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CUMBERLAND COUNTY, NC

Providers' Times

From Your LME and the Division

Volunteer Services or **The Mental Health Auxiliary** is gearing up for **Thanksgiving and Christmas**. If an agency or individual would like to donate to The Mental Health Auxiliary, a nonprofit 501(c) agency, please do not hesitate to call Deborah McMillan at 222-6155. For those of you who have consumers in need, the deadline for Christmas is October 31 for submission of the application form and December 16, 2011 for pickup of gifts to deliver to families. The deadline for Thanksgiving is November 4, 2011 for submission of the application form and November 18, 2011 for pickup of food baskets for delivery to families. Application forms are available from Volunteer Services, please contact Marta Milagros Rodriguez at (910) 222-6154/6155 or by fax at (910) 222-6151 or by email at mrodriguez@mail.ccmentalhealth.org.

Implementation Update #90 contains information on the following topics: Enrolling Medicaid/Health Choice in CCNC/CA; Changes in Behavioral Health for Health Choice; New UR Guidelines for Residential; CAP-MR/DD Policy for Exception/Extension; CAP-MR/DD Waiver Slots/MFP Slots Update; Guidance for Electronic Signatures; Fraudulent Trends in Out-patient Services; Reporting Provider Fraud & Abuse; First Commitment Update; and CABHA Key Staff Changes. To access this implementation update, please go to <http://www.ncdhhs.gov/mhddsas/servicedefinitions/servdefupdates/dmadmh9-11update90.pdf>.

For a PowerPoint on the Division website regarding **records retention** please go to <http://www.ncdhhs.gov/mhddsas/recordsmgmt/2011/recordsretention-lmesproviders11.ppt>

Cumberland County will have **12 new targeted housing units in October, 2011** for consumers in our area. However, you must be a referral agency to make referrals. Please call our Housing Specialist (William H. Robinson) at 222-6105 for further information as soon as possible.

Due to budget cuts, the **NC-TOPPS** contract was drastically reduced and the NC-TOPPS report request feature is no longer available. However, provider agencies and LMEs are able to request and analyze their agencies' raw data by getting data files directly from NCSU Center for Urban Affairs either in Excel, ACCESS or SAS (Contact the NC-TOPPS Help Desk at nctopps@ncsu.edu). The NC-TOPPS 2.0 system includes an online code book to assist with data analysis. Until the NC-TOPPS 2.0 system is deployed, the Help Desk can provide you with a code book.

The next **Provider Orientation** will be held on October 5, 2011 from 1:00 pm to 3:00 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.

CareLink Training for new providers will be held on October 5, 2011, 2011 from 3:15 pm to 4:15 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.

Inside this issue:

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

NC SNAP training sessions are from 1:00 pm to 4:00 pm at the Murdoch Training Center located at 205B West E Street in Butner, NC. The next scheduled dates are: October 11, 2011, November 10, 2011, and December 9, 2011. All provider staff must pre-register for SNAP training through their LME. All registered staff will receive a confirmation letter, which is required for admittance to a scheduled training. To register for NC SNAP training email a completed registration form to rbryda@mail.ccmentalhealth.org.

Training Resources, Workshops and Conferences:

