

DHS-PUB-268, GUIDELINES FOR FOSTER PARENTS AND RELATIVE CAREGIVERS FOR HEALTH CARE AND BEHAVIORAL/MENTAL HEALTH SERVICES

Michigan Department of Health and Human Services
(Revised 6-23)

Foster parents and relative caregivers play an important role in making sure children in foster care get their medical, dental, and behavioral health needs met. The child's foster care (FC) specialist or the Health Liaison Officer (HLO) may contact you about needed appointments and can assist you in meeting the health needs of children in your care. To find your HLO contact information or learn more about resources visit: <http://www.Michigan.gov/ChildWelfare>.

Keep in mind, it is important that the child's parents be included in doctor appointments and notified of the date and time. Ask your FC specialist to provide guidelines for the child in your care and determine who invites parent to the appointment.

Physical Health Requirements for Children in Foster Care

Medical Requirements

- All children entering foster care must have an initial comprehensive medical examination within 30 days from the date the child first came into foster care (regardless of the date of his/her last medical exam). This comprehensive medical exam is also known as an Early and Periodic Screening, Diagnostic and Treatment (EPSDT) or Well-Child Exam.
- A yearly medical exam (EPSDT or Well-Child Exam) for children ages 3 through 20 years.
- More frequent medical exams (EPSDT or Well-Child Exam) for children under age 3.

Dental Requirements

- Ages 1 year and older require a dental examination within 90 days of entering foster care unless the child had a dental exam within three months prior to the date.
- A dental exam is required every 6 months for children ages 1 and older.

Foster Parent or Relative Caregiver Responsibilities

- Arrange for medical and dental appointments within the noted timeframes.
- Inform the doctor/dentist office that the child is in foster care when making the appointment.
- Provide your FC specialist with the appointment date for the child's records.
- Contact the FC specialist immediately if there is an issue in scheduling or keeping the appointment.
- Give the FC specialist a copy of exam results, if provided by the doctor or dentist office.

Behavioral/Mental Health Services

At times, children in foster care may benefit from professional counseling services, therapy or even medications for emotional/behavioral issues. If you are worried about a child in your care, talk with the child's FC specialist and ask for help making a referral.

There are a few different places to start:

- The child's primary care doctor – may help with referrals and may consider medication.
- Medicaid Health Plan – has services for children who have mild/moderate difficulties.
- Community Mental Health – has services for children who have severe difficulties.

Whether you call, your FC specialist calls or you call together during a visit, the mental health provider will need the following information to start the process:

- Your name and relationship to the child (for example "foster parent").
- The specific worries you have (behavior problems, mood, sleep problems, nightmares, mental health concerns).
- All medications the child is currently taking including dosage and the provider who prescribed them.
- The kind of help you are asking for (assessment, counseling).
- The child's insurance information including commercial insurance and Medicaid numbers.

Once you and the child have gone through an initial assessment or intake (in person or by phone), the provider will talk about the services available and the choices about where to go for services/treatment.

Important Notes

- The child's parents should be informed and involved in all behavioral/mental health appointments.
- If you call for services on your own, let the FC specialist know about all appointments or if you have any problems getting services.
- The child's parent(s) will need to consent for mental health medications if the child is a temporary court ward and parental rights have not been terminated. The child's FC specialist consents for state wards.
- Foster parents and relative caregivers **cannot** provide consent for psychotropic medication.

Foster Parent or Relative Caregiver Responsibilities when child taking psychotropic medication:

- Notify child’s FC specialist immediately:
 - When a psychotropic medication is prescribed to the child.
 - When the dosage of a psychotropic medication changes.
 - When the child stops taking a psychotropic medication.
 - When the child is experiencing side effects from psychotropic medication.
- At the monthly home visit with the FC specialist discuss:
 - Compliance with all medical appointments, including dates of last and upcoming appointments with prescribing clinician and dates for lab work or testing.
 - Medication availability, administration, and refill process.

NOTE: Do not sign any provider paperwork as the financial guarantor or pay for any services directly; MDHHS is the financial guarantor. Caregivers are not responsible for any (routine) medical or dental out-of-pocket costs for a foster child.

Items Required for Foster Parent/Relative Caregiver (notify FC specialist if missing any of the below).

In order to access health care for a child in foster care, the following items are needed and are to be provided by the caseworker:

- Date child entered foster care, which may or may not be the date the child was placed in your home.
- Name of the child’s Medicaid Health Plan (Medicaid’s managed health care program) and Medicaid Dental Health Plan.
- Name and phone number of the child’s primary care physician if the child has one. The child must obtain the medical examination by a physician within his/her specific Medicaid Health Plan (MHP).
- **DHS-3762**, Consent to Routine, Non-Surgical Medical Care and Emergency Medical/Surgical Treatment card.
- Mihealth card (Medicaid card) and MHP member ID card, if available. If not, the doctor’s office will be able to find the Medicaid number with the child’s name and date of birth. The worker or HLO can also provide the child’s Medicaid recipient ID number to you.

Examples of a phone call to schedule the child’s appointment including the needed information:

Foster Parent/Relative Caregiver: “Hello, I would like to make an appointment for a physical exam for my foster child, (**supply child’s name**). He/she came into foster care on (**give date child entered foster care**) and needs a full well child physical exam before (**30 days from the date child entered foster care**). His/her Medicaid coverage is through (**name of Medicaid Health Plan**) and the **Medicaid recipient ID number is (provide Medicaid ID number).**”

Foster Parent/Relative Caregiver: “I am the foster parent of Johnny Smith. I am calling to schedule an appointment for Johnny to be assessed for services. I am concerned with his behavior as he is having a lot of trouble sleeping, calming down to go to sleep at night, and isn’t sleeping through the night. During the day, he is acting out toward other kids and adults and has started to punch/hit/kick when he gets frustrated. Johnny has McLaren health insurance (Medicaid Health Plan). He currently takes Concerta, 54 mg., in the morning.”

When going to a medical or therapy appointment, be sure to bring:

- **Child’s medications.**
- **Child’s insurance cards.**
- **DHS-3762 Consent to Routine, Non-Surgical Medical Care and Emergency Medical/Surgical Treatment card.**

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