



## SERVING THE SALISH REGION

KITSAP, JEFFERSON, AND CLALLAM COUNTIES

### NEAR Sciences Trainings

Understanding NEAR Sciences is one of the crucial steps to helping create a trauma-informed society, and June will see two separate training sessions in NEAR Sciences. The first will be on Tuesday, June 18th, 12:00 PM – 2:00 at the Givens Community Center Olympic Room (1026 Sidney Ave, Port Orchard). The second will be on Wednesday, June 19, 2019 at 6 PM – 8 PM at Roosevelt Elementary School (106 Monroe Rd, Port Angeles).

NEAR Sciences is the study of Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience. Understanding childhood trauma and its resulting mental and physical health consequences is not easy, but the evolving NEAR Sciences is revealing much about the relationship between trauma, brain development, and how positive relationships can improve lives. These two-hour trainings are a great introduction to NEAR Sciences and are highly recommended.

### How to Access Services in an Overburdened System

Health providers are in a difficult position due to the health care transformation set for the first of January, next year. Local providers will be required to purchase and implement new computer records and billing systems, integrate behavioral and physical health care, form new contracts, pass inspections by multiple agencies, and do it all with little to no additional funding. These Medicaid transformation efforts are another reason why the system designed to help desperate families may not function to top standards. Here are a few tips on accessing services.

A great first step is to see what programs you and your family are eligible for. Figuring out if you are eligible for Medicare, Medicaid (aka Apple Health), or subsidized health plans can be difficult, so visit [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) or call (855)-420-9752 to find out what plans can work for you. Coverage for children from low-income situations is often free or low cost and can be done separately from adults in the household.

Once you have signed up for coverage, your health plan may inform you of your local providers. If they do not, you can access the Apple Health database on Washington Health Care Authority's find a provider page at [fortress.wa.gov/hca/p1findaprovider/](http://fortress.wa.gov/hca/p1findaprovider/) or call Apple Health at (800)-562-3022. If you are looking for behavioral healthcare, call the Salish BHO at (800)-525-5637.

#### Upcoming Events

NEAR Science training in Port Orchard – June 18, 12-2

NEAR Science training in Port Angeles – June 19, 6-8

NAMI National Convention in Seattle – June 19-22

Salish BHO Executive Board Meeting in Jamestown – June 21, 9-11

Salish FYSPRT Meeting – June 24, 3-5

Community of Care Regional Convening in Jamestown – June 30, 9-4:30

WISe Symposium in Kennewick – July 17-18

*For details and more events visit [www.salishfysprt.org/calendar](http://www.salishfysprt.org/calendar)*

**8911** students from the Olympic Education District responded to the 2018 Healthy Youth Survey.

See what they said at [www.askhys.net](http://www.askhys.net)

When requesting services, give detailed information as to the patients' symptoms, their duration, other medical conditions (past and present), and what your specific concern is. You may have to speak with several people before setting up an appointment, so be patient and clear. If you have difficulties, contact your county health office to lodge a complaint or ask for aid.