



OneCare Kansas

a program of KanCare, Kansas Medicaid

OneCare Kansas Newsletter

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Department of Health and Environment

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

Learning Collaborative Update

Happy New Year! The WSU Community Engagement Institute team is looking forward to sharing opportunities for OneCare Kansas partners to learn from and network with each other in 2021! Based on feedback from our partners, the schedule for our events has changed. Our Learning Collaborative for OCK Management Teams returns on January 19 at 3:00 p.m. and will now be held every other month. The next Community of Practice for OCK case managers and social workers will be on February 16 at 3:00 p.m., and will be held every other month going forward. Watch your inbox for invitations to register!

OCK Provider Training Opportunity

WSU will soon be offering a second round of our training series for OCK case managers and social workers, thanks to the generosity of the Kansas Grantmakers in Health. Topics will include Writing SMART Goals, Tobacco Cessation Tools and Resources, Trauma-Informed Case Management, and Health Literacy. Dates and times for these live, virtual events will be announced soon. If you missed these opportunities last summer, or just want a refresher, please feel free to join us!





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Zero Suicide in Kansas

According to the Kansas Information for Communities, between 1999 and 2018, the rate of suicide deaths in Kansas increased 70%. In July 2020, The Kansas Department of Health and Environment (KDHE) was awarded funding from the Substance Abuse and Mental Health Services Administration for the implementation of Zero Suicide in Health Systems. Zero Suicide is a model and framework that believes suicide deaths for individuals under the care of health and behavioral health systems are preventable. There are seven components to the Zero Suicide model:

LEAD – Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include suicide attempt and loss survivors in leadership and planning roles.

TRAIN – Develop a confident, competent, and caring workforce

IDENTIFY – Systematically identify and assess suicide risk among people receiving care.

ENGAGE – Ensure every person has a suicide care management plan, or pathway to care, that is both timely and adequate to meet his or her needs. Include collaborative safety planning and lethal means safety.

TREAT – Use effective, evidence-based treatments that directly target suicidality.

TRANSITION – Provide continuous contact and support, especially after acute care.

IMPROVE – Apply a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

KDHE is working with key partners across the state, including Kansas Suicide Prevention HQ, KDADS, NAMI Kansas, Veterans Affairs, Community Mental Health Centers, and local suicide prevention coalitions. Besides the policies, protocols, and practices the Zero Suicide model supports, objectives include providing evidence-based trainings and practices to support a prepared, competent, and confident mental health workforce and coordinated suicide prevention efforts across the state.

For more information on Zero Suicide in Kansas, contact: Leslie.Hale@ks.gov. Or you can visit: <https://zerosuicide.edc.org/>



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OCK Success Story Booklet

Those of us who are involved with the OneCare Kansas program know how impactful it is for Kansas Medicaid members. The tireless work done by the OCK partners can and does change members' lives. Unfortunately, this impact can sometimes be missed by people who aren't as involved with the program. With that in mind, we have decided to create a OneCare Kansas Success Story Booklet in 2021.

For those of you who were involved in Health Homes, you might remember that KDHE created a booklet documenting the success of that program. This booklet will be similar, but broader in scope. We will document the amazing turnarounds and improved lives brought about by the work of OCK partners. But due to the challenging nature of 2020 with the COVID-19 pandemic, we also want to highlight OCK partners more directly in the booklet. With budget constraints and the risks of in-person care, we would like to hear how partners stretched their funds and adequately trained staff to make OCK a success during these trying times.

If you have a success story to share about a member or partner, please send an email to Ryan.Crowell@ks.gov.

Motivational Interviewing

The National Council for Behavioral Health is offering virtual motivational interviewing training. Learn how to empower your clients as they navigate the fluid nature of change with motivational interviewing (MI).

Making life changes is hard. But it helps to know why you do what you do. That is where utilizing MI – collaborative conversations to engage and support individual change processes – can make a big difference.

Whether you're a clinician at a mental health or addiction treatment facility, a supervisor trying to boost staff morale, or a nurse helping patients manage diabetes, MI can help you create conversations that inspire meaningful changes and foster higher rates of engagement and behavioral change across all areas of your clients' work and life.

If you're new to MI or looking for a refresher course, join Pam Pietruszewski, an integrated health consultant at the National Council for Behavioral Health, for this virtual training program designed to maximize engagement and interaction.

Choose the date and time that's most convenient for you. This four-hour training is available for \$79 per person and space is limited for each training, so register today!

Follow these links to register for this training:

[October 29 from 12-4 p.m. ET](#)

[November 16 from 12-4 p.m. ET](#)

[December 7 from 10 a.m.-2 p.m. ET](#)



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If you have questions, or would like more information about OneCare Kansas, please contact us.

Our page on the KanCare website also contains information about our work to develop the project and documents are being updated regularly.

If you would like to receive this newsletter please send us an email.

Email:

OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



Special Note

Solving Sleep Issues

Having trouble sleeping? You're not the only one. Three in ten Americans have sleep difficulties under normal circumstances, according to the National Institutes of Health, and the stress and uncertainty of the COVID-19 pandemic only adds to those numbers. In fact, one study showed a 37% increase in insomnia rates from before the pandemic.

Catherine F. Siengsukon, Ph.D., lab director of the SleepWell Lab at the University of Kansas Medical Center, said the pandemic has upended sleep patterns. If you or someone you know is having trouble sleeping, here are some tips for improving sleep:

- **Maintain a fairly regular sleep schedule.** Plan to wake up at the same time every day. Go to bed around the same time, but don't go to bed until you are reasonably sure you will fall asleep easily.
- **Don't lie awake.** Avoid lying in bed for more than 15-20 minutes if you are not able to fall asleep. Get out of bed if you are safely able to and do something relaxing.
- **Increase your "sleep drive."** Your natural urge to want to fall asleep is heightened by physical activity during the day and lowered by taking naps.
- **Limit your fluids.** Consider limiting your fluid intake a few hours before bed so a needed trip to the bathroom doesn't wake you prematurely.
- **Avoid a large meal before bedtime.** A light snack might be helpful to reduce nighttime stomach rumblings.
- **Learn relaxation techniques that involve controlled breathing and muscle relaxation.** Many relaxation techniques can be found online or in relaxation apps.
- **Talk with your doctor.** Consult your doctor if you are having difficulty sleeping to determine what might be causing it and what might be helpful for you specifically. snack might be helpful to reduce nighttime stomach rumblings.

To learn more about how to improve your sleep during the COVID-19 pandemic, visit: www.kumc.edu/news-listing-page/sleepwell_covid.