

COMMUNITY ENGAGEMENT & EMPOWERMENT TEAM

Community Updates | February 2021

NCDHHS- DMH/DD/SAS

Get the SCOOP for Stress

Strategies for Stress Management in Challenging Times

Join the UNC-TV Live Stream Event on the Governor's Institute's Facebook* Page: facebook.com/GovInst/

And get the **#SCOOP4Stress** with the NC DHHS DMHDDSAS Stress Management Series

Tuesday, February 2, 2021	Stay Connected
Tuesday, February 16, 2021	Compassion for Self and Others
Tuesday, March 2, 2021	Observe Use of Substances
Tuesday, March 16, 2021	Ok to Ask for Help
Tuesday, March 30, 2021	Physical Activity

Go to ncdhhs.gov/stress-management for a description of each event.

Mental Health and Substance Use Disorder Recovery and Resilience

March 3, 2021 2:00 PM - 3:00 PM



During this training, the presenters cover a brief history of the national Recovery Movement and take a look at significant events and accomplishments in North Carolina. They go over formal and informal definitions of recovery and resilience and present research related to the topic. In addition, the presenters take a close look at Recovery Oriented Systems of Care and how people with lived experience are making a difference as Peer Support Specialists in North Carolina.

Registration is required to participate in this training.

Please register here: https://tinyurl.com/MHSUD-ResilienceRecovery

To request reasonable accommodations please contact Wes Rider by email at wes.rider@dhhs.nc.gov

Teen Town Hall

Saturday, February 20, 2021

10:30 to 11:30 am | Links to Come

Join DMHDDSAS and Deputy Secretary Kinsley for a Live stream event with six teen panelists for a candid conversation about their experiences during the COVID-19 pandemic.

Division Events

Peer Support in the Face of COVID-19

This educational webinar for the public to learn about peer support, the population served, & where/how to get connected to PSS services. The webinar dates are 2/9, 2/16 & 2/23 at 10am.

Registration is free. Click here to register for the series.

Contact Brandon Rollings for more information: Brandon.Rollings@dhhs.nc.gov

DEI Lunch & Learn Series



NC DMHDDSAS Diversity, Equity, and Inclusion (DEI) Council: Black History Lunch-and-Learn Series

In celebration of Black History Month 2021, the NC DMHDDSAS DEI Council is hosting a series of lunch-and-learn sessions featuring leading DEI scholars to provide a critical analysis of current topics related to the intersections of race, gender, disability, and geography and health equity. This will be a wonderful time to hear from thought leaders and scholars and to join in the conversation. All are invited and encouraged to listen and join in the conversation.

Beyond Tuskegee: Historical Medical Traumas as Triggers for African Americans' Mistrust of Health and Public Service Systems

Wednesday, February 3, 12 pm – 1 pm

Presenter: Dr. Michelle Laws

Disruptive Demographics: The Rapidly Changing Demographics and What That Means for Public Service Systems

Wednesday, February 10, 12 pm – 1 pm

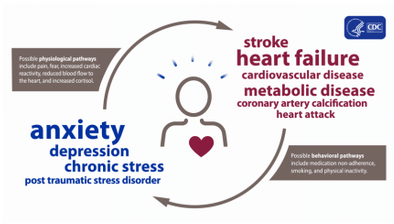
Presenter: Dr. James Johnson, Jr.

Link to join: https://tinyurl.com/4v39zyda

Participation is open to DHHS staff and community stakeholders. Everyone is encouraged to attend.

Invite the Community Engagement & Empowerment Team to your community for a virtual training! We offer a variety of training opportunities, including Advocacy 101, workshops on Self-Care and Wellness, and more. Contact us at CEandE.Staff@dhhs.nc.gov for more information.

Your Heart & Mental Health



Did you know there is a connection between mental health and heart disease?

People experiencing depression, anxiety, stress, and even PTSD over a long period of time may experience certain physiologic effects on the body, such as increased cardiac reactivity (e.g., increased heart rate and blood pressure), reduced blood flow to the heart, and heightened levels of cortisol. Over time, these physiologic effects can lead to calcium buildup in the arteries, metabolic disease, and heart disease.

