

JBH Member Newsletter

Information and Wellness for JBH Members and Their Families

Volume 1, Issue 2 – Winter 2008

MANAGED MENTAL HEALTH CARE ORGANIZATION FOR COOS, CURRY, DOUGLAS, JACKSON, JOSEPHINE AND KLAMATH COUNTIES
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JBH COMMUNITY MENTAL HEALTH PROGRAMS

Coos County Mental Health
1975 McPherson, Suite 2
North Bend, OR 97459
(541) 756-2020 x528

Curry County Human Services
29821 Colvin Street
Gold Beach, OR 97444
(541) 247-4082

Douglas County Mental Health
621 W. Madrone Street
Roseburg, OR 97470
(541) 440-3532

Jackson County Mental Health
1005 E. Main Street
Medford, OR 97504
(541) 774-8201

**Options for Southern Oregon
(Josephine County)**
1181 Ramsey Avenue
Grants Pass, OR 97526
(541) 476-2373

Klamath County Mental Health
3314 Vandenberg Road
Klamath Falls, OR 97603
(541) 882-7291

In this Issue *By Dave Bast, Executive Director*

I would like to welcome you to the latest issue of our Member Newsletter. In this issue we have included information about your rights and responsibilities, an article from a consumer, information on how to apply for OHP Standard, and a list of meetings in the JBH region.

I joined JBH as the Executive Director in May of last year, and I have been impressed by members and providers that I have met. I come to JBH with over 37 years of experience in human services, health and education. I am happy to bring my energy and expertise to ensure that everyone is provided the mental health care that they need to improve their lives.

Notes on Recovery *By Carol Browning, Consumer*

In order to live a healthy life, I have learned a lot about how to face and articulate my own needs. I have a long term chronic physical illness that requires me to be on top of my physical and mental health needs and requires me to take better care of myself. Learning to take care of these needs helps me not get overwhelmed by the challenges in my life.

Throughout my recovery I have use therapy as a tool towards wellness. My therapist has given me the tools to improve my day to day living. Having access to a therapist has helped me to untangle my feelings when I could not do so alone. My situation requires the courage to step outside the boundaries of conventional wisdom in order to heal. Having access to therapy has helped lessen my depression and anxiety. In short, the mental health care I've received has been a real gift in my life.

When life's challenges are getting me down, it's helpful to know that there is someone to speak with.

If you need this in another language, large print, Braille, on tape or another format, call JBH at (541) 955-9565 or 1-888-214-3337 or TDD: 1-800-735-2900.

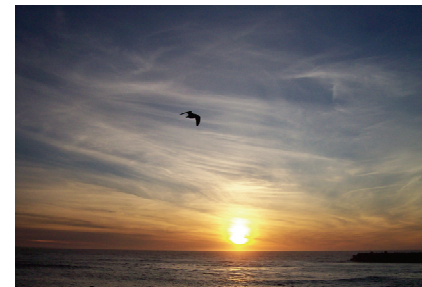
Did you know that OHP Standard Is Reopening?

Recently the State of Oregon released information that eligible Oregonians may be added to Oregon Health Plan's Standard benefit package. It is the first time since 2004 that the Oregon Health Plan is accepting new enrollees for its Standard benefit package which serves low-income Oregon adults ages 19 to 65 who do not qualify for traditional Medicaid but earn less than the federal poverty level (\$20,650 annually for a family of four). Beginning January 28 and lasting through February 29, Oregonians who believe they might qualify for OHP-Standard may put their names on a reservation list.

How to get on the Reservation List:

- o Go to **www.oregon.gov/DHS/open** and select "Request Form" from the menu option, then complete and submit the form.
- o Pick up a form at a DHS office, complete it and return it to any local DHS office, or fax it to 503-373-7866 or 503-378-6925.
- o Call 1-800-699-9075 toll-free Monday through Friday between 7 a.m. and 7 p.m., Pacific Time. Salem-area residents may call 503-378-2666. The call will take 10-20 minutes to complete.
- o E-mail the required information to **standard.reservation@state.or.us**
- o Mail the required information to Oregon Health Plan, P.O. Box 14520, Salem, OR 97309-5044.

Note from the JBH Member Services Specialist: The JBH Member Newsletter is intended to be for and by JBH Members. If you have a submission, an idea for content, or any other contributions you wish to make, please contact Heather Hartman at 1-888-214-3317 or by email at hhartman@jbh.org.



*Photo courtesy of Leif Lefebre
Consumer/Photographer, Curry County*



Wellness Tip: Know Your Medications

Many people are on multiple medications that are treating one or more health conditions they may have (including mental health conditions). Medications (both prescribed and over-the-counter) often work differently when combined with other medications. Interactions between medications can cause them not work as well as they should, and can possibly create unwanted negative side effects.

