



Wise
Dulmarida ee
Adeegaha Deg-dega ah

QOYSKA



Qaab cusub oo lagu xaqab tirayo baahooyinka carruurta ee kusaabsan Caawimaada caafimaadka Apple Health kuwaas oo qabba dhibaatooyin caafimaad maskaxda ah ee kunool gudaha Washington

Muxuu yahay WISE?

WISE waa adeeg iskaada ah midkaas oo leh qaab koox lagu xaqab tirayo baahooyinka ilmahaaga. Waxay bixinaysaa adeego caafimaad maskaxda ah oo deg-deg ah si loo taageero ilmahaaga looguna caawiyo qoyskaaga in uu gaaro ujeedooyinkaaga.

Shayga uu diirada saarayo WISE wuxuu yahay:

- In la bixiyo adeego caafimaad maskaxda ah oo deg-deg ah kuwaas oo loogu talagalay in lagu caawiyo ilmahaaga iyo qoyskaaga in ay gaaraan ficnaansho, ammaan, iyo in la xoojiyo xiriirada gudaha jaaliyadaada ah.
- In la horumariyo qorshe daryeel shakhsiyeed ah, oo kusalaysan awoodaha iyo baahooyinka ee ixtiraamaya dhaqanka qoyskaaga, qiyamka, caadooyinka, iyo rabitaanada. Hagaha ilmahaaga iyo qoyska iyo samaynta qorshe ayada oo la isticmaalayo kooxda. Xubnaha kooxda waxaa kamid ah taageerooyin dabiici ah (sida qoyska, saaxiibada, iyo hoggaamiyayaasha diimeed) iyo xirfadlayayaasha la shaqeeya qoyskaaga (sida qoyska, lataliyayaal, iskuulo, CPS, iyo sarkaalada tijaabada).
- In lagu bixiyo adeego iyo taageero meelaha iyo wakhtiyada sida fiican ugu habboon ilmahaaga iyo qoyska (ay kujirto kuwa lagu bixiyo gudaha gurigaaga ama meel dadweyne oo la doorto, iyo fiidadka ama dhammaadka todobaadka).
- In la aqoonsado ama la bixiyo illooyin dhaqaale iyo taageerooyin la siiyo ilmahaaga iyo qoyska.
- In la bixiyo caawimaad inta lagu jiro wakhtiga dhibaatooyinka. Waxaad helaysaa adeegaha dhibaatooyinka loogu talagalay ilmahaaga wakhti kasta oo maalinta ah, 365 maalmood sannadkii. Ilmahaaga wuxuu qaadan doonaa adeegaha ka ahaada dadka garanaya baahooyinka ilmahaaga iyo qoyska iyo daruufaha, sidoo kale qorshahooda dhibaatooyinka hadda ah. Markasta oo ay lagama maarmaan noqoto, midaan waxaa kamid ah soo dhexgalid fool-kafool-ah ee kadhacda meesha ay dhibaatooyinka ka dhacaan.

Mabaadi'da WISE:

WISE waxay qiimeysaa in caawimaadu ay wanaajiso natiijada carruurta:

- | | |
|----------------------------|-------------------------|
| 1. Doorashada iyo Codka | 6. Dhaqan ahaan |
| Dhallinyarada iyo Qoyska | Xiriir la leh |
| 2. Koox kusalaysan | 7. Gooni ah |
| 3. Taageerooyin Dabiici ah | 8. Kusalaysan |
| 4. Wada shaqayn | Awoodaha |
| 5. Kusalaysan-Bulshada | 9. Kusalaysan-natiijada |
| iyo Guriga | 10. Aan shardi lahayn |

Qofkee qaadan kara WISE?

WISE waxaa helaya carruurta/dhallinyarada u qalma Caawimaada caafimaadka laga bilaabo dhallashada illaa da'da 21 kuwaas oo kasoo baxa Heerarka Daryeelka lagu Helo (heerarka laga isticmaalay dhinaca wakaaladaha caafimaadka maskaxda si loo helo heerka saxda ah ee adeegaha ay qaataan dadka).

Goormee ii fiicantahay in aan helo WISE?

Waxaad u wareejin kartaa ilmahaaga baaritaanka WISE **wakhti kasta**. Waalidiintu waxay bilaabi karaan daaweynta, laakiin kadib da'da 13, ilmuhu waa in uu oggolaado adeegaha. Waxaa khasab kugu ah in aad tixgelisid u wareejinta ilmahaaga loo wareejiyo baaritaanka WISE haddii asaga/ayada uu yahay:

- Istimaaale joogto ah oo isticmaala khadka dhibaatooyinka ama qolalka xaalada deg-dega ah, midaas oo sabab u ah wel-welo kusaabsan caafimaadka maskaxda ilmahaaga.
- La kulmayo dhaqamo fahan adag (sida ordid ama xirid joogto ah kuwaas oo sabab u ah caafimaad maskaxda ah) kuwaas oo adiga dhib ku qabtid, daryeel bixiyayaal kale, ama daaweeye/dhakhtar, oona adeegaha dhaqameed keligooda ku caawinin.
- Muujinaya khatar kororta oo dhibaato ay nafsadooda u gaystaan ama dadka kale ah.
- U baahan qaab daaweyn badan oo deg-deg ah oona shakhsiyeed
- U baahan qaab ku lug lahaansho oona la bedeli karo.
- Ku lug leh nidaamyo badan (yacni caafimaad maskaxda ah, nolol wanaag ilmaha ah (CPS), cadaalad dadka yar-yar, adeegaha naafonimada koriinka, iyo/ama daaweynta jirada isticmaalka daroogada) oona nidaamka(nidaamyada) ay la dhibtoonayaan in si wada jir ah loo caawiyo ilmahaaga.
- Kujira Waxbarasho Gaar ah iyo/ama qabba Qorshe 504, ee leh joojitaano badan oo iskuulka laga joojiyo ee sabab u ah caafimaadka maskaxda iyo/ama mowduucyada dhaqameed.



