



# consumer

## CURRENT

*A free monthly publication written by  
members of The Children's Center  
Consumer Council.*

## HEALTHY KIDS

By Marilyn Battiste, RN

Even though “you are what you eat” is an old saying, it still has relevance for today. Lack of exercise and poor food choices contribute to many health problems, including diabetes, heart disease and hypertension. What we eat also affects our mood, ability to sleep at night, and brain functioning. When we exercise and eat properly, our bodies are stronger and better equipped to fight off disease. We have more energy for the challenges facing us each day.

The **Healthy Kids Program** was designed to encourage positive changes in nutrition and physical activity for clients and their families. Each class session begins with a healthy snack followed by 45 minutes of nutrition education, giving support and encouragement to participants who want to make healthier dietary choices. The final 30 minutes of class is dedicated to physical fitness where participants learn that moving around can be fun. Physical activities include games, exercises, jumping rope, using a stretch band or lifting weights.

This 8 week program on **Health, Nutrition and Weight Control**. It is designed to help kids and parents develop a healthier lifestyle through better nutrition and fitness habits. A healthier lifestyle leads to:

- |                    |                         |
|--------------------|-------------------------|
| ✓ More energy      | ✓ Lower blood pressure  |
| ✓ Better mood      | ✓ Less stress           |
| ✓ Healthier weight | ✓ Less sickness         |
| ✓ Healthier BMI    | ✓ Healthier blood sugar |

**Healthy Kids** focuses on:

- Increasing physical movement and fun activities
- Less TV time by promoting game playing
- Better food choices including food tastings
- New lesson every week
- Healthy snacks

**Healthy Kids** meet every Tuesday from 4:30 – 6:00 pm and all families are invited to join this group. Please talk to your therapist or case manager if you would like to participate. For more information on Healthy Kids contact Nurse Marilyn at 313-402-3772.



## Case Management

*Are you aware that one of the support services at TCC is Case management?*

Case Management is a service The Children's Center offers that assess and assist families with basic needs such as; linking, coordinating, and advocating on behalf of clients / families for services and activities. These services can be provided in the office, in the home, in the school or in the community. In order to receive case management services your child must meet the SED (Serious Emotional Disturbance) criteria. This can be determined by your child's Clinician.

During the last several months, the TCC Case Management workgroup has revised the program to provide better services to the families of TCC. During our revision process, we updated the Case Management Policy, and we discussed how to improve services rendered within and outside the agency.

One of our main goals, is to continue striving to help families eliminate or decrease barriers in their lives within the household and/or community by providing the best service. If you are interested in these services, please contact your child's clinician and request a referral be made for Case Management services.

## Early Childhood Behavioral Health

Mental Health Services for children 0 thru 6 years old are now available at the Head Start Academy. If you are interested or know someone interest please contact Family Assessment and Intervention Services at 313-262-1212.

**Youth MOVE Detroit Meetings:** Youth MOVE Detroit is Youth United's youth advisory council. We are looking for participants ages 14-25 to join us and impact the System of Care as well as your community. Youth on the council will hold leadership roles while sharing your concerns and helping find solutions utilizing your community and lived experiences. We meet every third Tuesday of each month, at The Children's Center in Building 90 room 102 from 5pm-6:30. The next dates are February 16th, March 15th, and April 19th. For further information contact Tyanna McClain at 313-324-8580 or by email at [tmccclain@thechildrenscenter.com](mailto:tmccclain@thechildrenscenter.com).

**Stigma Busting Workshop:** Youth United will be hosting a stigma busting workshop February 9, 2016 at Henry Ford High School from 1:00 pm-3:00 pm. If you would like to schedule a stigma workshop with your agency or organization please contact Terra Gassaway via email at [tgassaway@dwmha.com](mailto:tgassaway@dwmha.com).

**Youth United's Open House:** Youth United will be hosting an open house February 22, 2016 from 4:00 pm-6:00 pm at The Samaritan Center (5555 Conner). The Open House is intended to educate youth on who we are and what we do, recruit members for Youth MOVE Detroit, network with various organizations, explore employment opportunities, and share resources with youth and families. For further information contact Tyanna McClain at 313-324-8580 or by email at [tmccclain@thechildrenscenter.com](mailto:tmccclain@thechildrenscenter.com).

**Rock Your Difference Workshops:** Youth United will be hosting a leadership training called Rock Your Difference, training youth on what it takes to be a leader while doing fun activities. The next Rock Your Difference will be April 30, 2016 from 10:00 am-2:00 pm, the location is to be determined. If you would like schedule a Rock your Difference Leadership training at your agency or organization please contact Youth United at 313-344-9099 or by email at [wcyouthunited@gmail.com](mailto:wcyouthunited@gmail.com).

## Enrichment Activities

Art Adventures will be held in Building 79 on February 2 and 24 and March 9 and 23 from 4:30 P.M. – 6:30 P.M.

Clients are invited to join the St. Patrick's Day craft sponsored by Tau Beta Association on March 16 from 4:30 P.M. – 6:30 P.M. in Building 90.

For more information Kelsey Hubbell  
[khubbell@thechildrenscenter.com](mailto:khubbell@thechildrenscenter.com)

## Foster/Adoptive Parent Support Group

The support group is held every third Thursday of the month at 79 Alexandrine, Bldg. 90 6:00 p.m. – 7:30 p.m.

Upcoming Meetings:  
✓ February 18, 2016  
✓ March 17, 2016  
✓ April 21, 2016

*Parents receive 2 training hours for attending*

## Parent Spotlight: Denise Coleman



In 2009, my daughter began to display behavioral issues that affected the entire household. I was hopeless. Her teacher at the time told me about The Children's Center. The services we began to receive were life changing. Since our involvement at TCC, her behavior has improved, the treatment plans developed have been effective, and we are on a path to success. I am a member and co-chair of the Consumer Council. I enjoy serving on the council, representing TCC at events and volunteering my time to the organization that continues to support me and my daughter.

