

Letter from Interim CEO

Since stepping into this role last December, one of my highest priorities has been to get a better understanding of Cardinal Innovations and how we serve our members. I've found that one of the most powerful ways to do this is to spend time with our members and their Care Coordinators.

Cardinal Innovations' Care Coordinators are with our members, their families, and care teams in the community on a daily basis. By shadowing our Care Coordinators, I've gotten to see and hear first-hand some of the work we are doing. It's provided me the opportunity to directly interact with the people we serve to learn about how we are doing and how decisions can and do impact them. I'd like to share with you just a few of the powerful interactions I experienced with our members and their Care Coordinators in the last few months.



Last week I got to spend time with two Care Coordinators as they visited some of our members with complex mental health needs. One of the members I got to meet was a young man in his 20s. I would have never known he was living with a schizophrenia diagnosis. With the support of his care team, including the ACTT services that were getting set up that day, he hopes to remain stable and out of the hospital. The second visit was with several members, ranging in ages 6 to 15, at a day treatment program. These kids are managing some serious and difficult issues that go way beyond their mental health diagnoses. For me, it hit home just how lucky so many of us are. It's a stark reminder that not everyone is so fortunate – and why what we do is so important.

Last month I was able to visit some of our members living with IDD diagnoses and their Care Coordinators. There is something profound about visiting with a member in their living room or in an Adult Care Home like our Care Coordinators do every single day. I was able to meet a man in his 30s who lives with his family and is served by the NC Innovations Waiver. It was a pretty humbling experience sitting with him and his parents discussing their care plan and the unique challenges they're facing. People trust us with their care and it's a responsibility that is not taken lightly. I was also able to visit a member with an IDD diagnosis at his place of work – helping customers at a Harris Teeter. He was engaging, happy, and clearly thriving in the job that he has had for over six years. It was enlightening to hear from his mom and Care Coordinator about his progress and successes.

Also last month, I participated in a transition planning session for a member who will soon be moving in to her own home through the Transitions to Community Living initiative. The member was super engaged with our Care Coordinators as she described and planned her needs. We talked about the things she's looking forward to when she moves into a place of her own like cooking, reconnecting with others, and rebuilding relationships with her son and daughter. It's incredibly valuable to directly see how engagement, compassion, and a commitment to Cardinal's mission can, and does, change lives.

I want to thank our members and their families for welcoming me into their lives and sharing their stories to help me get smarter and do my job better.

Trey Suttan, Interim CEO
Cardinal Innovations Healthcare

Featured Board Member: Jean Andersen

Welcome to one of our new Cardinal Innovations Healthcare Board of Directors - Jean Andersen. Jean joined the Board in 2018 and lives in Stanly County.

As a parent and primary caregiver for her child who sustained a catastrophic traumatic brain injury in 2006, Mrs. Andersen has developed a strong understanding of the issues faced by families as well as personal knowledge of the challenges faced by public and private providers who serve those families.



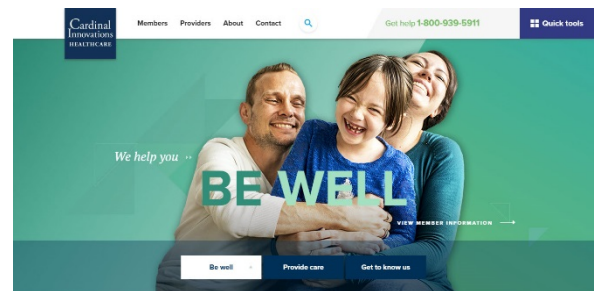
Her unique perspective has been enhanced and sustained by her active involvement in numerous workgroups and organizations focused on advocating for patients/families, developing community partnerships, and advancing policy changes. She is passionate about improving health, making lives better, and meeting needs while making fiscally-sound decisions in the best interest of all.

She completed the Partners in Policymaking training in 2011 and has recently been named a Fellow in the inaugural class of the Leadership Fellows Academy, a collaboration of DHHS, the NC State School of Non-profits, and the UNC-Chapel Hill School of Social Work.

