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ADAMH Board ee degmada Franklin ayaa tibaaxi in ay 50% Soomaali ihi dhib kala kulmaan jirrada buufiska ee dhib-dabadii (PTSD), go'doonsanaan bulsho, buufis la-qabsiga Maraykan ah, khilaaf qoys oo jiilasha u dhexeeya, iyo daroogo qaadasho.

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Hindisaha "Every Healthy Person" waa dedaal wadajir ah oo ay wadaan Waaxda Ohio ee Naafannimada Koritaaneed (DODD) iyo Waaxda Ohio ee Caafimaadka (ODH) si dareenka loogu duwo muhiimadda daryeel ka-hortegidda ah, oy ku jiraan baaritaan xilliyaysan oo dhinaca caafimaadka ah oo la siiyo dadka naafannimada koritaaneed qaba.

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Depression: An Underlying Factor of Unhealthy Behavior in Youth- Jibril Hirsi

Children face the same traumatic events that affect the lives of adults all around them. They become ill, experience accidents, and are exposed to fires and other disasters. Being a child offers no protection against loss, grief, or other emotional traumas. Neither does it protect them from illness, accidents, or death. Disturbing events in their own families, in the lives of their friends or in the world may leave children feeling confused, uncertain, and frightened (Johnson, 1998).

Being the child of immigrants is even more traumatic. Somali-Americans left their country due to insecurity. It is certain that almost every Somali lost someone they know in the war and most of them live in broken families. They all took a lengthy and dangerous path to save their lives. When they come to America, they face adjustment problems, cultural shocks, financial hardship, and competing priorities. The youth is expected to behave in a certain way while at school and a totally different way at home.

The self esteem of children and adolescents can be damaged as a result of traumatic experiences and they may seek relief through a variety of unhealthy coping behaviors. Coping behaviors are an individual's mental or behavioral efforts to manage demanding external or internal stressors (Lazarus & Folkman, 1984). Youth who have not learned healthy ways to manage their stress may need professional assistance. As a parent or someone who works with Somali youth, it is important that you become aware of these behaviors and learn to recognize their signs and symptoms.

Buufis: Saameeye Dhallinta ka Keena Dabeecad aan Wacnayn- Jibril Hirsi

Carruurta waxaa ku dhaca dhacdooyin hurgumooyin leh sida qaangaarka ku hareeraysan oo kale. Way xanuunsadaan, shil galaan, dab iyo musiibooyin kalena way way u goobjoogaan. Carruurnimadu ma celiso dhib, murugo, iyo hurgumooyinka kale ee qalbiga ah. Mana celiso xanuunsi, shil, ama geeri. Dhacdooyin gurraacan oo qosaskooda, qudhoda, asxaabtooda ama caalamkaba la gudboonaada ayaa carruurta wareeri, hubanti faro iyo argaggaxba ku ridi kara (Johnson, 1998).

In la ahaado cunug soo-galow ayaa ka sii hurgumo badan. Soomaalida-Maraykanka waxay dalkoodi ka keenay carqalado. Waxaa hubaal ah inuu Soomaali kastaa qof uu yaqaan uu dagaallada ku baxay, intooda badan reero kala lumay bay ka yimaadeen. Waxayna jidad dhaadheer oo halis badan u soo mareen in ay naftoodu u bedbaaddo. Markii ay yimaadeen Maraykanka, waxay la kulmaan dhibaato dhinaca la-qabsiga ah, argaggax dhaqameed, wayarow iyo muhiimado tartamaya. Dhallinta ayaa laga rajeeyaa in ay dugsigana si ugu dhaqmaan dugsigana si kale.

Qab-sharafeedka carruurta iyo tobanleyda waxaa dhaawici kara natiijada dhacdooyin hurgumo leh oo ay markaa ka cawil-goobi karaan dhas-dhas aan habboonayn. Habdhaqannada la-qabsiga waa dedaalka habdhaqan ee shakhsigu uu ku maareeyo murjiyeyaasha gudaha iyo dibeddaba (Lazarus & Folkman, 1984). Dhallinta aan baran dariiqooyin habboon oo lagu maareeyo buufiska waxay u baahan yihiin caawin xirfadaysan. Ka waalid ahaan ama qof u shaqeeya dhallinta Soomaaliyeed, waxa muhiim ah in aad ka warhaysid dhaqammadaa aadna baratid si aad u garato calaamadahooda iyo astaamahooda.

