

Volume 2, Issue, 5

November 2007



'WORKING TOGETHER TO MEET MENTAL HEALTH NEEDS'

Providers' Times

From Your LME

Help Us Help Consumers and Their Families during the Holidays The Cumberland County Metal Health Auxiliary, Inc. (Volunteer Services) is serving more and more consumers and individuals with fewer and fewer resources. As we approach the holidays we need your help to make sure everyone gets the assistance they need during this special time. Here are some ways you can help either as an individual or as a provider agency:

☺Call Volunteer Services (222-6155) and ask to **“adopt “a family** in need for the holidays. Use information about your family's ages, sizes and needs to develop your holiday shopping list. Wrap the presents and deliver them along with any food donations to Volunteer Services for delivery to your family.

☺When you are out holiday shopping for your child, or your friend's child or your niece or nephew, **add an extra toy** for a little person who will otherwise go without. Then call Volunteer Services (222-6155) and arrange to drop the toy off so that they can distribute to a child in need.

☺When shopping at the grocery store, take advantage of buy one, get one free deals and **deliver your non- perishables** to Volunteer Services or better yet buy a **grocery store gift card** for distribution by Volunteer Services (222-6155) to a family in need.

☺**Money** is a sure bet when trying to think of ways to help – these unrestricted funds can be used to help a consumer in an emergency situation or can be earmarked for holiday distributions. Call Volunteer Services (222-6155) and ask about the **Platinum Diamond and Bronze Club**.

Help Spread the Word A major key to mental health reform is the active participation of members of communities. The individuals and family members affected by mental illness, developmental disabilities and/or substance abuse can best represent needs. Our **Cumberland County Mental Health Center's Consumer and Advisory Committee (CFAC)** won The North Carolina Council on Community Programs' prestigious "Program of Excellence Award" in 2004. Members of our CFAC team will distribute their brochure and answer your questions during a brief presentation at the monthly provider meeting on **December 3, 2007 (3:00 pm room 436 , 711 Executive Place)**. For more information go the CCMC website: http://www.ccmentalhealth.org/consumers_and_families/cfac_committee/default.htm For and application to give to interested consumers and families go to: http://www.ccmentalhealth.org/pdf/cfac_application.pdf

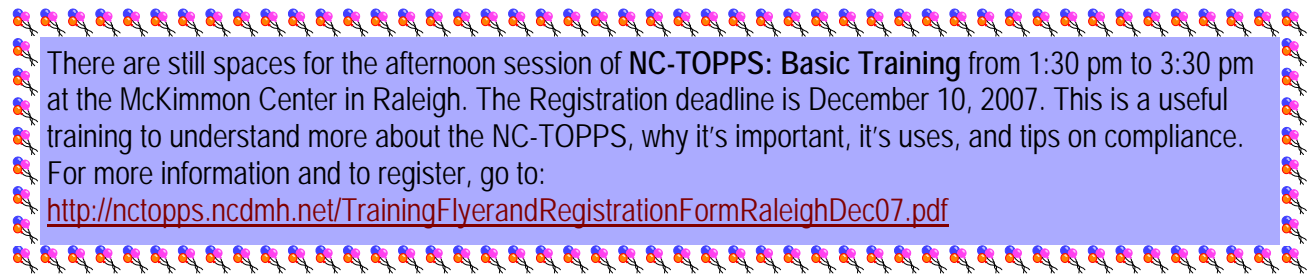
Providers Relations is offering **New Provider Orientation** for new providers with MOAs or Contracts with the LME. Providers who are not new to our system are welcome to come as a refresher and to receive updated information. The next session is **December 11, 2007 at 9:00 am**. Call or email Rose-Ann Bryda 910-222-6074; rbryda@mail.ccmentalhealth.org and let her know how many people from your agency will attend.

Inside this issue:

From Your LME	1
From the Division	1
Training Resources	2
Training Resources	3
Got News???	4
Just so you know	4

Please be sure to check the Division website and well as DMA website regarding important changes in Community Support. Division's 11/9/07 memo regarding the **Suspension of New Enrollment of Community Support Services** and 11/5/07 **Implementation Update # 36** as well as **DHHS Plan to Improve Community Support Services**. Go to the following websites: <http://www.dhhs.state.nc.us/mhddsas/whatsnew-comprehensive.htm> ; http://www.dhhs.state.nc.us/dma/csupport/suspension_new_cs_providers.html

Training Resources, Workshops and Conferences:



There are still spaces for the afternoon session of **NC-TOPPS: Basic Training** from 1:30 pm to 3:30 pm at the McKimmon Center in Raleigh. The Registration deadline is December 10, 2007. This is a useful training to understand more about the NC-TOPPS, why it's important, it's uses, and tips on compliance.

