

North Sound Mental Health Administration

(Hawlaha Maamulka Caafimaadka Maskaxda ee North Sound)

Qorshaha Caafimaadka Maskaxda oo Bukaaniif ee La Qaddimay

Degmooyinka Island, San Juan, Skagit, Snohomish, iyo

Whatcom

Xafiisyada Hawlaha Maamulka

117 North First Street, Suite 8

Mount Vernon, WA 98273

Taleefoon 360.416.7013

Fakis 360.416.7017

Taleefoonka Bilaashka ah 800.684.3555

TTY 360.419.9008

Email-ka nsmha@nsmha.org

Taleefoonka Bilaashka ah ee Sarkaalka loo Xilsaaray

Baadhitaanka Cabashada Mamuul Xumada 888.336.6164

Shabakadda Internetka <http://nsmha.org>

Buugan yar ee warbixin waxa laga heli kara hab laga soo wareejiyo shabakadda internetka ee <http://nsmha.org> oo ah af Ingriisi, Isbaanish, Ruush, Shiine, Kuuriyaan, Laawishan, Fiidnaamis, Soomaali, iyo Kamboodiyaaan.

Waa maxay ujeedada hawl qabad ee Hawlaha Maamulka Caafimaadka Maskaxda ee North Sound (NSMHA)?

Waxa wadajir isugu imaannay in aan horumarino tayada caafimaadka maskaxda ee beeshaada oo isla markana taageerno ladnaanshaha dadka qaba cudur maskaxeed ee loogu adeego Gobolka North Sound, iyada oo la siinayo adeegyo tayo sare leh, oo dhaqan ahaana fiican. Waxa ay tahay mas'uuliyadda NSMHA in ay hubiyaan in:

- Adeegyada dhibaataada caafimaadka maskaxda waxa la heli kara 24kii sacadood ee maalinta, 7 maalmood toddobaadkiiba ee loogu tala galay qof kasta oo jooga gobolka.
- Waxa qof kasta oo u-qalma Medicaid u diyaar ah adeegyada loo baahanyahay ee caafimaadka maskaxda oo waqti habboon la isticmaali karo.
- Dhammaan adeegyada xannaanada waxa ay gaadhsiisanyihiin heerka ugu sareeya.
- Dhammaan daawaynta caafimaadka maskaxda waxa baahideeda keena macmiillada iyo u jaawabka dadweynaha.
- Dawaaqaynta waa mid shakhsiyadeedsan, oo ku salaysan xoogga wada shaqaynta qoyska iyo jaaliyadda, taas oo albaabka u furaysa ladnaansho iyo rajo.
- Tix-gelinta nabadda dadweynuhu waa ta ugu sarreeysa.
- Sii-wadidda xannaanadu waxa ay fulinaysa baahiyada qofka oo dhan, iyo isticmaalidda sahlan ee adeegyada kale.
- Adeegyadu waa wax habboon oo isla markaana dhaqan-ahaan u dareen leh.

Waxa lagugu marti-qaaday in aad timaadid shirarka bil kasta ee Guddoonka Agaasimayaasha iyo La Taliyaasha Guddoonka, ee lagu qabto qolka kulanka NSMHA Conference Room, 117 North First Street, Suite 8, Mount Vernon, Washington.

Shirarka Agaasimayaasha Guddoonka: 1:30 - 3:00 Khamiista Labaad ee bil kasta.*

Shirarka La Taliyaasha Guddoonka: 1:00 - 3:00 ee Talaadada Kowaad ee bil kasta.*

**Wixii war dheeraad ah ama xaqiijinta taariikhyada shirka, fadlan wac NSMHA ee 360.416.7013 ama booqo shabakadayada internetka. <http://nsmha.org>*

Miiska Adeegga Macmiilka

Sida baan ula xiriiri kara Miiska Adeegga Macmiilka ee NSMHA?

Saacadaha u dhexeeya 8:00 Subaxnimo iyo 5:00 Galabnimo Isniin ilaa

Jimce, laga reebo fasaxyada: Taleefoonka Bilaashka ah ee 1.800.684.3555/360.416.7013

Shakhsiyada leh laxaad la'aanta dhageysi/hadalka, fadlan wac NSMHA TTY 360 419 9008/Adeegyada Washington Relay ee 1 800 833 6384.

