



OneCare Kansas

a program of KanCare, Kansas Medicaid

OneCare Kansas Newsletter

November 2021 ● Volume 2 ● Issue 8

What's Inside



Community of Practice Update

Page 1

Learning Collaborative Update

Page 1

OCK Highlights

Page 2

Community Collaboration

Page 3

Training Reminder

Page 3

Special Note

Page 4

Contact Information

Email:

OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



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.

Community of Practice Update

In October, forty-five care coordinators and social workers from the contracted network of OneCare Kansas (OCK) provider teams convened for the latest session of the Community of Practice. Participants discussed time management strategies to assure Health Action Plan goals are met, various approaches to engage youth in foster care, and educational resources to enhance learning about individual needs of the people served in the OCK program. More information about the next OCK Community of Practice meeting will be shared in December. We look forward to seeing leaders and managers from the provider network at the November 16, 2021, meeting of the OCK Learning Collaborative!

Learning Collaborative Update

In November, leaders from the OneCare Kansas provider network will gather for an OCK Learning Collaborative meeting. The team will reflect on the program’s successes in 2021, and will prepare for the upcoming legislative session. The team will also spend time examining documentation strategies to best reflect the positive impact collaborating with other providers has had on OCK members.





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

OCK Highlights

The state continues to gather stories regarding the OneCare Kansas program and how it is helping KanCare members. This month’s success story comes from the Mental Health Association of South Central Kansas.

“Carol originally joined the OCK program in February 2021. She had recently left a nursing home and was referred to us for behavioral health. She also needed to work on independent living skills and medication management. While we were completing her initial HAP, she said that her main goal was to lose 150 pounds in three months. We discussed that losing that much weight in such a short amount of time would not be healthy. A more realistic and safe goal would be to lose one to two pounds per month.

When she left the nursing home, she transitioned to a group home. The meals they serve there are what she has to eat. However, when it comes to snack time, she can choose what she wants. I have educated her on healthy snack choices. We talked about how it’s okay to have a hamburger with cheese, a candy bar or pie every once in a while. She was very focused on counting calories so we have discussed that she doesn’t have to focus on just counting calories to lose weight. For example, if she has a hotdog for lunch and then hamburgers for dinner, she can just eat the meat and not the bun. We also talked about how being healthy has a lot of factors, such as eating healthy, watching her weight, going to doctor, having annual screenings, seeking dental care, eye care, etc. I have been going to appointments with her. Her primary care doctor is really involved and even helped set a goal for her to lose between two to four pounds every other month. I’ve encouraged her to weigh herself once a month so she doesn’t get discouraged if it fluctuates a bit.

She has lost a total of 25 pounds in eight months and that is right on track for a healthy weight loss journey. She holds herself accountable by following the steps for healthy eating and incorporating a daily exercise route. She utilizes a walker but does not allow that to hinder her progress.”

Great job to the team at the Mental Health Association of South Central Kansas. Keep up the good work!

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



OneCare Kansas
a program of KanCare, Kansas Medicaid

Community Collaboration

There are several ongoing efforts by OneCare Kansas partners to work with local community organizations to help OCK members achieve their health goals. This month the team wants to bring your attention to a specific example of how this can take shape. This story of collaboration comes from Kym Hargrove at the Southeast Kansas Mental Health Center.

“About 5 years ago, when I was a case manager, I had a lot of clients using the food pantry. I was actually a volunteer there, so I knew that we needed more volunteers. I am a huge fan of giving back to those who help others. The outcome of having my clients volunteer was amazing! It even helped some of them realize they could get part time jobs. It gave them confidence and purpose.

When I started as the Care Coordinator for OCK, I knew that volunteering was something I wanted to institute for the members I would be working with in this program. There is one member whose story sticks out in my mind. When I started working with her, she had a lot of problems with emotional eating, and we needed to find a healthy outlet for her. Fortunately, we have a great, big arts festival coming up so there were plenty of opportunities for her to volunteer. She helped me with stuffing envelopes, answering emails and putting out posters. This gave her purpose and something to look forward to. She is now volunteering at the food pantry once a month and will be ringing the bell for the Salvation Army in the middle of November.

I have other clients who also volunteer at the food pantry and will be ringing the bell for the Salvation Army. The Salvation Army’s Red Kettle Campaign is very important to our county because percent of what we earn stays with us. We use that money to help residents in our county pay gas and electric bills. Future ideas and plans are to get them involved with volunteering at the library, local thrift store, assisted living center and our new pet store. Getting out into the community and being a part of something really gives them confidence, helps them feel empowered and see the impact that they are making in their community. All of that helps get the ball rolling for a lot of other positive changes.”

Training Reminders

As part of the KanCare managed care organization’s provider contract requirements, staff members from OneCare Kansas partners are required to complete introductory training related to the [Prevention of Adverse Childhood Experiences](#), offered online by the Centers for Disease Prevention and Control. This trauma-informed care training requirement applies to any staff member of a OneCare Kansas team who provides or participates in the delivery of OCK services. This includes physicians, psychiatrists, and/or mid-level practitioners, and is to be completed within ninety days of eligibility to serve OCK program members. Provider partners are required to retain documentation of training participation in the form of a Continuing Education Certificate (provided by the [CDC](#)) or an [Attestation of Training Completion](#) form. Information on the training requirement and how to obtain the required forms can be found on the OneCare Kansas [website](#).

In addition, it is recommended that all OCK partner team members, as outlined above, complete specific training related to tobacco use, tobacco treatment, and exposure to secondhand smoke. This recommendation aids in the preparation to identify tobacco use and/or exposure to tobacco smoke in OneCare Kansas program participants. A list of tobacco cessation and treatment resources is available on the OneCare Kansas [website](#).



OneCare Kansas

a program of KanCare, Kansas Medicaid

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:

OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



Special Note

Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe, healthy and ready to enjoy the holidays.

- Wash hands often to help prevent the spread of germs.
 - It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- Bundle up to stay dry and warm.
 - Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves and waterproof boots.
- Manage Stress.
 - Give yourself a break if you feel stressed out, overwhelmed and out of control. Some of the best ways to manage stress are to find support, connect socially and get plenty of sleep.
- Don't drink and drive or let others drink and drive.
 - Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
- Be smoke-free.
 - Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- Fasten seat belts while driving or riding in a motor vehicle.
 - Always buckle your children in the car using a child safety seat, booster seat or seat belt according to their height, weight and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

For more information, visit: <https://www.cdc.gov/healthequity/features/holidayseason/index.html>.