

BPChildren Newsletter



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Special Money Matters Issue



Struggling with financial issues becomes especially complicated when caring for the needs of a child with bipolar disorder. We have dedicated this issue of our newsletter to dealing with money matters. It is our hope that some of the resources included in this issue will help you deal with the extra financial pressures facing many families today.

- How Can I Pay for Medical Bills?
- Teen Blog: Managing Money
- Need Help Paying for Medications?

How Can I Pay for Medical Bills?

As you focus on how to get your child the appropriate help, the issue of how to pay for this help is unavoidable. If you have good medical coverage, try to access providers within your coverage to minimize costs. If you do not have insurance, here are some possible options to find coverage and minimize out-of-pocket expenses:

- **Parental coverage:** In the case of separation or divorce, an ex-spouse may be able to add a child onto his or her existing insurance plan.
- **State insurance:** Every state offers a health insurance program for children. This insurance is available either free or at low cost to eligible families. Check <http://www.insurekidsnow.gov> to see if

Need Help Paying for Medications?

Are you recently unemployed or underemployed? Are you having trouble paying for medications? Here are some links to investigate.

<http://www.rxassist.org/>

<http://www.patientassistance.com/>

<http://www.pparx.org/>

your child qualifies.

- **Medicaid coverage:** Families with limited income and means may qualify for free medical coverage under the Medicaid program. To find your state's Medicaid information, visit <http://64.82.65.67/medicaid/states.html>.
- **Medicaid waiver:** A child may qualify for Medicaid coverage through a Medicaid waiver such as the Katie Beckett waiver. This allows children with severe medical conditions to be covered even when their family's income surpasses normal income eligibility requirements.
- **Social Security disability program:** If your child's condition is severe and persistent, he may qualify for medical coverage under the Social Security disability program. To see if your child qualifies, visit <http://www.ssa.gov/disability/>.
- **Patient assistance programs:** Pharmaceutical companies have established programs for needy patients; in some cases, medications can be received at no charge. For more information, go to <http://www.needymeds.com>.
- **Medication samples:** While waiting to qualify for one of these programs, check with your child's psychiatrist and pediatrician to see if medication samples are available.
- **Local charity groups:** Local charity groups may offer to pay for some medical bills or prescriptions. The St. Vincent de Paul Pharmacy offers free medications in some areas to families who are in desperate need. They also offer advocate assistance to access other programs of care. Learn more about this charity at <http://svdpusa.org/>, or look in your local white pages under "Society of St.Vincent de Paul."

We hope you enjoyed this excerpt from The Childhood Bipolar Disorder Answer Book. For more excerpts please visit: www.childhoodbipolaronline.com

Also don't forget to use the templates on this site as a companion to the action plans found throughout the book: <http://childhoodbipolaronline.com/templates.aspx>

Teen Blog Excerpt: Managing Money

<https://www.rxhope.com/>

<http://www.rxoutreach.com/>



Note: BPChildren provides these links only as a courtesy to our readers who may benefit from these programs. We receive no compensation or advertising dollars.

Free Offer

Get a free awareness magnet ribbon with every order placed through the end of July! Magnets will automatically be included in your order.



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Everyone knows that spending the money you have is easy, but saving the money you have can be hard. The trick is to learn how to manage it. Managing your money can be harder for someone with mood swings. When you're manic you tend to buy a lot more than you need or even want, and when you're depressed you may not spend anything at all. Spending or saving money can also

be a compulsion for some people. Like most teens, I like to spend the money I make, but I also know that I should put some into savings. Here's a few tips I've found worked (most of the time anyway)

1. Put a certain amount in savings every time I put one third of my paycheck into savings every time. That way I'll have a steady stream of income and at the same time a steady stream of savings. The same thing works for allowances. Put aside a certain amount every time, even if it's just 50 cents, and you'll be surprised how fast it adds up.

2. Only carry small bills. If you don't want to spend all your money at once leave most of it home, and only carry however much you feel is ok to spend. And no that doesn't mean leave 15 and carry 50. That means carry 15 and leave 50. If you find something you absolutely have to buy and you don't have enough money remember you can always come back later. That also allows you enough time to think about if you actually do want/need/can't live without it, or if you just thought you did at the time. That's a trick that helped me when I started buying a whole bunch of stuff I thought I needed/wanted at the time but later figured out I didn't.

[Read the rest of "Managing Your Money" at the Teen Bipolar Advocate blog!](#)

Wishing you and yours stability and peace,

Tracy Anglada
BPChildren

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Don't Forget the Free Resources at BPChildren

[Mood Charts](#)

[Posters](#)

[Questions Kids Have](#)

[The Educator's Guide](#)

Have a tip to share?

Have you found a resource not listed here that may help another family in need? Do you have a unique experience that may hearten our readers as they struggle in this economic climate?

Please **Email me** at tracy@bpchildren.org to share your thoughts.