

COMMUNITY ENGAGEMENT & EMPOWERMENT TEAM

Community Updates | July 2020

NCDHHS- DMH/DD/SAS

COVID-19 Updates

Sign up for COVID-19 Text alerts to your mobile device! Text **COVIDNC** to **898211**.

NC 2-1-1 is now available 24/7 as a resource for assistance related to COVID-19. Dial 2-1-1 to get connected to resources in your community. https://www.ncdhhs.gov/news/press-releases/nc-2-1-1-provide-assistance-covid-19

Text **FOODNC** to **877-877** to locate nearby free meal sites. The texting service is also available in Spanish by texting **COMIDA** to **877-877**.

DMH/DD/SAS is hosting biweekly Consumer, Family, and Community Stakeholder Conference Calls. Join staff and community members on July 13th and 27th by emailing the CE&E Team at CEandE.Staff@dhhs.nc.gov or call 919-715-3197.

For Closed Captioning see link below: https://www.captionedtext.com/client/event.aspx?EventID=4411676&Customer...

For questions, please contact the COVID-19 Hotline at **866-462-3821** or email BHIDD.COVID.Qs@dhhs.nc.gov. Click here and submit your COVID-19 questions for BH/IDD.

NCDHHS continues to work to ensure the health and safety of all North Carolinians. Click on this link to learn more about the efforts underway in response to the COVID-19 pandemic. **https://covid19.ncdhhs.gov/**

NCDHHS– DMH/DD/SAS has launched a website for guidance and resources for Behavioral Health and IDD during COVID-19. https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/covid-19-and-behavioral

El Futuro: ¡Nuestras puertas virtuales permanecen abiertas! El Futuro está aceptando nuevos pacientes y nuevas referencias para terapia, psiquiatría, tratamiento de uso de sustancias y servicios de DWI.

Our virtual doors remain open! El Futuro is accepting new patients and new referrals for therapy, psychiatry, substance use treatment, and DWI services.

Visit El Futuro online at https://elfuturo-nc.org/ or call 919-688-7101 ext. 600



CRISIS INFORMATION

If you or someone you know is in crisis

CALL 911 if this is a medical or life-threatening emergency. If you need the police, ask for a CIT officer. They have received extra training on handling these situations.

CALL Customer Service & Community Rights at 1-855-262-1946 or 919-715-3197

National Disaster Distress Helpline 1-800-985-5990 or text 'TalkWithUs' to 66746

National Suicide Prevention Lifeline 1-800-273-8255, Veterans Press 1, or Chat online at http://www.suicidepreventionlifeline.org/

National Domestic Violence Hotline: 1-800-799-7233 and TTY 1-800+787-3224

The Trevor Project (LGBTQ Youth) 1-866-488-7386 or TrevorChat confidential online instant messaging with a Trevor Counselor, text START to 678678.

El programa Hope 4 NC (Esperanza para Carolina del Norte) 1-855-587-3463 (FIND) for COVID.

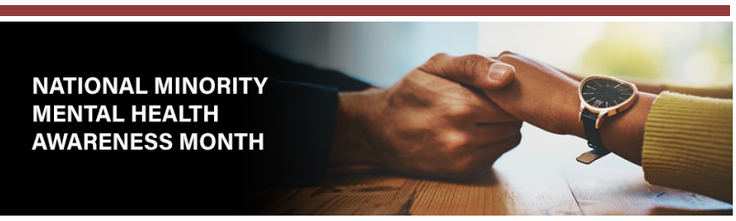
www.RocoveryAll.org – local virtual meetings and online support resources for those with SUD and Behavioral Health issues.

Opportunities for Input

Legislative Updates

Please review these pieces of legislation. You can contact your legislators by going to https://www.ncleg.gov/ to review legislative activities and to find your legislator.

Bill Number	Bill Name
S808	Medicaid Funding Act
H488	Address Direct Service Personnel Staffing Crisis
S476	School-Based Mental Health
H1134	Housing & Utility Assistance/COVID-19
H1135	Housing and Foreclosure Prevention Assistance
S742	Increase Veteran's Access to Healthcare
H1149	Police Notice of Person w/IDD in Vehicle
H1037	COVID-19 Health Care Working Group



July is National Minority Mental Health Awareness Month, and to highlight the importance of health equity, DMH/DD/SAS is sharing information with the community to provide awareness and education, and an important starting point for conversations around what it means to be an equitable community.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA):

- In 2017, 41.5% of youth ages 12-17 received care for a major depressive episode, but only 35.1% of black youth and 32.7% of Hispanic youth received treatment for their condition.
- Asian American adults were less likely to use mental health services than any other racial/ethnic group.
- In 2017, 13.3% of youth ages 12-17 had at least one depressive episode, but that number was higher among American Indian and Alaska Native youth at 16.3% and among Hispanic youth at 13.8%.
- In 2017, 18.9% of adults (46.6 million people) had a mental illness. That rate was higher among people of two or more races at 28.6%, non-Hispanic whites at 20.4% and Native Hawaiian and Pacific Islanders at 19.4%.

