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CUMBERLAND COUNTY, NC

# Providers' Times

## From Your LME and the Division

Clinicians and Data entry personnel should be aware of some design changes to the NC-TOPPS' website located on the DMH/DD/SAS' website. Located on the homepage for NC-TOPPS is the **Important User Links**, (3rd grouping down, left center of the screen) where the updated **NC-TOPPS Guidelines** (effective 8/1/11) and the revised **NC-TOPPS' Quick Start Guide**, are found. These are good reference tools for current and new agency staff. The NC TOPPS' website can be found at <http://www.ncdhhs.gov/mhddsas/nc-topps/>.

**NC-SNAP Examiner Certification Training** has been scheduled from 1:00 to 4:00 p.m. at the Murdoch Training Center located in Butner, NC on September 9, 2011. IDD QPs who need to sign up for this training, please email the completed NC SNAP registration form to [rbryda@mail.ccmentalhealth.org](mailto:rbryda@mail.ccmentalhealth.org).

**Communication Bulletin 119** announces of a moratorium on NCI Trainer's and Instructor Trainer's and on the submission of new curriculums for the Training in Prevention and Alternatives to Restraint, Seclusion, and Isolation Time-out. To read this bulletin, please go to <http://www.ncdhhs.gov/mhddsas/announce/index.htm>.

**CareLink Training** for new providers will be held on September 8, 2011 from 9:00 am to 10:00 am 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](mailto:cgelin@mail.ccmentalhealth.org).

The next **Provider Orientation** will be held on September 8, 2011 from 10:15 am to 12:15 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](mailto:rbryda@mail.ccmentalhealth.org) and let her know how many people will be attending from your agency.

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The Division has posted **Implementation Update #89** on their website and it covers many important topics. To access it, please go to <http://www.ncdhhs.gov/mhddsas/servicedefinitions/servdefupdates/index.htm>.

## Training Resources, Workshops and Conferences:

- The North Carolina Council presents the following trainings in Raleigh, NC: **Using Cognitive Behavior Therapy with Children and Adolescents**, September 14, 2011; **Using Cognitive Behavior Therapy with Adults**, September 8, 2011. **National CARF Accreditation Training: Getting Prepared for Success** on September 7, 2011. For more information and to register, please go to <http://www.nc-council.org/Members/AM/Template.cfm?Section=Home>.
- Professional Association of Rehabilitation Counselors (PARC) presents **Counseling Clients with HIV/AIDS and Other Infectious Diseases: Guidelines for Substance Abuse and Rehabilitation Counselors** on October 21, 2011; **Clinical Supervision in Substance Abuse and Clinical Mental Health Counseling** October 6, 2011 through October 9, 2011; **Evidenced-Based Practices –Cognitive-Behavioral Therapy (CBT)** on October 28, 2011; and **Ethical Issues in Substance Abuse and Rehabilitation Counseling** on October 14, 2011. For more information and to register, please go to <http://parc1.homestead.com/title.html>.
- International Initiative for Mental Health Leadership (IIMHL) **2011 Leadership Exchange & Network Meeting** will be held September 12, 2011 to September 16, 2011 in San Francisco [http://www.iimhl.com/Meetings/31\\_SanFranciscoUS.asp](http://www.iimhl.com/Meetings/31_SanFranciscoUS.asp).
- **Trauma and Attachment Issues in Children** will be held September 28, 2011 through September 29, 2011 in Black Mountain, NC. This training is brought to you by Duke University and the Center for Child and Family Health and the North Carolina Division of Mental Health, Substance Abuse and Developmental Disabilities. For more information and to register, please contact Anna North at Eastpointe LME [anorth@eastpointe.net](mailto:anorth@eastpointe.net).
- Cross Country Education presents a webinar **Children in Crisis: Age-specific Assessments and Interventions for Grief and Loss** on September 21, 2011 from 11:00 am to 12:00 pm EST, to register, please go to: <https://www.crosscountryeducation.com/cce/product/showWebinarDetails.do?productType=W&seminarCode=WN092111>; it is being presented again on September 29, 2011 from 12:00 pm to 1:00 pm EST, to register, please go to <https://www.crosscountryeducation.com/cce/product/showWebinarDetails.do?productType=W&seminarCode=WN092911>.
- 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/>.
- **NC ONE Community in Recovery** will be held October 26, 2011 through October 27, 2011 in Winston-Salem, NC. For more information and to register, please go to: <http://northwestahec.wfubmc.edu/brochures/111026-27.pdf>.
- Charlotte AHEC presents Cultural Diversity classes in September and October. The schedule is as follows: September 22, 2011 **Basic Spanish for Healthcare Professionals**; September 29, 2011 **Diversity in the Workplace** (webinar option available); October 4, 2011 **Interpreters Training for Health and Human Services Settings Level II**; October 12, 2011 **Reel Diversity: Cultural Self-Awareness as a Prerequisite to Cultural Competence**; October 18, 2011 **Introductory Spanish for Healthcare professionals Level II**; and October 26, 2011 **Basic Spanish for Healthcare Professionals**. For more information and to register, please go to [http://www.charlotteahec.org/continuing\\_education/diversity/](http://www.charlotteahec.org/continuing_education/diversity/).
- 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](http://nchrc.net/NCHRC/Conference_on_Drug_Use_in_the_South.html).
- The Brain Injury Association America presents **Double Whammy: Managing Brain Injury and Severe Mental Illness After Rehabilitation a Caregiver's Seminar Series Live Webinar** on September 21, 2011. To find out more about this webinar and to register, please go to <https://secure.biausa.org/detail.aspx?ID=702>. To find out about upcoming Brain Injury association webinars, please go to <https://secure.biausa.org/SearchResult.aspx?CategoryID=61>.
- **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/hcco/2011/2011preprogram.pdf>.

