



Greetings!

Our WASHAA (soon to be HealthAdvocateX!) team is hard at work figuring out how to make our Annual Conference November 5 -6, 2020 really interactive, special and a valuable way to spend your time. It is hard to believe that we are just about a month away! In fact, our Early Bird registration rates expire October 6, so remember to register right away. See the article below for why you might want to register today!

Our topic this year is: **Whole Person Advocacy: Integrating Mental Health**. For more information about the agenda and our speakers, look here:

http://www.washaa.org/uploads/7/8/4/2/7842268/agenda_with_sponsors-1.pdf

We have been delighted to welcome all major advocacy organizations as sponsors, partners and participants - which will help make this year's conference our best effort yet. Thank you to the following organizations and professionals who are supporting us:

Presenting Sponsor



**Greater National
Advocates**

Visionary



Networking/CE



Leaders



Amplifiers



Champion



CEs



Partners



If you haven't yet ordered your Xperience Box, please do so as soon as possible. An Xperience Box is a physical box of goodies that will accompany some of the sessions and activities that will happen at the conference. We are charging to cover the costs of items we are putting in the box plus shipping.

We also will be unveiling our HealthAdvocateX logo and branding for our new organization at Session 1 of the conference, on November 5 - we hope you can make it!

WHY 'ATTEND' THIS YEAR'S CONFERENCE?

- Meet advocacy leaders (and professional and people who care about health advocacy)
- Build your network of health advocates from across the country
- Access to Integrating Mental Health Speakers
- Early Bird registrations will be eligible to sign up to attend the live recordings of sessions during the month of October
- If you purchase a ticket to the conference and can't attend all sessions, all CE and other content will be accessible through the APP for at least 3 months
- CEs for qualifying professions, including BCPAs
- This conference will be a positive, learning, action-oriented activity

- Register early, ticket prices go up October 7!

Stay safe and mask up,

Robin

Robin Shapiro

WASHAA Board Chair

Community Conversation COVID-19 & The Future of Assisted Living



When: October 19, 2020 | 11:00am - 12:00pm (PST)

Where: Online via Zoom ([Register Here](#))

Cost: FREE

Join WASHAA for our Community Conversation about COVID-19 and the Future of Assisted Living.

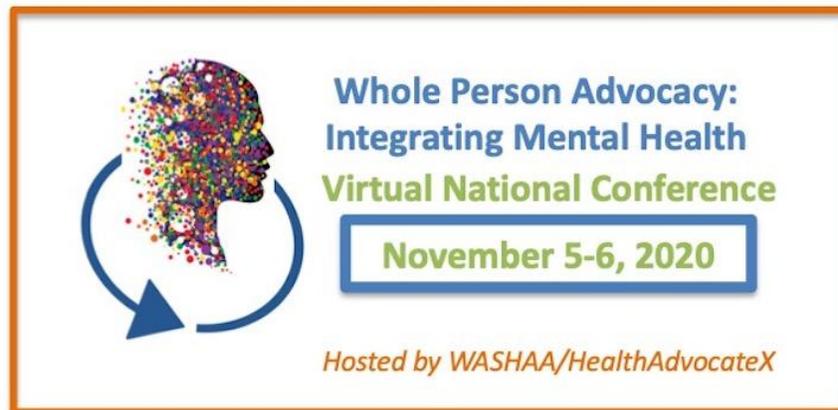
As we have learned more about COVID-19 some of our behaviors have changed. We will explore how our current experience will inform how seniors are coping with changes to their home living situation and what the future of Assisted Living may be different. We will also have a COVID-19 update on current news, trends and projections.

Speakers Include:

- Dale Reisner, MD, Medical Director (OB/GYN Quality & Safety) at Swedish Health Services
- Nisan Harel, Vice President of Operations, ERA Living

[Register Today](#)

WASHAA Nov 5-6 Conference Early Registration is Open!



Join us November 5-6, 2020 for our National Virtual Conference focused on health advocacy!

When: November 5-6, 2020

Where: Online ([Register Here](#))

Cost: \$36-\$65 (Early Bird rates through Oct. 6!)

We are looking forward to hosting advocates, providers, allied health businesses, patients and caregivers as we gather (virtually!) to explore the topic of Whole Person Advocacy: Integrating Mental Health.

