Greetings!

Yesterday was World Patient Safety Day! This is a good opportunity to resolve to work with people in our lives who are interacting with the health care system regularly. Advocates lead the way to helping people get the care they deserve.

We are also just about two weeks away from our conference (see article below). Several hundred people will be meeting the first week in November for a welcome diversion from challenges in our world to focus on mental health - very appropriate, I think!

As part of the conference, we will be talking about our rebranding effort to HealthAdvocateX, as part of Session 1: the Dynamic Field of Health Advocacy on November 5. We are very excited to reveal our new logo and hope you like it:

![HealthAdvocateX](image)

We are grateful to everyone who weighed in on the name, logo, colors and thinking behind it. We will be discussing what we hope this brand will embody and what activities we plan to be doing going forward - I hope you can join us at the conference!

Stay safe and mask up,

Robin

Robin Shapiro
WASHAA Board Chair
Just Two Weeks Left To Register for Whole Person Advocacy: Integrating Mental Health Conference

We are pleased to be a sponsor and hope you join us November 5-6, 2020 for the National Health Advocate (Virtual) Conference hosted by WASHAA/HealthAdvocateX. This conference will feature a variety of topics related to advocacy and mental health with opportunities to connect with other advocates from across the country and people who are supportive of health advocacy.


Here are some reasons you may want to attend:

- Live networking sessions, in small groups on each day
- Virtual/Live MEETUPs where we can visit by video in small or larger group formats
- Presentations to support your advocacy practice and/or inspire you for how to cope and build resiliency during this difficult time.
- Expand your advocacy network. Meet advocates from all over the country
- CE/CEUs for a variety of professions. Up to 10.5 CE/CEUs available
- By registered for the conference (even if you can't immediately attend all sessions on the 5th and 6th), you will have access to the presentations, exhibitors, sponsors and can message attendees.
Experience Boxes are Still Available - A Fun Way to Enhance Your Conference Experience

Remember the SWAG you used to receive at conferences? Conference organizers have re-imagined physical reminder of the conference to produce a fun and practical box of conference-related goodies. A limited number of physical boxes, filled with items related to the conference. The photo includes some of the items you will receive, including a beautiful NAHAC Wineglass (yes real glass) to join in the virtual toast and happy hour networking on Friday. Carey Kempton, NAHAC President will be giving the toast!

To purchase a box, click here: https://www.eventbrite.com/e/whole-person-advocacy-integrating-mental-health-tickets-110162531096

Register Today

With so much going on in the world, this is an opportunity to learn,
connect and be inspired! Registration closed on November 4, so make sure to sign up at www.washaa.org. WASHAA is rebranding to HealthAdvocateX, a national non-profit focused on helping people transform from patient to active participant and partner in their care.


COVID-19 & Navigating Grief

Community Conversations - Register Now for COVID-19 and Navigating Grief Nov 16

When: November 16, 2020 | 11am - 12pm (PDT)
Cost: FREE!
Where: Online via Zoom (Register Here)

Since March, we have been hosting regular, open, free community conversations on COVID-19 and related topics. We want to thank Nisan Harel, VP of Operations for ERA Living who joined us this past Monday to discuss the Future of Assisted Living. If you missed this great presentation, you can view it now: http://www.washaa.org/community-calls-covid-19.html
Our next Conversation will focus on Grief, with speaker Emma Payne, CEO of The Grief Coach.

Register Today

Online Prep Course for BCPA Exam - Reduced Price for WASHAA Members!

ANNOUNCING THE BCPA EXAM REVIEW COURSE 2.0

- Completely revised
- Nine modules - over 10 hours of instruction
- 2-150 question practice exams with bonus questions
- Instructor available 7 a days week
- Interactive learning
- Proven track record of success

Learn More at
www.careexcellenceinstitute.com

The 2.0 Version provides you with more of the features our customers love. Delivered on-line and on-demand the course is always ready when you are. Features such as:

- Comprehensive instruction in the seven domains of practice for patient advocates - Over 10 hours of instruction.
- Includes a knowledge assessment that allows you to laser focus your learning
- Case studies & client stories that allow you to learn from real world situations
- Simulations with question and answer that allow you to apply concepts in real world situations
- Relevant video links
- Links to add to your professional toolkit
- Practice quizzes and exams (over 400 questions!)
- Section 508 support for learners with visual impairments
- Modules delivered in 20 to 30-minute chapters to maintain focus
Our proven course will provide you with the tools to improve your knowledge, skill and ability to master the BCPA Exam.