- SAMHSA presents **Demystifying Trauma: Sharing Pathways to Healing and Wellness**, a FREE Training Teleconference on September 26, 2011 from 3:00 pm to 4:30 pm EST. Registration will close at 5:00 pm, EST, on September 25, 2011. To register, please go to: <http://www.promoteacceptance.samhsa.gov/teleconferences/archive/training/teleconference09262011.aspx>.
- The Division, in partnership with DMA and with the support of DDTI will be hosting **CAP-I/DD Informational Sessions** for the purpose of communicating the changes in the CAP-I/DD Comprehensive and Supports Waivers that will be effective 11/1/11. There will be no charge for these events, and registration is now open. The registration links for the events are listed as follows: September 27, 2011 in Newton http://reg.abcsignup.com/reg/event_page.aspx?ek=0060-0003-b156bba189a34764a55d1f65b7a31366 ; September 28, 2011 in Sanford http://reg.abcsignup.com/reg/event_page.aspx?ek=0060-0003-0600c8fb057545ffa5938727a522e2c4
- NAMI's (National Alliance for Mental Illness) 27th Annual Conference **Growing our Grassroots, Our Garden of Recovery** will take place October 7, 2011 through October 8, 2011 in Raleigh. For more information and to register, please go to <http://library.constantcontact.com/download/get/file/1102316601856-241/NAMI+North+Carolina+Annual+Conference+Registration.pdf>.
- **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.
- Charlotte AHEC presents Cultural Diversity classes .The schedule is as follows: 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/.
- **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/nccoa/2011/2011preprogram.pdf>.
- 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 Annual Treatment and Education of Autistic and Communication-related handicapped Children Conference** will be held from October 12, 2011 through October 14, 2011 at the South Regional Area Health Education Center on 1601 Owen Drive in Fayetteville. For more information about the upcoming conference, please call the TEACCH office at (910) 437-2517. ASCC Scholarship opportunities will be available. Please call the ASCC office at (910) 826-

Training Resources, Workshops and Conferences:

- **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/ataglance8-25.pdf>.
- The Brain Injury Association of America (BIAA) will present a webinar **Suicide and TBI** on October 4, 2011 from 3:00 pm to 4:00 pm EST. For more information and to register, please go to <https://secure.biausa.org/detail.aspx?ID=686>.
- **NCAPSE (North Carolina Association for Persons in Supported Employment) Fall Training** will take place October 13, 2011 through October 14, 2011 in Blowing Rock, NC. For more information and to register, please go to <http://www.ncapse.org/>.
- **The APNC (Addiction Professionals of North Carolina) Fall Conference** will be held October 19, 2011 through October 21, 2011 at the Marriott Courtyard, Carolina Beach, NC. To download the conference brochure go to <http://www.apnc.org/events.html>. Please direct all questions to Katherine Sell, 800-723-4851 apnc@juno.com.
- **North Carolina Rehabilitation Association's 56th 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/>.
- **Sensory Integration Workshop** will be held on October 11, 2011 from 10:00 am to 12:00 pm at the Soldier Support Center 3rd Floor. For information or to register please call 910-396-2749. For more information about Army Community Services, please go to <http://www.fortbraggmwr.com/acs.php>.
- **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>.
- **NC TIDE (Training, Instruction, Development and Education formerly FARO) 2011 Fall Conference** will be held November 13, 2011 through November 16, 2011 at the Crowne Plaza Hotel in Asheville NC. For more information and to register, please go to <http://www.nctide.org>.
- 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/>.
- **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> .
- 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>.

Training Resources, Workshops and Conferences:

