

# Health Homes Herald

February, 2014

Volume 1, Issue 5

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

## Health Homes Upcoming Highlights

The arrival of 2014 means that the Health Homes initiative has been kicked into high gear! Here are some of the more noteworthy developments:

The State Team will be conducting a Health Homes Consumer Tour the weeks of March 3rd-12th. This tour is designed specifically to meet the needs of, and address questions from, the consumer population.

We are also happy to announce the release of the Health Homes Preparedness and Planning Tool. This tool will assist providers in determining their ability to serve as a Health Home.

The tool will also help providers develop a road map by highlighting things that

can be improved upon.

Remember, you can become a Health Home Partner at anytime and this tool can help you get moving in the right direction!

Finally, we are excited to report that the first meeting of the Health Homes Stakeholder Meeting was a success! You may recall that this meeting was previously called the Health Homes Focus Group.

With the help of Wichita State University's Center for Community Support and Research (CCSR), this meeting has transitioned into a Stakeholder Meeting and provides an opportunity for the community, provider and consumer groups to give the State and MCOs feedback regarding the upcoming implementation of Health

Homes in Kansas.

The next Health Homes Stakeholder Meeting is scheduled for March 21, 2014 at the Topeka Library. Watch your email for the agenda and meeting materials.

In addition to the full Stakeholder Meetings, CCSR will also be organizing additional trainings and webinars this spring on topics that may be helpful to providers. The Health Homes website will be regularly updated with training and webinar information for those who are interested.

2014 is already shaping up to be a busy year! If you have questions about anything in this issue please remember to check our website

[http://www.kancare.ks.gov/health\\_home.htm](http://www.kancare.ks.gov/health_home.htm)

### Table of Contents

Information for:	
Consumers	2
Providers/ Partners	3
Special Note	4

### Upcoming News and Events

- HH Consumer Tour — March 3 -13, 2014

Would you like a HH representative to give a presentation to your group or agency? Call or email our office. We'd be happy to schedule a time to answer questions and tell you more!

Email: [healthhomes@kdh.eks.gov](mailto:healthhomes@kdh.eks.gov)

Phone: 1-785-296-3981



# Consumers' Frequently Asked Questions

## Does a health home send a nurse to my house or do I have to go live there?

Neither. A health home does not provide people who support you in your home. A health home is not a place where you live.

## Do I have to pay for health home services?

No. There is no additional cost to you for these services.

## The Health Homes Consumer Tour

### The Health Homes Consumer Tour is coming to a city near you!

We are happy to be visiting 16 cities across Kansas in the coming weeks. Health Homes will start in Kansas July 1, 2014. If you have questions about Health Homes and what they mean for your health, these meetings are for you! The meetings are free and we would love to see you there and tell you about Health Homes in Kansas.

### Are these meetings for you?

You can come to a Health Homes meeting if you meet both requirements below:

- You are in KanCare AND
- You have a serious health condition, like mental illness, asthma, or diabetes

**If you are not in KanCare or don't have a one of the serious health conditions above, you will not be in a Health Home. If you are a provider we ask that you do not come to these meetings as space is limited. Only providers who are there to help patients should attend.**

If you have questions, please call 1-785-296-3981. If you need special assistance for a meeting (like a sign language interpreter or handouts in Braille) please call Cindy at 785-296-4753. You can also email us at [healthhomes@kdheks.gov](mailto:healthhomes@kdheks.gov). You must ask for this help by noon on **February 13th**.

Transportation to the meetings is not available. We will have two meetings on the same day in each of the cities we visit. You should only attend one meeting. Meetings will be in the afternoon and evening. The afternoon meetings will start at 1:00 PM and end at 3:00 PM. The evening meetings will start at 6:00 PM and end at 8:00 PM. Please see the dates and places below. We hope to see you there.

For a list of dates and locations please see the back page of this newsletter.



# Providers' Frequently Asked Questions

## Will there be "a" Health Home model or will each MCO have a different model?

There is a single model, as defined by the State and outlined in the Health Homes 101 presentation available at: [http://www.kancare.ks.gov/health\\_home/download/Provider\\_Slideshow.pdf](http://www.kancare.ks.gov/health_home/download/Provider_Slideshow.pdf)

MCOs may have different agreements with different HHPs, based on the HHPs ability to deliver the core Health Home services.

