



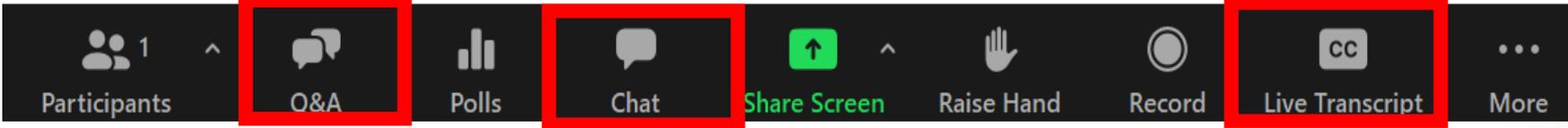
NATIONAL
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Wellbeing

Introducing New Tools to Advance Your Integrated Care

Center on Integrated Health Care
and Self-Directed Recovery

August 17th, 2021
1pm-2pm ET

Questions, Comments & Closed Captioning



The image shows a horizontal toolbar with several icons and labels. From left to right, the items are: 'Participants' with a person icon and '1', 'O&A' with a speech bubble icon, 'Polls' with a bar chart icon, 'Chat' with a speech bubble icon, 'Share Screen' with a green square and an upward arrow, 'Raise Hand' with a hand icon, 'Record' with a circle icon, 'Live Transcript' with a 'CC' icon, and 'More' with three dots. Three red boxes highlight the 'O&A', 'Chat', and 'Live Transcript' icons. Three black arrows point from text labels to these icons: one from 'Type in a question in the Q&A box' to 'O&A', one from 'Type in a comment in the chat box' to 'Chat', and one from 'Click Live Transcript and then select "Show Subtitle"' to 'Live Transcript'.

Type in a **comment** in the **chat** box

Type in a **question** in the **Q&A** box

Click **Live Transcript** and then select **"Show Subtitle"**

Disclaimer

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Substance Abuse and Mental Health
Services Administration

www.samhsa.gov

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Poll #1: What best describes your role?

- Clinician
- Administrator
- Policy Maker
- Payer
- Other (specify in chat box)

Poll #2: What best describes your organization? (check all that apply)

- Behavioral Health Provider
- Primary Care Provider
- Mental Health Provider
- Substance Use Disorder Provider
- Other (specify in chat box)

Poll #3: Where is your organization in the process of integration?

- Learning/Exploring
- Beginning Implementation
- Advanced/Full Implementation
- Ongoing Quality Improvement
- Other (specify in chat box)

Introductions



Judith A. Cook, PhD
Professor & Director
Center on Mental Health
Services Research & Policy
University of Illinois at Chicago

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Acknowledgements

The contents of this presentation were developed with funding from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RT5038). NIDILRR is a Center within the Administration for Community Living (ACL).

Additional funding is provided by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA).

ACL and SAMHSA are part of the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policy of NIDILRR, SAMHSA, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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Objectives

After this webinar, participants will be able to:

- **Gain access to** several products found within the Solutions Suite and understand how they emphasize either self-direction or integration of behavioral health and general health care.
- **Discover and access the** Solutions Suite's available training and technical assistance products.
- **Understand and be able to utilize** the clinical approaches and learning strategies used in Solutions Suite products such as motivational interviewing and SMART goal setting.

Who We Are



Center on Integrated Health Care & Self-Directed Recovery

Seeks to enhance the health and well-being of people with psychiatric disabilities and co-occurring medical conditions, improve their employment outcomes, and stimulate the development of self-directed recovery models. We promote self-determination and full community participation for individuals in recovery from mental illnesses.

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UIC Solutions Suite for Health and Recovery

Inspired by well-known online office applications, with the inclusion of 18 products, Solution Suite offers tools, curricula, and implementation manuals for free and immediate use in mental health centers, peer-run programs, or one's own life. You can introduce the entire complement of products to foster improved health and recovery.



Suite was Developed by UIC & Community Support Programs of New Jersey

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Solutions Suite At-A-Glance

Free Products

Delivered at minimal cost

Rehabilitation & recovery-oriented

Low to moderate intensity training required

Compliments traditional behavioral health treatment

Supported by research & evaluation

Responds to documented needs

Supported by free technical assistance

Many can be delivered by peers

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Suite Development



Integrated Health and Mental Health Care

Suite products promote physical health and wellness among adults in mental health recovery.



Self-directed Recovery

Suite products promote self-directed recovery in programs and in one's own life.