- **Cultural Competency Training Can You Hear Me Now? Effective Communication and Cultural Competence for Healthcare Providers** will be held November 30, 2011 in Greensboro. For more information and to register, please go to <http://www.gahec.org/eventdetail.asp?EventID=34752>.
- A free training, **Trauma-Informed Services Across the Continuum of Care**, will be held on December 15, 2011 in Kenansville, NC. For more information and to register, please go to <http://eventactions.com/ea.aspx?ea=Rsvp>.
- A free training, **Trauma-Informed Services Across the Continuum of Care**, will be held November 30, 2011 in Candler, NC. For more information and to register, please go to <http://eventactions.com/ea.aspx?ea=Rsvp>.
- SRAHEC (Southern Regional Area Health Education Center) presents the following trainings at the Gerald A. Strand Auditorium, 1601 Owen Drive, Fayetteville, NC: **Bipolar Disorder and its Impact on the Family** on October 11, 2011; **Ethics: Know Your Code, Live Your Code** on November 30, 2011; **Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder and Co-occurring Substance Abuse Use Disorders** on December 2, 2011; **ADHD - Multimodal Treatment Approach** on December 6, 2011; **HIV Update for the Mental Health and Substance Abuse Professional** on December 13, 2011; and **Tobacco Dependence Treatment in Mental Health Settings: Using the Breathe Easy, Live Well Curriculum** on October 19, 2011. **Second Annual Forward March: Moving Families Forward During Challenging Times** will take place October 13, 2011 through October 14, 2011 at Snyder Memorial Baptist Church. For more information and to register for these training, please go to <http://www.southernregionalahec.org/professionals/brochures.html>.
- The NC Council will present the following trainings in Raleigh: **Cognitive Behavior Therapy Institute- Clinical Supervision: A 12-hour Training Program** on August 15, 2011 and October 3, 2011; **Using Cognitive Behavior Therapy with Children & Adolescents** on November 3, 2011; **Person - Centered Thinking: A 12-hour Training** October 27, 2011 through October 28, 2011; **ACTT** October 25, 2011 through October 27, 2011; **Clinical Supervision in Behavioral Healthcare: Meeting the Service Definition Requirements** October 25, 2011 through October 26, 2011; and **Cognitive Behavior Therapy & Multi-Cultural Competence: Appropriate Applications of CBT** on October 13, 2011. For more information and to register, please go to http://www.nc-council.org/members/AM/Template.cfm?Section=Training_Calendar.
- **University of North Carolina at Chapel Hill School of Social Work Clinical Lecture Series 2011-2012** has begun. 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: 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.
- Lakeview's **Third Thursday at Three Speaker Series** Brain Injury webinars are on the following dates and topics: **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>.

Just So You Know

Fall Into Work Job Fair will be held October 12, 2011 from 9:00am to 2:00 pm at the Crown Expo Center. The work fair is free and open to the public. Over 100 employers are planning to attend this job fair. Employment Opportunities Include: Business Professional, Child Care, Education, Customer Service, Government Distribution, Food Service, Health Care, Retail, and many others. Professional dress required. Bring plenty of resumes and a pen. For more information call (910)677-2177 or (910)677-2222.

For Fayetteville Festivals and fall events, please go to http://fayettevillecvb.informz.net/FayettevilleCVB/archives/archive_1760901.html.

NAMI's Cumberland's Walkathon will take place On October 1, 2011. It will begin at 9:00 am at the Hope Mills Municipal Park, 5770 Rockfish Road in Hope Mills. For information please contact Hannah Carroll 910 709 6685 or email namicumberland@mail.com.

The Gilmore Center will be hosting a singing group, to be called **One Voice**. This group will meet monthly to practice and will perform with the Fayetteville Symphony on January 28, 2011. This group is open to ages 12 and up. Practices will take place at 5:30 pm on the following dates October 17, 2011m, November 21, 2011, December 12, 2011 and January 23, 2011. Other practices may be added if deemed necessary. If interested, please call for more information Jamie C. Scuggins at 910.433.1000/1569.

The next due date for **Project PRIDE** and **FAST** grants through the Caswell Center will be on October 3, 2011. For a copy of either grant application, please go to http://www.caswellcenter.org/Assets/ccf_files/CCFWebPage02_10.htm

Exceptional Family Member Program Presents **Parenting Plans for Multiple Diagnoses** on October 4, 2011 from 8:30 am to 10:30 am on the 3rd Floor of the Soldier Support Center. Topics include: Diagnostic Characteristics and Intervention Strategies for Diagnosis. Call (910) 907-3395 or (910) 396-8682 for more information or to register.

Crucial Conversation – Building a 21st Century System for Serving People with Mental Illness: **So, what should be done? When should we start? How much will it cost?** A presentation by Joshua Norris will take place September 29, 2011 in Raleigh. Box lunches will be available at 11:45 a.m. and the program will start at noon. This event is co- sponsored by NC Policy Watch and Disability Rights NC. To find more information and to register, please go to <http://www.ncpolicywatch.com/2011/09/19/crucial-conversation-building-a-21st-century-system-for-serving-people-with-mental-illness/>.

