

NACM Conference 2014

NACM's 20th Annual Case Management Conference was a rousing success! Held October 21-23, 2014, in Philadelphia, PA, the conference hosted over 350 attendees who enjoyed the 50+ workshops and more than 80 speakers. NACM extends a THANK YOU to our conference sponsors, The Behavioral Health Training and Education Network, the Department of Behavioral Health and Intellectual disAbility Services, Otsuka America Pharmaceutical, Inc., Lundbeck, and Service Access and Management, Inc., who no doubt helped make this conference such a large success.

The theme of the conference was *Integrating Care & Influencing Outcomes Through Case Management*. Focus areas included health care reform, case management skills, clinical skills, housing, and many other topics. Presenters came from all over the United States, and were themselves quite diverse, including leading experts and first-time presenters. Handouts from presentations are available at www.yournacm.com.

NACM XCEL Award Winners from the 2014 Conference are as follows:

- **Case Manager/Service Coordinator**
Taeehsa Smith, PMHCC-CCT
- **Peer Case Manager/Service Coordinator-**
Lolita Robinson, Dorothy Mann
Center for Pediatric and Adolescent HIV, St. Christopher's Hospital for Children
- **Case Manager/Service Coordinator Supervisor-**
Kia Bigelow, Morris Home
- **Case Management/Service Coordination Program-**
Prevention and Recovery Services/
Hall Mercer

In addition to the XCEL Awards, NACM also awarded the Founders Award this year. This award is by recommendation of the Conference Committee or NACM board and is given to those who exemplify the vision and commitment of NACM's founders Ray and Linda Giesler. The **Founders Award** was given to Service Access and Management, Inc.

For more information about bringing a NACM conference to your area or co-sponsoring a NACM conference, please contact Theresa Henning at 402-441-4385.



INSIDE THIS ISSUE:

| | |
|------------------------|---|
| 2014 Conference | 1 |
| In the Spotlight | 3 |
| 2014 Taube Award | 4 |
| Call for Articles | 5 |
| Membership Information | 5 |

CASE MANAGER CONVERSATION STARTERS:

- "WHAT IS YOUR..."
- "WHERE DID YOU..."
- "WHO IS..."
- "WHEN WERE YOU..."
- "WHERE DO YOU..."
- "YOU MUST FEEL..."
- "HOW (SAD, UPSETTING, WONDERFUL)..."
- "RIGHT NOW YOU WANT TO..."
- "PERHAPS WE CAN..."
- "LET'S (LOOK AT THIS TOGETHER, LOOK AT OPTIONS, SEE WHAT WE CAN FIND OUT)..."
- "WHY DON'T WE..."
- "WE MIGHT..."
- "YOU AND I TOGETHER CAN..."
- "SO, IN OTHER WORDS..."
- "YOU'RE HOPING THAT..."
- "IT SOUNDS LIKE THEY..."
- "CAN YOU DESCRIBE..."
- "CAN YOU TELL ME ABOUT..."
- "CAN YOU FILL ME IN ON..."
- "COULD YOU CLARIFY..."
- "IT APPEARS TO ME THAT..."
- "I WONDER IF YOU COULD HELP BY..."
- "I GUESS WHAT WORRIES ME IS..."
- "I'M WONDERING IF..."



Get Active!

Choose a different tip each week to try! Challenge yourself to add to the list!

Walk Whenever Possible

- ♦ Walk instead of drive, whenever you can.
- ♦ Walk your children to school.
- ♦ Take the stairs instead of escalator or elevator.
- ♦ Take a family walk after dinner.
- ♦ Replace Sunday drive with a Sunday walk.
- ♦ Go for a half hour walk instead of watching television.
- ♦ Get off the bus stop early and walk.
- ♦ Park farther from the store and walk.
- ♦ Make a Saturday morning walk a habit.
- ♦ Walk briskly in a mall.
- ♦ Take the dog on longer walks.
- ♦ Walk to the local park to play.

WHY?

