

# O4a 30th Annual Conference for Aging and Disability Resource Networks



*Advocacy. Action. Answers on Aging.*

# KINSHIP NAVIGATOR PROGRAM

## Grandparents Raising Grandchildren: Kinship Navigation and Care in Ohio

**AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.**

**ARCELIA ARMSTRONG, LSW , COORDINATOR KINSHIP NAVIGATOR  
AND CAREGIVER SUPPORT PROGRAM**

**TINA GASTON, MBA, KINSHIP NAVIGATOR PROGRAM SUPERVISOR**



# LEARNING OBJECTIVES:



- History of the **Area Office on Aging of Northwestern Ohio, Inc. - Kinship Navigator Program**
- ***Twenty-year partnership*** with Lucas County Children Services
- Funding and service area of the Kinship Navigator Program
- Services the Kinship Navigator Program provides
- Examine the impact of the Heroin and Opioid epidemic.



**Mission**  
The Area Office of Aging of Northwestern Ohio, Inc. promotes the health, well-being, and safety of older adults, persons with disabilities, and family caregivers to foster independence

# The Area Office on Aging of Northwestern Ohio, Inc. Leading in a Changing Landscape



## Vision of AOoA

### GOALS

1. Person-centered and well coordinated services and support

To be a national leader in the field of aging

• Health • Well-Being  
• Safety • Foster Independence

To be a collaborative partner with our network of service providers and other community based organizations

5. Diversify and expand resources to improve the financial viability

### CORE VALUES

2. A responsive regional infrastructure

To be the first choice in Northwest Ohio for older adults, persons with disabilities, and their family caregivers.

4. Develop and implement a value proposition and outreach plan (marketing plan)

3. Use nutrition, wellness, and prevention activities

Providing compassionate care

Strengthening collaboration

Improving communication

Promoting mutual respect

Embracing diversity



The Area Office on Aging of Northwestern Ohio, Inc. responded to a Request for Proposal (RFP) every few years, until funding was cut and fell below the federal threshold for bidding.

- ▶ Lucas County Children Services Levy
- ▶ Lucas County Department of Job & Family Services (Title XX)
- ▶ National Family Caregiver Support Program (Title III-E)
- ▶ Lucas County Senior Services Levy



# Other forms of Support for the Kinship Navigator Program

## In-Kind Support



- **Managed Care Plans:** Buckeye Health Plan and Molina Healthcare of Ohio, provided hams and turkeys during the month of December
- **The Toledo Mud Hens** Minor League Baseball Team & The Toledo Walleye Hockey Team provided game tickets
- **The Toledo Opera** provided tickets.
- **United Way of Greater Toledo** provided backpacks filled with school supplies.
- **Books 4 Buddies** – Provide gently used books to kinship families.

## Monetary



- **Aetna Better Health of Ohio** – Provided funds to purchase hams and turkeys during the month of December.
- **Aetna Better Health of Ohio** – Provided funds to purchase tokens at Toledo Farmer's Market, so caregivers could purchase fresh fruits and vegetables.
- **Walmart Foundation Grant of \$70,000** received for *Mitigating Malnutrition with Farm Fresh Delivery* for Kinship Families. In addition, a cooking demonstration was held at the ProMedica Ebeid Institute led by a registered dietician to promote healthy food preparation for Kinship families. Funds made it possible to purchase fresh produce. AOoA partnered with local farmers who prepared boxes filled with fresh fruits and vegetables. Caregivers picked up their box of veggies at the Hunt Senior Center or delivered as needed.

