



Providers' Times

From Your LME and the Division

DDTI (Developmental Disabilities Training Institute) presents **Targeted Case Management Training for I/DD** in Fayetteville, NC on August 8, 2011 and again on August 29, 2011. Both trainings are 9:30 am to 3:45 pm and will be held at the Cumberland County LME , room 426, 711 Executive Place, Fayetteville. Please note that this training is a repeat of the Targeted Case Management training conducted in Fayetteville, NC on September 10, 2010. Individuals who attended the 2010 training are not required to attend this training again unless so desired. I/DD Targeted Case Managers who have not attended the previous training should plan to attend one of these trainings. With Mental Health Reform and the role of case management changing individuals need to keep up with current trainings pertaining to case management. The following are the links to the event and registration pages for these two trainings: For August 8, 2011, please go to http://reg.abcsignup.com/reg/event_page.aspx?ek=0060-0003-33003c60e4b94d3c88b11b3c587917c1; for August 29, 2011, please go to: http://reg.abcsignup.com/reg/event_page.aspx?ek=0060-0003-203302b6cdf04e2da197db6b481bc73d.

CareLink Training for new providers will be held on August 5, 2011 from 1:30 pm to 2:30 pm in Room 426, 711 Executive Place. Providers should send representatives from their organizations who are responsible for billing and authorizations. Providers who have previously received this training may attend as a refresher if space permits. To sign up, please email Colette Gelin at: cgelin@mail.ccmentalhealth.org.

The next **Provider Orientation** will be held on August 5, 2011 from 2:45 pm to 4:45 pm in room 426, 711 Executive Place in Fayetteville, NC. **Provider Orientation is a requirement for all new providers with an MOA or State Standardized contract with Cumberland County LME.** All providers are welcome to attend. To sign up, email Rose-Ann Bryda at rbryda@mail.ccmentalhealth.org and let her know how many people will be attending from your agency.

Inside this issue:

From Your LME and Division	1
Training Resources	2-4
Just so you know	5-8

If you know any consumers or families interested in volunteering to be on the NC-TOPPS Task Force, please assist them in signing up by going to the following link <http://www.ncdhhs.gov/mhddsas/consumeradvocacy/volunteer-yes.htm>.

Training Resources, Workshops and Conferences:

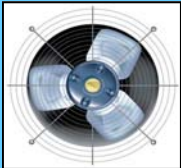
- Department of Health & Human Services presents free training **Person Centered Care Transitions: Introducing Resources and Tools for Effective Discharge Planning**. Topics covered include: the Local Contact Agency Role – Emerging Community Resource Connections for Aging & Disabilities; Money Follows the Person – Helping Individuals Transition; Understanding the Nursing Home’s Responsibilities. The training will be held on the following dates and locations: August 9, 2011 in Wilmington, NC, for more information and to register contact Gloria Garton at 910-815-6618 or by email at gloria.garton@drcwilmington.org; August 15, 2011 in Rocky Mount, for more information and to register, contact Helen Page at 252-234-5959 or by email at Helen.Page@ucpcog.org; **August 16, 2011 in Fayetteville**, for more information and to register contact Lorrie Roth at 919-855-4986 or by email at Lorrie.Roth@dhhs.nc.gov; and August 23, 2011 in Morganton, for more information and to register contact Roxanne Powell at 828-485-4213 or by email at roxanne.powell@wpcog.org.
- The Brain Injury Association of America presents a webinar **Caregivers' Education Seminar: Technology as a Cognitive Prosthetic** on August 2, 2011 at 3:00 pm EST. For more information and to register, please go to <https://secure.biausa.org/detail.aspx?ID=700>. To find out about the Brain Injury Association of America (BIAA) upcoming webinars, please go to <https://secure.biausa.org/SearchResult.aspx?CategoryID=61>.
- North Carolina's Disaster Response Network (DRN) is pleased to offer **Disaster Response Network Training** to licensed mental health professionals and other healthcare professionals who are interested in becoming involved in disaster mental health response. To learn more and sign up, please go to <http://www.lpcanc.org/> and click on Disaster Response Network Training.
- The Juvenile Justice Substance Abuse Mental Health Partnerships (JJSAMHP) presents the following trainings in North Carolina: **2011 Summer School for Alcohol & Drug Studies**, August 1, 2011 through August 5, 2011 in Wilmington; **When it's Hard to Talk: Using Art Therapy with Adolescents** August 11 in Asheville; **Children's Services State of the Art Conference** August 18, 2011 through August 19, 2011 in Atlantic Beach; **Substance Abuse for "Non or New" Substance Abuse Professionals** August 19, 2011 in Asheville; and **Mindfulness Training for Addictive Behaviors** August 26, 2011 in Greensboro. For more information please go to <http://www.turninglivesaround.org/training.html>.
- The North Carolina Council presents the following trainings in Raleigh, NC: **Assertive Community Treatment Team (ACTT)**, August 8, 2011 through August 10, 2011; **Cognitive Behavior Therapy Institute –Clinical Supervision: a 12 Hour Training Program**, August 15, 2011 and October 3, 2011; **Using Cognitive Behavior Therapy with Children and Adolescents**, September 14, 2011; **Using Cognitive Behavior Therapy with Adults**, September 8, 2011; **Core Competency Training** on August 29, 2011; and **Person Centered Thinking: A 12-hour Training**, August 4, 2011 through August 5, 2011. For more information and to register, please go to <http://www.nc-council.org/Members/AM/Template.cfm?Section=Home>.
- **SOAR (SSI/SSDI Outreach, Access and Recovery) Case Worker Training** will be held August 15, 2011 through August 17, 2011 in Charlotte, NC For more information and to register, please go to: http://www.ncceh.org/en/calendarevents/events_view.asp.
- **The National Association of Peer Specialists 2011 Annual Conference** will be held August 22, 2011 through August 24, 2011 in Raleigh, NC. For more information and to register, please go to <http://www.naops.org/>.

