Clermont County Public Health
Prevent. Promote. Protect.

Complex Medical Help Newsletter

WINTER 2026

Cold Weather Fun

Fun doesn't need to stop when the weather turns cold!

- Family game night.
- Stargazing.
- Make paper snowflakes.
- Frozen bubble blowing.
- Events at the Clermont County Public Library like Boots n' Mini Moos, Carols & Crafts, Upcycled Paper Ornaments, or Winter Carnival.
- Winter Solstice Celebration - Dec. 18 at Sycamore Park.
- Great Parks offers several free community days. Next up is Martin Luther King Jr. Day in January.
- Decorate your home with sensory friendly decorations.
- Play active indoor games. Try balloon volleyball, build a living room pillow fort, or stage an indoor snowball fight using crumpled paper.
- Make cards for kids in the hospital.

Sensory Friendly Santa

Here are a few places offering Santa experiences geared toward kids with with sensory sensitivities. Plan early — reservations may be required.

- Multiple dates - Cincinnati Zoo
- Dec. 12 - Bierman Autism Centers in Blue Ash
- Multiple dates - Santa Cares will be at malls in our region including Florence Mall and Liberty Center

Winter Celebrations



Have you heard of Feast of the Seven Fishes?! Enrich your cultural diversity by learning about different winter holidays around the world.

Adaptive Winter Sports

Check out a Cincinnati Dragons game this winter! They are a youth wheelchair basketball league. Or visit a Cincinnati Cyclones Special Hockey game — a team for individuals age 6 and older with developmental disabilities.

Your CMH Nurses

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Important Reminders

- The maximum age of eligibility for the Treatment Program increased to age 26.
- Wait time for processing CMH paperwork, including Treatment Plan renewals, is approximately 3-6 months.
- 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

Local Toy Drives

The holidays can be financially stressful for families. Local toy drives help make sure every child has something special under the tree.

- West Clermont's *A Very Clermont Christmas* on Dec. 12 - Open to all Clermont County families. Reservations required. (513) 943-5000
- St. Vincent De Paul - (513) 562-8841
- Salvation Army Batavia - (513) 732-6241
- Crossroads Church Eastgate - (513) 731-7400
- Call 211 to check for programs at local churches and other resources.



Tips to Stay Healthy



- Wash hands often with soap and water.
- Cough and sneeze into your elbow, not hands.
- Avoid touching your eyes, nose, and mouth.
- Regularly disinfect toys, doorknobs, and countertops.
- Talk to your doctor about flu, COVID-19, and RSV immunizations.

New Year's Eve Tips

Not all New Year's celebrations need fireworks and a disco ball! Here are ideas for a twist on the classic celebration:

- Host a "Noon Year's Eve Party" during the day.
- Create your own "ball drop" game. Cut holes of various sizes in a box and have your child drop balls inside.
- Skip the bubbly and make DIY bubble wands.
- Spend the day making a 2026 memory book.

Check out more tips for a friendly New Year's Eve for kids and pets.





Be Kind

National Random Acts of Kindness Day is Feb. 17. Every act of kindness creates a ripple! Download a coloring page or the 2027 kindness calendar for daily inspiration.



Activities for Learning Disabilities

Sensory play encourages cognitive and motor development. The holidays are the perfect time to engage in sensory activities. Here are 5 ideas for winter sensory play:

1. Baking
2. Making music
3. Imagination play
4. Making sensory bins
5. Crafting

Winter Assistance



Clermont County has many resources to help families meet their basic needs:

- United Way of Greater Cincinnati - Call 211 to be connected to services.
- E-HEAP heating bill assistance - (513) 732-2277
- Helping Hangers Clothing Pantry at Batavia First Presbyterian Church - (513) 732-0510
- List of local food pantries
- Home weatherization program - (513) 732-2277

Winter Safety Reminders

Fire Risks - Winter is full of extra lights, candles, and fireplaces in use. Make sure you have a family emergency plan and everyone knows what to do in case of a fire!

Traveling - Stay safe while traveling this season.

- Prep an emergency kit for your car. Include a spare winter hat, gloves, a blanket, and ice scraper.
- Do not wear bulky winter coats in car seats.
- No distracted driving – put that cell phone away!

Fall Risks - Assume wet surfaces are slippery.

- Walk like a penguin. Take short, slow, shuffling steps.
- Wear gloves instead of keeping your hands in your pockets. Your arms will be free to help balance.
- Avoid carrying heavy loads that block your view.

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 (513) 735-8400.

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

Meet your Clermont County CMH Community!



Say HELLO to your community!

Email a pic of yourself or a fun winter activity to skeller@clermontcountyohio.gov

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