



DBHR COVID-19 weekly call

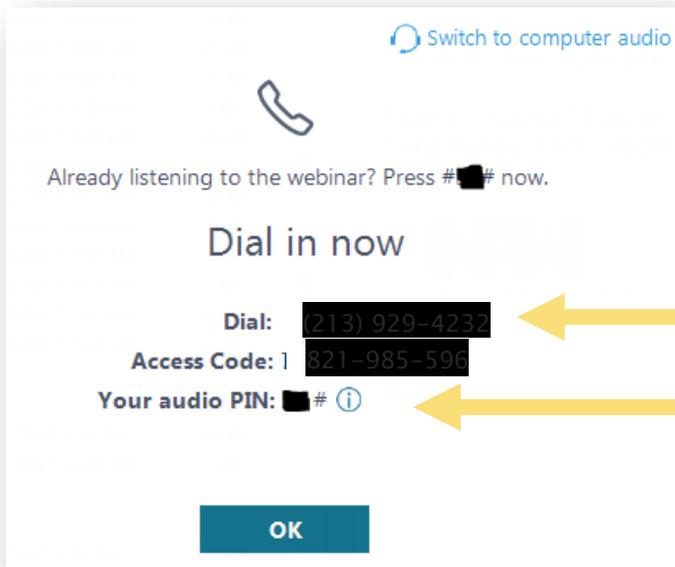
Hosted by: Division of Behavioral Health and Recovery

Tuesday, May 5, 2020

12 to 1:30 p.m.

DBHR COVID-19 weekly call

Welcome! We will begin at 12 p.m.



- It is always a good idea to close other windows.
- If participating via phone
 - Click OK and mute your computer speakers.
 - Be sure to enter your unique **Audio PIN**, if you haven't already.



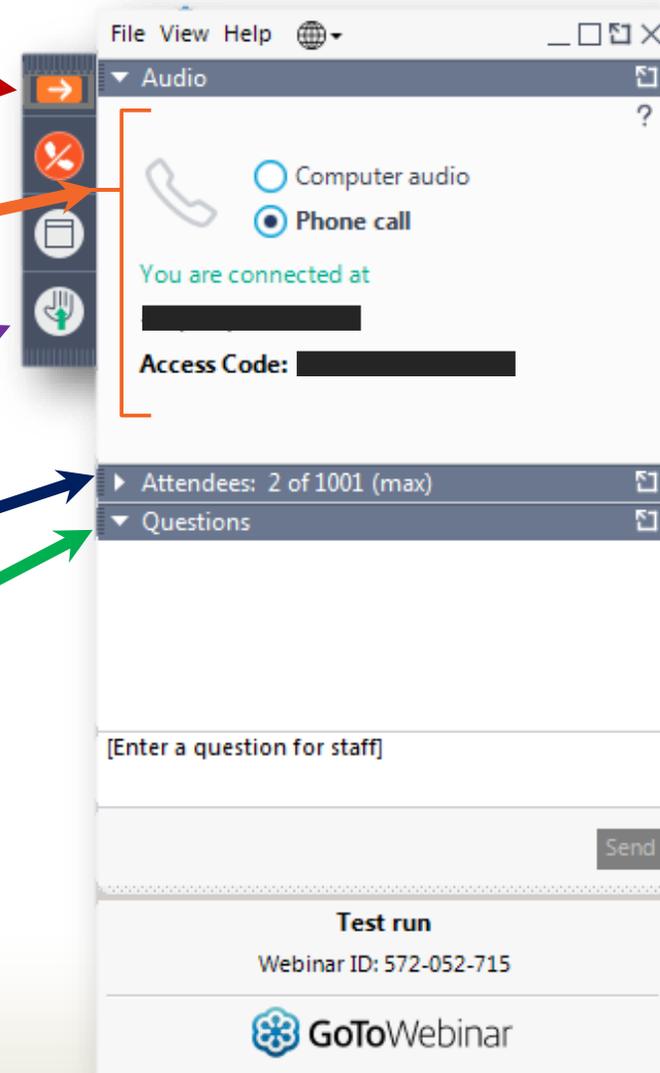
For help with the webinar email Ray.Horodowicz@hca.wa.gov

