

Mental Health Minute

A Quarterly Publication from Solano County Mental Health

Affordable Care Act—What it Means for You



Affordable Health Care

In 2010, the federal government approved a law - the Patient Protection and Affordable Care Act (ACA), - to increase the number of Americans with health insurance and cut the cost of health care.

As of October 1, 2013, Covered California (a new online "marketplace" to purchase health insurance) began enrolling eligible Californians for health care insurance coverage that will begin in January 2014. Residents who do not have health insurance from their employer or another government program, or for whom that insurance is not affordable, may qualify for help with premiums.

To learn more about the Affordable Care Act, please visit: <http://solano.networkofcare.org/mh/library/learning-center.aspx?lc=aca>

If you do not have health insurance or have purchased a policy yourself because you are self-employed or your employer doesn't provide it, you may be able to buy a policy through your state's insurance marketplace. Go to Covered California at www.coveredCA.com or call 800-300-1506.

In This Issue

- Affordable Care Act—What it Means for You
- Who to Call, Where to Go
- Surviving the Holidays—5 Life Coaching Tips
- Affordable Care Act Event

Important Facts:

- ⇒ **More Health Insurance Options.** State marketplaces have been established where individuals and small business can shop for health insurance on the Internet, in person or by phone.
- ⇒ **Affordable Coverage and Financial Assistance.** Federal financial assistance is available to help cut the cost of health insurance.
- ⇒ **Protection for Consumers.** Health insurance cannot be dropped if someone gets sick.
- ⇒ **Increase Coverage.** ACA strengthens Medicare, Medicaid (Medi-Cal in California). Also, young adults under the age of 26 can now be included in their parents' health insurance plan.
- ⇒ **Fines for No Coverage.** Starting January 2014, most adults will be required to have public or private insurance or pay a fine of 1% of yearly income or \$95 per person, whichever is greater.
- ⇒ **What Businesses Will Need to Do.** Employers with 50 or more full-time must offer appropriate health insurance or face a fine.
- ⇒ **Rate Increases.** Health insurance companies must give a for any increase in premiums.

(Continued on the last page)

Get Involved

Committees & Boards
Consumer/Family Advisory
Committee—CFAC
3rd Wednesdays, 10:00—11:30am
Call for location (707) 784-8102
reford@solanocounty.com

Local Mental Health Board
3rd Tuesday of every other month,
4:30—6pm
2101 Courage Dr., Fairfield
(707) 784-8320
cllimerick@solanocounty.com

Get Linked

Mental Health &
Self-Help Resources
For information on Solano County
Mental Health Services, please
visit: www.solanocounty.com OR
www.networkofcare.org

Anxiety Disorders
www.adaa.org

Bipolar Disorder
www.bipolarhappens.com

Children & Adults w/Attention Defi-
cit Disorders
www.chadd.org

Depression/Bipolar Support
Alliance
www.dbsalliance.org

Mental Health Net
www.cmhc.com

Obsessive Compulsive
Disorder
[http://www.nimh.nih.gov/health/
topics/obsessive-compulsive-
disorder-ocd/index.shtml](http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml)

NAMI
www.namisolanoounty.org
www.nami.org

Schizophrenia
www.schizophrenia.com

Who to Call, Where to Go

Q: What if I am, or someone I know is, experiencing a psychiatric emergency?

A: Call Crisis Services (24/7) at (707) 428-1131, or call 911, or go to the nearest Emergency Room of any hospital.

Q: I think I need mental health services but I have never received services in Solano before. What should I do?

A: Call our Access Line at 1-800-547-0495. We consider this the front door to any of our mental health services.

Q: I spoke to someone about getting help for my child two weeks ago. Someone said that I would be contacted to schedule an assessment, but I still haven't heard from anyone.

A: Please call our Access Line at 1-800-547-0495 to follow up.

Q: Where do I call to reschedule the appointment I have with my psychiatrist?

A: Call the clinic where you normally see your doctor. You can find a list of numbers to each clinic below. (*Only call the clinics directly if you are already receiving services*).

Q: I am almost out of medication and need my psychiatrist to authorize a refill.

A: Please do not wait until you are almost out of medication before you seek a refill. Ask the pharmacist to fax the refill request to the clinic where you see your doctor (at least a week in advance). Most local pharmacies will have this information and staff at the clinic will assist the pharmacy in filling your prescription.

Q: I am not happy with my therapist and want a new one.