# KINSHIP NAVIGATOR PROGRAM SERVICE AREA

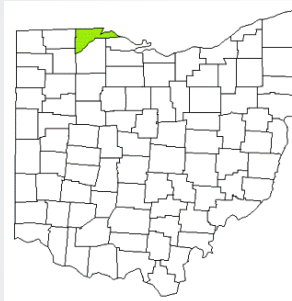
## Kinship Navigator Program Service Area is Lucas

### Cities:

Maumee  
Oregon Sylvania  
Toledo (county seat)  
Waterville

### Villages:

Berkey  
Harbor View  
Holland  
Ottawa Hills  
Swanton (mostly in Fulton County)  
Whitehouse

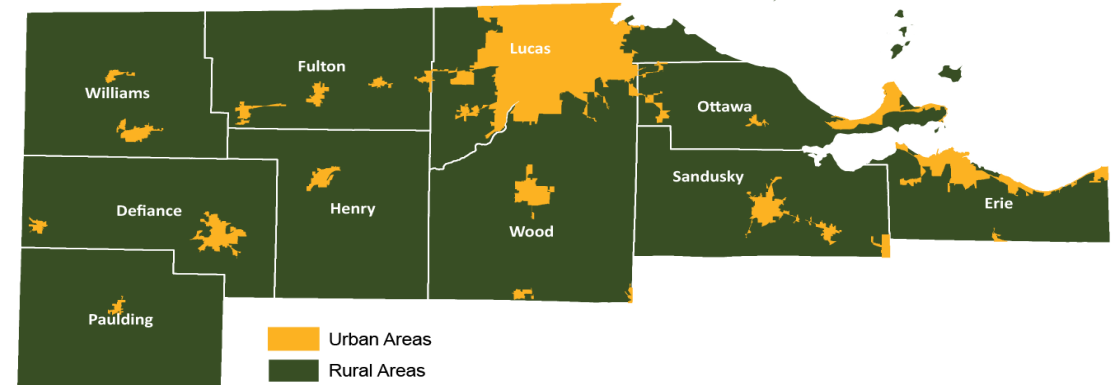


### Townships:

Harding  
Jerusalem  
Monclova  
Providence  
Richfield  
Spencer

## Area Office on Aging of NW Ohio Service Area

### Area Office on Aging of Northwestern Ohio Region, Urban and Rural Areas



Source: U.S. Census Bureau Urban Area Definitions

10-county region served by Area Office on Aging of Northwestern Ohio, Inc. is bordered by Indiana, Michigan, and Lake Erie.

*However, since our agency's service area includes nine other surrounding counties, occasionally we receive inquiries from kinship caregivers outside of Lucas county. We provide the kinship caregiver with contact information for the county Department of Job & Family Services, Child Support Enforcement Agency, and Public Children Services Agency in their county for further information and assistance.*