Small steps can help your family and the people you work with:

- Achieve better overall health
- Improve fitness and posture
- Increase balance
- Have a positive self-esteem
- Achieve a healthy weight
- Manage weight
- Improve mood
- Reduce risk of falls
- Have stronger muscles and bones
- Increase energy
- Relax
- Reduce stress
- Continue independent living later in life

Live Actively

- ♦ Join an exercise group, enroll your children in community sports teams or lessons.
- ♦ Do sit-ups in front of the television. Have a sit-up competition with your partner or kids.
- ♦ Pace the sidelines at kids' athletic games.
- ♦ Choose an activity that fits into your daily lifestyle.
- ♦ Use an exercise video if the weather is bad.

Move More in Your Home

- ♦ Garden or make home repairs.
- ♦ Do yard work. Get your children to help rake, weed, or plant.
- ♦ Work around the house. Ask children to help with active chores.
- ♦ Wash the car by hand.
- ♦ Use a snow shovel instead of a snow blower.
- ♦ Play with your kids or pet at least 30 minutes per day.
- ♦ Dance or do small exercises, such as calf raises, while making dinner.

- ♦ Avoid labor-saving devices, such as a remote control or electric mixer.
- ♦ Dance to music.
- ♦ Choose activities you enjoy.
- ♦ Explore new physical activities.
- ♦ Give yourself a gold star with non-food related rewards, such as a family day at the park, lake or zoo.
- ♦ Swim.
- ♦ Buy a set of hand weights and play a round of Simon Says with your kids—you do it with weights, they do it without.
- ♦ Go up hills instead of around.





SPOTLIGHT **Code of Support Foundation**

A national non-profit organization dedicated to bridging the Civilian-Military divide

Dear Friends,

Here are three significant facts about our most recent wars that all Americans should consider...

- 1) The Post 9/11 wars are the longest in our nation's history.
- 2) We are fighting it with an all-volunteer force so that the burden of multiple deployments rests on the backs of less than 1 percent of our population.
- 3) Advancements in both armor and medical care enable us to save many more lives. However this also means that more service members are coming back with severe physical and *mental* challenges than ever before. The need for behavioral support for our veterans *and* their families continues to rise.

Recent studies indicate that 30 percent of veterans face financial instabilities, familial and relational turbulence, health concerns, lack of employment and other challenges related to the transition from the military to the civilian life. Of course, still today, the majority of suicides and those living in homelessness, and requiring assistance are our Vietnam veterans. Given the number of current military family members, the needs of our current generation of veterans, in addition to the particular struggles of

previous eras, it has become clear that no one organization, public or private, can meet the mounting needs alone. The overwhelming demand for treatment of PTSD, deployment stress, and family concerns, in conjunction with a host of concurring challenges (i.e. financial assistance, employment, housing) leaves many veteran support organizations seeking assistance from community organizations, particularly civilian service providers. In the same way, most service organizations are serving veterans and military family members, whether they are identified as such or not.

In keeping our commitment to the [Code of Support](#) and our military and veteran families, Code of Support Foundation (COSF) works to engage and leverage the full spectrum of this nation's resources through our Case Coordination program and the Warrior, Veteran & Family Support Network, ensuring wrap-around support for all service members, veterans, and their families. COSF recognizes the vital role of community based case managers. COSF seeks to partner with, and empower local service providers across the nation, to more effectively serve our military and veteran families.

COSF can extend the network of knowledge and resources accessed by case managers with any case

regarding service members, veterans, and their families. Local case managers can contact us when working with a veteran or military family member that has a multitude of needs. In partnership, COSF Case Coordinators will work with local case managers when COSF clients require in person support and a more in-depth knowledge of specific issues or local resources. Working together, we can ensure all service members, veterans, and their families get the support they need and have earned through their service and sacrifice.

To learn more about how Code of Support Foundation (COSF) can help support your efforts, please contact Director of Partnerships & Integration, Jamie Stacy at Jamie@codeofsupport.org.





NRI Board Member Dr. Ron Manderscheid Receives 2014 Taube Award for Lifetime Contribution to the Field of Mental Health

Dr. Manderscheid graciously described the honor to NRI's Executive Director/ CEO, Tim Knettler:

"This award has very special meaning to me because Carl Taube was my good friend, colleague, and mentor at the National Institute of Mental Health. This year marks the 25th anniversary of his untimely death.

The focus of my work has always been an effort to improve the lives of persons with mental health and substance use conditions, by promoting recovery, social inclusion, and strong peer support. The

Affordable Care Act is beginning to move these concepts from imagination to reality. I am absolutely delighted to be able to play a small role in these exceptionally important developments."