Washington State
Department of Social
& Health Services

Transforming lives

Goormee laga heli doonaa WISE gudaha jaaliyadayda?

WISE wuxuu ka bilaaban doonaa dhammaan meelaha ka baxsan Washington tooska Juun 2018; sidaas darteeda lagama heli doono weli qaybta aad gobolka ama dalka ka degantahay. Wareejinada baaritaanka WISE waxaa wakhti kasta laga samayn karaa degmooyinka laga hirgaliyay WISE. Si aad u oggaatid haddii WISE laga heli karo halka aad kunooshahay iyo qofka lala xiriirayo gal boggaan internetka ah: www.dshs.wa.gov/dbhr/cbh-wise.shtml kadibna ku dhufo dusha dukumeentiga "Liiska Xiriirka Degmada Wareejinta WISE".

Haddii WISE aanan weli laga helin meesha aad gobolka ama dalka ka degantahay, oona aaminsantahay in ilmahaaga uu kafaa'ideysanayo adeegaha caafimaadka maskaxda, isticmaal macluumaadka xiriirka laga helo gudaha boggaan internetka: <https://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/mental-health-services-and-information> si aad u samaysid wareejin, ama ka wac Khadka caawimaada Raysashada, wicitaanka lacag la'aanta ah lambarkan 866-789-1511.



Qoys kasta waa mid ka duwan midka kale.
Xal kastana waa mid gooni ah.

Maxaa dhacaya Marka aan Sameeyo Wareejinta?

Dhammaan wareejinada waa in ay ka dhashaan baaritaanka WISE. Baaritaanka WISE waa in lagu biixiyo gudaha 10 maalmood shaqo ee laga joogo helida wareejinta. Dhammaan baaritaanada WISE waxaa kamid ah:

- Macluumaad aruurin, si loo dhammaystiro baaritaanka Baahoyinka iyo Awoodaha Ilmaha Qaan gaarka ah (CANS), midkaas oo ka kooban 26 su'aalood oo hoose.. Baaritaankan wuxuu xadidi doonaa haddii uu muujiyo ilmahaaga in uu ka faa'ideysanayo heerka daryeelka WISE bixiso. Qalabkan baaritaanka waxaa lag buuxin ama dhammayn karaa tooska teleefoonka ama si shakh-siyeed.
- Marka qalabka baaritaanka uu muujiyo in WISE ay si dhici karto ugu faa'ideyn karto ilmahaaga, ilmahaaga waxaa loo wareejinayaa wakaalad WISE si loo dhammaystiro qaadasho qiimeyn. Bixiyaha wakaalada WISE kadib waxay u xil saari doontaa koox cusub oo loo xilsaaro ilmahaaga dhammaan daryeeladana waxaa la isaga duwi doonaa tooska wakaaladaas/kooxda.
- Haddii la aqoonsado in ilmahaaga uusan muujin in uu kasoo baxo heerka daryeelka ay WISE bixiso, ilmahaaga waxaa loo wareejin doonaa adeego kale oo caafimaadka maskaxda ah, sida ku habboon, si loo sheego baahoyinkeeda/baahoyinkiisa.

*Adeegaha Deg-dega ah ee Dulmarida Washington (WISE)

Dulmarid la dulmaro T.R. et al. v. Kevin Quigley iyo Dacwada Dorothy Teeter

Bishii Nofembar 2009, dacwad Caawimaad caafimaad ayaa la fayl gareeyay (hore loogu magacaabi jirey T.R. v. Dreyfus) ee lid ku ah Waaxda Adeegaha Caafimaadka iyo Bulshada iyo Maamulka Daryeelka Caafimaadka ee kusaabsan adeegaha caafimaadka maskaxda deg-dega ah ee loogu talagalay carruurta iyo dhallinyarada. Dacwadu waa mid kusalaysan dowlada EPSDT (Baaritaan Hore oona Muddo ah, Oggaansho cudur iyo Daaweyn) sharciyo uga baahan gobolka in uu bixiyo adeego caafimaad maskaxda ah iyo daaweyn la daaweyo carruurta u baahan, xitaa haddii adeegaha aanan hore loo bixinin. Kadib sannado badan oo wada hadal ah, dhammaan labada dhinacba waxay oggolaadeen qorshe ay aaminsanyihiin in uu ka dhigayo in ay u hoggaansamaan sharciyada, iyo mida ugu muhiimsan, in lala shaqeeyo dhallinyarada iyo qoysaska kunool Gobolka Washington. Maxkamada dowlada waxay oggolaatay Heshiiskan Dejinta markii ay ahayd Disembar 19, 2013. Hadafka Heshiiska Dejinta waa in lagu horumariyo nidaam lagu bixinayo adeegaha caafimaadka maskaxda guriga iyo meelaha bulshada ama jaaliyada ee shaqeeya - ee loogu talagalay dhallinyarada Caawimaada caafimaadka u qalma ee da'doodu tahay 21 sanno.