



Clermont County  
Public Health  
Prevent. Promote. Protect.

# Complex Medical Help Newsletter

SUMMER 2026

## Summer Safety Reminders

**Water Safety:** Children always should be supervised while in and near the water. Looking for swim lessons? Check out the YMCA – many branches offer "Safety Around Water Weeks" that are free or low-cost programs to teach water-safety skills.

**Heat Safety:** High heat can be dangerous for children, especially those with asthma. Encourage your child to take breaks while playing outside. Sit in the shade and drink water to stay hydrated. Know the [signs of heat exhaustion](#).

**Sun Safety:** Find shade, dress in loose clothing, wear hats to protect your face/ears, and wear sunglasses with UV protection. Reapply sunscreen at least every two hours or more frequently if swimming or sweating.

**Street Safety:** Have your child wear bright clothing so motorists can spot them, and always wear [properly fitted bike helmets](#) while riding anything with wheels.

**Fireworks Safety:** Fireworks can be a fun summer activity but also extremely dangerous. Every 1/3 of firework injuries in the U.S. involve children under the age of 15, according to the U.S. Consumer Product Safety Commission. Never let your child touch or light fireworks, and always have a water source nearby for extinguishing.

## Transition to Adulthood Resources

The following Southwest Ohio providers are resources for when it's time to Transition to Adulthood:

- [Access Center for Independent Living](#) (937) 341-5202
- [Independence Alliance](#) (513) 241-2600
- [SALT](#) (Free trainings)
- [UC Health - Transition Care Clinic](#) (513) 585-9009
- [Sinclair Community College - TOPS](#) (937) 512-2309
- [UC - IDD Education Center](#) (513) 556-6308

## Your CMH Nurses

Shelley Keller, BSN, RN  
(513) 735-8421  
skeller@clermontcountyohio.gov

Angela Lipps, BSN, RN, TTS, CPST  
(513) 735-8402  
alipps@clermontcountyohio.gov

## Important Reminders

- CMH Parent Line is (614) 466-1700
- The maximum age of eligibility for the Treatment Program increased to age 26 on 9/30/2025.
- Wait time for entering and processing of CMH paperwork, including Treatment Plan renewals, is approximately 3-6 months.

## Back-to-School Vaccine Clinics

Did you know August is National Immunization Awareness Month? Talk to your healthcare provider to see if your child is up to date on vaccinations.



Typically, students entering Kindergarten, 7th, and 12th grades need vaccines. We can help you beat the back-to-school rush! Call (513) 735-8400 to schedule an appointment at our [Back-to-School Immunization Clinics](#). CCPH accepts most insurance plans, and no child will be turned away for inability to pay.

## Free Summer Meals for Kids

- [SUN Meals](#) provides children free meals at program sites. (866) 348-6479
- [Sun Bucks](#) is the summer EBT program administered by the State of Ohio. (866) 386-3071
- [National Hunger Hotline](#) locates food near you. (866) 348-6479

## Stepping Stones

Stepping Stones' [summer programs](#) provide an inclusive, encouraging environment where individuals with disabilities find adventure. They offer a day camp and overnight staycations. Activities range from outdoor favorites like fishing, nature and swimming as well as art, music, and sensory. For questions, contact (513) 965-5108 or [Jeannie.ludwig@steppingstonesohio.org](mailto:Jeannie.ludwig@steppingstonesohio.org).

## Accessible Parks & Trails

Check out [Clermont County Parks](#)' ADA accessible offerings for outdoor fun!

### Activities

- Riverside yurt camping at Chilo
- Chilo Lock #34 Museum
- Pattison Park fishing pier

### Playgrounds

- Sycamore Park
- Pattison Park
- Shor Park
- Chilo Lock 34 Park
- Kathryn Stagge-Marr Park

### Paved Trails

- Pattison Park
- Shor Park
- Sycamore Park



## Free Summer Fun

You don't have to go far to find FREE summer activities:

**Clermont County Public Library:** Sign up for the Summer Reading Program, visit story time, check out their special needs services, and attend a fun event.

**Celebrate America 250:** From murals to historical tours, there are many opportunities for kiddos. [View calendar.](#)

**Clermont County Parks:** Hikes, nature story times, art lessons and more... Check the [event calendar](#) for a full list.

## 10 Ideas for Play

Kids need 60+ minutes of activity a day. Keep it fun:

1. Use balls with different textures to practice catching.
2. Make up games to incorporate different types of movement, like jumping over puddles or cracks.
3. Invent silly walks or runs, such as jumping like a bunny.
4. Simply go to the park to play!
5. Turn on music to dance.
6. Watch a kids' exercise video on YouTube. Try out [Cosmic Kids Yoga](#) or [P.E. with Mr. G.](#)
7. Set up a living room obstacle course with pillows.
8. Stage a scavenger hunt.
9. Transform a cardboard box into a spaceship. Then run around the house to gather expedition supplies.
10. Go on a nature walk and play "I Spy" as you stroll.

## More Resources

- [Ohio Department of Health's CMH Provider Directory](#)

When scheduling with a provider for your *approved services*, please verify that they accept CMH. Do you need help finding a provider? Call us - we're here to help you.

- [Clermont County CMH](#)

(513) 735-8400

2400 Clermont Center Dr., Ste. 200, Batavia

- [Ohio Department of Health CMH](#)

(614) 466-1700

- [Ohio CMH Families Facebook Group](#)

Please note this is a private group, so you must request to join to see the posts.

- [Clermont County Public Assistance](#)

(513) 732-7111

### Pharmacy Benefit Reminder

Not every child with a CMH LOA has prescription benefits. For those who do, the pharmacy benefit information is as follows:

Group# ohchildren  
BIN# 610084  
PCN drbcprod



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