

FOCUS

News from and about the Kentucky
Cabinet for Health and Family Services

June 23, 2014



RECIPE

From the kitchen of:

CHFS

Basil
Tomatoes
Cilantro
Beans
Cucumbers



Bell Pepper



Green Thumbs Galore



Janie Cambron, Performance Improvement Manager with the Commissioner's Office of the Department for Public Health, estimates she has received more than 100 suggestions from the employee suggestion box since it was implemented.

So far, only one has given CHFS employees an up close view of the court-

yard, fresh air and something to eat.

The CHFS community garden began its second year with a small ribbon-cutting ceremony on Monday. What started as a low-key project in 2013 picked up supporters and workers as the summer wore on. By the end of the summer the two kidney bean-shaped plots in the courtyard behind the CHFS building became a hotbed of gardening activity.

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Time off boosts work productivity, inspiration

PEAK PERFORMANCE

Anya Armes Weber



With the arrival of warmer weather, many staff members are planning summer vacations. Don't be reluctant to take time off work -- taking a vacation can actually benefit your health and mind, which makes you a better worker. From LifeClever.com, here are some of the rewards you can get from taking a vacation.

It helps improve your mental health. Recent studies show that women who took regular vacations were less likely to be depressed, tense or tired. Women who rarely took vacations were more likely to face stress at home and get poor sleep.

You can gain self-confidence. By giving yourself a break you are declaring that you value your well-being and deserve to relax. If you have earned vacation time, you've earned the chance to use some of it.

It can give you creative inspiration. A change from your daily schedule can introduce you to new locales, new interests and new ideas. You allow your brain to think differently when you have new experiences. Put that new creative energy to good use when you return to work.

You may become more productive. When you know you have a vacation planned, you make your time at work more productive. Knowing you have a reward to look forward to helps you be efficient with your work hours and get things done.



Wellness Committee offers projects for Frankfort staff

The CHFS Wellness Committee is sponsoring several upcoming projects, and Frankfort staff is welcome to be a part of them.

Community Garden. Help tend to the plants in the two kidney-bean shaped plowed lots near the walking trail outside the cafeteria.

Exercise with Ease. Join in this free stretching class from noon to 12:30 p.m. every Monday and Thursday, July 7 - Aug. 14, in the CHR DPH conference suites A, B and C. Instructor Mark Johnson will lead the group in gentle "Dy-naband" exercises.

Bands will be provided. For more information on the class, contact Jenye Grider at (502) 564-7996, ext. 4433.

Better Bites Taste Testing. This summer, the CHR cafeteria will feature Better Bites options, making the healthy choice the easy choice. Each entrée -- which will be labeled with the Better Bites logo -- will meet criteria for calories, sodium, fat and sugar.

DPH will be launching Better Bites with a party in the cafeteria on Wednesday, July 16.

At the program's start, one Better

Bites entrée will be offered every Wednesday. Additional products will be approved and promoted as the program is developed.

One Better Bites entrée will be featured per week on Wednesdays to get the program started. Coupons will be available to entice staff to try these entrees.

Weight Watchers @ Work. Weekly meetings are 11:30 a.m. each Wednesday in the Bluegrass Conference Room. State employees and retirees receive a special rate.

Knitting Network. Needlework is a proven stress reducer, and that is a big part of overall wellness. Bring your needles or crochet hooks to the CHR cafeteria on the second Wednesday of each month and join others with your current project. Or just show up and someone will be glad to teach you. Gather at the back wall of the cafeteria.

The Wellness Committee is also sponsoring the ongoing Summer Challenge Weight Loss Program for participants who have already registered. Weekly weigh-ins are at 11 a.m. Wednesdays in the CHR Bluegrass Conference Room.

CHFS leadership staff screens KET's 'Safe and Sound'

CHFS leadership led a screening of KET's health special report "Safe and Sound: Raising Emotionally Healthy Children in a Stressful World" last month.

About 60 staff watched the report, which is narrated by KET's Renee Shaw and features staff and programs of the cabinet.

