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'WORKING TOGETHER TO MEET MENTAL HEALTH NEEDS'

# Providers' Times

## From Your LME

### Mental Health Services have changed in Cumberland County due to Mental Health Reform but services ARE available!

- ◆ If someone needs assistance in obtaining Mental Health, Substance Abuse or Developmental Disability services, we encourage you to call our free **Help Line** at **(910) 424 HOPE** or **1-877-223-4617** 24 hours a day/ seven days a week for referral to the most appropriate service
- ◆ There is a **NEW** service available to parents or caregivers who need short-term Respite Services for children. The Mental Health Center has a short-term non-medical Respite Center on Roxie Avenue for children ages 5 to 14. For more information call **(910) 222-6123**
- ◆ Cumberland County also has a Mobile Crisis Team available to come directly to a site where someone may be having a mental health emergency. This team is available to assist anyone residing in Cumberland County. Call: (910) 489-3593

**From The Housing Specialist:** There are five apartments available on the bus line for our consumers. Please [click here](#) or go to [http://www.ccmentalhealth.org/provider\\_information/housing/maple%20ridge%20apts.pdf](http://www.ccmentalhealth.org/provider_information/housing/maple%20ridge%20apts.pdf) to download the referral forms and the application. Please complete and return to William H. Robinson, Housing Specialist. Questions call (222-6105) **ONLY THE COMMUNITY SUPPORT WORKER, OR CASE WORKER SHOULD CALL, NOT CONSUMERS PLEASE.**

Cumberland County LME is looking for Endorsed Community Support Providers with documented experience dealing with individuals with Traumatic Brain Injury. This population is underserved in our community, has unique needs that require specific training and has a history of repeat hospitalizations. If you have staff with this unique qualification, please contact Rose-Ann Bryda 222-6074 immediately. Also the LME would encourage providers to become Certified Brain Injury Specialists. The next training and testing dates are as follows: January 15-16-17, 2008 in Winston-Salem; January 28-29-30, 2008 in Goldsboro and April, 2008 in the Black Mt/Asheville area. This will include 2 days of teaching, a Review and the Certification Exam. Call Donna White or Susan Fewell at 919-833-9634 if you are interested in applying for this certification so we can save you a spot. See <http://www.aacbis.net> to learn more about CBIS. Cost: \$300 includes manual, training, lunch and exam. For more information about North Carolina Brain Injury Association resources and training, please go to: <http://www.bianc.net/>

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We wish you and your family all the joys of the holiday season. Stay safe and we look forward to seeing you in the New Year.

*Vince Wagner and the Provider Relations Staff*

## Training Resources, Workshops and Conferences:

- Cross Country Education will be presenting the following seminar in Raleigh in : **Cognitive-Behavioral Approaches to Treating PTSD: Empirically Based Treatment Techniques** on Wednesday, January 16, 2008. For more information on these programs and to register go to: <http://www.crosscountryeducation.com/cce/seminars/search/doSearch.do>
- The Governor's Institute on Alcohol and Substance Abuse, Inc. and Coastal Horizons Center, Inc. with support from the Division of Mental Health, Developmental Disabilities and Substance Abuse Services are sponsoring two separate 2 day trainings on January 29<sup>th</sup> and 30<sup>th</sup>, 2008 and again on, January 31<sup>st</sup> and February 1<sup>st</sup>, 2008 in Greenville, NC. The training is for professionals interested in implementing **Project Towards No Drug Abuse (TND)**. For more information of TND go to: <http://tnd.usc.edu/overview.php> Twenty seats are available at a cost of \$45.00 per person. For registration information or if you have any questions, please contact Jane McDonald, Inc. at (910) 202-0840 or [prevent@coastalhorizons.org](mailto:prevent@coastalhorizons.org)
- The N.C. Department of Health and Human Services will host eight community forums across the state beginning in January to introduce an expansion to the Aging and Disability Resource Connections Initiative. Forums begin with registration at 8:30 a.m. and run from 9 a.m. to 4 p.m. as follows: **Jan. 17, Greensboro**, Holiday Inn Guilford Convention Center, I-85 at Lee Street; **Jan. 29, Fayetteville**, Kiwanis Recreation Center at Honeycutt Park, 352 Devers St.; **Feb. 7, Jacksonville**, Onslow County Government Complex, 4022 Richlands Highway; **Feb. 12, Concord**, Copperfield Room, 270 Copperfield Blvd; **Feb. 21, Williamston**, Macedonia Christian Church, 7640 U.S. Highway 17; **Feb. 27, Raleigh**, North Carolina Association of Educators, 700 S. Salisbury St.; **March 25, Waynesville**, Haywood County Administration Building, 81 Elmwood Way; **March 26, Boone**, Northwest AHEC of Watauga Medical Center, 336 Deerfield Road. More information about the Aging and Disability Resource Centers Grant Program is available on the AoA website at <http://www.aoa.gov>, the CMS website at <http://www.cms.hhs.gov/NewFreedomInitiative/>, and the Aging and Disability Resource Center Technical Assistance Exchange at <http://www.adrc-tae.org> . For more information contact Sabrena Lea, 919-855-4428, or email: [ADRC.forums@ncmail.net](mailto:ADRC.forums@ncmail.net).
- Become a Certified Brain Injury Specialist and attend a class designed to teach the exam materials. Classes will be held January 15<sup>th</sup> through 17<sup>th</sup>, 2008 in Winston-Salem; January 28<sup>th</sup> through 30<sup>th</sup>, 2008 in Goldsboro; and in April, 2008 in Black Mt/Asheville area. This will include 2 days of teaching, a Review and the Certification Exam. Call Donna White or Susan Fewell at 919-833-9634 if you are interested in applying for this certification so we can save you a spot. See <http://www.aacbis.net> to learn more about CBIS. For more information about North Carolina Brain Injury Association resources and training, please go to: <http://www.bianc.net/>
- ACS (Army Community Services) is hosting a FREE domestic violence training on Thursday, January 24<sup>th</sup> 2008, from 8:00 am to 12:00 pm entitled **Safety & Support for Victims of Domestic Violence**. This training will be presented by Marie Brodie, founder of Walk in My Shoes and will cover the following topics: advocate & provider skills; safety in & out of the relationship; empowering the client & avoiding burnout. CEUs will be provided for FREE. The training will take place in the Weaver Conference Room, Womack Army Medical Center (basement) on Fort Bragg. For further information and to register contact Jeri Bourn, MSW, LCSW, Victim Advocate Coordinator, at: phone-(910) 396-5521 or (910) 396-4175; fax-(910) 907-3048, or email- [jeri.bourn@us.army.mil](mailto:jeri.bourn@us.army.mil)

