Oregon Behavioral Health Support Program

Member Newsletter

Issue 15: December 2024





The Year in Review

As 2024 comes to a close, we want to share a summary of our work as the Independent and Qualified (IQA) for the Oregon Health Authority (OHA). From January 1, 2024, to December 9, 2024, Comagine Health assisted

4,231

individuals in need of community supports and/or residential, foster home and in-home services.

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Comagine Health

Caring for Yourself During the Holidays



The holidays are not always happy for everyone. For some, it's the stress or loneliness of expectations. For others, the time of year triggers unhappy memories of holidays past.

Combined with the short days and risk of seasonal affective disorder that some may experience this time of year, the holidays can be tough.

SAMHSA offers recommendations for supporting your mental health during the holiday season. These include:

1. Stay in tune to your feelings and know that it's okay to not feel happy this time of year[1,2]
2. Practice self-care
3. Avoid drugs and alcohol – if you are in recovery, the holidays can be especially challenging. Reach out to your support system as needed.
4. Recognize mood changes
5. Reach out when you need help – see below for links to free resources

Click here for more.



Member Success Story - Anna

Anna was feeling overwhelmed about being able to complete the daily tasks in her home. Her main goal in joining the Oregon Behavioral Health Program was to find a personal care assistant (PCA) who could help her. "I was so overwhelmed that I was unable to get things done," she said.

Anna's case manager used her skills and expertise to support Anna's efforts. With the assistance from an employee resource connection consultant, they found the right PCA for Anna who was committed and shared her vision. The collaboration between her case manager, consultant and PCA has given Anna the ability to focus on empowering herself with meeting her goals.

Now Anna feels comfort in being able to maintain her home the way she wants. She said, "Since I joined the program and found a case manager who has supported me and a PCA who supports me in many ways, it makes my life so much easier."

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[1]NAMI. The Most Difficult Time of The Year: Mental Health During the Holidays. Available here: https://www.nami.org/from-the-ceo/the-most-difficult-time-of-the-year-mental-health-during-the-holidays

[2]SAMHSA. Supporting Your Mental Health During the Holiday Season. Available here: https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season

Crisis Resources List

Oregon crisis hotlines by county:

https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisislines.aspx

988 – National Suicide & Crisis Lifeline

https://988lifeline.org



We Want to Hear from You

If you would like to be featured in the newsletter, please talk to your Comagine Health care manager or care coordinator. We welcome your suggestions for this newsletter.

Send your ideas to ORBHSupport@comagine.org

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: http://q-r.to/bfO4mu

Translation

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