# Grandparents Raising Grandchildren: Kinship Navigation and Care in Ohio

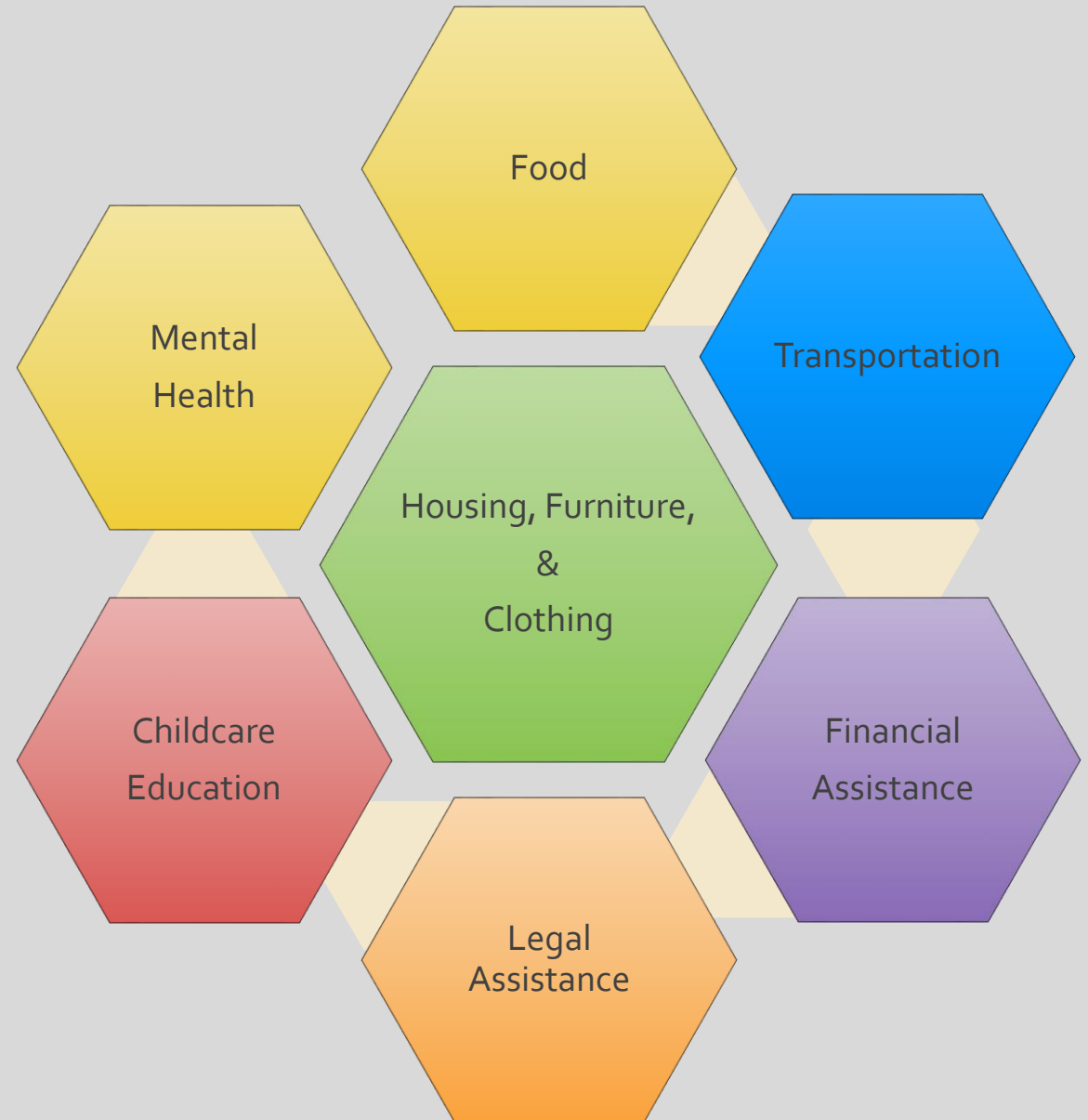
- Services the **Area Office on Aging, Kinship Navigator Program** Provides
- Impact of the **Heroin and Opioid Epidemic**





# Information, Referral Services, and On-going Assistance

The Kinship Navigator Program serves over 1,300 families in Lucas County.



# Quarterly Kinship Club Support Groups

- In an effort to help caregivers cope well with the added stress of parenting *again*, we provide two, quarterly support groups affording them the opportunity to connect with others who are in a similar situation .
- The club meetings are designed to help increase kinship caregivers' knowledge and skills in parenting and child development.
- The meetings allow them to strengthen their relationships with the children in their care and educate them about various topics that will benefit them.



