

From Matt

(Per Email Sent 11/1/2012)

I wanted all of you to have this information, as I know some of you are being asked questions by your clients about this. KanCare is a huge change in things, so, in the spirit of keeping all of you as informed as I can, here you go.

The one caveat I would place on this information is this; do not tell any client which plan to pick. Those of you in positions to do so, help the client make the best, informed decision possible.

From: Mike Hammond

Subject: KanCare Update

Let me first give credit to Walt Hill for allowing me to hijack his message to his staff and edit to for use in our system.

By way of background, you may recall that the state of Kansas for some time has been working on moving all Medicaid services under managed care. For a number of years mental health services have been under managed care, with Kansas Health Solutions being the managed care company. Some of the physical health services have also been delivered through other managed care companies. However, the state's new plan, coined KanCare, will move all services together under three managed care plans. The State bid and contracted with three companies to be the managed care organizations (MCOs) for KanCare. Those companies are Sunflower Health Plan with Cenpatico as the mental health component, United Health with United Behavioral Health / Optum as the mental health plan, and Amerigroup. Each of these companies will serve approximately one-third of all Kansas Medicaid members.

This month, Medicaid beneficiaries will be assigned to one of the three managed care companies. This "auto assignment" is being made by the state and the assignment of the company will be made in part based on who the Medicaid member has as their primary care doctor, with whom they have been served with high levels of services, trying to put all Medicaid members in the same family in the same plan, and other factors. Medicaid members will have until the end of the year to change plans if they wish to be enrolled in a different managed care organization. Additionally, Medicaid members will have 90 days after the first of the year to change plans. It is important to note that all of the plans will have the same basic benefits and for us in mental health, all plans will essentially have the same number of benefits that members can receive with prior authorization and then after subsequent prior authorization. Each company does have a set of "value added" services and I have attached a listing of those which do differ between plans and may prompt some of our patients who are Medicaid members to choose to switch plans.

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Progress on Corning Building

Construction is under way at the Corning building! Crews from LaForge & Budd Construction Company have been busy with demolish duty of the inside of the building. New walls have been framed in and progress is moving steadily forward. To see more pictures of the project as it progresses, visit our Center facebook page at:

<https://www.facebook.com/LCMHS?ref=hl>



There are some general guidelines that have been provided by the state as to how we as providers can provide support to our patients who are Medicaid members in considering plan selection. Those guidelines are as follows and are provided by Lizz Phelps of Kansas Disability and Aging Services and the Association of Community Mental Health Centers of Kansas:

1. Starting point for clients is that nothing changes for them. They will continue to receive their services at the local CMHC.
2. Service limits are in place across all three plans before Prior Authorization occurs. So basic management of the service array should be similar if not exactly the same across all three plans.
3. A critical decision point is identifying who the critical health care providers are for that client (i.e., primary care provider) and are they also in the plan the client was enrolled in. If not, the provider needs to help them determine which plan those critical providers are in and narrow the decision down to ensure all are in the same plan.
4. An additional critical decision will be the value added services that each MCO is offering. The provider needs to review those options (provided there is a choice to be made after determining #3 above) with the client to see which value added services are most beneficial to the client.

You can and should assist the client as best possible. I assume the key players in our system will be the client's case manager or a benefits specialist, or maybe both in concert.

Additionally, the state has contracted with an aging and disability resource center (ADRC) to be available to Medicaid members to help them in navigating these changes. Attached is a guide provided by the state for providers / advocates to assist patients / Medicaid members through this process.

Over the next 8 weeks our system will be making necessary preparations to be prepared to operate under the new managed care companies under their announced start date of January 1st. In addition to adapting to the new managed care companies, nationwide the current procedural terminology manual (CPT 2013) is changing January 1, 2013. There will be many new and different CPT codes and definitions, particularly in mental health that we will need to adapt to. We currently are looking for training on line for staff to become acquainted with these changes.

