

CODAC CONNECTS

DECEMBER 2020



Message from Linda Hurley, CEO

2020 has been difficult: challenging, threatening, and well, frightening. From disruptions in services, the isolation and stress of global pandemic, to increases in overdose rates nationwide, increase in costs and decreases in revenue, we have worked with urgency to build safety nets for individuals, families and communities.

We are grateful to our network of patients, families, front-line workers and our many partners who have risen to the challenges of this year to help those struggling with substance use disorders and their families

You have heard or read my words of gratitude over and over, eaten leadership made cookies, received pizza and bonuses, since last April. I realize that those efforts are small in comparison to the efforts of your work.

In lieu of anything more effective, please hear my wishes and the wishes of the leadership team for you to have a remarkably deserved safe and peaceful holiday. You are remarkable.

Merry Christmas, Happy Chanukah, Enjoy Kwanza, and enjoy however else you may celebrate this season of Hope and Love

Be well, Be safe ,Be sane

Linda



Thank you for your hard work!



To all the staff and patients who participated in our various CARF surveys last month, I want to extend my heartfelt thanks! As a relatively new employee (just shy of five months!), I am so impressed with, and grateful for, the level of dedication and expertise that went into making our re-accreditation (and my first CARF experience) a successful one. CODAC is so fortunate to have such a talented team of individuals supporting the work that we do with our patients. Not only did we accomplish this in the midst of a global pandemic, but we did so in such a way that a beat wasn't missed in patient care, managing the day-to-day, and adapting to the various requirements (regulatory, personal, and otherwise) going on in the background. You should all be very proud of your accomplishments. I'd also like to extend additional thanks to the members of the CARF Steering Committee. You are an amazing Team!

As a result of your hard work, I'm happy to report that all of CODAC's sites and programs have been awarded their three-year re-accreditation.

Thank you and congratulations to all!

Jason Alexandre – Director of Quality Improvement





***WE'VE GOT
EXCITING
NEWS!!***



Dr. Catherine DeGood will be joining CODAC staff as medical director beginning January 1, 2021. Dr. DeGood, as many of you know, is well established and respected in Rhode Island for her expertise in opioid treatment and utilization of the OBOT model. I will leave the details to the doctor, your program directors and the medical department, to answer questions. I'm quite sure you join me in welcoming Dr. DeGood.

Once again we are welcoming one of the very best!

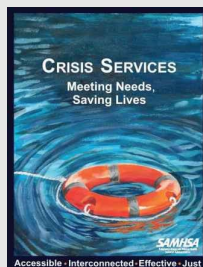


CODAC is excited to have the work of our COO, **Becky Boss**, recently published in SAMHSA's "[Crisis Services: Meeting Needs, Saving Lives](#)", a compendium detailing crisis intervention services, best practices and related component of crisis services, for use by a wide array of community leaders and health care providers to work toward better outcomes for Americans in crisis.

As COO, Becky has been able to continue to share her systems knowledge and national perspective through CODAC's relationship with the Technical Assistance Collaborative in Boston. She has been approached by the National Association of State Mental Health Program Directors to focus on effective crisis response for individuals with substance use disorders. We see this knowledge being applied everyday through CODAC's presence at BH Link.

You can find the article through the following link

<https://store.samhsa.gov/product/crisis-service-meeting-needs-saving-lives/PEP20-08-01-001>



2020 GRANT ANNOUNCEMENT

\$18M in Champlin Foundation Funding

Grants awarded to Fight Hunger, Server Children, Improve Health and Combat the Impact of Covid –19

[CODAC Behavioral Healthcare](#), Rhode Island's largest non-profit provider of substance use disorder treatment, was awarded \$225,000 for a mobile medical unit. This unit would allow CODAC to treat individuals, particularly those struggling with homelessness, substance use disorder and mental health issues, and enable access to those living in rural areas for these services.

