Oregon Behavioral Health Support Program

Member Newsletter

Issue 4: July 2021



Summertime

We hope you're having a great summer. What fun things have you tried?

In this issue, we have two member success stories, a poem and tips on how to keep cool—in body and mind.



Member Success Story: Carlos

Carlos is an artist whose talents include drawing, painting, sketching and writing poetry. His art has been featured in gallery exhibits in Salem, Oregon. Carlos created a person-centered service plan with an OBHSP team member in October 2020. He set the goal to read poetry at least once per day because it helps him feel inspired. By January 2021, he exceeded this goal.

Carlos has been writing poetry since he was a student at PSU in 2003–2005. There he was introduced to serious poetry and given a chance to write his own.

Carlos said he is inspired to write poetry is because of the way he feels. "Because of my mental illness, I sometimes get a little bit of depression. So, when I'm depressed and I feel like everything's falling apart, I turn to my poetry and channel my feelings into writing. That's why a lot of my poems are a little dark and different because that's kind of how I feel."

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Member Success Story: Carlos cont.

After writing a poem, Carlos said, "I feel like I've created something beautiful that should be shared. It does help with the depression, it gives me an outlet, it lets me recreate it with my emotions, not let it take over me. I channel it out and make it something good."

Carlos' favorite poet is Rumi. Earlier this year, Carlos started a poetry group at his residence, where they reviewed different poetry books. Other residents enjoyed this group and found it helpful.

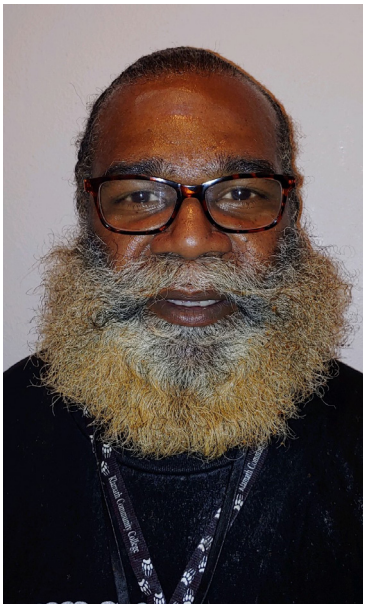
Carlos now has four notebooks full of poetry. These are titled: Voices, The Blue Cat, The Sacred Heart of Acheron and The Blue Lathe (The River of Sadness). He said, "My dream would be that before I die, I get published and have people read my poetry...I want to do it while I'm still alive."

Carlos said, "My poetry is the way I feel and think, and my hope is that people will connect to it and like it."

Comagine Health staff applaud Carlos for his dedication to his passion for poetry, and for sharing this passion to help inspire others.

Forget me
By Carlos Marquez

I am alone
I am forever gone
I am an angel
I am the devil
I am goodness
I am evil
Lying 6 feet under in the dark
listening to the night
two dogs bark
forget me soon
go away
from underneath the moon
from my heart a flower
will bloom
forget me now
see you soon



Member Success Story: Sean

Sean has accomplished many of his person-centered service goals this past year. He graduated from behavior intervention court, was baptized into his church and participates in weekly church activities. He is in frequent contact with his family and getting peer support. Also, he is attending community college to obtain his GED.

When Sean first met with a Comagine Health case manager in 2020, he talked about his vision and needing new eyewear. He said it had been a long time since he'd seen an eye doctor and that he'd been getting a lot of headaches. They developed a goal around this need, and Sean saw an eye doctor and got new eyewear. This has helped him be able to see and read better as he's attending college.

Sean said, "I am trying to do the best I can. I am 54 and I don't have time to go backwards…I had been to prison about three or four years ago, and in prison I thought about what I could do to get going forward. First the drug use, gotta stop that. Then my temper. I have a temper and I need to walk away."

"I am doing something better now. I think first and it works out better. I'm just keeping it in my mind that it's not cool to use. Eventually, you will take a fall, it's never enough. When you are using, you might do anything, you don't think straight. And keeping it real, that's important."

His Comagine Health case manager said, "Sean has done a fantastic job following up with all of his providers and meeting all of his treatment goals. Each time I speak to him, he shows positive engagement with his recovery."

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.

How to Keep Your Cool—in Body and Mind





We had extreme, record-breaking temperatures in Oregon this summer. Hopefully, temperatures won't reach those dangerous highs again, but it looks like we'll continue having hot days.

Did you know that heat impacts your mood? When your body feels too hot, you may also feel tired, down and more irritable. You may feel your temper flare more.

It's important to drink water and seek shade and air conditioning on very hot days to take care of yourself. Also, it's important to take care of your mental health in the heat. Remember to practice breathing and calming activities if the heat is making your temper rise. If you notice changes with how you're feeling, talk to your provider and/or treatment team.

Below are tips for staying cool.

Tips to Stay Cool

- Drink a lot of water - even if you don't feel thirsty
- Wear light, loose-fitting clothing
- Limit outdoor activity
- If you go outside, do so earlier - before the hottest part of the day
- Wear a hat and sunscreen outside
- Stay inside in an air-conditioned place as much as possible
- Limit strenuous activity
- Take cool showers

Tips to Keep your Cool

- Breathe slowly and deeply. Inhale through your nose and exhale through your mouth.
- Count to yourself
- Take a break and relax, if you can
- Reflect on what happened and why you felt angry
- Think about how you could react differently next time

Sources:
CDC: Keep Your Cool in Hot Weather! https://www.cdc.gov/nceh/features/extremeheat/index.html
Live Science: Why We Get Cranky When It's Hot Out: https://www.livescience.com/21431-hot-temperatures-mood.html
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New York Times: Seasonal Affective Disorder Isn't Just for Winter:
https://www.nytimes.com/2021/06/01/well/mind/summer-seasonal-affective-disorder.html
FEMA: 6 Ways to Stay Cool in Extreme Heat: https://www.fema.gov/blog/6-ways-stay-cool-extreme-heat
The Mayo Clinic: Anger Management: https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434

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: https://comagine.org/program/oregon-behavioral-health-support/contact

Translation

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