For more information and to register, go to:

<http://nctopps.ncdmh.net/TrainingFlyerandRegistrationFormRaleighDec07.pdf>

- The North Carolina Collaborative for Children, Youth and Families and Northwest AHEC presents "**See the Change, Be the Change**": **Developing North Carolina's System of Care** on December 3rd and 4th, 2007 in Winston-Salem. For more information and to register go to: https://northwestahec.wfubmc.edu/learn/courseware/beta/index.cfm?event_pk=20582&CFID=51882&CFTOKEN=95189427
- **The 19th Annual Leo M. Croghan Conference on Developmental Disabilities** will be held Monday, December 3, 2007 at the Sheraton Imperial Hotel, Research Triangle Park, NC. 6 hours of content (0.6 CEU, 6 contact hours, 6 Category A Contact Hour for Psychologists, and 6 hours Infant Toddler Credit, ASHA credit for speech pathology is pending.) Go to: <http://www.wakeahec.org/> or call Wake AHEC at 919-350-8547 for more information.
- The NC Council of Community Programs will present - **Skills Training in Dialectical Behavior Therapy: the Essentials** on December 6th and 7th, 2007 in Raleigh. For more information and to register go to: <http://www.nc-council.org/members/AM/Template.cfm?Section=Home&Template=/CM/ContentDisplay.cfm&ContentID=2307>
- Cross Country Education will be presenting the following seminars in Raleigh in December: **Aggressive Behavior in the Elderly: Prevention and Management** on Thursday, December 6, 2007; **Cognitive-Behavioral Approaches to Treating PTSD: Empirically Based Treatment Techniques** on Wednesday, January 16, 2008; **Cognitive-Behavioral Therapy: The Basics of Helping People Get Better** on Tuesday, December 11, 2007; and **Effective Techniques to Facilitate Rapport with the Silent Child** on Wednesday, December 5, 2007. For more information on these programs and to register go to: <http://www.crosscountryeducation.com/cce/seminars/search/doSearch.do>
- For information and registration on the **2007 Fall Conference and Exhibition - Business Realities and Clinical Values: Finding a Balance**, December 10-12 at Pinehurst Resort Country Club in Pinehurst NC sponsored by the NC Council of Community Programs, go to: <http://www.nc-council.org/Members/AM/Template.cfm?Section=Home>
- On December 11, 2007 Charlotte AHEC will present **Diagnostic Assessment for Mental Health** at the Charlotte AHEC Airport Training Center. For more information and to register, go to: <http://db.ncahec.net/ncahec/cecal/CECourse.cfm?id=53669>

Training Resources, Workshops and Conferences

- Five modules of the School Mental Health Training Series are now available online. The continuing education credit is available. Go to <http://www.aheconnect.com/smhp/default.asp> to access the course.
- For the January dates and registration information for TIP Community Support Training from the NC Council of Community Programs and the Administrative Services, go to: <http://www.nc-council.org/members/AM/Template.cfm?Section=Home&Template=/CM/ContentDisplay.cfm&ContentID=2313>
- The International Academy of Behavioral Medicine, Counseling and Psychotherapy Inc. (IABMCP) is sponsoring the **34th Annual Advanced International Winter Symposium "Addictive Disorders and Behavioral Health"** from January 29 to February 1, 2008 in Colorado Springs, Colorado. For more information go to their website: <http://www.iabmcp.net/>
- The North Carolina Division of Mental Health, Developmental Disabilities & Substance Abuse Services, with support from the University of North Carolina at Chapel Hill School of Social Work's Developmental Disabilities Training Institute (DDTI) is pleased to announce the **2008 Conference on Developmental Disabilities**. Please make note of the dates and a new location for the event: Location: [Radisson Hotel, High Point NC](#); Pre Conference: March 4, 2008 (Tuesday); Conference: March 5-6, 2008 (Wednesday - Thursday). For more information go to: <http://www.unc.edu/depts/ddti/2008-conference.html>
- The **2008 Priester National Extension Health Conference, Building Healthy Communities, One Person at a Time** will be held April 8th through April 10th, 2008 in Raleigh/Durham. There are plans to have a full track devoted to "Successful Aging". There is a call for presentations with proposals due by November 30th. For more information, please go to: Visit <http://continuingeducation.ncsu.edu/PNEHC/index.html>
- The **National Council For Community Behavioral Health Care** is offering Accredited Continuing Education Courses. Some of the course include the following: **Operationalizing Quality: Moving from Theory to Practice**; **Lessons from Implementing Evidence-Based Practices for Children - Does Your Organization Have the Capacity to Change**; and **Consumer-Directed Behavioral Healthcare: Static or Buzz?** For more information about these programs and others and to register, go to: <http://www.cequick.com/myeln/nccbh/default.asp>