Disclaimer

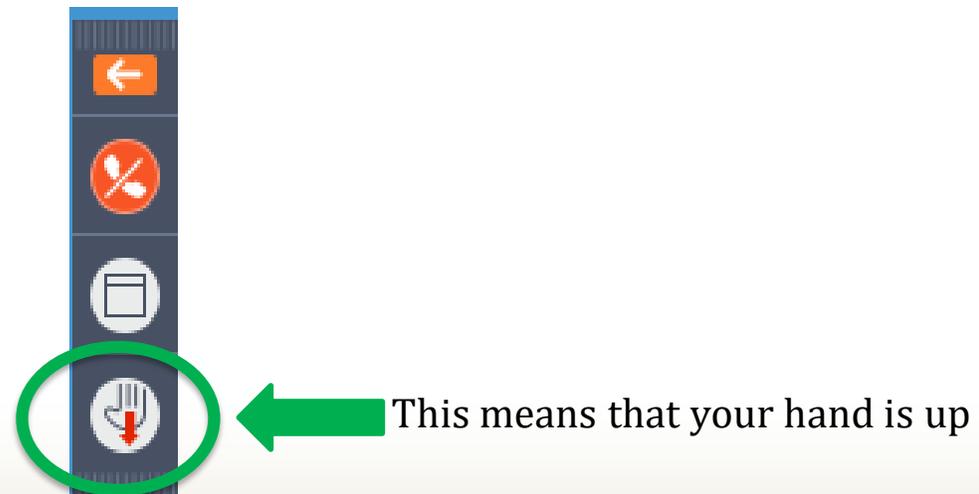
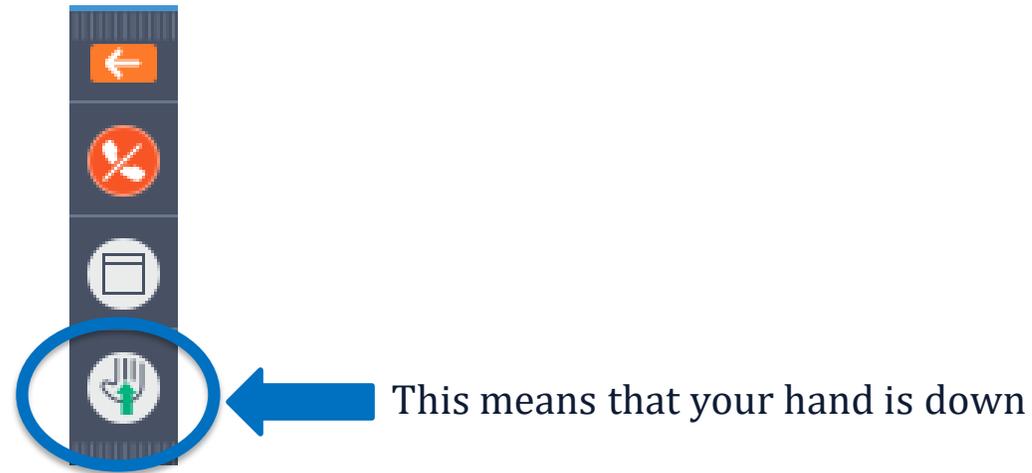
- This webinar is being recorded and will be posted to the HCA COVID-19 page.
- This recording is open to public disclosure.
- Please do not disclose any private or confidential information.

Webinar Controls

- **Grab Tab** – Allows you to open/close the Control Panel, mute/unmute your audio (if the organizer has enabled this feature) and raise your hand
- **Audio pane** – Displays audio format. Click Settings to select telephone devices.
- **Hand** – click to raise hand. Click again to lower.
- **Attendee List** – Displays all the participants in-session
- **Questions pane** – Allows attendees to submit questions and review answers (if enabled by the organizer). Broadcast messages from the organizer will also appear here.