## Report Highlights Insights for Health Home Learning Collaborative

Over the past several months, the Center for Community Support & Research (CCSR) at Wichita State University has been learning about how to develop and maintain a Health Home Learning Collaborative from other states and Kansas stakeholders. CCSR reviewed interviews and several themes emerged (see below). A copy of the full report can be found at [http://www.kancare.ks.gov/health\\_home/download/Health\\_Homes\\_Learning\\_Collaborative\\_Report\\_with\\_Appendices.pdf](http://www.kancare.ks.gov/health_home/download/Health_Homes_Learning_Collaborative_Report_with_Appendices.pdf)

**1. Stay focused on the Purpose.** States had to strike a balance between having too many topics, issues, and formats for the learning collaborative with allowing opportunities for participants to learn from each other and other experts. Other states commented that scope or purpose creep could easily happen for the Learning Collaborative as it touches upon potentially many different topics or aspects of Health Homes. Staying focused on providing a

space where participants can learn from each other and other experts was emphasized.

### **2. Learning Collaborative's relationship with other components of Health Home implementation.**

There needs to be a conscious recognition of how the Learning Collaborative role fits with other Health Home onboarding and training components, readiness assessments, contracts, and other Health Home elements.

**3. Learning Collaborative Participation.** In most states, the participants of the Learning Collaborative were contracted Health Home providers, insurance providers, and in some states, Medicaid agency staff. Some states require each contracted Health Home partner to send an administrator and clinical professional to the Learning Collaborative.

**4. Learning Collaborative Topic Selection.** Interviews

with key stakeholders and other states confirmed that topics covered in the Learning Collaborative need to meet the just-in-time challenges of participants through both peer-to-peer learning and expert speakers.

**5. Learning Collaborative Format.** Other states and key stakeholders identified needs for state-wide face-to-face meetings, regional meetings and webinar formats to assure that the structure is responsive to the ever-changing needs, questions, challenges and opportunities of providers.

Using these and other insights, CCSR will identify a design team to help in further developing the Learning Collaborative in Kansas. If interested in serving on the design team or if any questions, please contact Scott Wituk at (316) 978-3327 or [scott.wituk@wichita.edu](mailto:scott.wituk@wichita.edu)



# February Health News

Did you know that heart disease is the leading cause of death for both men and women? February is American Heart Month and even though heart disease impacts many Americans, the Centers for Disease Control and Prevention (CDC) reports that the disease is both preventable and controllable.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack and about 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths!

But there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. You can take these small steps all year long:

- **Eat a healthy diet.** Choose healthy meal and snack options. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eat foods low in saturated fat, trans fat,

and cholesterol. Limit salt or sodium in your diet.

- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. If you are overweight, talk to your doctor about healthy weight loss tips and goals.
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.
- **Limit alcohol use.** Avoid drinking too much alcohol,

which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. .
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

Talk to your doctor and know the symptoms of a heart attack. You can read more at :

<http://www.cdc.gov/heartdisease/>

Together, we can prevent heart disease, one step at a time!

## Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 1-785-296-3981

Email: [healthhomes@kdheks.gov](mailto:healthhomes@kdheks.gov)

Website:

[http://www.kancare.ks.gov/health\\_home.htm](http://www.kancare.ks.gov/health_home.htm)



# Health Homes Consumer Tour Dates and Places

## Monday, March 3, 2014:

Dodge City Public Library  
1001 North 2<sup>nd</sup> Avenue  
Dodge City, KS 67801

Wichita Public Library  
Central Location  
223 South Main  
Wichita, KS 67202

Winfield Community Center  
700 Gary  
Winfield, KS 67156

## Wednesday, March 5, 2014:

Colby Community College  
Student Union, Rm 109  
1255 South Range  
Colby, KS 67701

Cloud County Community College  
Cook Theatre  
2221 Campus Drive  
Concordia, KS 66901

City Building  
Alliance Room  
101 South Lincoln  
Chanute, KS 66720

## Tuesday, March 11, 2014:

Blue Valley Library  
Blue Valley Library Meeting Room  
9000 West 151<sup>st</sup> Street  
Overland Park, KS 66221

South Branch Public Library  
3104 Strong Avenue  
Kansas City, KS 66106

## Tuesday, March 4, 2014:

Finney County Historical Museum  
403 South 4<sup>th</sup> Street  
Garden City, KS 67846  
(Please enter on the north side)

Barton County Community College  
Library Room 116  
245 Northeast 30<sup>th</sup> Road  
Great Bend, KS 67530

Holiday Inn Express  
4011 Parkview Drive  
Pittsburg, KS 66762

## Thursday, March 6, 2014:

Sternberg Museum of Natural History  
3000 Sternberg Drive  
Hays, KS 67601

Pathfinder Recovery Center  
1809 South Ohio  
Salina, KS 67401

Emporia State University  
Student Union, 2<sup>nd</sup> Floor Room #MU216  
1200 Commercial Street  
Emporia, KS 66801

## Wednesday, March 12, 2014:

Highland Community College  
Dining Room  
1501 Riley Street  
Atchison, KS 66002

Kansas Historical Society  
6425 Southwest 6<sup>th</sup> Avenue  
Topeka, KS 66615