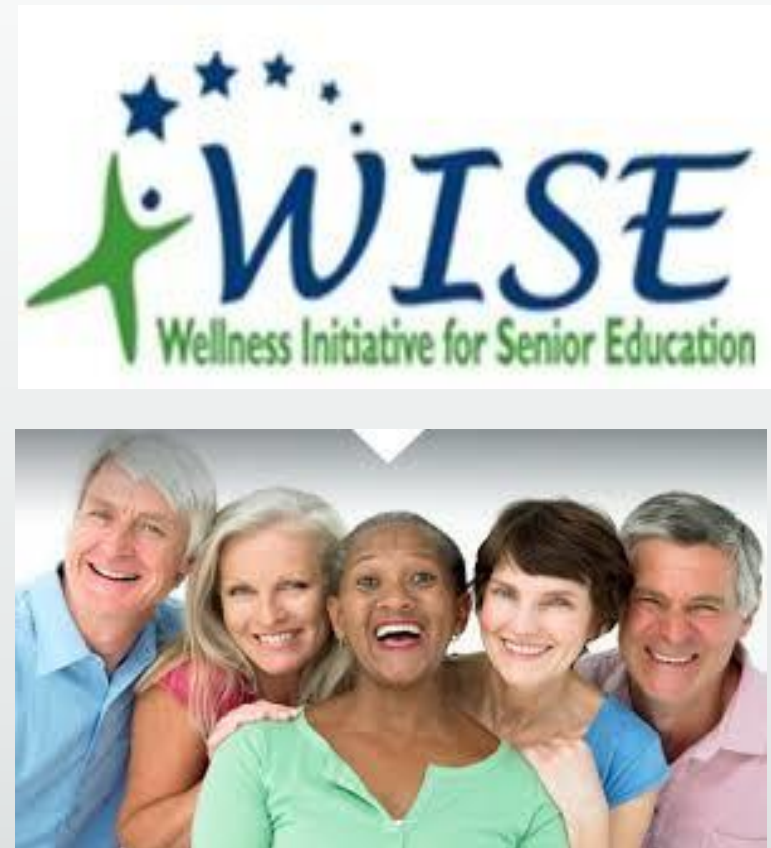


# Evidenced-based Workshops

- This educational program offers six (6) lessons that cover a variety of topics where kinship caregivers:
- Learn about the aging process and how to make healthy lifestyle choices.
- Discuss risk factors and behaviors you should avoid to stay healthy.
- Examine how alcohol, prescription medications, and over-the-counter medications affect seniors differently.
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.
  - Free \$50 Kroger gift card upon successful program completion!

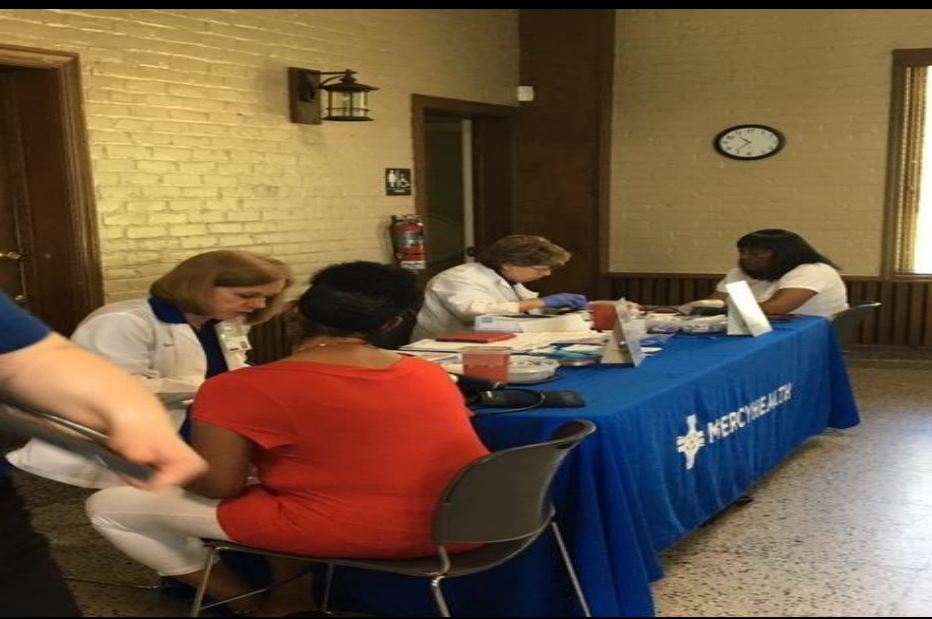
*The Kinship Navigator Program is your connection to valuable community resources.*

*The WISE program is sponsored by*





# Summer Series Educational Programming





# Kinship Navigator Program Quarterly Newsletter

**DATES TO REMEMBER**

**Tuesday, September 17th**  
10:00 a.m. - 2:00p.m.  
Senior Safari - Toledo Zoo

**October 8th, 10th, 15th, 17th, 22nd, 24th**  
Tuesdays and Thursdays, 9:30 - 11:30 a.m.  
Wellness Initiative for Senior Education (WISE)  
Margaret Hunt Senior Center  
Learn about the aging process and how to make healthy lifestyle choices