Who is at risk?

- Veterans with PTSD
- Women
- Couples with someone who has PTSD
- Racial and ethnic minorities

What can you do to help reduce your risk?

- Learn to recognize the signs and symptoms for both mental health issues and heart disease
- Talk with your health care team, including your primary care provider and your mental health provider about potential risk factors, treatment and prevention
- Get to know your family history (as best as you can) https://www.cdc.gov/heartdisease/mentalhealth.htm

It's important to talk about your whole health and not shy away from topics that might make you feel uncomfortable. Be brave in your health care space– it may save your life!

Traumatic Brain Injury

A TBI grant survey is currently posted requesting input from stakeholders on what they think should be the focus of the grant proposal for the upcoming new TBI grant federal funding opportunity. Anyone interested in participating in this anonymous survey can do so here: TBI Grant Focus Survey

A national survey is being conducted with Vocational Rehabilitation Counselors statewide to determine their knowledge, skill and ability in working with individuals living with TBI. Follow up training opportunities will be offered to strengthen their skill in the field.

A webinar was held entitled "Untangling the Complex Relationship between Suicide and Brain Injury". Interested individuals can access the free recording here: Watch Recording

A free two part webinar series focused on TBI & Behavioral Health will be presented in March by a national expert in the field.

March is Brain Injury Awareness month. Stay tuned for events and activities. For more information please call 984-236-5040, email TBI-Contact@dhhs.nc.gov or visit https://www.ncdhhs.gov/assistance/disability-services/traumatic-brain-injury

COVID-19 Vaccine Training



Community Engagement & Empowerment Team members are trained and ready to provide crucial COVID-19 Vaccine Training to you and your community. Community groups such as CFACs, faith-based, and other community organizations can receive this training virtually by request. Our team will help make the process easy by setting up the virtual event and managing registrations.

Contact us by email to schedule: CEandE.Staff@dhhs.nc.gov.

Celebrating Black History Month



Photo credit: Chona Kasinger and Disabled and Here

February marks the start of Black History Month, a federally recognized celebration of the contributions African Americans have made to this country and a time to reflect on the continued struggle for racial justice.

Throughout 2020, notable events highlighted the disparities in healthcare and in the community that African-American, or Black, Indigenous, and People of Color experience.

According to "Discovery Mood & Anxiety Program" "African Americans are disproportionately more likely to experience mental health issues and social stigma…A new study published in the International Journal of Health Services only further corroborates this fact."

Here are some of the startling statistics:

· African American adults are 20% more likely to experience mental health issues than the rest of the population

· 25% of African Americans seek treatment for a mental health issue, compared to 40 percent of white individuals. The reasons for this drop off include misdiagnosis by doctors, socioeconomic factors and a lack of African American mental health professionals.

· Adult Black/African Americans living below poverty are three times more likely to report severe psychological distress than those living above poverty.

· Black/African Americans are less likely than white people to die from suicide as teenagers, Black/African Americans teenagers are more likely to attempt suicide than are white teenagers (8.3 percent v. 6.2 percent).

· Only 6.2 percent of psychologists, 5.6 percent of advanced-practice psychiatric nurses, 12.6 percent of social workers, and 21.3 percent of psychiatrists are members of minority groups. According to the National Association on Mental Illness (NAMI), only 3.7% of members in the American Psychiatric Association and 1.5% of members in the American Psychological Association are Black.

Working to break down barriers to accessing health is just the beginning.

From MHA National (Full article TW for Suicidal Ideation): If you are worried that you or a loved one may be struggling with a mental health condition, there is hope. To start, consider taking a free mental health screening to assess your symptoms and find out how to seek help.

Understand that though hurt can make you feel as if you are alone- you never are. MHA began the campaign #mentalillnessfeelslike as a way to show individuals struggling through pain and confusing symptoms that they are not alone. . We encourage you to participate too- share your story– tell us what #mentalillnessfeelslike to you. Because there is power in sharing. And there is power in knowing that you are not alone.

