

October 20, 2008

Dear Parent:

As parents, we all go through times when we feel stretched to the limits and would like, or need, extra support. As a guardian or adoptive parent, you might experience an extra set of challenges, especially as your child reaches the pre-teen or teen years.

In recognition of these realities, I want to be sure to remind you that physical health care, and mental health care should be available for the child you adopted or are a guardian for through the Nebraska Department of Health and Human Services' Kids Connection Medicaid program (1-877-NEB-KIDS, 1-877-632-5437). I encourage you to discuss your child's needs with your child's physician or mental health practitioner. I also want you to be aware of other resources in Nebraska that are available to you, including:

- **2-1-1.** Every hour of every day, someone in Nebraska needs essential services – from finding substance abuse assistance to securing adequate care for a child or an aging parent. Faced with a dramatic increase in the number of agencies and help lines, people often don't know where to turn. In many cases, people end up going without these necessary and readily available services because they do not know where to start. 2-1-1 gives Nebraskans two ways to look for services, by *searching the www.ne211.org online database* and/or by *dialing 2-1-1* which is available in most Nebraska counties. Both are available 24 hours a day, 7 days a week.
- **The Boys Town National Hotline** at 800-448-3000. Boys Town can help struggling families in Nebraska and across the country find alternative resources for their children or families. The Boys Town National Hotline offers free help and is available to families - parents, adolescents, kids and teens - with trained counselors and connections to key community resources to keep families intact.
- **Answers 4 Families.** When there is someone in your family with special needs, you may find yourself looking for answers. www.Answers4Families.org is a support and information connection for families and professionals seeking assistance. This web site includes a collection of articles, resources and referrals organized by target group providing information and resources for foster and adoptive families, and information for those with special needs such as physical, emotional, educational, or behavioral disabilities. In addition, this web site has a chat room for foster and adoptive parents.

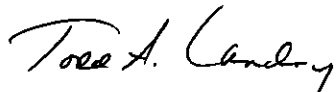
- **Nebraska Foster and Adoptive Parent Association (NFAPA).** Information about NFAPA, including mentoring for families, is available online at www.NFAPA.org, or by calling 1-877-257-0176, or 402-476-2273.

In addition to the listing above, you can access information about other resources on the Nebraska Department of Health and Human Services web site, at www.dhhs.ne.gov/children_family_services/safehaven.

I hope this listing of resources is helpful. If you have additional questions, please contact your local Department of Health and Human Services Office.

I wish the very best for you and your family!

Sincerely,



Todd A. Landry, Director
Division of Children and Family Services