A: We are sorry things are not working out with your provider (psychiatrist, psychologist, case manager, therapist) and will do our best to accommodate your request. Please complete a "Request to Change Service Provider" Form located in your clinic lobby and give it to the receptionist. Your current Solano County Health Services will NOT be adversely affected in any way by requesting to change your service provider.

Q: I have bipolar disorder and I would like to get support from others like me.

A: We encourage you to participate in activities that will help promote your mental health. We have several groups that may fit your needs. Please refer to the "Get Connected" section of this newsletter.



For all **NEW** services please call our:

Access Line 800-547-0495

Psychiatric Emergency Services (24/7)	(707) 428-1131
Patient's Rights Advocates	(866) 523-7128
Problem Resolution Coordinator	(800) 459-9914

Only call the clinic numbers below if you are already receiving services, otherwise call 800-547-0495

Fairfield Services—2101 Courage Drive, Fairfield

Mental Health Forensics	(707) 784-2059
Mental Health Hospital Liaison	(707) 784-8138
Mental Health Managed Care	(800) 547-0495
Adult Mental Health Services	(707) 784-2080
Children's Mental Health Services	(707) 784-4900

Vacaville Services—1119 E. Monte Vista, Vacaville

Adult Mental Health Services	(707) 469-4610
Child & Adolescent Mental Health Services	(707) 469-4540

Vallejo Services—355 Tuolumne Street, Vallejo

Adult Mental Health Services	(707) 553-5331
Children's Mental Health Outpatient Clinic	(707) 553-5810

Surviving The Holidays: 5 Life Coaching Tips

Here's a bit of 'no kidding' life coaching about the holidays. YOUR FAMILY WILL PUSH YOUR BUTTONS. Is this true for you? No sooner does that one sibling, aunt or family friend walk into the room than they say something that sets your hair on end. I'm talking about the thing that can spoil otherwise joyful holidays, that one thing that is the source of the old saying 'familiarity breeds contempt'.

So how do you deal with the 'stuff' you experience when you're around family members that bug you or set off your 'negative auto response'? I'll make this coaching easy to remember and you can bring it with you when you go off to visit.

1. **Forget the past.**

For most people, as soon as their uncle or aunt says that one stupid thing or their sibling makes that off color or racist remark that 'you just KNEW was coming' we pull every stupid thing, every bad experience we've ever had of this person into the present moment. Try this time to pretend that you are meeting this person as a stranger and see how much more patience you have for them.

2. Pause. Really, mastery in so many things comes from taking the time to be conscious; taking the time to consider the choice before making it. Get that last part: it is a 'choice' you make, even if it is so automatic that you've lost the element where choice is obvious. If you choose to stop and not jump into your 'knee jerk' reaction to these relatives or family friends who just 'set you off' you can have a moment to respond instead of react. I'm

not the first one to encourage people to 'count to 10' at the moment of 'pain', and it can be a really effective tool.

3. Avoid Alcohol. Yes, alcohol can be a way to 'numb' yourself and even, at some point, find these terrible relations a bit funny, but as I've heard from several friends, "There is no bad situation that alcohol can't make worse".

4. Avoid the urge. If you find it very difficult to avoid this problem relative try volunteering to help in the kitchen or take the younger kids on a walk or tend the fireplace. Find something you'll enjoy to do with this special consideration; don't



be driven so far away that this 'jerk' takes your holiday from you. Volunteering and getting involved is something you can do for you, to heighten your enjoyment, so keep it in context, ok?

5. Grow up. You first have to be able to let go of the 'you' you once were for others to realize the

'you' you've become. Let yourself grow up and grow towards what you love and are passionate about and don't get caught up in resentment of your parents, siblings, relatives, 'humble' beginnings or any other part of your past that you may regret or blame for the way your life turned out. Take responsibility and love the life you have. THAT is the way to enjoy not only the holidays, but your life in general, to the fullest.