She serves as the co-chair on the Carolinas Healthcare System Patient Family Advisory Council and is in her second term on the Cardinal Piedmont CFAC. She is a member and served as co-chair of the NC Stakeholders Engagement Group, has a Governor's appointment for a second term on the NC Brain Injury Advisory Council (currently Vice-chair), and is a member of the Brain Injury Association of NC. She is founder and volunteer with the NC TBI Collaborative, a newly formed advocacy and educational organization.

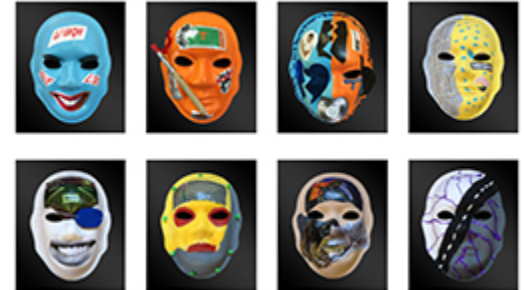
New Website Launched

Last week we launched a new website based on feedback from our members and their families, as well as providers and other community members. We heard that our members and providers want information when and where they need it, so we made sure our new website works well on all devices, including mobile phones. You'll notice a new look today, but we continue to improve the website with new features and functions that will be coming soon.



Unmasking Brain Injury

During this national Brain Injury Awareness month, we are shining a light on a unique program called “Unmasking Brain Injury.” The mission of [Unmasking Brain Injury](#) is to promote awareness of the prevalence of brain injury; to give survivors a voice and the means to educate others of what it’s like to live with a brain injury; to show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities.



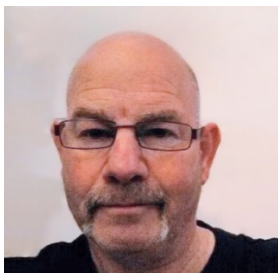
If you’re a brain injury survivor and would like to make a mask to be displayed in the traveling exhibit, [click here to submit your information](#). Learn more about this project, including [how to volunteer](#) and how to [request the traveling exhibition](#) in your town [here](#).

CFAC Spotlight: OPC

OPC (Orange, Person and Chatham counties) Consumer and Family Advisory Committee (CFAC) Chairperson Steve Furman, 60, said he has dealt with depression and anxiety for about 35 years.

Furman said he first learned about the CFAC meetings from friends and decided to get involved about 13 years ago. Furman has served as chairperson of the OPC CFAC twice in that time.

“For me, it is important to learn all the parameters between consumers and providers and all the common denominators as well,” he said. “The most important part is communication, life experience and knowledge shared. The common denominator would be a vested interest in learning about many topics.”



Sharing information is the reason CFAC is so important. “I use shared information to better understand myself and my role in CFAC and to gauge those in the meeting,” he said.

Members of the Consumer and Family Advisory Committee recognize service gaps, make suggestions for services, note underserved groups, and discuss community service issues.

Each county in Cardinal Innovations Healthcare’s service area is represented by a regional CFAC group. Here are their updates:

The OPC CFAC represents Orange, Person and Chatham counties. It meets at 6 p.m. on the second Thursday of every other month at the OPC Community Office, 201 Sage Road, Suite 300, Chapel Hill, N.C. The next meeting will be on March 8.

Executive CFAC – Cardinal Innovations’ Executive CFAC includes three representatives from each of the community CFACs. The group meets at 6 p.m. on the fourth Thursday of every other month at Woodbury Park, 2929 Crouse Lane, Suite B, Burlington, N.C. The next meeting will be on April 26.

Alamance-Caswell CFAC – The Alamance-Caswell CFAC meets at 6 p.m. on the fourth Tuesday of every other month at the Alamance-Caswell Community Office, 2929 Crouse Lane, Suite B, Burlington, N.C. The next meet will be on March 27.