From NAMI (National): It is time for America to address our need for healing, not in a self-serving manner that allows delegates and racist parties to rid themselves of guilt while neglecting any accountability, but in a way that allows those reforming current policies to actively engage and understand the current state of the African American population with a focus on equity.

Having Courageous Conversations about the intersection of where a person's racial, ethnic, and disability or mental health experience meets is one step towards creating a better understanding of that experience, in order to take the next step to creating change and inclusion for all people with mental health, developmental disabilities, and substance use disorders.

Monthly Meetings

CONSUMER & PROVIDER CALLS:

Joint DMHDDSAS & DHB COVID-19 Update: Providers
Thursday, February 4, 2021 at 3 pm
https://attendee.gotowebinar.com/register/7913552834621123343

Joint DMHDDSAS & DHB COVID-19 Update: Consumers & Family Members
Monday, February 22, 2021 at 2 pm
Links and call-in information to come.

Regional CFAC Meetings

Alliance, Eastpointe, Sandhills and Trillium
February 15, 2021
6pm – 7:30pm
Microsoft Teams meeting
Join on your computer or mobile app
Click here to join the meeting
Or call in (audio only): +1 984-204-1487
Phone Conference ID: **958 737 734#**

Cardinal, Partners and Vaya
February 22, 2021
6pm – 7:30pm
Microsoft Teams meeting
Join on your computer or mobile app
Click here to join the meeting
Or call in (audio only) :+1 984-204-1487
Phone Conference ID: **248 025 596#**

Mark Your Calendars!

Opportunities for Participation

Medicaid Transformation

If you are interest in our webinar on NC Medicaid's Transition to Managed Care for Community Partners. We have posted a recording of it along with the presentation to our website. These items may be found here.

If you have any questions or problems accessing the site, contact us at Medicaid.Transformation@dhhs.nc.gov.

Here are some additional sites that you may go to find more information on Medicaid Transformation:

https://medicaid.ncdhhs.gov/transformation
https://medicaid.ncdhhs.gov/transformation/more-information

Olmstead Listening Sessions

Learn more about NC Olmstead and get information on the on-going listening sessions by clicking on the link:

https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/nc-olmstead

Grant Opportunities

https://tinyurl.com/DMHDDSAS-Grants

Peer Support Specialist

If you are interested in becoming a Peer Support Specialist, online training options are available! To find an online course, please visit https://pss.unc.edu/training.

State CFAC

Nothing About Us, Without Us.



The **State Consumer and Family Advisory Committee (CFAC)** meeting is on the 2nd Wednesday of every month and is open to the public. Due to COVID-19, all State CFAC meetings will be held as webinars until further notice. Suzanne Thompson will be supporting SCFAC from January-March 2021; contact Suzanne by email for more information on the meetings.

Next Meeting: **Wednesday**, **February 10, 2021**

Time: **9:00 am to 1 pm**

Join by web browser:
https://tinyurl.com/StateCFACMeeting
Call-in: +1-415-655-0003
Access Code: 171 378 2076

Local CFAC Updates

Local CFACs are meeting again in October, check with your LME/MCO to get full calendar and meeting details, including how to connect with those virtual meetings.

Click on the directory link to find your LME/MCO: https://www.ncdhhs.gov/providers/lme-mco-directory

State to Local Collaboration



The State to Local Collaboration Call will resume the regular schedule of every **4th Wednesday** of the month. CFAC members can use the same Phone Number and Conference ID for each meeting. Links to participate by web will be sent out before each meeting. The call-in number and conference ID will not change.

Next Call: February 24, 2021
https://tinyurl.com/S2L-CollaborationCall
+1-415-655-0003
Conference ID: 171 710 7705

Medicaid Transformation: Ombudsman Update

Legal Aid of North Carolina (Legal Aid) will provide Medicaid Managed Care Ombudsman services for the state's Medicaid beneficiaries beginning in Spring 2021. Legal Aid, partnering with the Charlotte Center for Legal Advocacy and Pisgah Legal Services, will serve as a central resource to educate and inform beneficiaries about the state's move to Medicaid Managed Care through outreach events, a public website and a toll-free phone number. The Ombudsman will also help resolve issues within the Medicaid Managed Care delivery system.

