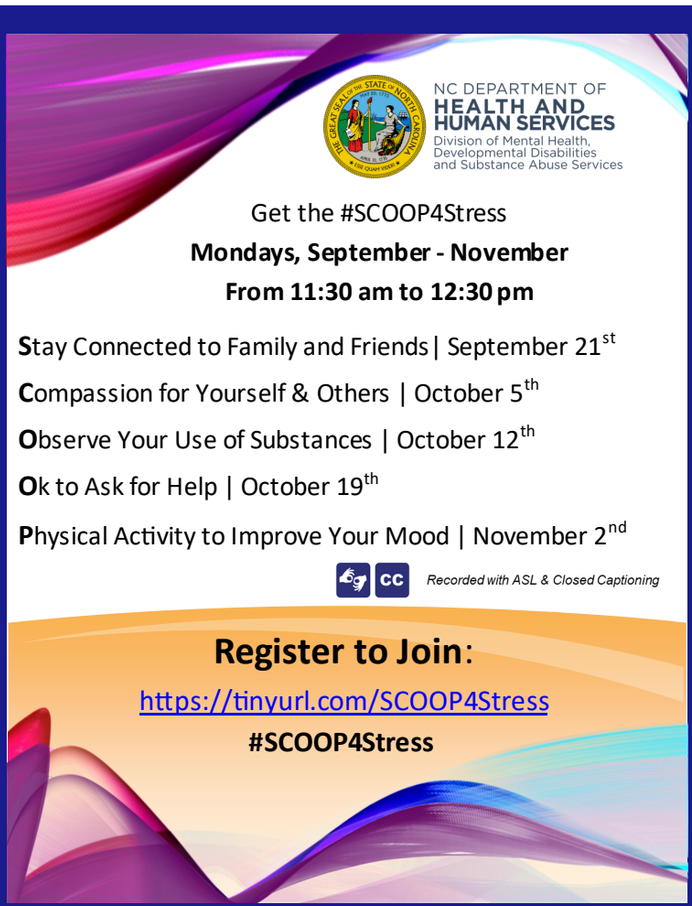


COMMUNITY ENGAGEMENT & EMPOWERMENT TEAM

Community Updates | OCTOBER

NCDHHS- DMH/DD/SAS



#SCOOP4Stress & Wellness

In September, participants got the #SCOOP on Staying Connected from speakers **Laurie Coker** and **Pamela Goodine**.

Let's check-in: How you have been staying connected with your friends, family members and neighbors during this challenging time?

Join the #MY5NC Challenge to stay connected by emailing HelloMY5NC@gmail.com or find the challenge on Facebook.



Division Events

Joint DMHDDSAS & DHB COVID-19 Update: Providers
Thursday, October 1st at 3 pm
https://tinyurl.com/COVID19Update-Providers10

Joint DMHDDSAS & DHB COVID-19 Update: Consumers
Monday, October 26th at 2 pm

LME/MCO Town Hall Meetings: Save the Dates

UNC-TV will be assisting in the Facebook live stream of these events at Thursdays at 6 pm. Go to https://tinyurl.com/DHHSVirtualTownHallEvents

Thursday, 10/15/2020	Cardinal Innovations
Thursday, 10/ 22/2020	Eastpointe
Thursday, 10/ 29/2020	Partners
Thursday, 11/ 5/2020	Sandhills
Thursday, 11/12/2020	Trillium
Thursday, 11/19/2020	Vaya Health

Accessible Voting



Your vote is your voice. Taking part in the election process by registering and casting your vote is part of what it means to be included in civic life. People with the lived experience have the right to vote. You can cast your vote as part of what you do to use your voice.
https://disabilityrightsnc.org/what-we-do/our-advocacy-work/voting

Dates to Remember
Deadline to Register: October 9th
Start of Early Voting: October 15th
End of Early Voting: October 31st
Last Day to Vote: November 3rd

Check out the N.C. State Board of Elections website for to check your registration, find your polling place, see a sample ballot or check the status of your absentee ballot: https://www.ncsbe.gov/voting

Learn about the "REV UP" Campaign by clicking here: https://www.aapd.com/advocacy/voting/

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

Opportunities for Input

Legislative Updates

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

COVID-19 News & Updates

NCDHHS Guidance on Visitation, Communal Dining and Indoor Activities for Larger Residential Settings. https://files.nc.gov/covid/documents/guidance/Guidance-on-Outdoor-Visitation-for-Larger-Residential-Settings.pdf

NC DHHS awarded four contract to regional organizations to administer its new COVID-19 Support Services program. Read more by clicking on the link. https://www.ncdhhs.gov/news/press-releases/ncdhhs-announces-covid-19-support-services-program-individuals-isolation-or

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

NCCARE360

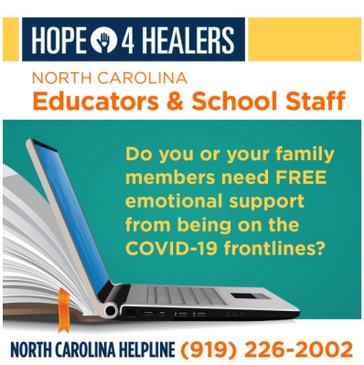
Need help finding food services? Click on the NCCARE360 to find resources in your area.

