Oregon Behavioral Health Support Program

Member Newsletter

Issue 2: January 2021



Who We Are

Comagine Health is the new contractor for the Oregon Health Authority's behavioral health program. We work with you to create treatment plans that best fit your individual needs and wishes. We make sure you get the right treatment in the right setting for your needs. Also, we can connect you with resources for improving your overall health and well-being.

Setting Goals

With the New Year comes the time to make New Year's resolutions. Many people set resolutions or goals each year. If we accomplish our goals, we feel good. But sometimes we don't accomplish our goals because we've set too many or because the goals aren't specific or realistic enough. We make progress, like meeting a goal halfway, but then feel discouraged because we don't get all the way there.

Goals are a way to focus your life and take action. By setting specific, realistic and attainable goals, we can set ourselves up for success. Reaching goals gives us a sense of purpose and builds self-esteem and confidence.



Comagine Health

Setting Goals cont.

Setting individual goals is an important part of the Oregon Behavioral Health Support Program. We ask you to set your own treatment goals when you join the program and follow up on these throughout the year. These goals should help you gain more independence.

Below are tips for helping set "SMART" goals. These are:

1. **Specific**. Focus on what's most important to you and set realistic steps for how you can best achieve this.
2. **Measurable**. Specific, smaller accomplishments.
3. **Attainable or achievable**. By planning specific steps to accomplish, your goals will be achievable.
4. **Relevant**. Make sure your smaller, specific steps help meet an overall goal.
5. **Time-bound**. Give yourself a deadline. This will help you meet your goals.

Example: If your overall goals is, "I want to be more fit," try breaking that down into specific activities. Such as, "I will walk 1.5 miles each week starting in January. Starting in May, I'll increase it to 3 miles a week by December." Or, "I will do 40-minute yoga practice twice a week for at least 6 months this year."

And don't forget to reward yourself when you've reached a goal and be proud!



OBHSP Member Success Story

Manny lived in a secure residential treatment facility for several years. He faced many unique behavioral challenges, and he desired a place to call "home."

With the support of his guardian, treatment team and community partners, Manny moved to an adult foster home. He is now thriving. His guardian says there is now happiness, belonging, trust and contentment on his face.

Manny and his guardian set goals to include cultural music and cooking in his life. He is building relationships and interacting with staff and other residents. He speaks of challenges he may be facing. Also, Manny now enjoys community outings and has learned how to get home.

Manny now has what he longed for — a place that feels like home. This is thanks in large part to the respect, kindness and commitment of his foster home provider. As Manny's guardian said, "We need to show compassion and see what can grow."

COVID-19

Even though COVID-19 vaccines are starting to become available in our state, they are not yet widely available. So it is vital to continue safe practices like wearing masks and social distancing to prevent the spread of COVID-19.

As the pandemic persists, so does the stress and anxiety it causes. Check in with yourself — are you feeling extra stress lately? Is the constant pandemic news overwhelming? Are you worried about yourself and others getting sick? These are all normal feelings to have right now. But it's important to step back from the news and take care of yourself when needed.

COVID-19 cont.

Below are resources to help manage stress:

- **Centers for Disease Control and Prevention:** Mental Health and Coping During COVID-19 | CDC
- **U.S. Department of Health and Human Services:** Mental Health and Coping during the Coronavirus (COVID-19) | HHS.gov
- **PeaceHealth:** Managing stress during COVID-19 | Healthy You (peacehealth.org)
- **National Alliance on Mental Health:** COVID-19 Resource and Information Guide | NAMI: National Alliance on Mental Illness
- **Coronavirus: Mental Health Coping Strategies:** nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies



Flu Vaccine Reminder

It's not too late to get the flu vaccine if you haven't yet.

See the Oregon Health Authority's website for more information.

We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184.
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184.
- Send an email to ORBHSupport@comagine.org.
- Send us a message by using our contact form.



Translation

This newsletter is also available in Spanish on our website: bit.ly/3cIgqKy

If you would like a copy in another language, please let us know by email us: ORBHSupport@comagine.org.