## Training Resources, Workshops and Conferences:

- Lakeview's **Third Thursday at Three Speaker Series** Brain Injury webinars are on the following dates and topics: **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.lakeviewssystem.com/resources/ceus>.
- NCSWLearn.org presents the following trainings: **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>.
- Licensed Professional Counselors Association of North Carolina (LPCANC) will present **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>.
- **North Carolina Rehabilitation Association's 56<sup>th</sup> Annual Training Conference** will take place October 26, 2011 through October 28, 2011 in Atlantic Beach, NC. For more information and to register, please go to <http://www.ncrehab.org/>.
- **The North Carolina Providers Council Annual Conference: The Change Imperative: Retooling to Meet the Challenge** will take place October 4, 2011 through October 6, 2011 in Greensboro, NC. For more information and to register, please go to <http://www.ncproviderscouncil.org/Portals/ncproviderscouncil.org/ata glance8-25.pdf>
- **University of North Carolina at Chapel Hill School of Social Work Clinical Lecture Series 2011-2012** will begin on September 19, 2011. All lectures take place on Mondays from 12:00 pm to 2:00 pm at the UNC School of Social Work's Tate-Turner-Kuralt Auditorium. The schedule is as follows: September 19, 2011 **Where do we draw the line? The Ethics of Diagnosing Dementia** with Dan Blazer, MD, MPH, PhD; October 17, 2011 **The many faces of postpartum depression (PPD): Assessment, diagnosis and treatment** with William S. Meyer, MSW, BCD; November 14, 2011 **Functional sub grouping: An innovative method for resolving conflict** with Norma Safransky, MD and Heather B. Twomey, PhD; January 23, 2012 **Cognitive behavioral approaches to pediatric anxiety disorders** with Scott Compton, PhD; February 13, 2012 **Mindfulness approach to eating disorders and everyday eating** with Katherine Prakken, PhD; March 19, 2012 **Ethical conflicts in advance care planning** with Marvin Swartz, PhD; and April 16, 2012 **New frontiers in the addictions: Recent developments in the treatment of behavioral addictions** with Matthew Howard, PhD. For more information and to register, please go to [http://ssw.unc.edu/programs/clinical\\_lecture\\_series](http://ssw.unc.edu/programs/clinical_lecture_series).
- The Alliance for Full Participation's (AFP) **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. <http://www.allianceforfullparticipation.org/>.
- **The NIATx Change Leader Academy** will take place October 19, 2011 through October 20, 2011 in Madison, WI. For more information and to register, please go to <http://www.niatx.net/Content/ContentPage.aspx?PNID=3&NID=24>

# Just So You Know

The Dialogue is a quarterly technical assistance bulletin on disasters and behavioral health. **Crisis Counseling and People with Disabilities** is the topic for issue 4, which can be found at [http://www.samhsa.gov/dtac/dialogue/Dialogue\\_Vol7\\_Issue4.pdf](http://www.samhsa.gov/dtac/dialogue/Dialogue_Vol7_Issue4.pdf); and **Working with Tribal Communities** is the topic for issue 3, which can be found at [http://www.samhsa.gov/dtac/dialogue/Dialogue\\_Vol7\\_Issue3.pdf](http://www.samhsa.gov/dtac/dialogue/Dialogue_Vol7_Issue3.pdf).