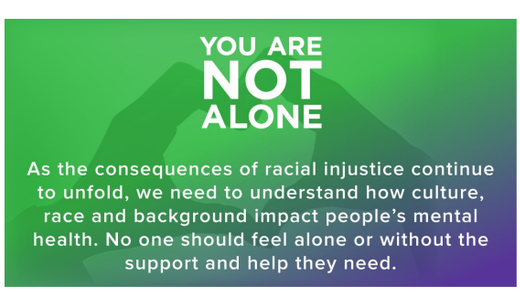
Despite advances in equity in other health areas, inequity in mental health care still persists. Learn more about Minority Mental Health issues by visiting the US Office of Minority Health, including reports and mental health resources and publications.

There is something you can do to help. First, read through the materials and date listed above. Second, work with your Local CFAC and LME/MCO to find out what languages are spoken in your community and what percentage of minorities
Thirdly and finally, use this information from the National Institute of Mental Health to learn more, access Spanish language materials, and find community outreach materials to post to your social media; use the hashtags **#NMMHM** **#shareNIMH** to join the NIMH conversation.

Did you know that **38% of new mothers of color experience perinatal emotional complications** like depression and anxiety? According to the Perinatal Mental Health Alliance for People of Color, a program within Postpartum Support International, women of color experience these complications at **TWICE the rate of white women**. Maternal Mental Health is a public health issue impacting whole-family health and well-being. Click here to find an Online Directory of Providers of Color and here to learn more about DHHS's Women's and Children's Health Section.

MHA– National has developed a toolkit for Minority Mental Health Awareness Month to help you create awareness.

NAMI– National is collecting stories to share during Minority Mental Health Awareness Month in July. Click here to learn more and share your story. (*Image credit: NAMI)*



Hope4NC Helpline & Hope4Healers

The **Hope4NC Helpline** (1-855-587-3463) connects all North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. This initiative is in partnership with all seven of the state's LME/MCOs and REAL Crisis Intervention Inc. in Greenville. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.

Hope4Healers Helpline

The **Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Hope4Healers is also available 24/7, for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.

NCCARE360

Have you been looking for resources in your area? NCCARE360 can help! Visit https://nccare360.org/ and click on "Find Resources" to search by your area or service type. You can also request assistance from the home page if you aren't able to find what you need in the search. Check it out!

Cultivating Community Care

Much like our whole-health and self-care matters, our community– the physical and social space, where we live, work, play, love and participate– care matters too.

Empathy is an key tool to building one's own resilience skills as well as building community care. Learn more about Empathy by watching this YouTube video: https://youtu.be/9_1Rt1R4xbM

Empathy helps humanize the struggles we face, individually or collectively– like the COVID-19 pandemic.

Following the 3 W's will help you build community care. DHHS has developed ways for you to know and share the 3 W's on your social media pages. Click on this link to https://covid19.ncdhhs.gov/materials-resources/know-your-ws-wear-wait-wash



Courageous Conversations



Diversity, **Equity** and **Inclusion**. We hear these three words often– sometimes together, sometimes in different contexts.

The recent deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery, coupled with the reports on COVID-19 health disparities like this report from SAMHSA , has raised emotions among many of our community members. On June 1st, the Division of MH/DD/SAS recently held an open dialogue to create a safe and brave space for all to have these challenging and courageous conversations.

These conversations can challenge us in more than one way: they can be challenging to have and engage in, and they can challenge the way we think about our lived experiences. What's more, these challenging conversations can make us uncomfortable– but most importantly, these conversations give us an opportunity to listen, learn and grow, and be courageous. Creating a brave space to have meaningful conversations is critical to moving forward together. Being comfortable with the discomfort is how we grow as people.

You can learn about Intersectional Identities by clicking on this YouTube video with Kimberlé Crenshaw defining how who we are plays into how we navigate our world. If you are ready for a deeper dive into understanding issues related to racial equity, diversity and inclusion, click on the links below for additional readings, YouTube videos, and thought provoking information to help guide you.

Here is just one of many Anti-Racism Resources Lists to get you started.

Check out this video from Luvvi Ajayi on being comfortable with the uncomfortable.

Ibram X. Kendi on "How to Be an Antiracist"
Monday, July 20 at 7:00 p.m. Click here for the virtual event

The ADA Turns 30!

ada 30 YEARS
Americans with Disabilities Act

Image from ADA National Network.

The Americans with Disabilities Act was signed into law on **July 26, 1990**, by President George H.W. Bush, and is one of America's most in-depth pieces of legislation that prohibits discrimination and guarantees that people with disabilities have the opportunity as people without disabilities to live, work, participate and enjoy mainstream American life. Read more about the history of the ADA by visiting www.ada.gov.

North Carolina is celebrating the passage of the ADA by highlighting successful employment stories with notable diversity and inclusion that the ADA has helped to make possible. Join the NC Council on Developmental Disabilities (NCCDD) for a virtual celebration on July 23rd, and check out Employment Lookbook and the ADA 30th Anniversary page!