DEPRESSION: Continued from Page 2

BUUFIS: Ka Yimid Bogga 2

Definition of Depression:

"Depression is defined as an illness when the feelings of sadness, hopelessness, and despair persist and interfere with a child or adolescent's ability to function." Depression is common in teens and younger children. About 5 percent of children and adolescents in the general population suffer from depression at any given point in time. The figures are higher for immigrants although there are no statistics on the rate of mental health in the Somali community in Ohio.

The Alcohol, Drug, and Mental Health Board of Franklin County asserts that, because of their traumatic backgrounds, 50% of Somalis face challenges with post traumatic stress disorder (PTSD), social isolation, stress from transitioning to the United States, inter-generational family conflict, and substance abuse issues. Few Somalis want to follow up with treatment because they are wary of being labeled as "mad" or "crazy." Estimates of the Somali population in Ohio range from 45,000 to as high as 75,000.

Signs and Symptoms of Depression in Teens:

It is important for you to be able to recognize the signs of depression because a teen who is depressed may engage in self harming behaviors to deal with that depression.

Some common symptoms of depression are:

Sadness or hopelessness, Irritability, anger, or hostility, Tearfulness or frequent crying, Withdrawal from friends and family, Loss of interest or enjoyment in activities, Changes in eating and sleeping habits, Restlessness and agitation, Feelings of worthlessness and guilt, Lack of enthusiasm and motivation, Fatigue or lack of energy, Difficulty concentrating and making decisions, Thoughts of death or suicide

Source:

http://www.helpguide.org/mental/depression_teen.htm.)

Qeexidda Buufiska:

"Buufis waxaa lagu qeexaa jirrada dhacda marka dareemidda murugo, rajo li'i, iyo quus ay inta joogtoobaan markaa falgal ku yeeshaan awoodda shaqaynta cunugga ama korayga." Buufisku aad buu ugu dhacaa tobanleyda iyo carruurta ka yar. Ilaa 5 boqolkiiba carruur iyo korayo ah oo dadka guud ka mid ah ayaa buufis qaba mar kasta. Jaantusyada muhaajiriintu waa ka sarreeyaan intaan wallow aanay xisaabin dhinaca celceliska xanuunka dhimirka ee Soomaalida Ohio ahi haatan jirin.

The Alcohol, Drug, and Mental Health Board (ADAMH) ee degmada Franklin ayaa tibaaxi in, iyadoy sabab u tahay taariikhdooda hurgumada leh, ay 50% Soomaali ihi dhib kala kulmaan jirrada buufiska ee dhib-dabadii (PTSD), go'doonsanaan bulsho, buufis la-qabsiga Maraykan ah, khilaaf qoys oo jiilasha u dhexeeya, iyo daroogo qaadasho. Soomaali aad u yar ayaa u diyaar ah in ay is daweeyaan cabsi ay ka qabaan in "waalane" ama "doqonkii" loogu yeero awgeed. Qiyaasta tirada Soomaalida Ohio waxay u dhexaysaa 45,000 ilaa xitaa 75,000.

Depression: Continued from p.3

Buufis: Ka yimid bogga 3

Effects of Teen Depression:

Depression may impact many aspects of a teenager's life. Untreated depression can lead to:

Problems at school, Running away from home, Drug and alcohol abuse, Low self-esteem, Eating disorders Anorexia, bulimia, binge eating, and yo-yo dieting are often signs of unrecognized depression, Internet addiction, Self-injury, Reckless behavior, Violence: Some depressed teens (usually boys who are the victims of bullying) become violent. Self-hatred and a wish to die can erupt into violence and homicidal rage and prompt youth to join gangs.

Being comfortable talking about religion is critical for health providers who work with the Somali community. For example, Jinn Possession is a common ailment among Somalis with mental illness and it can be treated by a Sheikh through recitation of some verses from the Quran. Likewise, relationships are important to Somalis. Family, relatives, friends and neighbors will all accompany a patient.

Resources for Helping Depressed Somali Teens:

SomaliCAN: 614-781-1414

FirstLink: 211

NetCare Access: 614-276-2273

Providing help for those who need it most will help all of us by making our communities healthier and safer.

Calaamadaha iyo Astaamaha Buufiska Tobanleyda:

Waa muhiim inaad garan kartid calaamadaha buufiska maxaa wacay cunuggii buufis qabaa wuxuu ku kici karaa tallaabooyin iyo habdhaqan isaga dilaya si uu isula tacaalo.

