

dhh EmployeeUPDATE

Our Mission: To serve the people of North Carolina by enabling individuals, families and communities to be healthy and secure, and to achieve social and economic well-being.

A monthly publication for employees of the North Carolina Department of Health and Human Services

New health center required efforts of 'many partners

The Andrews Health Center, a school-based health clinic, opened Oct. 16 offering health care services for students and the Andrews community in Cherokee County.

The center is a result of a collaborative effort that involves many partners, according to Cherokee County Health Director Jim Higgins. Among them: two elements of the Department of Health and Human Services – the Office of Rural Health and Community Care, the Division of Public Health – and the Kate B. Reynolds Charitable Trust; the Town of Andrews; and the Cherokee County Schools and Board of Commissioners.

“Providing health care services through a school-based clinic such as the one in Andrews allows for affordable and accessible care to students and staff. It offers convenience while minimizing time away from valuable educational



Andrews Health Center

time,” said John Price, director of the N.C. Office of Rural Health and Community Care.

Services that will be offered at the new facility include treatment for common illnesses, vaccinations, vision and hearing screenings, sports and commercial driver license

physicals, treatment of minor injuries, tuberculosis testing, and routine lab work, said Higgins.

“After the Board of Health met with the community over a year ago we worked on a solution to provide additional services to the residents of

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Andrews and the surrounding area,” he said. “We are excited to bring these services to Andrews by adding a midlevel provider, additional lab capacity and a counselor two days a week. A project of this magnitude requires many partners.”

Finding a solution coalesced around a dormant portable building identified by the Office of Rural Health that had served as a former health clinic in Engelhard, in the eastern part of the state. The unit was transported across the state and came to rest in Andrews. Here’s a rundown on the various efforts that resulted in the center opening last month:

- In addition to identifying the modular unit and moving it to Andrews, Office of Rural Health also provided funds to improve the units interior and exterior.
- Division of Public Health, Women’s and Children’s Health

Section, Children and Youth Branch, is providing funds for day-to-day operations.

- Kate B. Reynolds Charitable Trust provides funding for two years for two new positions – a midlevel provider and a mental health counselor, and funds provided for equipment.
- Town of Andrews provided water and sewer hookups, and assisted in moving equipment and supplies.
- Cherokee County Schools provided labor to build decks and handicap ramps, and an electrician to hook up the unit.
- Cherokee County Board of Commissioners provided funds in support of the Board of Health goal to provide health care access to the students and adults in the Andrews area. ■

– *Jim Jones, DHHS Public Affairs*

**ORHCC
celebrates
Rural Health
Day**

The nation’s first Office of Rural Health will be celebrating Rural Health Day on Nov. 15 with staff and guests in the Cooke Building on the campus of the Governor Morehead School in Raleigh.

The N.C. Office of Rural Health and Community Care has established 86 rural health centers since it was established in 1973, serving more than 300,000 patients in the past year.



NC FAST pilot counties recognized

DHHS Secretary Al Delia recognized the five NC FAST pilot counties at the Social Services Institute held last month in Raleigh. Departments of social services from Buncombe, Carteret, Catawba, Guilford and Johnston counties were the first to participate in the NC FAST food and nutrition services implementation pilot.

– Photo by Lori Walston, DHHS Public Affairs

SECC momentum grows

As of Oct. 29, DHHS employees had contributed \$149,371 to the 2012 State Employees Combined Campaign. This takes us to 49 percent of the money raised last year. So we are mid-way through the campaign and almost mid-way to last year's total. We need everyone's help to keep the momentum growing!

Just a reminder that everyone who submitted their pledge form (electronic or paper) by Oct. 31 is entered in the drawing for an iPad. The drawing will take place in

December, prior to the holidays. Even though the chance for the drawing ends Oct. 31, the campaign does not officially end until Nov. 21. If you are still planning to make a pledge: Please don't delay. Act today!

As the holidays approach, it is time to remember all the things we have to be thankful for, and what better way to acknowledge our blessings than to share with others? Thanks for supporting the SECC. ■

– Sandra K. Trivett
DHHS Executive for the SECC



Chili judging

DHHS Secretary Al Delia taste-tests a chili sample at the SECC 2012 campaign event sponsored by the Division of Information Resource Management at the Anderson Building.