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Integrated Health & Mental Health Care Products Offered

- [Nutrition & Exercise for Wellness and Recovery](#)
- [Wellness Activities Manual](#)
- [Online Diabetes Education Toolkit](#)
- [Wellness in 8 Dimensions & The Wellness Daily Plan](#)
- [Promoting Wellness for People in Mental Health Recovery](#)
- [Physical Wellness for Work](#)
- [Health Passport/Portable Record](#)
- [Journaling – A Wellness Tool](#)
- [Keeping Healthy After the Hospital](#)
- [Whole Health Action](#)

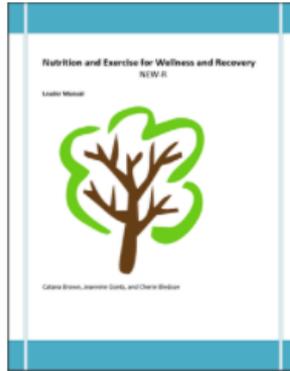
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Self-Directed Recovery Products Offered

- [Building Financial Wellness](#)
- [This is Your Life: Creating a Self-Directed Life Plan](#)
- [Express Yourself: Assessing Self-Determination in Your Life](#)
- [Raising Difficult Issues with Your Service Provider](#)
- [Action Planning for Prevention & Recovery](#)
- [Seeking Supported Employment](#)
- [Guidebook on Assessing Cultural Competency](#)
- [Self-Directed Care Implementation Manual](#)

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Product Landing Page



Download the manuals & exercise videos for free

What is the program?

Nutrition and Exercise for Wellness and Recovery (NEW-R) helps people with mental illnesses gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change, and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

Who can use it?

NEW-R is safe for most participants. However, people with cardiovascular conditions (such as past heart attack or angina) should get a doctor's permission before participating. Additionally, pregnant women or individuals with a history of anorexia or bulimia also should have a doctor's approval before joining a NEW-R class. Individuals who have trouble walking due to back, knee, or hip ailments can participate in the exercises, as long as they are seated.

How does it work?

NEW-R is a two-month class that meets for 90 minutes each week. Because participants should have control over their meal planning and ability to exercise, the class is best offered in community-based settings. It can be taught in mental health or social service agencies, peer-run programs, community health clinics, or anywhere in the community where people can gather comfortably and privately.

NEW-R is taught using a leader manual (42 pages) and a participant manual (70 pages). Both are written at a grade school level. They can be downloaded for free and should be printed and bound for use.

Each session is comprised of didactic teaching of nutritional and other health content, followed by active learning in which participants practice skills and make plans to apply the information in their own lives. This format allows the program to be highly individualized to each person's needs, strengths, interests, and personal situation.

The exercise segments of NEW-R classes use 8 free exercise videos. Each was designed by occupational therapists, and features OT students and people in recovery. Video sessions average 20-25 minutes, and include dancing, yoga, upper and lower body strength, kickboxing, core work, cardio, and a mixed workout. The videos are offered from the lightest to the heaviest exertion needed to complete the exercises. All exercises are demonstrated by students who are standing and sitting, to teach people who do not exercise regularly how to safely participate while building their strength and endurance.

Solutions Suite Product: Wellness in 8 Dimensions & the Wellness Daily Plan



This workbook combines two wellness tools. The first, *Wellness in 8 Dimensions*, shows how wellness involves eight key factors, including emotional well-being and physical health, along with one's finances, environment, social connections, intellectual pursuits, occupational endeavors, and spirituality. The second tool, *The Wellness Daily Plan*, helps people monitor their wellness in each of these eight dimensions.

www.cspnj.org
Peggy Swarbrick and Jay Yudof
© January 2015, Collaborative Support Programs of NJ, Inc.

[Wellness in 8 Dimensions & The Wellness Daily Plan](#)

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Wellness in 8 Dimensions Manual

Wellness Daily Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Social							
Spiritual							
Environmental							
Occupational							
Intellectual							

Wellness Daily Plan

Financial

Financial activities are those tasks we do to assure we plan to meet basic needs, and help us feel as though we have control and knowledge over our financial situation. The following activities are often helpful:

- Set and follow a budget
- Balance your checkbook
- Track your spending

Social

Social activities can help us become more connected with others and nature. This may include spending time with friends, family, pets, and the community.

