

## Health Care Alert

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



### Summer On - The - Go Travel Health and Safety Tips

#### **Plan ahead for traveling - Use a checklist**

Before your trip, you can visit: [cdc.gov/travel](http://cdc.gov/travel) for specific destination information. Learn about vaccine and medicine recommendations and other ways to stay healthy while you travel. Call your medical insurance company to find out what to do if you need unexpected medical care while you are away.

#### **Do you have enough medicine and supplies?**

If not, call your pharmacy ahead of time to refill your prescriptions. Remember to include over-the-counter medication and your health insurance card. Consider bringing copies of your prescriptions. Many experts advise that you travel with two complete packages of essential medication in case of emergency. Store all medications and other necessary medical supplies in your carry-on bag.

#### **Do you have a travelers' health kit prepared? Include:**

- Emergency list – include emergency and medical contacts, medications, and allergies. If you have any severe illnesses or allergies, consider wearing a medical alert bracelet.
- Basic first-aid items
- Sunscreen - preferably SPF 30 or greater that has UVA and UVB protection
- Insect repellent
- Antibacterial hand wipes or alcohol-based hand sanitizer
- Sunglasses that absorb at least 90% of UV rays
- Wide-brimmed hat

#### **Make smart choices - Know what to eat and drink:**

Contaminated food and water can cause traveler's diarrhea and other diseases. You can download the CDC app: *Can I Eat This?* to help you make smart choices while you travel.

#### **Resources:**

- <https://wwwnc.cdc.gov/travel/page/infographic-cdc-guide-healthy-travel>
- <https://www.tsa.gov/travel/special-procedures>
- <https://wwwnc.cdc.gov/travel/page/disability>
- <https://wwwnc.cdc.gov/travel/page/food-water-safety>
- <https://wwwnc.cdc.gov/travel/page/chronic-illnesses>

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## Heat Safety Policy

CITY OF PHILADELPHIA  
DEPARTMENT OF BEHAVIORAL HEALTH AND INTELLECTUAL *disABILITY SERVICES*

Exposure to excessive heat is dangerous and can lead to heatstroke -- a medical emergency. Internal body temperatures can rise to levels that may cause irreversible brain damage and death. Children, older adults, and individuals with behavioral health conditions (especially those who are taking psychotropic medications or using certain substances) are at a higher risk for heatstroke and heat-related illnesses. These medications and substances can interfere with the body's ability to regulate heat and an individual's awareness that their body temperature is rising. As a prevention measure for heat-related illness, the link provided below connects you to the Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) Heat Safety Policy, training materials, and handouts at [https://www.pchc.org/images/PDFs/News-Events/In-the-News/Heat\\_Safety\\_Packet\\_2018.pdf](https://www.pchc.org/images/PDFs/News-Events/In-the-News/Heat_Safety_Packet_2018.pdf).

The policy contains minimum safety requirements for the following Office of Behavioral Health funded programs: residential programs (includes congregate, individual living arrangements and recovery houses), licensed drug and alcohol facilities, and mental health targeted case management programs. Additionally, the policy applies to certified peer specialist programs. It entails training, monitoring, and mechanical cooling requirements. To access the web-based heat safety course available go to <https://dbhids.org/>.

## Hobbies Resource Guide

*Looking for an activity to join in the community?*

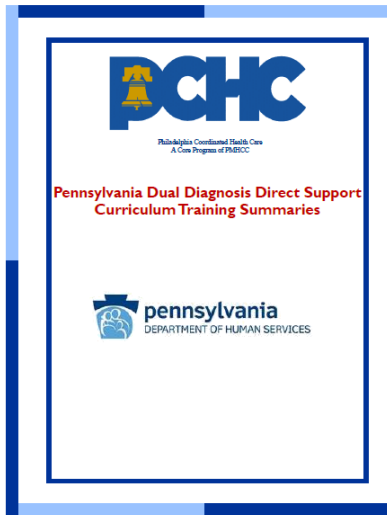


With the push for individuals in the state of Pennsylvania to live an *Everyday Life*, PCHC felt that creating a guide to access inclusive activities could only help. The activities highlighted in this guide are local to the Southeastern region, but they can certainly extend into other areas of the state. The guide highlights hobbies such as outdoor activities, sports, entertainment, fitness, arts & crafts and even more. All locations are inclusive and can provide assistance as needed to meet an individual's needs. Feel free to take a look and access our Hobbies Resources Guide on our website at [www.pchc.org](http://www.pchc.org).

## Inside the PCHC Behavioral Health Department

### MyODP

#### Welcomes the On-line PA Dual Diagnosis Direct Support Curriculum Initiative



It's Finally Here!! The long awaited on-line version of the PA Dual Diagnosis Direct Support Curriculum is now available on <https://www.myodp.org/>. The Commonwealth of Pennsylvania, Office of Mental Health and Substance Abuse Services (OMHSAS) and the Office of Developmental Programs (ODP) have undertaken a joint initiative to address the needs of people who have an Intellectual disability as well as mental health challenges. People who have both of these challenges are commonly referred to as those who have a **dual diagnosis**. Included in the initiative is the development of a curriculum for Direct Supporters. This curriculum is designed for

Direct Supporters who work in either the intellectual disability field or the mental health field. Each specific module has a quiz, certificate and resources attached.

For more information about each of the specific modules and the course outline, click here for the **[Pennsylvania Dual Diagnosis Direct Support Curriculum Training Summaries](#)**.

### Other News!

PCHC's Behavioral Health Trainings have topped the charts of the **“Most requested online trainings list”** during our last quarter!

[Click here to take an online training today.](#)

## Training Department Updates

### PCHC Regional Training Topics for 2018/2019

- Adaptive Equipment/Communication Devices
- Autism
- Following up on Community Health Review/Behavioral Health Review Recommendations
- Introduction to Working with People with ID for New Agency Providers
- Sexuality
- Supporting Healthy Aging Across the Lifespan
- Trauma Informed Care

Please stay tuned for dates and location...Remember to visit our website @ [www.pchc.org](http://www.pchc.org) to register for all posted training and request training from our Training Topics list.

## Announcements

### Regional Nurse Network Meetings

An opportunity for developmental disabilities nursing education and discussion. Please contact Patty Graves at [pgraves@pmhcc.org](mailto:pgraves@pmhcc.org) if you would like to join our email list or have changed your contact information. or have changed e-mails.

### **Regional Nurse Network Training Event**

October 18, 2018  
Train the Trainer for Nurses  
Topic: Dysphagia  
Facilitator: Debbie Lord  
MA, CCC-SLP/L, FAAID



### Special Needs Unit (SNU) Meetings

Please contact Brieana Downs at [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org) for more information about the SNU Meetings or to be added to the SNU Meeting list.

**July 25, 2018**

Topic: Behavioral Health

**October 17, 2018**

Topic: TBD

**Please watch for upcoming topics in our Health Care Alerts and on the [PCHC website](http://www.pchc.org)**



Learn more at [www.pchc.org](http://www.pchc.org)



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