Training Resources, Workshops and Conferences:

- Lakeview's **Third Thursday at Three Speaker Series** Brain Injury webinars are on the following dates and topics: **Personality Changes Following Brain Injury** on August 18, 2011; **Chronic Medical Conditions Following Brain Injury** on September 15, 2011; **The Application of DBT (Dialectical Behavior Therapy) within Residential Services for Youth** on October 20, 2011; **Neural Targets for Medication Treatment in Brain Injury** on November 17, 2011 and **Common Complaints after Traumatic Brain Injury** on December 15, 2011. Earn one Certified Case Management or one Certified Rehabilitation Counselor Continuing Education Unit with each webinar. For more information and to register, please go to <http://www.lakeviewsystem.com/resources/ceus>.
- NC Harm Reduction Coalition NCHRC presents **Reducing Harm & Building Communities: Addressing Drug Use in the South** on September 8, 2011 through September 9, 2011 at Research Triangle Park. For more information and to register, please go to: http://nchrc.net/NCHRC/Conference_on_Drug_Use_in_the_South.html.
- NCSWLearn.org presents the following trainings: **Developing Effective Helping Relationships** August 16, 2011 through August 17, 2011 in Chapel Hill, NC. For more information and to register, please go to <https://www.ncswlearn.org/plp/catalog/curriculum.aspx?cid=270>; **Ethics in Everyday Practice** on September 20, 2011 in Winston-Salem, NC. For more information and to register, please go to <https://www.ncswlearn.org/plp/catalog/curriculum.aspx?cid=236>; and **Cognitive Impairments: It's Not Just Alzheimer's** September 27, 2011 through September 28, 2011 in Fayetteville, NC. For more information and to register, please go to <https://www.ncswlearn.org/plp/catalog/curriculum.aspx?cid=237>.
- **The 1st Biennial Global Implementation Conference (GIC)** will be held August 15, 2011 through August 17, 2011 in Washington, D.C. This conference will bring together scientists, policymakers, practitioners and community leaders for a focus on how evidence-based practices can be implemented effectively to improve outcomes for people and organizations. For more information and to register, please go to <http://www.implementationconference.org/>.
- Licensed Professional Counselors Association of North Carolina (LPCANC) will present **Play Therapy** on August 8, 2011 in New Bern, NC; and **Clinical Supervision and the Supervisory Relationship: Gate keeping for the Profession** on September 17, 2011 and September 24, 2011 in Thomasville, NC. For more information and to register, please go to <http://www.lpcanc.org/> and click on Education and Events.
- Eastern AHEC (Area Health Education Center) will present **The Seventh Annual Eastern Region Developmental Disabilities Services Conference**, October 13, 2011 through October 14, 2011 in Greenville, NC. For an informative brochure, please go to <http://eahec.ecu.edu/brochures/e34006.pdf>.
- The Health and Human Services (HHS) Office of the Assistant Secretary for Health released **Partnering to Heal: Teaming Up Against Healthcare Associated Infections**, an interactive learning tool for clinicians, health professional students, and family caregivers. The training videos include information on basic protocols for universal precautions and isolation precautions to protect patient, visitors, and practitioners from the most common disease transmissions. To access this training, please go to <http://www.hhs.gov/ash/initiatives/hai/training/>.
- NAMI (National Alliance on Mental Illness) will present its 27th Annual Conference **Growing our Grassroots, Our Garden of Recovery** on October 7, 2011 through October 8, 2011 at the McKimmon Center in Raleigh. To find out more and obtain an exhibitor form, please go to <http://naminc.org/nami-north-carolinas-2011-annual-conference/>.

