

Show Me Healthy Kids Care Management

Resource Parent Information

Whether you're a new resource parent or you have years of experience, the Show Me Healthy Kids Care Management program is here to support you, your child, and even your child's CD or contracted case manager.

What is Care Management?

- Services and activities that enhance coordination of care and improve health and well-being outcomes through an individualized care plan and Care Manager.
- Care Managers are assigned based on the child's presenting health care needs. For example, a child with complex physical health care needs may be assigned a Care Manager who is a Registered Nurse. A youth with complex behavioral health needs may be assigned a licensed behavioral health clinician. And, children with no particular special health care needs may be assigned a Care Manager with experience serving the child welfare population.
- Care Managers can assist you in locating providers, understanding your child's diagnosis and treatment plan, coordinating social supports and community services, setting up aftercare services following a hospital discharge, and more.

What Care Management is NOT:

- It's not case management. Your CD or contracted case manager manages the child's/family's case, providing support and services to achieve the identified permanency plan goal. The SMHK Care Manager does not case manage the case; they help coordinate and *manage* the child's health *care*.

What outreach can you expect from Show Me Healthy Kids around Care Management?

- If a child placed with you just entered care – you are their first placement – someone from SMHK should contact you within 14 days to complete a health risk assessment. Your help in completing the assessment with as much knowledge as you may have will help inform the child's health care plan.
- This assessment – along with other information SMHK collects from Medicaid claims data or current/previous treating health care providers – will be used to formalize the initial care plan. The care plan is updated, as needed, with any new health care information.
- Based on the child's presenting health care needs, the child will be assigned to one of four tiers of Care Management. Level 1 signifies a child with no health care concerns or needs; whereas Level 4 identifies a child with significant and complex physical or behavioral health care needs. The child will be assigned a SMHK Care Manager with expertise that matches the child's primary health care need. The frequency of outreach is determined by the tier assignment with Tier 1 outreach occurring at least annually to assess wellness and prevention needs, while Tier 4 may have outreach every two weeks or as agreed upon by the caregiver.

- If you are not the child's first out-of-home care placement, the child may already be working with a Care Manager. Ask your case manager who the SMHK Care Manager is, or feel free to call SMHK at 1-877-236-1020 to find out or to ask for any needed supports in caring for the child. If you get contacted by the child's Care Manager soon after placement, you are encouraged to collaborate with them around the child's health care needs and care coordination.

Final Thoughts:

- If SMHK calls you, it's more than okay to talk to them and provide them the health information you know. We encourage it!
- We encourage you to partner with SMHK in the completion of the initial and ongoing health risk assessments, as well as the ongoing outreach as determined by the child's tier assignment. SMHK Care Management, and their assigned Care Manager, follows the child. Because our kids, unfortunately, can experience a number of placement changes, having consistent involvement from the SMHK Care Manager is vital. The Care Manager's consistent involvement helps ensure the child's continuity of care across placement changes, and it creates an immediate presence of support for the new placement provider who may very much need it.
- For more information about SMHK, including Care Management and additional benefits provided by SMHK (medication lock box, customized sensory kits, additional respite hours, and more), check out the [SMHK Member Handbook](#) or contact SMHK at 1-877-236-1020.

P.S. Did you know as a resource parent or adoptive parent/legal guardian, SMHK sponsors your access to trauma-informed peer-led support groups operated by The Association for Training and Attachment in Children ([ATTACH](#))? Ask your SMHK Care Manager for more information, or call SMHK at 1-877-236-1020.