The program explores why social and emotional development is so important in the first years of life.

DCBS Commisisoner Teresa James told the group at the screening that everywhere she goes, people ask her about the CHFS programs featured in the report – HANDS and START.

"It is a credit to most of you who are sitting in this room," she said. "You have played some role in this cabinet's success of two nationally recognized programs that KET thought were special enough to spend months producing this report."

James said when she saw the program for the first time, "I could not have been more proud to be with a cabinet and the caliber of people in this video who really make a difference every single day for the families that we serve."

"Safe & Sound" investigates how what happens in childhood effects the way children mature. Research on brain development shows that positive early experiences are critical for long-term mental and physical health. When young children do not receive proper nurturing or they experience trauma or constant stress, it can have serious repercussions on their development. Through interviews with experts and profiles of programs across Kentucky, "Safe and Sound" presents



DCBS Commissioner Teresa James speaks to a crowd of about 60 staff before the screening of KET's 'Safe and Sound.'

ways that parents can foster good social and emotional development.

Dr. Ruth Ann Shepherd, director of DPH's Maternal and Child Health is featured discussing the study of adverse childhood trauma and its effect on children as they develop.

Tina Willauer, director of DCBS' Sobriety Treatment and Recovery Teams (START) and program staff is featured discussing how that program uses a collaborative model to provide intensive and efficient help for families facing substance abuse. Focus is on the Boyd County area START program.

"Safe and Sound" also highlights the Health Access Nurturing Development Services (HANDS), a program for new parents offered through DPH. The program, available in all 120 Kentucky counties, supports parents with research-based information about how to foster good social and emotional development. The program visits families in Clark County that have benefited from HANDS.

Watch "Safe & Sound" and learn more online at http://www.ket.org/cgi-bin/cheetah/watch_video.pl?nola=KSASO%20000000&altdir=&template.

First module of Operation Mobile Meds exercise a success

The first module of the Operation Mobile Meds exercise was held on May 21, 2014 in Lexington to validate the state's ability to acquire and dispense medication from its Mobile Pharmacy following a natural disaster or severe weather event.

The exercise scenario featured a local pharmacy becoming inoperable due to severe weather, eliminating the jurisdiction's ability to

provide pharmaceutical support to the community. The quick activation and deployment of the Mobile Pharmacy served to temporarily supply this lost capability.

During the exercise, patients simulated receiving medications from the trailer for a variety of different illnesses. The second Module of the exercise was held on May 29 and will focused on the alert and

notification procedures, along with the actual ordering of medications from the vendor.

Participating exercise staff included: Members of the Kentucky Department for Public Health Preparedness Branch; Kentucky Pharmacists Association; Kentucky Board of Pharmacy; QS/1, HD Smith and the U.S. Drug Enforcement Agency.

GREEN

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“People enjoyed it. They came out and got to know people they had never met before,” Cambron said.

“They got to know each other and that was the fun part. They tried some foods they had never tried before like basil, cilantro and that type of stuff. It got people outside and active. I know when I went outside on my breaks I’d just meander over there and see what was growing.”

The idea of a community garden for Department for Public Health employees was an easy sell. Implementing it, however, was much tougher. The decision-makers at DPH knew what they wanted, but starting a garden from scratch seemed daunting. From securing the land to finding plants to tending to it all summer and fall, there were unexpected details at every turn. According to Cambron, the group overcame its lack of gardening knowledge with enthusiasm. The first year results far exceeded their modest expectations.

“When we first started talking about it we thought, ‘How are we going to get it started? It sounds kind of hard,’” Cambron said. “It just naturally happened and really went beautifully. We really didn’t have any hiccups. At first we wondered how we were going to get water and help us maintain it but that really wasn’t an issue.”

Part of the success of the project is its widespread appeal across many groups. From the seasoned gardener who grew up on a large farm to the city dweller who has never picked up a shovel, there is something in the garden for everyone. From watering to weeding to harvesting, the real work of the garden does not start until long after the plants are placed in the ground.