Astaamo caan ah oo buufiska uhu waa: Murugo iyo rajo-la' aansho, Dabci xumo, caro iyo colnimo, Ilmayn iyo boohin is xigxiga, Ka soocmid saaxiibbada iyo qoyska, Xiise yari danayn la'aan hawlaha, Isbeddel hab-dhaqabnkii cuntada iyo jiifka, Fadaqnimo iyo sanqaraarax, Dareemidda qiime-li'i iyo dembiilennimo, Himilo iyo hami la'aan, Daal iyo tamar la'aan, Adkaansho go'aansi iyo waajihid, Ku fekerid dhimasho iyo isdilid (Isha:http://www.helpguide.org/mental/depression_teen.htm.)

Saamaynaha Buufiska Tobanleyda:

Buufisku wuxuu meelo badan ka saamayn karaa nolosha tobanlaha. Buufis aad la daweyn wuxuu keeni karaa: Dhibaato dugsiga ah, Ka Tegidda Guriga, Daroogo iyo Aalkole Dhexgelid, Qabsharafeed hooseeya, Cuntayn xumo, Internet ku dhadhabid, Is-Dhaawicid, Dabci Ma-naxennimo ah, Qalalaaase.

In ay u debecsanaadaan ka hadlidda diinta waa u muhiim shaqaalaha caafimaad ee la shaqeeya Soomaalida. Tusaale ahaan, Jinnoobidda waa xanuun caam ka ah Soomaalida dhimirka wax ka qabta, waxaana lagu daweyn karaa in uu Wadaad aayado Quraan ah ku aqriyo Sidoo kale xigaaladu waa u muhiim Soomaalida. Qoyska, qaraabada, asxaabta iyo weluba deriskuba waxay u wheel-yeeli rabi doonaan bukaanka xanuunsan.

Meelaha caawiya Cunugga Buufsan ee

Soomaaliga ah:

SomaliCAN: 614-781-1414

FirstLink: 211

NetCare Access: 614-276-2273

Caawinta dadka u baahan in la caawiyo waxay dhamaanteen naga caawin inaan bulshooyinkeenna ka dhigno kuwo caafsan nabdoonna.

In early November, SomaliCAN's attention had been drawn to a predicament faced by the senior citizens residing at the Seniors at Hegemon Apartments, 2399 Mock Road. This apartment complex, a low-income housing, houses a number of American-born, naturalized Americans, and immigrant senior citizens.

These seniors, a considerable number of them handicapped or frail Somali immigrants, cross Mock Rd five times a day or more to worship and socialize at Ibn Taymiyah Mosque (2334 Mock Rd) which is just across the street from the Hegemon Apartments.

In no time, SomaliCAN started to make the issue well known to the different stakeholders and other relevant advocacy groups in the city of Columbus. An email sent out to members of the Columbus City Council, City of Columbus' Community Relations Commission, and Franklin County Safe Communities Coalition stated that these seniors "...are at an enormous risk of either being hit by and/or causing accidents to the traffic traveling back and forth on Mock Road."

In the same email a suggestion was made that it is wise "...to plant a sign like "Seniors Crossing" by the spot where the seniors currently cross, and also paint a Zebra Crossing across the road."

A subsequent November 24th Somali Traffic Safety Subcommittee meeting, convened by the Franklin County Safe Communities Coalition, fully addressed the issue and, after a great deal of discussion, it has been agreed that the city will use its appropriate channels to assess the scene and to properly address the issue.

SomaliCAN is working in collaboration with the Ohio Department of Public Safety and the City of Columbus to make our neighborhoods and roads safer for drivers and pedestrians alike.

Stay tuned to the next issue of Outreach for more information on this endeavor.

Mar hore oo Nofeembar ah ayay SomaliCAN ka warheshay in ay dhibaato badan wajahayaan odayaasha deggan Seniors at Hegemon Apartments oo ku taalla 2399 Mock Road. Dhismahan oo ah kuwa dadka dakhligoodu yar yahay ayaa waxaa deggan waayeel badan oo isugu jira Maraykan halkan ku dhashay, Maraykan la dhalasho siiyey iyo odayaal muhaajiriin ah.

