

Health Care Alert

A QUARTERLY PUBLICATION PROVIDING HEALTH CARE TIPS FOR PEOPLE WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES AND THEIR SUPPORT TEAMS

Mental Health First Aid Training Now Offered by Philadelphia Coordinated Health Care

PCHC has two Mental Health First Aid (MHFA) certified trainers on staff. Julio Nieves and Aaron McHugh are our MHFA trainers and they facilitated their first class December 10th and December 11th, 2015. PCHC will provide approximately five MHFA trainings for Intellectual Disabilities staff in the SE Region in the upcoming year. Look for our flyers and remember you can always check the PCHC website under the Education Tab.

PCHC continues to offer the PA Dual Diagnosis Direct Support Curriculum, below is the list of our upcoming training:

DDX Curriculum Module 3

- | | |
|---|---------------------------------------|
| ➤ Common Medications and Side Effects | 1-15-16 (Willow Grove Giant) |
| ➤ Intellectual Disability and Psychiatric Disorders | 1-15-16 (Willow Grove Giant) |
| ➤ The Role of Everyday Lives and Recovery | 2-19-16 (Chester Co. Gov't) Tentative |
| ➤ Communicating with the Psychiatrist | 2-19-16 (Chester Co. Gov't) Tentative |

DDX Curriculum Module 4

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|--|----------------------|
| ➤ Signs & Symptoms of Physical Illness | 3-23-16 (Bridgeport) |
| ➤ Older Adults and Dual Diagnosis | 3-23-16 (Bridgeport) |
| ➤ Communication with the PCP and other Medical Specialists | 4-19-16 (DCIU) |
| ➤ Psychotropic Medication | 4-19-16 (DCIU) |

DDX Curriculum Module 5

- | | |
|--|----------------------|
| ➤ Overview of Syndromes | 5-06-16 (Bridgeport) |
| ➤ Mental Health Therapy & Dual Diagnosis | 5-06-16 (Bridgeport) |

Training People who have Intellectual Disabilities to use Technology

...A New PCHC Initiative



PCHC has seven on-line trainings that are designed specifically for people with intellectual disabilities and their families. PCHC staff work one on one with individuals using our iPads™, helping the individual select a training topic from our Training Topic Flyer and walking them through the training. The responses from individuals learning to use technology has been overwhelmingly positive.

If your agency would be interested in helping individuals they support to learn to use iPad technology, and

has at least 5-10 people to make up a class, please send your request with the following information to pcragin@pmhcc.org or bdowns@pmhcc.org:

- Agency name and address
- Contact person with phone number
- Three possible dates and times for the training

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There is a “NEW” OLD Kid on the Block Provider of Home and Community Habitation, Respite and Companion Care



“Established in 1999, HELPSource™ Home Care has provided quality, support services by qualified care givers throughout the Philadelphia

Community. Our trained and dedicated field staff are supported by an internal oversight of licensed clinicians, as well as efficient administrative and coordination staff insuring that consumers are cared for in their homes and in the community with dignity and respect.

The agency prides itself on effective matching of caregivers with consumers and fostering long term relationships. Many team members have worked with the same consumer for five or more years. This stability helps us to create a familial atmosphere and inspire confidence for the consumer and commitment on the part of the caregiver.

Our job is to make the Supports Coordinator’s job a little easier. By putting their trust in our hands, results will never be anything less than responsive commitment and satisfied consumer Families.”

A Familiar Face Has Joined Our Team

“We have renewed our commitment this year with an initiative to improve and expand our services to the IDS Community.

“We have invited one of ‘*your own*’ to join us as Program Coordinator. Many of you may know **Mary Rose Cunningham**, a recent retiree from *Philadelphia’s Department of Behavioral Health and Intellectual disAbility Services (DBHIDS)*. Mary Rose brings her career history and wealth of experience to HELPSource™. We know our program, our training and ultimately our ability to provide exceptional care will be enhanced by her insight.”

If you are interested in hearing more about the HELPSource™ scope of care, call Kathy McCafferty, Director of Marketing and Concierge Services, 215-886-2102 ext. 104 or kmccafferty@helpsourceonline.com. How can we help **YOU?**

- Respite Care
- Community Habitation
- Companion Care
- In Home Skilled Nursing and Therapy Services are available and can be provided as needed.

Your Home and Community Partner



Keystone First

Keystone First adds an eyewear benefit for qualifying diabetic members age 21 and older.

Keystone First is pleased to add an enhanced eyewear benefit for qualifying diabetic members. Members age 21 and older with a diagnosis of diabetes may now qualify for this benefit. Effective August 1, 2015, diabetic members age 21 and older can receive the following benefits through Davis Vision:

- Frames and eyeglasses every twelve months.
- The cost of prescription contact lenses up to \$75.00 in lieu of eyeglasses.

We appreciate your collaboration and partnership in trying to impact and improve the care of our members living with diabetes. We will notify members diagnosed with diabetes to advise them about this new opportunity to improve their vision. If you have a Keystone First patient newly diagnosed with diabetes*, simply document their diagnosis on a script and encourage them to get an eye exam, including a retinal screening, and eyeglasses.

