



Greetings!

A year ago, my husband and I were getting ready to launch our youngest off to college. We were busy creating checklists of things to get done. We knew that this was a big step toward him managing his life independently, including his healthcare. While he successfully 'launched,' he also came back during school closures this Spring and he stayed through this summer.

Last weekend he went back to college to live with some friends in an apartment and whatever the class configuration (online only or hybrid) he is in California for the foreseeable future. COVID-19 has brought a new urgency and consideration of parents potentially not having access to their child's medical information should they become sick at school.

You will not have access to your child's healthcare information unless your child specifically designates that permission in writing. For many parents this is a shock, especially in the case of a medical emergency. Many schools have a particular form to fill out. As a parent, you can also be prepared by using the [WASHAA HIPAA Wallet Card](#), now available for free when you join as a free WASHAA [Community Member](#).

To learn the origins of this Privacy Authorization card, check out Beth Droppert's [blog](#).

This HIPAA Wallet Card can be used with adults of any age. Thinking through who you want to have access to your medical information is always important. Do you have a resource to share with the community? Let us know at info@washaa.org.

You may have read our last eNews about WASHAA rebranding to HealthAdvocateX this Fall, in conjunction with our National Virtual Conference Nov 5-6, 2020 (mark your calendar - it will be a not-to-miss event!). We were so pleased to receive an excellent first round of logos

that our Board reviewed last night. We will be working through final concepts soon. We can't wait to share our progress and look forward to making announcements to share with you!

Until then, mask up, stay safe!

Robin

Robin Shapiro

WASHAA Board Chair

Monday, August 24th - COVID-19 & the Senior LGBTQIA+ Response and Resiliency

When: August 24, 2020 | 11:00am - 12:00pm (PST)

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

Cost: FREE!

Join WASHAA for a [Community Conversation](#) about **COVID-19 & the Senior LGBTQIA+ Response and Resiliency**. Dale Reisner, MD, will provide updates on COVID-19 and Mitchell Hunter from GenPRIDE will share how the experience of the 1980 HIV/AIDS Epidemic has led to important lessons of resiliency in these current COVID-19 times. Mitchell will share learning from GenPride, a Washington-based, non-profit, community organization which empowers older LGBTQ+ adults to live with pride and dignity by promoting, connecting and developing innovative programs and services that enhance belonging and support, eliminate discrimination, and honor the lives of older members of our community.

Speakers:

- [Dale Reisner](#), MD, Medical Director (OBGYN/Quality & Safety) at Swedish Health Services
- Mitch Hunter, (He/Him) Training Coordinator at GenPRIDE and an active leader in the Seattle Transgender & Non Binary (NB) as well as the LGBTQIA+ community for the last 30 years.

Register Today

Thursday, September 17th - Professional Networking Meeting



When: September 17, 2020 | 4:00pm - 6:30pm (PST)

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

Cost: \$15 for WASHAA Members | \$20 for Non-Members

Join Professional Advocates and other allied professionals in a virtual networking event designed to support your health advocacy business. It has been a while since we last gathered and a lot has changed. In this virtual meeting, we will listen to how COVID-19 has changed life and what is working in terms of business development and practice. We will also be discussing how WASHAA can support you during this time.

Register Today

Other Meetings & Events You Might Enjoy

Tuesday, September 1 - Cultural Agility: Creating Sustainable Systemic Change in Health Care



Join the Washington Patient Safety Coalition and the Washington

State Medical Association for this webinar mini series.

When: September 1, 2020 12:00 PM Pacific Time

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

Presented by Bryon Lambert, Equity and Inclusion Program
Director @Cross Cultural Health Care Program

The first webinar takes place on Tuesday, September 1 from 12-1 p.m. around the topic of **Cultural Agility: Creating Sustainable Systemic Change in Health Care**. This webinar will educate attendees on the current state of health inequity, describe how the systems that were created impact patient care, and outline strategies to create lasting change within health care organizations.

