

The SEEK Newsletter

Spring 2021

SEEK's Mission

- Strengthen families
- Support parents, parenting
- Promote children's health, development, safety
- Prevent abuse, neglect

www.SEEKwellbeing.org

For COVID-19 resources and helpful information, find the [SEEK Resources for Families document on our website!](#)

The National SEEK Study is still recruiting practices

The National SEEK Study will be recruiting practices through 2021. If you know of pediatric or family medicine practices in your community that may be interested in joining the National SEEK Study, please reach out and connect them with the SEEK Study Team to learn more - Rose Belanger, PhD (rbelanger@som.umaryland.edu)



April is National Child Abuse Prevention Month

The most important thing we can do for families is address problems with support and resources, hopefully reaching families before a crisis. The SEEK model helps to address some targeted social determinants of health that are risk factors for child maltreatment. Need help finding resources for your patients and their families? Find tips below!

Please share this newsletter with anyone who may be interested. Also, let us know if we should add them to our Friends of SEEK list to receive this. Email snewton@som.umaryland.edu

Updated guidance regarding CPT Codes 96160 & 96161

CPT code 96160 can be used for reimbursement for using the SEEK Parent Questionnaire - R (PQ - R). This code covers the administration of a patient-focused health risk assessment. The problems targeted by SEEK clearly pertain to children's health, development and safety. CPT code 96161 covering care provided to parents during well child visits can also be used. CPT code 96160, however, is more often paid by insurers. There is variation across states and insurers, so please check with your payers.

Updated SEEK Parent Handouts, Algorithms and Responses to Barriers

Please visit www.SEEKwellbeing.org to view our 'new and improved' SEEK Parent Handouts and Algorithms and Responses to Barriers.

The SEEK Parent Handouts are an adjunct to advice given in the office. The Handouts convey a few key points and are user-friendly. They include national resources and should be customized with info on local ones for each targeted problem. We have versions in English and Spanish.

The SEEK Algorithms and Responses to Barriers help primary care professionals briefly assess and address positive screens for the SEEK targeted problems. A few questions are prioritized to make the approach efficient while incorporating useful principles of Motivational Interviewing.

SEEK is now on Twitter!

Please follow us on Twitter for updates and other useful info. Also, please help others learn about SEEK and the National SEEK Study by retweeting us. Follow SEEK on Twitter at: [@SafeEnv4EvryKid](https://twitter.com/SafeEnv4EvryKid)

Consider Donating to the SEEK Project

To continue the important work of promoting children's health and safety, contributions to disseminate the SEEK model are always appreciated. Visit this [link](#) to donate to the SEEK Project. Thank you for considering a gift!

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Helpful Tips for Finding Local Resources

Familiarity with local and national resources is important for the care of children and their families. However, locating resources can be time consuming. Below are helpful tips to find local resources and a partial list of national ones.

Finding local resources

- National resources' hotlines or websites often help find local resources
- Many state governments have websites on specific problems (e.g., substance use)
- County health departments or general county government websites may have information on resources (e.g., food banks, smoke alarms, mental health)
- City websites may have information on resources for certain problems (e.g., smoke alarms, food pantries)
- [Benefits.gov](https://www.benefits.gov) has information on government programs, eligibility criteria, how to apply
- Dialing 2-1-1 helps find nearby resources for many problems, like food assistance, housing, substance use, domestic violence, employment, health care and counseling
- [findhelp.org by Aunt Bertha](https://www.findhelp.org) helps find free or reduced fee resources for problems, such as food insecurity, paying bills; enter zip code and targeted problem
- Find social media accounts (e.g., Facebook or Twitter) for local agencies or programs and visit the account pages as these may have information on upcoming events, news and up-to-date contact info

Poison Control

- Most states have a Poison Control website; search '(state) poison control'
- The [National Capitol Poison Center](https://www.nationalpoisoncenter.org) website and helpline assist with suspected poisonings

Smoke Alarms

- The American Red Cross provides free smoke alarms; search '(state/region) red cross'
- County or city governments or local fire departments may provide free smoke alarms; search '(county/city) free smoke alarms'

Tobacco Use

- Most states have smoking quit lines; search '(state) smoking quit line'
- The websites below offer tools, tips and resources to help quit smoking. They all offer quitlines and some offer help via their website
 - [Smokefree](https://www.smokefree.com)
 - [Freedom from Smoking](https://www.freedomfromsmoking.org)
 - [CDC - How to Quit Smoking](https://www.cdc.gov/tobacco/quit_smoking)