Prashanth's Winning Masala Chili (Vegetarian)

Ingredients

- 3tbs Oil or Unsalted Butter
- 2 Cans Red Beans drained
- 2 Cans Black Beans drained
- 1 Can Corn drained
- 1 Can Crushed Tomato's with Jalapenos (Tex Mex style)
- 3 Carrots chopped (small)
- 4 Celery Sticks chopped
- 1 Medium Onion chopped
- 1Tbs Coriander Powder
- ½ Tbs Cumin Powder
- ½ Tsp Garam Masala (a blend of ground spices common in North Indian and other South Asian cuisines)
- 1 Tsp Ginger Garlic Paste
- 1 Tbs Kasuri Methi (Dry Fenu-greek leaves)
- Optional Vegetable Stock if you don't want the chili too thick.
- Salt to taste

Heat the oil or butter in a heavy, large pot over a medium high heat. Add Kasuri Methi. Fry for 1 or 2 minutes. Add onions fry for 2 minutes, add ginger garlic paste. Keep stirring for 2 to 3 minutes. Add carrots and celery. Salt to taste. Sauté vegetables until soft (about 6 to 7 minutes). Add the crushed tomato and stir for about 3 to 4 minutes. Add coriander and cumin powder, and red and black beans. Once it starts boiling reduce heat to medium, cover and cook for 8 to 10 minutes. Add corn and Garam Masala powder and cook for 4 to 5 minutes. Garnish with finely chopped coriander leaves.

DIRM's Chili judging winners

(Left to right) Danielle Brady, second place; Jim Golden, third; Chef Brian Battistella; Prashanth Jathan, first place; DIRM Director Bill Morton; Bill Kearns, fourth place. – Photos courtesy of DIRM

Leland Fire/Rescue paramedics tops in North Carolina

A team from Brunswick County won top recognition last month among its peers to become North Carolina's 2012 champion paramedics following a six-team competition co-sponsored by DHHS, the N.C. College of Emergency Physicians and participating community colleges.

The team of Chris Watford and Michael Herbert from Leland Fire/Rescue out-performed the previous year's champions from Cabarrus County and four other teams in the 22nd annual North Carolina Paramedic Competition, held in Greensboro at the Joseph S. Koury Center. Leland Fire/Rescue is the first fire-based EMS organization to win the competition. The winners are also EMS instructors at Cape Fear and Brunswick community colleges.

"Our teams truly are the best of the best, and we congratulate them all on coming this far," said Regina Godette-Crawford, chief of the N.C. Office of Emergency Medical Services. "Our winners did an outstanding job with the scenario that each team faced."

The performance of each team was timed and graded before an audience of hundreds of peers. A team of judges from South Carolina scored the contenders. This year's scenario provided a touch of seasonal reality with an unconscious child with a head injury at a county fair, and a dose of societal problems with a drug abuser high on bath salts crashing a motorbike into the area where the child was being treated.

"Unfortunately people using store-shelf and designer drugs are some of the realities our paramedics face, particularly when they are in crisis," Godette-Crawford said. "The drug abuser often puts others at risk as well as themselves through the use of substances that literally can cause their own death."



(Left to right) Watford, Herbert and Chief Godette-Crawford
– Photo by Carl C. Van Cott

The paramedic competition was part of the 42nd Emergency Medicine Today Conference, which brought together about 500 EMS medical directors, hospital emergency room directors, EMTs and paramedics from across North Carolina to learn up-to-date skills, to discuss trends in pre-hospital care and to exchange ideas. ■

– Jim Jones, DHHS Public Affairs

Broughton Hospital's Junior Mentor Program provides valuable experience for high school and college age students

Note: Student interns from Broughton Hospital recently attended the National Alliance on Mental Illness - North Carolina (NAMI-NC) 2012 Annual Conference. These four young people were given an opportunity to share the Junior Mentor Program model with other mental health leaders exploring ways to energize and mobilize youth across North Carolina to become active supporters of individuals diagnosed with mental illness. We asked the students to share their experiences from the conference.

