

# HealthyFocus



Medicaid Member News | Summer 2011



PacificSource Community Solutions administers your Oregon Health Plan (OHP). We use this newsletter to give you helpful information about OHP and provide you and your family with tools needed to better your health. Our new newsletter name is *HealthyFocus*.

## Join the *HealthKicks!* Program

Is your child six or nine years old; Will your child turn six or nine years old this year? If so, you will be getting an invitation from us to have your child join our *HealthKicks!* program.

This is a fun program to help our young members make healthy choices. If your child enrolls in the program, he or she will be mailed four fun activity books on general health topics such as nutrition and fitness. Each activity book has puzzles and word games. They will also be given a website where they can learn how to stay healthy. Your child can go on this website and play games, take quizzes, and watch movies! As parents or guardians, you can access the website and read articles on healthy living too. These are also available in Spanish.

If your child is the above age, look for your invitation in the mail shortly. We look forward to having your child join this fun healthy program!

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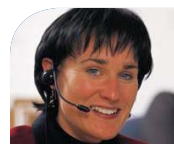
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**Customer Service**

Local 541.382.5920  
Toll Free 888.431.4135  
TTY 800.735.2900  
Monday – Friday  
8:00 a.m. – 5:00 p.m.

# Think Your Child is Using Drugs?



## How does your child's body become addicted to drugs?

As your child's body begins to get used to what drugs do to it, your child needs to take larger amounts of drugs to get a "high," which can cause life-threatening results. Because your child's brain is still developing, your child can become addicted more quickly to drugs than an adult.

## What can cause your child to become addicted to drugs?

- Family history of addiction.
- Parents and friends using drugs.
- Social influence in music, TV, and video games.
- Stress.
- A way to block out teenage problems.
- Depression problems.
- Peer pressure.

## Signs that Show Your Child May Be Using Drugs:

- Anxiety, depression, nervousness, and fear.
- Bloodshot eyes and stomach pains.
- Big changes in attitudes, emotional highs and lows.
- Changes in sleep, including problems with sleeping at night.
- Loss of interest in activities and spending too much time alone.
- Loses interest in old friends and now has new friends.

## Talk to Your Child and Tell Them:

- You are concerned they may be using drugs.
- You care about them and you want to help.
- You are not OK with them using drugs.

Talking to your child about using drugs is one of the hardest things you may have to do as a parent. Talk to your child in a caring way but set limits with them. Ask your child's school counselor for available programs to help.

# Mental Health Resources

## Help Lines:

Mental Health Emergency  
(888) 232-7192

Depression and Bipolar  
Support Alliance  
(800) 826-3632  
[www.dbsalliance.org](http://www.dbsalliance.org)

Child Abuse Prevention  
Child Help USA  
(800) 422-4453  
[www.childhelp.org](http://www.childhelp.org)

National Suicide Prevention  
(800) 273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National Youth Crisis Hotline  
(800) 442-HOPE(4673)

Center Against Rape and  
Domestic Violence  
(800) 927-0197



## Mental Health Resources

NAMI (800) 343-6264  
[www.nami.org/sites/NAMIOregon](http://www.nami.org/sites/NAMIOregon)

Oregon Health Plan (800) 359-9517  
[www.oregon.gov/OHA/healthplan](http://www.oregon.gov/OHA/healthplan)

Oregon Family Support (800) 323-8521  
[www.orsn.org](http://www.orsn.org)

Oregon Additions  
& Mental Health (503) 945-5763  
[www.oregon.gov/DHS](http://www.oregon.gov/DHS)



## Support Groups:

Deschutes County Health Services (541) 322-7500

Lutheran Community Services (541) 447-7441

Bestcare Treatment Services (541) 475-6575

# Not Taking Your Medications as Prescribed



## You Are Not Following Your Doctor's Order If You Are:

- Not filling a prescription
- Stopping a prescribed medication
- Taking more or less than prescribed
- Taking a medication at the wrong time
- Skipping doses to save money

## Health Complications

When patients fail to take their medications as prescribed by their doctor, they are more likely to have added complications, side effects, and are more likely to end up in the hospital, the emergency room, or nursing home.

## What is the result of patients not taking their medications as prescribed?

- 10% of hospital admissions.
- 23% of nursing home admissions.
- 125,000 annual deaths.
- 20% of preventable drug reactions.
- About 50% of the 2 billion prescriptions filled each year are not taken correctly.

Source: [www.adultmedication.com](http://www.adultmedication.com)

## It's Costly!

Regardless of the reason, this is a major problem in the U.S. healthcare system. You might think it is cheaper when you don't fill your prescription medications. This couldn't be further from the truth.