According to Elaine Russell, who helped Cambron implement the garden idea and kept track of volunteers for the garden, the transformation was evident with much more than just plants.

“We kept an email list and weekly we kept people updated on our progress and gave a list of tasks to do. We relied on seasoned gardeners who happened to be in the building and they would say things like we needed to sucker the tomato plants. Then we had to Google what that meant,” Russell laughed. “Their help was definitely a big deal. You could see people learn from other people. They wanted to grow a garden but they didn’t know whether they could do it. Then someone would say, ‘Well it’s easy. You just do this.’ You could see that transfer of knowledge.”

Cooking with Veggies

In an effort to illustrate the benefits of cooking with fresh vegetables this summer The Focus will publish your favorite recipes that require vegetables or herbs. Please send your recipes to elden.may@ky.gov.

Part of the reason for the enthusiasm is the loose structure of the project, which encourages a sense of ownership while at the same time giving enough freedom to learn about horticulture in a hands-on way. Besides volunteers inside the building there has been overwhelming support from other groups in state government, as well as community partners. Employees from the CHFS landscaping branch tilled up the plots in the courtyard and even donated some plants. The Kentucky State University College of Agriculture, Food Science and Sustainable Systems also donated plants and expertise. Even employees of the governor’s office donated plants last year. This allowed the garden to have a wide variety of vegetables and herbs, including tomatoes, peppers, beans, cilantro, basil, cucumbers and onions. This year the project has expanded to include Beyond the Bridge, a local farm that specializes in organic plants.

“Michael Bomford from KSU came over one day and did a lunch and learn. Before we had all these pests in our beans and people were telling me to go get Seven Dust and I didn’t know what that is,” Russell said. “He came over and told us about why you want pests. He gave a great talk and people were coming up to me after saying, ‘Can he come next week too?’ He had such a good organic perspective and told people in such an easy way to understand why you do certain things and how it works. We hope we can do that again this year and get some other topics people might suggest.”

Although the two plots measure roughly eight feet by 15 feet, the yield for the first year was strong. Cambron says she sees an opportunity this year to use the garden for an additional purpose – as an educational tool to illustrate the benefits of eating healthier. The garden is open to any CHFS employee and Cambron and Russell hope to see as many people as possible take advantage of the opportunity for free produce this summer.

“You don’t have to be a gardening expert. As long as you are interested and willing to participate and help, you don’t have to know anything about it. Just come out here and if you see a tomato, pick it off,” Cambron said. “You don’t have to spend hours with it. We just want you to be familiar with it. Even though I’m married to a farmer I really don’t know that much about it.”



Lee Specialty Clinic Opens Doors in Louisville

Governor Steve Beshear and state Rep. Jimmie Lee, of Elizabethtown, joined Cabinet for Health and Family Services Secretary Audrey Tayse Haynes and behavioral health advocates on Wednesday, June 11, for the opening of a new health care clinic created specifically to meet the needs of individuals with behavioral and intellectual disabilities.

The Lee Specialty Clinic, named in honor of Rep. Lee, is located at Bingham Gardens, a group of residential facilities in Louisville. The state-of-the-art clinic will provide a variety of health care services, such as primary care, dentistry, psychiatry, clinical psychology, behavioral analysis, crisis intervention and therapeutic services. Patients of the clinic also will have access to a wide network of medical and dental specialists and sub-specialists.

“Unlike any clinical program in existence anywhere in the country, the Lee Specialty Clinic is the only interdisciplinary patient care, teaching and research program exclusively serving patients with intellectual and developmental disabilities,” said Gov. Beshear. “This is a great step forward in terms of being able to better serve the residents of Bingham Gardens – and for the entire spectrum of behavioral health in Kentucky.”

“I’m deeply honored to have this clinic named after me, but I’m more proud of what it will be able to do for those Kentuckians who depend heavily on these services,” said Rep. Jimmie Lee, of Elizabethtown. “The progress we have made in this field over the last decade or two is phenomenal, but there is still a lot of work in front of us. My hope is that the lessons we learn from this clinic will help lead the way.”

