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Open Enrollment for Health Care Coverage

The Affordable Care Act and Medi-Cal are still the law! All families have a right to enroll in coverage. Medical screenings and checkups are important for a child’s healthy development. Getting regular preventative care makes it possible to treat health problems before they become more serious.

- **Covered California** – Covered California is the state’s health insurance marketplace where Californians can shop for health plans and access financial assistance if they qualify for it. Covered California’s open enrollment period is from **November 1, 2017 through January 31, 2018**. Visit [www.coveredca.com/apply](http://www.coveredca.com/apply) to start an application.
- **Medi-Cal** – Medi-Cal offers low-cost or free health coverage to eligible California residents with limited incomes, regardless of their immigration status. **Medi-Cal enrollment is available year-round.** Visit [www.coveredca.com/medi-cal](http://www.coveredca.com/medi-cal) to learn more.
- **Affordable Care Act** – For families who are undocumented or mixed-status, you can enroll your children in health coverage under the Affordable Care Act without triggering immigration enforcement activity. For more information, visit [www.allinforhealth.org/immigrantfamilies](http://www.allinforhealth.org/immigrantfamilies).

PTA leaders can provide information and handouts at your school on health care coverage. Visit [www.allinforhealth.org/school_toolkit](http://www.allinforhealth.org/school_toolkit) to access ready-to-use handouts and resources for school parents and families.
Parent's Guide to Teen Depression

Teenage depression isn’t just bad moods and the occasional melancholy – it’s a serious problem that impacts every aspect of a teen’s life. Teen depression can lead to drug and alcohol abuse, self-loathing, self-mutilation, pregnancy, violence and even suicide. But as a concerned parent, teacher or friend, there are many ways you can help.

Talking about the problem and offering support can go a long way towards getting your teenager back on track.

Learn more from the National Alliance on Mental Illness at www.namica.org.

Health & Community Concerns Social Media

The Health & Community Concerns Commission is using social media to inform our PTA members and leaders about timely topics and resources available to help make our communities and schools healthier, happier and safer!

Topics of the Year:

- August 2017: Back to School, Solar Eclipse Viewing Safety
- September 2017: Safe Teen Driving
- October 2017: Bullying and Cyber Bullying Prevention
- November 2017: Homeless Children and Families
- December 2017: Suicide Prevention
- January 2018: Acceptance of Special Needs Kids
- February 2018: Cyber Safety
- March 2018: Drug and Alcohol Abuse Prevention
- April 2018: Child Abuse Prevention
- May 2018: Mental Health
- June 2018: Good Nutrition
- July 2018: Health Care and Immunizations
- August 2018: Clean Water in Schools

Follow California State PTA on Facebook, Twitter and Instagram for great resources and information on these important topics to can share with others in your school and community!

Sign up for The Pulse here.

This message is being sent to all unit, council and district PTA health and community concerns officers. Please feel free to forward this message to your members and other interested parties.