Fraud Prevention Toolkit from the Centers for Medicare and Medicaid Services with a training PowerPoint is available for download at https://www.cms.gov/Partnerships/04_FraudPreventionToolkit.asp#TopOfPage.

Medicare's Annual Open Enrollment will begin October 15, 2011 and close December 7, 2011. For more information, please go to <http://www.cms.gov/center/openenrollment.asp>.

For a fact sheet on **Reducing Improper Payments, Fighting Fraud, and Curbing Waste and Abuse** under the Affordable Care Act please go to <http://www.healthcare.gov/news/factsheets/fraud09142011a.html>.

Review of Place-of-Service Coding for Physician Services Processed by Medicare Part B Contractors During Calendar Year 2009 showed that physicians incorrectly coded the claims for 83 sampled services by using non-facility place-of-service codes for services that were actually performed in hospital outpatient departments or ambulatory surgical centers. For more information, please go to <http://oig.hhs.gov/oas/reports/region10/11000516.asp>

To find information on Violence Prevention and statistics information on Youth Violence published by the (CDC) Center for Disease Control, please go to <http://www.cdc.gov/ViolencePrevention/index.html?source=govdelivery>.

Just So You Know

Cumberland County Cooperative Extension, the NC Farm Center for Innovation and Sustainability, and Sustainable Sandhills are seeking your input to determine if a Community Supported Agriculture subscriber service would be supported in Cumberland County. **Community Supported Agriculture, or CSA**, is a way for consumers to purchase locally grown, seasonal fruits and vegetables directly from farmers. A CSA works pretty much like a subscription to a magazine. You pay a fee for a weekly supply of fresh, local food. Local growers supply whatever is at its peak that week. Please visit <http://www.surveymonkey.com/s/5SV6NOK> and complete a quick survey. This survey will help determine if a CSA would be supported in Cumberland County.

As a component of CDC (Center for Disease Control) Learning Connection, **CDC TRAIN** is a new learning management system. With this system you can register for training and track your learning through a single TRAIN transcript. TRAIN is a robust nationwide system with over 425,000 registered users and more than 3,700 course providers. To utilize CDC TRAIN visit the CDC Learning Connection home-page at www.cdc.gov/learnin.

The CDC (Center for Disease Control) has a free on line training **Principle of Prevention** which deals with Violence prevention and offers 1.7 CEUs. For more information and to register, please go to <http://www.cdc.gov/ViolencePrevention/POP.html>

HHS (Health and Human Services) Secretary Kathleen Sebelius today proposed new rules that would expand the rights of patients to access their health information through the use of health information technology (IT). Specifically, the new rules would empower patients and allow them to gain access to test results reports directly from labs. To read the press release, please go to <http://www.hhs.gov/news/press/2011pres/09/20110912a.html>.

Joyfields Institute's Evidenced-Based Human Services Newsletter contains articles on behavioral health and mental illness and notices of their upcoming trainings. For a bit of humor look at the September 21, 2011 issue #52 **The Voice of Hope: Positive Mental Health Humor** about cartoonist **Chato B. Stewart**, who takes on bipolar illness and other mental health topics, go to <http://www.joyfields.org/ebhs/index.html>.

AHRQ (advancing Excellence in Health Care) Director, Director Carolyn Clancy, M.D., helps consumers **Navigate the Health Care System** in a new advice column on the web. To access advice columns, please go to <http://www.ahrq.gov/consumer/cc.htm>. To read about research on women's health issues to help you make more informed treatment choices, please go to <http://www.ahrq.gov/consumer/cc/cc090611.htm>.