SAMHSA's **Treatment and Recovery in Behavioral Health for Americans with Disabilities Webcast** can be accessed by clicking on the following link. <http://www.recoverymonth.gov/Resources-Catalog/2011/Webcast/08-Treatment-and-Recovery.aspx>.

September 2011 is Recovery Month. SAMHSA's **Recovery Month Tool Kit** and other Recovery Month information can be found at <http://www.recoverymonth.gov/>.

**Health and Human Services (HHS) issues Facebook application challenge.** HHS is challenging developers to create a new Facebook "Lifeline" app that would let people establish their Facebook "friends" as emergency contacts able to share health information during emergency situations. To find out more about how to enter this challenge, please go to <http://challenge.gov/challenges/220>.

**Federal Benefit Payments Are Going All-Electronic.** The U.S. Department of the Treasury will pay all federal benefit and non-tax payments electronically. Benefit recipients can choose to receive their payments by direct deposit to a bank or credit union account or to a Direct Express® Debit MasterCard® card account. Help you consumers make the switch from paper to electronic payments by the deadline of March 1, 2013. For more information, please go to <http://www.godirect.org/>.

SAMHSA's Addiction Technology Transfer Center (ATTC) produces the **Addiction Messenger**. To access current and previous issues of this publication, please go to <http://www.attcnetwork.org/find/news/attcnews/epubs/eof/index.asp>. To access the May edition concerning **Trauma Informed Services Assessment and Interventions screening tools and treatment options**, please go to <http://www.attcnetwork.org/find/news/attcnews/epubs/addmsg/may2011/article.asp>.

After an eight-month investigation, the U.S. Department of Justice (DOJ) has issued a letter of findings accusing the State of North Carolina of violating the Americans with Disabilities Act (ADA) by unnecessarily institutionalizing mental health patients instead of providing support in the community. The DOJ's investigation was prompted by a complaint filed in July 2010 by **Disability Rights North Carolina**, the state's protection and advocacy agency for people with disabilities. To access the 16 page letter of findings, please go to <http://www.disabilityrightsncc.org/intranet/downloadManagerControl.php?mode=getFile&elementID=2642&type=5&atomID=1756>. To access more news from Disability Rights NC, please go to <http://www.disabilityrightsncc.org/pages/275/news-and-alerts-2011/>.

To learn more about the quality of health care in your state, the 2010 State Snapshots by the Agency for Healthcare Research and Quality (AHRQ) offer an in-depth analysis of the quality of care – by type of condition, level of care, treatment setting, race and income, and insurance status. This resource shows you the current strengths, weaknesses and opportunities for improvement in each state. To learn about NC, go to <http://statesnapshots.ahrq.gov/snaps10/index.jsp> and choose NC.

**Seven Top Selling Brand-Name Drugs to Come Off Patent, Including Behavioral Health Medication:** Within 14 months, seven of the world's top selling brand-name drugs are scheduled to go off patent, making generic versions available for a fraction of the brand-name cost and reducing both insurer and consumer out-of-pocket (OOP) costs. Among the affected drugs are Eli Lilly & Co.'s Zyprexa, which treats schizophrenia; Forest Laboratories' Lexapro, which treats depression and anxiety; and AstraZeneca PLC's Seroquel, which treats depression, bipolar disorder, and schizophrenia. <http://www.samhsa.gov/Financing/file.axd?file=2011%2F7%>

# Just So You Know

SAMHSA's The Substance Abuse and Mental Health Data Archive (SAMHDA) has produce a **National Survey of Substance Abuse Treatment Services (1997 to 2009)** to access it , please go to: <http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/28544>

**Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (OEF/OIF/OND) Welcome Home Event** will take place September 17, 2011 from 10:00 am to 4:00 pm at the Fayetteville (Veterans Administration Medical Center VAMC Campus in the Pavilion Area, 2300 Ramsey St. Fayetteville, NC. For more information call 910) 488-2120 and ask for Wilfred Davila ext. 5836 or Kathy Bradshaw ext. 5232.