Patients who do not take their medications as prescribed by their doctor cost the U.S. over \$100 billion dollars a year.

This huge cost happens because chronic diseases are not as well controlled without medication, which causes patients to go to their doctors and the emergency room more often.

# Tips and Resources

## Medication Tips

Here are a few tips to help you stay on track with your medications:

- Make taking your prescriptions a part of your daily routine.
- Count out your doses ahead of time.
- Keep a checklist.
- Use an alarm.
- Write the time to take your prescriptions in a daily planner.
- Plan ahead for traveling, refills, and weekends.
- Arrange for privacy.
- Keep a diary.
- Use people for support.
- Make notes and reminders.
- Talk with your pharmacist or doctor if you have any questions about your medications.



## Talk With Your Doctor

Meeting with your doctor allows you to ask the much needed questions:

- What am I taking this medication for?
- What happens if I don't take this medication as prescribed?
- What are the side effects?
- Is there a risk for negative medication interaction?
- What are the instructions for taking this medication: how often, how many?

## Pharmacy Services Here to Help You

Our pharmacists can help you:

- Make sure you are taking the right medication(s).
- Check for medication interactions.
- Avoid potentially dangerous side effects.

Want to save money on your prescriptions?

- Talk with your doctor or pharmacist about generic options to expensive name brand medications. Generic medications are just as effective as brand name medications.

# Better Choices, Better Health Online Workshop



## Better Choices, Better Health Online Workshops Help Members With:

- Arthritis
- Anxiety
- Asthma
- Chronic pain
- Diabetes
- Depression
- Heart disease
- High blood pressure
- High Cholesterol
- Overweight
- And more

## Help From the Comfort of Your Home

If you suffer from an ongoing chronic condition like asthma, arthritis, anxiety, chronic pain, diabetes, high blood pressure, or heart disease, the Better Choices, Better Health online workshop can help you manage your condition from the comfort of your home, at no cost to you. Trained volunteers, many of them with health conditions themselves, will help you find ways to better manage your condition and let you take better control of your health and your life.

## Workshops Are:

- Easy to follow and take place entirely online.
- Convenient—sessions are available for six weeks and only take up two hours per week.
- Anonymous if you choose.
- Confidential and secure.
- Small in size—up to 25 people in each group.
- Interactive.
- Taught by trained volunteers.

## Workshops Are Free

Remember, these workshops are free to you so sign up today. To register online for a Better Choices, Better Health workshop, visit: [www.selfmanage.org/signup](http://www.selfmanage.org/signup).

# Good Reasons to Quit Smoking

## Still smoke or chew tobacco?

Do you still smoke or chew tobacco? If so, we want you to quit. Tobacco use is the most preventable cause of death in the United States. More people die of tobacco use than AIDS, alcohol, car accidents, illegal drugs, and suicide combined. It is estimated that more than 400,000 people die each year of tobacco use.

Source: [www.acde.org](http://www.acde.org)



## We Have People that Can Help You Quit

We have tools and resources to help you quit tobacco. This help is available to you for free. Please call us today at (541) 382-5920, toll-free at (800) 431-4135, or TTY at (800) 735-2900 and ask for Ray.



## Are you pregnant and still smoking?

- Pregnant smokers are more likely to have miscarriages and about twice as likely to have problems during pregnancy.
- Babies who are born to women who smoked while pregnant have a higher chance of being born too early and with low birth weight.
- Babies born to pregnant smokers are up to three times more likely to die of Sudden Infant Death Syndrome (SIDS).
- Babies can develop health problems, for example asthma, later in childhood.

## Do you have children?

According to the Centers for Disease Control (CDC), secondhand smoke exposure causes SIDS, breathing symptoms, ear problems, more frequent and severe asthma attacks, and slowed lung development in children who are exposed to secondhand smoke.



**PacificSource**  
Community Solutions

2965 NE Conners Avenue  
Bend, Oregon 97701



**ENCC Services  
Are Available to  
PacificSource  
Members With  
Exceptional Needs At  
No Cost.**

## **Exceptional Needs Care Coordination of Care (ENCC)**

ENCC is available to members who are elderly, blind, or disabled, and who have complex medical needs. ENCC provides:

- Help getting appointments and covered benefits.
- Coordination of care with doctors, treatment planning, and discharge planning.
- Assistance in coordinating community support and social services with the medical care system.

To receive ENCC services, call (541) 382-5920, toll-free (800) 431-4135, or TTY (800) 735-2900.