This is an excerpt from an article written by James M. Lynch for The Huffington Post. For this complete article, please visit: http://www.huffingtonpost.com/james-m-lynch/surviving-the-holidays-5_b_373997.html

Get Connected

Bipolar & Major Depression
Support Group
Wednesdays, 6—8 pm
2101 Courage Dr., Fairfield
For more info call Rachel (707)
553-5735 or e-mail
reford@solanocounty.com

Family Members & Loved Ones of
Persons with Mental Illness
Wednesdays, 6—8:30 pm
2101 Courage Dr., Fairfield
For more info call Karen (707) 784-
2096 or e-mail
kasmith@solanocounty.com

Finding Your Way
1st & 3rd Mondays, 6—7 pm
Solano Parent Network
470 Chadbourne Rd., Fairfield
(707) 427-3545 x.417 or x. 420
www.solanoparentnetwork.org
(Child care w/Reservation)

Hidden Moods, Emotions &
Feelings Group
2nd & 4th Wednesdays, 9-
10:30am
Global Center for Success
1055 Azure St. (Mare Island), Vjo
(707) 562-5673 or (707) 553-5735
reford@solanocounty.com

NAMI—National Alliance on
Mental Illness Family Support
Group
(Solano Chapter)
2nd Mondays (except Dec.)
6:30—8:30 pm
490 Chadbourne Rd, 2nd Floor
(Children's Nurturing Project)
(707) 422-7792
www.namisolanoounty@sbcglobal.net

Schizophrenia Support Group
1st & 3rd Mon, 9:30—11 pm
First United Methodist Church of
Vallejo, IMANI Fellowship
502 Virginia St, Vallejo
(enter at black iron gate & up stairs
-follow the signs)
No child care available
(707) 553-5735
reford@solanocounty.com

(Continued from front page)

⇒ **No Limits to Health Care an Individual Receives in His or Her Lifetime.**

⇒ **Preventive Care.** New health insurance plans must cover preventive care and medical screenings with no copayments or deductibles.

⇒ **Essential Health Benefits.** Newly sold health insurance plans must cover services such as:

- Ambulatory patient care
- Emergency services
- Hospitalization
- Maternity and newborn care

- Mental health and substance abuse disorder treatment
- Prescription drugs
- Rehabilitation and habilitation services and devices
- Lab services
- Preventive and wellness services and chronic disease support
- Children’s services, including dental and vision care

⇒ **New Tools to Choose.** Covered California is the new online “marketplace” to purchase quality health care insurance.

Affordable Care Act—Events

Affordable Care Act Health Care Forum

Wednesday, October 16th, 6:30—8:30

**Filipino Community Center
611 Amador Street, Vallejo**



U.S. Rep. Mike Thompson and several health specialists will be in Vallejo on Oct. 16 to explain the Affordable Care Act and its benefits in a forum that will seek to guide residents through enrollment options.

Accompanying Thompson will be Christina Calvo, Covered California representative and health enrollment specialist with Solano Coalition for Better Health; Keirsha Baron, enrollment specialist from Solano Coalition for Better Health; and Ann Edwards, Director of Solano County Health and Social Services.



The Affordable Care Act in 2013 & Beyond

Monday, October 28, 2013, 6:30pm – 8:00pm

470 Chadbourne Road, Fairfield, CA 94533

NAMI's October 28, 2013 general meeting will feature Parker Duncan, MD, MPH, of the Speakers Bureau for Physicians for a National Health Program. Dr. Duncan is a family medicine physician working in the community clinics of Sonoma County. He will present 'The Affordable Care Act in 2013 and Beyond – a Path to Improved Medicare-For-All in California.'

Dr. Duncan worked as a bilingual mental health counselor in the Mission district of San Francisco before attending medical school at University of California, Irvine. He is one of the founding physicians of the Sonoma chapter of Physicians for a National Health Program, which exclusively endorses a universal healthcare approach of public financing, often called “Medicare for All.” One of the reasons he is most passionate about ‘single-payer’, other than it is both the most economically sensible and socially just way to provide high quality, cutting-edge healthcare for all, is it includes the power to create mental health parity, for once and for all.

For more information call: (707) 422-7792 or email: namisolanocounty@sbcglobal.net



Our Mission

To provide mental health services and supports in Solano County that are person-centered, safe, effective, efficient, timely and equitable, that are supported by friends and community, that promote wellness/recovery, and that fully incorporate shared decision making between consumers, family members and providers.

Our Vision

Individuals of all ages will receive support to optimize their best development, increase their resiliency and recover from mental illness.

Our Values

- ☞ Hope
- ☞ Resilience
- ☞ Choice
- ☞ Community Integration
- ☞ Empowerment
- ☞ Inclusion
- ☞ Self-Reliance & Responsibility
- ☞ Meaningful Quality of Life



Published by:

**Solano County
Health & Social Services
Mental Health Division
Quality Improvement Unit**