As always, our system's first priority is to make sure that patients are matched with services that they need and that they get medically necessary services. It is vitally important that our staff communicate with CMHC leadership if they encounter difficulties around the changes in the managed care plan or if they become aware of customers of ours who experience difficulties.

One of the outstanding issues with managed care is how inpatient hospital assessments and screens will be conducted. Negotiations are continuing at a statewide level about whether the managed care companies will do their own screens, whether we will screen and then have to have authorization by the managed care companies or if they will simply allow us to continue to do the screenings of patients into private hospitals when patients have Medicaid coverage. These changes could bring about major shifts in how we operate and particularly how our customers such as local law enforcement, hospitals, courts, interact with us and with the managed care companies when individuals need to be hospitalized.

Finally, we are working with the three MCOs and the State workgroup to address remaining issues with each MCO's provider manual.

DLA 20 Training



On November 26th, from 8am to 12pm, select staff members who regularly diagnosis clientele will take part in a DLA 20 Training. For those who have been notified about participating in the training, please be sure that schedules

have been adjusted for this training.

Information about DLA 20 from the National Council for Community Behavioral Healthcare:

The Daily Living Activities (DLA) functional assessment tool is designed to assess what daily living areas are impacted by mental illness or disability. The assessment tool quickly identifies where outcomes are needed so clinicians can address those functional deficits on individualized service plans. Use of this tool ensures valid scores and consistent utilization for healthcare report cards. Study findings provide evidence of the usefulness of the DLA to support the functional assessment data needs of service providers.

The DLA is intended to be used by all disabilities and ages. Developmental Disabilities and Alcohol/Drug Abuse forms are personalized for daily functional strengths and problems associated with those diagnoses. An Adult form exists for SMI and SPMI consumers over the age of 18 and a Youth form for consumers between the ages of 6 and 18. The tool has been shown to take approximately 6 to 10 minutes to complete at the conclusion of an assessment. The information has proven value for treatment planning and estimating Axis V (Global Assessment of Functioning or GAF) of DSM IV and contributes valuable information in psychiatric approval for Medicaid reimbursement and healthcare reporting standards.

For more information on the DLA 20 Training please talk to your supervisor. Individuals may also visit the National Council website at:

http://www.thenationalcouncil.org/cs/dla20_functional_assessment_tool.

Don't Forget to Vote!

Election day is Tuesday November 6th. Be sure to take time out of your day to find your local election headquarters to cast your vote, not only for the national elections, but the local elections as well! FYI: For Parsons residents: Elections would be for US House 2nd District, State Senate 15th District, and State House 7th District. Other elections will be listed on ballots as apply.

For information on candidates running for offices in this election, you can visit:

<http://www.congress.org/election/guide/ks>



CSS Thanksgiving Dinner

The CSS Department will be holding its annual Thanksgiving Dinner for Adult Case Management Clients on Tuesday November 20th from 11:30am to 1:30pm. This event has become a tradition over the years for many of the staff and clients and serves as a time for them to gather together and enjoy a Thanksgiving meal. The CSS program generally expects to serve approximately 90 guests. LCMHS sponsors the dinner and staff help in preparation and serving to the clients. We look forward again this year to celebrate with every one. Staff are welcomed to join during their lunch hours as schedules allows.



Center Closing Dates

Labette Center will be closed on Monday, November 12th in observation of Veteran's Day and will reopen on Tuesday November 13th for normal business hours. The Center will also be closed on Thursday November 22nd and Friday November 23rd in observation of Thanksgiving. Normal business hours will resume on Monday November 26th. Please be sure to advise clients of the dates the Center will be closed. In case of emergency, individuals may call 620-421-3770 or 800-303-3770 to speak with an on call therapist 24/7.



New Employee

Da'Zaneece (Da' Za) Werner joined the staff of Labette Center on October 29th, 2012. Da' Za, a recent graduate of Parsons High School, has begun studying at Labette Community College with plans of entering the Physical Therapy program. She is a life long resident of Parsons. Da' Za enjoys sports and spending time with her friends. We are happy to welcome Da' Za to the Center!