There will be no more eye exams and glasses for adults in the Medicaid program in North Carolina starting in October. The state also is reducing some dental treatments for people with gum disease from once a year to once every two years. There also will be limits on physical, occupational and speech therapy for adults. Health and Human Services Secretary Lanier Cansler says her department looked for the least-damaging places to cut. The department is looking for ideas to **cut as much as \$118 million more from the government health insurance program for the poor**.

To read SAMHSA'S (Substance Abuse and Mental Health Services Administration) report **National Survey Shows a Rise in Illicit Drug Use From 2008 to 2010** please go to <http://oas.samhsa.gov/NSDUH/2k10NSDUH/2k10Results.pdf>.

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes over the next five years. Million Hearts brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke. To find out more, please go to <http://millionhearts.hhs.gov/index.shtml>.

Please complete a survey on **Employment Issues for providers helping people find/keep jobs and for employees/applicants with disabilities**. The American Association of People with Disabilities (AAPD) and the Employment & Disability Institute at Cornell University invite you to participate in a brief (5-10 minute) survey on emerging employment issues for people with disabilities. This research will provide a foundation for policy development around: Disability disclosure in the workplace; Leave as a reasonable accommodation; Job applicant screening criteria that may differentially impact people with disabilities in the hiring process. To access the survey, please go to https://sri.cornell.edu/AAPD/SAMHSA_N/survey.cfm?page=main&firstLogin=true&CFID=4886785&CFTOKEN=23369250.

Just So You Know

National Institute of Health NIH supported studies show **Online Course Helps Reduce Harmful College Drinking**. To read this article, please go to <http://www.nih.gov/news/health/sep2011/niaaa-01.htm>

A new study suggests nearly **one in five children with an autistic older sibling** will develop the disorder, too, a rate much higher than previously thought. To access this article published by NIH's Medline Plus, please go to http://www.nlm.nih.gov/medlineplus/news/fullstory_115379.html.

For more information of autism spectrum disorders, please go to the American Academy of Pediatrics at www.aap.org and the National Institute of Health: www.health.nih.gov/topic/autism. To learn about **local support groups and upcoming community events related to autism**, please visit the Autism Society of Cumberland County's website at <http://www.autismcc.org/>. To access their **monthly newsletter**, please go to <http://www.autismcc.org/newsletter.html>.

When Protecting Baby Becomes an Obsession, for an article on ritualistic behaviors common to moms with postpartum OCD and their prevention, please go to http://www.nlm.nih.gov/medlineplus/news/fullstory_116271.html.

To access Medline Plus' article **Few Suicidal Teens Get the Help They Need More than 70% don't obtain mental health services, study shows**, please go to http://www.nlm.nih.gov/medlineplus/news/fullstory_116546.html.

Center for Neuro Skills has a special report **Lack of Empathy Following Traumatic Brain Injury Associated with Reduced Responsiveness to Anger Egocentric, self-centered, and insensitive to the needs of others**. These social problems often arise in people with severe traumatic brain injury (TBI) and have been attributed in part to a loss of emotional empathy, the capacity to recognize and understand the emotions of other people. To read the report, please go to: <http://www.neuroskills.com/pr-11empathy.shtml>.

Traumatic Brain Injury Linked with Tenfold Increase in Stroke Risk is the title of a new study reported in Stroke: Journal of the American Heart Association. To access this information, please go to <http://www.neurthidoskills.com/pr-11stroke.shtml>.

Metabolic Syndrome, a cluster of cardiovascular and metabolic risk factors, can be triggered by some **antipsychotic medications**. It has been difficult to address. For more information, please go to <http://www.nami.org/ADVTemplate.cfm?Section=20111&Template=/ContentManagement/ContentDisplay.cfm&ContentID=113946>.

An NIH National Institute for Health study found that **Some Older Americans Overwhelmed by Medicare Options**. For further information, please go to http://www.nlm.nih.gov/medlineplus/news/fullstory_115894.html

Mental illness is an important public health problem in the United States. A new CDC report describes the **extent of mental illness among U.S. adults** and recommends increased efforts to monitor mental illness and anxiety disorders. To access this report, please go to <http://www.cdc.gov/Features/MentalHealthSurveillance/>.

