

## Latest PPS News

### Addressing Patient Trauma Through Yoga BPHC Innovation Fund Pilot

Patients and clients of behavioral health services have often had traumatic life experiences that impact their physical health and mental well-being.

Research bears out the benefits of yoga for anxiety, depression and cardiovascular health.

A BPHC Innovation Fund project, led by Services for the UnderServed (S:US), has been piloting a variation of yoga, called “trauma-informed yoga,” into the course of treatment at Starhill, its residential substance use treatment program in the Bronx.

In a preliminary assessment of the pilot this summer, a majority of residents reported they had a better awareness of their coping skills and were more open and motivated to participate in treatment, accept help and engage with peers.

[Read more.](#)



S:US’ Trauma-Informed Yoga pilot was a featured topic at the New York Association of Psychiatric Rehabilitation Services’ Annual Conference this month. Presenters pictured in center photo: Zoe LePage, Exhale to Inhale; Bronte Kastenber, BPHC; Erin Palmer and Altroise Walcott, Services for the UnderServed.

## VBP University: Sophomore Year

The NYS Department of Health’s (DOH’s) Value Based Payment University (VBP-U) Sophomore Year is in full swing.

VBP-U is an online, educational resource created to raise awareness and understanding in the move to VBP. Building off last year’s success, VBP-U: Sophomore Year provides a deeper dive into VBP.

Semester One includes information on the Medicare Access & Children’s Health Insurance Reauthorization Act (MACRA), guidance for Chief Medical Officers, and guidance for addressing social determinants of health through VBP.

Semester Two provides additional guidance related to Behavioral Health and Substance Use Disorder in the context of VBP.

Semester Three will be announced soon. Semesters 1-3 will conclude with a quiz on the topics covered. Those who pass with a grade of 80% or higher will receive a certificate of completion by the DOH.

[Click here](#) to view VBP-U Sophomore Year. You may send any questions to [VBP@health.ny.gov](mailto:VBP@health.ny.gov).

## Upcoming Meetings:

Project Advisory  
Committee Meeting

Thursday, October 25  
4:30 - 6 p.m.

Contact Lucy Massafra at  
[LMassafra@sbhny.org](mailto:LMassafra@sbhny.org)  
with questions.

## BPHC Resources

RHIO Patient Consent  
Training Tools



Patients benefit when doctors have their complete medical history. That is why obtaining consent for patients to access their health information from the RHIO is so important.

BPHC has developed training tools for front-line staff members responsible for obtaining RHIO patient consent.

The training materials, which are available to organizations that are members of the RHIO, can help improve your organization’s consent rates.

**They include:**

Video

PowerPoint presentation

Tip sheet

**The training covers:**

Overview of the RHIO and how health information exchanges work

Review of consent forms and consent choices

Tips and talking point for engaging patients in giving consent

[Access the RHIO Consent Training tools here.](#)

## Visit our website:

Visit our website for the most recent materials, updates on our activities and meeting dates.

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