



OneCare Kansas

a program of KanCare, Kansas Medicaid

OneCare Kansas Newsletter

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Department of Health
and Environment

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Learning Collaborative Update

In March, the OneCare Kansas Learning Collaborative for contracted OCK partners included a reflection on the successes of the first year of the program as evidenced through data posted on the OCK website and program success stories. OCK partners also learned more about the new populations that are now eligible for OneCare Kansas across the state. Our next event will be in May. Additionally, more than 40 OneCare Kansas staff gathered in March for the second session of the Health Action Plan Training Series to learn more about Addressing Tobacco Use in the OCK Population from KDHE’s Matthew Schrock.

OCK Provider Training Update

Coming in April, OCK partners will have the opportunity to learn from one another at the OCK Community of Practice and a special event focused on the OCK Health Action Plan portal. The Health Action Plan Training Series will also continue with a session on Health Action Planning through a Trauma-Informed Lens. Watch your inbox for your invitations to these events!





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OCK Highlights

We continue to gather stories regarding the OneCare Kansas program and how it is helping Kansas Medicaid members. This week’s success story comes from Megan at HealthCore Clinic.

We have a member named Sonia who joined OneCare Kansas back in the fall of 2020. She opted into the program at the insistence of her caretaker. At that time, she was in a dark place with both her mental health and her physical health.

At her initial HAP meeting, she was having difficulty with her blood sugars to the point that she needed to sit down and drink some juice in order for us to be able to continue the process. Sonia struggled with eye contact and was not very engaged at all. Her sister has been taking care of her since her decline and was answering all of the questions when Sonia’s Care Coordinator would ask. Sonia spent much of her day sleeping and avoiding life.

After Sonia spent 5 months in the program, she was a completely different person. We started to see a difference in how she interacted with us. For instance, she came in to the clinic to play a game with her Care Coordinator and won. When she won, she laughed and smiled. That was the first time in months that she displayed those emotions. It was a big win for her. She is now heading in a much better direction. When she and her Care Coordinator meet and talk, Sonia engages and actively seeks ways to gain more independence in her life and care.

She has learned quite a bit about diabetes and has used this knowledge to change her habits and lifestyle. She has found success with this aspect of her care as well. She is also now engaged in talk therapy, spending weekends on her own and has attempted to try other medications to manage her mental health that will allow her to stay awake for more of the day.

The autonomy that the OneCare Kansas program has enabled her to gain is evident and she will be the first one to tell you that.

Great job, Megan!

If you would like to submit an OCK success story, please email OneCareKansas@ks.gov.



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One-Year Program Anniversary

April marks one year from when the OneCare Kansas program was launched. The entire OneCare Kansas team would like to thank the partners, MCOs, and other organizations that have helped to make this a successful first year despite the challenging circumstances. Starting a new program in the wake of the COVID-19 pandemic made the initial program rollout difficult, but thanks to all your hard work and dedication, the program has improved many lives throughout the state. With the initial storm weathered, we can all look forward to a larger, stronger, and more impactful program in year two and beyond.

Support Groups in Kansas

“I am trying to figure out how to put my life back together, but I need help. I have tons of questions, but I’m not sure who has the answers. If only there was a group of people who knew what I was going through.”

This is the power of peer support. Peer support does not replace medical care or professional services, but enhances the services the individual is already receiving.

It is important for providers to be aware of community resources available, and to share them with those we serve, especially in these changing and challenging times. Connecting people with these additional resources and supports can prove to be beneficial in many ways. The WSU Community Engagement Institute has information available at <http://supportgroupsinkansas.org> to assist providers and clients alike.

This website seeks to connect people with additional resources and support available in their communities, locally, statewide, and nationally. This includes information on support groups and resources related to physical and mental health, self-care, recovery, and much more. This database is available 24/7 and is searchable by county or topic. It also contains a “toolbox” of resources for anyone looking to start or maintain a support group on any topic.

Find resources related to COVID-19 and other subjects at: <http://supportgroupsinkansas.org>. You can also email supportgroups@wichita.edu for more information.

Manual Updates

This month the state team made a few updates to improve the OCK Program Manual. Please look for the following:

- Section 1.7 - Added a link to the partner application and a table from the partner application with the staffing requirements needed for the OCK program.

Remember to check back after the 15th of each month to ensure that you are working off of the most up-to-date Program Manual.



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If you have questions, or would like more information about OneCare Kansas, please contact us.

Our page on the KanCare website also contains information about our work to develop the project and documents are being updated regularly.

If you would like to receive this newsletter please send us an email.

Email:

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Special Note

Black Maternal Health Week

April 11-17 is Black Maternal Health Week. It is a week dedicated to raising awareness of the health disparities that exist for Black mothers and implementing solutions to reduce these disparities.

Each year in the United States, about 700 people die during pregnancy or in the year after. Another 50,000 women each year experience severe pregnancy complications that can cause serious consequences for a woman's health. Pregnancy-related deaths are tragic, especially because two in three of them are preventable. Recognizing the warning signs and providing timely treatment and quality care can prevent many pregnancy-related deaths.

Black women are three times more likely to die from a pregnancy-related cause than White women. Multiple factors contribute to these disparities, such as variation in quality healthcare, underlying chronic conditions, structural racism, and implicit bias. Social determinants of health have historically prevented many people from racial and ethnic minority groups from having fair opportunities for economic, physical, and emotional health.

Here are some ways you can help support Black mothers:

- Help patients manage chronic conditions like diabetes, heart disease, high blood pressure, and obesity.
- Listen to pregnant and postpartum people's concerns, and communicate with patients about urgent maternal warning signs.
- Use tools to flag warning signs early so women can receive timely treatment, which you can find in this link: www.ahrq.gov/hai/tools/perinatal-care/index.html.
- Coordinate ongoing healthcare for women before, during, and after pregnancy.
- Identify and address unconscious bias in healthcare, which you can learn more about with this link: thinkculturalhealth.hhs.gov/education/maternal-health-care.

To learn more about how to improve the birthing experience of Black mothers, visit:

www.cdc.gov/healthequity/features/maternal-mortality/index.html.