

MHA NEWSLETTER

Last PRINTED Edition

Starting next month with the September 2017 edition, the



***MHA Newsletter will be
produced in
electronic format only.***

To be added to the email list, or for
questions, please contact

Susan Williams at (607) 756-4198 or susan@sevenvalleyshealth.org

HOUSING IS HEALTHCARE: CONNECTING HEALTH WITH HOUSING

In the realm of Healthcare, particularly given today's controversial and political environment, we often focus on things like health insurance, medications, and access to providers. However, there is one key issue that many still do not connect with Healthcare, and that is Housing. According to an article published by John Lozier, the Executive Director of the National Healthcare for the Homeless Council, there are significant connections between Housing and Health.

Those who struggle with health often find themselves in financial hardship, which then puts their housing at risk (Lozier, 2011). Being homeless often creates poor health outcomes due to living on the streets, not having access to facilities for hygiene,

living in unsanitary conditions, or being forced to live in crowded shelters with significant risk of exposure to viruses and other health risks (Lozier, 2011). Finally, those who are homeless and in need of medical services find themselves attempting to navigate a system that seems hostile and unwilling to meet their needs because they don't have a permanent address to send the bill to.

Poor health puts one at risk for homelessness. Half of all personal bankruptcies in the US are caused by health problems, too often and too quickly leading to eviction and homelessness.

Housing First, which was first introduced in 1999 by Drs. Sam Tsemberis and Sara Asmussen, is a model of housing designed to provide safe and stable housing to homeless individuals without requiring them to adhere to stringent rules or practices of abstinence (Tsemberis & Asmussen, 1999). Instead, Housing First allows an individual to be treated with dignity and respect, making their own individual choices while also being given access to any resources they may find beneficial and helpful to making healthier choices for themselves.

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App(s) of the Month: Breastfeeding Central

The Breastfeeding Central app is like having a breastfeeding expert in the palm of your hand. Written by a board certified lactation consultant, it guides you through every phase of nursing your baby. Learn how to prepare for breastfeeding during pregnancy, get started in the hospital, and successfully manage the early days and months of nursing. A section on *Common Difficulties* provides helpful suggestions if any problems occur.

iPhone: <http://apple.co/2tQ3UjH>

Android: N/A



HOUSING IS HEALTHCARE: CONNECTING HEALTH WITH HOUSING

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This model allows for the provision of stable housing, which in turn reduces the negative health consequences of homelessness, connects individuals with services and resources, reduces the use of crisis services, and provides sup-



portive case management that result in improved health and well-being for participants. The long term outcomes are healthy people living healthier lives.

By Shari Weiss, Ph.D., MPA, CASAC
Community Housing Manager
Catholic Charities of Cortland County

Sources:

Lozier, J. (2011). *National Health Care for the Homeless Council: Housing is Healthcare*. Retrieved from: <http://www.nhchc.org/wp-content/uploads/2011/10/Housing-is-Health-Care.pdf>

Tsemberis, S., Asmussen, S. (1999). *From Streets to Homes: The Pathways to Housing Consumer Preference Supported Housing Model*. Hawthorn Press, Inc.

AUGUST IS NATIONAL HEALTH CENTER MONTH

Family Health Network of Central New York, Inc. (FHN) is a federally funded community health center that provides a broad range of health care services to the residents of Cortland, Cayuga and contiguous counties.

Since that time, Family Health Network has grown to five free-standing medical health centers, one which includes dental, and four school-based health centers located in Cortland, Cayuga and Madison counties. FHN serves residents of those counties, as well as, the contiguous counties of Tompkins, Chenango, Broome and Tioga. FHN is the only source of care in several of the communities served. All five of the medical health centers are either newly constructed or have been recently renovated and reflect state of the art planning.

Family Health Network provides comprehensive primary medical care and dental care services directly and by referral. FHN provides critical services that are accessible in terms of hours of operation and locations. The medical sites are open Monday through Friday from 8:00am to 5:00pm with extended hours of operation in various locations. The dental services are available Monday, Tuesday, Thursday and Friday from 7:30am to 6:00pm.

All individuals are accommodated regardless of the ability to

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BREASTFEEDING HELPS MOMS AND BABIES' MENTAL HEALTH

Anyone can suffer from depression, including mothers and their children. A mother suffering from depression will find it more challenging to care for her child. Just the physical demands of motherhood can be exhausting, and this only adds to the impact of depression. Depression can be treated with proper therapy, however, the end goal should be the prevention of depression through long-term promotion of mental health.

Depression is common, affecting people of all ages, from all walks of life.. After childbirth, approximately 40-80% of new mothers experience mild and transient mood disturbance, while 13-19% develop postpartum depression when symptoms last over 2 weeks. Major symptoms of postpartum depression include anxiety, guilt, hopelessness, irritability, low energy, and loss of concentration. However, breastfeeding can help protect mothers from postpartum depression.

