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## What is Respect in a Relationship?

Most people want to enjoy health and relationships. A relationship can affect health for good or bad. Respect is vital to relationship health.

Respect means things such as good boundaries and communication. Respect also means to treat a person as an equal. But what does respect mean in daily life?

To show respect in a relationship can mean to:

- **Be fair with time and money.**
- Honor consent when it comes to affection and intimacy.
- Show the person that you care and that they are important to you.
- Tell someone if they make you happy; show appreciation.
- Stay active in making important decisions.
- **Consider options and listen to what someone is saying.**
- **Do not threaten or shut someone down.**

To behave with respect can also mean to:

- Support the other person in meeting their needs.
- Participate in things in which the other person has interest.

- **Invite, instead of demand, things or responses.**
- **Be honest and safe and expect the same from the other person.**
- **Never hurt someone on purpose.**
- **Value the other person's privacy by not trying to find out passwords in order to check on phone calls and social media messages.**
- **Be trustworthy and do not spy on a person to see who they are with or what they are doing.**

If it is hard to respect a person or you do not feel that you get respect, it may be time for a healthy breakup. This must be based on respect and may include points bolded from the above list.

To find the domestic abuse program nearest you, visit [www.pcadv.org](http://www.pcadv.org) and click on **Find Help** or use the Find Help map on the home page.

To reach the National Domestic Violence Hotline, call **1-800-799-SAFE (7233)**. For TTY **1-800-787-3224**.

A teen may call the National Dating Abuse Helpline to talk to a teen or adult: **1-866-331-9474 (TTY 1-866-331-8453)** or visit these websites: [www.loveisrespect.org](http://www.loveisrespect.org) [www.thatnotcool.com](http://www.thatnotcool.com)

## More about Opioids

The news is staggering.

- It's hard to turn on the news without hearing a story about opioids these days.
- It is frightening to hear that 44 people die every day from an overdose of prescription medicines, such as opioids, in the United States.
- According to the U.S. Department of Health and Human Services, the majority of deaths from drug overdoses involve an opioid.

Opioids are medications that treat pain. Examples of these medications include hydrocodone, oxycodone, morphine, and codeine, though they're commonly known by brand names like Vicodin, Lortab, OxyContin, or Percocet.

We want to make you aware of the epidemic and how to protect yourself and your loved ones.

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**Opioids are drugs that act on the nervous system to relieve pain. Continued use and abuse can lead to physical dependence and withdrawal symptoms. Opioids come in tablets, capsules, or liquid.**

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Opioids and other medicines have been used for the treatment of really bad pain for many years. When prescribed by a doctor and used as directed, opioid medications have proven to be effective for people experiencing great pain. They've been used for things like the pain associated with serious burns or surgery, as well as for patients with painful life-threatening diseases, such as cancer.

### The problem

- Opioids are addictive.
- Using opioids for a long time can lead to getting "hooked," or addicted.
- Overuse of these medications can affect a person's life, relationships, education, work, and behavior.

At one time, pain management included some medication, plus therapies such as biofeedback, physical therapy, exercise, or meditation. At some point, it seems, pain began to be managed mostly by prescribed drugs alone. Add this to the sometimes different expectations for dealing with pain that doctors have, versus those patients have.

These differing expectations are believed to have contributed to the overuse of pain medications. Those in pain had hopes of being completely pain free. This higher use/overuse has led many to becoming addicted to these medicines.

Opioid abuse has become a serious problem in our country. In fact, it is our biggest public health crisis. We mentioned in our last newsletter that more people died from opioid overdoses last year than from car accidents.

At PerformCare, we want to make you aware of the facts and provide information that can help. We want to provide help for people who are concerned about a loved one being addicted. We want to provide services for our Members who find themselves addicted to opioids.

## Signs of Opioid Abuse and What To Do

### Signs of opioid abuse

Here are four of the most common signs of opioid abuse:

- **Low energy.** If a person is abusing opioids, they may have less energy than usual or become especially drowsy. You may notice the person looks tired or is not as interested in work or social activities.
- **Change in appearance.** People may look and/or act differently when abusing opioids. Possible changes include pinpoint pupils, flushed face or neck, sudden itching, slurred speech, droopy eyes, and frequent yawning. If you suspect drug abuse and notice an unexplained change in your loved one's appearance, look into it.
- **Decreased concentration.** Changes that can come with opioid abuse include difficulty concentrating or paying attention. A lack of focus can seriously interfere with a person's everyday life and work.
- **Less interest in social situations.** A person abusing opioids might behave differently around other people. For example, they might be less interested in social activities than before or isolate themselves. They also might become secretive as a way to cover up their behavior.