Food Insecurity

- Many states or regions have food banks; search '(state/region) food bank'. Food bank websites direct one to local food pantry information
- The [Supplemental Nutrition Assistance Program \(SNAP\)](#) provides nutrition benefits to low-income individuals and families through its nationwide network of field offices
- The [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) helps women and children up to age 5 with free healthy foods, advice on healthy eating and referrals to health, welfare and social services
- The [Child Nutrition Programs](#) offer free or reduced rate food programs:
 - [National School Lunch Program](#)
 - [School Breakfast Program](#)
 - [Special Milk Program](#)
 - [Child and Adult Care Food Program](#)
 - [Summer Food Service Program](#)
- www.foodpantries.org has food assistance info for many states

Harsh Punishment

- Some states offer parenting helplines; search '(state) parent helpline'
- The [Help Me Grow National Center](#) has affiliates in many states which link community resources, such as parent support, family services, education and healthcare
- The [National Parent Helpline](#) offers parent support and helps find local resources
- The [Boys Town National Hotline](#) helps families in crisis or in need of resources

Severe Parental Stress

- Some states offer crisis helplines; search '(state) crisis helpline'
- Some states offer parenting helplines; search '(state) parent helpline'
- The [Help Me Grow National Center](#) has affiliates in many states which link community resources, such as parent support, family services, education and healthcare
- The [National Parent Helpline](#) offers parent support and helps find local resources
- The [Boys Town National Hotline](#) helps families in crisis or in need of resources

Parental Depression

- Some states offer crisis helplines or treatment locators; search '(state) crisis helpline or treatment locator'
- The [National Helpline](#) offers 24/7, confidential, free, information on local treatment centers, support groups and community organizations
- The [National Suicide Prevention Lifeline](#) offers 24/7, confidential, free, support for those in crisis or who are suicidal
- [Postpartum Support International](#) offers a helpline and other resources
- FindTreatment.gov offers a treatment locator for providers specialized in treating substance use disorders, addiction and mental illness

Unhealthy Substance Use

- Many states or counties offer substance use hotlines or treatment locators; search '(county/state) substance use hotline or treatment locator'
- [FindTreatment.gov](https://www.findtreatment.gov) offers a treatment locator for providers specialized in treating substance use disorders, addiction and mental illness
- [Alcoholics Anonymous](https://www.alcoholicsanonymous.org) & [Narcotics Anonymous](https://www.narcoticsanonymous.org) offer local chapters of free fellowships of men and women who share their experience, strengths and hopes, to recover from alcoholism and drug addiction
- The [National Helpline](https://www.nationalhelpline.gov) offers 24/7, confidential, free, information for referrals to local treatment centers, support groups and community organizations

Intimate Partner (or Domestic) Violence

- Many states, counties, local agencies or hospitals offer domestic violence hotlines and/or shelters; search '(city/county/state) domestic violence resources'
- Legal Aid Clinics helps those that are financially eligible with civil legal problems, such as intimate partner violence; search '(city/county/state) legal aid'
- The [National Domestic Violence Hotline](https://www.thehotline.org) offers advocates 24/7 for free, confidential help, information, crisis intervention, safety planning and connection to local resources. Help is available in over 200 languages
- [Womenslaw.org](https://www.womenslaw.org) offers an email hotline for survivors of abuse to learn about legal information

Parent Handouts with Info on Local and National Resources

Parent Handouts with information on local (and national resources) should be offered to patients and their families, such as the [SEEK Parent Handouts](#). These serve as a valuable adjunct to info communicated orally. Highlight which resource(s) may be most helpful. See below for info to include:

- Customize parent handouts with resource information. Specify:
 - Service(s) provided
 - Address
 - Contact information
 - Hours of operation
 - Cost, fees
 - Eligibility criteria¹
- Update the information periodically, preferably annually¹
- Identify specific people at the resource to be the main point of contact for referred parents¹
- Personnel can plan with the family re. optimal resource(s) (e.g., location, insurance accepted)

Reference

- 1) Referral Resource Worksheet. AAP.org. https://www.aap.org/en-us/_layouts/15/WopiFrame.aspx?sourcedoc=/en-us/Documents/STAR-Center-Referral-Resource-Template.docx&action=default. 2017. Accessed December 9, 2020.