*excluding a diagnosis of gestational diabetes or pre-diabetes.

If you have any questions, please contact your Provider Account Executive or Provider Services at 1-800-521-6007.

Winter Skin Care

Caring for your skin in the winter is just as important as caring for your skin in the summer!

Winter weather packs a powerful punch to the skin. The main culprits of dry skin in the winter are dry cold winds and also increased central heating within the home. The cold weather causes cracked, flaky skin and even eczema (skin inflammation which causes skin to become itchy, red, and dry - even cracked and leathery). To protect the skin from the harshness of winter, people could follow these tips:

Stay Hydrated

Drink at least 8 glasses of water each day unless you are on a medical restriction. Water is not only good for the skin but also good for your overall health.

Moisturize More

Try to moisturize the skin with an oil based moisturizer to provide a protective layer on the skin. This helps the skin to retain more moisture. Moisturize the body at least twice daily especially maintaining moisture to the following areas before going outside: lips, hands and feet.

Don't Forget the Sunscreen

Although some may think you only need sunscreen in the summer this is not true; you also need sunscreen in the winter. Winter sun combined with snow glare can still damage your skin. Try to apply sunscreen about 30 minutes before going outside. Reapply frequently if you stay outside for a long time.

Humidify

Central heating can cause increased dryness to the skin; however using a humidifier can help reduce the dryness. Humidifiers place moisture in the air.

Give Your Hands a Hand

Hands need extra care due to thin skin. Be sure to use moisturizer and wear gloves. If cracks or openings occur, make sure to keep hands clean by washing them with soap and water and dry completely.

Bathing and Showering

Watch super-hot baths or showers – this leads to moisture loss of the skin. Also, stay in the shower/bath for a shorter period of time.

Seek Assistance

If you are doing all you can but still experience skin problems, talk to your health care practitioner. He/she may have more helpful tips or you might need a prescribed treatment.

Skin care is very important in the winter months as well as the summer months. To maintain skin during the winter months remember to follow the tips listed for an enjoyable and safe winter.

Remember our skin protects us so we must protect our skin.

Reference:

Davis, S. (2007, December 21). 10 Winter Skin Care Tips. Retrieved November 20, 2015, www.webmd.com/beauty/skin/ten-winter-skin-care-tips

Once Again, *Special Touch Dentistry* Increases Access to Care...

Here is a story to illustrate why Special Touch Dentistry chose to improve its services:

At a previous PCHC SNU Meeting, Erika S. (KenCrest) voiced a question around the difficulty she had in getting dental care for one of her Ken-Crest clients. Of course, when we manage dental care for special needs patients, we're quite accustomed to managing challenges our clients have with getting dental care ... but this one took a few years of work to solve!

A Ken-Crest client had a medical condition of multiple co-morbid diagnoses which caused a dental director, anesthesiologist and medical consultant to shudder at how to simply clean this man's teeth! Erika's client was one of few people who frequently missed dental care, because he could not find a dentist to treat him. The Special Touch Clinical Team concluded that anesthetizing this patient would require oversight of several medical specialists to ensure that a flare-up in the operating room would not result in a tragic event.

And so now, after working out details with insurance companies, hospitals and the state, Special Touch Dentistry is able to treat patients with complex medical conditions in a hospital setting! We have expanded our capabilities to now offer care at Mercy Suburban Hospital in Norristown. This new service location finally provides the ability to complete the care commitment to treat *all types* of special needs dental cases.

Until now, there were very few facilities providing quality care for patients with very complicated medical conditions. Now, we can treat those conditions with appropriate medical monitoring in a safe, high quality medical facility.



In addition to this news, Special Touch has also enhanced scheduling for those patients who require annual care scheduled to a specific date. For patients and agencies that need to maintain compliance to their annual care under the new, tight regulatory requirements, we are now appointing recall appointments 1 year in advance.

If you require any information on either of these new features at Special Touch Dentistry, please call Dr. Williams at 610-619-0061.

Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace physical, dental or behavioral health advice. If you believe that you, or someone you support, have physical, dental or behavioral health issues, please seek professional advice.

Announcements

Regional Nurse Network Meetings

An opportunity for developmental disabilities nursing education and discussion.

***If you are not on our e-mail list, or have changed e-mails, please contact Patty Graves at pgraves@pmhcc.org.*

Special Needs Unit (SNU) Meetings

All SNU meetings take place @ *SE Area Staff Development Training Center* (123 Boro Line Road, King of Prussia, PA 19406) from 10am – 12noon. Please contact Briana Downs at bdowns@pmhcc.org for more information or to be added to the SNU Meeting list.

Regional Nurse Network Meetings

January 8, 2016
April 8, 2016
July 15, 2016
October 7, 2016



Special Needs Unit Meetings

January 20, 2016
April 20, 2016
July 20, 2016
October 9, 2016



Learn more at www.pchc.org



Philadelphia Coordinated Health Care

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