How to Raise Your Hand



Q/A

Topics: *Please note topic in beginning of question. “[Topic]:[Question]”*

- SUD Prevention Programs
- Mental Health Promotion and Suicide Prevention Grants
- Telehealth/Billing Guide/Insurance
- Adult SUD Treatment
- Youth BH Treatment
- Opioid Treatment
- Adult MH Treatment
- Recovery Supports
- Foundational Community Supports (FCS)
- Problem Gambling
- Peer Support Services
- Finance/Rates
- Patient/Staff Safety
- SERI/BHDS
- Zoom

Agenda

- Welcome and Introductions
 - *Keri Waterland, PhD, MAOB, DBHR Director*
- Updates from HCA
 - *Michael Langer, Deputy Director*
- Provider Needs Check-in
 - *Michael Langer, Deputy Director*
- Messaging
 - *Kennedy Soileau, Deputy Director of Communications; Melissa Thoemke, Communications Consultant; and Sarah Mariani, Section Manager, Substance Use Disorder Prevention And Mental Health Promotion Section*
- Q/A



Updates from HCA

- **General**

- ACH COVID-19 Support
- WA Tech – Gov Delivery

- **Prevention**

- ONDCP Letter and Resources
- Webinars and calls continue through May.
- Alcohol Awareness Message
- National Prevention Week - [National Prevention Week](#)

- **Treatment**

- Behavioral Health Institute Telehealth
- Training and TA - <https://bhi-telehealthresource.uwmedicine.org/>
- Provider Survey - <https://www.surveymonkey.com/r/TM6DHWZ>

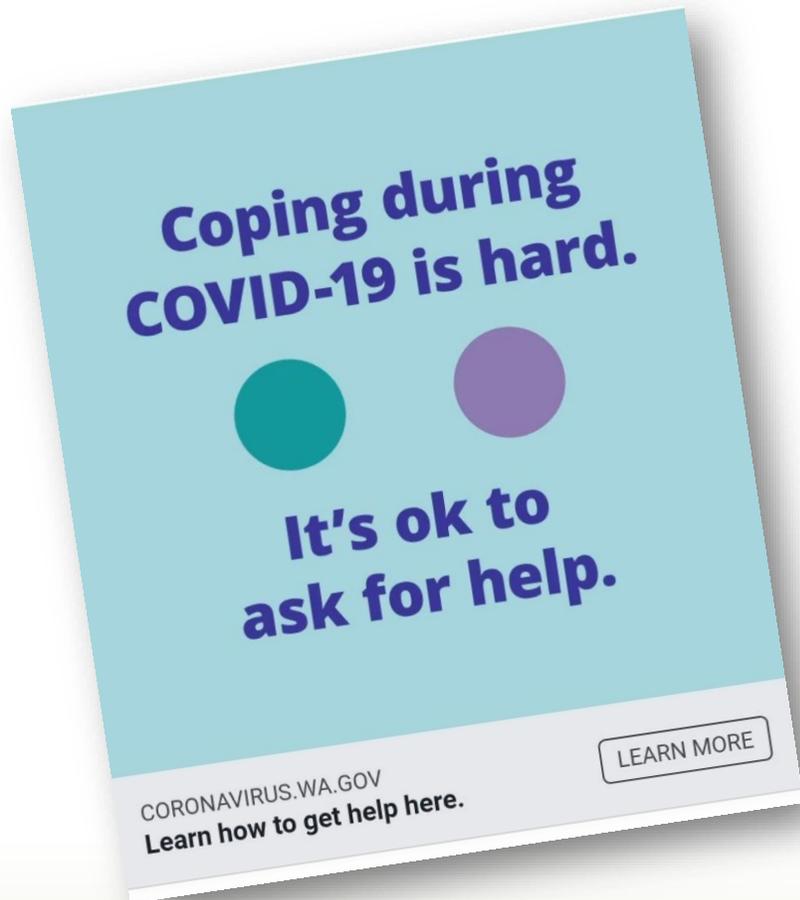
- **RSS**

- Approximately 4000 cell phones have been distributed to vulnerable individuals across the state
- Temporary rate increase for FCS service providers is being reviewed and information should be released soon.