Nathan Hager
Broughton Hospital Junior
Mentor Program Intern
2012,
Senior at Wake Forest
University – Psychology

The speakers showed how their work can help guide the future of mental health. Dr. Sarah Lisanby of Duke University explained how improvements in brain stimulation treatment can lead us into more comprehensive and continual care for difficult illnesses. Dr. Dan Blazer, also of Duke, helped explain the hopefully positive effect the new Diagnostic and Statistical Manual of Mental Disorders (DSM-5) will have on diagnosis and treatment of mental illness. Pam Silberman from the N.C. Institute of Medicine told us the potential for the Affordable Care Act to help millions of people with mental illness.



(Left to right) Hager, Clark, Lane and Ollis

People were interested in hearing about our mentor group and how our interest could impact younger people who do not typically learn about mental illness and its stigma. We need to stop mental illness stigma when it first starts to form so that the next generation does not add to the current hostility toward those with mental illness and so children with an illness are not deterred from seeking help.

Gail Lane
Broughton Hospital Junior
Mentor Program Intern
2010 & 2011, Senior at
North Carolina State
University – Psychology

I attended a workshop entitled “From Zero to Sixty in Six Months: My

Recovery From Anxiety,” a presentation by a NAMI member who at one point experienced debilitating anxiety. Her first-hand account of mental illness provided an emotional and educational glimpse at how difficult these experiences can be for a person dealing with them.

It was interesting to see the ages of conference’s attendees. The median age appeared to be between 40 and 50 years old. Although it is exciting to see someone of any age show an interest in helping others, I was disappointed to find that there were so few youth and college-aged attendees. More work must be done to encourage our young people

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Broughton Hospital's Junior Mentor Program cont. from page 5

to involve themselves in mental illness advocacy.

**Cayla Ollis
Broughton Hospital Junior
Mentor Program Student
(age 16)**

One of my favorite parts of the conference was the keynote speech and the plenary. During these speeches the speakers shared their stories about how their loved ones had committed suicide and how they were dealing with it. Both of the speakers had constructed organizations or awareness groups that help people who have mental illness or who are thinking about suicide. I learned that suicide is the third leading cause of death for youth ages 10-24. Suicide is the second leading cause of death for youth ages 10-14. This number needs to be addressed, this is what both speakers promoted and successfully got across to me.

My favorite part was a workshop "taught" by a Laura Anne Middlesteadt. She suffers from anxiety disorder. She turned a tragic story into something good. She has written a book about her experiences and battle with this disorder. I praise her because she was very self confident, embraced her story and showed her will and self-empowerment.

**Elizabeth Clark
Broughton Hospital Junior
Mentor Program Student
(age 16)**

My favorite speakers were Maj. Gen. Mark and Carol Graham and the story of their sons, Kevin and Jeffrey, and the tragic loss of both their lives. Not because they died, but because of what the parents are doing across the country to prevent suicide in the military and in the general population of young people – promoting awareness of depression and that it is a form of mental illness.

Another favorite was Mr. Clark Flatt, President and CEO of The Jason Foundation who spoke on "Youth Suicide, The Silent Epidemic." Mr. Flatt shared intimate details of his son's suicide and has used that experience in a positive way by creating The Jason Foundation. The foundation's goals are to build awareness of the national health risk of suicide among young people, teach about the warning signs, share information with as many people as possible, particularly educators, physicians, churches, parents and youth. I was impressed when reading some handouts that

major corporations like Wal-Mart help to fund programs of awareness; and that music icons like Charlie Daniels and Rascal Flatts Band serve as spokespersons and hold fundraisers and promote public awareness and educational programs across the country. Rascal Flatts started the B1 Project wherein "someone you know may need a friend: B1." It's a way to notice a friend who is in trouble and having a plan to help. To learn more, check out their website at RascalflattsB1.com.