To make sure that you are not at risk for having your medications interact:

- Keep a list of all the medications you are on (whether prescribed or purchased over-the-counter).
- Show your list to any doctor you might see.
- Get all your medications from the same pharmacy.
- Talk with your doctor or pharmacist if you have concerns when you are starting a new medication.

JBH MEMBER RIGHTS – MEMBERS HAVE THE RIGHT TO:

Be treated with dignity and respect.	To get services to determine what is wrong.
Get services without a referral from your Primary Care Physician.	To be actively involved in the development of your treatment plan.
Receive information about your condition and covered and non-covered services to allow an informed decision about proposed treatment(s).	To consent to treatment or refuse services and be told the consequences of that decision, except for court-ordered services.
Receive covered services under the Oregon Health Plan which meet generally accepted standards of practice.	To have access to urgent and emergency services 24 hours a day, 7 days a week.
Obtain covered preventive services.	Request a hearing from the State.
Get a copy of your mental health record, or to ask that your records be changed or corrected, unless restricted by law.	Talk to your mental health provider and expect that what you say will be kept private.
Be treated by providers the same as other people seeking mental care to which you are entitled.	Not be restrained or left alone as punishment or as a way to get you to do something.
Help us assign you to a mental health provider.	Get mental health care without a long delay.
To change your mental health clinic or mental health provider for a good reason.	Have your records given to another mental health provider or clinic with your approval.
Have records kept about your condition, services received, and referrals made.	Make a complaint about a clinic or a mental health provider and receive a timely answer.
Have a friend, family member or advocate present during appointments.	Get a referral from us to see a specialist when needed.
Get information about your rights and responsibilities, benefits available, how to access services, and what to do in an emergency.	Receive a written notice before a denial of, or change in, a service level or benefit is made unless such notice is not required by federal or state regulations.

JBH MEMBER RESPONSIBILITIES – MEMBERS HAVE A RESPONSIBILITY TO:

Show your DMAP Medical Care ID to your clinic before services are received.	Treat staff with the same respect and courtesy you expect for yourself.
Follow agreed upon treatment plans.	Assist us in getting payment from other insurance.
Participate in understanding your health problems and developing mutually agreed upon treatment goals.	Get mental health services from your mental health provider or clinic, except in an emergency.
Decide about the care before it is given and to ask questions about things you don't understand.	Keep your scheduled appointments and be on time.
Call us when you need urgent or emergency care.	Help us assign you to a mental health provider.
Call your clinic when you are going to be late or can't keep the appointment.	Tell your clinic or your DHS worker of other insurance you may have and if your address or phone number changed.
Tell your mental health provider about your mental health problems.	Take your DMAP Medical Care ID form with you whenever you need care.
Obtain an approval from us before going to a specialist.	Call your clinic about any out of region emergency care.

MEETING ANNOUNCEMENTS

CONSUMERS, ADVOCATES, FAMILY MEMBERS &
PROVIDERS AND ARE ENCOURAGED TO ATTEND

	MEETING	TIME	LOCATION
JEFFERSON BEHAVIORAL HEALTH	Board of Directors	4 th Monday of each month from 1 to 3 p.m.	Hamilton House Annex 900 SE 8 th Street Grants Pass, OR 97526 (541) 955-9565
	Children's Regional Mental Health Advisory Council	1 st Friday of each month from 12 to 3 p.m.	
	Operations Committee	4 th Monday of each month from 10 to Noon	
	Quality Management Committee	3 rd Monday of each month from 12 to 3 p.m.	
COOS COUNTY	Consumer Advocates for Optimal Services (CAOS)	Every Tuesday from 12 to 1 p.m. Lunch is provided.	Coos County Mental Health 1975 McPherson Ave., Rm. 306
CURRY COUNTY	Human Services Advisory Board	1 st Tuesday of each month from 3:00 to 4:30 p.m.	County Annex - Blue Room 94235 Moore Street Gold Beach, OR 97444
DOUGLAS COUNTY			Call (541)440-3532 for more information.
JACKSON COUNTY	Children's Care Coordination Committee	1 st Friday of the month from 8:30-10:30am	Community Works 900 E. Main Street
	Family Support Group		Call (541) 774-8201 for more information.
	Mental Health Advisory Committee	3 rd Monday of each month from 4 to 5:30 p.m.	Call (541) 774-8201 for location.
	Youth Suicide Prevention Project	2 nd Tuesday of each month from 3 to 4:30 p.m.	Jackson County Mental Health 1005 E. Main Street, Bldg C/D
JOSEPHINE COUNTY	Children's Mental Health Community Consultation	Every Thursday from 3 to 5 p.m.	Options for Southern Oregon 1181 Ramsey Avenue
KLAMATH COUNTY	Mental Health Advisory Board	3 rd Tuesday of each month from 12 to 1:30 p.m.	Klamath County Courthouse 316 South Main Street

Jefferson Behavioral Health
900 SE 8th St, Suite 100
Grants Pass, OR 97526