

Health Home Herald



SELF-CARE STRATEGIES

By: Staci Hinshaw

Social workers are often very nurturing, but we frequently fail to afford ourselves the same grace that we give to our clients (Jackson, 2014). As practitioners, we talk often with our clients about the need for proper self-care and we each have our go-to activities that help us feel better when we are going through a rough patch. For example: spa treatments, meals with friends, taking vacation time, or simply treating yourself to dessert. Though oftentimes self-care activities can be associated with being indulgent, so we put them off or justify ways in which to avoid them altogether. However, self-care should not be viewed as an extravagance but rather a necessity. Sometimes self-care can be as simple as remembering to drink water or take deep breaths.

The Green Cross Academy of Traumatology (GCAT) has established guidelines for practitioner self-care that go beyond the occasional massage or day off. The Self Care Guidelines underscore the importance of ensuring our own wellbeing so that we may best serve those who are in need of our support and unique skill set. GCAT states that it is the responsibility of practitioners to “do no harm

to yourself... when helping/treating others (by) attending to your physical, social, emotional, and spiritual needs as a way of ensuring high quality services to those who look to you for support as a human being” (Self Care Guidelines, 2017). GCAT further stipulates that practitioners are ethically bound to cultivate personal self-care plans and if we neglect that aspect, we are violating our own integrity not only with ourselves but with our clients as well (Self Care Guidelines, 2017).

When creating our self-care plans, it is important to remember to address all facets of our wellbeing. Attending to physical needs should take into consideration the care and maintenance required so that our bodies are able to perform optimally. Suggestions for physical self-care may include drinking plenty of fluids, eating nourishing foods, getting adequate sleep, keeping doctor appointments, and being attuned to muscle

PHOTO – MOLINA HEALTH HOME TEAM

Back Left: Tatyana Agapov, Dodie Lund, Lauren White, Erica Sanabria, Christina Justice, Andrea Vaughn. Front Left: Melissa Mohiswarnath, Sara Ashley, Kristen Maldonado, Estephani Lopez.

tension. Addressing psychological wellbeing and emotional wellness is equally important and incorporates the social, cognitive, and spiritual domains of our personalities. Ways in which to support those aspects could be to get in touch with your creative expression through art, music, writing, or movement. Some specific examples include: drawing, painting, knitting, crocheting, sewing, listening to music, singing, playing an instrument, reading, journaling, creating a gratitude list or starting that novel, taking a dance class, swimming, long walks on the beach, biking, or even playing hide-n-seek or tag with the children in your life. Spending time in nature is an excellent way to attend to social, emotional, and spiritual needs and can be accomplished by tending to plants and animals or by fully immersing yourself by going hiking or camping in the forest (Li, 2018).

Just as no two people are the same, our own self-care needs will evolve and change to reflect our current levels of connection and awareness. When was the last time you stopped to consider what

self-care activities best reflect your wellbeing needs in life? It is vital to consistently take time to review your self-care strategy and prioritize your own wellbeing so that you can be an effective advocate for those who are relying upon you.

References:

- Green Cross Academy of Traumatology. (2017). Standards of self care guidelines. Retrieved from <https://greencross.org/wp-content/uploads/2017/11/Standards-of-Self-Care-Guidelines.pdf>
- Jackson, K. (2014, May/June). Self-care: The overlooked core competency. *Social Work Today* 14(3) p.14. Retrieved from <https://www.socialworktoday.com/archive/051214p14.shtml>
- Li, Q. (2018, May 1). Forest bathing is great for your health. Retrieved from <https://time.com/5259602/japanese-forest-bathing/>

Webinar Trainings for the Third Quarter of 2019

We are pleased to announce the following upcoming webinars for the rest of 2019

Please use this link to register for **August** and **September** webinars:
<https://register.gotowebinar.com/register/8802109941897537793>

AUG 8 MAC/TSOA Programs

SEP 12 Foundational Community Supports

Webinar Trainings for the Fourth Quarter of 2019

Please use this new link to register for **fourth** quarter webinars:

<https://attendee.gotowebinar.com/register/4731037301584984067>

Oct 10 Dementia

Nov 14 Kinship Care

Dec 12 TBD

Also, visit our website for training and links:
<https://www.dshs.wa.gov/altsa/washington-health-home-program>



TIPS FOR STAYING HYDRATED DURING THE SUMMER

Being well hydrated is essential for good health. Consuming water is necessary to keep the body's systems functioning properly. This is especially important to remember during the summer months when we need to increase our fluid intake to counteract warmer temperatures.