“ In communities across the state, there are low income, homeless and many other Rhode Islanders facing the pandemic alone,” said **Linda Hurley, CODAC , President and CEO.** “ The mobile medical unit will allow our team to respond quickly and to identify individual areas of need as they are identified. The initial goal is to arrest the rising opioid related deaths, substance use disorder, anxiety, and mental illness while facing the challenges that COVID presents

CODAC remains deeply grateful for the generosity and commitment of the Champlin Foundation. As many know they have provided CODAC Providence with a much needed roof while we continue our search for an expanded site, as well as assisting other nonprofits in Rhode Island. I'm sure you join me in thanking this group for all they do, particular at this complicated and challenging time.

Linda



CODAC HAS SOME EXCITING NEWS!!



CAREER ADVANCEMENT OPPORTUNITY

Submitted by: Mary Musial

In an effort to keep up with the ever changing telehealth and technology world– we have partnered with MIRAH, an online platform that is specially geared toward supporting measurement-based care (MBC)

This exciting opportunity is a chance for you to grow in your career and to lead your peers in supporting our patients in their recovery.

What is measurement– based care(MBC) you ask?

Formally, it is evidence—based practice that consists of the routine administration of client-reported outcome measures and the clinician’s review of resulting data to inform ongoing treatment.

In layman's terms– our patients will take short self assessments , like the PHQ-9 or Brief Assessment of Recovery Capital, before each treatment session, You, their counselor, will be able to view the assessment results prior to or during your scheduled session. Those results can be used to help guide the conversation and make it more meaningful for both you and the patient.

Some benefits of utilizing this platform include: alignment with patient-centered care– an alternative that CODAC feels strongly about and is already working towards for 2021 improved use of session time, faster patient goal achievement , and overall improved outcomes at both the clinic and leadership level.

This all sounds great but what about the “career advancement opportunity”?

The implementation of MIRAH includes the chance for you to become part of the MIRAH training team at CODAC.

Some goals of the training opportunity include, but not limited to:

- ⇒ Getting a more in depth look at the MIRAH platform
- ⇒ Learning how to support your fellow colleagues with making MIRAH a part of our everyday work flow
- ⇒ Developing and strengthen your leadership skills
- ⇒ Continued emphasis on the important person –centered work we do !

Interested in knowing more?

You can go to <https://www.youtube.com/watch?v=0RV-7jo2yis&feature=youtu.be> to view Susan Casey, MIRAH trainer provides a great overview of the MIRAH platform

Interested in becoming a trainer?

Please reach out to Aldrine(AI) Ashong-Katai, Director of Project Management to reserve your spot.
Space is limited !!



Congratulations to **Carolyn James**, who was recently awarded a scholarship to the CADCA Convention in February 2021. CADCA is the largest Prevention organization in the United States

The conference consists of 4 days of trainings, workshops, and meetings with Prevention experts from around the world, including representatives from SAMHSA, CSAP, the CDC, and all of the national Technology Transfer Centers (Addiction TTC, Prevention TTC, Mental Health TTC).

Rosa Giron and her **East Bay Elves** were able to collect enough donations to help 15 families for Christmas. Children received hats, gloves, a blanket and toys. Adults received a care package which included hats, gloves, a blanket, self-care items and a gift. All families were also provided with a Christmas dinner



Congratulations to **Amber LeBlanc**, Medication Nurse and her husband **Timothy** on the birth of their first grandson (and grandchild). !!



The nursing team would like to send a SHOUT Out to **Tamar Bishop**, a Per Diem Medication Nurse for her dedication to CODAC and for all the support she has provided to the Nursing Team.

Tamar , constantly, pre and post pandemic, devotes herself to several sites to assist in providing our patients with the greatest extent of care.

Tamar is one of CODAC's biggest patient advocates, going above and beyond to ensure patients get top notch care and services.

Thank you for all you do Tamar !!

If you know of an employee, you would like recognized by a SHOUT OUT, please email HR.



