



OneCare Kansas

a program of KanCare, Kansas Medicaid

OneCare Kansas Newsletter

January 2022

● Volume 2

● Issue 10

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Contact Information

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OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



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

An Update from the WSU Community Engagement Institute

Happy New Year from WSU Community Engagement Institute! The team from WSU is very excited to continue our work to support the providers within the OCK network in 2022!

In January, the Learning Collaborative for managers and leaders for the OCK program will resume with a focus on the benefits of engaging Certified Peer Specialists/Peer Mentors in their programs. Then, in February, we will resume the Community of Practice for OCK Care Coordinators and Social Workers. We are also working to put together new opportunities for OCK partners to learn how to become more trauma-informed, resilience-oriented organizations – so stay tuned!

If you have ideas for topics for an upcoming Learning Collaborative or Community of Practice, feel free to send them to

vanessa.lohf@wichita.edu. We look forward to seeing you at one of these virtual events soon!





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OCK Highlights

The state continues to gather stories regarding the OneCare Kansas program and how it is helping KanCare members. This month’s success story comes from Stacey at CHC-SEK.

“In October 2021, one of my patients, Jess, was hospitalized for a suicide attempt. To make matters even more difficult, once she was discharged, she was facing eviction from her living situation and her partner was experiencing a mental health crisis. Jess had a lot going on in her life and had expressed feelings of helplessness and hopelessness due to her recent circumstances for herself and her partner; she was on track to be homeless within two weeks. In order to help address the issues that she was facing, I worked with her on enrolling in the Emergency Solutions Grant (ESG) through The Housing Authority. One hurdle that Jess faced for this grant was the initial inspection of her living situation. The inspection ultimately pointed to multiple repairs that would need to be completed in order to qualify for the rental assistance. At this point, Jess felt defeated since the tasks and repairs that needed to be completed for the grant felt overwhelming; she expressed feeling this way multiple times throughout this process.

Jess needed support, so we continued to work with her and her landlord on obtaining the documentation she needed for this process. We also checked-in on her daily in order to keep her on track and motivated to complete all of the necessary repairs. In December 2021, she informed us that all of the necessary repairs had been completed and that she had a date for a reinspection. Following her reinspection, Jess called us on the telephone crying. At first, we were unsure whether it was a positive or a negative reaction, but after a brief moment of pause, she told me that she had passed! This ESG approval meant her past utilities and rent, as well as three months of rent into the new year, would be paid for. This was a true testament to her hard work and determination paying off in a big way! Jess was very emotional and expressed a lot of gratitude to the program and to us for all of the assistance. It was emotional to hear Jess cry tears of joy over this major accomplishment. I am so happy and thankful to be able to do what I do for patients like Jess!”

Thank you for your submission, Stacey! Keep up the good work!

If you would like to submit an OCK success story, please email OneCareKansas@ks.gov.



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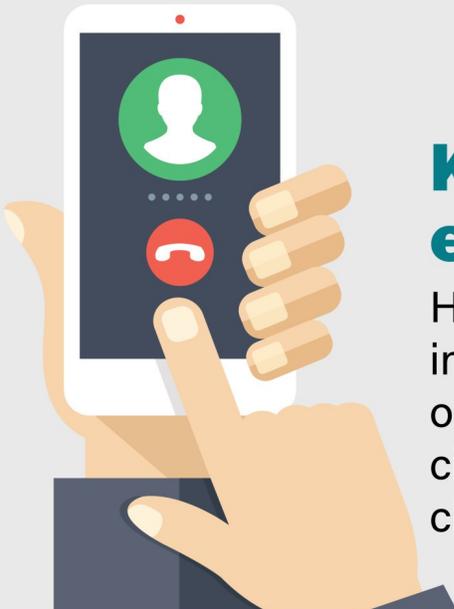
Audit Updates

The state and our MCO partners have engaged in continued discussions around the best paths forward for the audit process. In an effort to make improvements ahead of this year's audit, our MCO partners have advocated for some changes regarding the timeline of audits. This timeline is currently being finalized and will be shared with the OCKP network soon. Our MCO partners will also be sharing an updated audit tool in the coming weeks, so stay tuned! Thank you for your continued partnership and patience.

KanCare Member Contact Information

The new year is a great time to make sure that all contact information for KanCare members is up to date. We encourage providers to review contact information with members to ensure its accuracy. If any information needs updating, providers can call the KanCare Clearinghouse with the member to ensure the information gets updated correctly. If this is not possible, members may also call the KanCare Clearinghouse to update their information as well.

KanCare Enrollees: If your contact information or household circumstances have changed, please update the KanCare Clearinghouse on these changes at the following number: 1-800-792-4884. This may help you keep your coverage after the COVID-19 Public Health Emergency has ended. For more information on KanCare, please visit the following link: <https://www.kancare.ks.gov>



KanCare enrollees:
Has your contact information or household circumstances changed?

Call the KanCare Clearinghouse today:
1-800-792-4884
For more information, visit [KanCare.ks.gov](https://www.kancare.ks.gov)



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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

Strategies for Improving your Emotional Health

With a new year already upon us, now is the time to reflect on ways to better ourselves and live healthier lives. One important form of wellness is emotional wellness. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. How you feel can impact your ability to carry out everyday activities, your relationships, and your overall mental health.

Below are some strategies for improving your overall emotional health:

Brighten your Outlook-You can try to boost your resilience and outlook by practicing daily gratitude, engaging in healthy eating habits, and surrounding yourself with positive people.

Reduce Stress-Everyone feels stressed from time to time, but learning healthy ways to cope with stress such as regularly exercising, showing compassion for yourself, and scheduling time for relaxing activities such as yoga can be helpful.

Get Quality Sleep-Sleep helps you think more clearly, have quicker reflexes, and focus better. Try going to bed at a scheduled time everyday and limiting the use of electronics before bed.

Cope with Loss-There is no right or wrong way to mourn. Talking to friends and family, considering therapy, and being patient with yourself can all help you in the grieving process.

Strengthen Social Connections-Social connections can potentially help boost health and lengthen your life. Some ways to do that may be taking a class to learn a new skill, volunteering, or joining a local group based around a hobby you enjoy.

Be Mindful-Becoming a more mindful person requires commitment and practice; it means not living your life on "autopilot." Going on a stroll or doing simple breathing exercises can help you be more present.

For more information on this toolkit, please visit the link below:

<https://www.nih.gov/health-information/emotional-wellness-toolkit>