NSMHA waxa ay siinaysa turjumaan luqo kuwa leh Aqoonta Kooban ee Af Ingirisda.

Aragtida Rajo iyo Dariiq Loo Maro Ladnaanshaha

NSMHA waxa ay go'ansantay Aragtida Rajo iyo Dariiq Loo Maro Ladnaanshaha ee loogu tala galay macmiilaha Gobolka North Sound. Ladnaanshahu waa hab qof qaba cudarka maskaxdu uu kaga ladnaan karo oo leh rajo, naf-qiimayn, sharaf, iyo nolool macna leh.

Waa kuma ka u-qalma?

Adiga iyo xubnaha qoyskaaga oo ku nool Degmooyinka Island, San Juan, Skagit, Whatcom ama Snohomish.

Waa maxay noocyada adeegyada la heli karo?

- Daawayn Soo-dhexgal oo Kooban
- Adeegyada Khalkhalka
- Taageero Maalinti ah
- Daawayn Qoysku ka soo qayb geli karo
- Daawaynta iyo Qiimaynt Meelo Iskood-u-Madax Bannaan
- Adeegyada Daawaynta Shakhsiga
- Daawaynta Bukaana-Socod Si-Xoog-Leh
- Adeegyada Daawaynta Koox
- Qiimaynta Oggolaanshaha
- Maamulidda Daawaynta
- Ilaalinta Daawaynta
- Taageeridda Asaagaa/Xarunta-La-Iska-Yimaado
- Qiimeyn Cilmi-nafsigu ku lug leh
- Arrin Maamulka Baxnaaniska
- Daryeel Nafisid

- Hoyga-Ururka Caafimaadka Maskaxda
- Shaqooyinka La Taageero
- Adeegyada Xasalinnimada
- Daawaynta Dabiiciga ee Waxbrashada-Nafsiga ah
- Qiimaynta Khaaska Ah ee Dadweynaha
- Adeegyada Dhageysiga iyo/ama Turjumidda Luuqada
- Adeegyada Dhaqan ee Haboon
- Adeegyada Caafimaadka Maskaxda marka la joogo meelaha lagu noolyahay

Adeegyada la soo taxay waxa ay diyaar u yihiin Kuwa Isku-Qoray Medicaid oo *isla markaana* shakhsiyadaha u-qalma oo aanan Medicaid lahayn, oo ku xaddidan ilaha la heli karo.

Maxay yihiin Adeegyada AANAN la heli karin?

- Gaadiidka aanan deg-degga ahayn, aanan Medicaid ahayn.
- Daawo oo loo qoray daawaynta aanan ahayn caafimaadka maskaxda.
- Adeegyada ay bixiyaan kuwa dibedda uga baxsan islasocodka NSMHA haddii-aaysan ogolaan NSMHA.

Shabakadda Internetka ee NSMHA: <http://nsmha.org>

Si loo wargeliyo jaaliyadda caafimaadka maskaxda, NSMHA waxa ay ku dhejisaa shabakadda internetka oo ku daabacdaa warsidaha *Recovery Around the Sound* (Ladnaanshaha agagaarka Sound). Si aad u isticmaali kartid shabakaddayada internetka tag <http://nsmha.org>

Si aad rukumato wargeyskayaga, wac 360.416.7013 / 1.800.684.3555 ama e-mailka aroundthesound@nsmha.org.

Sarkaalka Loo Xilsaaray Baadhitaanka Cabashada Maamul Xumada

Sarkaalka Gobolka North Sound ee loo xilsaaray baadhitaanka cabashada maamul xumada waxa uu siiya taageero qof kasta oo codsanaya ama helaya adeegyada dadweynaha ee caafimaadka maskaxda ee jooga Degmooyinka Island, San Juan, Skagit, Snohomish, iyo Whatcom. Wac Sarkaalka Gobolka ee loo xilsaaray baadhitaanka cabashada maamul xumada haddii aad dareensantahay in xuquuqdaadi lagu xad-gudbay ama aadan helayn adeegyo kugu filan. Shaqada Sarkaalka loo xilsaaray baadhitaanka cabashada maamul xumada waxa weeye in uu helo xal fuliya baahidaada. Adeegyadu waa qarsoodi, bilaash, oo isla markaana sharcigu wuxu ka ilaalinaya aar-gudasho nooc kasta ha ahaate.