Drink up!

Hydration is vital to our overall health and well-being. In addition to helping the body function properly, water helps regulate body temperature and flush out waste. The following tips can help you stay hydrated:

- ❖ Drink 6 to 8 - eight ounce glasses of water each day. This is the general recommendation that will change based on age, chronic conditions, and activity level. So check with your doctor for the specific amount that is right for you
- ❖ Bring a reusable water bottle to work and drink from it throughout the day, refilling as needed
- ❖ Drink water during your meals. Not only can it help you stay hydrated

but it can help you feel more full, which can help prevent overindulging at mealtime

If you are not a huge fan of drinking plain water you can add in slices of citrus fruit or even water enhancement drops.

Keep in mind that heat exhaustion happens quickly—especially during summertime activities—and it can easily turn into heat stroke, a dangerous condition that can lead to organ damage, seizures, coma and even death. If you feel dehydrated, dizzy or overheated, get out of the sun, sip some water (slowly) and apply cooling compresses to your head, neck, and chest. If symptoms don't improve quickly, get to a doctor or call 9-1-1.

Water is truly the elixir of life. As you experience all great things about being in the sun, remember to drink plenty of water to keep you going strong all summer long. Your body and mind will thank you!



SERVICE EXPERIENCE TEAM

The Service Experience Team (SET) is a statewide, consumer-driven, advocacy committee created by Home and Community Services (HCS) with the goal of increasing the ability to get input and better understand the impact of policies and services on the individuals who receive them. Membership includes individuals across the state who receive HCS/Area Agency on Aging (AAA) authorized long-term services and supports through Medicaid.

Meetings are held across the state in January, May, and September. Clients also have the opportunity to participate from home through webinars and conference calls.

[The SET is recruiting consumers to participate in this important team.](#) If you work with a client receiving HCS/AAA services and believe they would be interested in joining the SET, please talk with them and submit their information to the Health Home Herald mailbox:

HealthHomeNewsletter@dshs.wa.gov

Spotlight on Resources

NORTH SOUND TRANSITION TO INTEGRATED MANAGED CARE

Effective July 1, 2019, the North Sound region Counties: Island, San Juan, Skagit, Snohomish, and Whatcom will transition behavioral health services to Integrated Managed Care (IMC).

HISTORY

In April of 2016, implementation of Integrated Managed Care began across the state with the SW region. As of January 2019 the regions of North Central, Spokane, Greater Columbia, Pierce, and King transitioned to IMC. Under IMC, behavioral and medical health is integrated and purchased by one entity referred to as a Managed Care Organization (MCO).

CHANGE

In IMC regions, there is no Behavioral Health Organization (BHO); all services are authorized and provided through a single MCO. HCA

contracted a separate entity to provide crisis services that were previously provided by a BHO. Crisis services will now be provided by North Sound Behavioral Health – Administrative Services Organization (BH-ASO).

EFFECTS TO COVERAGE

Both Medicaid only and Medicare/Medicaid (dual) eligible clients are enrolled in IMC under two separate programs.

- ❖ **Medicaid only:**
Clients who receive all services from Medicaid will be enrolled in (IMC) and receive both medical and behavioral health services through the MCO. This program is called Fully Integrated Managed Care (FIMC)
- ❖ **Dual eligible:**
Clients who receive Medicare and Medicaid will now be enrolled in an MCO but only for behavioral health services. This program is called Behavioral Health Services Only (BHSO)



EFFECTS TO CLIENTS

On November 30, 2019, in preparation for the 2019 transition, Health Care Authority (HCA) sent letters to affected clients notifying them of the upcoming change. Clients should be able to keep their medical and behavioral health providers through the transition due to a MCO contractual obligation called continuity of care. Clients can change their plans at any time, so Care Coordinators should encourage their clients to review their enrollment letters and make sure their plan will work with all their providers. For changes or more information you can assist clients by visiting online at <https://www.waproviderone.org/client> or by calling 1-800-562-3022.



