

**3 IN 30** A COMPLETE APPROACH TO BETTER CARE FOR CHILDREN

- 1 3-Day Initial Medical Exam**  
In 3 business days, children entering DFPS care must see a doctor to be checked for injuries or illnesses and get any treatments they need.
- 2 CANS Assessment**  
In 30 days, children (ages 3-17) must get a CANS assessment. This review helps us understand how trauma is affecting a child, and how the child is doing. CANS tells us which services may help the child, such as counseling. It also shows strengths we can build on, like good relationships.
- 3 Texas Health Steps Medical Check-Up**  
In 30 days, each child must see a doctor for a complete check-up with lab work. This makes sure:
  - We address medical issues early.
  - Kids grow and develop as expected.
  - Caregivers know how to help the child grow and develop.

# Kinship Quarterly

## Strengthening Families

January 2018

FEATURED IN THIS ISSUE: 3 IN 30

## CPS Launches “3 in 30”

According to the [American Academy of Pediatrics](#), children and youth in care have significant medical needs.

- Up to 80% of children come into care with at least one medical problem.
- 1/3 of children come into care with a chronic medical condition.
- Up to 80% of children and adolescents enter with a significant medical need.

Recognizing the benefits of assessing children early when they come into care, the Texas Legislature codified the 3-day exam, Texas Health Steps (THSteps) medical checkup, and a comprehensive, trauma-informed behavioral health evaluation.

In response, CPS recently launched **3 in 30**, which provides three tools to assess the medical, behavioral, and developmental strengths and needs of children and youth entering substitute care. The **3 in 30** includes:

1. The new 3-day medical exam will be rolling out in 2018 to gain a better understanding of the medical needs of children

2. Texas Health Steps (THSteps) Medical Checkup to be completed within 30 days of removal to find and treat medical issues
3. Child and Adolescent Needs and Strengths (CANS) Assessment to be completed within 30 days of removal for children who are 3 or older to provide a comprehensive trauma-informed behavioral health evaluation

Together, the **3 in 30** will give DFPS and caregivers a greater understanding of the needs and strengths of children and youth in care in a timelier manner.

### Why is “3 in 30” important?

“It’s good for kids,” stated CPS Associate Commissioner Kristene Blackstone. “3 in 30 is the best approach to understand quickly the medical and behavioral health needs of children and youth in our care.”

Although each of the three assessments serve a different purpose, as a whole, they provide CPS with the best understanding of how a child is doing. The 3-day exam ensures that children have treatment and resources they need, such as glasses, inhalers, and

medication they may not have had when they were removed. During a THSteps medical checkup, the medical provider completes a comprehensive head to toe check, health screenings and labs which allow them to find and treat problems early, ensure that a child is growing and developing as expected and provide health education to maintain strong growth and development. As a comprehensive behavioral health assessment, the CANS assessment captures information about a child’s well-being, life functioning and quality of life. Combined, the **3 in 30** will be completed before the service plan is due to assist in decision-making, drive services, facilitate quality improvement and improve outcomes for children.

### How does this affect me?

The **CANS** and **THSteps** components of **3 in 30** are underway and a gradual rollout of the 3-day medical exam will begin in the spring of 2018 and will conclude in the fall of 2018, with the goal of statewide roll-out by December 31, 2018. You will be notified when the 3 day medical exam is required in your area.



## Early Childhood

**Intervention** (ECI) is a statewide program within Health and Human Services for families with children birth up to 36 months, with developmental delays, disabilities or certain [medical diagnoses](#) that may impact development. ECI services support families as they learn how to help their children grow and learn. Here's a short "ECI At-A Glance."



### DID YOU KNOW...?

- A newborn's brain is 25% of the weight of an adult's brain.
- The birth-to-3 period is the fastest rate of brain development across the entire human life span.
- By age 3, a child's brain has reached nearly 90% of its adult size.

Most astounding is the fact that the fastest rate of brain development occurs from birth to age 3. This definitely has direct impact on the work that Early Childhood Intervention (ECI) does in early intervention because early childhood experiences, both positive and negative, have life-long effects which means early childhood is a period of both great opportunity and vulnerability. Check out this video on [Early Brain Development](#).

### DID YOU KNOW...?

- Anyone who has a concern about a child's development can make a referral to ECI.
- 56% of the referrals made to ECI come from the Medical and Health services community.
- 23% of the referrals made to ECI come from Parents/Family/Friends.
- 21% of the referrals made to ECI come from other sources such as social services or educational agencies.

In Fiscal Year 2017, ECI served 55,412 children and their families in Texas.

