

Volume 1, Issue 4

December 2006



'WORKING TOGETHER TO MEET MENTAL HEALTH NEEDS'

Providers' Times

From Your LME

From Provider Relations: In the New Year we will be focusing on increasing our Area program provider compliance to performance standards set by the state. This includes submitting NC SNAP, NC TOPPS, Target populations, incident reports and quarterly incident reports in a timely manner. We are also looking to increase compliance in submitting registration, discharge and PCP admission forms to the LME.

- To that end we are available for technical assistance in any of these areas or other areas of concern. Please call or email Rose-Ann Bryda, 910-222-6074 or rbryda@mail.ccmentalhealth.org with your needs.
- Please make sure we have a correct contact to reach your company with important updates. Please call or email Sue Staton with updates 222- 6083 or sstaton@mail.ccmentalhealth.org.
- Updates on procedures and helpful information are posted on our website www.ccmentalhealth.org. Under "Provider Information" you can download information on our LME NC-SNAP procedures, authorization and billing procedures for providers who are contacted to access IPRS funds, Target Population criteria, as well as back issues of *Providers' Times* and more. From our website you can also "click" to link to other agencies such as the Division of Mental Health, Developmental Disabilities and Substance Abuse, Value Options and the Division of Medical Assistance by going to "Links to Other Agencies."
- We would like to put together a quick reference sheet of everything is require by community providers to serve our consumers. If your agency has a successful "tickler system" or intake checklist that you would like to share with other providers, please submit to Rose-Ann Bryda.

Thank you for all your efforts. *The Provider Relations Staff*

Help with Holiday Blues

The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is also a time of stress, self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future. Below are links that discuss holiday depression and ways to cope and manage stress.

<http://www.mayoclinic.com/health/stress/MH00030>

<http://www.nmha.org/index.cfm?objectid=C7DF954D-1372-4D20-C80ED0A7AB69D250>

<http://mentalhealth.about.com/library/sci/1202/blsad1202.htm>

http://www.unchealthcare.org/site/healthpatientcare/goodmedicine/holiday_depression.htm

Inside this issue:

From Your LME	1
Help with Holiday Blues	1
New Years Resolutions	1
Training Resources	2
Training Resources	3
Just so you know	4
Got News???	4

New Year Resolution Suggestions

- ✦ Raise our NC SNAP and NC TOPPS compliance rates to 95% or better (currently in the 40s percentage).
- ✦ Raise our compliance for all incident reporting (level 2 and 3 and Level 1 quarterly) to 100%.
- ✦ Contribute to *Providers' Times* on a regular basis and help to build our provider community.
- ✦ Ensure all provider staff are qualified, well trained and up to date in all their certifications

Training Resources, Workshops and Conferences:

- EDS will be hosting training seminars on National Provider Number (NPI) in Raleigh on January 8, 2007; and in Wilmington on January 09, 2007. Go to the following website to register: <http://www.dhhs.state.nc.us/dma/semreg/NPISeminfo.htm> . For step by step instructions on obtaining your NPI number please go to: <https://nppes.cms.hhs.gov/NPPES/StaticForward.do?forward=static.npistart>
- Mark your calendars for the NC Council on Developmental Disabilities series called "We can Get There from Here" focused on how we can get "best practices" for services for people with DD and their families in the community.; January 8-9, Raleigh. For more information contact the DD Council at 919 420-7901 or 1-800-357-6916 or go to: http://www.nc-ddc.org/2day/save_the_date.html
- New January training dates for TIP – Training in Innovation and Practice have been set for Raleigh. The three-day training packages (January 16, 17 and 24) **will allow providers to earn the following required training hours: 6 hours of required community support service definition training; 6 hours of required person-centered thinking training; 3 hours of required crisis planning training; 3 hours of training in client rights.** Participants **will be provided with specific guidance for earning an additional two hours of approved on-line training to fulfill the twenty hour requirement for community support providers.** To register go to our website www.nc-council.org and click on "January TIP Calendar Flyer." For more information contact Lisa Rowland or Michael Owen at (919) 327-1500.
- There are 10 regional AHEC centers across the state you can link to them all by going to: <http://www.ncahec.net/centers/> . You will be able to click on the web page for the AHEC office to find information about the following classes and to register for the class. **Southeastern Region AHEC:** ["Reality Check": a Primer on Adolescent Risk Behavior with Successful Intervention Strategies](#), January 31, 2007; [Basic Skills in Cognitive Behavioral Therapy](#), January 19, 2007. **Charlotte AHEC:** [Adolescent Health Network Series - Everybody Hurts - Depression 101](#), January 15, 2007; [Train the Trainer - Medication Administration: Course for Unlicensed Personnel in Community Facilities](#); January 25, 2007; [Person Centered Thinking](#), January 26, 2007; [Cultural Competence - Moving from Illusion to Reality](#), February 9, 2007. **Coastal AHEC:** [Bipolar Disorder in Families](#), January 10, 2007; [Munchausen's by Proxy](#), February 12, 2007. **Eastern AHEC:** [Developing, Measuring, and Using Client Outcomes](#), January 12, 2007; [Specific Learning Disabilities: Assessment, Diagnosis, and Intervention](#), January 19, 2007; [Mental Illness In Adults with Developmental Disabilities](#), January 24, 2007; [Working with Individuals and Families Who Don't Seem to Want Help](#), January 26, 2007; [In The Moment: Spotlight on Adult ADHD](#), January 30, 2007; [Understanding and Helping Persons with Developmental Disabilities and Substance Use Disorders](#), February 2, 2007; [Diagnosis and Treatment of Depressive Disorders: An Update on the Best Available Evidence](#), February 6, 2007. **Wake AHEC:** [Treating Co-Occurring Disorders \(Substance Abuse Series\)](#), January 19, 2007. [Motivational Enhancement Therapy in a Group Setting \(Substance Abuse Series\)](#), January 5, 2007. **Greensboro AHEC:** [Substance Abuse Certification Series](#), January 11-December 13, 2006
- Keystone Psychological Services, PLLC will sponsor a one day training regarding Diagnostic Assessments on January 15, 2007 in Greensboro. For details and to register go to: <http://www.Keystonepsych.org/>