Odayaashaa oo kuwa ugu badan ay yihiin waayeel Soomaali ah oo qaar ay naafo yihiin, ayaa si ay ugu soo cibaadaystaan ama dad kale ugula kulmaan, waxay shan jeer ama ka badan u gudbaan dhinaca Masaajidka Ibnu Taymiya (2334 Mock Rd) oo jidka dhiniciisa kale ku yaal.

Markiiba, SomaliCAN waxay billowday in ay cod dheer ku sheegto halista halkaa ka iman karta iyadoo la xiriirtay saameeyayaasha kala duwan ee Magaalada Columbus ee ay arrintu khusayso. E-mayl loo diray xubnaha golaha degmada ee Columbus, Guddida Xiriirka Bulshada ee Magaalada Columbus, iyo Franklin County Safe Communities Coalition ayaa waxay tibaaxaysay in ay odayaashaasi "...ku sugan yihiin khatar ballaaran oo ay ugu jiraan in ay baabuurta jiiraan ama ay shil ku sababaan baabuurta hor iyo gadaal u maraysa Jidka Mock."

Isla E-maylkaa ayaa lagu soo jeediyey in ay wanaagsan tahay in " meesha laga taago calaamad oraysa "Odayaal baa Gudbaya" ama diilin goodir lagu dadbo meesha ay haatanba odayaashu dhabbaha ka gooyaan."

Shir xigay oo dhacay Nofeembar 24^{teedii} oo ay yeesheen Guddi-hoosaadka Nabdoonaanta Soomaalida ee dhinaca Gaadiidka, ayna qabatay Franklin County Safe Communities Coalition, ayaa si buuxda loogu lafogguray arrinta, waxaana laysku raacay in ay degmadu diri doonto laamaha ku habboon qiimayn ka gadaalna arrinta aad loo waajihi doono.

SomaliCAN waxay Ohio Department of Public Safety iyo City of Columbus kala shaqaynaysaa in darsaasheenna iyo jidadkeennuba ay u nabdoonaadaan darawallada iyo lugeeyeyaadhaha.

Isha ku hay caddadka ka ku xiga ee Outreach si aad xog badan uga heshid dedaalkan.

EVERY HEALTHY PERSON . QOF KASTOO CAAFIMAADSAN

The "Every Healthy Person" initiative is a joint effort between the Ohio Department of Developmental Disabilities (DODD) and the Ohio Department of Health (ODH) to focus attention on the importance of preventive healthcare, including periodic health care screenings, for people with developmental disabilities. The joint initiative complements Healthy Ohioans—a statewide health and wellness plan to replace unhealthy habits with healthy ones.

As an illustration of the need for the program, studies show that of all Ohio women with disabilities aged 52 to 69, only 48 percent had a mammogram in the past two years. This lags behind the more than 60 percent of women without disabilities who have been screened.

Through the *Every Healthy Person* initiative, planning and informational materials have been developed to assist individuals, family members, providers, and health care practitioners in planning for screenings, and for the identification of unique healthcare issues associated with various syndromes and disabilities.

Contact the SomaliCAN Outreach Team at outreach@somalican.org to obtain informational materials and other resources. Mary@somalican.org

Hindisaha "Every Healthy Person" waa dedaal wadajir ah oo ay wadaan Waaxda Ohio ee Naafannimada Koritaaneed (DODD) iyo Waaxda Ohio ee Caafimaadka (ODH) si dareenka loogu duwo muhiimadda daryeel ka-hortegidda ah, oy ku jiraan baaritaan xilliyaysan oo dhinaca caafimaadka ah oo la siiyo dadka naafannimada koritaaneed qaba. Hindisaha wadajirka ah wuxuu kaamilayaa Healthy Ohioans— oo ah qorshe goboleed caafimaad iyo fayaqab ah oo dabciyadii xumaa kuwo wacan lagu beddelayo.

Waxa baahida barnaamijka muujin in ay baaritaanno tibaaxayaan in dhamaan dumarka Ohio ee naafada ah oo jira 52 ilaa 69, keliya 48 boqolkii ayaa heshay naasbaar labadii sanee tagtay. Tani waxay ka hoosayaa 60 boqolkiiba oo haweenka aan naafada ahayn oo la baaray.

Hindisaha *Every Healthy Person*, waxay sahashay qorshaynta, iyo samaynta alaab wareed si loo caawiyo shakhsiyaadka, xubnaha qoyska, bixiyeyaasha daryeelka iyo xirfadleyda caafimaad si ay baarid qorshaysan, aqoonsiga qaddiyad caafimaad oo gaar ah oo la xiriirta cudurada iyo naafannimada.