- Join a club
- Attend a support group
- Go out with friends
- Spend time with family
- Volunteer at an animal shelter



Spiritual

Spiritual activities are those done while involving one's beliefs and values that provide a feeling of meaning and purpose and help develop a sense of peace and balance in one's life. Examples of spiritual activities you may do to feel well include:

- Pray, meditate or spend time reflecting
- Spend time with nature
- Breathing exercises
- Attend church or become involved in a community
- Read inspirational books

Environmental

Environmental activities are those activities that help our living, learning, and working spaces as well as our communities and other surrounding spaces feel safe, clean, comfortable, and welcoming. Examples of activities you may do to feel well include:

- Recycle
- Clean work or home space
- Avoid littering
- Use less energy when possible (e.g., turning off lights)
- Ride a bike instead of taking a car

Solutions Suite Product: Building Financial Wellness Curriculum

Building Financial Wellness

Participant Workbook



This curriculum helps people to develop money management skills that can promote their overall recovery, well-being, and health. It guides participants in recognizing what triggers spending, how using credit leads to debt, and ways to cope with challenging feelings about money. Participants also learn to set attainable financial goals. Learning occurs in a context of acceptance and encouragement aimed at increasing participants' sense of control over their personal finances.

[Building Financial Wellness](#)

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Financial Wellness Curriculum

Financial Needs and Wants

Identifying needs

People buy and use different things. There are some things we all have to get that are required or needed to live. Required items are called *needs*.

Examples of needs: food, water, shelter, and clothing

Identifying wants

People also buy things that they may not need, but that they really want. These extras make life more enjoyable and comfortable. They are called *wants*. Wants are things you would like to have, but are not necessary to survive.

Examples of wants: entertainment, including cable TV and video games
Sometimes an item can both be a need and a want, like food or clothing. For a person with children who haven't eaten for 3 days, food is a need. For a teen who is snacking for the fifth time today, food may be a want. A warm coat or jacket may be a need, while a designer label outfit may be a want.

Activity: Needs vs. Wants

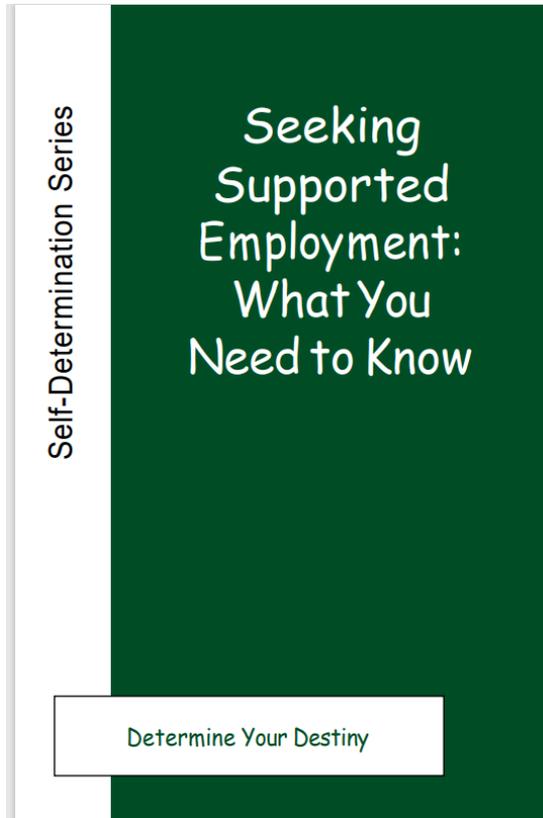
Try to come up with 10 things you either need or want. Then, decide how important each one is to you, rating each one as either High Importance or Low Importance. As you work, think about whether the things you need or want will affect your budget right now or in the future.

Things I Need	How Important Is This to Me Now?	Things I Want	How Important Is This to Me Now?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



[Building Financial Wellness - Participant Workbook](#)

Solutions Suite Product: Seeking Supported Employment (SE)



Seeking Supported Employment: What You Need to Know is a workbook designed to help people learn about what supported employment is and decide whether they'd like to receive services from a supported employment program. It also guides users through a process to identify a program with the types of services that research shows help people get and keep jobs.

[Seeking Supported Employment Workbook](#)

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How does SE Work?

- Individual meets with vocational staff & asks questions
- Answers are marked in the booklet & added up after the interview
- Based on the score, people decide about joining the program
- A page listing the questions can be given to staff beforehand

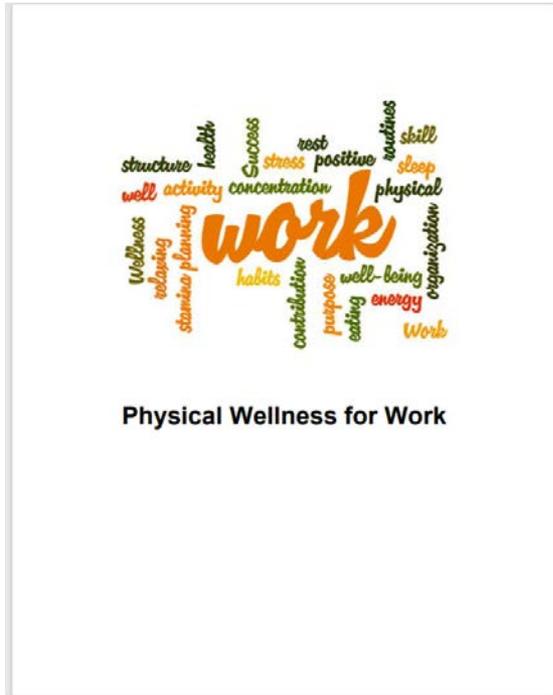
Check off each answer:

	Green Zone	Red Zone
How many of your clients work in competitive jobs that anyone can apply for? At least 90% or less than 90%?	At least 90% <input type="checkbox"/>	Less than 90% <input type="checkbox"/>
How many of your clients work in settings where all workers have disabilities? Less than 20%, or 20% or more?	Less than 20% <input type="checkbox"/>	20% or more <input type="checkbox"/>
Can people who are working continue to receive support from program staff for as long as they want?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your program place clients in jobs that are permanent?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
How many of your clients earn minimum wage or above? At least 90% or less than 90%?	At least 90% <input type="checkbox"/>	Less than 90% <input type="checkbox"/>
Add 1 point for each answer in the Green Zone and 0 for each answer in the Red Zone.		
Score for first 5 questions only = _____		

Check off each answer:

	Green Zone	Red Zone
Does your program terminate clients from services, even though the clients still want to continue receiving services?	No <input type="checkbox"/>	Yes <input type="checkbox"/>
What is the average amount of time people take to get a job in your agency? 6 months or less, or more than 6 months?	6 months or less <input type="checkbox"/>	More than 6 months <input type="checkbox"/>
Do staff at your agency provide individualized benefits counseling for people on SSI or SSDI?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Will your agency accept clients who want to work AND keep their SSI and SSDI benefits at the same time?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your program offer peer support services from people who have had mental health problems?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your program allow family or friends to be involved in the process of finding and keeping a job?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
How many of your clients also are clients of our state Vocational Rehabilitation agency?	At least 50% <input type="checkbox"/>	Less than 50% <input type="checkbox"/>

Solutions Suite Product: Physical Wellness for Work

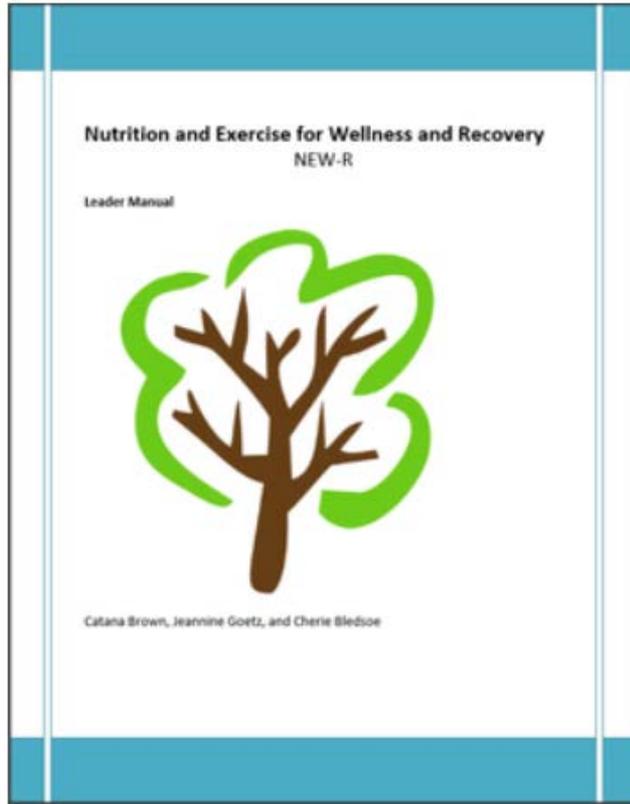


Success at work requires a level of stamina, energy, and concentration that can be challenging to sustain without attention to daily wellness habits and routines. Physical Wellness for Work offers manageable activities to augment health and wellness. Its underlying philosophy is that even small changes in daily habits can result in increased energy and health for a better and more satisfying workday.