Another of my favorites was the Youth M.O.V.E. presentation by a panel of young adults ages of 14-26. Each gave examples of mental illness/disabilities and shared their experiences in obtaining treatment and services and how they are transitioning to their adult lives. They gave everybody a handout entitled "10 Things I Wish Adults Knew About Mental Illness." ■

The GReAT Conference: “Global Rehabilitation Enhanced with Assistive Technology”

When: December 5th – 7th, 2012

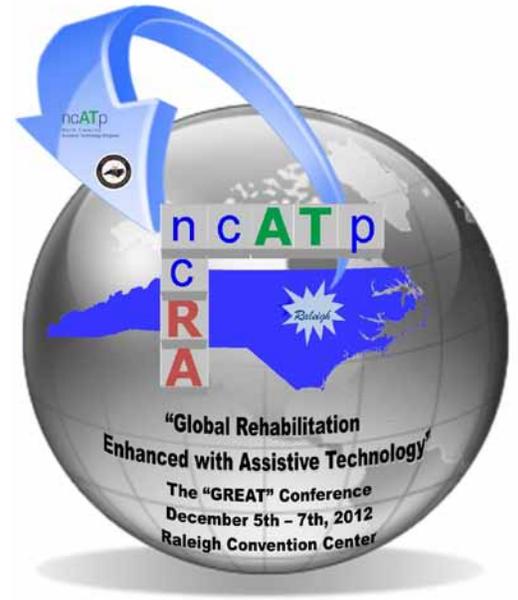
Where: Raleigh Convention Center
500 South Salisbury St, Raleigh, NC 27601

What: The NC Assistive Technology Program and the NC Rehabilitation Association are proud to present The GReAT Conference 2012. This is an exciting three-day event designed to increase awareness and provide current information on rehabilitation and assistive technology. The conference will include: keynote and closing addresses by Tom Hartman, an artist living with MS, who uses assistive technology to paint and work; and Allison Massari, an international motivational speaker, artist, and TBI/burn injury survivor; awards presentation; special sessions on universal design in the classroom and NCRA ethics and chapter trainings; 30 concurrent sessions organized in vision, education, employment, independent living, and exhibitor tracks; and student posters.

The GReAT Conference will also include a FREE-Open to the PUBLIC-Exhibit Hall on Thursday, December 6th only. The exhibit hall will feature 40-50 vendors exhibiting the latest in assistive technology products and services.

Who should attend: People with disabilities, family members, caregivers, educators, therapists, Independent Living and rehabilitation counselors, employers, rehabilitation engineers, college and university students, advocates, and many others.

More info: www.ncrehab.org or www.ncatp.org



Maintain, don't gain this holiday season

This holiday season, stuff the turkey, not yourself! Many North Carolinians gain between one and five pounds each holiday season. While it may not sound like much, most people never manage to lose these extra pounds.

Instead of piling on the pounds, North Carolinians are invited to join the seventh annual *Eat Smart, Move More...Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this free six-week challenge provides participants with tips, tricks and ideas to help maintain your weight throughout the holiday season. The challenge will begin Nov. 19 and run through Dec. 31.

How to join:

- Sign-up at www.MyEatSmart-MoveMore.com.
- Click on the Holiday Challenge then click 'Join Now' and enter your email address.
- All participant information is kept confidential.

Once you join you will receive:

- A calorie counter, a food log and an activity log to track your progress.
- A chance to receive bonus healthy holiday recipes and a shopping list if you sign up early and complete the pre-survey.



- Six free weekly emailed newsletters with tips to
 - Manage holiday stress
 - Fit physical activity into your day
 - Cook quick and healthy meals

In 2011, more than 3,000 people from 95 North Carolina counties took part of the challenge, and over half were first time participants. At the end of the program, 89 percent reported maintaining their weight.

The *Eat Smart, Move More...Maintain, don't gain! Holiday Challenge* is a part of the Eat Smart, Move More NC movement to increase healthy eating and physical activity opportunities wherever North Carolinians live, learn, earn, play and pray. Find out more at www.EatSmartMoveMoreNC.com. ■

Grant to boost early childhood home visits

North Carolina receives \$3.5 million to strengthen early childhood home visiting

The Children and Youth Branch of the Division of Public Health won a \$3.59 million development award from the Health Resources and Services Administration to be used over a two-year period to grow the statewide Maternal, Infant, and Early Childhood Home Visiting Program (MIECHV).

North Carolina's MIECHV is within the Women's and Children's Health Section, in the Children and Youth Branch. The program is a federal funding initiative through the Affordable Care Act, and supports evidence-based home visiting services for families at risk for child abuse or neglect from pregnancy through the child's fifth birthday.

The evidence-based models in this program are designed to improve child health and development, pregnancy outcomes, and parenting skills. The MIECHV program provides funds to health departments and non-profit agencies in seven communities to deliver services to families in the home. It also offers information, education, risk assessment, and parenting support to families at home.