WELCOME

- * **Nicole Dean**, Assessment Clinician at Hampden County
- * **Eben Hilpert**, OTP Counselor at Newport
- * **Sheri Leavitt**, CMS/HH Liaison at Newport
- * **Christina Varga**, Assessment Clinician at Hampden County
- * **Wendy Willis**, Office Assistant at South County

*May the magic and the wonder of the
holiday season be with you throughout
the coming year !*



Outlook Tips and Tricks You Should Know

Outlook streamlines email, calendar, contacts, tasks, and more. All in one place. No wonder its seen steady growth on mobile since 2017! With all those users, there are many Outlook tips and tricks available to drive productivity.

As one of the millions of Outlook users, you may think you already know how to use it as efficiently as possible. Just in case, here are seven tips and tricks you might not know about yet.



#1 Have Outlook talk to you

Well, it's not really Outlook talking, but, Microsoft's Cortana productivity assistant. Cortana is integrated into Outlook mobile with [Play Your Emails](#). Once you've set this up in Outlook, you can listen to new emails on the go. And you can manage them too. Using just your voice, hands-free, you can unread, flag, delete, and reply to messages.

Better yet, Cortana doesn't only read emails. He or she (your choice) can help you stay organized. The AI will let you know about changes to events and even identify schedule conflicts on your calendar. [See how it works!](#)

#2 Use a Focused Inbox

Especially on your phone, a [cluttered inbox](#) can be overwhelming to scroll through. Make it easier to quickly scan your email for what you need with a [Focused Inbox](#). You can create the equivalent of two inboxes—Focused and Other. Then, toggle between the two with a simple slide of the button on top of your inbox.

Outlook sorts your email for you, moving important messages to "Focused" and things like junk mail to "Other." You can quickly reclassify messages by moving them from one section of the inbox to the other. You can even select "Always Move to Focused" or vice versa if you want communications from that sender to appear in a particular place.

Plus, the more you use the Focused Inbox feature, the smarter it gets. It pays attention to how you sort your mail to better classify incoming messages and help you focus on what matters.

#3 Share your calendars

We all know we're wasting too much time in meetings. While you keep working on that within your organization, Outlook lets you take away the inefficiency of trying to schedule yet another meeting.

With [shared calendars in Outlook](#), go into your calendar settings and select people you would like to share, such as colleagues or friends. You can color-code different teams and manage permissions to let the people you're sharing with view only, edit, or manage your calendar (with delegate). Moreover, you can also choose what details you share deciding between All, Only Titles and Locations, or Only When I'm Busy.

#4 Mention someone to get their attention

When we're working in the office alongside someone, we can say "Hey, Jane!" Mentioning her name gets Jane to look up from what she's doing. You can do the same from your phone with Outlook's @ mentions. When you @Jane in an email message, the recipient will see they've been called into the conversation.

Even better, when other people @ mention you, the inbox displays the relevant sentences around your @ mention directly in your message excerpt. This feature lets you know at a glance what you need to heed

#5 Customize your swipe options

In a dating app, you swipe left or right to vote on a potential match. Well, you can be as decisive in your Outlook inbox too. Open Outlook mobile Settings and select Swipe Options. You can assign Swipe Right or Swipe Left to a number of preferred actions:

- ◆ Delete
- ◆ Mark as Read
- ◆ Mark as Unread
- ◆ Flag
- ◆ Archive

#6 Use “do not disturb”

Endlessly checking email can make us feel a little like lab rats. We’re pushing that little button for the reward of a new message. But it’s distracting. Make sure you’re focusing on what’s important at that moment using the do not disturb feature in Outlook. By turning off notifications from apps, so you can turn your attention to that meeting or report you need to finish. You can schedule a set do not disturb every afternoon before you leave for the day. This way, a quiet period can help you get organized and ready for tomorrow. Or, you can start a timed do not disturb session that begins right away on as-needed basis.

#7 Connect and organize on the go

Inbox overload is real. Outlook mobile helps you connect and arrange on the go. Now, with Cortana’s help, and these other Outlook tips and tricks, you can get control of your personal and professional communications and commitments.

