

PARTNERSHIP NEWSLETTER

FOR ACCESS BEHAVIORAL CARE MEMBERS AND THEIR FAMILIES
SPRING 2017



Understanding Substance Abuse

By Scott Humphreys, MD, Senior Medical Director

With April ending, we are getting closer to Behavioral Health Month. This happens in May. Behavioral health is a term that covers a lot of different conditions. One behavioral health problem that often gets overlooked is substance abuse. When you think of this term, you might think of alcohol and drugs. While this is true, it is also important to know that people fall on a large spectrum of this disorder. Just because you or someone you know doesn't show the "typical" signs of substance abuse does not mean the problem isn't there. If you think you or someone you know might have a substance abuse problem, there are many resources for you. You can ask the CAGE questions, or have your doctor ask you these questions. The questions are:

- Have you ever felt you should **Cut** down on your drinking?
- Have people **Annoyed** you by criticizing your drinking?
- Have you ever felt bad or **Guilty** about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye opener)?

Remember, there are many resources to help you. Our care management team can connect you with providers or programs that help you overcome substance abuse. Inpatient and outpatient therapies are available. You do not have to go through this alone. We are committed to helping you lead a healthy life.



**HAVE QUESTIONS? NEED HELP?
CALL ACCESS BEHAVIORAL CARE**

970-221-8508 (Local)

844-880-8508 (Toll Free)

888-803-4494 (TTY)

coaccess.com/abc

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Care Manager Spotlight

Meet Corriisa. Corriisa is a care manager for Access Behavioral Care (ABC). She works with adult members with behavioral health issues. Originally from Kentucky, Corriisa has been with Colorado Access for 5 months. Her favorite thing about her job is her “awesome team who provides support and direction.” She also likes that she can assist those in need. Before coming here, she was a community-based clinician on the Pima/Maricopa reservation. There, she worked mainly with children and families. When she’s not at work, she likes to spend time with her daughters and her pets doing outdoor activities. She stays busy with two dogs and two

cats. Along with helping people at work, she enjoys giving back to the community. She is involved in Extra Life. It is a fundraising event for the Children’s Miracle Network Hospitals. Corriisa lives her life according to her favorite quote,

“

I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
— Maya Angelou.

Mental Health Month

20.2 million

adults had a substance use disorder

7.9 million

of these people also had a mental health disorder

Source: <https://www.samhsa.gov/disorders>

We Want to Hear from You!

Take our one question survey and let us know how you want to receive this newsletter in the future. Visit coloradoaccess.wufoo.com/forms/newsletter-preference/ to complete this survey.

Free Help with Managed Care

If you have Health First Colorado, you can get free and independent help from the Ombudsman for Managed Care. You can call to learn about your rights and responsibilities, or get help finding a resource for when you are not sure who to call.

Phone: 303-830-3560 or 877-435-7123 toll free (en español)
TTY: 888-876-8864

Email: help123@maximus.com
Website: healthcolorado.org

Warning Signs

It can be hard to spot warning signs of mental illness. They might be different for different people. Some people might have many warning signs and some people might only have a few. It is important to know what to look for. Common signs of mental illness may include:

- Excessive worrying or fear
- Feeling very sad
- Problems concentrating
- Thoughts of suicide
- Avoiding social activities
- Substance abuse (like drugs or alcohol)
- Extreme changes in your mood

Don’t be afraid to reach out if you or someone you know needs help. We have many resources to get you the help you need. The first step is getting a diagnosis. We can help connect you with a mental health provider. Living with mental illness is not easy. You do not have to go through it alone. For more information on mental illness, visit the National Alliance on Mental Illness website at nami.org.

Source: <http://www.nami.org/Learn-More/Know-the-Warning-Signs>

MEMBER
CRISIS LINE
877-560-4250

You can call to talk to a behavioral health professional all day, every day. This is a free call.

Change is All Around

Claudine McDonald

Director of Member Engagement & Inclusion

Change is all around us. The seasons are changing. The weather is getting warmer. Daylight savings time means that the days are getting longer. Although some people might enjoy it, change can be difficult for a lot of people. Whether it is a small change or a big change, it's important to be aware of how it is affecting you. Make sure you take care of yourself

during times of change. Get enough sleep. Eat well. Go outside and get some sunshine. Check-in with yourself. If you are struggling, ask for help. You can talk to your provider or a friend or family member you trust. You can also call our care management team. We can help you get the resources you need.

ATTEND THE NEXT PARTNERSHIP MEETING AND GET A \$10 GROCERY GIFT CERTIFICATE!

At the Partnership meeting, you can share your thoughts and ideas and we listen. Together we can make a difference.

There will be Partnership meeting in 3 different locations:

Denver

Date: Monday, May 8, 2017

Time: 2:00 pm - 4:00 pm

Place: Holiday Inn Cherry Creek,
455 S. Colorado Blvd.
Denver, CO 80246

Evans

Date: Wednesday, May 17, 2017

Time: 2:00 pm - 4:00 pm

Place: Colorado Access NE Office
3001 8th Ave., #120
Evans, CO 80620

Sterling

Date: Thursday, May 18th, 2017

Time: 2:00 pm - 4:00 pm

Place: Sterling Public Library
420 N. 5th St.
Sterling, CO 80751

Meeting Rules:

- The meeting will begin and end on time
- Please do not use cellphones during the meeting
- Please share your ideas and thoughts
- Be respectful to others
- No talking during the meeting
- Please use the member comment form to give feedback

If you need an interpreter at the Partnership meeting, please call 720-744-5629. Please call seven days before the meeting.

我们将会在下次会议中提供普通话口译员

Member Handbook

Do you know all of the benefits you have as a member? If you are a member of our Access Behavioral Care program, you can find your member handbook at coaccess.com/abc.



Follow Us!

Are you interested in health issues around the state? Do you need healthy recipes? Do you want more information on community projects in your area? Find us on social media! We are on Twitter, Facebook and LinkedIn.



@coloradoaccess



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Colorado Access



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Denver, CO 80217-0580

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Frequently Used Phone Numbers

ABC Northeast: 844-880-8508

ABC Denver: 800-984-9133

Accountable Care Collaborative administered by Colorado Access: 855-469-7226

*For Larimer County residents: We provide care management for behavioral health services only.
For physical health services, call Rocky Mountain Health Plans at 800-667-6434.

Rights and Responsibilities

As a member, you have certain rights and responsibilities.
Make sure you know what they are! Find them at
coaccess.com/your-rights-and-responsibilities.