Sarkaalka loo xilsaaray baadhitaanka cabashada maamul xumada waxa uu awoodi kara:

- Taageero qadiyadda macmiilyada.
- Ka helo cabashooyin macmiilyada, ama ka haysto fasax qoral ah macamiisha, qoysaska ama saaxiibyadood.
- Dhageysto, hayo diiwaan gelin, oo isla markaana baadho cabashadooda.
- Caawiyo xal-u helidda cabashooyinkooda si aan rasmi ahayn, oo leh ogolaanshaha macmiilka.

- Cilmi baaro oo baaritaan ku sameeyo xaqiiqaha, siyaasadaha, qandaraasyada, hababka wax loo qabto, iyo sharciyada la xiriira cabashooyinka.
- Caawiyo macmiilaha oo maraya dariiqa ciil-qab, dhegaysi caadil ah iyo hababka rafcaan qaadasho, marka ay jirto.

[Sarkaalka loo xilsaaray baadhitaanka cabashada maamul xumada *ma awoodi karo*:](#)

- Bixiyo talo sharci.
- Siiyo arrin maamul ama daawayn dabiici ah.
- Bixiyo fikrado caafimaad ama la xiriira bukaan eegidda.

[Sidee baan u la xiriiri karaa Sarkaalka loo Xilsaaray Baadhitaanka Maamul Xumada?](#)

309 South Third Street, Mount Vernon WA 98273, 360.419.3391/1.888.336.6164

Marka loo baahanyahay, Sarkaalka loo Xilsaaray Baadhitaanka Maamul Xumada waa diyaar oo waa kula kulmi karaa meesha lagu heshiiyo.

Sidee Buu Caadi u Yahay Cudurka Maskaxdu?

Qiyaastii 54 milyan oo Mareykan ah ayaa uu wax yeelaa mid ama ka badan xanuunnada maskaxda. Qiyaastii 19.6 milyan dadka waa-weyn oo Mareykan ah, ama 9.2 boqolkiiba, ayuu ku dhacaa cudur halis ah oo in badan farageliya mid ama ka badan dhadhaqaaqyada muhimka ah ee noloosha. Qiyaasidda 2.7 milyan oo caruura ah, ayaa sida ay soo war-bixinayaan waalidood/dadka u waalidka ah ayaa asiibay dhibatooyin dareen oo daran oo laga yaabo in ay farageliso noloosha qoyskooda, kartidooda ay wax ku bartaan, iyo samaynta saaxiibtinnimo.

Waa maxay qaar ka mid ah Calaamadaha Digniinta ah ee Cudurka Maskaxda?

- Niyad-jab daba-dheeraatay (murugo ama xanaq fudaydka)
- Khayaalo ama muuq dhalanteed ah
- Fikrado isdil/dhimasho
- Daal xad-dhaaf ah/hurdaysan ama karti la'aan lagu seexo
- Bulsho ka bixid
- Isbeddel kadis ah oo dabeecaddiisa asalka ahayd
- Kasii-daridda xiriirka bulshada
- Shucuuro xag-jire oo hoose iyo sare
- Soo bandhigid dabeecad la yaab leh, qosol aanan habboonayn, isticmaalidda kilmado/luqo cajiib ah
- Awood la'aan aad dabbirtid dhibaatooyinka iyo dhaqdhaqaaqyada maalintii
- Ooyid xad-dhaaf ah/awood la'aan aad ku ooydid
- Cadho shucuuro xoog leh oo ka yimaada qof horey u ahaanjiray mid dabeecad wanagsan oo isla markaana addeecis laha
- Hoos u-dhac xoog leh ee fulin hawleedka waxbrashada/shaqada
- Si xun-u-isticmaalka mukhadaraadka

Haddii adiga ama qoyskaagu aad isku arkaysaan calaamado cudur maskaxeed, fadlan la xiriir takhtarkaaga ama xirfad-leh caafimaadka maskaxda si uu qiimeyn u sameeyo. Waxa adeegyada dadweynaha ee caafimaadka maskaxda ka isticmaali kartaa khadka isticmaalka ee 1.888.693.7200.