The Treatment Episode Data Set–Discharges (TEDS–D) provides details on the characteristics of substance abuse treatment discharges and allows for geographic analysis within and across states. Variables available in TEDS–D provide information on the type of treatment service setting, length of stay, and reason for discharge or discontinuation of service. To access **Treatment Episode Data Set -- Discharges (TEDS-D) 2006 to 2008**, please go to <http://www.icpsr.umich.edu/icpsrweb/SAMHDA/series/238/studies/30122?archive=SAMHDA&sortBy=7>. The Treatment Episode Data Set–Admissions (TEDS–A) provides details on individual treatment admissions throughout the United States. TEDS–A provides details on the substance(s) abused, route of administration, frequency of use, age of first use, treatment service and client characteristics, referral sources, and number of prior treatment episodes. To access **Treatment Episode Data Set -- Admissions (TEDS-A) 1992 to 2009**, please go to <http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/25221>.

Cumberland County Animal Control is increasing its efforts to trap and remove packs of dogs following reports of dogs attacking a fox and two raccoons in the Raeford Road area, near Perdue Drive and Forsythe Street. The dead fox was tested for rabies and the State Public Health Lab reported an "unsatisfactory result" for the disease. For public safety reasons, it is being treated as a positive case although test results were inconclusive. Animal Control Director John Lauby estimates there are about 10 packs of dogs running wild in various areas of the city, and they have killed other small pets and animals. Animal Control has received reports of dog packs in the following neighborhoods: Village Drive, McPherson Church Road and Cliffdale Road areas; Haymount; Kingsford; VanStory Hills; Glendale Acres; Murray Hills; Downtown near Hillsboro Street and Murchison Road; and Raeford Road, near Robeson Street. If you see a pack of dogs, please call Animal Control at 321-6861 Monday through Friday from 8 a.m. to 5 p.m. After 5 p.m. and on weekends or holidays, call the Sheriff's Office at 323-1500.

To access Health Care Fraud Prevention and Enforcement Action Team (HEAT) of the US Department of Health and Human Services Office of Inspector General (OIG) **news on NC healthcare fraud**, please go to <http://www.stopmedicarefraud.gov/HEATnews/northcarolina.html>.

**Emergency Alerts:** The County has a new emergency notification system that will send out alerts to the public. Citizens can sign up for the service through the county's website, [www.co.cumberland.nc.us](http://www.co.cumberland.nc.us), and follow the [link](#) to the "CodeRED Community Notification Enrollment" page to ensure that their contact information is updated and included in the database.

**Suicide: The Challenges and Opportunities behind the Public Health Problem**, a slide presentation by Administrator Hyde, National Suicide Prevention Lifeline Crisis Centers Conference, July 27, 2011, please go to <http://store.samhsa.gov/product/SMA11-PHYDE072711>.

To access **National Behavioral Health Public Policy Past and Present, Putting Policy into Action**, a slide presentation by Administrator Hyde, the National Council Public Policy Institute on July 19, 2011, please go to: <http://store.samhsa.gov/product/SMA11-PHYDE071911>.

# Just So You Know

Southeastern Regional Area Health Education Center (SR-AHEC) announces **CE Newsfeed**. You can view a 90-day list of events on your PC or smart phone and keep up to date. For instructions on using the news feed, please go to: <http://southernregionalahec.org/professionals/rssfeed.html>

Under the Supportive Services for Veteran Families (SSVF) program, the Veterans Administration (VA) awards grants to private non-profit organizations and consumer cooperatives that can provide a range of supportive services to eligible very low-income Veteran families. Supportive services include outreach, case management, assistance in obtaining VA benefits, and assistance in obtaining and coordinating other public benefits. Grantees will also have the ability to make time-limited temporary financial assistance payments on behalf of Veterans for purposes such as rent payments, utility payments, security deposits and moving costs. More information about VA's homeless programs is available online at <http://www.va.gov/homeless>. A list of award recipients and details about the Supportive Services for Veteran Families program are available online at <http://www1.va.gov/homeless/ssvf.asp>.

