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Montana Health Care Programs
MESSENGER

Diabetes? You can THRIVE

You have Diabetes!

When it comes to managing your diabetes, you are faced with hundreds of difficult decisions daily that impact your blood glucose levels. Although this can be very challenging, you have an opportunity to **THRIVE** with your diabetes by working with your healthcare provider, a Diabetes Care and Education Specialist (DCES), and participating in a **Diabetes Self-Management Education and Support (DSMES) Program.**

What is DSMES?

DSMES services are a covered benefit through most health plans, including Montana Medicaid, that provides an evidence-based foundation to gain the knowledge, skills, tools, and support to manage diabetes throughout an individual's lifetime. This foundation helps persons with diabetes to navigate daily self-care with confidence.

How is DSMES Offered?

DSMES is offered by a Diabetes Care and Education Specialist (DCES) (formerly called 'diabetes educator'), who is an experienced healthcare professional such as a registered nurse, registered dietitian, or pharmacist, who has expertise in diabetes care and education. The Diabetes Care and Education Specialist collaboratively works with the health care team to design a management plan that is tailored to your lifestyle, culture, and beliefs. This plan can help with coping skills for the emotions and demands of living with a chronic condition. DCES are experts in diabetes technology can help identify what devices and apps may be the best suited to meet needs and financial situations. An important part of the healthcare team, Diabetes Care and Education Specialists are positioned to help:

- Mange blood glucose
- Lower A1c levels
- Develop coping skills to address the daily challenges of living with diabetes
- Reduce the risk for complications
- Decrease costs by reducing or eliminating the need for medications and emergency room visits
- Help find access to cost-savings programs

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No-Cost Crisis Counseling

The State of Montana provides no-cost crisis counseling for Montanans suffering from mental health impacts of the COVID-19 pandemic. People are suffering from increased stress, depression, anxiety over loss, isolation, job loss, etc. The Montana Crisis Recovery program was created to ease the mental health impacts of the COVID-19 pandemic. We provide a trained person for Montanans to talk to, so they can be heard and feel connected. We also give information on resources available.

Our Crisis Counselors undergo training designed to provide counseling in the event of a disaster such as this pandemic. We have Tribal

DSMES services are offered in individual or group sessions and can be delivered in person or by a telehealth option. To learn more about DSMES services and its benefits click here.

4 Key Times to see a Diabetes Care and Education Specialist

There is never a bad time to schedule an appointment with a diabetes care and sessions delivered in person or by a telehealth option. To learn more about DSMES services and its benefits click here.
education specialist, but there are a few key times when it is important to schedule a visit.

1. At diagnosis
2. Annually or when you are having challenges in meeting diabetes treatment goals
3. When your diabetes or your health changes and impacts diabetes self-management (such as medication changes, or when other issues arise)
4. During times of life transitions – changes in health care provider, insurance, living situation, etc.

You have been Referred. What's Next?

If you have received a referral from your provider, take the next important step to successfully managing your diabetes and **make the call!!**

What happens during Diabetes Education?

During the initial visit, a diabetes care and education specialist will spend time developing a plan that helps overcome the barriers faced in managing diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Here are a few ways a diabetes care and education specialist can help.

- Promotes understanding of exactly what diabetes is and how it affects the body.
- Explains how diabetes medications work.
- Figures out what types of foods are best for the individual and shares how to plan meals that fit lifestyle, culture, religious beliefs, and budget.
- Determines the best type of glucose monitoring device for your specific circumstances.
- Discovers apps and other tools to provide reminders and help track progress.
- Assists with stress management and helps solve problems as they arise.
- Analyzes data from diabetes devices to provide treatment recommendations.

Diabetes changes over time. To meet new challenges brought on by advancing diabetes or other health issues or life changes, new skills must be learned. DSMES is not a 'one-time thing,'

Relations crisis counselors to provide outreach and support to Indian centers and the tribal populations. We also have healthcare crisis counselors because we know healthcare workers are experiencing this pandemic on a much different level than others. Peer support is very important to us. We also have a Child/Adolescent Specialist who works closely with schools, connecting with school counselors, teachers, students, and their families.

Our helpline is open daily from 10am-10pm. You can reach us at: **1-877-503-0833**. Please visit our website at: www.montanacrisisrecovery.com and like us and share helpful posts on Montana Crisis Recovery | Facebook and Montana Crisis Recovery (@montanacrisisrecovery) Instagram photos and videos.

For any additional information or to request flyers or other printed material please contact:

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but is meant to be an ongoing service that helps the individual adjust to the personal diabetes self-management plan.

Now what?

Talk to your provider about DSMES and **THRIVE** with diabetes!

To learn more about managing your diabetes click here.

If you would like to learn more about DSMES programs and services in MT, find a location click on the following link to the Montana Diabetes Program Story Map https://bit.ly/2YeRLbn, talk with your provider and ask for a referral.

References:
https://www.diabeteseducator.org/living-with-diabetes/how-a-diabetes-educator-can-help-you
https://www.cdc.gov/diabetes/dsmes-toolkit/background/benefits.html
https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources
https://mtdphhs.maps.arcgis.com/apps/MapSeries/index.html?appid=5a373ca79709446f831e2134217a0647

Joy of Healthy Living Story Map

Obesity is a major concern for many Montanans; however, healthy living can be achieved by everyone. Finding joy in the things we do will help us stay motivated to live active and healthy lives. Healthy eating and regular physical activity are important for maintaining a healthy weight. We can prevent obesity within our communities, while also supporting healthy living among people with obesity. No one is alone in this journey.

To support healthy living for all Montanans, the State Health Improvement Plan partners created a new web-based resource. Check out the Joy of Healthy Living: Active lives and healthy food for all Montanans Story Map to find fresh affordable food, physical activity that's right for you, and local and Tribal/Urban community health programs. Share the link with your friends and family to support your community in living healthy. If you don't see your favorite community program represented, let us know in the "Add a resource" tab of the Story Map.

ANNOUNCEMENT

A New Option for Mental Health Services

Montana Medicaid has added a new kind of service provider. **Licensed Marriage and Family Therapists** are now able to offer mental health services. As of April 1, 2021, Medicaid members can get counseling services from Licensed Marriage and Family Therapists that are enrolled in Montana Medicaid.

Key Contacts

Medicaid/HMK *Plus* Member Help Line
For questions regarding benefits copayments, or Passport to Health:
1-800-362-8312
MT Healthcare Programs

Nurse First Advice Line
For questions when you are sick, hurt, or have health questions.
1-800-330-7847
MT NURSE FIRST

Montana Relay Service
For the deaf or hard of hearing.
1-800-253-4091 or 711

Montana Public Assistance Help Line
For eligibility questions.
1-888-706-1535
MT Public Assistance

Transportation Center
For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**
1-800-292-7114.