**Saturday, November 9th**  
10:00a.m.-2:00p.m.  
Caregiver Expo - Parkway Plaza  
2592 Parkway Plaza, Maumee, OH 43537

**FRIDAY, SEPTEMBER 13**  
11:45 A.M. - 1:00 P.M.  
West Kinship Club  
Sylvania Senior Center  
740 W. Sylvania Ave.  
Sylvania, OH 43560

**THURSDAY, SEPTEMBER 19**  
5:30 P.M. - 6:30 P.M.  
South Kinship Club  
Margaret Hunt Senior Center  
2121 Garden Lake Dr.  
Toledo, OH 43614

TRANSPORTATION AND CHILDCARE ARE AVAILABLE FOR THE CLUB MEETINGS. PLEASE CALL TO MAKE ARRANGEMENTS AT 419-490-2942

**Join Us!**

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**LUCAS COUNTY CHILDREN'S SERVICES**

**ACCREDITED CHARITY**

**Area Office on Aging of Northwestern Ohio, Inc.**

**LUCAS COUNTY**  
Division of Family Services

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Department of Job and Family Services.

**AREA OFFICE ON AGING  
KINSHIP NAVIGATOR PROGRAM  
2155 ARLINGTON AVENUE  
TOLEDO, OH 43609**

Return Service Requested

**Fall 2019 Newsletter**

**KINSHIP NAVIGATOR PROGRAM**

**AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.**

**"Don't Count the Days,  
Make the Days Count."  
- Muhammad Ali**

**Helping Your Kids Set Boundaries**

Adapted from PsychCentral.com and written by Margarita Tartakovsky, M.S. Associate Editor

Teaching your child to set boundaries is important because every one of us must learn to self-advocate as part of our independent process. Our moms and dads won't always be there to take care of us.

- Get clear on your own boundaries.
- Help them honor themselves.
- Talk about it.
- Role-play.

**Friendly Reminder**

Please complete and return the Client Satisfaction Survey before 09/20/19

Please call, mail, or email the Client Data Collection form by 09/24/19

**HEAP- HOME ENERGY ASSISTANCE PROGRAM**

2019-2020 HEAP Applications are available. Call 419-490-2942

**Thank you to all of our Summer Series Presenters**

**Thank you to Aetna for our Farmer's Market Tokens**

**Thank you to Books4Buddies for the book donation**

**"APPRECIATION IS A WONDERFUL THING..."**

**September 8th  
Happy Grandparents Day**

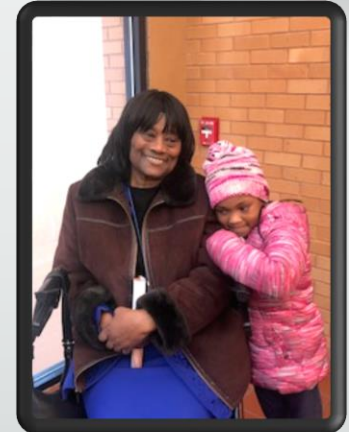
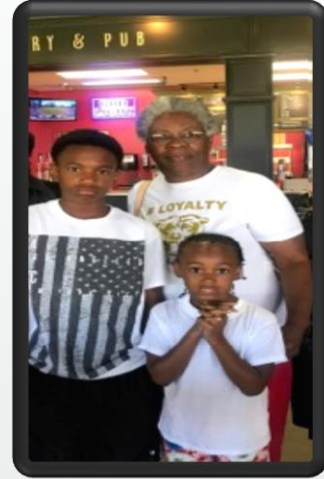
WORDS DON'T REALLY DO JUSTICE TO THE THANKS I WANT TO SAY TO YOU BUT I WANT YOU TO KNOW THAT I FEEL SO FORTUNATE THAT, I HAVE SOMEONE AS WONDERFUL AS YOU.

**Thank you to The United Way for providing Backpacks and School Supplies**

Kinship Staff provide caregivers with quarterly newsletters in an effort to offer updates on upcoming events and programming as well as provide education on various topics relevant to the caregivers needs. The newsletter is also available via constant contact and is sent to community agencies who work with kinship families.