[Physical Wellness for Work](#)

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Solutions Suite Product: Nutrition and Exercise for Wellness and Recovery



[Nutrition & Exercise for Wellness and Recovery](#)

Nutrition and Exercise for Wellness and Recovery (NEW-R) helps people with mental illnesses gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

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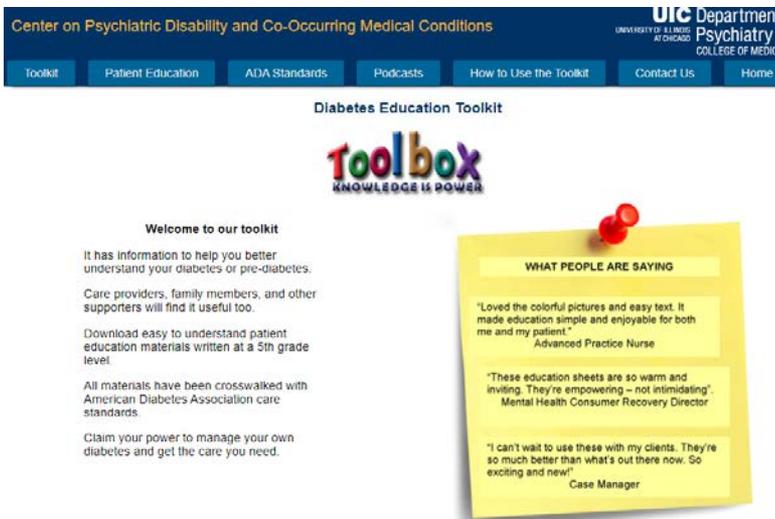
Accessible Wellness Videos

- Yoga
- Dance
- Kickboxing
- Upper Body Strength
- Lower Body Strength
- Core



[Weight Management & Wellbeing Tools](#)

Solutions Suite Product: Diabetes Education Toolkit



The *Diabetes Education Toolkit* is an online resource that provides information to help people with mental health conditions understand and manage their diabetes or pre-diabetic condition. The toolkit includes an extensive library of materials and podcasts covering the basics of diabetes, building and maintaining a healthy lifestyle, recommended medical tests and how to interpret results, and managing the risks of diabetes.

[UIC Health & MH RRTC - Diabetes Education Library](#)

Diabetes Education Library

Center on Psychiatric Disability and Co-Occurring Medical Conditions

UIC Department of
UNIVERSITY OF ILLINOIS
AT CHICAGO Psychiatry
COLLEGE OF MEDICINE

Toolkit

Patient Education

ADA Standards

Podcasts

How to Use the Toolkit

Contact Us

Home

Diabetes Education Library

Use these to better manage your diabetes. If you are a care provider, print them to share with patients or clients.

Diabetes Basics

- [What is diabetes?](#) ¿Qué es la diabetes?
- [Understanding A1C](#) Comprendiendo el A1C y los Valores de la Glucosa
- [Why treat diabetes?](#) ¿Por qué es importante controlar la diabetes?
- [Steps to stay healthy](#) Pasos para mantener su salud
- [What affects blood sugar?](#) ¿qué afecta el azúcar en la sangre?
- [Signs of high blood sugar](#) Signos de niveles altos de azúcar en sangre
- [Signs of low blood sugar](#) Las señales de niveles bajos de azúcar en sangre
- [Diabetes routine care](#) Cuidado rutinario para la diabetes
- [Diabetes green, yellow and red zones](#) Días de enfermedad por el diabetes
- [Taking care of your feet](#) Cuidando tus pies
- [Taking care of your teeth](#) Cuidando tus dientes
- [Diabetes passport](#) Pasaporte para la diabetes
- [Common diabetes medications](#) Medicamentos comunes para la diabetes
- [Menu plan for cold and flu](#) Días de Enfermedad Con La Diabetes
- [Diabetes self management goals](#) Mi meta de buen manejo y control de la diabetes
- [Meds that increase diabetes risk](#) Medicamentos que aumentan el riesgo de desarrollar la diabetes
- [Psychiatric meds and diabetes](#) Medicamentos psiquiátricos y diabetes

[UIC Health & MH RRTC - Diabetes Education Library](#)

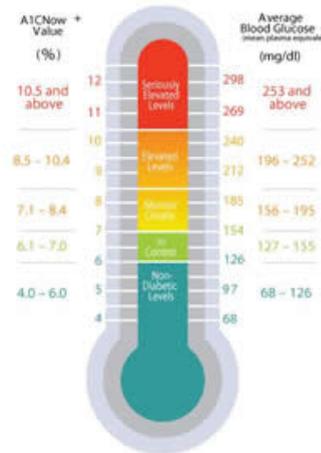
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Tool Example: HBA1-C Testing