Farewell to Verla

Labette Center would like to wish Verla Pepper-Adkins best wishes in all of her future endeavors.

Shirt Orders

The deadline for ordering shirts has been extended through the end of November. Orders will be due in by November 30th. To see color choices and information for shirts visit our website at www.lcmhs.com and go to the Employee login section. If there is not a minimum order reached of 10 shirts, the shirt cost will be at a higher amount for a "per piece cost". For questions, please contact Monica Simpson.

New Phone System

During the Thanksgiving holiday, Par Com will be installing a new phone system in the main building. The new system will be full of exciting new capabilities! It will have more programmable buttons for intercoming workstations. It will have voice mail capability. All employees will have a voicemail box whether they work in the mail building or not. Employees will be able to check their voicemail away from the office. Training on the new phone system will begin on Monday, November 26th, starting with the front office employees and other employees, as notified. All other trainings will be done on a one on one basis. Employees will be contacted regarding more information on this training. Phones will continue to always be answered by a live person in the front office. Questions regarding the new system should be directed to Sandra Dickerson, Director of Business and Financial Operations.

November Birthdays

Shereen Ellis	November 6th
Director of Clinical & Emergency Services	
Betty Reissig	November 13th
Front Office Receptionist	
Lorraine Royer	November 16th
Attendant Care	



Employee Anniversaries

Keaton Turner	Nov. 17th	1 year
Navigator's		
Mark Koehler	Nov. 21st	1 year
Therapist		



Last Quarter November 6th
New Moon November 13th
First Quarter November 20th
Full Moon November 28th

Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun.

The information to log on to the Silver Dollar City website is:

Web Address: www.sdcticketoffers.com
Promo Code: **15512** Labette Center for
Mental Health Services
Showboat Promo Code: **PARTNER**

The information to log on to the Worlds of Fun website is:

Web Address: www.worldsoffun.com
Promo Code: **Charlie**

Visit our Website!

Check out the Website! Visit www.lcmhs.com and see what the center is doing. Be sure to let your clients know if they need any information they can check our website. There are also forms available that can be printed off. Employees can get on the website, log in and get employee specific information! If an employee needs his/her password, please feel free to contact me at msimpson@lcmhs.com

Also - Join us on **FACEBOOK!!!** Updates, quotes, mental health news, etc are posted on the Center's FACEBOOK page on a regular basis. Page 3

November is Diabetes Awareness Month

You can reduce your risk for developing type 2 diabetes. You can take small steps to change your diet, increase your level of physical activity, and maintain a healthy weight. With these positive steps, you can stay healthier longer and reduce your risk of diabetes. Follow this link for a Diabetes Risk Test <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/>.

Source: www.diabetes.org



Daylight Savings Time Ends!

Make sure you **FALL** Back! Daylight savings time will end on November 4th at 2:00 am. (Meaning at 2:00 am the clocks will go back to 1:00 am)

***Our Vision** ~ Provide the highest quality of comprehensive services to empower the people and communities of LaBette County. We envision fulfilling and meaningful lives for those we serve.*

***Our Mission** ~ Create hope and opportunities for life change by providing education, support, consultation and therapeutic behavioral health services to the people and communities of LaBette County.*

Why Regular Check-Ups are Important

It's time to take control of your health! Schedule an appointment with your health care provider to discuss what preventive health services you need and at what age you need them.

Regular health exams and tests can help find problems before they start or when your chances for treatment and a cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life.

Where Can I Go for Health Services?

The best place to go for health services is your regular health care provider. However, if you do not have one, you can go to the Blue Cross Blue Shield Website to search for a provider in your area.