Early Bird Registration is now open through October 6, along with some time-sensitive, limited opportunities related to the conference:

- **Snag an Xperience Box**-- A limited number of **Xperience Boxes** will be available for purchase (\$30 plus shipping) to help enhance your participation in the conference. These physical boxes will be filled with fun, educational and useful items to help you engage with the content and networking opportunities offered at the conference. Boxes will be delivered about a week before the conference.
- **Attend a Recorded Session Live** -- A few sessions will be pre-recorded as an on-demand offering during the conference. By buying an Early Bird Ticket, you may be offered the opportunity to attend a session live, as we record it, giving you special access to our speakers. October 16 at 10 am PT will feature Dr. Deanna Minich, MS, PhD, FACN, CNS, IFMCP session on **Food & Mood: Scientific Strategies and Clinical Applications** - a limited

number of early registrations can attend for free.

- **Early access to the Whova App** -- We will be hosting our conference through Whova, which is a desktop and phone App. By registering early, you will have early access to look around and engage in the conference, attendees and exhibitors.

We are working hard to make this conference a really special, valuable way to connect, learn and experience advocacy. We look forward to seeing you in November!

Mental and behavioral health issues plague our society, but it wasn't until recently that research has proven that including mental health management into clinical care can improve health outcomes and save money. What does this mean for patient care? Many states have a goal of integrating mental health into primary care, but is this really happening? Our 8th Annual Conference will explore innovative health care models and programs that show us how integrative health strategies can heal the whole person. While we will be meeting in a virtual environment, please plan to join us for a whole day of learning, engaging with our community and practicing techniques in an interactive and fun way.

[Register Today](#)

[Other Meetings & Events You Might Enjoy](#)

[Bridge Health Advocates Offers Program Starting October 4](#)



Are You Ready to Build a Career as a Health Advocate?

The Bridge Health Advocates, PLLC

Together,
let's change
the healthcare
experience.

If you've always wanted be your own boss, to work on your own schedule, and continue to help patients, now is the time to lay that final building block for your advocacy career with the *Keystone Program*.

The next cohort starts October 4th 2020. This comprehensive 4-month program is designed to guide medical professionals through the creation of their own private health advocacy business. Let's build upon your education, experience, and healthcare expertise to create something amazing for you.

To register or get more information, visit
[BridgeHealthAdvocates.com/keystone/](https://bridgehealthadvocates.com/keystone/)

www.bridgehealthadvocates.com

(480) 878-1242

info@bridgehealthadvocates.com

The Bridge Health Advocates is offering a 4-month Keystone Program starting on October 4th.

Learn more at <https://bridgehealthadvocates.com/keystone/>

Fostering Psychological Resilience

UPCOMING ZOOM WEBINAR

Fostering Psychological Resilience

Taught by Ann Marie Roepke, Ph.D.

These are strange and frightening times. More than ever, providers need the skills and relationships that help us be resilient. Resilience is about making it through hard times with the least suffering and the greatest well-being possible. Providers will explore strategies for building up resilience while managing the impact of 2020's challenges. Topics we will cover include reconnecting with values, meaning and purpose; finding self-compassion as we face challenges; and establishing self-care practices. This interactive training includes lecture, online interaction, and information about tools and activities to use on your own after the training.

PLEASE NOTE | This webinar is offered for educational and informational purposes only, and is not intended as a healthcare service, medical advice, diagnosis, treatment, or establishment of a doctor/patient relationship.

EVENING TRAINING

October 20th
6:00-8:30 PM
US Pacific Time

COURSE FEE

\$85
2.5 hours
Zoom Webinar

This program has been approved for 2 CEUs by the NASW Washington chapter. Licensed Social Workers, Marriage and Family Therapists and Mental Health counselors are eligible. Provider number is #1975-459

PRESENTED BY


BANISTER ADVISORS

banisteradvisors.com



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COST = \$85 per person

DATE

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[Register Today](#)

Introduction to Motivational Interviewing

UPCOMING ZOOM WEBINAR
Introduction to Motivational Interviewing
Taught by Ann Marie Roepke, Ph.D.

How can we help clients make positive changes in their behavior – without nagging, shaming, persuading, or arguing? Motivational interviewing (MI) is an evidence-based approach to communication that can help individuals change behaviors they might feel ambivalent about, such as exercising, quitting or changing alcohol/drug use, adopting safer sex practices, taking important medications, starting psychotherapy, or pursuing other personally meaningful goals. In this interactive training, participants learn the fundamentals of MI through lecture, demonstrations, discussions, and experiential role-play exercises.