Five County CFAC represents Franklin, Granville, Halifax, Vance and Warren counties and meets at 6 p.m. on the second Tuesday of every other month at the Vance Granville Community College, 210 West Ridgeway St., Warrenton, N.C. The next meeting will be on March 13. The Five County CFAC is planning its third annual Mental Health Awareness Day from noon to 4 p.m. May 19 at the Armory Civic Center in Warrenton, N.C. The event will be open to the public and will include information from service providers.

Mecklenburg CFAC – Meets from 5:30 to 7:30 p.m. on the third Thursday of every other month at Anuvia Prevention and Recovery Center, 100 Billingsley Road, Charlotte, N.C. The next meet will be on March 15.

Piedmont CFAC – This CFAC is comprised of members and their families from Cabarrus, Davidson, Rowan, Stanly and Union counties. This CFAC meets on the third Tuesday of every other month from 6 to 8 p.m. at the Cabarrus County Public Library, 27 Union St. N., Concord, N.C. The next meeting will be on March 20.

Triad CFAC – The Triad CFAC includes members and their family members from Forsyth, Davie, Stokes and Rockingham counties. The Triad CFAC meets on the second Monday of every month from 5:30 to 7:30 p.m. at the Triad Community Office, 4045 University Parkway, Winston-Salem, N.C. The next meeting will be on March 12.

If you would like to contact one of your local CFACs to provide input regarding services, service gaps or any other issue, email: memberquestions@cardinalinnovations.org.

60 Seconds with Cardinal

Welcome to a new video series we’re calling “60 Seconds with Cardinal.” In these short videos, we’ll be hearing from Cardinal Innovations team members about what they do and their dedication to those we serve. In this video, we talk to Jessica Moore, Director of IDD Care Coordination.



Watch the video on YouTube: <https://youtu.be/v7brMbVheGA>

PACID

Parent Advocates for Adult Children with IDD (PACID) is a grassroots organization consisting of nearly 170 families, largely but not exclusively from Orange County, NC. The group meets monthly, with a break during summer months, to bring in speakers and share information about services, housing, saving for the future, and other topics. The group also advocates for relevant interests, such as more affordable housing and Innovation Waiver slots, and sends email news updates. For more information, visit pacidnc.org or contact Carol Conway, Chair, at carol.ann.conway@gmail.com. Membership is free and open to all parties.



New NC Innovations Waiver Resource

The NC Innovations Waiver is a health plan for people with intellectual and/or developmental disabilities in North Carolina. It lets people on the health plan receive services and supports in their homes and communities instead of an institution. Cardinal Innovations (and every managed care organization) keeps a list of people who are interested in receiving NC Innovations Waiver services and/or other intellectual developmental disability services. This list is called The Registry of Unmet Needs. Many people call it the IDD Waitlist.



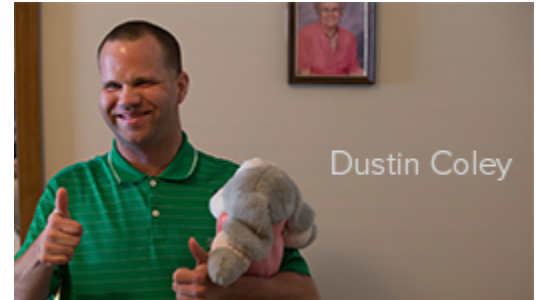
We have developed a new resource document explaining the NC Innovations Waiver waitlist. [View our Innovations Services Waitlist document here](#). Please note that this data represents Fiscal Year 2017 (July 1, 2016 through June 30, 2017) and changes regularly.

Member Spotlight: Dustin

Six Elvis Presley figurines, five teddy bears dressed like the King and an Elvis lunchbox sit on the shelves in Dustin Coley's home – an homage to his idol.

Dustin has autism and adores the music legend. Elvis provides Dustin with a connection to the world around him that few don't get. Everyone knows the King of Rock and Roll.

"Elvis – my friend," Dustin said, showing off a stuffed animal with floppy ears wearing an Elvis jumpsuit.