<http://www.bcbsks.com/>

The link below provides a **Check-Up Checklist** from the Centers for Disease Control and Prevention

<http://www.cdc.gov/family/checkuplist/index.htm>



Cauliflower mashed 'potatoes'

By Mayo Clinic staff

Original Article: <http://www.mayoclinic.com/health/healthy-recipes/RE00142>

Serves 4

Ingredients

1 head cauliflower
1 clove garlic
1 leek, white only, split in 4 pieces
1 tablespoon soft-tub margarine, non hydrogenated
Pepper to taste

Directions

Break cauliflower into small pieces. In a good-sized saucepan, steam cauliflower, garlic and leeks in water until completely tender, about 20 to 30 minutes. While cauliflower is hot, puree until the vegetables resemble mashed potatoes. (Use a food processor, or if you prefer a smoother texture, use a blender. Process only a small portion at a time, holding the blender lid on firmly with a tea towel.) Add a little hot water if vegetables seem dry. Stir in margarine and pepper to taste.

Nutritional analysis per serving

Calories	67	Sodium	75 mg
Total fat	3 g	Total carbohydrate	9 g
Saturated fat	0.5 g	Dietary fiber	3 g
Monounsaturated fat	1.5 g	Protein	2 g
Cholesterol	0 mg		

Fun Facts – Presidents Pets

With the Presidential Race upon us, here is some fun facts to lighten up the mood! All the presidents had pets of some kind, and some had some pretty interesting ones!

Thomas Jefferson had two grizzly bears, which were given to him by the famous explores Lewis & Clark. He kept them on the White House lawn for some time! John Quincy Adams was given an alligator that lived inside the White House for several months and his wife raised silkworms. Martin VanBuren was given two tiger cubs while he was president. James Buchanan was sent an elephant, which he in turn gave to the zoo. Abraham Lincoln's children had a pet turkey, which he gave a pardon to so it wouldn't be killed and eaten. Theodore Roosevelt had a garden snake named Emily spinach, a black bear cub, a badger named Josiah, a Macaw, a Hamster, as well as ponies and dogs! Calvin Coolidge, along with a multitude of dogs and cats, also housed a raccoon as a pet.

Most presidents have had a variety of dogs, cats, horses, etc. The only president not listed as having a pet of any kind was Chester Arthur. Our current president, Barrack Obama, has a Portuguese Water dog named Bo as the White House pet.

American History in November

November 1st, 1950 - Harry S Truman assassination attempt occurred.

November 2nd, 1889 - Susan B. Anthony and Elizabeth Cady Stanton, leaders of the women's suffrage movement, are stopped trying to vote.

November 6th, 1860 - Abraham Lincoln was elected President in one of the most significant presidential elections in American History.

November 7th, 1805 - Lewis and Clark sighted the Pacific.

November 7th, 1916 - Jeanette Rankin of Montana became the first woman member of Congress.

November 7th, 1917 - The Bolshevik Revolution occurred in Russia.

November 8th, 1966 - First African-American senator, Edward Brooke, was elected.

November 8th, 1942 - The Allies landed in North Africa during World War II.

November 9th, 1960 - John F. Kennedy was elected as the youngest president.

November 10th, 1775 - The Continental Congress created the Continental Marines, later the US Marine Corps.

November 11th, 1831 - Nat Turner was hanged for leading a slave rebellion.

November 11th, 1918 - World War I ended.

November 14th, 1971 - Mariner 9 becomes the first spacecraft to orbit another planet when it reaches Mars.

November 15th, 1777 - The Continental Congress agreed to the Articles of Confederation as the new form of government for America.

November 16th, 1973 - The construction of the Alaska Pipeline was approved by President Richard Nixon.

November 17th, 1734 - John Peter Zenger was arrested for seditious libel and held in jail for ten months before his case went to trial. Alexander Hamilton represented him and despite heavy pressure from the Governor's judges, was found not guilty. This case was important for setting a precedent of freedom of the press before America became an independent nation.

November 17th, 1973 - Richard Nixon makes his famous "I am not a crook" speech concerning the fallout over Watergate.