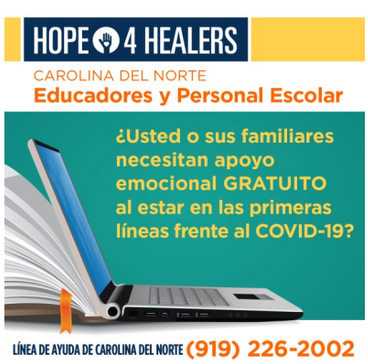
Hope4Healers Helpline 919-226-2002

The **Hope4Healers Helpline** (919-226-2002) is statewide a partnership with the North Carolina Psychological Foundation, and provides mental health and resilience supports for:

- Health Care Professionals
- Emergency Medical Specialists
- First Responders
- Other Health Care Setting Staff
- Educators & School Staff

If you or your family members are experiencing stress from being on the front lines of the state's COVID-19 response, contact the Hope4Healers line for free emotional support.





State CFAC

Nothing About Us, Without Us.



The **State Consumer and Family Advisory Committee (CFAC)** meeting is on the 2nd Wednesday of the Month from 9 am to 1 pm (COVID-19) and is open to the public. **All State CFAC meetings will be held as webinars until further notice.** The October 14th call-in and virtual meeting information will be sent out in a separate email. Contact Kate Barrow by email for more information.

Join by web browser:
https://tinyurl.com/StateCFAC-OctoberMeeting

Call-in: +1-415-655-0003
Access Code: 171 378 2076

State to Local Collaboration



The State to Local Collaboration Call has been moved to the **4th Wednesday of every 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.

https://tinyurl.com/S2L-CollaborationCall

+1-415-655-0003
Conference ID: 171 896 6313

Breast Cancer Awareness

According to the National Cancer Institute, more than 230,000 women in the United States learn that they have breast cancer each year.[1] A Breast Cancer diagnosis can be one of the most stressful events in a person's life and the result can have a major impact on a person's mental health, including adding to chronic stress, anxiety and depression. Read more about the impact of Breast cancer on mental health by clicking here: https://www.apa.org/topics/breast-cancer.



According to data from the CDC, women with disabilities are less likely to have regular breast cancer screenings than women without disabilities. In a 2010 National Household Interview Survey, with CDC, 61% of women with disabilities between the ages of 50-74 reported receiving a mammogram, versus 75% of women in the same age group without disabilities.

Addressing Breast Cancer as a whole health issue is important to overall positive outcomes, both for physical health needs during treatment and mental health needs, like stress management throughout the diagnosis.

Breast Cancer Now offers information on depression, mental health and breast cancer, including access to a Helpline. Consider also working with your cancer support team if you have had a breast cancer diagnosis, and remember it's Ok to ask for help.



Hispanic Heritage Month is from September 15th to October 15th, and we want you to celebrate in your community. Here are some helpful resources for you and your community:

Local: Chatham Community Library

Each week through October 27th, the library will post a new video on their YouTube channel (https://www.youtube.com/channel/UC_1jM2C9GC-h_NdBgIjcT_w). Performers are from Spain and the programs are bilingual. Please see the attached flyer.

Other:

NMSU:Dr. Belinda 'Otukolo Saltiban & Dr. Barbara Kessel – Latinx Speaker Series @ YouTube Livestream

UTSA - A plethora of Hispanic Heritage Events (speaker series, discussions, etc.)

Oct. 1: Afro-Latinidad Panel.

The Multicultural Student Center of the Illinois College of Lake County is hosting an Afro-Latino Panel through Zoom, which will concentrate on the Afro-Latino experience.

Thursday, Oct. 1. For more information, visit its website.

National Hispanic & Latino Mental Health Technology Transfer Center Network released a document giving guidance on "Suicide Attempts and Culturally Responsive Approaches for Latinos" https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/product/suicide-attempts-and-culturally-responsive

COVID-19 Resources

Rachel's deep breathing exercise in Spanish

National Alliance on Mental Illness - COVID information and resources (Spanish)

National Alliance on Mental Health - Identity & Cultural Dimension (English, but can click on Spanish to translate)
Mental Health America - Spanish resources on a variety of topics

Celebrations in the time of COVID-19 (in Spanish)
Protecting yourself during COVID-19 (Spanish) - Diocese of Raleigh

Frameworks Institute

1. Show that you're responding to the moment—not taking advantage of it.
2. Show that bold, collective action is the only response that makes sense.
3. Help people see this time as a moment when change is possible, necessary, and desirable.