TWO-DAY TRAINING		COURSE FEE
Tuesday Afternoon October 27 1:00-4:30 PM US Pacific Time	Tuesday Afternoon November 3 1:00-4:00 PM US Pacific Time	\$175 6.5 hours Zoom Webinar

This program has been approved for 6 CEUs by the NASW Washington chapter. Licensed Social Workers, Marriage and Family Therapists and Mental Health counselors are eligible. Provider number is #1975-459

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COST = \$175 per person

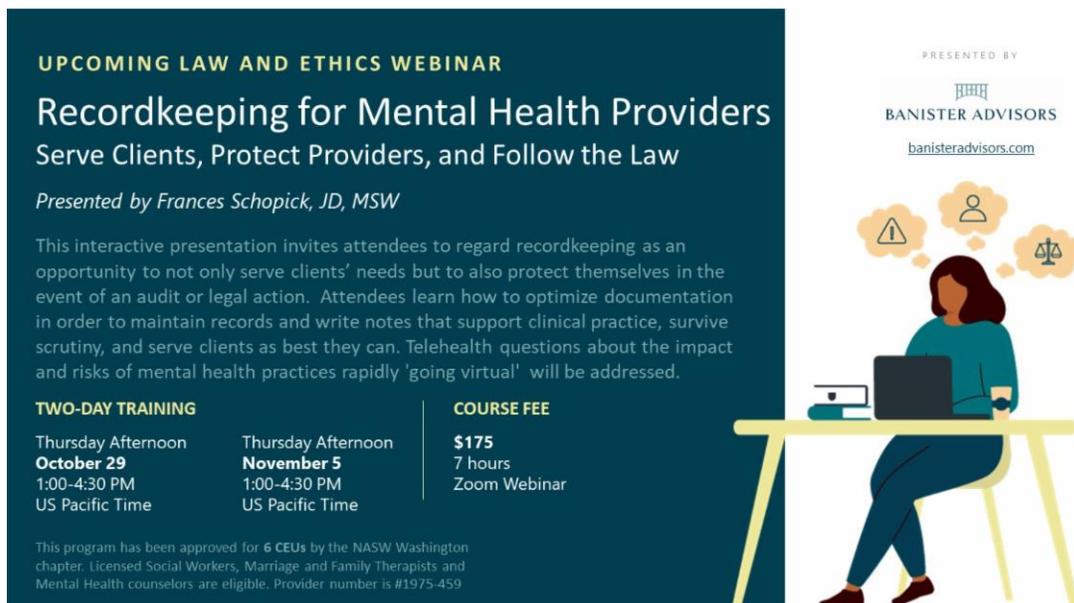
DATES for the 2-PART ONLINE COURSE

- Part I - Tuesday, October 27, from 1:00 PM - 4:30 PM
- Part II - Tuesday, November 3, from 1:00 PM - 4:00 PM

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[Register Today](#)

Recordkeeping for Mental Health Providers



UPCOMING LAW AND ETHICS WEBINAR

Recordkeeping for Mental Health Providers

Serve Clients, Protect Providers, and Follow the Law

Presented by Frances Schopick, JD, MSW

This interactive presentation invites attendees to regard recordkeeping as an opportunity to not only serve clients' needs but to also protect themselves in the event of an audit or legal action. Attendees learn how to optimize documentation in order to maintain records and write notes that support clinical practice, survive scrutiny, and serve clients as best they can. Telehealth questions about the impact and risks of mental health practices rapidly 'going virtual' will be addressed.

TWO-DAY TRAINING	COURSE FEE
Thursday Afternoon October 29 1:00-4:30 PM US Pacific Time	\$175 7 hours Zoom Webinar
Thursday Afternoon November 5 1:00-4:30 PM US Pacific Time	

This program has been approved for 6 CEUs by the NASW Washington chapter. Licensed Social Workers, Marriage and Family Therapists and Mental Health counselors are eligible. Provider number is #1975-459

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Law and Ethics Webinar

Recordkeeping for Mental Health Providers | Serve Clients, Protect Providers, and Follow the Law

Presented by Frances Schopick, JD, MSW

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- Part I - Thursday, October 29, from 1:00 PM - 4:30 PM
- Part II - Thursday, November 5, from 1:00 PM - 4:30 PM

*This program has been approved for **6 CEUs** by the NASW Washington State Chapter. Licensed Social Workers, Marriage and Family Therapists and Mental Health Counselors are eligible. Provider number is #1975-459*

[Register Today](#)

Facing Death, Finding Dignity, Hope and Healing at the End

Jim deMaine, MD, recently launched his book ***Facing Death: Finding Dignity, Hope and Healing at the End.***

Order your signed copies by emailing info@brickandmortarbooks.com.