- 2007 - 2008 Clinical Lecture Series (CLS) School of Social Work, UNC - Chapel Hill has already begun. Below is a list of the remaining lectures. All CLS events take place on Mondays, from 12 noon to 2:00pm at the Tate-Turner-Kuralt Auditorium of the School of Social Work at the University of North Carolina at Chapel Hill located at 325 Pittsboro Street. Arrive at 11:30 for meet and greet reception and catered refreshments. Register for events at <http://ssw.unc.edu/jif/cls/v1.01>. For more information see <http://ssw.unc.edu/jif/cls>.
 4. **Monday, January 14, 2008** - [Notice date change due to MLK holiday] **Ethics and End of Life Care** Laura Hanson, MD, MPH
 5. **Monday, February 18, 2008** **How Do We Treat Perpetrators? The Ethics of Working with Sex Offenders** Melissa Grady, PhD, MSW, LCSW
 6. **Monday, March 17, 2008** [Notice date change due to Easter] **Using Transference and Counter-transference** David Freeman, MD
 7. **Monday, April 21, 2008** **Steps to More Powerful Groups** Bohdan Hrynewych, MSW, LCSW, LCAS.

Just So You Know

Transformation Update Town Hall Meetings

The North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services will host a series of Town Hall Meetings. The purpose is to share information and listen to concerns about system transformation. The events are open to the public. The first one will be held at Halifax Community College, 100 College Drive, Building 100, Room 108, Weldon, North Carolina 27890 from 6:00pm to 8:00pm on December 13, 2007. The second one will be held at Johnston Community College, Paul A. Johnston Auditorium- Performing Arts, 245 College Road, Smithfield, North Carolina 27577, from 6:00pm to 8:00pm on February 11, 2008 Contact DMH@ncmail.net for specific information on each event. For a flyer on the events go to: <http://www.dhhs.state.nc.us/mhddsas/stateplanimplementation/town-hall-mtgs/town-hall-flyer-dec07-feb08.pdf>

Joanna Forester, LCSW, Joanna.Forester@ncmail.net the Disaster Preparedness and Response Coordinator for DMH/DD/SAS has asked that we encourage providers to add a water shortage component to their disaster plans, as well as monitor our area's drought situation, and implement conservation recommendations. Following is a very basic example of a water shortage policy for facilities; this is an example that could be made more comprehensive.

Water Shortage Policy & Procedure -Purpose: The purpose of this policy is to ensure that there will adequate water supplies on hand to supply residents with water for their personal and hygienic needs. **Procedure:** If the water supply is suddenly disrupted for any reason, the following steps will be taken by the person-in-charge. 1. Notify the Administrator and the Maintenance Director immediately. 2. All attempts will be made to determine the cause for water disruption and the probable length of shut down. 3. The Dietary Department will distribute emergency meals and provide juice and other beverages that are on hand for resident consumption. 4. The hot water in the hot water tanks will be utilized by kitchen staff for cooking purposes if necessary. 5. Disposable dishes and utensils may be used during emergencies. 6. If necessary, water will be brought in and dispensed as needed. This water supply is only for necessary circumstances, and should be used conservatively. 7. If it becomes apparent that a water shortage will last for an undetermined length of time, the Administrator will order emergency measures to be taken to ensure proper care for those whose care has been disrupted by lack of water supply. Arrangements will be made to transfer those residents to the hospital or to other facilities for care.

After the Crisis Initiative: Healing from Trauma after Disasters; A White Paper Addressing the Traumatic Impact of Disasters on Individuals, Families, and Communities by Helga West contains useful information and insights related to the aftermath of disasters not only with the public but specialty populations as well and can be found at: http://www.nh.gov/safety/divisions/bem/behavhealth/documents/atc_white_paper.PDF

CELL PHONE STUFF

Cell phone numbers are going to be published for telemarketers to call on your cell phones. You will be charged for the minutes. If you want to opt out for 5 years call: 1-888-382-1222 - you must call on your cell phone for this (takes about 1 minute) or go to <https://www.donotcall.gov/>

'ICE' (In Case of Emergency) Campaign If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? All you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency). In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.' For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

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.

The North Carolina Department of Juvenile Justice and Delinquency Prevention - Center for the Prevention of School Violence serves as a resource center and "think tank" for efforts that promote safer schools and foster positive youth development. Positive youth development efforts are emphasized as the Center focuses beyond the school into the community and works in support of youth-serving programs and agencies which target the development of attitudes, behaviors, and conditions that enable youth to grow and become productive members of their communities. For more information and to take advantage of a wealth of resource materials, go to: <http://www.ncdjdp.org/epsv> For teaching strategies, go to: http://www.sreb.org/programs/hstw/publications/site-guides/01V23_Instructional_Strategies.pdf