To access the Department of Health and Human Services, Office on Women's Health **Mental health for men resources and information**, please go to <http://womenshealth.gov/mens-health/mental-health-for-men/#pubs>.

For the American Academy of Family Physicians' helpful information on **Stress: How to Cope Better With Life's Challenges**, please go to <http://familydoctor.org/online/famdocen/home/common/mentalhealth/stress/167.printerview.html>.

For information about schizophrenia from NIH (National Institute of Health), please go to <http://www.nlm.nih.gov/medlineplus/schizophrenia.html>

To take NAMI's (National Alliance on Mental Illness) quiz on your knowledge of schizophrenia and to access information on public attitudes towards people with schizophrenia, please go to <http://www.nami.org/sstemplate.cfm?section=schizophreniasurvey&template=/customsource/schizophreniasurvey/quiz.cfm>.

For information on and resources for **Fetal Alcohol Syndrome (FAS)**, please go to <http://www.nlm.nih.gov/medlineplus/fetalalcoholsyndrome.html>.

Just So You Know



The season isn't over yet! For information on being prepared for hurricane and other weather emergencies, please check out the following websites: <http://www.nhc.noaa.gov/HAW2/english/action.shtml>; <http://www.ready.gov/>; https://www.disability.gov/emergency_preparedness; <http://www.cdc.gov/learning/spotlight.html?source=govdelivery>. Remember when you bring an umbrella it almost never rains!

To access **Effective Disaster Warnings Report** by the Working Group on Natural Disaster Information Systems Subcommittee on Natural Disaster Reduction, please go to http://www.sdr.gov/NDIS_rev_Oct27.pdf.

Joplin Tragedy Teaches Lessons on Saving Lives by [Heather Buchman](#), Meteorologist, is an article regarding the Joplin, Missouri Hurricanes and why people sometimes do not respond to warnings. To access this informative and possibly life saving article, please go to <http://www.accuweather.com/blogs/news/story/55287/severe-weather-warnings-someth.asp>.

In 2009 a new flu virus began spreading around the world and triggered the first flu pandemic in 40 years. The 2009 H1N1 flu virus caused thousands of hospitalizations and deaths in the U.S. It hasn't gone away. Health experts expect the virus to continue circulating in the U.S. this fall and winter. Because of that, the Centers for Disease Control and Prevention (CDC) recommends everyone six months of age and older get vaccinated against the flu. Flu vaccine makers will include protection from 2009 H1N1 virus in this year's seasonal flu vaccine, so only one vaccination is necessary for most people. In addition to vaccination, the N.C. Division of Public Health encourages you to continue practicing health habits to protect yourself from flu viruses: Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth. Germs spread this way. Stay home if you are sick. You should stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Your fever should be gone without the use of fever-reducing medicine.

For an informative website on keeping your emotional health, please go to <http://familydoctor.org/online/famdocen/home/articles/589.html>.

To access the article **NIH study finds hospitalizations increase for alcohol and drug overdoses**, please go to <http://www.nih.gov/news/health/sep2011/niaaa-20.htm>.

It's time to turn off 'Sponge Bob'. Medline Plus reports on a study that finds 4-year-olds did worse in thinking skills after watching the cartoon. To access **Is 'SpongeBob' Too Much for Young Minds?** Please go to <http://www.nlm.nih.gov/medlineplus/news/>

To download SAMHSA's **Interventions for Disruptive Behavior Disorders Evidence-Based Practices (EBP) Kit**, please go to <http://store.samhsa.gov/product/SMA11-4634CD-DVD>.

To download SAMHSA's PowerPoint presentation **Recovery: Changing the Conversation**, please go to <http://store.samhsa.gov/product/SMA11-PHYDE090711>

Got News???

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