In observance of Intellectual and Developmental Disabilities (IDD) Awareness Month in March, groups around the country are taking time to raise awareness about people like Dustin and how they contribute to their communities.

Dustin, who is described as lovable with a love of Elvis and shopping, recently fulfilled his dream to visit Graceland, Elvis' 13.8-acre estate in Memphis, Tennessee. His caregivers worked with Easter Seals and private donors to make the dream come true.

Lori Klein, an Intellectual and Developmental Disabilities Care Coordinator for Cardinal Innovations' Piedmont Region, works with Dustin and his caregiver Sue Smith to make sure he is able to live his best possible life.

"He is an amazing young man," Klein said. "One hundred years ago, individuals like Dustin, unfortunately, would have been put into institutions."

But now people like Dustin are given more options and choices. Dustin goes to a day program in his community where he can meet new people, make friends with others and learn skills.

"He works on a lot of prevocational skills so like counting, money, money management and just socialization skills," Klein said.

Dustin also has a lot of friends.

"People like Dustin want to have relationships and I don't think people understand that. They're just like you and me," Klein said.

Join us for two IDD Talent Shows

In observance of Intellectual and Developmental Disabilities (IDD) Awareness Month in March, Cardinal Innovations Healthcare has two upcoming talent shows planned for people with IDD.

“We’ve Got Talent” is an IDD Awareness Month Concert and Resource Fair presented by Cardinal Innovations on March 13 at the Cabarrus Arena and Events Center in Concord, N.C. **“The Sky is the Limit,”** is a talent and fashion show presented by Cardinal Innovations and Community Workforce Solutions on March 20 at McGregor Hall in Henderson, N.C. Both events are open to the public.

We’ve Got Talent

We’ve Got Talent is a free talent show focused on music and singing. The event is from noon to 5 p.m. on March 13 and begins with a resource fair in Gold Hall 1 at the Cabarrus Arena and Events Center. The fair will feature tables and booths with information for individuals who attend the fair.

The concert will be from 1 to 4 p.m. in Gold Hall 2. Concessions also will be available for purchase at the event.

We’ve Got Talent

March 13, noon to 5 p.m.

The Gold Hall at the Cabarrus Arena and Events Center

4751 N.C. 49, Concord, N.C.

[Click here](#) to register.

The Sky is the Limit

Cardinal Innovations and Community Workforce Solutions will present this talent and fashion show from 6 to 8 p.m. on March 20 at the McGregor Hall in Henderson, N.C.

Participants can showcase their talents and do their fiercest walks down the runway in front of the community at-large. The goal is to help eliminate some of the barriers that people with IDD face while highlighting their skills, strengths and talents.

Participation in the show is open to children and adults from provider agencies across the Five County area, which includes Franklin, Granville, Halifax, Vance and Warren counties.

There also will be an opportunity for individuals to display works of art or crafts they have created when doors open at 5:30 p.m. Light refreshments will be available before the talent show, which begins at 6 p.m.

IDD Awareness Month Talent and Fashion Show

March 20, 6 to 8 p.m.

McGregor Hall,

201 Breckenridge Street, Henderson, N.C.

For more information about how to participate, contact Kim Fren with Community Workforce Solutions at kfren@nc-cws.org or 252.492.9555.

Training and Events

ABLE Act Training for the Triad Region

Cardinal Innovations Healthcare is offering training for people in the Triad Region to learn more about the ABLE Act.

The **ABLE Act** amends Section 529 of the Internal Revenue Service Code of 1986 to create tax-advantaged savings accounts for people with disabilities. These tax-advantaged savings accounts can be used to cover qualified disability expenses such as, but not limited to, education, housing and transportation.

ABLE Act Training for the Triad Region

March 22, noon to 1 p.m.
Stokes Wellness Center
3169 N.C. 8 Highway South,
Suite 200, Walnut Cove, N.C.

ABLE Act Training for the Triad Region

May 2, noon to 1 p.m.
Rockingham Wellness Center
509 South Van Buren Road,
Suite C, Eden, N.C.

