Oregon Behavioral Health Support Program

Member Newsletter

Issue 6: Spring 2022



Spring is Here!

We love this time of year in Oregon when the trees and flowers are blooming. But west of the Cascades, spring also means rain. While the days are officially longer now, the gloominess of gray days can dampen our mood. See tips below on caring for yourself when the gray skies have you down.

Self-Care

Self-care means taking care of your whole self. The National Institute of Mental Health says self-care can help you manage stress, lower risk of illness and increase energy.[1]

Self-care can mean different things for different people. One person may feel better after taking a nap. Another person may listen to music as self-care, while another talks to a friend.

Types of Self-Care[2]:



[1]National Institute of Mental Health. Caring for Your Mental Health: https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

[2] Elizabeth Scott, PhD. Verywell Mind. 5 Self-Care Practices for Every Area of Your Life: https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729

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Comagine Health

Spring is Here cont.

Examples of Self-Care



Physical

Caring for your body means caring for your overall well-being. Your body needs quality sleep, healthy food and exercise to function well.

- If you feel overwhelmed, try walking around the block for 10 or 15 minutes.
- If you feel stressed, try to get more quality sleep.[3]



Emotional

Work on coping skills for hard emotions like anger and sadness. You can:

- Talk to a good friend about your feelings
- Ask your therapist for help in:
  - Processing your emotions
  - Practicing coping skills



Mental

Do activities to help keep your mind active and sharp, such as:

- Reading a book
- Learning about a new subject
- Doing puzzles



Social

Social connections are important. Spending time with friends is a form of self-care. For example:

- Meeting a friend for coffee or a walk
- Calling or FaceTiming a friend who lives far away
- Planning regular gatherings like game nights or potluck dinners



Spiritual

Spiritual self-care can be many things, such as:

- Going to a religious service
- Praying
- Meditating
- Reflecting about the universe

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[3]CDC. Tips for Better Sleep: https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Member Success Stories

Ashley



Ashley decided to take control of her life while living in a van with a few other people. She walked into a local hospital and asked for help. Ashley was placed in the state hospital. After that, she went to Carnahan Residential Treatment Facility program. She has accomplished a lot in her life over the past three years at Carnahan.

Ashley had been physically sick for a long time. While at Carnahan, she has been able to control her health issues. She became established with new doctors. Ashley began to follow directives and take her medication as prescribed. She also started eating healthier even quit smoking over a year ago! Ashley achieved control over her disturbing hallucinations. She did this by staying grounded, clean and sober, and using the proper medication.

Since asking for help, Ashley feels safe at her current home and has been making huge strides toward her goals. One of her goals is to improve her self-care. Ashley also wanted to gain independence and not rely on others. She has worked hard to socialize more, making great friends and being very supportive of her peers and staff. Ashley is comfortable socializing with others and is often very welcoming to new residents. Her dedication and hard work have paid off. Ashley said, "I'm able to do more things, and my life is improving slowly."



Tammy

Tammy moved into a new adult foster home (AFH) several months ago after going through a tough time. She was having daily distressing thoughts. Tammy and her Comagine Health case manager agreed that Tammy would check in weekly, or more often, if things weren't going well. They talked a lot at first. Her case manager encouraged Tammy to trust her AFH provider and treatment team. Then Tammy and her AFH provider developed a comprehensive plan that Tammy could follow, even on hard days.

Tammy's case manager is very proud of her for developing a recovery process that brings her joy. When asked how she was doing on her goal, Tammy said, "I don't have to work on it that much anymore. I don't have the thoughts or the cravings to do that kind of stuff anymore. One thing is for sure, I don't want my grandkids to follow in my footsteps."

Tammy described her three new coping skills:

- Coloring: "I cannot clean the house because there is something wrong with my stomach right now, so I had to learn new coping skills. One of them is coloring. I colored this picture, and it has a positive affirmation on it: 'The more storms you face in life, the stronger you will be' and I have it up on my wall."
- Comedy: "Right now, I have my own TV in my room, and I have been focusing on comedies."
- Journaling: "I am able to pay attention and do a lot more journaling than I used to…I get frustrated that no one is keeping the house clean because that was one of my coping skills, and I am journaling about it now."

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.



End of Statewide Mask Mandate

As you may be aware, the COVID-19 indoor mask mandate was lifted in Oregon on March 12, 2022. The Centers for Disease Control (CDC) recommends we continue to take precautions such as social distancing and staying home and away from others when sick. Even though Oregon's mask mandate was lifted, it is OK to continue wearing your mask if you feel more comfortable with one.

For more information on COVID-19 updates, see the CDC's website: cdc.gov/coronavirus/2019-nCoV.

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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