



Sunflower Overview – Care Coordination

Foster Care Case Management and Care Coordination

- Exceptional care coordination can be achieved when providers work closely with one another.
- Sharing of information can improve health outcomes for our foster care members.
- Our goal is to help our members get connected to a provider and get the treatments and social services they need.
- Sunflower's goal is to assist members in understanding and managing their health conditions. We do this through education and case management from Sunflower staff members.

Managing Your Health - Physical Health

- We want our foster care members to have the best quality of life possible! We know this means more than just helping members connect to a provider. It also means helping members understand their health conditions, as well as offering assistance to navigate the healthcare system to connect with services they need.
- Sunflower achieves this through disease- and case-management programs. Through these programs our staff provides education and support for complex health conditions, such as:
 - Asthma
 - Congestive heart failure
 - Diabetes
 - Obesity
 - Autoimmune disease

Healthy Minds & Bodies - Behavioral Health

- Not all health problems are physical.
- Many people are impacted by behavioral-health conditions. A behavioral-health condition can cause changes in a person's thinking, mood or behavior.
- The top 5 behavioral health diagnoses for foster children this past year include:
 - ADHD
 - PTSD
 - Disruptive Mood Dysregulation D/O
 - Generalized Anxiety Disorder
 - Other Reactions to Severe Stress
- We provide a dedicated Foster Care team with extensive experience working within the Foster Care population to help address these needs.

Dedicated Foster Care Team

The team provides:

- Inpatient discharge planning
- PRTF waitlist & discharge planning
- Service Coordination
 - Locating resources/services
 - HRST/HRA assessments
 - Condition specific assessments, as needed
- Service Management
 - Collaborate with providers
 - Assessments are updated as needed – condition changes, annually
 - Person-centered care planning
 - Contact is based on acuity – could be weekly, bi-weekly or monthly

Care Coordination

- Who Person Philosophy
 - Behavioral Health Supports
 - EPSDT
 - Coordination with community resources

Care Coordination – connecting with Extra Services

- Free Smartphone through SafeLink®
 - A FREE SMARTPHONE, 4.5 GB of data and 350 monthly minutes*
 - UNLIMITED text messages
 - FREE CALLS to Sunflower Health Plan that will not count toward your 350 minutes
- myStrength - Digital Behavioral Health
 - Online tools to help members overcome depression and anxiety, manage emotions

Care Coordination – connecting with Extra Services

Start Smart for Your Baby[®]

- Program for pregnant members, babies and families
- Nursing support, education and gifts
- No cost services
 - In-home help with benefits and community services
 - Special texting program for Start Smart participants
 - Community baby showers for pregnant members, with diapers and other items
 - Birthday programs for children



Care Coordination – connecting with Extra Services

- Employment Support & Transportation
 - **GROW (GED, Rides, Opportunities, Work)** is an employment support resource program. We help members identify and remove employment barriers. GROW features extra transportation coverage, GED prep test vouchers and career counseling. Members are connected with a Benefits Specialist to learn how their income may affect their benefits.
- Caregiving Collaborations®
 - This benefit is available to one primary, informal support caregiver per member. Benefits include the Caregiver Resource Center and a Caregiver Journal.

Raising Well Childhood Obesity Program

WANT A
HAPPY
CHILD?
START WITH A
HEALTHY
ONE.



Raising Well, a new program from your health benefits company, is the fun way for kids to get healthy.

What is Raising Well?

It's a wellness program from Sunflower Health Plan. **Raising Well** will show you how to help your child stay at a healthy weight by eating the right foods and being active.

How Does It Work?

Raising Well will match you and your child with a personal health coach who you can talk with on the phone. Your coach can suggest healthy food choices and fun activities for your child. **Raising Well** has a Facebook group where you can chat with other parents and get weekly health tips and recipes. There is no cost to you. **Raising Well** comes with your benefits.

How Do I Join?

Your doctor will let us know if the program is right for you and your child. A health coach will then call you to help you and your child sign up. Or you can call us to see if your child is eligible and sign up. You can reach us toll-free at 1-877-658-0307 (TDD/TTY 1-800-730-6219).



¿DESEA
HIJOS
FELICES?
EMPIECE CON
HIJOS
SALUDABLES.



Raising Well, un nuevo programa que ofrece su compañía de beneficios de salud, es la forma divertida en que sus hijos pueden mantenerse más saludables.

¿Qué es Raising Well?

Es un programa de bienestar de Sunflower Health Plan. **Raising Well** le mostrará cómo puede ayudar a sus hijos a mantener un peso saludable comiendo los alimentos adecuados y manteniéndose activos.

¿Cómo funciona?

Raising Well asignará, a usted y a sus hijos, un entrenador personal de la salud con quien podrá hablar por teléfono. Su entrenador le podría sugerir opciones de alimentos saludables y actividades divertidas para sus hijos. **Raising Well** cuenta con un grupo en Facebook en donde puede charlar con otros padres de familia y obtener consejos y recetas sobre la salud cada semana. No hay costo alguno para usted. **Raising Well** viene incluido en sus beneficios.

¿Cómo me inscribo?

Su médico nos informará si el programa es adecuado para usted y sus hijos. Después de eso, un entrenador de la salud le llamará para ayudarlo, a usted y a sus hijos, a inscribirse. O bien, usted puede llamarnos para averiguar si sus hijos son elegibles e inscribirse. Puede comunicarse con nosotros llamando sin costo al 1-877-658-0307 (TDD/TTY 1-800-730-6219).



Care Coordination – connecting with Extra Services

- Parent Management Training – Oregon Model (PMTO)
 - Extra support to Foster Care families and agencies through nationally recognized Parent Management Training program. The goal is to enhance stability in the home. This program is ideal for many families because it is known to strengthen interventions that address conduct, social behavior and other associated symptoms.



Additional Information

- Transportation
 - Gas Reimbursement option
 - Non-Emergency Transportation Service
 - 3 days before appointment
- 24/7 Nurse Advice and Crisis Line
- Mobile App
 - ID card
 - Find A Provider Tool



Contact Us

Sign up for
emails!

- **Website:** SunflowerHealthPlan.com
 - **Phone:** 1-877-644-4623 (TTY: 711)
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Trainings for 2023

- Foster Care Summit – May 2023
- We have several trainings available online at centenefostercare.com
- These are free training to caregivers, members, providers and anyone interested in foster care through live, online and interactive learning. Caregiver Trainings include:
 - Youth Suicide Prevention
 - Behavior Management
 - Trauma Informed Care
 - Childhood Development
 - Post-Adoption Support
 - Behavioral Issues
 - Trauma
 - Self-Care
 - Bullying
 - Child Abuse and Neglect
 - Suicide Prevention

THANK YOU FOR ATTENDING

Questions?