About the book:

Many books look at end of life and how to die with dignity. In this beautifully written memoir, physician Jim deMaine presents stories-lessons learned from patients and caregivers who taught him about dying. His medical career began in the era when little could be done for what remain our two greatest killers-heart disease and cancer. There were iron lungs but no ventilators. ICU's and CCU's had not yet evolved. Possibly

the most distressing was seeing his patients die without the benefit of hospice care. With amazing rapidity, medical science brought us life-saving advances such as hemodialysis and organ transplants.

The progress of medical science is both marvelous and problematic. The advances continue to outpace our ability to thoughtfully and ethically bring new technologies to the bedside. When should they be used? How do we decide how to allocate these advances when resources are scarce or prohibitively expensive? Dr. deMaine's stories are about hopes and fears, about the ethical dilemmas he encountered, about advance care planning, about physician aid in dying, about medical mistakes, and about modern hospice and palliative care. He shares stories that taught him hard, humbling lessons. He shares thoughts about the future and leaving a legacy to our loved ones.

Learn more by reading [Jim deMaine's Blogspot](#)

Rules Workshop Announcement *CR-101 for Telemedicine Rules WAC 246-919-XXX Physicians WAC 246-918-XXX Physician Assistants

The Washington Medical Commission (commission) has officially filed a [CR-101](#) with the Office of the Code Reviser on September 17, 2019. The WSR# is 19-19-072.

The commission is considering rulemaking to address the practice of physicians and physician assistants engaging in telemedicine with Washington patients. Possible subjects the commission may address are: what, if any requirements for licensure; record keeping requirements; establishing a patient-practitioner relationship; prescribing issues; and standard of care. Regulating the use of telemedicine would place the commission in an active patient safety role.

Proposed Telemedicine Rules Workshop Meeting

In response to the filing, the Commission will conduct an open public rules workshop on **Friday, October 9, beginning at 1:00 pm** via

GoToWebinar:

Please join this meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/767475165>

You can also dial in using your phone.

United States: +1 (571) 317-3112

Access Code: 767-475-165

This meeting will be open to the public.

In response to the COVID-19 public health emergency, and to promote social distancing, the Medical Commission will not provide a physical location for this meeting. A virtual public meeting, without a physical meeting space, will be held instead.

The purpose of the rules workshop will be to:

- Explain the state's rulemaking process and timeline;
- Invite committee members and members of the public to present draft rule language; and
- Consider possible dates, times, and locations of proposed rules workshops to be scheduled.

Interested parties, stakeholders, and the general public are invited to participate in the rules workshops or provide comments on draft rules.

For more information, please contact Amelia Boyd, Program Manager, Washington Medical Commission at (360) 236-2727 or by email at amelia.boyd@wmc.wa.gov.

See proposed draft language here: [TeleMed Draft Language](#)

WASHAA Calendar

Mark Your Calendar - Join WASHAA!
Public Presentations, Trainings,
Networking Events, and More!

October 7: Case Review (Members Only)

October 19: COVID-19 & The Future of Assisted Living ([Register Here](#))

November 5-6: WASHAA Annual Conference - Whole Person Advocacy:
Integrating Mental Health ([Register Here](#))

December 6: Professional Networking Meeting

WASHAA Programs & Presentations

Although WASHAA speakers can give presentation on many topics, here are a few of our popular presentations:

- Advance Care Planning (In partnership with Honoring Choices)
- Taming Your Medicine Cabinet
- The ABCs of an Effective Doctor Visit
- Patient Know More...Patient No More!
- The Emerging Field of Health Advocacy
- Safe & Sound in the Hospital: A Short Course in Patient Safety
- Volunteer Health Advocate Training: Understanding the Role & Skills to Be Effective

To schedule a speaker for your community, please submit your request here: <http://www.washaa.org/request-a-presentation.html>

Have a topic you wish we offered? Let us know - let's talk!

Do you have something you would like to share with the WASHAA community?

Please submit ideas to info@washaa.org.

Washington State Health Advocacy Association
E-mail us | Call us: 206.377.3000 | Visit Our Website

See what's happening on our social sites:    