Oregon Behavioral Health Support Program

Member Newsletter

Issue 12: Winter 2023 / 2024



The Year in Review

As 2023 comes to a close, we want to share a summary of our work for the Oregon Behavioral Health Support Program. From January 1, 2023, to November 29, 2023, Comagine Health completed 1,585 reviews for the Oregon Health Authority. This included:

- 445 reviews for adult foster homes (AFH)
- 409 reviews for residential treatment facilities (RTF)
- 286 reviews for secure residential treatment facilities (SRTF)
- 256 reviews for residential treatment homes (RTH)

Additional member reviews for other types of care including Aging and People with Disabilities adult foster homes and independent living. Contact Comagine Health for a full list: ORBHSupport@comagine.org.

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Comagine Health

How to Avoid Seasonal Affective Disorder (SAD)



During the winter, it is important to be aware of how shorter days and less sunlight can impact your mood. SAD (also called Major Depressive Disorder with a Seasonal Pattern) affects many people each winter.[1,2] Living further north and in cloudy regions, like the Pacific Northwest, put people at greater risk.[3] SAD is more common among women.[2,3] It is also more common among people with major depressive disorder and those with bipolar disorder.[4]

Signs include oversleeping, overeating (especially craving carbohydrates) and social withdrawal.

The following treatments are used for SAD[2,3]:

- Antidepressant medication
- Vitamin D*
- Spending time outside
- Psychotherapy
- Light therapy**

**Talk to your doctor about taking new supplements.*

***Note: light therapy may not be suitable for those with bipolar disorder. Please talk to your doctor first.*

If you think you might have SAD, please talk to your provider.

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[1] National Alliance on Mental Illness (NAMI). Major Depressive Disorder with a Seasonal Pattern: https://bit.ly/3TL4uuE

[2] National Institute of Mental Health. Seasonal Affective Disorder: https://bit.ly/3wXxSUu

[3] Cleveland Clinic. Seasonal Depression: https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression

[4] Medline Plus. Seasonal Affective Disorder: https://bit.ly/3RFe6VE

Staying Well

Winter is a time for colds, flu, COVID-19 and other viruses. With extra time indoors due to the cold outside, the viruses tend to spread even more than in summer.

It's important to remember to wash your hands, or use hand sanitizer when you can't wash your hands.

Make sure you're up-to-date on your vaccinations. This includes COVID and flu vaccines for everyone. Also, if you're age 65 or older or have certain risk factors, you may need the pneumococcal vaccine.[1]





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: bit.ly/3BgqXbx

Translation

This newsletter is also available on our website in Spanish: comagine.org/resource/3025

and English: comagine.org/resource/3024

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

[1] CDC. Pneumococcal Vaccine Recommendations: https://www.cdc.gov/vaccines/vpd/pneumo/hcp/recommendations.html