# Access to Special Events

- Toledo Opera
- Toledo Walleye Hockey Games
- The Toledo Mud Hens
- Gene Cook Baseball Camp
- Drug Education, in partnership with:
  - The Toledo Mud Hens, the Toledo Police Department, Lucas County Sheriff's Office, and Lucas County Prosecutors.

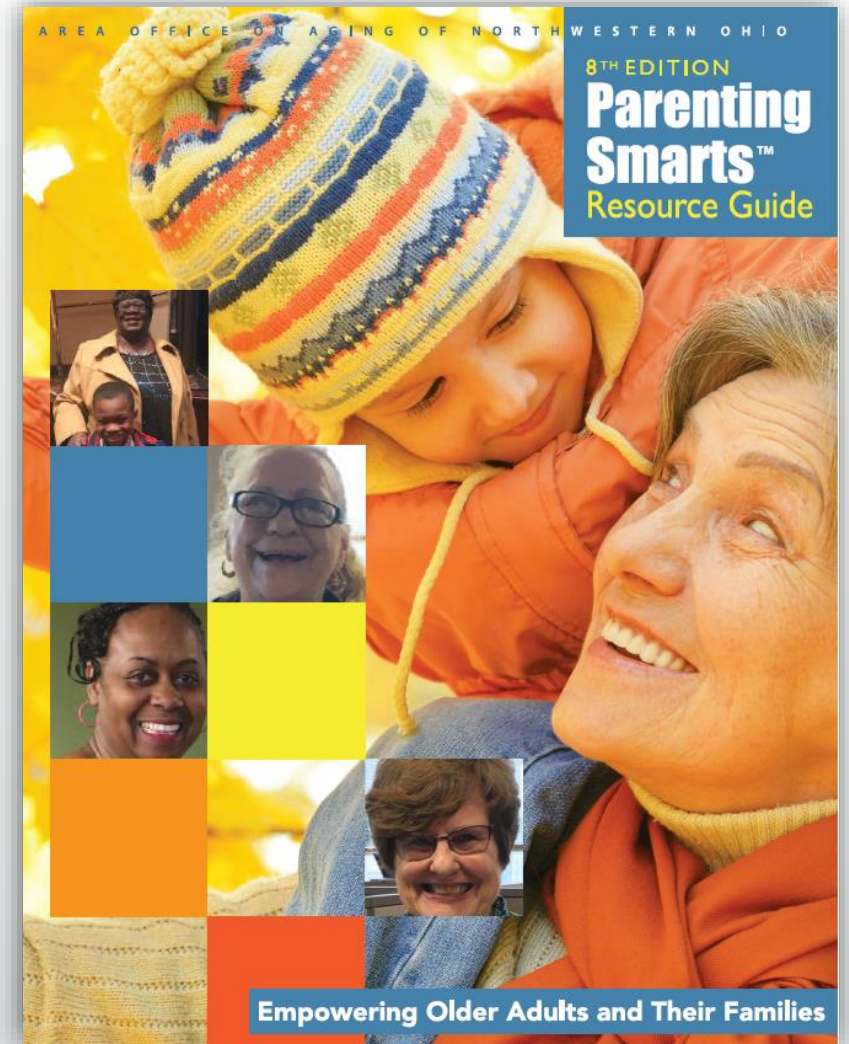




# 8<sup>th</sup> Edition - Parenting Smarts Resource Guide

This Guide provides information about available resources, benefits, and resources to help caregivers who can find information on the following:

- Parenting and Child Development
- Help with Expenses
  - Stable Account, Ohio Treasure's Office
  - Kinship Permanency Incentive (KPI)
  - *Child Only*, Ohio Works First (OWF)
- Early Childhood Education
- Babysitting and Occasional Care
  - Ohio Childcare Finder
- Education
  - Scholarships
- Understanding Legal Issues
  - Caretaker Authorization Affidavit
- Medical Services and Wellness
- Recreation
- And more



# One Nation Overdosed: How Children Cope With A Parent's Addiction | NBC Nightly News



<https://www.youtube.com/watch?v=YslhIY7ZyFM>





# AMERICA'S OPIOID CRISIS: THE UNSEEN IMPACT ON OHIO CHILDREN

AS OHIO FAMILIES STRUGGLE WITH ADDICTION, CHILDREN ARE CAUGHT IN THE FRAY.