SAMHSA's new Spanish-language booklets will benefit individuals (and their families and friends) who are entering medication-assisted treatment (MAT) for opioid addiction. To access **The Facts about Buprenorphine for Treatment of Opioid Addiction (Spanish)** please go to [http://store.samhsa.gov/product/SMA10-4442SPANISH?WT.ac=EB\\_20110616\\_SMA10-4442SPANISH](http://store.samhsa.gov/product/SMA10-4442SPANISH?WT.ac=EB_20110616_SMA10-4442SPANISH); to access **The Facts about Naltrexone for Treatment of Opioid Addiction (Spanish)** please go to [http://store.samhsa.gov/product/SMA10-4444SPANISH?WT.ac=EB\\_20110616\\_SMA10-4444SPANISH](http://store.samhsa.gov/product/SMA10-4444SPANISH?WT.ac=EB_20110616_SMA10-4444SPANISH); and to access **Medication-Assisted Treatment for Opioid Addiction: Facts for Families and Friends (Spanish)** [http://store.samhsa.gov/product/SMA10-4443SPANISH?WT.ac=EB\\_20110616\\_SMA10-4443SPANISH](http://store.samhsa.gov/product/SMA10-4443SPANISH?WT.ac=EB_20110616_SMA10-4443SPANISH).

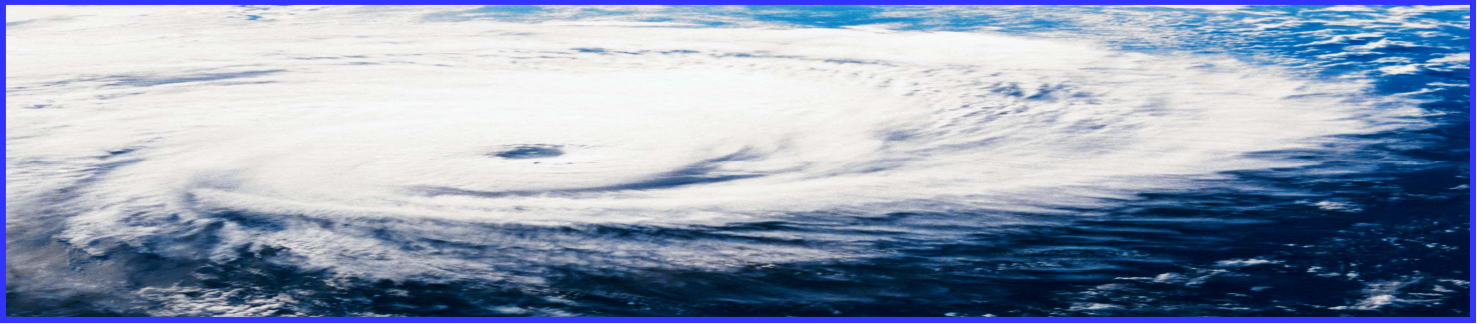
US Department of Health and Human Services Office of Inspector General (OIG) web page contains information about **OIG's most wanted health care fugitives**. In all, they are seeking more than 170 fugitives on charges related to health care fraud and abuse. To access this website, please go to: <http://oig.hhs.gov/fraud/fugitives/index.asp>.

To access Health Care Fraud Prevention and Enforcement Action Team (HEAT) **Provider Compliance Training Webcast Modules**, please go to [http://oig.hhs.gov/newsroom/video/2011/heat\\_modules.asp](http://oig.hhs.gov/newsroom/video/2011/heat_modules.asp).

**Volunteers are needed** in Cumberland County for helping the **NC Baptist Men to help families in long term disaster recovery**. At the present time volunteer labor is needed to help with construction projects in the Eastern Part of Cumberland County. Also construction related labor is needed to assist in building some handicapped ramps in the Hope Mills area. Any help you can give will be appreciated. If you have any source of labor to help with some of this work now or in the near future please coordinate with Gerald Williams at telephone 910-818-2033 or e mail at: [gerld1651@aol.com](mailto:gerld1651@aol.com).

The following information on enrolling Medicaid and Health Choice recipient in **Community Care of North Carolina Community Access (CCNC/CA)** will be included as an article in the September Medicaid Bulletin. What providers can do to assist with enrollment to CCNC/CA: Check the recipient's Medicaid card. If the card does not have a primary care physician on it, refer the recipient to the local DSS office to enroll in the CCNC/CA network. The recipient may choose a medical home with a primary doctor. The local County Department of Social Services has a complete list of participating doctors. A medical home can be chosen for each family member. If recipient does not choose a medical home, one will be automatically assigned. Give the recipient a Carolina ACCESS member handbook. This handbook can be your guide when explaining the benefits and requirements of being a member of CCNC. You can order handbooks by contacting the Division of Medical Assistance, Managed Care Section, at 919-855-4780 or faxing a request to the Managed Care Section at 919-715-0844 or 919-715-5235. It is also located on the DMA website at <http://www.ncdhhs.gov/dma/ca/carehandbook.pdf>. Explain the benefits of being a member of CCNC/CA. The consumer will have a medical home with a primary care provider (PCP). The medical home is a place for well check-ups, sick visits, treatment of special health care needs, etc. and medical advice available 24/7. There is no need to go to the ER unless the problem risks life or health without immediate treatment. They will receive coordinated medical services so that patients receive necessary care either by the PCP or by a referral to a specialist. The PCP will help find the right specialist. Arrangements for hospitalizations will be made when necessary. (Inform patient which hospital PCP admits to.) Care management services available through the CCNC/CA network. Follow up with the local DSS to ensure the recipient has been enrolled in the CCNC/CA network.

