



MONTHLY NEWSLETTER

FITNESS FOCUS

HELP IS NOW AVAILABLE*

If you or someone you know is in immediate danger of harming themselves, please call 911.

If you or someone you know is experiencing suicidal thoughts, call the U.S. National Suicide Prevention Lifeline at **988** or text **“WYO” to 741-741** for the Crisis Text Line. People call/text to talk about lots of things: financial troubles, relationships, sexual identity, depression, illness, and loneliness, to name a few. Talking with someone about your thoughts and feelings can save your life.

The **U.S. National Suicide Prevention Lifeline** [\[HERE\]](#) and the **U.S. Crisis Text Line** [\[HERE\]](#) operate 24/7 and offer free support to anyone. Your county **Community Mental Health Center** [\[HERE\]](#) can also provide help for mental health crises.

Other important and valuable mental health resources....

- [Wyoming Suicide Prevention Resource Guide](#) “With Help Comes Hope” [\[HERE\]](#)
- [Wyoming Suicide Survivor and Lived Experiences Support Groups](#) [\[HERE\]](#)
- [Media Guidelines on Suicide Reporting](#) [\[HERE\]](#)

* **From the WY DOH Website** *

Additionally, 307Health doctors are qualified to confidentially listen and help their patients who are experiencing mental health challenges to implement a comprehensive plan of restoration.

Call us if you feel it is time to start a mental health care plan.

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September 2022

HEALTH TIP



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Suicide occurs across the population regardless of age, gender, and socioeconomic status. Suicide has consistently been the tenth leading cause of death in the U.S. It is the second leading cause of death in young adults. These statistics may underestimate the number of suicides because some deaths from suicide may be recorded as accidents or natural causes.

There is a common misconception that talking to a person about suicide will increase their likelihood of suicide. There is evidence that thoughtfully talking about suicide actually decreases the risk. While September is the designated month for Suicide Awareness, it is something we need to be able to talk about year round. Also, it's important for people who are not mental health professionals - including parents, teachers, and friends - to be able to compassionately confront a loved one about concerns related to suicide.

Often times people who are thinking about suicide are relieved to talk about this with someone they feel will listen to them. People contemplating suicide often leave clues for people in their lives regarding suicidal thoughts or plans. It is important to respond to these events in a timely fashion.

If you are concerned that someone is considering suicide, ask them and talk to them openly. Be prepared for their answer and know what resources are available to continue the discussion. (mt)



DOCTOR'S NOTE

“988” IS WYOMING'S NEW SUICIDE AND MENTAL CRISIS HOTLINE

By Dean Bartholomew, M.D.

In Wyoming we pride ourselves on being #1 in so many areas...rodeo, big game hunting, fishing. But, holding the #1 suicide rate in America per capita is not a title that we want.

In 2020, Wyoming's suicide rate reached 30.5 per 100,000 persons which - with a total state population reaching almost 600,000 folks - we are experiencing over 150 deaths per year. This rate is more that double the national per capita average!

Why? Many believe it is our “Cowboy Culture” where we independent folks have been trained to lift ourselves up by our boot straps...to “Cowboy Up” and power on through our problems without asking for help. This works well with physical problems but may not be a healthy approach with mental health stress. A second contributing factor, though, is our mental health professional shortage such that even when a Wyomingite is ready to reach out for help, it can be very difficult finding immediate access and help.

We all know the phone number 911...let me introduce you to **988 - Wyoming Lifeline** In July, Wyoming joined the Federal Communications Commission's (FCC) national 988 Suicide & Crisis Lifeline system. Before 988, one would have to call 1-800-273-8255 to reach the national hotline. Now a call to 988 reaches a Wyoming specific hotline. 988 will accept calls for suicidal thoughts, depression / anxiety, addiction / substance abuse, or any other acute mental health issue. One may call for themselves or for a friend / family member. Watch this [excellent video](#) for more information.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

FLU VACCINE COMING AGAIN IN OCTOBER

307Health has again purchased a limited number of flu shots in order to make this annual immunization easy to access for our members. The \$25 per shot charge covers vaccine and related overhead costs only. An annual flu shot is recommended for all healthy Americans to prevent disease severity and reduce the length of the illness should infection occur. Individuals with a compromised immune system are asked to discuss their particular situation with their doctor before getting a flu shot.