During the ribbon cutting ceremony, Gov. Beshear was presented with the inaugural “Exceptional Gov-

ernor's Award” from Exceptional Parent Magazine, a publication targeted to parents of individuals with intellectual and behavioral health needs. During the governor’s award presentation, the publication noted the award’s very creation was inspired by Gov. Beshear’s support of the Lee Specialty Clinic.

“Nowhere is the problem and shame of health care disparities made more significant than in the special needs community,” the publication noted. “The need for competent, comprehensive and collaborative health care for this population has not only been recognized by Gov. Beshear, but it has been responded to.”

The Lee Specialty Clinic will serve adults with intellectual and developmental disabilities who live at home with their families, or in a variety of residential settings throughout the Commonwealth, including intermediate care facilities, community homes and independent living homes.

Administered by Drs. Matthew Holder and Henry Hood, the facility will offer the highest quality health care and most advanced training experiences in the fields of developmental medicine and developmental dentistry.

“We are extremely excited today to recognize Rep. Lee for his long-standing commitment to individuals with behavioral health needs and celebrate the opening of the Lee clinic that bears his name,” said Secretary Haynes. “These last few years have brought challenging economic times, but Gov. Beshear has fought to improve health care for all Kentuckians. We have been able to broaden access to care across the state, but we’ve also fought to enhance resources and services for our most vulnerable populations. That is what today is about.”

Some Kentuckians still eligible for special enrollment opportunities through kynect

Although the next kynect open enrollment does not begin until November 15, several groups of Kentuckians are currently eligible for a special enrollment opportunity through kynect. These groups include COBRA participants and some individuals purchasing coverage in the individual market. Eligible individuals, including foster children aging out of the foster care system, can also apply for Medicaid at any time using kynect.

“It is important for people to know that if they lose coverage during the year or have other special circumstances that apply to their situation, they may be eligible to apply through kynect outside the open enrollment period,” said Carrie Banahan, executive director of kynect. “We encourage those with questions to visit the website to apply, or contact a kynector or agent who can give them additional information and assistance.”

The federal Department of Health and Human Services (HHS) recently announced that states could allow a number of populations to continue enrollment for an extended period, due to hardships or specific circumstances that may have prevented them from taking advantage of the open enrollment period. The special enrollment will allow individuals to apply for subsidies and select a qualified health plan (QHP) under certain circumstances.

Among those who are eligible for the special kynect open enrollment period are:

- **COBRA-related:** Individuals eligible for or enrolled in COBRA or whose COBRA coverage is exhausted may apply for coverage through kynect. Due to concerns about the possibility that COBRA notices did not make

newly available health coverage options through the Affordable Care Act clear, a special enrollment period for these individuals is open through July 1.

- **Individual Market Plans Renewing Outside Open Enrollment:** If individuals purchase coverage in the individual market, they will have the option to apply and select a qualified health plan up to 60 days before their insurance carrier notifies them they have to renew their policy or let it lapse (in order to arrange coverage through kynect beginning on the first of the month after their previous policy expires) or up to 60 days after the renewal date has passed for their previous policy.

- **AmeriCorps/VISTA/National Civilian Community Corps Members (NCCC):** Individuals who are beginning service in AmeriCorps state and national, VISTA or NCCC programs or who are concluding their service in these programs and losing short-term limited duration or self-funded coverage are

now eligible to apply for 60 days from either the date they begin service or lose access to other coverage.

In addition to these special enrollment periods, the ACA also provides coverage for children aging out of the foster system:

- **Foster children** who were in care at age 18 will now qualify for continuous Medicaid coverage until age 26, regardless of income or the state in which the individual was in foster care.

Individuals who have a qualifying event such as marriage or job loss leading to loss of health coverage may also qualify to apply for subsidies and enroll in a qualified health plan through kynect outside the open enrollment period.