# Just So You Know



There are three months left in the **hurricane season**. **Emergency Management** recommends setting aside adequate supplies to support each occupant of your household for a minimum of 72 hours. This means having water, food, and emergency supplies stockpiled for each member of your family. It is a good idea to store your supplies in a backpack or duffel bag so that if you are forced to evacuate your residence, you can take these items with you to a shelter area. Items you should stockpile are: **Water:** At least one gallon per person per day. Also have boxed, bottled, powdered juice and drink mixes; boxed, powdered, canned milk; breakfast drinks, soda. **Food:** Ready-to-eat (non-perishable). If you cannot open the container with a bottle opener, manual can opener, pull ring, by twisting or unwrapping, then do not buy it for your stockpile. Include: canned fruit, vegetables, soup, pudding, potted meats, stew, hash, tuna; produce (potatoes, thick skinned fruit); baby formula and food (pre-mixed only); instant hot cereals; bread products; granola bars; complete pancake mix; crackers; graham crackers; cookies; and miscellaneous food items such as pet food, mustard and ketchup, peanut butter, jelly, ground and instant coffee, hot cocoa/chocolate mix, tea bags, cooking oil. **Communications, Lighting, Safety Items:** Battery operated radio/TV; flashlights; extra batteries; lantern and fuel; matches; fire extinguisher; work gloves; shovel. **Clothing and Bedding:** One complete change of clothing for each person (suitable for the season); extra socks, underwear; outer-wear (rain gear, poncho, sweater, jacket or coat); pillows; sleeping bag or two blankets per person. **Personal Hygiene Items:** Soap; toothpaste; toothbrush; dental floss; washcloth; towel; shaving kit; hair care items; sanitary napkins/tampons; diapers. **Miscellaneous Items:** First aid supplies, including prescription medications; charcoal/lighter fluid; hand can opener; baby wipes; toilet paper; paper towels; trash bags; disposable plates/bowls and silverware. One miscellaneous item often overlooked is cash. ATMs are convenient, but in the case of a power outage they are inaccessible; and so are check approval agencies accessed through telephone lines. Set aside a realistic (for your situation) amount of cash to facilitate purchase of critically needed items. You should add to this list as you deem necessary. But remember, the intent is to be self sufficient for at least 72 hours after a storm or other disaster. Preparedness begins at home.

- **During a storm watch:** Stay tuned to your local radio or TV station; Fill fuel tank in car; Secure watercraft; Refill prescription medicine; Make sure radios and flashlights have fresh batteries; Keep an extra set of fresh batteries; Secure lawn furniture; Tape, board or shutter windows; and Clean rain gutters and downspouts.
- **During a storm warning:** Stay tuned to your local radio or TV station; Move valuables to upper floors; Fill bathtub, fill containers with drinking water; Turn up refrigerator to maximum cold and open only when necessary; Fill coolers with ice; Use phone for emergency calls only; Stay indoors and away from windows; and Unplug nonessential appliances.
- **During an evacuation:** Shut off water and electricity at mains; Take important papers and essential valuables; Lock the house; Follow evacuation procedures; and Listen to the car radio during evacuation. **After the storm:** Check for gas leaks upon returning home; Report utility damage; **Discard** spoiled food and water; and Assess damages.

**If you have a loss:** Take steps to control the damage; Move property out of harm's way and Contact your insurance agent to report the loss.

For more information, visit the Emergency Management web site at [http://www.co.cumberland.nc.us/emergency\\_mgmt/storm\\_preparation.aspx](http://www.co.cumberland.nc.us/emergency_mgmt/storm_preparation.aspx).

## Got News???

Items for the *Providers' Times* should be received by Rose Ann Bryda, [rbyda@mail.ccmentalhealth.org](mailto:rbyda@mail.ccmentalhealth.org) on or before the 30th of each month for the next month's newsletter.