# 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 NC Providers Council presents: **A Training Series for Provider Success** on Thursday, January 24, 2008 at the McKimmon Center, Raleigh, NC from 9am to 4pm. Contact Diana Mills, at 919-850-4592 for more information and to register or go to: <http://www.ncproviderscouncil.org/>
  - 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 10<sup>th</sup>, 2008 in Raleigh/Durham. There are plans to have a full track devoted to "Successful Aging". 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 on line. 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

The National Institute of Mental Health has some great information that you can download and use:

- ◆ **Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do** is for parents of children exposed to violence or disaster: <http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-what-parents-can-do.pdf>
- ◆ **Helping Children and Adolescents Cope with Violence and Disasters: What Community Members Can Do** is for teachers, clergy, and other adults in the community <http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-what-community-members-can-do.shtml>
- ◆ Information on mental disorders affecting children and adolescents include the following: [Attention Deficit Hyperactivity Disorder \(ADHD, ADD\)](#); [Autism Spectrum Disorders \(Pervasive Developmental Disorders\)](#); [Bipolar Disorder](#); [Borderline Personality Disorder](#); [Depression](#); [Eating Disorders](#); [Schizophrenia](#) <http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>
- ◆ **The Science of Mental Illness** a curriculum for Grades 6- 8 where students gain insight into the biological basis of mental illnesses and how scientific evidence and research can help us understand its causes and lead to treatments and, ultimately, cures. <http://science-education.nih.gov/customers.nsf/MSMental>

For information on Assisted Living, Home Health, Estate and Legal Issues, and Medicare and Medicaid as it relates to the elderly, subscribe to Elder Care News at: <http://www.eldercarenewstoday.com/subscriptions.php>

- ◆ The Law and Neuroscience Project funded by the McArthur Project to address the diverse and complex issues that neuroscience raises for our legal system. There is relevant information on addiction and juvenile justice on their website: <http://www.lawandneuroscienceproject.org>
- ◆ The Dana Foundations' web site has a wealth of information and cutting edge news on the brain and brain disorders. Go to: <http://www.dana.org/>
- ◆ The following website is a valuable resource for both medical and lay readers interested in learning about delirium in critically ill patients, neurological monitoring instruments for use in the hospital setting, newly recommended patient-oriented (goal-directed) sedation practices, and the under-recognized problem of long-term cognitive impairment following critical illness. <http://www.icudelirium.org/delirium/>

## Got News???

Items for the *Providers' Times* should be received by Rose Ann Bryda on or before the 30th of each month for the next month's newsletter. Submission guidelines for the Newsletter may be found on the CCMHC website.

How do we rate? The National Alliance on Mental Health (NAMI) presents a comprehensive state-by-state analysis of mental health care systems based on 39 specific criteria resulting in an overall grade for each state. Find out how North Carolina rates and why, go to: [http://www.nami.org/gtstemplate.cfm?section=grading\\_the\\_states](http://www.nami.org/gtstemplate.cfm?section=grading_the_states)