

TALKING TREND

Oregon Youth Suicide Data Highlights Need for Equity



[7/9 Oregon Health Authority News Release:](#)

The Oregon Health Authority’s (OHA) [Youth Suicide Intervention and Prevention Plan \(YSIPP\) annual report](#), reveals significant concerns about youth suicide, particularly among youth of color. Analysis of 2022 CDC data shows 109 Oregon youth (ages 24 and under) died by suicide, an increase from 95 in 2021, marking the first rise since 2018.¹ Although preliminary data suggests 2023 might not see further increases, Oregon had the 12th highest youth suicide rate in the U.S. in 2022, and suicide remains the second leading cause of death among this age group.

The YSIPP report underscores Oregon’s efforts in suicide prevention, including the addition of 343 [suicide prevention trainers](#), 67 of whom speak languages other than English. OHA Behavioral Health Director Ebony Clarke emphasized the need for more action, especially for young people of color, noting, “We need to do more, particularly for young people of color.”

The [report highlights](#) racial disparities: while suicides among white youth have decreased since 2018, numbers for youth of other races and ethnicities have not. Efforts to address these disparities include culturally specific initiatives and expanded training programs. Key initiatives in 2023-24 include:

- Tribal Prevention Programs: Promoting “culture as prevention” and expanding [“Big River” youth suicide prevention programming](#).
- Black Youth Suicide Prevention Coalition: Supporting Black communities and creating spaces for belonging, and participating in Substance Abuse and Mental Health Services Administration ([SAMHSA](#))’s Black Youth Suicide Prevention Initiative Policy Academy.
- Latino/a/x and Spanish-speaking Trainers: Increasing funding by \$500,000 to expand training availability.
- Cultural Theory Integration: Collaborating with the Culture & Suicide Prevention Institute for [suicide prevention training](#) and policies with culturally specific risk and protective factors.

OHA’s Equity & Inclusion Division interim director Alfonso Ramirez emphasized the importance of culturally centered suicide prevention, stating, “We’ve recognized how important it is to also focus on the cultural strengths and wisdom that have been passed on for generations across communities.”

Oregon’s comprehensive approach highlights the urgent need to address equity gaps in youth suicide prevention and support.

¹CDC Wide-ranging Online Data for Epidemiologic Research (WONDER) 2022 data.

INDUSTRY NEWS

The Oregon Individual Market Grows 2% in 2024 With Induced Growth From Migrating Medicaid Members

According to an article published [4/17/24 on oregoncapitalchronicle.com](#), the number of people buying private health insurance policies on the federal marketplace rose slightly this year in Oregon as thousands lost Medicaid coverage.

The Oregon Health Authority said in its [annual marketplace report](#) published April 15, 2024, that nearly 146,000 people bought a private plan for 2024, marking an increase of more than 2% over last year when nearly [142,000 people](#) bought their health insurance through the marketplace.



HEALTH NET NEWS



California and Oregon RxDC Report Filing Completed in May, 2024

Health Net successfully filed the RxDC report for Oregon and California Small and Large groups on May 30, 2024.

Why It Matters

As explained in the February 15, 2024 Broker Blast Communication, the No Surprises Act (NSA), enacted as part of the [Consolidated Appropriations Act, 2021](#) (CAA), includes transparency provisions required to both grandfathered and [non-grandfathered](#) group health plans and health insurance issuers in the individual and group markets, to submit information on prescription drugs and health care spending. The information is submitted to the Departments of Labor Health and Human Services and the Department of Treasury and the Office of Personnel Management (The Departments).

This prescription drug data submission is called the RxDC report and is collected by the Centers for Medicare and Medicaid Services (CMS).

The RxDC report is due each year, beginning December 27, 2022 (for reference years 2020 and 2021), and then by June 1 of each subsequent year.

No further action is required from the employer groups.

More Information:

1. What was submitted? [D1, D2, D3, D4, D5, D6, D7 and D8](#).
2. At the time of submitting D2, was the aggregate total submitted under Health Net’s EIN? [Yes, the aggregate total was submitted under Health Net’s EIN](#).
3. If the D2 was submitted as an aggregate, are the rest of the submissions on an aggregate? [Yes](#).
4. Did Health Net submit a Narrative Response? [Yes](#).