Kala xiriir Kooxda SomaliCAN Outreach Team outreach@somalican.org si aad u hesho waxqabadyo kale iyo qalab xogeed.

Mary Wright

The SomaliCAN Outreach Newsletter is a monthly bilingual publication that serves the Somali community and agencies that provide services. To advertise on the newsletter, or send us an article for inclusion, please contact us:

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Breast Cancer

Breast Cancer is the most common type of cancer in women. SomaliCAN joins the rest of Central Ohio community in remembering Stefanie Spielman who lost her life to Breast Cancer in November. Stefanie was a cancer research champion and wife of former Ohio State linebacker, Chris Spielman. Stefanie lost her 12 year battle with breast cancer on November 19. In early September, the Columbus Somali community lost a mother to breast cancer. What is breast cancer and what can every woman do to stay healthy?

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Cancer cells can spread to other parts of the body through the blood and lymph systems. This is called metastasis. Breast cancer is when cancer starts in the breast. Breast cancer can be found by mammogram, by a woman feeling a lump or by a doctor's exam. To prevent breast cancer, it is important to:

- Do monthly self breast exams.
- Have a yearly exam by your doctor if you are over 40. These are done less often for younger women.
- Have a mammogram each year after age 40.



Call Komen Columbus if you need help finding resources at 614-297-8155.

Kansarka Naasaha

Kansarka naasuhu waa nooca u badan eek u dhaca haweenka. SomaliCAN waxay la la wadaagtaa baroorta dadka reer Ohio ee Stefanie Spielman oo u geeriyootay kansarka naasaha bishii Nofeembar. Stefanie waxay ahayd hormuudka cilmi baarista kansarka naasaha iyo xaaska Chris Spielman oo u ciyaari jiray kooxda Ohio State. Stephanie waxay geeriyootay 12 sano oo ay la halgamaysay kansarka ka dib bishii nofeembar 19keedii. Bilowgii Sebteembar Jaaliyadda Soomaaliyeed ee Columbus waxay kansarka naasaha ku weyday hooyo Soomaaliyeed. Haddaba waa maxay kansar naasoodku, maxaase laga doonayaa gabar walba in ay yeesho si ay uga bedbaaddo?

Unugyada kansarku waa unugyo aan caadi ahayn. Unugyada kansarka qaarkood waxay sameyn karaan ka soo-bax loo yaqaano burooyin. Dhamaan burooyinka waxa kordha cabirkooda, laakiin qaar baa dhakhso u kora, qaarna koriinkoodu wuu gaabiyaa. Unugyada kansarku waxay ku fidi karaan qaybaha kale ee jirka iyaga oo maraya hababka dhiigga iyo qanjidhada (lymph). Waxana taa loo yaqaanaa metastasis. Kansarka naasuhu waa marka kansar ka bilawdo naaska. Kansarka naasaha waxa lagu ogaan karaa raajo naas, iyada oo haweenaydu dareento buro ama baadhitaan dhakhtar sameeyo. Si looga hor tago kansarka naasaha, waxa muhiim ah:

- In aad sameysid baadhitaan naasaha bil kasta.
- In dhakhtarkaagu kuu sameeyo baadhitaan sannadkii mar haddii aad ka weyn tahay 40 jir. Badanaa waxa baaritanadan loo sameeyaa tiro intaa ka yar haweenka da'da yar.
- Isa saar raajada naasaha sannad kasta hadii da'daadu ka weyn tahay 40.



Wac Komen Columbus haddii aad u baahan tahay in lagu caawiyo: 614-297-8155.

Community Resources Listing

Police:

Emergency: 9-1-1
Non-emergency: 614-645-4545
Sheriff: 614-462-3333

Mental Health Crisis:

Netcare Access: 614-276-2273

Poison Control: 1-800-222-1222

Columbus Health Department

Free Clinic: 614-240-7430

Legal Matters:

Legal Aid Society: 614-241-2001

Child Abuse and Neglect:

FCCS: 614-229-7000

Housing:

CMHA: 614-421-6000

Information and Referral:

FirstLink: 614-221-2555 or 211

Somali Services

SomaliCAN 614-781-1414

Somali Women & Children's Alliance: 614-473-9999

Somali Community Association of Ohio:
614-262-4068

Somali Global Services 614-895-1144

Inna Simakovsky (Immigration Attorney)
614-599-0819

SOMALICAN SERVICES:

Health Communication and Literacy:

- Patient education
- Prescription access
- Cultural competency
- Information & Referral

Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

Community Crime Prevention & Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Presentations
- Mediation
- Disaster Preparedness

SomaliCAN Outreach Newsletter:

- Monthly bilingual newsletter
- Advertisements
- Articles
- Cultural Competency
- Research
- Legislation
- Developmental Disabilities

Somali Interpretation & Translation:

Do you require highly qualified interpreters and translators?