Training Resources, Workshops and Conferences

- Mobile Crisis Management Training will be held on January 10, 2007 at Cumberland DSS. The training will outline the continuum of crisis services in North Carolina, identify where Mobile Crisis Management fits into that array, and will detail the NC MHDDSAS Service Definition related to Mobile Crisis Management. To register go to: https://www.abcsignup.com/reg/event_page.asp?ek=0060-0003-3714275414294D30B5660134B26051D4
- First Responder Crisis Training will be held on January 11, 2007 at Cumberland DSS. The training will examine the fundamental knowledge and skills necessary for effective crisis response; review crisis intervention guidelines stipulated by the NC DMH/DD/SAS; examine triggers and characteristics of crisis; and consider models of crisis intervention. To register please go to: https://www.abcsignup.com/reg/event_page.asp?ek=0060-0003-AAE1B1D98EFE427DA28F48408CB289FD
- On January 25, 2007 there will a **free** training at Cumberland County DSS entitled “Rights and Responsibilities of Tenants with Disabilities.” This training will review fair housing laws, including reasonable accommodations and the NC landlord-tenant law. For more information and to register, please visit www.nchousing.org or contact John Niffenegger at 919-881-0707
- *People on the Move: Using All Transportation Options (ADA and Beyond...)*, a FREE “train-the-trainer” initiative to increase accessible transportation in your community is coming to Charlotte February 1-2, 2007. The two-day training is designed for human service providers, transportation companies, school personnel, anyone who uses public transportation, and advocates for community change. Registration ends December 21, 2006. For more information go to: http://projectaction.easterseals.com/site/PageServer?pagename=ESPA_people_move&JServSessionIdr007=s08tt1sr72.app6b
- 2007 Winter School – NC Foundation for Alcohol and Drug Studies, February 25-28, Montreat Conference Center, contact Jim Edmundson, Ed.D., (910) 799-6594 or jim.edmundson@bizec.rr.com.
- The Arc of Mecklenburg and The Council for Children’s Rights are sponsoring *Wrightslaw Special Ed Law & Advocacy Training* on February 27, 2007 in Charlotte. Pete & Pam Wright will present their one-day special education seminar. For further information go to: <http://www.wrightslaw.com/speak/reg/07.02.nc.flyer.pdf>
- The Centers for Medicare & Medicaid Services (CMS) announces its 7th New Freedom Initiative Conference, “Access to Community Living: Promoting Independence and Choice” at the Baltimore Marriot Waterfront Hotel, March 5-7, 2007. The agenda will include presentations on CMS’s Roadmap for Reform and perspectives from consumers and advocates. Concurrent sessions will address components of programs that promote independence and choice. For more information and to register go to: http://www.nashp.org/catdisp_page.cfm?LID=EF15BBC8-AF14-4F12-9534B1F025AD7AB1&CFID=1110075&CFTOKEN=14398489 or call 202-903-0101
- Seventh Conference of the International Expressive Arts Therapy Association in conjunction with North Carolina Arts for Health presents: *The Expressive Arts and the Earth*, May 23 though May 27 at the Broyhill Inn and Conference Center Appalachian State University in Boone, NC for a brochure on the event go to: <http://www.ieata.org/main/experience/conference.html>