More information about the Ombudsman will be available soon on the NC Medicaid website.

Food and Nutrition Service Recipients to Receive Temporary 15% Increase in Benefits. Learn more by clicking here: https://www.ncdhhs.gov/news/press-releases/food-and-nutrition-services-recipients-receive-temporary-15-increase-benefits



Effective Systems Advocacy Tip

NC General Assembly members have no been assigned to committees and meeting schedules are being established. Now is the time to reach out and share your story and your "why." You represent the communities legislators are sworn to serve! Invite them to your CFAC meetings and provide a short presentation on what your group is identifying as a service gaps or needs https://www.ncleg.gov/

Find your NC County Commissioner by going to https://www.ncacc.org/.

Contact your representatives, introduce yourself, and the issues facing the people with lived experience in MH/DD/SUD in your community. Remember to draw on your knowledge about Community Inclusion.



Community Resources: NCCARE360

NCDHHS is providing extra help buying food for more than 600,000 children through the Pandemic Electronic Benefit Transfer. Read on to learn more: https://www.ncdhhs.gov/news/press-releases/ncdhhs-provide-extra-help-buying-food-more-600000-children

Need help finding food services? Click on the NCCARE360 to find resources in

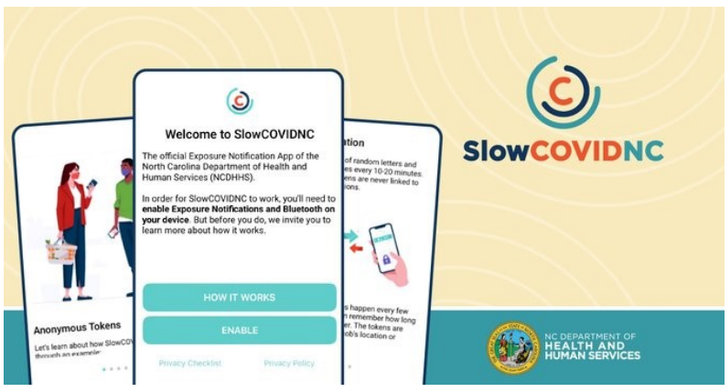
NCCARE360

Veterans, Servicemembers & Families

Want to learn more about services for Veterans in North Carolina? Go to NC Governor's Working Group and explore the site- you'll find out more about the Interactive Retreat Center near Fort Bragg, the monthly NCGWG meetings (including how to view them on Facebook), workshops, economic, health and COVID-19 related issues pertaining to related to Veterans and their families.

For more information, contact Jeff Smith, Military and Veterans Program Liaison, by email at Jeff.Smith@dhhs.nc.gov.





On September 22, 2020 NC DHHS launched the "SlowCOVIDNC" App to help North Carolinians to slow the spread of the virus by alerting them when they may have been exposed to someone who has tested positive. Read the full press release and get the link to download the app by clicking here: https://www.ncdhhs.gov/news/press-releases/ncdhhs-launches-slowcovidnc-exposure-notification-app-available-download-today

Watch a video about the app here: https://youtu.be/Yny36M_aqfw

To download now, click on the icon that best represents your device. Click "Install" or "Get" and follow the directions to get started.

Available on the App Store

GET IT ON Google Play

Community Inclusion

Fundamental #11

Community inclusion requires establishing welcoming communities.

Community inclusion initiatives should work with community groups to help establish a welcoming and mutually supportive community, where each individual's participation is valued not only for their uniqueness, but also for the contribution individuals with disabilities can make to enhance their community.

Learn more by visiting the Temple University Collaborative. http://www.tucollaborative.org/community-inclusion-resources/



Community Engagement & Empowerment Team

The Division of MH/DD/SAS, Community Engagement and Empowerment team provides education, training, and technical assistance to internal and external organizations and groups to facilitate community inclusion and meaningful engagement of persons with lived MH/DD/SUD experience across HHS policy making, program development, and service delivery systems. Learn more at: https://www.ncdhhs.gov/assistance/mental-health-substance-abuse/community-empowerment-and-engagement