Provider Needs Check-in

How can we help you?

Messaging



Mental and emotional well-being public education campaign

- What is the public education campaign
- Foundational messaging
 - It's ok to ask for help
 - What you're feeling is normal
 - Resources are available
- Our approach
- Resources available at www.coronavirus.wa.gov
- What are your messaging/resources would be helpful?

Infographics and other resources

COVID-19 (Coronavirus)
Supporting Kids and Teens during coronavirus

Be understanding
 Acknowledge that you know it is frustrating to be away from school and friends.

Be calm...
 ...both in your words and actions.

Be consistent
 Keep a regular schedule as often as possible.

Be available
 Be a good listener, and give them extra time to process their feelings.

It is okay to ask for help.
 If you or a loved one is having a crisis, call **866-4-CRISIS**

Spread the Facts
 coronavirus.wa.gov

COVID-19 (Coronavirus)
It is okay
 To feel stressed, afraid or anxious

It is okay
 To reach out

It is okay
 To ask for help

You are not in this alone
 Find help at coronavirus.wa.gov

If you or a loved one is having a crisis, call 866-4-CRISIS

Spread the Facts
 coronavirus.wa.gov

Washington State Coronavirus Response (COVID-19)

HOME NEWS BUSINESS & WORKERS YOU AND YOUR FAMILY WHAT YOU NEED TO KNOW SPREAD THE FACTS

Home / For you and your family / Mental and emotional well-being

You and Your Family

- Adults 60 and over
- Childcare, K-12, and higher education
- Face Masks
- Food Assistance
- Mental and emotional well-being**

Mental and emotional well-being

Where can I find support for my mental health and well-being?

This can be a stressful time. It is normal that you or your loved ones might feel anxious, sad, scared or angry. You are not alone. It is okay to seek out and ask for help. The resources here are a good place to start.

In a crisis?

- [Suicide Prevention Lifeline](https://www.911.org/800-273-8255): 800-273-8255
- [Crisis Connections](https://www.911.org/866-427-4747): 866-4-CRISIS (866-427-4747)
- [Crisis Text Line](https://www.911.org/741741): Text HOME to 741741
- [Crisis Connections](https://www.911.org/24-hour-crisis-line) connects people in physical, emotional and financial crisis to services through [24-Hour Crisis Line](https://www.911.org/24-hour-crisis-line), [Teen Link](https://www.911.org/teen-link), [WA Recovery Help Line](https://www.911.org/wa-recovery-help-line), and [WA Warm Line](https://www.911.org/wa-warm-line).

You

- [Care for Your Coronavirus Anxiety Toolkit](https://www.911.org/care-for-your-coronavirus-anxiety-toolkit)

Washington State COVID-19 Joint Information Center

AARP Real Possibilities Washington

In partnership with **TEACH WITH TV** CONNECTS

PRESENT:

Spread the Facts
 Tips for older adults and their families to **Stay Home, Stay Healthy**

Tatiana Sadak, PhD, PMHNP, RN
 UW School of Nursing

Erwin Tan, MD
 AARP

EPISODE 4
"Avoid Social Isolation & Loneliness"
Thursday, April 30th

For questions after the webinar

For questions related to Behavioral Health services:

- Email: HCADBHRBHCVID19@HCA.WA.GOV
- Type the topic of your question in the subject line.
- Subject line should include topic of questions so that it can be triaged to the appropriate subject matter expert

For Managed Care Organization Provider Finances:

- Email: HCAmcpprograms@hca.wa.gov
- For behavioral health treatment providers contracting with the MCOs that cannot cover operation costs over next 2-4 weeks or with outstanding claims payment issues.
- Subject line should be URGENT FINANCIAL CONCERNS or subject line "outstanding payment due"

For RFP questions, send by email to the RFP Coordinator at HCAProcurements@hca.wa.gov

Resources

DBHR General, Prevention, Treatment and Recovery Supports

BHI Telehealth Training and Technical Assistance

Other Resources

Q/A

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