### What to do

Other situations can also cause these symptoms and behaviors, so even if your loved one exhibits one or more of these signs, it doesn't necessarily mean they have a problem with opioid use. But if you suspect a problem, the National Institute on Drug Abuse has recommendations on what to do.

### Call 1-800-662-HELP

Before talking to your loved one, consider calling the National Helpline of the Substance Abuse and Mental Health Services Administration at **1-800-662-HELP (4357)**. This Hotline (also known as the Treatment Referral Routing Service) provides 24-hour free and confidential treatment referral and information (in English and Spanish). This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information. Callers from Pennsylvania will be directed to a PA Hotline and a person who will help you find help for you or your loved one. For more information on this free service, go to: [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline).

### Contact Your County's Single County Authority

(Also referred to as the County Drug and Alcohol Program)

There are a wide variety of substance and alcohol abuse services available. Community substance abuse programs are run through county program offices called Single County Authorities (SCAs).

The SCA determines a person's eligibility for service funding, assesses the need for treatment or other services, and makes referrals to appropriate programs to match treatment and/or service needs. Call PerformCare if you need help finding the phone number for your county's SCA.

### Centers of Excellence

Pennsylvania now has Centers of Excellence (COE) to help ensure that people with opioid-related substance use disorder stay in treatment to receive follow-up care and are supported within their communities. The centers coordinate care for people with Medicaid, and treatment is team-based and "whole-person" focused. The goal with the Centers is to combine behavioral health and medical care.

In 2017, Governor Tom Wolf added 25 new locations, bringing the total number of COEs to 45. The goal is provide people with treatment that deals not only with their substance use disorder but also the underlying physical and behavioral health issues that often are at the root of their problems.

You can visit the Department of Human Service's website, which provides information on Centers of Excellence in Pennsylvania:

[www.dhs.pa.gov/citizens/substanceabuseservices/centersofexcellence](http://www.dhs.pa.gov/citizens/substanceabuseservices/centersofexcellence)

### PerformCare

Call PerformCare for information and help finding drug abuse (substance use) services. Call us to learn more about Centers of Excellence.

Call the PerformCare number listed in this newsletter for your county.



**Doctors:**  
Managing pain so patients could function

**versus**



**Patients:**  
Eliminating pain completely

## The Three Rs to End Mental Health Stigma



### Recognize

We must first recognize the high prevalence of mental illness and substance use disorders.

### Reeducate

Then reeducate ourselves, friends and family on the truths of mental illness and addiction.

### Reduce

When we do this, we can reduce the stigma.

Mental health and substance use disorder diagnoses are more widespread than heart disease, diabetes, arthritis, migraines, osteoporosis and asthma. Stigma leaves many people with mental illness and substance use disorders afraid to talk about their experiences or to seek help.

You can find out more on how to help fight stigma. Go to the Stamp Out Stigma website at: <http://stampoutstigma.com/about.html> to find out what you can do to help.

You can also connect with your county's Community Support Program (CSP), local National Alliance on Mental Illness (NAMI), or organizations such as Mental Health America or the Pennsylvania Mental Health Consumers Association (PMHCA). Ask them what you can do to join them in fighting stigma.

You can call PerformCare for information on how to reach these organizations.

### Capital Area

(Cumberland-Perry, Dauphin, Lancaster, and Lebanon Counties)

- Member Services: **1-888-722-8646**
- Member Services TTY/TDD: **1-800-654-5984** or PA Relay **711**

### North Central

(Bedford-Somerset and Franklin-Fulton Counties)

- Member Services Bedford-Somerset: **1-866-773-7891**
- Member Services Franklin-Fulton: **1-866-773-7917**
- Member Services TTY/TDD: **1-800-654-5984** or PA Relay **711**

# You Need Your Sleep!

## The importance of healthy sleep

Do you want to enjoy good health and well-being throughout your life? Get a good night's sleep! Getting enough quality sleep – and at the right times – can help protect your mental health, physical health, quality of life, and safety.

What happens while you're sleeping affects the way you feel when you're awake. During sleep, your body is at work supporting your brain so that it works properly. At the same time, your body is working to maintain your physical health. Your body and brain are a team.

While you're sleeping, your brain and body are preparing for the next day. Sleep helps your brain and body work properly. In children and teens, sleep also helps support growth and development.

The results of lack of sleep can occur in an instant (such as a car crash), or it can harm you over time. For example, not getting enough sleep over time can raise your risk for some long-lasting health problems. It also can affect how well you think, react, work, learn, and get along with others.