The child who is breastfed benefits from frequent contact with its mother. Her care and attention to the baby at her breast is reflected in that baby's lifelong mental health. One study showed that the effect of breastfeeding for one year was associated with better mental health through age 14. As is often seen in long-term studies of breastfeeding, it is dose-dependent.

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AUGUST IS NATIONAL HEALTH CENTER MONTH

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pay. Medical services are available until 7:00pm in several sites and Saturday hours are available at the Cortland Family Medical Office from 8:00am – 12:00pm. Open access appointment slots allow for same day appointments.

Over the last several years, there have been many changes to the healthcare system, including the creation and implementation of the Delivery System Reform Incentive Payment Program (DSRIP). The overarching goal of DSRIP is to transform healthcare, with the primary goal of reducing avoidable hospital use by 25% of over 5 years. One of the many DSRIP projects that FHN participates in is the Integration of Primary Care and Behavioral Health Services. A Community Needs Assessment (CNA) was commissioned and documented that there is an identified gap in access to behavioral health services in the region and a perception by focus study participants that they do not receive adequate health interventions from their current primary care providers for their complex physical and behavioral health needs. FHN's objective is to offer integrated primary care and behavioral health services; with the goal of helping individuals to proactively deal with their health issues, avoid crisis health events and consequently lead to a reduction in ER visits and in-patient hospitalization.

FHN has an integrated care team that is very proactive in screening for depression at every visit. Dr. Douglas Rahner, Medical Director and Vice President of Medical Services for Family Health Network states that, "Often our patients have difficulty accessing behavioral health services because of geographic isolation (the behavioral health provider is too far away to go every week). Much of the initial management of behavioral health occurs in our health centers with primary care providers screening, diagnosing and prescribing initial medications for patients." In addition, Kim McMasters, Director of Quality Services stated that, "Our Care Coordinators have responsibilities similar to the "traditional" mental health case management, but with an expanded overarching role to coordinate all the services that a patient may need. In 2016, FHN providers screened 98% of their patients, and managed an estimated 20% of their patients for mental health disorders. FHN's Care Coordinators help the primary care team monitor the patient's response to treatment, and work on self-management (behavioral interventions) with the patient."

By Kate Alm

Director of Development/DSRIP Coordinator at Family Health Network of Central New York, Inc.



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To learn more about the Cortland MHA visit:
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or contact:
mhacortlandny@gmail.com

BREASTFEEDING HELPS MOMS AND BABIES' MENTAL HEALTH

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The longer a child breastfeeds, the greater the positive effect. Breastfeeding mothers are also at lower risk of depression than formula-feeding mothers. Mothers who are depressed benefit from the act of breastfeeding as well.



August is National Breastfeeding Awareness Month. 65% of infants in Cortland County are exclusively breastfed in the hospital. Breastfeeding benefits the health of both mothers and babies, protecting against a range of physical health problems as well. Explore Cortland County's breastfeeding data on HealtheCNY to find out more about breastfeeding in your community. <http://HealtheCNY.org/BreastfeedingData>

From: Breastfeeding and Mental Health Joint Statement from WABA & LLLI in celebration of World Health Day

<http://waba.org.my/breastfeeding-and-mental-health/>

Addressee

Questions, comments, or feed-back on the MHA Newsletter?
We appreciate your thoughts!

WE'RE GOING GREEN!

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Community Events & Support

Summer Meals Program

Mondays–Fridays, July & August

For more information or a list of sites visit ccocc.org/summer-lunch-program or call 607-756-5992, ex. 134

Family Matters

Saturday, August 5th

Camp Owahta, Solon, NY

For more information and to register, please contact Alma Johnson at 607-753-5155.

607 Healing Hearts

August 21st, 6:00–8:00pm

28 N. Main St., Cortland, NY

Grief support group for parents/guardians who have lost a child due to an overdose.

Please email to preregister: 607healinghearts@gmail.com

Cortland LGBT Men's Group (Monthly)

- Where: Cortland LGBT Resource Center, 73 Main St.
- Contact: (607) 756-8970

Parents & Change Support Group

Sep 11 Oct 9 Nov 13 Dec 11

(Monthly/2nd Monday)

- When: 6:00 to 7:00 PM
- Where: 90 Central Avenue
- Contact: Beckey Tripp (parentsandchange@yahoo.com)

Caregivers Support Group (Monthly)

- When: 4th Thursday at 12:30 PM
- Where: County Office Building (Dining Room)
- Contact: The Area Agency on Aging @ (607) 753-5060



If you have an upcoming community event or article you would like considered for admission to the MHA Newsletter, send your submission to susan@sevenvalleyshealth.org by the 7th of the month prior.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.