Here's Frameworks Institute Immigrant specific message guidance

Disability Employment Month



People with Mental Health, Developmental Disabilities and Substance Use Disorders want to work and be valued for their contributions to the community. Meaningful employment is also a key component of Community Inclusion.

October is Disability Employment Awareness Month– stay tuned for a special proclamation from the Division of
Rehabilitative Services.

Learn more about the various employment resources in North Carolina, whether you are looking to access employment services, learn more about employment initiatives and financial independence, or need additional assistance.

North Carolina Council on Developmental Disabilities

Inroads to Employment: https://nccdd.org/initiatives/current-initiatives-2017/43-initiatives/716-inroads-to-employment.html

NCABLE Project Prosperity: https://nccdd.org/initiatives/current-initiatives-2017/43-initiatives/857-ncable-project-prosperity.html

Division of Rehabilitative Services (DVRS)

https://www.ncdhhs.gov/divisions/dvrs

Client Assistance Program

https://www.ncdhhs.gov/divisions/dvrs/client-assistance-program

Division of Mental Health, Developmental Disabilities, and Substance Abuse Services

Individual Placement and Support (IPS) is a model of supported employment. IPS is an evidenced-based practice that assists people living with serious mental illness gain and maintain competitive employment. IPS supported employment helps people living with behavioral health conditions work at regular jobs of their choosing. IPS is based on 8 practice principles. In North Carolina over the most recent quarter, 728 people are working through the assistance of IPS and Vocational Rehabilitation. DMH/DD/SAS has contracted with the UNC Institute for Best Practice. For more information about IPS click on this link https://www.med.unc.edu/psych/cecmh/education-and-training/unc-institute-for-best-practices/individual-placement-and-support-ips/

Disability Employment Awareness Month

A Conversation with Senator Tom Harkin

Follow-Up Panel Discussion with State Employees

Oct. 13 | 10 a.m. - 12 p.m.

www.oshr.nc.gov/deam

LIVING DRUG FREE
RED RIBBON WEEK
OCTOBER 23-31

Take the Pledge to be drug-free and participate in the 2020 Virtual Red Ribbon Rally.

Red Ribbon is a national anti-drug campaign that is celebrated annually October 23-31. During Red Ribbon, young people in communities across the nation pledge to live a drug-free lifestyle by wearing red ribbons and participating in community-wide anti-drug events!

Learn more and download the social media toolkit by visiting https://www.justthinktwice.gov/?utm_medium=email&utm_source=govdelivery



Pinehurst Conference is Going Virtual
Plan to Participate!
2020 Conference and Exhibition

December 2-4, 2020

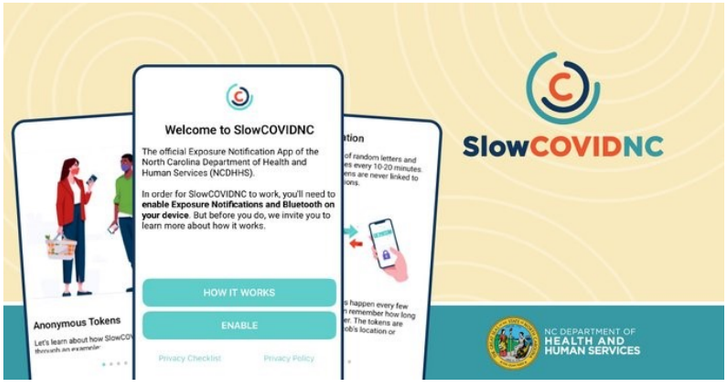
Registration for the annual Pinehurst Conference is now open! Click on the links to learn more about the conference theme, "Challenge, Change and Choice– The Future is Now" and register.

Conference Registration Now Open CLICK HERE
Conference Brochure – CLICK HERE

MORE CONFERENCE LINKS
INNOVATION AWARD NOMINATION FORM – Deadline 10/30

EXHIBIT, SPONSORSHIP & ADVERTISING BROCHURE

ON LINE SIGN UP FOR EXHIBIT, SPONSORSHIP & ADVERTISING



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

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.



Click on this icon to view & download the Veterans Resource Guide

Community Inclusion

Fundamental #7
Community inclusion is strengthened through emerging support technologies, the natural supports of families and friends, and the engagement of peer supports.

People should have access to supports that enables participation, including: programs that promote awareness of community resources and develop skills to access these; support to involve families, friends and carers; and peer support.

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