SAFETY REMINDER-RAILROAD CROSSING

Never walk, run, play or take pictures on the railroad right-of-way. If you are on or near the tracks, you are trespassing on private property and breaking the law.

If you’re standing on the train tracks, you may not hear or feel an oncoming train in time to get away safely.

Never attempt to outrun an approaching train. It can take a train a mile or more to stop.

Only cross the tracks at designated public crossings. For more safety tips, visit oli.org.

Women’s Health Resources: [https://www.womenshealth.gov/nahw/by-age/your-30s](https://www.womenshealth.gov/nahw/by-age/your-30s)

NC Problem Gambling Program: Alison Drain, Prevention Coordinator
MH, DD, SAS NC Department of Health and Human Services
Office: 919-715-2425 Mobile: 919-800-8492
Fax: 919-508-0960 alison.drain@dhhs.nc.gov

www.lockyourmeds.org/nc If someone you know or love needs help with prescription medication misuse or abuse, please visit the website for information on how you can help them in seeking treatment and recovery.

Are You Ready? Preparing for Emergencies: Tips for Families
Tips for emergency/disaster planning for your family are at [https://www.ready.gov/plan](https://www.ready.gov/plan)

Enriching Life... Enhancing Lives

The Beacon

News of Interest from Daymark Recovery Services

Meaningful Work and Recovery

From the Mental Health America National Organization

Although you will encounter roadblocks and setbacks on the road to recovery, working at something that is meaningful to you can bring you a sense of purpose that will anchor you. Meaningful activity expands your sense of self-worth by adding to your skills and helping you accomplish your personal goals and feel good about yourself. Meaningful activity, which includes school, volunteer work, part-time work and full-time employment, also enables you to meet new people and make friends.

We all need some form of meaningful activity in our lives and a means of supporting ourselves, but having a mental health condition can be an obstacle. Mental health conditions impact different people in various ways. Some people with mental health conditions may never stop working; others find that their condition interrupts their career, and still others may be able to do only limited work. As people recover from a mental health condition, they also face varied challenges in relation to work. Some people with mental health conditions find that they are able, with minor accommodations, to work in the same way they did before. Others may have to re-enter work gradually. And people on disability benefits will need to observe back-to-work rules when employed.

No matter your situation and no matter the hurdles you face, hold on to your goals for yourself and keep striving to incorporate meaningful activity into your life. In the past, people with mental illness were often discouraged from working, but today we understand that work is not only a possibility, but it can also play a vital role in recovery.

It’s true, however, that having a mental health condition can pose some practical barriers to working, such as having breaks in your career, feeling unsure of yourself, or needing to ask for an accommodation such as time for doctors’ appointments. You can figure out strategies to work around these barriers, often with the help of friends, mentors or an employment specialist. Don’t give up!

Find more information about types of work choices at [https://www.mhanational.org/meaningful-work-and-recovery](https://www.mhanational.org/meaningful-work-and-recovery)

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Clients Rights Committee
Your point of view matters to us! If you would like to join the Client Rights Committee, please contact Quality Assurance Director Bonnie Miller at 704-939-1141 or bmiller@daymarkrecovery.org

www.daymarkrecovery.org

If you are a client or guardian of a client, and are interested in learning more about myStrength, please ask about myStrength when you meet with your clinician today.
Daymark Joins the New CCBHC Model

Following notification by SAMHSA on April 30, 2020, Daymark entered the new world of CCBHCs: Certified Community Behavioral Health Clinics.

This begins with federal grant funding of a project focused in Wilkes County titled Improving Access to Behavioral Health In Underserved North Carolina Through Targeted Case Management.

An earlier CCBHC demonstration program established a number of CCBHCs across the United States. These represent a new provider type in Medicaid that is designed to offer a comprehensive range of mental health and substance use disorder services to vulnerable individuals. In return, CCBHCs can receive an enhanced Medicaid reimbursement rate. This enhanced rate is based upon the anticipated costs of providing expanded services to meet the complex needs of individuals with a combination of mental health and/or substance use problems, along with medical vulnerabilities and problems.