Regular price is $229.00, WASHAA Premium members receive a coupon code for 50% bringing your final cost to $114.50

If you are a WASHAA Professional/Partner Member - email info@washaa.org for your special coupon code!

Other Meetings & Events You Might Enjoy

CE Webinar: Social Isolation for the Elderly During COVID-19 What Health Advocates Can Do to Help

When: October 21, 2020 | 12pm - 1:15pm (PDT)
Where: Online (Register Here)

1 CE Credit for Board Certified Patient Advocates

This webinar is geared to professional patient/health advocates. To protect our elderly and chronically ill from COVID-19, we've asked this population to isolate at home. This is the best way to keep them safe. But how do we protect this population, already at high risk for loneliness, from the health risks that come with isolation? In this program, learn tips to incorporate into your practice.

This program will discuss the second but not well known nationwide pandemic of social isolation for the elderly. When a healthcare crisis occurs, the caregivers, the chronically disabled, seniors, and their families are faced with decisions they are unprepared to make. Caregiver Champion is an organization in Western Pennsylvania that provides caregivers, the chronically disabled, seniors, and their families professional assistance navigating the bureaucratic healthcare maze through providing assessments for a plan of care, information and referrals, care management in the homes, nursing homes, and hospitals, as well as rehab. They see firsthand the impact of social isolation on their clients.
Session Objectives:

- Learn the impact of social isolation on seniors in nursing homes, hospitals, and homes
- Appreciate the impact of social isolation on families
- List two solutions that can help when social isolation impacts people

Loneliness and social isolation have been associated with increased risk for several chronic conditions, including dementia (64 percent increase), stroke (32 percent increase), and coronary artery disease (29 percent increase). Social isolation has also been linked to increases in emergency department visits, hospitalizations, and nursing home placements.

Among Medicare beneficiaries, social isolation is the cause of $6.7 billion in additional healthcare costs each year, according to Health Affairs. This higher spending is driven by increased hospitalization and institutionalization. Researchers have also found that socially isolated seniors face higher mortality rates.

Register Today

Silent Grief Walk
When: November 1, 2020 | 9am - 12pm (PST)
Where: Green Lake Park - Seattle, WA

On Sunday, November 1st, anytime between 9 am and noon, there is an invitation to all interested community members to join a Silent Grief Walk to honor our individual and collective losses. This is not a sponsored event and no money is involved in anyway.

Introduction to Motivational
Introduction to Motivational Interviewing

Presented by Ann Marie Roepke, Ph.D.

How can we help our 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 have the opportunity to learn the fundamentals of MI in a variety of ways including lecture, demonstrations, discussions, and experiential role-play exercises.

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

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.
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.

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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 #1975-495

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.

COST = $175 per person

DATES for the 2-PART ONLINE COURSE

- 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-
With the End in Mind
A 5 Week Virtual End-of-Life Planning Workshop

Thursdays 10/22, 10/29, 11/5, 11/12 & 11/19
5-6:30 pm (PST)
Purchase today for only $299

COVID-19 has shown me that we never know what's around the corner. We can be fine one minute and hospitalized the next. One thing that gives me peace of mind is that all of my end-of-life planning is decided and documented. And, I've discussed it with my family. Whew! My family will not have to guess what I would want done if I can't decide for myself.

What about you—do you have your end-of-life plans in order? If not, belly up to the front row in this course to get the value promised and avoid the challenges that can befall you if you don't do anything at all.
You will learn:

- How values influence your goals and preferences for end-of-life care
- How death experiences shape how we approach talking about our wishes
- What is Advance Care Planning and why it is important
- Options for burials and funerals—Learn the right choice for YOU
- How to talk with your family about your wishes
- And so much more

Register Today

WASHAA Calendar

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

November 5-6: WASHAA Annual Conference - Whole Person Advocacy: Integrating Mental Health (Register Here)
November 16: Community Conversation: COVID-19 & Navigating Grief (Register Here)
December 6: Professional Networking Meeting

WASHAA Programs & Presentations

Although WASHAA speakers can give presentations 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:  🌐/twitter/linkedin/instagram