## A GROWING CRISIS



**28% MORE**  
opioid-related deaths  
nationwide since 2015.



**82.5%** of people  
in Ohio suffering from  
drug dependence or  
abuse go untreated.



**8.7 MILLION  
CHILDREN**  
nationwide have a parent  
who suffers from a  
substance use disorder.

## A NEED FOR FAMILY-CENTERED POLICIES

KEEPING FAMILIES TOGETHER IMPROVES  
OUTCOMES AND LOWERS COSTS



**MORE  
THAN HALF**

of children placed in foster care  
go home to their families. Keeping  
families together from the start  
helps prevent further trauma and  
improves outcomes.

**MEDICAID PAID 81%  
OF THE \$1.5 BILLION**

that hospitals billed for treating  
babies suffering from opioid  
withdrawal in 2012.

## A DEVASTATING TOLL ON CHILDREN

FOSTER CARE PLACEMENTS ON  
THE RISE

**10,769** OHIO  
CHILDREN  
were placed in foster care in 2016.



**17%  
WERE INFANTS.**

In 25% of these placements,  
parental substance use was a factor.

MORE BABIES BORN EXPOSED  
TO OPIOIDS



Every 25 minutes in  
America, a baby is  
born suffering from  
opioid withdrawal,  
which can mean:

- 1 LOWER BIRTHWEIGHTS
- 2 RESPIRATORY CONDITIONS
- 3 FEEDING DIFFICULTIES
- 4 SEIZURES
- 5 LONGER HOSPITAL STAYS

### A LIFELONG IMPACT

Children dealing with traumatic  
experiences can face social, emotional,  
physical, and mental health challenges  
that last into adulthood.

Left unaddressed, early childhood  
adversity can lead to **school failure**, risky  
behaviors like **alcohol and drug use**, and  
increased chance of health conditions  
like **obesity and heart disease**.



## WHAT YOU CAN DO

RETHINK OUR APPROACH: SUPPORT CHILDREN AND FAMILIES IN HEALING TOGETHER



Create policies that prioritize prevention and allow children to  
remain safely with their families during treatment.



Give providers tools to recognize, treat, and support children and  
their parents affected by trauma to lessen the lifelong impact and  
promote healthy families.



Ensure families have real and timely access to services through  
Medicaid and other prevention and treatment programs.

Sources for this document are available at  
[www.aap.org/OpioidFactsheets](http://www.aap.org/OpioidFactsheets).



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



# Impact of the Heroin and Opioid Epidemic

- Due to the opioid crisis, kinship caregivers increasingly are being called on to become the primary caregivers for children.<sup>1</sup>
- Ohio is one of the *worst-hit states* in the nation for overdoses.<sup>2</sup>
- According to PCSAO (Public Children Services association of Ohio), 70% of infants in child protection custody are in care due to parent's opiate addiction.<sup>3</sup>
- If the opioid epidemic continues to grow, the number of children in Ohio's foster system will increase to 20,000 by 2020, according to a 2017 report from the PCSAO.<sup>4</sup>



<sup>1,3</sup> <https://www.pcsao.org/pdf/advocacy/PCSAOOpiateEpidemicChildProtectionBrief2016.pdf>

<sup>2</sup> <https://www.beckershospitalreview.com/opioids/50-states-ranked-by-opioid-overdose-death-rates.html>

<sup>4</sup> <https://www.richlandcountychildrengservices.org/news/2018/07/02/as-opioid-epidemic-worsens-more-grandparents-raise-grandchildren>

# F.I.R.S.T. (*Families in Recovery Sticking Together*)

- The Kinship Navigator Program was selected by **SeaGate Food Bank** for a grant funded program on February 6, 2019.
- In order to qualify for this program, one must be a kinship family due to substance abuse issues (opioids, heroin, marijuana, alcohol, etc.).
- Weekly the Kinship Navigator Program staff send referrals for caregivers to receive fresh produce and meats.