With these funds, the division will hire a nurse-family partnership state nurse consultant to work with communities in eastern North Carolina. Additionally, the division will become a State Affiliate of Healthy Families America and hire a Healthy Families America program consultant. The division will also develop and run two pilot projects in the state:

- 1) a locally informed triage and referral system in three to five communities, which will use a web-based, early childhood program triage and referral system in partnership with North Carolina Community Care Network, and

- 2) an evidence-based "peer champion" program in which high-need counties without evidence-based home visiting programs will receive targeted training, technical assistance, and be linked to other counties as collaborators.

North Carolina's strong state leadership and effective public-private partnerships have laid the groundwork for these expansion efforts. With the addition of the competitive development award, the MIECHV Program will help grow healthy children and strong families across our state. ■

ACCOLADES

A new feature that focuses on accomplishments of our professional staff. Accolades highlights special recognition of DHHS employees and facilities from outside agencies, stakeholders, partners and peer groups. Interested in sending a contribution? See instructions at the end of this column.

- **Martha Are**, manager of the Housing and Homelessness



Martha Are (left), with Theresa Lee, president of the N.C. Housing Coalition. – Photo courtesy of Peter Damroth

Unit in the Division of Aging and Adult Services, received the 2012 Steven Whitesell Professional of the Year Award during an awards luncheon Sept. 28 at the N.C. Annual Housing Conference. The award is presented to recognize significant impact on affordable housing through professional involvement by demonstrating efforts above and beyond normal role or duties as a housing professional.

Are has been with DHHS for nine years. She oversees daily operations of the Targeting Program, the Emergency Solutions Grant Program and the Homelessness Prevention and Rapid Re-Housing Program.

“Martha is passionate about affordable housing and she channels that passion into tangible results,” said Theresa Lee, president of the N.C. Housing coalition as she presented the award. “The bottom line is, just about any time the state has done something right with regard to the housing needs of persons with disabilities or the homeless over the last few years, Martha has been there. She works tirelessly, always adding value, staying true to her principles, and never seeks recognition or reward.”

- **Terry Hatcher**, director of the DHHS Office of Property and Construction, received recognition Oct. 15 from Secretary Al Delia or a Job Well Done



Hatcher

during a division director’s meeting. Delia recognized Hatcher for the multiple projects he has managed over the past year including more recently response to legislative queries regarding proposed consolidation of Raleigh-based DHHS staff and oversight of construction of a new Cherry Hospital.

A few months back, John Price, director of the Office of Rural Health and Community Care, spontaneously recognized Jan Withers, director of the Division of Services for the Deaf and Hard of Hearing, for going “above and beyond” expectations by providing detailed information and links to resources to help Price resolve a challenging situation.”

Building off this spontaneous recognition, Delia authorized the establishment of an award that would be used among the division directors to recognize a job well done by one of their colleagues. He also suggested they replicate a similar simple recognition process within their divisions, if they did not already have a similar program in place.

- **Paul Eklund**, a four-year Division of Vocational Rehabilitation Services employee who provides Assistive Technology services at Wake Forest Baptist Hospital in Winston-Salem, received the Employee of the Year award given by the Winston-Salem Mayor’s Council for Persons with Disabilities. The award was presented last month at a banquet held at Goodwill Industries. Eklund was recommended for the recognition by colleagues who are employed by the hospital.

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ACCOLADES cont. from page 10

- Mary Maas and Rhonda Godwin**, respectively, are the Division of Health Service Regulation's Professional and Administrative Employees of the Year for 2012. The two were honored in Raleigh by Division Director Drexdal Pratt on Oct. 22. Maas works in the Nursing Home Licensure and Certification Section and Godwin works for Radiation Protection Services. Maas provides weeks of training to all new surveyors in the Long-Term Care (LTC) and Acute & Home Care sections and serves as a resources for surveyor staff. She also responds to questions from the Help Desk and provides training for LTC and Home Health providers. Godwin is the X-ray and mammography executive assistant for the Radiology Compliance Branch, serving 15 home-based employees. She processes all incoming and outgoing files, equipment, supplies, directs all technical calls to appropriate staff and schedules federal mammography inspections.
- Caswell Developmental Center staff** volunteered to participate in the Knights of Columbus Tootsie Roll Drive During the weekend of Sept. 15, at the Kinston Wal-Mart. The Tootsie Roll Drive fundraiser is one of the most popular and successful programs conducted by the Knights of Columbus state and local councils for the benefit of people with intellectual disabilities. Since 1975, the Knights has awarded Caswell Developmental Center more than \$350,000 to fund

items that residents benefit from daily.