Care Coordinator Corner

Submitted by ICHS Care Coordinator through Amerigroup

Joe (not his real name) has made significant progress toward his health goals since he started working with a Care Coordinator in the Health Home program. When we first started working with him, he was unemployed, struggling with sobriety, and living in a shelter and very close to living on the street. Joe was having a difficult time with medication adherence and did not clearly understand his condition.

Through regular contact with a caring Care Coordinator who assisted him with the goals he identified, specifically housing and employment. He was connected to a number of community resources for employment and housing and received assistance in applying for jobs and housing. He was referred to a counselor at ICHS who helped him a great deal and who he continues to see.

He recently moved to a clean and sober transitional housing program where he is stable and connected with a case manager. He is working on his goals, attends recovery meetings, and he is saving money for permanent housing in the future. He also has a full time job and is doing very well: his company has told him they appreciate the work he does. He has found work that is meaningful and he is proud to be earning money. He is so excited and positive he has expressed interest going back to school to earn a degree in Information Technology.

A recent success: Joe began to focus on his own health instead of his fear and anxiety about coming into the clinic. Joe has a history of cancelling appointments with his doctor due to stress, fear, and feeling overwhelmed. He didn't know his doctor well and the Care Coordinator was able to consult with the doctor and mentored Joe to put his own health first by coming to the clinic because he deserved to have good care and to improve his health. As a result of the consultation and coaching, Joe attended his doctor appointment and had a productive visit where he learned important medical facts about his condition and was able to create a plan for follow-up with his doctor, counselor, and Care Coordinator.



This space was created just for you. It provides a place for Care Coordinators and allied staff to share their experiences, tips for working with clients, and creative health action planning ideas.

Do you have a unique resource, such as a program that provides free childcare so parents can attend a local support group? This is your space, so please share with us.

To share your story, resource, or ideas, submit to: HealthHomeNewsletter@dshs.wa.gov.

Please include your telephone number so we can contact you if your submission is selected for publication. Confidential information such as client names or other identifying information will not be published.

Health Home Puzzles and Games



Find the horizontal, diagonal or vertical words!



Summer Words

- | | |
|----------------|--------------|
| Amusement Park | July |
| August | June |
| Beach | No Homework |
| Blue Skies | Outside |
| Camping | Pool |
| Cookout | Reading |
| Enjoy | Relax |
| Family | Sand |
| Fireflies | Summer |
| Free Time | Sunshine |
| Friends | Swimming |
| Fun | Thunderstorm |
| Games | Vacation |
| Home | Warm |
| Hot | Zoo |

T F I R E F L I E S H J O U X C J U F T
 S U F L M F L M G A M E S D A E U A A U
 O A R E T R Y W Q E V E R N D X N R M J
 L M K J L E N I U S U N S H I N E Y I U
 T D F R I E N D S W O C S L O O D M L L
 A H M U S T I H E I L O U T S I D E Y Y
 M O U X N I M O L M Q O B R M E R S J K
 U Y E N O M T T I M P K J S U M M E R B
 S B S D D E E I O I E O O E M A L N I L
 E H E O W E M I E N A U O U X T Z J O U
 M N O A W A R M Z G S T M L R Y T O N E
 E R C E C V I S B W E F C U I W L Y O S
 N H E D A H R A T N K A U G U S T B W K
 T X C A M P I N G O M I S R R B T O E I
 P L U A D N N M X T R K W E F G T P R E
 A U C T U I Y N O H O M E W O R K M G S
 R E S S D N N P L U A E S S I X T E M A
 K M A F G A J G R V A C A T I O N X J L
 V I N B I H O M E H I O N J L E O O M A
 O S D C H U A R S T L R E L A X B U F W

Visit us online:

<https://www.dshs.wa.gov/altsa/stakeholders/washington-health-home-program-quarterly-newsletters>

Email us: HealthHomeNewsletter@dshs.wa.gov

