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| **Reason** | **Suggestions** |
| 1. Need connections in the civilian community and be too new to the area to have searched on their own, or because English may be a second language, they have no reliable transportation or other reasons that may be applicable your state or region
 | Offer Parent support and activity groups and programs, youth support and activity groups and programs, agency service provider contacts, connections within schools and LEAs. Military parents have awesome volunteer capabilities and giving back is part of their military culture. They offer an often-untapped volunteer source which includes advisory committees, board members and more for your parent center! |
| 2) Benefit from a Medicaid Home and Community-Based Services (HCBS) Waiver program in your state. | [ECHO Parent Handout](https://www.tricare.mil/CoveredServices/Mental/Treatments), [Medicaid Parent Handout](https://branchta.org/wp-content/uploads/2018/07/Military-Families-and-Medicaid-Parent-Handout.docx) |
| 3) Have a child or youth with a very recent mental health diagnosis. | TRICARE (military health care) has recently expanded mental health treatment options for military children and youth. Substance abuse disorder options have also expanded. Parents may not be aware of all the options. You can share this link: <https://www.tricare.mil/CoveredServices/Mental/Treatments> |
| 4) Have a child or youth with a recent “moderate to severe” autism spectrum diagnosis. | TRICARE provides Applied Behavior Analysis therapy, and the family has a few steps to take first. Start them with this link: <https://www.tricare.mil/Plans/SpecialPrograms/ACD> |
| 5) Are relocating to another state. | Set them up with a contact at the parent center in their new state, or one nearest to their location: [www.parentcenterhub.org](http://www.parentcenterhub.org) |