A Parent's Quick Reference Card: Recognizing and Preventing Gang Involvement is available at:

<http://www.cops.usdoj.gov/mime/open.pdf?Item=1614>

Also available is a Gang Toolkit for gang prevention at: <http://www.cops.usdoj.gov/>

NCTOPPS

To access the NC TOPPS interview screen go to <http://nctopps.ncdmh.net/>. You will need a Clinician ID and password to access the online interview. You can practice using the ID "training" and password "training". Make sure to review to NC-TOPPS Guidelines (effective July 2006) as well.

It is important that you keep up to date with new information from the Division and DMA. It is good practice to visit their websites weekly if not daily. Check the enhanced Services Implementation Updates, other announcements and bulletins on the Division website:

<http://www.dhhs.state.nc.us/mhddsas/announce/index.htm>. Bulletins and other provider information can be found on the DMA website: <http://www.dhhs.state.nc.us/dma/prov.htm>

Got News???

Items for the *Providers' Times* should be received by Rose Ann Bryda on or before the 25th of each month for the next month's newsletter. Submission guidelines for the Newsletter may be found on the CCMHC website.

Just So You Know

- The Mental Health Association in North Carolina offers a consumer run information and referral line. The line is open from 8:00 a.m. until 6:00 p.m. Monday through Friday. The toll free number is 1-800-897-7494 or email is callctr@mha-nc.org.
- The Deaf Specialty Service at Broughton Hospital is designed to serve the entire state through a 14-bed coed psychiatric/substance abuse service. This resource targets an adult deaf population. It is not the intention for the BHDS to serve patients who are hard of hearing with adequate communication abilities that would allow reasonable communication with hearing staff. You can find referral procedures and procedures for admission on the BHDS website www.broughtonhospital.org where you will find the procedure for both Substance abuse referrals and mental health referrals.
- The City of Fayetteville Community Development Department is conducting Citizen Participation Meetings. Citizens are asked to attend these meetings to share their concerns for their communities. There are three meetings in January: January 9, 2006 at John D. Fuller Recreation Center, 6672 Old Bunce Road at 7:00 p.m.; January 11, 2006 at Massey Hill Recreation Center, 1612 Camden Road 7:00 p.m.; January 18, 2006 Westover Recreation Center, 277 Bonanza Drive 7:00 p.m. For more information please call the Community Development Department at 433-1590.
- Duke University and the Bazelon Center for Mental Health Law have teamed together to launch the National Resource Center on Psychiatric Advance Directives (NRC-PAD). The NRC-PAD provides consumers with mental illness, their family members, clinicians, and policy-makers with key information about PADs, including PAD forms, links to statutes, educational webcasts, discussion forums, FAQs, and current research. Visit them online at <http://www.nrc-pad.org>.
- Health care workers who employ physical restraints and seclusion when treating patients must undergo new, more rigorous training to assure the appropriateness of the treatment and to protect patient rights, according to a regulation published in the Federal Register by the Centers for Medicare & Medicaid Services (CMS). For a copy of the press release go to: <http://www.jfanow.org/jfanow/index.php?mode=A&id=2985;&sort=D>
- The lack of decent, safe, affordable, and integrated housing is one of the most significant barriers to full participation in community life for people with serious mental illnesses. One of the biggest obstacles to safe and affordable housing is community opposition to housing or NIMBYism, when people say, "Not in my back yard!" Even people who are sympathetic to the idea that mental health consumers need appropriate housing often do not want them in their neighborhood. The SAMHSA Resource Center to Address Discrimination and Stigma Associated with Mental Illness (ADS Center) is working to counter stigma and has resources that provide information on how to address NIMBYism: <http://www.stopstigma.samhsa.gov/action/combatingNIMBY.htm>
- Center for Medicare and Medicaid Services has shared with us a list of Medicare prescription drug plans that will no longer be providing coverage for Low Income Subsidy (LIS) Beneficiaries in 2007. Please disseminate this information to your memberships as they are helping consumers evaluate prescription drug coverage for the coming plan year. Open enrollment ends December 31. To download this list and access fact sheets on Medicare Part D, go to www.nccbh.org/medicare.