This activity has been approved for AMA PRA Category 1 Credit

Register Today

FREE Mental Health Webinar from Banister Advisors

ALL ARE WELCOME • CONFIDENTIAL ZOOM WEBINAR

Navigating Therapy for Mental Health and Wellbeing

Taught by **Gregory Whiting**, MSW, LICSW and **Sara Blackmur** MSW, LICSW

This one-hour live course with [anonymous Q&A](#) explores the ins and outs of mental health therapy, addressing questions such as: *What is mental health therapy? Why do people seek it out? What do certain professional degrees and/or specialties mean? and What exactly happens in a session?*

Banister's own mental health experts will provide an overview of different styles of therapy and the benefits for both general wellness and during times of crisis, transition, or acute distress. Content will also cover how to find a therapist and important considerations for members of marginalized communities, including for individuals who identify as BIPOC and/or LGBTQ+.

TWO OPTIONS TO CHOOSE FROM

Tuesday Afternoon
August 18
3:00 – 4:00 PM
US Pacific Time

Thursday Evening
August 27
6:00 – 7:00 PM
US Pacific Time

REGISTER AT

banisteradvisors.com/edu

FREE TO JOIN

PRESENTED BY



BANISTER ADVISORS

banisteradvisors.com



Navigating Therapy for Mental Health and Wellbeing | A Guide for New and Returning Therapy Clients

Trainers, *Gregory Whiting, MSW, LICSW and Sara Blackmur, MSW, LICSW*

This 1-hour live course with anonymous Q&A explores the ins and outs of mental health therapy, covering:

- What is mental health therapy?
- Why do people seek it out?
- What do certain professional degrees and/or specialties mean?
- What exactly happens in a session?

The event will provide an overview of different styles of therapy and the benefits of therapy for general wellness and support during times of crisis, transition, or acute distress. Content will also cover how to find a therapist and important considerations for members of marginalized communities, including individuals who identify as BIPOC and/or LGBTQ+.

Tickets and more information at: <https://www.banisteradvisors.com/edu>

Friday, September 18 - Brain Tumor TOGETHER & ACTION Day



A Day for Brain Cancer Patients & Caregivers presented by the EndBrainCancer Initiative and the Washington State Health Advocacy Association (WASHAA).

Join us to support and uplift brain cancer patients and their caregivers. All brain cancer patients welcome! A unique opportunity to virtually meet other brain tumor patients as well as provide your unique perspective as a patient or caregiver.

This year's event will feature breakout sessions where patients and caregivers will be able to provide their perspective on topics such as:

- Named Funds with EBCI to Facilitate DIRECT Patient Access to Treatments & Research
- Clinical trial design...the "patient voice" on what's needed
- Quality of Life...what really matters to patients in survivorship

Register Today

2020 Save the Date!



WASHAA 8th Annual Conference

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? The WASHAA 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 join us for a whole day of learning, engaging with our community and practicing techniques in an interactive and fun way.

Keep an eye on our event page here: <http://www.washaa.org/8th-annual-meeting.html>

WASHAA Annual Meeting on Understanding Pain & Healing -- Recordings / CEUs Now Available



If you missed our WASHAA Annual Meeting on Pain & Healing, you can now access the individual presentations and earn BPCA CEUs. The presentations require that you register online, pay a minimal fee and take a quiz in order to receive BPCA CEU credit.

You can access the sessions here: <http://www.washaa.org/ceus-understanding-pain-and-healing.html>

WASHAA Calendar

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

August 24: COVID-19 & the Senior LGBTQIA+ Response and Resiliency
([Register Here](#))

August 27: Banister Advisors Mental Health Webinar ([Register Here](#))

September 1: Cultural Agility: Creating Sustainable Systemic Change in Health Care ([Register Here](#))

September 17: Professional Networking Meeting ([Register Here](#))

September 18: EndBrainCancer Brain Tumor TOGETHER & ACTION Day ([Register Here](#))

October 7: Case Review (Members Only)

November 6: WASHAA Annual Conference - Whole Person Advocacy: Integrating Mental Health

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.

See what's happening on our social sites:

