



**Missouri Department of Health and Senior Services, Special Health Care Needs (SHCN) Family Partnership have three separate newsletters to help you stay in the know about the work they are doing with families throughout the state.**

The Special Health Care Needs (SHCN) Family Partnership provides resource information and peer support to families of children and youth with special health care needs. Families are also given the opportunity to network with each other through various settings, including regional and statewide meetings.

The SHCN Family Partnership includes individuals with special health care needs as well as their parents, legal guardians, or siblings. SHCN Family Partners are parents of individuals with special health care needs and provide information and peer support to family members. In addition to assisting families, the SHCN Family Partners plan, schedule and facilitate all SHCN Family Partnership events.

Find the Monthly Mention, E-News, and Newsletters here:

<https://health.mo.gov/living/families/shcn/newsletters.php>



#### **Governor Parson Signs Proclamation for October to be “Let’s Talk Month”**

On August 28<sup>th</sup>, Governor Parson signed a proclamation making October “Let’s Talk Month.” This proclamation seeks to raise awareness of the importance of open, honest, and ongoing communication with youth about all aspects of health and encouraging lifelong healthy practices. To support this endeavor, the Adolescent and School Health Program wants to share information about several of their resources to help make these conversations a bit easier.

The Connect with Me cards and app are great tools to strengthen the connections and help start meaningful conversations between youth and adults. This resource is a set of questions by youth-relevant categories, like body image or mental health, designed to kickstart discussions that might not naturally come up. Whether you want some basic conversation starters or deeper-diving prompts,

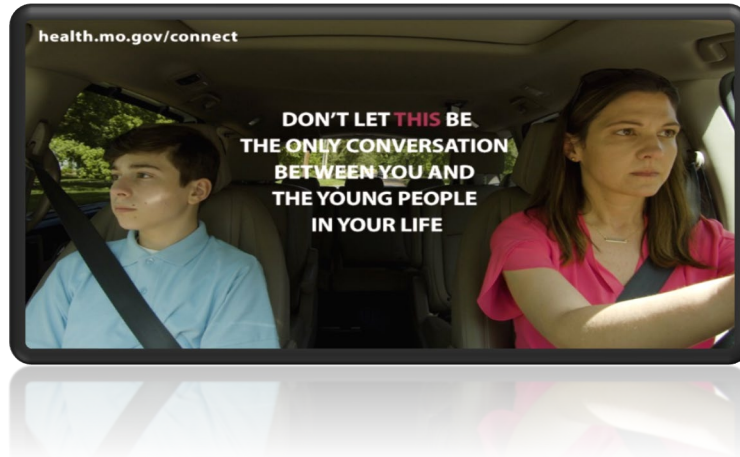
Download the app or order a physical set of cards at  
<https://health.mo.gov/living/families/connectwithme/index.php>

Additionally, anyone desiring **FREE** physical resources on specific youth-related topics can order materials and pamphlets using our online order form at  
<https://stateofmissouri.wufoo.com/forms/k1q2rpo91hiqboq/> and shipping is **FREE!**

Connect with Me Postcards have recently been added to the resources available for ordering. These are great for parents or guardians, school colleagues, or anyone who wants to increase communication with

youth. Please feel free to make these available in your agencies or share them during community's events as you see fit.

If there is anything you hope to see carried in the future, or any assistance the team can provide to support your work with youth and adolescents, please feel free to reach out at [connect@health.mo.gov](mailto:connect@health.mo.gov).



### Baby & Me Tobacco Free- telehealth program

The Office on Women's Health has a **FREE** program to help pregnant women quit tobacco use! [The BABY & ME – Tobacco Free Program™](#) is an evidence-based smoking cessation program proven to reduce the burden of tobacco on pregnant and postpartum population.

Pregnant moms receive **FREE telehealth** tobacco cessation counseling and up to \$400 in free diapers or wipes for becoming tobacco free. It's easy to [refer](#) women using tobacco who are planning to become pregnant or are currently pregnant into the program.

To order FREE BMTF materials to distribute, or if you have questions, please contact [womenshealth@health.mo.gov](mailto:womenshealth@health.mo.gov).





### Can you clarify what MCH Services contract funds can be expended on?

7.9.5 Funding for this contract shall be expended as follows:

- a. A minimum of **60%** of contract funding **MUST** be spent on implementing the approved FFY2022-2026 contract work plan to address the selected priority health issue(s); and
- b. A maximum of **40%** of contract funding may be spent to expand or enhance other specific MCH initiatives/activities that improve the health of the maternal and child health population and address local maternal and child health issues.

**Please reach out to your District Nurse Consultant and Program Manager to discuss your unique questions and needs.**



### Reminders

- October 2024, FFY2025, MCH Services contract Invoicing tool/DH-38 is due by Nov. 15, 2024
- October 31, 2024, FFY2024 contract Year End Reports due to DNC

### Upcoming Conferences that may be of interest:

- Public Health Nursing Community of Practice Regional Public Health Nurse Meetings
  - There will be four meetings with the same agenda. See Flyer for details. Select the date/location that works best for you. 9:30 am - 12:30 pm
    - Wednesday, November 13, 2024: Sedalia
    - Tuesday, December 3, 2024: Springfield
    - Wednesday, December 4, 2024: Cape Girardeau
    - Thursday, December 5, 2024: Marceline
  - Topics: Communicable Diseases, Immunizations, Networking & Sharing
  - Register Here:
   
[https://missouriwic.iad1.qualtrics.com/jfe/form/SV\\_8DmbJ530hAVrpr0](https://missouriwic.iad1.qualtrics.com/jfe/form/SV_8DmbJ530hAVrpr0)
- **Missouri Council for Activity & Nutrition (MOCAN) Summit**
  
Thursday, October 24, 2024, 830am-3pm, Columbia, MO
   
<https://extension.missouri.edu/events/mocan-summit>

- **Missouri Prevention Conference**  
Wednesday, November 13 – Thursday, November 14, 2024  
St. Charles Convention Center  
[Personal Information - 2024 Missouri Substance Use Prevention Conference \(cvent.com\)](https://cvent.com)
- **32nd Annual Coordinated School Health Conference**  
**Save the Date**, February 19-21, 2025, Lodge of Four Seasons  
[Annual Coordinated School Health Conference - MCSHC \(healthykidsmo.org\)](https://healthykidsmo.org)
- **Missouri Oral Health Policy Conference**  
**Save the Date**, March 6-7, 2025, Capital Plaza Hotel and Convention Center Jefferson City, MO
- **Conference on the Young Years**  
**Save the Date**, March 6-8, 2025, Osage Beach, MO  
[Conference on the Young Years \(CY\) | Missouri Department of Elementary and Secondary Education \(mo.gov\)](https://mo.gov)
- **Active Living Conference**  
**Save the Date**, March 17-20, Manhattan, KS  
<https://www.activenviro.org/activelivingconference>
- **9<sup>th</sup> Annual Charting the Life Course Showcase 2025**  
**Save the Date**, April 28-May 1, Kansas City, MO  
<https://www.lifecoursetools.com/>



### Something to Think On

*"I am thankful for my struggle because I wouldn't have stumbled across my strength without it."* -Alex Elle