### DID YOU KNOW...?

There are three ways a child can qualify for ECI services:

- **First, if the child has a medical diagnosis**

If a child has a medically diagnosed condition that is likely to cause a developmental delay and has a need for services, he or she will qualify for ECI services. (Examples of common qualifying medical diagnoses include):

- Down syndrome
- Cerebral Palsy
- Seizure disorder
- Failure to thrive

- **Second, if the child has an auditory impairment or a visual impairment**

A child is also eligible for services if he or she has an auditory or visual impairment as defined by the Texas Education Agency (TEA).

- **Third, if the child has a developmental delay.**

To determine eligibility for a developmental delay, the ECI contractor administers a standardized, evaluation tool, the Battelle Developmental Inventory, Second Edition (BDI-

2) which evaluates all developmental domain areas including adaptive, personal-social, communication, motor (which includes fine, gross and perceptual motor), and cognitive.

### DID YOU KNOW...?

- ECI services are provided by licensed and credentialed staff
- ECI services are provided where the child lives, learns or plays
- ECI Services are provided to families of all income levels
- ECI has local contractors throughout the state and every zip code is covered.

Early Intervention provides immediate and long term benefits for children and families. To find out more about ECI services call 1-877-787-8999 or visit the [ECI web page](#) at [hhs.texas.gov/eci](http://hhs.texas.gov/eci). Here are some additional topics you may find of interest:

**ECI Resources:** A robust collection of resources of interest to families of children with developmental delays or disabilities.

**ECI Professionals:** ECI has licensed and credentialed professionals who provide services.

**ECI Program Search:** Find a local ECI program in your area.

**ECI Videos:** Learn more about ECI from a family's perspective.

**Information for Families:** Learn about developmental milestones.





Region 8  
Kinship Support Group



Region 8 Kinship Festival



Region 6  
Sewing Bee



Region 6  
Kinship Appreciation

## Kinship Year in Review 2017



Region 7  
Trunk or Treat



Statewide  
Kinship Collaboration Group



Looking back on 2017, the Kinship Program had a great year! It brought us the Kinship Collaboration Group, the Kinship Reimbursement Payment, as well as, many community events. A big **THANK YOU** to Kinship staff for accepting and overcoming the challenges like rock stars! With your dedication to children and families, we look forward to the program's continued growth and success in 2018.

A **SPECIAL THANK YOU** to all the grandparents, aunt, uncles, siblings, cousins and fictive kin caring for children. Living with and being cared for by loved ones is invaluable for children. Thank you for your sacrifice and commitment. Going into 2018, we will continue to develop ways to better serve and support you.



## RESOURCES

### Texas Kinship Caregiver Facebook Page

<https://www.facebook.com/TexasKinshipCaregivers/?ref=settings>

### CarePortal

<https://careportal.org/>

### Utility Assistance:

[http://www.needhelppayingbills.com/html/texas\\_assistance\\_programs.html](http://www.needhelppayingbills.com/html/texas_assistance_programs.html)

### 211

<http://www.211texas.org/>

### Community Resource Coordination Groups:

<https://crcg.hhs.texas.gov/>

### Texas Comprehensive Energy Assistance Program (CEAP)

<https://www.benefits.gov/benefits/benefit-details/1579>

### Apply for TANF Grandparent Grant, TANF Monthly Stipend, SNAP (food stamps) and Medicaid

<https://www.yourtexasbenefits.com/Learn/Home>

## SAFETY TIPS

- ❖ Watch your child closely around water, including in the tub with a device that helps babies to sit up. Your baby could slide under the support and drown.
- ❖ Put babies to sleep alone on their backs in a crib or on another firm surface with a tight-fitting bottom sheet. If the baby leaves a dent in the bed, it's too soft.
- ❖ Keep babies away from secondhand smoke.
- ❖ Place hot foods and drinks away from the edges of tables and counters so young children can't reach them.
- ❖ Keep small objects away from a toddler's reach. A toddler can choke on things such as safety pins, coins, marbles, small toy parts, crayons, jewelry, broken or deflated balloons, as well as on foods such as hot dogs, nuts, raisins, hard candies, raw carrots, grapes, and popcorn.
- ❖ If you have a gun, store it unloaded in a locked cabinet. Store the shells separately. Teach your child that if he or she ever finds a gun, to leave it alone and immediately let an adult know about it.

## Kinship Quarterly Strengthening Families



**TEXAS**  
Department of Family  
and Protective Services  
*Child Protective Services*

Report abuse, neglect, or exploitation of children, the elderly, or people with disabilities at

(800) 252-5400 or [www.txabusehotline.org](http://www.txabusehotline.org).