Please contact a SomaliCAN specialist today Somali interpretation and translation in social services, medical, legal, academic and financial settings.

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E-mail:

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Prevent Getting and Spreading the Flu

- Get a seasonal flu shot – available now (**seasonal flu clinics**)
- Get the H1N1 vaccine
- Stay home from work or school **if you are sick**
- Cover your cough with your arm or tissue
- Wash your hands often and use alcohol-based hand sanitizer (60% alcohol)
- Don't touch your eyes, nose or mouth
- Avoid close contact with sick people

Ka Hor Tag Faafitaanka Hargabka (Flu)

- Qaado tallaalka hargabka ee xilliga- oo hadda la heli karo.
- Qaado tallaalka H1N1
- Joog guriga oo ha aadin iskuul iyo shaqo **Haddii aad Jirran Tahay.**
- Ku Dabool Qufacaaga Cududdaada ama safaleeti.
- Dhaq gacmaha marar badan oo adeegso nadiifiyaha gacmaha ee leh (60%Aalkolada.)
- Ha taaban indhahaaga, sankaa, ama afkaaga
- Ha u dhawaan dadka qaba xanuunka

IMPORTANT NOTICE!!!!

Changes in Medicaid Prescription Drug Coverage - Effective Feb. 1, 2010

With the passage of the 2010-2011 state budget, the Ohio Department of Job and Family Services (ODJFS) will take over administration of the Medicaid pharmacy benefit. This means that 1.3 million Medicaid managed care enrollees will no longer get drug coverage through their Medicaid health plan.

CareSource and the other Medicaid health plans are concerned about service issues that could arise as a result of this decision. We would appreciate your assistance in helping those impacted understand how the changes may affect them and supporting them in getting the prescriptions they need. Here are a few concerns we have:

Newborns - New parents attempting to get prescriptions for their newborn could experience problems/delays at the pharmacy counter if they have not contacted their county office to add the baby to their Medicaid case in a timely manner. If the newborn is not added to the case, a billing number cannot be established and the pharmacy cannot bill for the prescription. This is currently not a barrier today because Medicaid health plans cover newborns for up to 90 days regardless of whether the baby has been added to the Medicaid case to assure access to needed services.

Co-payments - The Medicaid program requires non-pregnant adults who live in the community to pay co-pays for certain Medicaid drugs. All of these adults have income below poverty and will be negatively impacted by this additional burden. Currently, most Medicaid health plans recognize this as a barrier to getting needed medical services and do not require co-payments for any prescriptions.

Ogeysiis Muhiim ah!!!!

IS BADDELLO KU IMANAYA DAWOYINKA UU BIXIYO KAARKA MEDICAID- LAGA BILAABO FERBAAYO 1, 2010

Ansixinta qoondada gobolka ee 2010-2011 awgeed, waxay waaxda Ohio Department of Job and Family Services la wareegi doontaa maamulka dheefaha farmashiyaha ee Kaarka Medicaid. Tani waxay ka dhigan tahay in 1.3 milyan oo qof oo haysta noocyada kaararka Medicaidka gaarka loo maamulo uusan kaarkooda caafimaadku daawooyinka u gadi doonin.

CareSource iyo qaybaha kale ee Medicaidku waxay ka welwelsan yihiin dhibaatooyin dhanka adeegyada ah oo ka dhalan kara go'aankan. Waxaa ka mid ah arrimaha aan ka welwelsan nahay:

DHALLAANKA – Waalidka cusub ee isku daya in ay dawo u helaan dhallaankoodu waxay waajihi karaan dhibaatooyin/habsaan dhanka farmashiyaha ah haddii aysan la xiriirin shaqaalaha degmadooda si ay ugu daraan dhallaanka kiiskooda caafimaadka si dhaqso ah. Arrintani ma ahan caqabad iminka maadaama CareSource ay bixiso dawooyinka dhallaanka illaa 90 maalmood haddii lagu daray iyo haddii kaleba si loo sahlo helitaanka adeegyada daruuriga ah.

