 Swindells: [Resources & More](#)  
9:30pm-12:30pm | Portland | In-Person event in English
- Feb 20 [Introduction to Oregon Health Plan Benefits for Children and Youth](#)  
6:00pm-7:00pm | Online information session | Translation available upon request
- Feb 28 [Table Talk: Tall or Small: Supporting your child to be themselves, no matter their age or size](#)  
12:00pm-1:00pm | Online event

*The Oregon Family to Family Health Information Center is affiliated with the Oregon Center for Children and Youth with Special Health Needs, Oregon Health & Science University, and supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS). (Grant #H84MC21658/Family Professional Partnership/\$95,700). This information, content and conclusions are those of the author(s) and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS, the US Government, or OHSU.*