Your A1C level should be lower than 7

Lifestyle change in nutrition & exercise

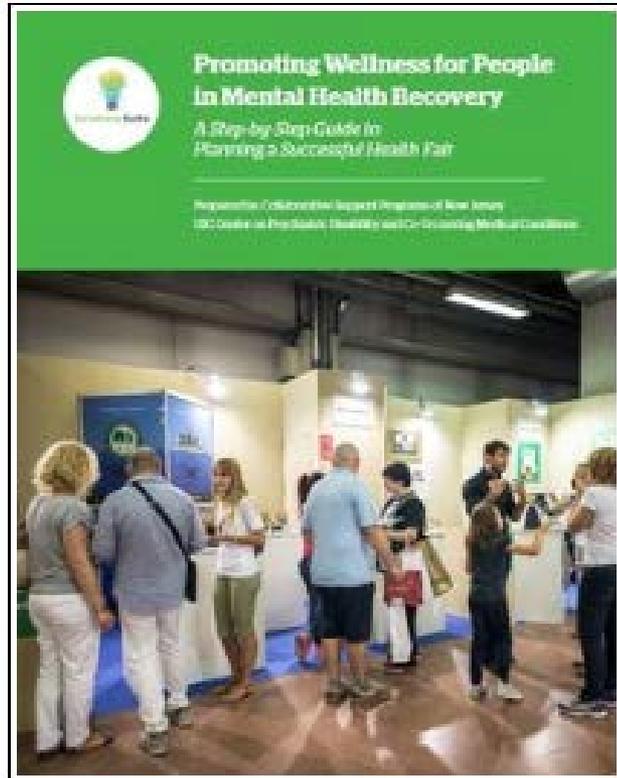
- What is healthy eating?
- Diabetes super foods
- What are carbohydrates?
- How many carbs in a day?
- Eat more vegetables
- Drink more water
- How much water?
- Understanding portion sizes
- Using the plate method
- Eating well on a budget
- Read your food labels
- Fast food alternatives
- Be active!
- Taking care of your feet
- Taking care of your teeth



Blood glucose self-management

- Understanding A1C
- Diabetes green, yellow and red zones
- Why treat diabetes?
- Steps to stay healthy
- What affects blood sugar?
- Signs of high blood sugar
- Know the symptoms of hyperglycemia
- Signs of low blood sugar
- Know the symptoms of hypoglycemia
- Common diabetes medications
- Menu plan for cold and flu
- Signs of diabetes emergency
- Blood sugar facts

Solutions Suite Product: Promoting Wellness for People in Mental Health Recovery



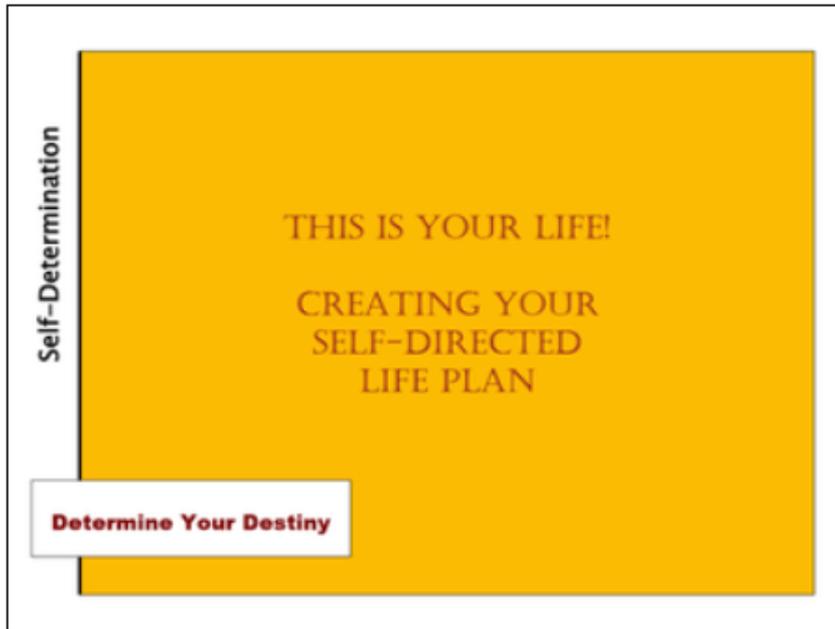
Health fairs help people in recovery learn how to better manage medical conditions that can be improved with screening, education, and support. They also provide personalized health information that participants can share with their physicians, family members, and other supporters. Health fairs are a low-key way to encourage people to make healthier choices that lead to a satisfying lifestyle centered on wellness.

This manual shows how to plan and conduct health fairs for participants living with mental health or substance abuse disorders.