Through the NCCDD, the NC ADA Network Coordination, Technical Assistance & Fiscal Intermediary has also been established to support grassroots groups, led by people with disabilities to do projects that promote voluntary compliance with the ADA.

To help celebrate the passage of the ADA, visit https://www.adaanniversary.org/ use the hashtag #ThanksToTheADA on social media to share your story. Be sure to tag @NCDHHS and the @adanetwork!

Suicide Prevention

DMH/DD/SAS is hosting a series of Virtual Town Hall meetings to highlight Suicide Prevention in North Carolina.

Session 2: July is Minority Mental Health Month. This session titled "Can You Hear Us Now: Surviving and Thriving Beyond Suicide" will highlight three persons with lived experiences representing historically marginalized populations who will share their experience of surviving and thriving beyond suicide and how they turned their experiences into advocacy on behalf of persons living with severe mental illness.
The discussion will also include a medical panel expert who will discuss treatment and supports with a focus on her work in the LatinX/Hispanic communities.

Moderator: Victor Armstrong, Director of the Division of Mental Health, Development Disabilities and Substance Abuse Services.

In case you missed it, view the kick-off panel discussion on June 17th click here:

https://video.unctv.org/video/suicide-prevention-discussion-1-bzop4o/

Save the Date:

July 1st at 3 pm: https://www.facebook.com/GovInst/live/

Suicide Warning Signs & Risk Factors



The **warning signs** of suicide are indicators that a person may be in acute danger and may urgently need help.

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped or being in unbearable pain;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;
- Acting anxious, agitated, or reckless;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;
- Showing rage or talking about seeking revenge; and
- Displaying extreme mood swings.

This information is taken from Mental Health First Aid.

The CDC provides information and resources on **Risk and Protective Factors** on their website. You can also find additional information on the Connections Matter initiative a collaboration with Prevent Child Abuse NC, to help engage community members in building caring connections to improve resiliency.

Listen to the "Connections Matter and Protective Factors: Why They Matter Today" webinar recorded June 17th to learn more about making connections and what protective factors are. If you'd like a copy of the presentation, please contact Kate Barrow at katherine.barrow@dhhs.nc.gov.

Special Edition

State CFAC

The **State Consumer and Family Advisory Committee (CFAC)** meeting is on the 2nd Wednesday of the Month from 9 am to 3 pm and is open to the public.

All State CFAC meetings will be held as webinars until further notice. The July 8th call-in and virtual meeting information will be sent out in a separate email. Contact Kate Barrow by email for more information.

Nothing About Us, Without Us.



Practice Positive Self-Care

Be honest with yourself– have you been doing your self-care? **It's time to check in.**

As we head into the summer months and continue to work together to slow the spread of COVID-19, it's still important to keep-up with your self-care and wellness practices.

Join Stacey Harward and Kate Barrow on July 7th from 3:00 pm to 4:00 pm for a virtual training on wellness. This webinar is included as part of the Family Supports Webinars. Use this link to register for one or all of the virtual events in this program.

Registration information will be sent in a separate flyer.
Stay tuned!

Local CFAC

July is the start of a new fiscal year and a great time for Local CFACs to reflect and evaluate on membership, annual activities, and planning for the upcoming year.

Here are some things to consider:

- Are all the counties in your catchment area represented?
- Is your CFAC representative of your community's different racial, ethnic, and socio-economic groups?
- Do your members know who represents them in local and state government?

Now is the time to refresh and recharge your energy for your Local CFAC! The CE&E Team will be providing all Local CFAC members and potential new members a series of trainings during July, so you can "hit the ground running" in August.

Registration information will be sent in a separate flyer.
Stay tuned!

Training Title	Day/Time
CFAC Roles and Responsibilities	Thursday, July 9th 12-1 pm and 7-8 pm
Making the Connection: Recruitment & Retention	Thursday, July 16th 12-1 pm and 7-8 pm
Effective Systems Advocacy	Thursday, July 23rd 12-1 pm and 7-8 pm

CC *Recorded with Closed Captioning.*

Veterans, Servicemembers & Families

Want to learn more about services for Veterans in North Carolina?

Go to NC Governor's Working Group (https://ncgwg.org/)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.



Community Inclusion

Fundamental #4
Self-determination and dignity of risk are central to community inclusion.

Each person should be empowered to make their own decisions about their community inclusion goals, the supports and services they feel they need to be successful in attaining those goals, and the best ways to identify and responsibly manage any risks that may be involved.

Want to see what the Community Inclusion Project has been up to during the COVID-19 pandemic? Check out the video from i2i and NAMI-NC from the June 26th "Adapting Community Inclusion to Circumstances of 2020" webinar: https://www.youtube.com/watch?v=F7hU2v4Dtxg&t=38s

Contact Bill Harris, MPA and Community Inclusion Lead by email at bill.harris@dhhs.nc.gov.

Learn more about Community Inclusion, Empowerment and Dignity of Risk by inviting a CE&E Team Member to give a presentation to your community.

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