- Dr. Rebecca King**, chief of the Oral Health Section in the Division of Public Health, received the North Carolina Public Health Association's Watson S. Rankin Award. This award is given to an individual in recognition of her outstanding contributions to public health in North Carolina over a period of several years.
- Betsy Hardin**, public health dental hygienist in the North Carolina Oral Health Section, received the North Carolina Public Health Association, Dental Health Section, Dr. Ernest A. Branch Award. Dr. Branch was the first director of North Carolina's Dental Health Division, currently known as the North Carolina Oral Health Section. It is awarded to a person in North Carolina who has made significant contributions toward maintaining the ideals of Dental Public Health exemplified by Dr. Branch's work.
- Doranna Anderson**, branch head for oral health education and promotion in the North Carolina Oral Health Section, received the first North Carolina Society for Public Health Education (NCSOPHE) All Star Award for recognition of valuable service to NCSOPHE.
- "Tar Heel Tracks,"** the newsletter of the Tar Heel Association of Disability Examiners, won first place in the large chapter division of the



Jennifer Pounds

newsletter competition hosted by the National Association of Disability Examiners

(NADE). The newsletter is edited by Jennifer Pounds. NADE also recognized one of the North Carolina unit's own – **Lisa Hayes** – as NADE Examiner of the Year. Hayes has been at DDS for 11 years and is a Medicaid examiner in Unit 44.

- DDS also won three regional organizational awards, which were presented by Michael Kaess, North Carolina DDS director, on Oct. 10:**

The Deputy Commissioner Citation for the DDS Intake and Closure Team (Processing Center and Mail Room) – **Warren Wilson** (team lead), **Rhonda Bunn, Sally Alston, Donna Baker, McKevia Pickett, Martha Autry, Michelle Coleman, Trudy Foster, Mary Huggins, Lori Johnson, Mary Stokes, Sonya Cloud, Thelma Ellis, Angela Moore, Robert Wall, Nekia McDonald, Kelli Padgett, Claudette Swain, Donna Walters, Torien Giles and Dewey Roberts.**

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ACCOLADES cont. from page 11

Associate Commissioner
Citation to the entire DDS
Executive Management Team –
**Brenda Nance, Clothilda
Brown, Donnie Hayes,
Anthony (Tony) Barnett,
Gay Long, Shannon
Goodson, Lisa Presson,
Stephanie Sanders, Kraig
Schutte and Tracy Gray.**

Associate Commissioner
Citation for Deputy
Administrator – **Brenda
Nance.**

- **DDS also received notice
of Regional Commissioner
Awards, as follows:**

Exceptional Customer Service
Award – **Margaret Cooper**,
hearings officer and **Donna
Gould**, examiner.

Regional Commissioner’s
Citation – **Brenda Bledsoe**,
a recent retiree; **Victoria
Perryman**, professional
relations officer; and **Warren**

Wilson, supervisor of the
processing unit.

Regional Commissioner’s
Citation Team Award –
**Weekend Warriors, Sally
Ferguson** (team leader),
**Karen Allen, Aaron
Harris, Emily Phillips** and
Mark Vickers, all case
consultants, and **Jennifer
Pounds**, supervisor. ■

If you or someone you work with has received special recognition, let us hear about it. We need details of the recognition, and how to reach the employee and the recognizing organization. Send to Jim.Jones@dhhs.nc.gov.



Flu shot time

Have you had your flu shot? It’s that time of year again. Brad Deen from the DHHS Public Affairs Office took the opportunity to receive his last month from Jovanni Epps when Maxim Health Systems provided flu shots at Haywood Gym on the Dix Campus in Raleigh. For more information on flu go to flu.nc.gov.

– Photo by Christie Adams,
DHHS Graphic Arts Unit