ABLE Act Training for the Triad Region

June 18, noon to 1 p.m.
Davie Wellness Center
142 Gaither Street,
Mocksville, N.C.

Brain Injury Association of NC Annual Family Conference

Join other survivors of brain injury, family members, caregivers and professionals at BIANC's Annual Family Conference on April 17, 2018 in Greensboro, N.C. [Click here to learn more and to register.](#)

Camp D.I.C.E. Taking Applications for Spring/Summer Sessions

Camp D.I.C.E., a therapeutic camp for children 5-18 years old with special needs, is taking applications for its spring and summer sessions. The spring session will be March 30 through April 6. The summer session will run from June 11 through August 10.

D.I.C.E. (Discover, Inspire, Create & Explore) is a nonprofit organization dedicated to providing fun, safe and reasonable care opportunities with for children with intellectual and developmental disabilities. Campers with all diagnoses are welcome, along with their staff if needed. It allows children with IDD the opportunity to embrace their talents and gifts through fun, educational and therapeutic activities.

Activities include arts and crafts, IEP support, recreational activities and sensory time.

Camp D.I.C.E. Spring Session

March 30 through April 6

4925 Silabert Avenue, Charlotte, N.C.

For more information or to register, visit

www.campdice.org, or call 203.464.1329.

Cost for \$175, plus a one-time \$25 registration

Camp D.I.C.E. Summer Session

Weekly sessions, June 11 through August 10

4925 Silabert Avenue, Charlotte, N.C.

For more information or to register, visit

www.campdice.org, or call 203.464.1329.

Cost is \$215 week, plus a one-time \$25 registration fee. *(Campers who attend the spring session and pay the registration fee will not incur a second registration fee.)*

Miracle League: Baseball League for People with IDD

The Keith Family YMCA and the Miracle League are accepting registrations for the spring baseball season. The Miracle League is intended to give individuals with an intellectual or developmental disability the opportunity to play baseball. Games are played between March 24 and May 19 at the Keith Family YMCA in Charlotte, N.C.

All games are played in a custom-designed baseball complex that is equipped with a wheelchair accessible surface that allows individuals of all abilities to take the field. The league is for individuals with IDD who are 5 to 40 years of age. Participants are placed on teams of up to 12 players for games that last about one hour. Each player receives a uniform shirt, hat and a volunteer buddy to assist them during the game.

The Miracle League is a nationwide organization that provides opportunities for individuals with special needs to play baseball. The group teamed up with the YMCA in December 2012 to bring the league to Charlotte. For more information or to register, visit <https://www.ymcacharlotte.org/miracleleague>.

Miracle League

Saturday, March 24 through May 19, 9 a.m. to 1 p.m.

Ages: 5 to 40 with IDD diagnosis

Keith Family YMCA

8100 Old Mallard Creek Road, Charlotte, N.C.

Cost is \$35 for both YMCA members and non-members. For more information or to register, [click here](#).

Together, We Have No Limits!

Cardinal Innovations Healthcare and The Enrichment Center will host a social for adults with special needs. Together, We Have No Limits! is intended to recognize and show appreciation for the contributions made by the IDD population to the community. It will be held March 29 in Winston-Salem, N.C.

The social provides an opportunity for learning, fellowship, fun, music and dancing. All individuals with intellectual, developmental and other disabilities, their families, friends, interested citizens and professionals in the IDD field are invited to attend.

The social starts at 3:30 p.m. with educational break-out sessions that last until 5 p.m. A catered supper will be served from 5 to 6 p.m., followed by a dance from 6 to 7:30 p.m. There is no cost for the event, but registration is required to get a headcount for the supper.

Together, We Have No Limits!

Thursday, March 29, 3:30 to 7:30 p.m.

The Enrichment Center

1006 S. Marshall Street, Winston-Salem, N.C.

For more information or to register, email triadwellnessteam@cardinalinnovations.org or call 336.971.6598 or 336.777.0076, ext. 1000.