Kharashka Kugu Soo Aaday- Barnaamijka Medicaidku wuxuu doonayaa in bukaanka aan ahayn haweenka uurka leh ay bixiyaan lacago qayb ahaan ku soo aaday dawooyinka qaar. Dadkan dhammaan waa dan yar waxaana si xun u saamaynaya culayskaan. Imminka kaararka Medicaid way ku talo galaan culayskan oo ma dalbaan kharash kugu soo aaday si aad dawo u hesho.

Farmashiyeyaalka Gobollo Kale – Dad haysta Medicaid ayay khasab ku noqotay in ay dawo ka doontaan farmashiyeyaal ku yaalla dibadda Ohio. Sannadkii 2008 dad dhan 14000 oo CareSource ku jira ayaa dawo u doontay farmashiyeyaal ku yaal bannaanka Ohio. Nasiib darro, ODJFS lama lahan heshiis inta badan farmashiyeyaashaas taas oo ka hor istaagi karta dadka haysta Medicaidka Ohio in ay dawo ka helaan meel ka baxsan Ohio. Iminka hay'adaha maamula Medicaidku waxay heshiis la leeyihiin farmashiyeyaal badan taas oo sahaha in dadku galangal u helaan dawooyinka iyo adeegyada degdegga ah ee caafimaad.

Out-of-state pharmacies - Several Medicaid enrollees have had to obtain medication from pharmacies outside of Ohio. In 2008, approximately 14,000 CareSource members received prescriptions from out-of-state pharmacies. Unfortunately, ODJFS does not have contracts with many of these pharmacies which prevents Ohio Medicaid consumers from getting their prescriptions filled out of state. Today, Medicaid health plans work with pharmacy benefits managers whose contracts extend nationally, thereby reducing access issues and ER visits for its members.

Member Services - Starting Feb. 1, 2010, Medicaid consumers will need to contact the Medicaid Consumer Hotline at 1-800-324-8680 for questions/problems that may arise as a result of pharmacy access. The Hotline will only provide information about what medications are included on the Medicaid formulary, if they require prior authorization and if a co-payment applies. Also, the Hotline does not offer 24-hour access for consumers in need of information about their drug coverage after-hours. Plans will continue to work with its members to coordinate care that promotes healthy outcomes, however, the health plans will not have the immediate impact to intervene as they do currently.

While the Medicaid plans are working cooperatively with the ODJFS to make this transition, we are hopeful that federal legislation will pass in the near future that would allow states to begin collecting rebates on drugs provided through Medicaid health plans and not just for drugs offered on the Medicaid formulary. The Drug Rebate Equalization provision would alleviate the need for ODJFS to allocate scarce state resources to administer the pharmacy benefit and also generate a new stream of revenue to help the state maintain a balanced budget. The DRE provision has been included in the Senate Finance Committee bill and was also part of the recent passage of H.R. 3692 "Affordable Health Care For America Act."

Adeegyada Xubnaha – Laga bilaano Feb. 1, 2010, dadka haysta Medicaid waa in ay la xariiraan Medicaid Consumer Hotline at 1-800-324-8680 wixii su'aal/dhib ah oo ka dhasha helitaanka dawooyinka. Khadku wuxuu bixinayaa faahfaahin ku saabsan dawooyinka ku jira liiska Medicaid, kuwa u baahan fasax gaar ah, iyo in lacagta qayb aad bixinayso. Laakiin khadku ma furna 24ka saac oo uma adeegi karo bukaanka doonaya in ay ogaadaan in dawo laga bixinayo xilliga shaqada ka dib. Caresource way isku dayi doontaa in ay caawiso macaamiisha laakiin ma lahaan doonto awoodda wax qabad ee imminka oo kale.

Qorsheyaasha Medicaid iyadoo ay la shaqaynayaan ODJFS si looga gudbo kala guurkaan, waxaan ku rajo weyn nahay in sharciga dowladda ee Drug Rebate Equalization kaas oo ku jira Senate Finance Committee iyo qaraarkii HR 3692 ee uu ansixiyay Congress-ku.

For questions or concerns, please call CareSource at:
1-800-488-0134