Training Resources, Workshops and Conferences:

- **From Mental Health Partners:** The requirements for unlicensed personnel to pass medications in agencies under the Division of Mental Health, Developmental Disabilities and Substance Abuse Services is that they complete class room instruction of about 6 to 8 hours, pass a written test, and pass the skills check list at 100% accuracy. The course must be taught by a Registered Nurse, Pharmacist, or Medical Doctor who has completed the on-line Medication course entitled: **Medication Administration: A Course for Unlicensed Personnel in Community Facilities**. To find out about this course, please go to https://www.charlotteahec.org/continuing_education/registration/workshop.cfm?EventID=28576. If you have any of the above professionals on your staff, they can take and complete the course and receive certification to teach the medication course to the unlicensed personnel in your agency. You can find more information and qualified trainers at: <http://www.ncdhs.gov/mhddsas/training/medadmin.htm>.
- **2011 North Carolina Conference on Aging: The Community Response: Implementing the Plan for a Livable, Senior Friendly North Carolina** will take place October 18, 2011 through October 20, 2011 in Charlotte, NC. For more information and to register, please go to: <http://www.aging.unc.edu/ncco/2011/2011preprogram.pdf>.
- The Alliance for Full Participation's Annual National Conference **Real Jobs - It's Everyone's Business**, will take place November 17, 2011 through November 19, 2011 in Washington, DC. The Alliance for Full Participation (AFP) is a formal partnership of leading developmental disabilities organizations and a network of state teams, dedicated to promoting employment. This year, there are **stipends** available to provide assistance to self advocates and family members to travel to the Summit. Stipend funds will be granted to cover the costs of hotel room and registration fees. Self advocates are encouraged to seek additional sources of funding to cover transportation fees. Preferences for stipends will be given to self advocates who are members of AFP's state teams. Applications must be received by August 15, 2011 to be considered. Please application which can be found on the following website <http://www.allianceforfullparticipation.org/>.



The **Cumberland County Department of Social Services is accepting donations of new box fans** from civic organizations, churches, businesses and individuals in the community. Fans may be dropped off at the DSS building, 1225 Ramsey St., between the hours of 7:30 a.m. and 4:00 p.m. Monday through Friday. Contact the Adult Services Department at 910-677-2388 for more information about making a fan donation.

Fans are currently available at the DSS building for those in our community whose income falls below 200 percent of the current poverty level, and who have a family member in the home under the age of 2, over the age of 60, or with a heat-sensitive medical condition.

On days when heat advisories are issued because the heat index is expected to surpass 100 degrees, the DSS building at 1225 Ramsey St. will open an auxiliary lobby as a measure of relief to people who have no other way to escape the oppressive heat. The lobby areas will be open from 8 a.m. to 5 p.m., Monday through Friday throughout the summer when a heat advisory is issued or the heat index reaches 100. Contact the Adult Services Department at 910-677-2388 for more information.

Just So You Know



With the extremely high temperatures in Cumberland County lately, please follow the Department of Public Health's advisory, **Health Tips for the High Temperatures**. The community should be cautious during the high temperatures. Prolonged exposure to high temperatures can cause injury and death to residents and their pets, especially children and the elderly. Take time to check on elderly neighbors, family, and friends without air conditioning. Make sure that they are protected and have plenty of fluids. Make sure to keep children well hydrated with water and juice. Limit outdoor activities, especially during the heat of the day. Playground equipment can cause burns in high temperatures, so be sure to check playground equipment before allowing children to play. Children should never be left alone in a parked car. Cars can heat up to 120° F in as little as 10 minutes.

