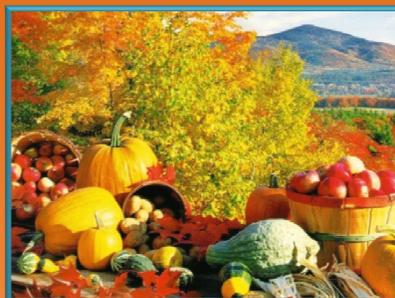


W.I.S.E. NEWSLETTER



FALL 2013



Active
Participants
223

The WISE Program welcomes new providers:
Caregivers Connecticut –RA
&
Pathways, Inc. - CSP

Save the Date

Wise Online System Trainings

Tuesday 10/29 10:00-11:30am
&
Wednesday 10/30 10:00-11:30am
@ CVH Campus in Lee Auditorium

Upcoming Trainings

RA Training
Oct 29th
Page Hall Room 217
CVH Campus

Toolkit Training
Nov 5th
Page Hall Room 217
CVH Campus

RA Training
Nov 8th
Page Hall Room 217
CVH Campus



Check out this article about Delonte West and his struggles with mental illness and attempting to get his NBA career back on track.

West describes dealing with the stigma of mental illness by saying: “Of course it’s tough to deal with because it affects your career and it affects your earning power,” he said. “I’m not a young man, but I still have a lot of basketball left in me at a high level. There’s plenty of time for me to earn that contract and earn the trust of a team that wants to invest in me more than one season. I’m up to that task”

<http://www.bostonglobe.com/sports/2013/08/04/sunhoop/FzIGQTXNtbFk7Yky>

Keep in Mind...While enjoying the beautiful foliage.....

Updates have been made to the WISE forms/resources on the ABH Website... Please check it out for FAQs, Procedures, Applications and More...

http://www.abhct.com/Programs_Services/WISE/Forms_and_Resources/

ABH will be adding an additional Boundaries Training to the Training Schedule on November 26, 2013. It will be limited to 20 participants. Please keep a look out for the open registration email two weeks prior to the training date.



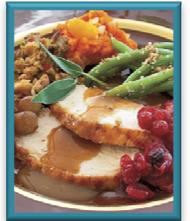
****Please Review Changes to the CSP Fidelity Scale****

Standard	Contract monitor	1	2	3	4	5	Total	Notes
CSP performs as a Team	Team engages in client based discussions at least 2x a week	All staff on team work independently	No related meetings but staff have back up of 1-2 other team members	1 client related meeting per week	2 meetings per week, but staff work independently	Team engages in client based discussions at least 2x a week and is aware of each clients needs		
Licensed Clinician	Licensed RN, Psychologist, LCSW, LPC, LMFT provides supervision and signs note	No				Yes		
CSP In-vivo services	At least 55% of total face-to-face service hours occur in the community.	≤ 10% of face-to-face hours in community.	≥ 10 & < 25%	≥ 25 & < 40%	≥ 40 & < 55%	≥ 55%		
CSP Service Intensity	All clients receive services as outlined in the DFMAS Authorization hours per month of face-to-face service	Team meets standard for < 40% of clients	Team meets standard for 40% - 55% of clients	Team meets standard for 60% - 75% of clients	Team meets standard for 80% - 93% of clients	Team meets standard for 100% of clients		
Skill-Building Interventions	Staff routinely use skills lists, skill-builder toolkits, and curricula to guide skill-building interventions.	< 70% of staff	70-75% of staff	80-90% of staff	90-95% of staff	100% of staff		
Encounter Notes	Encounter notes: 1) Interventions relate to goals & objectives in RFP 2) Interventions written in behavioral terms specifying teaching, coaching, cueing, etc. 3) Includes client responses to interventions & next steps; 4) date, start/end time, duration of service.	< 60% of encounter notes meet description.	60% - 65% of encounter notes meet description.	70% - 75% of encounter notes meet description.	80% - 85% of encounter notes meet description.	90% or > encounter notes meet description.		
Clinical Supervision	CSP Staff receive a minimum of 3 hours of clinical supervision per month	Average of < 1.5 hours/month supervision for all CSP/RP staff	≥ 1.5 & < 2 hours/month	≥ 2 & < 2.5 hours/month	≥ 2.5 & < 3 hours/month	Average of at least 3 hours/month supervision (some individual and group)		
Billing Processing	Agency has process in place to ensure accurate billing	No				Yes		
Total Average Score							40/50=80% met fidelity	

Please Share with your clients:

7 Tips to Enjoy the Holidays with Diabetes

Want to enjoy the holidays and the food and still stay healthy? Planning ahead is important, especially if you have diabetes.



The seven tips below can help guide you through your next holiday event:

1. **Focus on friends and family instead of food.**

Remember, the holidays are a time to slow down and catch up with your loved ones. Play games, volunteer, or spend time outdoors enjoying the weather together.

2. **It's a party, but don't overdo it.**

Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist going back for second helpings.

3. **Eat before you eat.**

Don't skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast later on. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive somewhere hungry, you will be more likely to overeat.

Please Share with your clients:

7 Tips to Enjoy the Holidays with Diabetes Continued...

4. **Bring what you like.**

Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish. If you count carbs, check your recipe's nutrition facts so you know how big a serving is and how many carbs it has.

5. **Drink in moderation.**

If you drink alcohol, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of red wine or a beer, holiday drinks can add a significant amount of calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men.

6. **Stay active.**

One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!

7. **If you overindulge, get back on track.**

If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

<http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/seven-holiday-tips.html>