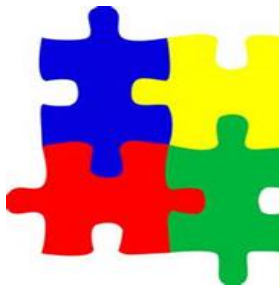
## FACES OF TRAUMA 2: ITS IMPACT

**When: Tuesday, February 9, 2016, 5:30 p.m. - 7:30 p.m.**  
**Where: The Children's Center, 79 W. Alexandrine Detroit**

Trauma affects each person in a different way, and often when one member of a family experiences it, the whole family is affected. Faces of Trauma is an event that explores the impact of trauma, and how individuals and families can cope with it.

Guest presenters will share their knowledge and experiences, offering valuable resources, art therapies and community programs that can help with the healing process. Youth, parents, caregivers, educators, service providers, community leaders, and families are all invited to attend.

This program is recommended for adults and children ages 13 and up. Childcare available for children who are potty-trained. Spanish, Arabic & ASL translations available upon request only by contacting Susan Thomas at (313) 262-1175 or [stthomas@thechildrenscenter.com](mailto:stthomas@thechildrenscenter.com)



## Autism Benefit Expansion

As of January 1, 2016 the state of Michigan approved Autism services to be available to children up to the age of 21! This is exciting news for people with Autism as it opens the door for expanded services that were only available to children until their 6th birthday. The process for enrollment into these services requires an evaluation, & determination that the child/person will benefit from the service and approval from the state. The Children's Center is able to assist with providing the evaluation and determination of eligibility of autism services but will not be providing ongoing in home care for this expanded age group, aged 6-21. The Children's Center will focus on providing center based services to children with autism ages 18 months through 6 years as we have been for the last 2 and a half years. If a child/person is found eligible for autism services and is ages 6-21, our Support Coordinator's will assist with linking the child/person to autism services with another agency.

## Consumer Council Calendar of Events:

- ✓ **Faces of Trauma**  
Thursday February 9, 2016,  
5:30 pm-7:30 pm @ TCC
- ✓ **Consumer Council Meet and Greet**  
Thursday March 10, 2016, 5pm-7pm@ TCC
- ✓ **Fatherhood Forum**  
Thursday June 23, 2016, 8am-4pm at Greater Grace Temple
- ✓ **Annual Consumer Town Hall Meeting**  
Thursday July 14, 2016, 5pm-7pm @ TCC

For more information call 313(313) 262-1175

**The Center for Discovery**  
(79 Alexandrine, Bldg. 90 Detroit MI)  
Is open every Wednesday from 4:00  
P.M. – 6:00 P.M. for homework help,  
tutoring and quiet study.



April 1st  
2016

Every April, people from around the world join together in support of Autism Awareness Month by lighting up their communities and wearing blue!

- Spread awareness and understanding of autism
- Empower autism advocates worldwide to come together as one strong voice
- Celebrate and honor the unique talents and skills of people with autism
- Bring attention to the needs of all people with autism

Come to building 101 for child-friendly activities and crafts, as we **LIGHT IT UP BLUE** on April 1, 2016. Tour our building that supports children with intellectual and developmental disabilities and their families.

We will be lighting our building blue to spread awareness, uniting with thousands of iconic landmarks, communities, businesses and homes across the globe.

**April 1, 2016**  
**6:00 pm**  
**101 E. Alexandrine Detroit MI**

### Family Assessment and Intervention Services

is now open for scheduled intake assessments Monday through Friday. We can be reached at 313-262-1212.

We provide walk in assessments on Mondays, Tuesdays, and Thursdays beginning at 8:00 am. You must arrive before noon. Please call us or check our website ([www.thechildrenscenter.com](http://www.thechildrenscenter.com)) to find out if your child meets criteria as a walk in.

## TRANSPORTATION PROBLEMS???

**LOGISTICARE** is the transportation vendor contracted by the State of Michigan for Medicaid. If you are having problems with your local vendor make sure to voice your concerns with Logisticare. Ongoing complaints and immediate concerns can be addressed in two ways:

- <https://wecare.logisticare.com/>
- **1-866-791-4107**







## Consumer Council MEETING DATES

*Meetings are held 12 times a year on the 2nd  
Tuesday of each month from 12:30 – 2:30pm*

**February 9th  
March 8th  
April 12th  
May 10th  
June 14th  
July 12th  
August 9th  
September 13th**

*All TCC parents, caregivers and Youth are  
Welcome to attend*

# Behavioral Health Crisis

Many people think of going to Children's Hospital during a time of crisis. This is true if there is a medical emergency. However children with mental health crisis are always served by a social worker, even at the hospital.

The Children's Center wants to help you during a behavioral health crisis. We will complete face to face assessment and help with your child's crisis, please come to TCC, building 90. Our ours are

- Monday - Friday 8:00am to midnight
- Saturday between 8:00am to 4:00pm.

You can also call us any time, day or night, at 313.324.8557.

If you have a story  
or suggestions for  
future articles, we'd  
like to hear from you.

Contact Susan Thomas at (313) 262-1175 or  
[stthomas@thechildrenscenter.com](mailto:stthomas@thechildrenscenter.com)

consumer  
CURRENT

The Children's Center (TCC) specifically disclaim all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the information or resources provided in this newsletter. The Consumer Current is intended to provide general information and to help consumers more easily access information about services and supports available at TCC.



79 Alexandrine West, Detroit, MI 48201  
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