Waa maxay Dardaaranka Rasmiga ah ee Caafimaadka Maskaxda oo La Soo Qaddimay?

Waa dukumeento sharaxaysa wixii aad doonaysid in ay dhacaan haddii aad cudurka maskaxdu kaa dhigo mid aan awood lahayn oo talo guddoonkaagu wax u dhimmanyahay iyo/ama aadan lahayn awood aad si fiican wax ula xiriirtid. Waxa ay wargelinaysa kuwa kale habka daawaynta aad doonaysid ama aadan doonayn, iyo in aad caaddaysid qofka aad awood siisay in uu go'aanno adiga kuu sameeyo.

Xuquuqdaada ee Caafimaadka Maskaxda

Anigoo ah qof hela adeegyada caafimaadka maskaxda ee dadweynaha, waa maxay xuquuqdaydu?

- In la gula dhaqmo si ixtiram iyo sharaf leh.
- In aad lahaatid kali ahaansho iyo sir la ilaaliyo.
- In la sameeyo qorshe xannaano iyo adeeyo fuliya baahidaada.
- In aad ka qaybgashid go'aamidda talooyinka la xiriira xannaanada caafimaadka maskaxdaada.
- In aad heshid adeeyo meel aanan lahayn wax gudbay (la tegi karo).
- In aad codsatid macluumaad ku saabsan magacyo, meelo, lambaro taleefoon, iyo luuqooyin loogu tala galay hey'adaha deegaanka.
- In aad heshid cadadka iyo muddada adeegyada aad u baahantahay.
- In aad codsatid macluumaad ku saabsan hab-dhismaha iyo hawl fulinta NSMHA.
- In aad ku heshid 2 saacadood gudahood xannaanada deg-degga ah iyo 24 saacadood kuwa loogu tala galay xannaanada deg-deg ah.
- In aad xor ka ahaatid isticmaalka dad ka fogaynta ama xakamaynta.
- In aad heshid adeeyo ku habboon da'da iyo dhaqankaaga.
- In lagu siiyo turjumaan shahaadaysan iyo waxyaalo la turjumay oo aanan kharash kugu fadhiyin adiga.
- In aad fahamtid ikhtiyaarrada daawaynta diyaarka ah iyo wax kale oo badal noqon kara.
- In aad diiddid daawayntii la soo jeediyey.
- In aad heshid xannaano aanan adiga ku takoori karin (tusaale, da'da, jinsiga, nooca xanuunka).
- In aad xor ka ahaatid nooc walba oo ka faa'iidayso galmo la xiriira ama kadeedis.
- In aad heshid sharaxid dhammaan daawooyinka lagu qoro ama wax yeellada ay lahaan karaan.
- In aad samaysid dardaraan rasmi ah oo cudurka ka hore, oo sheegaya xulushooyinkaaga iyo dookhyadaada ee xannaanada caafimaadka maskaxda.
- In aad heshid adeeyo tayo leh oo caafimaad ahaan lagama-maarmaan ah.
- In aad ra'yi kale ka heshid xirfad-leh caafimaadka maskaxda.
- In aad la xaraysid cabasho hey'adaada ama NSMHA.
- In aad xaraysid rafcaan ku codsanaysid Qaddimidda Qorshaha Caafimaadka ee Bukaaniifka (PIHP) oo ku salaysan Ficil Ogeysiis qoraal ah (lagu tala galay kuwa ku qoran Medicaid).
- In aad dooratid xannaano bixiye caafimaadka maskaxda ama aad u dooratid ilmahaaga oo ay da'diisu ka yartahay saddex iyo tobban sano.
- In aad beddeshid xannaano bixiyaasha caafimaadka maskaxda 90 maalmood gudahood, iyo mararka qaarkood beddeshid marar badan.
- In aad xaraysid codsi ku saabsan dhageysi (cadli ah) oo hawl maamuleed.

- In aad codsatid oo aad heshid nuqul diiwaan gelinta caafimaadkaaga oo isla markaana weydiisatid beddelaadyo.
- In aad xor ka ahaatid aar-gudasho.
- In aad ka codsatid NSMHA iyo Hey'adda Caafimaadka Maskaxda ee Jaaliyadda (CMHA) siyaasadaha iyo hababka ee la xiriiraan xuquuqdaada.