[Promoting Wellness for People in Mental Health Recovery](#)

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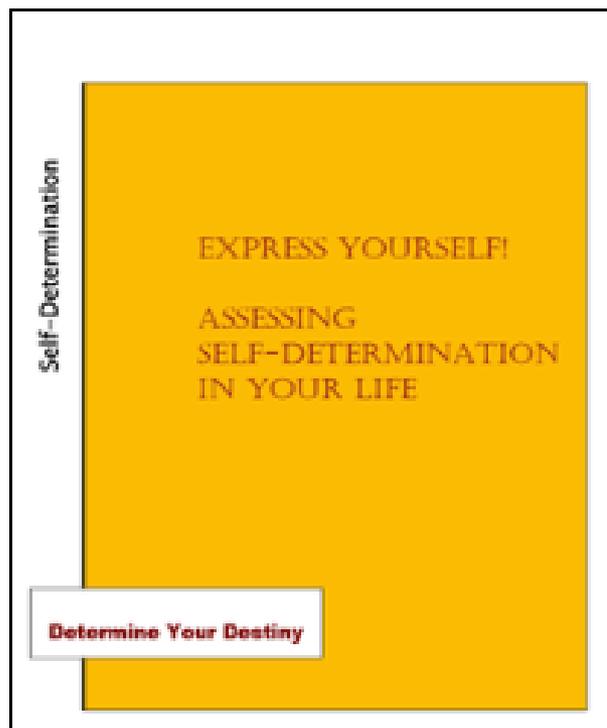
Solutions Suite Product: This is Your Life



This is Your Life! Creating Your Self-Directed Life Plan, is a workbook that helps people figure out what they'd like to do in life and how to get there. Some common goals are to manage a psychiatric or medical condition, get a job or a better job, go to school, find a better place to live, or develop a friendship. As they work through the guide, users learn to assess their resources and strengths, their needs, preparation to be undertaken, and action steps to meet goals.

[This is Your Life: Creating a Self-Directed Life Plan](#)

Solutions Suite Product: Express Yourself



Express Yourself! Assessing Self-Determination in Your Life is a self-assessment tool designed to help people discover how much self-determination they have in different life areas. It helps users identify those areas where they'd like to increase their level of self-determination, and other areas in which they're already satisfied. As they complete the assessment, users become more aware of what self-determination is and how its presence or absence affects their lives.

[Express Yourself: Assessing Self-Determination in Your Life](#)

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Express Yourself: Assessment

- ___ I'm able to stand up for myself to get what I need.
- ___ I can deal with abuse, whether it's verbal, sexual or physical.
- ___ My basic human rights are respected.
- ___ I'm free to choose the kinds of goals I want to pursue.
- ___ I'm able to choose my medical doctor.
- ___ I freely choose what kinds of medical treatment I get.
- ___ I decide how involved I want to be in my medical treatment.
- ___ I have the money I need to live the kind of life I want.
- ___ I have the final say over how I spend my money.
- ___ I'm able to control my finances in a way that enhances my life.
- ___ I feel responsible for my financial future.
- ___ I decide whether or not to work.
- ___ I choose what kind of work I do.
- ___ I choose where I work.
- ___ I know how to deal with prejudice and discrimination.
- ___ I'm able to avoid people who show prejudice toward me.
- ___ I have people in my life who accept me for me.
- ___ I choose whether to receive treatment for mental health problems.

[Express Yourself: Assessing Self-Determination in Your Life](#)

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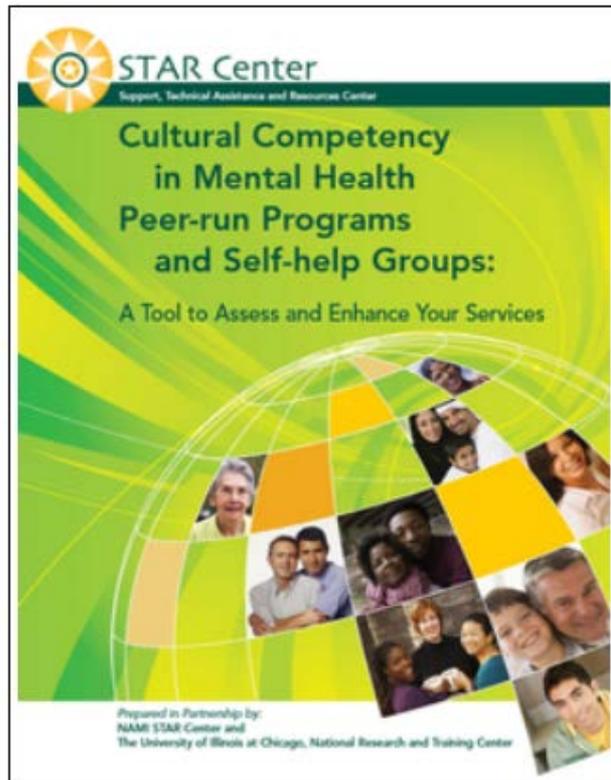
Resource Example: Identifying The Right Practitioner for You



[Choosing the Right Doctor for Your Medical Needs](#)

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Solutions Suite Product: Cultural Competency Guidebook



Cultural Competency Guidebook helps both peer and traditional mental health programs to assess their cultural competency in five organizational areas. It also guides users in creating specific action plans to better serve people from diverse cultures.

