HELPFUL HINTS:

Mental illness is more common than many people realize. In 2014, one in five American adults experienced a mental health issue; one in 10 young people experienced a period of major depression; and one in 25 Americans lived with a serious mental illness such as schizophrenia or bipolar disorder.

The good news is that those with a mental health issue can get better, and many recover completely. Four factors in particular help contribute to successful progress:

- **Health:** making informed, healthy choices that support personal well-being
- **Home:** having a safe, comfortable, stable place to live
- **Purpose:** engaging in activities with meaning, such as volunteering, caring for family, being creative and pursuing a desired course of study
- **Community:** building supportive relationships and networks

Effective stress management also reinforces a productive recovery plan. A few ways to help lower stress include:

- Organizing and prioritizing time and tasks
- Remaining physically active, including exercise
- Stretching daily
- Maintaining a healthy diet
- Making time for meaningful hobbies
- Relaxing before bedtime and getting at least eight hours of sleep

GIVE TO EDGewater:
Support Our Programs for Men, Women and Children

Edgewater Systems is a nonprofit community mental health center serving Northwest Indiana’s most vulnerable people and families.

Edgewater remains committed to providing comprehensive healthcare and family support services including family and youth counseling, addiction and dependency treatment, crisis stabilization and management; adult residential services; and primary care services.

In Fiscal Year 14 (July 1, 2014–June 30, 2015), we helped more than 3,000 people improve their quality of life. Your financial support allows us to continue offering vital services and promoting balanced health in our communities.

Please make your contribution payable to Ambassadors for Edgewater. You can mail your contribution to the address below. We will send you in return an acknowledgment letter you can use for tax purposes.

**Edgewater Systems**
1100 West Sixth Avenue
Gary, IN 46402


**Understanding Health Care Reform: Integrated Care**

The Affordable Care Act of 2010 includes several supports and incentives for states and healthcare providers to integrate primary care and behavioral healthcare services. Here are a few of the main things to understand about that integration.

**Why is Integrating Primary Care and Behavioral Health Care Important?**

Studies have shown that people with mental health or addiction disorders die at a younger age than those in the general population. Causes are likely to include treatable health conditions such as heart disease and diabetes. People with addiction or mental health issues need greater access to primary care services.

**What is Integrated Care?**

Integrated care is when healthcare professionals consider all mental and physical health conditions at the same time, including those requiring prescriptions. Integrated treatment leads to a fuller understanding of the whole person’s health.

**How does integrated care work?**

It can take many forms, such as offering mental health or addiction treatment and primary care in the same building, uniting mental health and primary care specialists to treat the same patients, or having a primary care professional with mental health or addiction training provide basic services for each patient.

**What are the benefits of integrated care?**

- Improved coordination of care
- Reduced overall costs
- Better outcomes for patients
- Improved patient satisfaction

**The Benefits of Our New System Include:**

- Lower healthcare costs
- 更 effective way to produce better outcomes for patients
- Improved care coordination and an even more effective way to ensure medications are compatible and prescribed correctly as well.

**To learn more about integrated care, visit www.healthcare.gov.**

**Stay Current & Connected:**

Keep informed about the latest news and thoughts concerning the healthcare that matters most to you.

- Follow us on Facebook (Edgewater Systems)
- Visit our website: www.edgewatersystems.org
- Sign up for our e-newsletter: Write to jstjohn@edgewatersystems.org to join.

**About Edgewater:**

Edgewater has acquired a successful primary care practice with offices in both Gary and Griffith. The practice, currently known as Internal Medicine Center to Northwest (IMCNW), Indiana will be rebranded as Edgewater Primary Care. IMCNW managed by Dr. Eric Mahoney, an esteemed and well-known internal medicine physician who has been serving the community since 1994.

Dr. Navabara will remain on staff as both lead physician and medical director for both locations. Currently, the practice currently serves more than 5,000 patients. Together, Edgewater and Internal Medicine Center has more than 70 combined years of exceptional healthcare support to the Northwest Indiana community.

Their efforts united with ours will focus on providing integrated healthcare for patient populations, improving care coordination and offering more appropriate use of our healthcare resources.

**By offering services to address mental health, substance abuse and primary care concerns, we will be able to produce better outcomes and an even more effective way to care for those with multiple healthcare needs.**

**The benefits of our new system include:**

- Greater access to services
- Higher quality of care
- Lower healthcare costs

As we continue evolving with the changes and challenges in today’s healthcare system, we will steadfastly maintain our commitment to the well-being of our communities.