

REGION 3

anchor updates

ANCHOR WELCOME

Congratulations on another successful reporting period! We appreciate your relentless dedication to DSRIP success in Region 3. Please be mindful of the important dates coming up related to October Reporting including IGT payments, any NMI requests, and forthcoming DSRIP payments for project achievement. Now, it is on to validating Category 1 and 2 metrics and the upcoming DY 5 Learning Collaborative Conference.

Please join Region 3 stakeholders on December 9th to learn from each other, network and discuss innovative ways to combat some of your program and metric challenges. We have a packed agenda, full with useful updates and best practice initiatives.

Also featured will be interactive discussions with key policy leaders and HHSC decision makers on a broad range of timely topics; such as project sustainability, the future of the 1115 Waiver and New York's reimbursement model for integrated delivery systems and shared bonus incentive pools. The conference should give you vital information for you to share in your home communities.

On behalf of the Anchor Team, thank you for your hard work and flexibility. DY 5 will be exciting and challenging. Please let us know how we can help. Our goal is to support and help you along this journey. And as always, Keep Calm and DRSIP On! ◀



PROJECT SPOTLIGHT

Texas Children's Hospital

Texas Children's Hospital's Category 3 DSRIP project is centered on quality of life in pediatric patients. Specifically, we focused on a population of patients with intractable epilepsy coming for Neurosurgical attention. Pediatric epilepsy surgery itself can be transformational. After years of seizures and multiple failed medications, a majority of carefully selected patients will have reduction in seizures or freedom from seizures as a result of surgery. In addition, we are measuring quality of life in our patients and exploring how else to help patients and their families. The DSRIP internal collaborative at Texas Children's Hospital (TCH) is hard at work developing a graduated school support model that will be transformative. The concept is for healthcare encounters to have a place in improving overall quality of life. The epilepsy program at TCH already organizes Camp Spike 'n Wave to empower and to connect children and we aim to do more for our patients! ◀

To view the entire article, [CLICK HERE](#)



Pictured from left to right: Louis Gauthier, EEG Tech, Natalie Cormier, RN, F-NP, Brittini Westbrook, CCLS

First DY5 Learning Collaborative

Congratulations! You have made it to DY5. This year, we are kicking off DY5 with the first Regional Learning Collaborative at the Hilton - University of Houston on December 9th from 8:00 am - 5:00 pm. Presentation topics at this meeting will include sustainability, the 1115 Waiver status, New York Waiver, and quality improvement. Performing Providers will also share project successes in the form of project spotlight videos, the bi-annual project poster fair, and learning collaborative cohort updates. We look forward to an eventful Collaborative and another transformational year in healthcare. ◀

Mayo Clinic: Relaxation Techniques

Last year, we shared relaxation techniques with you post-October reporting. We want to share these tips with you again as we keep calm...and DSRIP on.

The Benefits of Relaxation Techniques:

When faced with numerous responsibilities and tasks or the demands of an illness, relaxation techniques may take a back seat in your life. But that means you might miss out on the health benefits of relaxation.

Practicing relaxation techniques can reduce stress symptoms by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems

To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends.◀

Source: "Stress Management" *Relaxation Techniques: Try These Steps to Reduce Stress*, Mayo Clinic, Web. 04 Nov. 2014.
<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/relaxation-technique/art-20045368>

[CLICK HERE](#) for a quick breathing exercise.



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Congratulations on RHP3 DY4 Reporting:

DY4 OCTOBER REPORTING	AMOUNT REPORTED
DY4 Reported (R2)	\$383,168,192.02
DY4 Carry Forward	\$102,809,649.99
DY3 Carry Forward (Reported DY4 R2)	\$36,930,452.98
RHP 3 plans to draw down approximately 80% of all available funds in DY4 (includes DY4 and DY3 CF metrics)	

Required Dates and Deadlines

October 2015 through December 2015 - Category 3 baseline review - corrective action plan, technical assistance and follow-up

October 2015 through February 2016 - Category 1 and 2 validation - Round 1
SAVE THE DATE - Wednesday, December 9th, 8 am - 5pm - First RHP 3 DY5 Learning Collaborative at the University of Houston, Hilton

November 20, 2015 - IGT changes due to HHSC, if applicable

December 9, 2015 - October Reporting Review Complete

January 4, 2016 - IGT due for October DY4 reporting DSRIP payments

January 15, 2016 - October reporting DY4 DSRIP payments for transferring hospitals & top 14 IGT Entities

January 15, 2016 - NMI Responses due to HHSC

January 29, 2016 - DSRIP payment - DY4 for remaining providers and any DY3

Regional Statewide Events

February 9-10, 2016 - RHP 9 & 10

Second Annual Collaborative Event

Connections - Impacting Care.

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and/or

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*All dates are subject to change.

Please refer to HHSC for the most recent updates:

<http://www.hhsc.state.tx.us/1115-Waiver-Deadlines.shtml>