# D.A.R.T. (Drug Abuse Response Team)



**Kinship Older Adult Outreach Project**

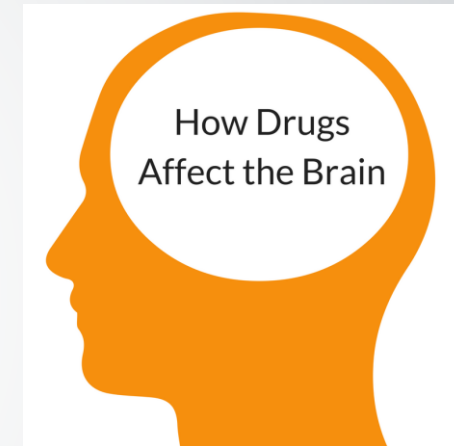
**n4a: National Innovation Award, July 2019**



**Kinship Navigator Program  
Summer Series, 2019**

# 2020 EDUCATIONAL WORKSHOP FOR KINSHIP CAREGIVERS

- **It's a Brain Thing** – Two hour workshop for kinship caregivers to learn how heroin and opioids affect on the brain. Along with it's impact on families and the community; including support available to assist them. *Presented by AOoA Pharmacist –Director of Medical Education & AOoA D.A.R.T. Officer (**Drug Abuse Response Team**)*



“Drug related deaths have increased in all age groups, the greatest increase has been in adult between 55-64.”

**Source:** <https://www.cdc.gov/nchs/data/databriefs/db273.pdf>

In partnership, the **Area Office on Aging and Lucas County Sheriff's Office D.A.R.T.**, has embarked on ground breaking initiative to address the disease of addiction and opioid abuse in the older adult population within Lucas County. Our D.A.R.T. officer is available to make presentations for senior centers, churches, and other community groups to raise awareness, provided resources, and encourage all members of our senior community to do their part in helping curb prescription drug abuse, addiction, and fatal overdose. Our goal is to help older adults remain as independent as possible.



# WHAT OUR COMMUNITY PARTNERS ARE SAYING:

- Lucas County Children Services believes kinship caregivers are vital to help keep children safe and maintain family connections. Kinship caregivers are often given short notice when asked to take in children, and the Kinship Navigator program ensures the caregivers know what community resources are available and how to navigate effectively. **–Robin Reese, Executive Director, Lucas County Children Services**
- The Kinship Navigator staff possesses an excellent an in-depth knowledge of how to navigate the complex child welfare, special education and disability education, mental health and substance abuse treatment, and financial assistance systems in our community. **–Judith Leb J.D., Court of Common Pleas, Juvenile Division**
- School counselors and nurses routinely call these advocates so students and their caregivers can get the information, support, education and connections they need to continue flourishing in a stable home environment instead of the student un-necessarily ending up in the foster care system. **–Dr. Romules Durant, Superintendent Toledo Public Schools**
- I can speak directly to the gap in services that both our aging and our youth populations experience. Even more so, minority populations are vastly underserved. The Kinship Navigator Program is one of the few services that address these important gaps by providing excellent support, education and resources to families in need here in our community. **–Danielle Cisterino-Hajdu, Teen PEP Coordinator, ProMedica Toledo Children's Hospital**
- In this day and age there are more grandparents and other relatives who are rearing children in their extended families. These families are in desperate need of support and services that the Kinship Navigator Program has been able to provide to them. This program has helped kinship care families become better informed about service and support in our community. **–Linda Decker, Supervisor Community Relations, United Healthcare Community Plan of Ohio**

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Department of Job and Family Services.



# Thank You!

**Area Office on Aging of Northwestern Ohio, Inc.**

[www.areaofficeonaging.com](http://www.areaofficeonaging.com)

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