[Guidebook on Assessing Cultural Competency](#)

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Guide to Keeping Healthy after the Hospital



Includes a Portable Health Plan

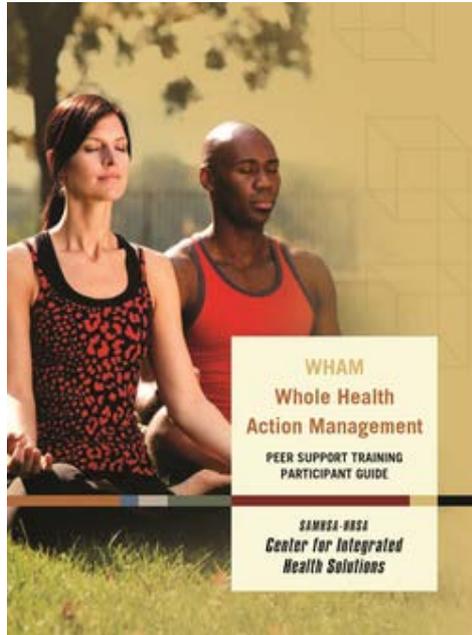


WELLNESS

Activity Lessons

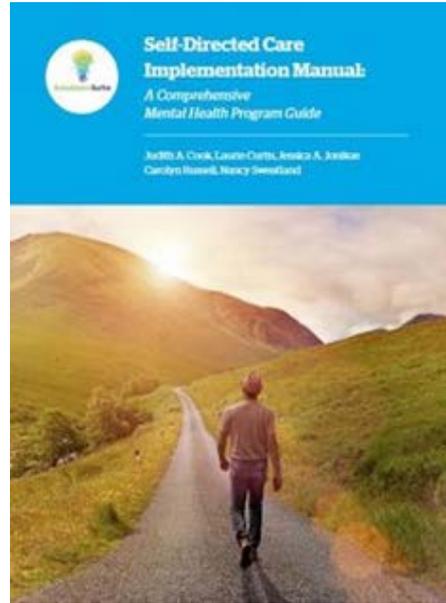
A Guide for Group Leaders

Developed by
Collaborative Support Programs of New Jersey



WHAM
Whole Health
Action Management
PEER SUPPORT TRAINING
PARTICIPANT GUIDE

SAMHSA-NASA
Center for Integrated
Health Solutions



Self-Directed Care
Implementation Manual:
A Comprehensive
Mental Health Program Guide

Judith A. Covak, Lauren Corbett, Jessica A. Jevlican,
Carolyn Russell, Nancy Swinstead

Action Planning for Prevention and Recovery

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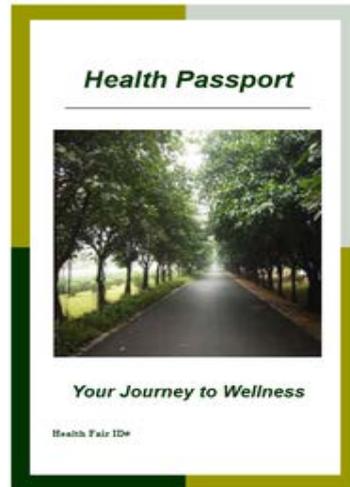
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SMA-3720
07/2003

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Health Passport



Your Journey to Wellness

Health Fair ID#

Journaling- A Wellness Tool!



Created by Julie Sanderson, Jr. and Dawn Estroff, January 2011

Institute for Wellness and Recovery Initiatives
Collaborative Support Programs of New Jersey



Self-Determination Series

Raising Difficult Issues with Your Service Provider

Determine Your Destiny

UIC Note

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Questions, Comments?



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Tools & Resources

- [Solutions Suite](#)
- [Center for Integrated Healthcare & Self-Directed Recovery](#)
- UIC Health Twitter Feed ([@UICHealthRRTC](#))

Upcoming CoE Events:

CoE Office Hour: Introducing New Tools to Advance Your Integrated Care

[Register here for office hour, August 19th, 2-3pm ET](#)

CoE Office Hour: Returning to the Office? Equitable Considerations & Implications

[Register here for office hour, August 25th, 2-3pm ET](#)

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[Contact us through this form here!](#)

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Thank You

Questions?

Email integration@thenationalcouncil.org

SAMHSA's Mission is to reduce the impact of substance abuse and mental illness on America's communities.

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