Read more about the award on APHA's website: <https://apha.confex.com/apha/142am/webprogram/Session41853.html>

Learn more about NRI at <http://www.nri-inc.org/>

Dr. Manderscheid was a keynote speaker in 2013 at the NACM conference in Atlantic City, NJ. NACM wishes him congrats on a great lifetime accomplishment!



Cold Weather Safety

Winter has arrived in many areas of the United States. It is important to remember in our daily interactions at work and in our personal lives to take necessary precautions to stay safe. The National Coalition for the Homeless has released a publication, **"Winter Homeless Services: Bringing Our Neighbors in from the Cold"** to raise awareness of the dangers and consequences of hypothermia on people experiencing homelessness. The conditions can often be life threatening or increase chances for future life altering struggles. Here are some tips for everyone's protection during the cold weather season.

TIPS:

1. Wear hats, mittens, gloves, and warm clothing that keeps the body dry and prevent losing body warmth.
2. Avoid use of alcohol and other mood altering drugs.
3. Recognize signs and symptoms of hypothermia (shivering, slurred speech and drowsiness) that indicate need to seek shelter and call for help.
4. Carry emergency supplies containing blankets, non-caffeinated fluids, high-energy food, and an extra supply of medications.
5. Only use stoves/ovens for cooking, not warming home.
6. Avoid walking on ice or places you could get wet.
7. If you have to do heavy outdoor work, work slowly.

**NACM BOARD
OF DIRECTORS**

C.J. Johnson,
Board Chair
Lincoln, NE

Carol Kuprevich,
Treasurer
New Castle, DE

David Wilkinson,
Secretary
Norristown, PA

Dennis Fisher
Philadelphia, PA

Patricia Grace
Wisconsin Rapids, WI

Craig Johnston
Reading, PA

Mary Ann Kowalonek
Reading, PA

Kasey Moyer
Lincoln, NE

Ervin Munro, M.S.
Los Angeles, CA

Denise Packard
Lincoln, NE

Fran Register-Joyner
Philadelphia, PA

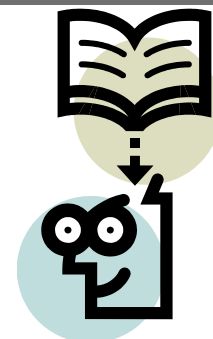
Amelia Doty
New Orleans, LA

CALL FOR ARTICLES

Are you or someone in your agency interested in submitting an article to be published in upcoming newsletters?

We are interested in articles focusing on special populations, behavioral health, and case management approaches. Our 'Membership Spotlight' is a time to focus on an agency or member involved in National Association of Case Management (NACM) that would like to share successes and how they came about. If there are other topics you feel would be beneficial to share across the nation, please let us know!

Article submissions can be sent to : nacm@yournacm.com



**CHECK OUT OUR WEBSITE AT:
WWW.YOURNACM.COM**

MEMBERSHIP INFORMATION

The mission of the National Association of Case Management (NACM) is to provide case managers and other service coordination practitioners with an opportunity for professional growth and for the promotion of case management. NACM accomplishes these goals through educational meetings and conferences, news and communications, and policy development that continues the definition and refinement of the case management process.

10 GREAT Reasons To Join NACM

1. The ONLY national professional network of case managers and service coordinators.
2. Significant registration reductions for all seminars and conferences sponsored or supported by NACM.
3. Access to NACM website containing news, notices of upcoming events, articles of interest to case managers and service coordinators, and job postings.
4. Member e-mails about important events affecting the practice of case management/service coordination.
5. Assistance networking with other members about service innovations, reimbursement issues, and finding services for individuals and families who are relocating.
6. Receive support, local contacts, and leads when you relocate to another town or state.
7. Access to Regional Supervisor Seminars designed to meet the special and complex training needs of case managers and service coordinator supervisors.
8. Ability to nominate for the XCEL award, an award created to recognize outstanding accomplishments by case managers that are presented each year at the national conference.
9. Access to a cadre of experienced trainers on case management topics who can provide specialized training directly to your staff for a discounted rate.
10. An opportunity to prepare and exhibit information about your program or present at the next national conference.

You can join NACM for \$25. Please visit our website as listed above for a full details and application form.