## Healthy brain and emotional well-being

Studies show that a good night's sleep improves learning. Whether you're learning math, how to play an instrument, perfecting a sport, or learning to drive a car, sleep improves learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

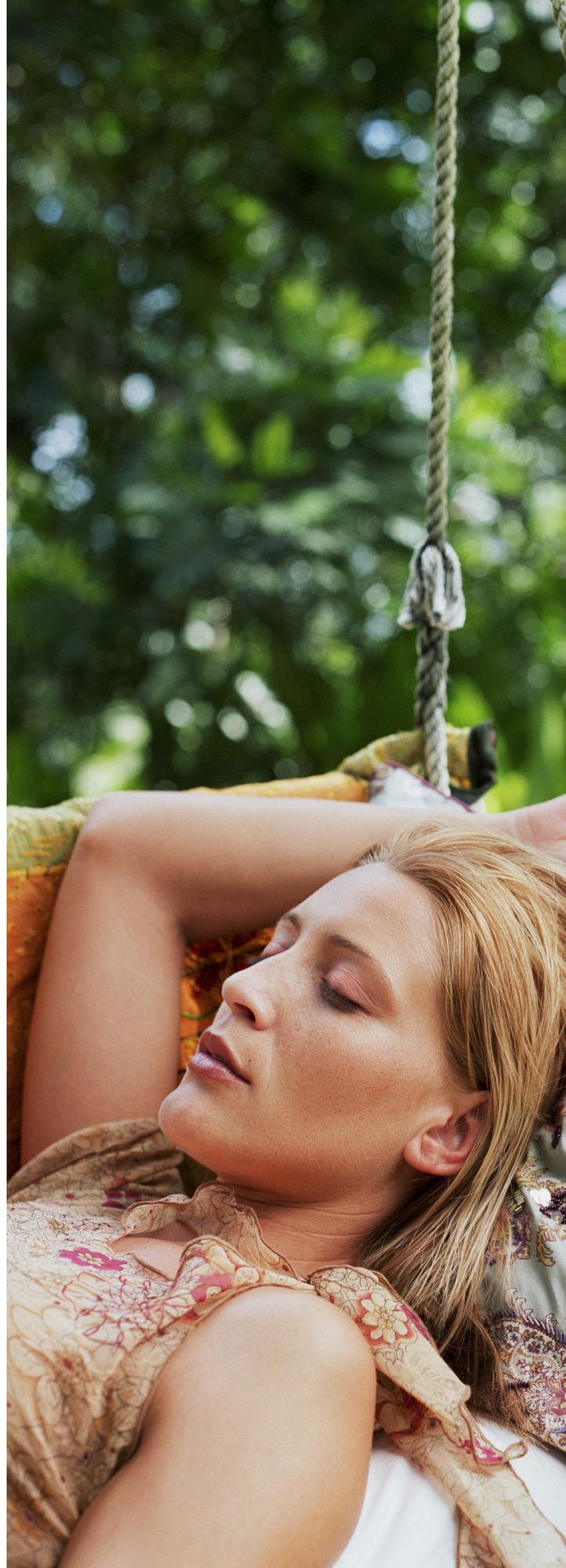
Lack of sleep affects some parts of the brain. If you don't get enough sleep (or quality sleep), you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Poor sleep also has been linked to depression, suicide, and risk-taking behavior.

Along with nutrition and exercise, good sleep is one of the pillars of health. Sleep loss reduces our ability to interact socially.

So ...

- Get the sleep you need.
- Set a bedtime and a relaxing routine.
- Shut off all digital screens an hour before bedtime.
- Have a quiet, dark, cool place to sleep.
- Associate bed and bedroom with sleep.
- Avoid nicotine, alcohol, and caffeine.

Do all you can to get a good night's sleep. It is important to your physical and mental health. It is important to your quality of life and to your safety.





## You Have Physical Health and Behavioral Health Coverage.

PerformCare is part of the HealthChoices program. HealthChoices is the Medical Assistance program that pays for your health care. People in the HealthChoices program enroll in a physical health plan and also get a separate behavioral health plan. The behavioral health plan you are enrolled in depends on where you live.

The behavioral health plan you have is based on the county you live in. If you live in Bedford, Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Perry, or Somerset County, PerformCare is your behavioral health plan.

Physical health plans cover your physical health care needs. They pay for services such as doctor visits, your prescriptions, eye care and dental care. Physical health plans for HealthChoices include:

- Aetna Better Health.
- AmeriHealth Caritas Pennsylvania.
- Gateway Health Plan.
- United Healthcare Community Plan.
- UPMC for You.

PerformCare is the plan that covers your behavioral health care needs. Behavioral health includes mental health and drug and alcohol (substance use) services.

To find out more about your behavioral plan and the things we cover, call us at the number provided for your county.