Shakhsiyaduhu waxa ay bilaabi karaan cabashooyin khuseeya addeecis la'aanta shuruudaha dardaranka rasmiga ah ee la sii qaddimay oo xannaanada nafsiga ah la xiriira ee Waaxda Caafimaadka Maskaxda (MHD) ee 1.888.713.6010.

Xiriiryo

Xaalad Deg-Deg ah oo Nafta Khatar Gelinaya 911
 Ka Jawaab Daryeelka Dhibaato 24kii Saacadoodba 800.584.3578
 Xaalad Aanan Deg-Deg Ahayn & Ballamihii Koowaad 888.693.7200
 Soo Sheeg Been-abuurka iyo Aflagaadaynta adiga oo wacaya Sarkaalka Been-abuurka iyo Aflagaadaynta Charles Benjamin ee 1.800.684.3555 / 360.416.7013 ama e-mail u soo qor: charles_benjamin@nsmha.org.
 Waxaad soo sheegi kartaa adiga oo aanan magacaaga sheegin.

Bixiyaasha NSMHA Qandaraasatay

Deegaanka Island

Caafimaadka Ku-kooban, Jasiirada Camano
 (Compass Health, Camano Island) 360.387.2736/1.800.457.9303
 Caafimaadka Ku-kooban, Coupeville
 (Compass Health, Coupeville) 360.678.5555/1.800.457.9303

Deegaanka San Juan

Caafimaadka Ku-kooban (Compass Health) 360.678.5555/1.800.457.9303

Deegaanka Skagit

Adeegyada Jaaliyadda Catholic
 (Catholic Community Services) 360.856.3054/1.888.504.9992
 Caafimaadka Ku-kooban (Compass Health) 360.419.3500/1.800.457.9303
 Bukaanku Socod-eegtada Sea Mar (Sea Mar Clinic) 360.428.8912/1.866.923.2312
 Adeegyada Qorax Soo-baxa (Sunrise Services) 360.336.3762/1.888.774.9658

Deegaanka Snohomish

Caafimaadka Ku-kooban (Compass Health) 425.349.6200/1.800.457.9303
 Dariiqyada-buundadda (bridgeways) 425.513.8213/1.877.355.8668
 Bukaanku Socod-eegtada Sea Mar (Sea Mar Clinic) 425.347.5415/1.866.923.2312
 Adeegyada Jaaliyadda Catholic
 (Catholic Community Services) 425.257.2111/1.888.504.9996
 Adeegyada Qorax Soo-baxa (Sunrise Services) 425.347.3149/1.888.774.9658

Deegaanka Whatcom

Bukaan Socod-eegtada La Talinta & Cilmi Nafsiga (Whatcom Counseling & Psychiatric Clinic)	360.676.2220/1.888.311.0120
Adeegyada Jaaliyadda Catholic (Catholic Community Services)	360.676.2164/1.888.504.2221
Xarunta Harooga Whatcom (Lake Whatcom Center)	360.676.6000/1.888.676.6002
Bukaan Socod-eegtada Sea Mar (Sea Mar Clinic)	360.734.5458/1.866.923.2312
Bukaan Socod-eegtada Caafimaadka Jaaliyadda Caqiidooyinka-U-dhaxeeya (Interfaith Community Health Clinic)	360.676.6177/1.877.235.6850

Wixii macluumaad oo dheerad ah, wac Isu-duwaha Caafimaadka Maskaxda Deegaankaaga:

Isu-duwaha Deegaanka Island	360.678.7881
Isu-duwaha Deegaanka San Juan	360.378.4474
Isu-duwaha Deegaanka Skagit	360.336.9395
Isu-duwaha Deegaanka Snohomish	425.388.7200
Isu-duwaha Deegaanka Whatcom	360.676.6724

Hey'adaha dibedda Gobolka North Sound ee raadinaya xaqijinta iyo/ama ogolaanshaha loogu tala galay shakhsiyada uu daryeelo Qorshaha Caafimaadka Maskaxda oo Bukaan-jiif ee La Qaddimay wac 1.888.693.7200 (Khadka Awood Isticmaalka).