“CCBHCs provide a comprehensive collection of services needed to create access, stabilize people in crisis and provide the necessary treatment for those with the most serious, complex mental illnesses and substance use disorders. CCBHCs integrate additional services to ensure an approach to health care that emphasizes recovery, wellness, trauma-informed care and physical-behavioral health Integration.” [National Council for Behavioral Health]

Daymark now joins a number of additional new CCBHCs funded through expansion grants, designed to add capability to organizations like Daymark that already provide a range of services and are in position for full CCBHC certification.

Beyond the importance of qualifying for enhanced Medicaid rates, this program helps Daymark prepare to step in to North Carolina’s Medicaid Transformation plan, and solidify its potential role as a Care Management Agency (CMA). A CMA is one of the foundational components of the upcoming Tailored Plans, which are designed to serve individuals with serious mental health and substance use problems.

Daymark’s CCBHC is headed by Murray Hawkinson, Ph.D., LP, the Program Director, and Christyn Grant, MSW, LCSW, the Alternate Program Director. Murray formerly was the Watauga Center Director, and through he was retiring in March only to be asked to serve in this new role. Christyn is the Wilkes Center Director, and also oversees components of two other federal grant projects, keeping her very busy.

Other staff include Dan Icenhour, MSW, LCSW, a care manager with previous experience in the Watauga ACT team, and Abigail Chetlain, the data specialist for this, and the other two federal grants.

In the background, administrative staff from Billy West down to Sarah Dunagan are performing extra duties to ensure that stringent CCBHC criteria are met, and that Daymark is well prepared for the upcoming challenge of Medicaid Managed Care.

www.daymarkrecovery.org

Enriching Life... Enhancing Lives

NCCARE 360-Building Connections for a Healthier North Carolina

What is NCCARE360?  https://nccare360.org

NCCARE360 is the first statewide network that unites health care and human services organizations with a shared technology that enables a coordinated, community-oriented, person-centered approach for delivering care in North Carolina. NCCARE360 helps providers electronically connect those with identified needs to community resources and allow for feedback and follow up. This solution ensures accountability for services delivered, provides a “no wrong door” approach, closes the loop on every referral made, and reports outcomes of that connection.

NCCARE360 has the power to transform lives and impact communities across North Carolina. Many North Carolinians struggle every day with food insecurity, housing instability, lack of transportation access or other needs. NCCARE360 provides a solution to a fragmented health and human services system by connecting providers across sectors. NCCARE360 supports individuals in communities so they have more opportunities to lead healthy and happy lives.

How does NCCARE360 work? NCCARE360 has multiple components including:

- A robust statewide resource directory powered by NC 2-1-1 that will include a call center with dedicated navigators, a data team verifying resources, and text and chat capabilities.
- A shared technology platform powered by Unite Us that enables health and human services providers to send and receive electronic referrals, seamlessly communicate in real-time, securely share client information, and track outcomes.

Referrals: Self-Referrals (also known as Assistance Request)

Self-referrals can be submitted via a public-facing form on www.nccare360.org. After a person submits the form, a NCCARE360 navigator will follow up to connect them to a community resource. All self-referrals through NCCARE360 require consent, which the person can provide electronically themselves or over the phone with the assistance of an NC 211 navigator. In addition, in late 2019, the NCCARE360 resource directory will be available on nccare360.org, allowing individuals to search for and find the community resources they need anonymously.

Where to find the form to request assistance: https://nccare360.org/request-assistance/

Assistance Request Form

If you are experiencing an urgent need related to COVID-19, dial 2-1-1 or 888-892-1162 (available 24 hours a day 7 days a week) to contact NC 2-1-1 by United Way of North Carolina for assistance.

If you experience an urgent need unrelated to COVID-19 and you would like to be connected to services near you, please complete the form located at https://nccare360.org/request-assistance/ and an NCCARE360 Navigator from NC 2-1-1 will contact you.

The information you enter is completely confidential and will only be shared in order to connect you to services.