### Cumberland-Perry, Dauphin, Lancaster, and Lebanon Counties

- Member Services: **1-888-722-8646**
- Member Services TTY/TDD: **1-800-654-5984** or PA Relay **711**

### Bedford-Somerset and Franklin-Fulton Counties

- Member Services Bedford-Somerset: **1-866-773-7891**
- Member Services Franklin-Fulton: **1-866-773-7917**
- Member Services TTY/TDD: **1-800-654-5984** or PA Relay **711**

Member information is also available at [www.performcare.org](http://www.performcare.org).

## Discrimination is against the law

PerformCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. PerformCare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

PerformCare:

- Provides no cost aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters.
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides no cost language services to people whose primary language is not English, such as:
  - Qualified interpreter services.
  - Information written in other languages.

If you need these services, contact the PerformCare Member Services number for your county.

Capital Area (Cumberland, Dauphin, Lancaster, Lebanon and Perry Counties)

Member Services: **1-888-722-8646**

TTY/TDD: **1-800-654-5984** or PA Relay **711**

North Central Area (Bedford-Somerset and Franklin-Fulton Counties)

Member Services (Bedford-Somerset): **1-866-773-7891**

Member Services (Franklin-Fulton): **1-866-773-7917**

TTY/TDD: **1-800-654-5984** or PA Relay **711**

We are available 24 hours a day, 7 days a week.

If you believe that PerformCare has failed to provide these services or discriminated in any way on the basis of race, color, national origin, age, disability, or sex, you can file a complaint with PerformCare and send it to us at:

- PerformCare, 8040 Carlson Road, Harrisburg, PA 17112
- You can file a complaint by mail, fax, or phone. If you need help filing a complaint, PerformCare Member Services is available to help you. Call the Member Services number for your county located above or fax to PerformCare at **717-671-6555**.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, DC 20201

**1-800-368-1019, 1-800-537-7697 (TDD)**

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>.

## Multi-language interpreter services

**English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call the Member Services number for your county.**

**Spanish: ATENCIÓN: si habla español, tiene a su disposición los servicios de asistencia lingüística sin costo alguno. Llame al número de Servicios al Miembro de su condado.**

**Chinese Mandarin: 注意: 如果您说中文普通话/国语, 我们可为您提供免费语言援助服务。请致电您所在县的会员服务热线。**

**Chinese Cantonese: 注意: 如果您使用粵語, 您可以免費獲得語言援助服務。請致電您所在縣的會員服務熱線。**

**Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số Dịch Vụ Thành Viên dành cho quận của bạn.**

**Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните по номеру телефона Member Services для вашего округа.**

**Pennsylvanian Dutch: Wann du Deitsch schwetzsch, kannsch du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff.**

**Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하 카운티의 회원 서비스로 연락하십시오.**

**Italian: ATTENZIONE: nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero dei Servizi per i soci relativo alla propria contea.**

**Arabic:**

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم خدمة العملاء الخاص ببلدك.

**French: ATTENTION : si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro des Services aux membres pour votre comté.**

**German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die Servicenummer für Mitglieder in Ihrem Land an.**

**Gujarati: સૂચના: જો તમે ગુજરાતી બોલતા હો, તો તમારા માટે ભાષા સહાયતા સેવાઓ નિ:શુલ્ક ઉપલબ્ધ છે. તમારી કાઉન્ટીના મેમ્બર સર્વિસીસ નંબર પર ફોન કરો.**

**Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer obsługi członkowskiej odpowiedni dla Twojego kraju.**

**Haitian Creole: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo Sèvis manm pou konte w.**

**Mon-Khmer Cambodian: ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, អ្នកអាចប្រើប្រាស់សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃ។ ចូរ ទូរស័ព្ទទៅកាន់លេខសេវាបម្រើសមាជិកសម្រាប់ប្រទេសរបស់លោកអ្នក។**

**Portuguese: ATENÇÃO: Se fala português, encontra-se disponível serviços de assistência linguística gratuitos. Ligue para o número de Serviços aos Membros do seu país.**

## PerformCare Member Services numbers

Capital Area (Cumberland-Perry, Dauphin, Lancaster, and Lebanon counties):

**1-888-722-8646**

(TTY/TDD: 1-800-654-5984 or PA Relay 711)

Bedford and Somerset counties:

**1-866-773-7891**

(TTY/TDD: 1-800-654-5984 or PA Relay 711)

Franklin and Fulton counties:

**1-866-773-7917**

(TTY/TDD: 1-800-654-5984 or PA Relay 711)

[www.performcare.org](http://www.performcare.org)

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6005PC-17211

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Harrisburg, PA 17112