Oregon Behavioral Health Support Program

Member Newsletter

Issue 8: September 2022



September is National Suicide Prevention Month and National Recovery Month

Nearly 46,000 Americans died by suicide in 2020. Suicide is the second leading cause of death among people ages 10–34 and the 12th leading cause of death overall in the U.S.[1]

Although more women than men attempt suicide, men are nearly four times more likely to die by suicide. About 79% of all people who die by suicide are male.[2]

988 for Life

988 is the new national suicide and crisis lifeline that launched in July. If you or someone you know is in crisis, call or text 988 to be connected to a trained counselor.

For more information visit: 988lifeline.org

[1]CDC: https://bit.ly/3cJqLIE

[2] NAMI: https://bit.ly/3D0Q7fM

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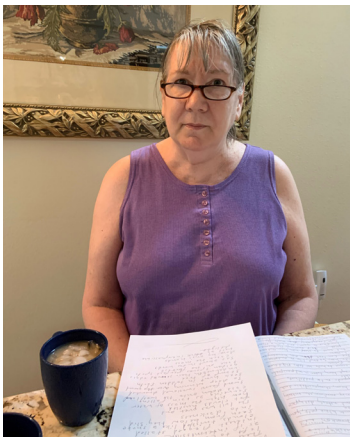
Comagine Health

Celebrating Recovery
Recovery is reason to celebrate!

September is also National Recovery Month. It is a time to celebrate gains made by those in recovery from substance use. Just as we celebrate improvements made by those managing other health conditions, we celebrate recovery.

For more information see https://bit.ly/3RlVfzd and https://bit.ly/3wYohNg

Member Success Story: Cheryl



Cheryl has been a resident at Magdalena Ianos since 2016. She has always been artistic, and set a goal to write poetry. Poetry is an art form that resonates with Cheryl. Since then, she has written multiple poems.

Comagine Health helped support Cheryl with her goal by helping her set her goal and ensuring it was supported by her provider. Her Comagine Health case manager ensured she had the materials and encouragement she needed.

When checking in with her Comagine Health case manager, Cheryl said that she finds joy in sharing her poems with others. To help her reach others, we are honored to share this poem by Cheryl, "Master Swordfern.

Master Swordfern
By Cheryl

Rubbed out like a candle flame
there was no speech left to carry
as if intermission interest flagged,
stalled.

Clouds twisted like a snake seen from
below they slid into darkness.

The lull was over and fat clouds hustled
how high the mass of water serving
as rain falling cast down onto the wet
land.

Sword ferns swallowed drenched so
deep winning over the ground seek
hunt in sodden earth stamp of tree.

Underneath their serrated edges
golden spores perfect spots take on the
forest.

Set about in the woods catch the moss
done by one's hands held as thick
inexpressible delight.

Avoiding Seasonal Affective Disorder

The days are getting shorter. As we head into fall and winter, it's important be aware of how the short days can impact your mood. Major Depressive Disorder with a Seasonal Pattern (formerly known as Seasonal Affective Disorder [SAD]) happens to many people each fall and winter.[1,2]

This condition is more common among women and people living further north.[2,3] It is more common among people with major depressive disorder (about 10% to 20%) and in people with bipolar disorder (about 25%).[3]

Planning Ahead

If you've had seasonal depression before, the National Alliance on Mental Illness (NAMI) recommends preparing yourself for fall and winter. For example[1]:

- Exercise more starting at the end of summer
- Start or continue therapy in September
- Light therapy - get a special lamp or lightbox to start using in October

[1] NAMI. Major Depressive Disorder with a Seasonal Pattern: https://bit.ly/3TL4uuE
[2]NIMH. Seasonal Affective Disorder: https://bit.ly/3wXxSUu
[3]Medline Plus. Seasonal Affective Disorder: https://bit.ly/3RFe6VE

Staying Well This Fall

We're approaching flu season and COVID-19 is still here. Below are tips for staying healthy this fall:

- Remember to take your prescribed medications
- Talk to your doctor about getting a COVID-19 booster: https://bit.ly/3ekwOUh
- Get tested for COVID-19 if you feel sick (fever, body aches, sore throat, etc.)
- Get a flu shot when it's available near you (starting in September). Experts recommend getting your shot by the end of October to be protected for the coming flu season.
- CDC recommends that everyone 6 months and older get a flu shot each year to protect them from serious illness and hospitalization. Flu vaccination is very important for people with chronic health conditions like heart disease and diabetes. And for everyone 65 years and older.

More information about COVID-19:

- CDC: https://bit.ly/3x0wz7f
- Oregon Health Authority: https://bit.ly/3BhSIAo

More information about flu vaccines:

- CDC. Frequently Asked Influenza (Flu) Questions: 2022-2023 Season: https://bit.ly/3RknUVs
- CDC. Key Facts About Seasonal Flu Vaccine: https://bit.ly/2TeRMFD
- Healthline. Flu Season Could Start Early: When's the Best Time to Get Your Shot? https://bit.ly/3RFDyus

We Need Your Help

In the next few weeks, you may be randomly selected to receive a member survey from Comagine Health. The survey is about your experience with your Comagine Health case manager. Please fill it out if you receive one. We would appreciate your input. Thank you!

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: https://bit.ly/3BgqXbx

Translation

This newsletter is also available on our website in Spanish: https://comagine.org/resource/2314

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