

**Ways to Wellness –
A Health Home Program for Children & Adults**
Frequently Asked Questions



What is a Health Home Program?

Our Health Home program at UBCSS is called Ways to Wellness, and services are offered to eligible clients already enrolled in our Psychiatric Rehabilitation Program (PRP) or Assertive Community Treatment (ACT) program. At UBCSS, we understand that physical health and behavioral health often go hand-in-hand, which is why we offer this program that emphasizes the integration of physical healthcare and behavioral healthcare in order to achieve improved health outcomes. Participants are assigned to a Nurse Care Manager (a Registered Nurse in the state of Maryland) to help ensure their healthcare needs are being met. Health Home services are personalized and based on each person's specific healthcare needs.

What services will I receive?

- A thorough health assessment by a Registered Nurse
- Assistance with referrals and scheduling
- Education on a variety of health topics, including nutrition, weight loss, smoking cessation, dental care, hygiene, pre-natal care, illness prevention, sun safety, etc.
- Support in the management of medical conditions such as diabetes, obesity, asthma, COPD, heart disease, cancer, etc.
- Coordination of care with other healthcare providers as needed
- Transitional support in the event that you are hospitalized
- Assistance with tracking immunizations, vaccines, and other health screenings
- Guidance and support in reaching healthcare goals that are important to you
- and more

How can I sign up?

To be eligible for Health Home services, you must have active medical assistance, and you must be enrolled in the PRP or ACT program here at UBCSS. You may be referred by any of the program staff. Once you sign a consent form, you will be assessed by a Registered Nurse, who will assist you with identifying and developing a plan for addressing your healthcare needs.

Who do I contact for more information?

For more information about the Health Home program, you can contact the Health Home Director.

Susan Lebowitz, MSCC Health Home Director Harford and Cecil Counties 410-996-5104 x1098 (phone) 410-996-5197 (fax)
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