Be aware of stages of heat-related illnesses:

Heat Cramps: Muscle pain and cramps due to lack of water, which is an early sign that the body is having trouble with the heat.

Heat Exhaustion: The body loses a significant amount of fluid, which can result in mild shock. Look for these signs and symptoms:

Cool, moist, pale, flushed or red skin (the skin may be red right after physical activity)

Heavy sweating

Headache

Dizziness and weakness or exhaustion

Nausea

Heat Stroke: This is a life-threatening condition and requires immediate medical attention. Look for these signs and symptoms:

Vomiting

Decreased alertness or complete loss of consciousness

High body temperature (sometimes as high as 105° F)

Dry, red, hot skin

Rapid, weak pulse

Rapid, shallow breathing

Here are some tips for staying safe in the heat:

Stay indoors as much as possible and limit exposure to the sun.

Stay on the lowest floor out of the sunshine if air conditioning is not available.

Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.

Eat well-balanced, light, and regular meals.

Avoid using salt tablets unless directed to do so by a physician.

Drink plenty of water.

Limit intake of alcoholic beverages.

Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.

Protect face and head by wearing a wide-brimmed hat.

Use sunscreen.

Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Just So You Know

8C (behavior health clinical policy) has now been posted for 45-day public comment, please go to <http://www.ncdhhs.gov/dma/mpproposed/index.htm>.

The VA Mid-Atlantic Health Care Network (VISN 6) is collaborating with the Medical University of South Carolina to conduct a brief, **confidential survey of primary care and mental health professionals** concerning their opinions about, experiences with, and willingness to provide services to Service Members/Veterans and their families. Please go to the following to complete the survey <https://redcap.musc.edu/surveys/?s=3cda48>.

For a comparison: of the **NC Innovations and CAP-MR/DD Waivers**, please go to <http://www.ncdhhs.gov/mhddsas/waiver/compareinnovationsandcap.pdf>.

NC-SNAP examiner Certification Training has been scheduled from 1:00 p.m. to 4:00 p.m. at the Murdoch Training Center located in Butner, NC (205 West E. Street) on August 26, 2011 and September 9, 2011. Please email completed registration form to rbryda@mail.ccmentalhealth.org.

To receive **email updates on Center for Medicaid and Medicare Services (CMS)** topics of information to you, please sign up at <http://www.cms.gov/>.

Your Medicines: Be Smart. Be Safe is a booklet that includes a detachable, wallet-sized card that can be personalized to help patients keep track of all medicines they are taking, including vitamins and herbal and other dietary supplements. Available in English and Spanish, the guide includes questions that patients can ask their doctors about their medications. Select to access a copy of the guide, please go to <http://www.ahrq.gov/consumer/safemeds/yourmeds.htm>.

Agency for Healthcare Research and Quality (AHRQ) released a **National Healthcare Quality Report** and a **National Healthcare Disparities Report**. To access these reports, please go to <http://www.ahrq.gov/qual/qdr10.htm>.

To find out about changes to the **Pre-Existing Condition Insurance Plan** in NC, please go to <http://www.healthcare.gov/news/factsheets/pcip05312011a.html>.

Friday children's conference calls with Dr. Ken Duckworth, (National Alliance on Mental Illness) NAMI's Medical Director and a Child & Adolescent Psychiatrist, take place on the third Friday of every month. The calls are toll free and are scheduled from 11:00 a.m. to 12:30 p.m. EST. To access the toll-free call, please dial 1-888-858-6021; access number 309918#.

The **Southeast TACE (Technical Assistance and Continuing Education) Center serving individuals with Most Significant Disabilities (MSD) Network News Flash** contains information and training dates for August, 2011. To access this online newsletter, please go to <http://archive.constantcontact.com/fs058/1102150261897/archive/1106326080954.html>.

The **NC Care-Line Information and Referral line shut down on July 1, 2011** at the direction of the North Carolina General Assembly. To read about alternatives for consumers, please go to <http://www.ncdhhs.gov/mhddsas/announce/careline6-24-11.pdf>.