Questions

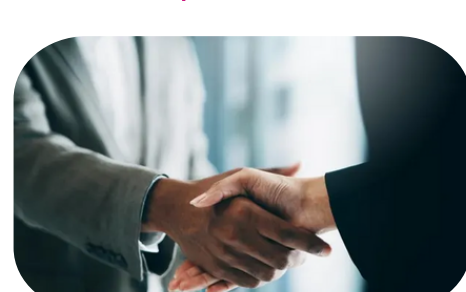
For more information, contact your Health Net Sales Representative.

IN THE COMMUNITY

Oregon Health Insurance Marketplace Seeks Proposals for State-Based Marketplace Vendor

[7/3 OHA News](#) - The Oregon Health Insurance Marketplace is excited to announce a request for proposals (RFP) for a state-based marketplace vendor.

This initiative aims to enhance the efficiency, accessibility, and user experience of the Oregon Health Insurance Marketplace, ensuring that Oregonians have seamless access to affordable, quality health coverage.



WELLNESS



August is National Wellness Month

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! According to the [National Institute of Mental Health \(NIH\)](#), self-care helps manage stress and can lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being.
- Make sleep a priority. Stick to a schedule, and make sure you’re getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to friends or family members who can provide emotional support and practical help.
- Try a relaxing activity. Explore relaxation or wellness programs or apps. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

Health Net offers a wide variety of self-care programs, activities and one-on-one behavioral health assistance to members through access to [Sharecare](#) and [Teladoc Health](#).

Teladoc Health is the Exclusive Telehealth Provider for Health Net Members

Did you know that Teladoc Health, Health Net’s select telehealth services provider, offers 24/7 virtual medical visits with U.S. doctors for non-emergencies? This means your clients have the flexibility to consult with experienced physicians anytime, anywhere*, by calling 1-800-TELADOC (835-2362), visiting the [website](#), or downloading the Teladoc app. Visits can be by phone or video.

In addition, scheduled behavioral health services are available 7 days a week from 7 am to 9 pm (PT)**, ensuring support is accessible when Health Net members need it most.

Interested in exploring the world of Teladoc Health? Reach out to your Health Net Sales Representative today to learn more about how this innovative service can elevate your client’s healthcare experience. Let’s discuss how easy and convenient healthcare can be with Health Net and Teladoc Health!

*Teladoc is not available outside of the 50 U.S. states, Washington D.C., and Puerto Rico.

**Some restrictions apply.

Health Net Oregon will expand Teladoc Programs access in 2025 to offer Teladoc Mental Health Digital access.

Teladoc Health Mental Health Digital is an online program offering tools and support for stress, depression, sleep, and more—all customized to meet individual needs. The program provides a personalized plan with suggested activities and content. Users can access resources tailored to their requirements, including tools to help them calm down, change their thinking, get inspired, and feel more hopeful.

Teladoc Health Mental Health Digital can be accessed in 2025 by visiting [Teladoc.com/peace](#).

JUST FOR FUN

Hot Summer Day Indoor Activities for Kids (and Kids at Heart)

What is the best way to beat the summer heat? Stay indoors! But what do you do when the kids get bored?

Here are some fun and engaging suggestions from [realsimple.com](#) to keep your kids entertained while reducing their screen time.

1. Create an Indoor Obstacle Course:

Set up couch cushions, hang swinging keys, and tape yarn for a laser maze.

2. Do an Indoor Scavenger Hunt:

Make a list of things to find around the house. Use online templates for inspiration.

3. Play a Murder Mystery Game:

Engage in a fun mystery game that encourages critical thinking and imagination.

4. Make No-Bake Treats:

Create no-bake cookies, frozen banana treats, ice cream, sundaes, or ice cream sandwiches.

5. Put on a Play or Make a Movie:

Have kids create and perform their own play or create fun videos with scripts or improvised scenes, then edit with apps like VivaVideo or iMovie.

6. Make up a Dance Routine:

Learn and perfect choreography from favorite movies, musicals, or TikTok.

7. Play Indoor Pickleball:

Set up a kids’ pickleball set indoors with a soft rubber ball.

8. Set Up an Airfort:

Attach breathable fabric to a box fan to create a cool indoor fort.

9. Do Karaoke:

Use YouTube or search online for karaoke versions of favorite songs.

10. Have a Board Game Marathon:

Play a series of board games with a treat for the winner.