While it may not prevent infection, influenza vaccination gives a boost to the human immune system by helping it get ready to fight a potential exposure to the target virus. This boost can help decrease the severity and duration of an influenza infection in the event of exposure.

Look for more details in the October newsletter. (kt)

COVID-19 TESTING MOVES TO FEE-FOR-SERVICE

Beginning this month, CoVID-19 testing at 307Health will move from no-charge to fee-for-service as our complimentary state-provided testing inventory expires. At-home testing options are now widely available over-the-counter in local pharmacies. (kt)

THE ANNUAL OFFICE VISIT WITH YOUR DOCTOR

Health goals and needs vary from person to person. Individual patients can tailor their routine wellness visit schedule with their doctor in a way that meets their specific goals and needs.

Once a year we will send you an email reminding you of the value of a regular wellness visit with your doctor. Please use this courtesy reminder service to help you stay on track with your personal wellness and health goals. (kt)



MEMBER SERVICES FOCUS

IN-HOUSE MEDICATION DISPENSARY – AN OVERVIEW

Did you know that 307Health's three doctors dispense over 500 prescriptions every month? The 307Health in-house generic medication dispensary can be a valuable benefit of membership, but price comparison is important if price is a factor in your decision. For instance, a recent price comparison between a retail pharmacy and 307Health for one commonly prescribed generic medication was interesting. The listed cash price for that prescription medication was \$38.89 at a local retail pharmacy, but \$18.90 at 307Health - representing a \$20 price swing.

Retail cash price, however, is not the only factor when deciding where to fill your generic prescriptions. Insurance plan coverage factors such as individual and family deductibles are one consideration, as are your insurance company's approved medication formulary and the negotiated contractual pricing with various retail pharmacies. For example, one retail chain pharmacy offers a 90-day refill at \$10 for a commonly prescribed generic maintenance medication which is significantly cheaper than the 307Health price for the same medication.

In addition to the patient's insurance coverage parameters for medications, individuals may prefer the convenience of one-stop shopping. Medication delivery and/or pick-up convenience is another variable personal consideration.

307Health's prescription pricing is the same for all members regardless of the patient's insured status because we do not file insurance claims. 307Health typically dispenses generic medications. When preferred by the patient, brand name medication prescriptions are usually sent to the patient's preferred pharmacy.

Mail-delivery for in-house medication fills is also available. 307Health does not carry Schedule II medications in-house, i.e. "controlled" substances. 307Health is not a pharmacy and only fills prescription medications for our patients. (kt)

WYOMING DEPT OF HEALTH

OVERDOSE ANTIDOTE ORDERS OFFERED TO WYOMING GROUPS

August 31, 2022

Free orders of a temporary opioid overdose antidote known as NARCAN® are once again available for Wyoming groups through the Wyoming Department of Health (WDH).

Erica Mathews, Grants and Programs Unit manager with the WDH Behavioral Health Division, said NARCAN® is a potentially lifesaving prescription medication designed to quickly help reverse the effects of an opioid overdose.

"This program provides free NARCAN® to agencies, businesses and organizations in Wyoming that may be in position to help people who are experiencing an opioid overdose," Mathews said. "It's meant for groups such as law enforcement agencies, emergency medical service providers and schools rather than for individual orders." The effort is being funded through the State Opioid Response Grant from the federal Substance Abuse and Mental Health Services Administration.

WDH data show annual deaths attributed to overdoses in Wyoming have increased between some years and decreased at other times. It's believed the recent increase in overdose deaths can largely be attributed to an increase in synthetic opioid-involved overdose deaths.

The active ingredient in NARCAN®, naloxone hydrochloride, can block the effects of opioids and restore normal breathing in a person whose breathing has slowed, or even stopped, as a result of opioid overdose.

The full 08/31/22 press release can be read on the WDOH website NEWS tab [HERE](#) .