



WELCOME WINTER

Welcome to the winter edition of our quarterly newsletter. In this newsletter we will:

- Discuss the CSHCS age expansion
- Review a CSHCS eligible diagnosis
- Highlight the importance of maternal mental health
- Provide information on camp scholarship opportunities and local camps

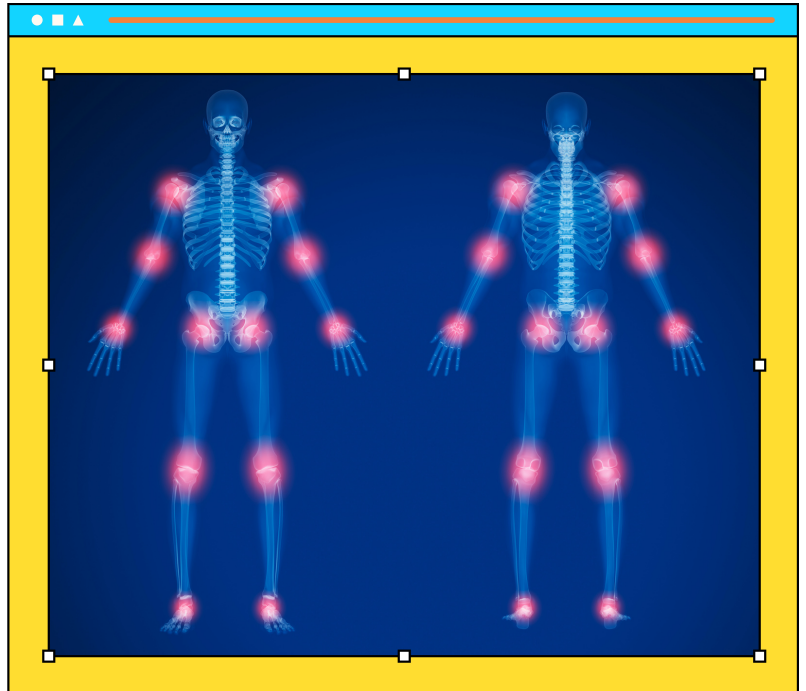
CSHCS IS EXPANDING TO AGE 26

As of October 1st, 2023, the state of Michigan expanded the age of eligibility for CSHCS to 26 years old. The state continues to work on getting enrollment extended for the clients who are turning 21 over the next year and re-enrolling the clients who had already aged off of CSHCS. More updates will be coming through mailed letters, so please make sure your local CSHCS team has your current address. Answers to some frequently asked questions regarding the age expansion can be found [here](#).



DIAGNOSIS OF THE QUARTER

Juvenile Idiopathic Arthritis (JIA) is the most common type of arthritis in children and teens causing inflammation in the hands, knees, wrists, and other joints. JIA is an autoimmune disease, where the body attacks the tissue around the joints making them painful, swollen, and red. The cause for JIA is unknown, but researchers believe that JIA could have a genetic link that is triggered by illness, stress, or other factors, but there is no evidence to support that food, allergies, or toxins are the cause. Symptoms of JIA include joint pain or stiffness, red or swollen joints, feeling tired, blurry vision, appetite loss, rash, and high fever. A pediatrician or primary care physician may be the first to recognize the symptoms and then refer the child to a rheumatologist for further evaluation. Then the rheumatologist will review the child's medical history, complete a physical exam, and order additional testing. Blood tests are used to look for certain markers that are found in individuals with arthritis to confirm a diagnosis. Once a diagnosis is given, the child and their family will work with the rheumatologist to find a treatment plan that works best for them. Currently there is no cure for JIA but remission, little to no disease activity, is possible. Early and aggressive treatment is the best chance at getting JIA under control quickly. Goals for treating JIA treatment include slowing or stopping inflammation, symptom relief, prevent joint or organ damage, preserve function and mobility, reduce long term effects, and achieve remission.



Treatment to reach these goals varies depending on type and severity but often includes medication, therapy, and healthy lifestyle habits. Medications for treatment can be used to manage symptoms, like NSAIDs or pain relievers, or control disease activity, like methotrexate or infliximab. In addition to medication, physical and occupational therapy may also be necessary to maintain mobility and improve joint strength. Lifestyle modifications and habits, such as eating fewer high-fat, processed foods, using heat for soothing joints, exercise, or massage therapy as additional ways to meet JIA treatment goals. In addition to the physical affects that JIA can cause, there are also mental affects to having a chronic illness as well. Children with JIA can develop depression or anxiety related to their chronic illness. Having strong support systems and making friends who have similar experiences are a few options to provide emotional support to children with JIA.

Arthritis Foundation. (2020). Juvenile Idiopathic Arthritis. Arthritis.org. <https://www.arthritis.org/diseases/juvenile-idiopathic-arthritis>



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MATERNAL MENTAL HEALTH



Maternal mental health matters. In 2021, 16.5% of women with a recent live birth in Michigan reported experiencing depressive symptoms. These symptoms include feeling sad, pessimistic, angry, frequent crying, difficulty sleeping, a disconnect from the baby, or worrying about hurting the baby. These symptoms can affect early infant development and could lead to problems like impaired learning and language development, behavioral issues, or poor sleep. While postpartum depression is common, it is not considered normal. If you are experiencing any symptoms of depression, you are not alone and there is hope! Reach out to your primary care physician, schedule a therapy visit, find a support group, or talk to a trusted friend.

America's Health Rankings analysis of CDC, Pregnancy Risk Assessment Monitoring System or state equivalent, United Health Foundation, AmericasHealthRankings.org, accessed 2023.



SUMMER CAMP SCHOLARSHIPS

If you are planning to send your child to camp this summer or would like to send them to camp, the Family Center offers [scholarships](#) for up to \$250 to the camp of your choice.

INDIAN TRAILS CAMP

Adaptive recreation camp with overnight, day, and family camp options

CAMP SUNSHINE MICHIGAN

Inclusive summer camp with overnight, day, and virtual options

THE FOWLER CENTER

Year around inclusive and adaptive camp opportunities

CAMP MIDICHA

Overnight camp for diabetic children

CAMP FISH TALES

Barrier-free camp for all ages with summer and weekend options

BAY CLIFF HEALTH CAMP

Therapy and wellness center offering winter, summer, and weekend programs