Just So You Know

SAMHSA (Substance Abuse and Mental Health Services Administration) has a number of new publications. Below is a list of these and how to access them:

- **Shaping the Future of Behavioral Health: Understanding Drivers Challenges and Opportunities** <http://store.samhsa.gov/product/SMA11-PHYDE061011>
- **Staying Focused in Changing Times-Challenges and Opportunities** <http://store.samhsa.gov/product/SMA11-PHYDE060911>
- **Health Reform: What It Means for People With Substance Use and Mental Disorders (Audio)** <http://store.samhsa.gov/product/SMA11-4623CD>
- **Health Reform: What It Means for People With Substance Use and Mental Disorders** <http://store.samhsa.gov/product/SMA11-4623DVD>
- **State Estimates of Substance Use and Mental Disorders from the 2008-2009 National Survey on Drug Use and Health (NSDUH)** <http://store.samhsa.gov/product/SMA11-4641>
- **Join the Voices for Recovery: Recovery Benefits Everyone!** <http://store.samhsa.gov/product/SMA11-4649P>
- **Shaping the Future: Challenges and Opportunities** <http://store.samhsa.gov/product/SMA11-PHYDE071211>
- **Report to Congress on the Prevention and Reduction of Underage Drinking** <http://store.samhsa.gov/product/SMA11-4645>
- **The Business Case for Preventing and Reducing Restraint and Seclusion Use** <http://store.samhsa.gov/product/SMA11-4632>
- **New Advisory: Clients With Substance Use and Eating Disorders** http://kap.samhsa.gov/products/manuals/advisory/pdfs/Advisory_Eating_Disorders.pdf

Effective August 15, 2011, the Fayetteville Social Security office will be open to the public Monday through Friday from 9:00 a.m. to 3:30 p.m., which is a reduction of 30 minutes each weekday. Agency employees will continue to work their regular hours; this shorter public window will allow them to complete face-to-face service with the visiting public without incurring the cost of overtime. Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing may call our TTY number, 1-800-325-0778.

Just So You Know

The SAMHSA-HRSA (Substance Abuse and Mental Health Services Administration and Health Resources Services Administration Center) for Integrated Health Solutions website, run by the National Council for Community Behavioral contains healthcare tools, tips, research and webinars on best practices in behavioral health. To access the website, please go to http://www.thenationalcouncil.org/cs/center_for_integrated_health_solutions.

Map It Before you Measure It is the topic for the Center for Integrated Health Solution's (CIHS) June 2011 newsletter. To access to newsletter, please go to www.mdcbh.org/images/eSolutions_June_Newsletter.doc

The Ban of K-2 and MPDV went into effect June 1, 2011. These synthetic drugs mimic already illegal drugs (such as marijuana and cocaine) but often have even worse side effects. They are often called "incense" or "bath salts" and labeled not for human consumption. Sale and manufacture will be a felony. Possession will be a misdemeanor or felony, depending on the amount. Here is a related press release link: http://www.ncdhhs.gov/pressrel/2011/2011-03-22-synth_marijuana.htm.

A new website aimed at providing support for people with **Acquired Brain Injury (ABI)** and their families was developed by people who use Rehab's Quest Brain Injury Service in Galway, Ireland. The www.acquiredbraininjury.com website features video diaries from ABI survivors and interactive 3-D images of the brain.

Ramadan (the month of fasting) will begin on August 1st this year and end August 30th. Providers who have patients who take medications and fast, should remind them that they do not have to fast if it will interfere with medication adherence. If they want to change their medication schedule to take medications (both for psychiatric disorders and for physical disorders such as diabetes) before dawn or after sunset, ask them to discuss it with their healthcare provider to ensure that it is safe to do.

To find out more about SOAR and to sign up for their newsletter, please go to <http://www.ncceh.org/ncsoar/>.

A new study has found that tablet computers, smartphones and other handheld digital devices can improve memories of those with **Brain Injury**. To read this article, please go to <http://www.smh.com.au/technology/technology-news/tech-toys-help-brain->

From Power Struggles to Winning Cooperation, a free seminar is open to the public and presented by KidsPeace will take place on August 23, 2011 from 5:00 pm to 7:00 pm at the Hoke County Public Library in Raeford. Please RSVP to Jodi Cook at 910-223-0949 or jodi.cook@kidspeace.org.

STAY COOL

Got News???

Items for the *Providers' Times* should be received by Rose Ann Bryda, rbryda@mail.ccmentalhealth.org on or before the 30th of each month for the next month's newsletter.