

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

NEWSLETTER



A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center during COVID-19 Social Distancing

The Insurance Resource Center



Earlier this Month, BMC's Developmental and Behavioral Pediatrics hosted Director and Founder, Amy Weinstock, and Program Director, Terri Farrell of The Insurance Resource Center for Autism and Behavioral Health... previously known as the Autism Insurance Resource Center. Amy, Terri and their team are guru's in everything Autism insurance related and are the momentum around laws passed such as AIRCA, An Act Relative to Insurance Coverage for Autism. They can assist families, providers, clinicians, State Agencies and Regulators in technical assistance, support around applying for MassHealth, specialized training's, resources, and provide critical feedback and advocacy. The Center provides FREE consultations and translated resources. If you are in need of assistance with private and public health insurance plans, troubleshooting questions such as:

"Is my child on the right Mass health Plan for Behavioral Benefits?" "Is my child eligible for a secondary insurance plan, MassHealth CommonHealth?" "I have 2 insurance plans, which is my primary?" "What is Premium Assistance and how do I access it?"

Contact the Insurance Resource Center for Autism and Behavioral Health.

The Insurance Resource Center for Autism and Behavioral Health UMass Chan Medical School, E.K. Shriver Center
www.massairc.org 774-455-4056 AIRC@umassmed.edu

Discounted BSO Tickets!

Did you know, individuals with an active EBT card can get up to eight discounted tickets to the Boston Symphony Orchestra per season--\$10 for adults and \$5 for anyone under 18. You can find more information **HERE!**



Home Covid Tests

Each household in the US can get four free rapid COVID-19 tests mailed directly to your home. Testing for COVID-19 at home is a great way to help you make decisions for your health, whether you have symptoms of COVID-19 or just want peace of mind. To order your free at-home tests, call 800-232-0233 or place your order online at <https://special.usps.com/testkits> If there is extra room: Both private insurance companies and MassHealth will also cover over-the-counter at-home rapid COVID-19 tests. Up to eight tests a month are covered without the need for a prescription. Please contact your insurance company to learn more about how these tests are covered.



National Reading Day

National Reading Day is March 2 and to celebrate we are highlighting some new children's books about kids with autism, visual impairment and other disabilities that have recently been recognized by various prestigious awards that specifically honor authors and illustrators creating work centering around people with disabilities. The following books were awarded or honored this year: [My City Speaks](#) written from the perspective of a girl with visual impairment as she and her father take in their city. [A Walk in the Words](#) about a boy who struggles with reading. [A Sky-Blue Bench](#) about a girl with a prosthetic leg. [A Bird Will Soar](#) uses poetry and science to tell the story of a boy with autism who loves birds and learns to help his family, an injured bird and himself. [Stuntboy, in the Meantime](#) about a boy dealing with anxiety. [A Kind of Spark](#) about a girl with autism who wants a memorial for the witch trials that happened in her town. [The Words in my Hands](#) centers on an adolescent who is deaf and is searching for her identity through art and activism. [A Face for Picasso: Coming of Age with Crouzon Syndrome](#) a memoir about life with a rare condition that causes facial disfigurement. [Planet Earth is Blue](#) about a girl who is nonverbal. [Dancing with Daddy](#) about a girl with Wolf-Hirschhorn syndrome.



St. Patrick's Day Slime!

St. Patrick's Day: Leprechaun Pot of Gold Sensory play is more fun with slime! Start by making an easy batch of slime together: 1/2 a cup of child-safe glue (clear or white both work, depending on the "look" you want) and a 1/2 cup of water. Mix away! Add food coloring or green glitter to give it that Leprechaun look. Pour 1/4 cup of liquid starch and keep stirring until the liquid transforms into a blob of slime. Finally, knead in some toy gold coins or other "treasure" that your child can work to find and pull out for more fine motor fun.



3/21: World Down Syndrome Day!

March 21 is World Down Syndrome Day! To celebrate, we are highlighting some amazing entrepreneurs with Down Syndrome! Collettey's Cookies is a Charlestown, Massachusetts based company baking and selling cookies throughout the country. Collette DiVitto is a 31 year old woman who after graduating from Clemson University's LIFE Program moved to Boston to find a job. Collette was struggling to find a job and was repeatedly told she was not a good fit for the jobs she was interviewing for. Collette decided to take her love of baking and turn it into a career. She started her business baking cookies for a local grocery store and word quickly spread about her "Amazing Cookies." Local news stations began running Collette's story and her business quickly grew!

Today, Collettey's Cookies has sold over 400,000 cookies and she oversees 15 employees, many of whom have a disability. Collette is committed to creating and advocating for job opportunities for people with disabilities. To learn more about Collette's advocacy work and order some yummy cookies, you can visit her website [HERE!](#) John's Crazy Socks is a Huntington, New York based company run by father/son duo Mark and John Cronin designing and selling "crazy socks." They began their business shortly after John graduated from school in 2016 and was struggling to find a job that suited him. John approached his dad Mark with the idea to sell socks, and when asked why he wanted to sell socks, John replied, "I wore crazy socks my entire life. They are fun, colorful and creative. They let me be me." From the beginning, John's Crazy Socks has been committed to donating 5% of their proceeds to the Special Olympics. Additionally, various awareness socks have been created that donate a portion of proceeds to various charities including anti-bullying campaigns and the American Cancer Society. John's Crazy Socks, employs people of differing abilities and helps to advocate for "changes in law and policy to support the rights of people with differing abilities to work and to retain their earnings." To learn more about John's advocacy work or order some crazy socks, you can visit his website [HERE!](#)



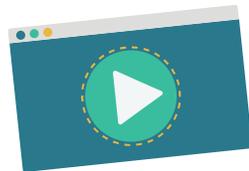
Resources



Boston Medical Center is here to support you during this difficult time. Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available. Know of something to add?

Email us at
autismprogram@bmc.org
 with suggestions.

For past recordings of our webinar series: Caring for Kids with Autism and Developmental Differences, please visit <https://www.youtube.com/channel/UCifYfJKUuSa8XzytUcn-Anw>



Clinic

Developmental & Behavioral Pediatrics clinicians are available by phone/Zoom for telehealth visits and consultations. Please call us at 617-414-4841 if you have any questions or are in need of support. To create a free zoom account, visit zoom.us/signup.



Our Clinicians

Marilyn Augustyn, MD
 Naomi Steiner, MD
 Arathi Reddy, DO
 Jodi Santosuosso, NP
 Rachel Amgott, NP
 Christina Lazdowsky, NP
 Mei Elensary, MD
 Alyssa King, PhD
 Christine McGivney, DO
 Jocelyn Kuhn PhD
 Audrey Christiansen, MD
 Sarah Canale, MD
 Brittany Weissman, MD

ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information!



BMC.org/autism
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The Autism Program at Boston Medical Center



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