November 19th, 1620 - The Mayflower came into sight of Cape Cod and then turned south.

November 19th, 1863 - Abraham Lincoln delivered the Gettysburg Address.

November 20th, 1945 - Nuremberg Trials began charging Nazi soldiers and governmental officials with war crimes committed during World War II.

November 20th, 1962 - The Cuban Missile Crisis officially ended when President Kennedy ended the quarantine against Cuba.

November 21st, 1877 - Thomas Edison unveils the phonograph to the public during the Second Industrial Revolution in America.

November 22nd, 1963 - President John F. Kennedy was assassinated.

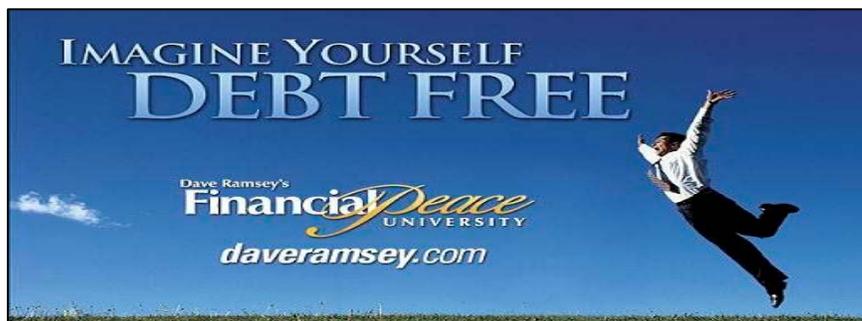
November 23rd, 1876 - Boss Tweed was delivered to authorities in New York.

November 24th, 1963 - Lee Harvey Oswald was shot by Jack Ruby.

November 26th, 1789 - Thanksgiving Day was celebrated upon George Washington's request.

November 30th, 1782 - The United States and Great Britain sign a preliminary peace agreement to end the Revolutionary War that would later become the Treaty of Paris.

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November is

American & National Diabetes Month
Aviation History Month
Epilepsy Awareness Month
Gluten-Free Diet Awareness Month
Lung Cancer Awareness Month
Military Family Appreciation Month
National Adoption Month
National Alzheimer's Disease Month
National Home Care & Hospice Month
National Inspirational Role Models Month
National Native American Heritage Month
National Novel Writing Month
National Peanut Butter Lovers Month
National Scholarship Month
Pancreatic Cancer Awareness Month
Spinach and Squash Month
Sweet Potato Awareness Month
Vegan Month
World Communication Week (1-7)
International Fraud Awareness Week (4-10)
National Nurse Practitioner's Week (4-10)
Dear Santa Letter Week (7-13)
Pursuit of Happiness Week (7-13)
American Education Week (11-17)
National Hunger & Homeless Awareness Week (11-17)
World Kindness Week (12-18)
National Young Reader's Week (12-16)
National Family Week (18-24)
National Game & Puzzle Week (18-24)
National Authors' Day (1)
National Family Literacy Day (1)
World Vegan Day (1)
Cookie Monster Day (2)
National Gaming Day (3)
Sadie Hawkins Day (3)
Daylight Saving Time Ends (4)
National Chicken Lady Day (4)
Use Your Common Sense Day (4)
Election Day (6)
Saxophone Day (6)
National Parents as Teachers Day (8)
Marine Corps Birthday (10)
Sesame Street Day (10)
International Tongue Twister Day (11)
Origami Day (11)
Veterans Day (11)
Veteran's Day (Observed) (12)
National Young Reader's Day (13)
Universal Children's Day (14)
World Diabetes Day (14)
Guinness World Record Day (15)
Homemade Bread Day (17)
National Survivors of Suicide Day (17)
Rocky and Bullwinkle Day (19)
Humane Society Anniversary Day (22)
Thanksgiving Day (22)
Black Friday (23)
Cyber Monday (26)
National Day of Listening (27)
National Meth Awareness Day (30)

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Even if the nation's isn't.

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