

Psychosocial Rehabilitation (PSR)

In late June of this year, Daymark Recovery Services added two more Psychosocial Rehabilitation Programs, (PSRs), to the agency.

Club Insight serves Chatham County in Pittsboro, NC while **Club Creative**, located in Roxboro, NC, serves Person County residents.

Both programs meet in houses in the community and offer skill building groups and activities for adults who are diagnosed with severe mental illnesses.

The programs operate Monday-Friday and each day, members and staff work closely together to learn new skills, build self-confidence, and gain a greater sense of independence and pride.

PSR members work alongside skilled, dedicated, and caring staff. With the endless encouragement of staff and other fellow members, each individual has the opportunity to confidently work towards building a strong future.

Transportation is arranged for most of the people who attend the programs and lunch is prepared and served on site by members at the program. Activities occur both at the program sites and in the community.

For more information, please contact Kathy Cole for Chatham County at 919-542-0107 or Amy Landreville for Person County at 336-721-5752.

* **Women's Health Resources** <https://www.womenshealth.gov/nwhw/by-age/your-30s>

* **NC Problem Gambling Program** Alison Drain **NC Problem Gambling Program 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**

1. Be Informed 2. Make a plan 3. Build a Kit 4. Get Involved. Tips for emergency/disaster planning for your family are at http://www.familyvoices.org/admin/miscdocs/files/EmergencyDisasterPlanning_FamilyHandout.pdf

September

National Recovery Month

National Traumatic Brain Injury Awareness Month

Pain Awareness Month

October

Domestic Violence Awareness Month

National Bullying Prevention Month

ADHD Awareness Month

November

American Diabetes Month

Lung Cancer Awareness Month

National Family Caregivers Month

Health Awareness Calendar

December

Safe Toys and Celebrations Month

National Stress Free Family Holidays Month

National Impaired Driving Prevention Month

Jan 2020

Mental Wellness Month

National Mentoring Month

National Blood Donor Month

Feb 2020

American Heart Month

African American History Month

Teen Dating Violence Awareness and Prevention

A few "Take it with you Apps"

DBT 911 <http://www.dbtselfhelp.com>

quitSTART™ is a free app made for teens who want to quit smoking, but adults can use it too

<https://smokefree.gov/tools-tips/apps/quitstart>

Mission Statement

To inspire and empower people to see and maintain recovery and health.

We hope this publication proves useful and we invite your thoughts regarding its content, format, and distribution.

Please contact Quality Assurance Director Bonnie Miller (bmiller@daymarkrecovery.org) for comments and suggestions, or to request topics for future issues.



Enriching Life... Enhancing Lives

Volume 12, Issue 2 Sep 2019

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"TAKE IT WITH YOU "



myStrength.com
The health club for your mind.™

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



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

The Beacon

News of Interest from Daymark Recovery Services

myStrength

myStrength, welcoming new growth and potential – for *you* and in the world around you!

DAYMARK is excited to share with you the FREE opportunity to sign up for **myStrength**, an online program you can use to exercise your mind, inspire your spirit, and empower your overall health and mental wellness.

Why myStrength?

By signing up for myStrength, you get access to online support and self-help available whenever you want!

It's Personal – your myStrength experience is based on *your* profile and wellness, delivering quotes, eLearning and daily motivational videos - customized for you.

It's Proven – articles, quizzes, videos, and quick tips share evidence-based resources to strengthen the whole you - mind, body and spirit.

It's Private – available 24/7 from the privacy of your home –or smartphone, if you're on the go- the supportive environment is always there, confidential and secure.

Ever need help unwinding after a long day? myStrength shares short articles like *5-Minute Stress Solutions* (hint: wind down, write it out, feel gratitude, take a mental holiday)

Modules

- ◆ Youth Learning module (13-17 years of age)
- ◆ Chronic Pain Module
- ◆ Mindfulness
- ◆ Acceptance and Commitment Therapy (ACT)
- ◆ Dialectic Behavioral Therapy Module
- ◆ Anxiety
- ◆ Depression
- ◆ Drug and Alcohol Addiction

The modules allow you to complete worksheets from evidence based practices. These resources can offer you help between therapy sessions. Log in and give some a try!

Ask your provider how you can get access to myStrength today! My strength is available to all Daymark clients

New Patient Portal

We have a new Patient Portal called NextMD.

NextMD is a secure, online portal that allows you to view

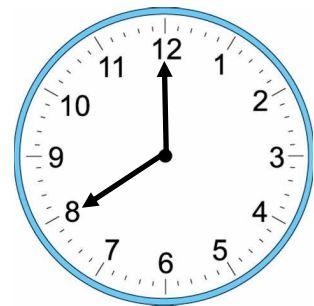
- ✓ your personal health record
- ✓ medications
- ✓ test results
- ✓ appointments

You can access the Patient Portal from your mobile phone or computer.



If you previously had a patient portal account with our old portal, myHealthPointe, you will need to create a new account with NextMD to continue to see your health information.

To sign up, please see the staff at the front desk of your Daymark office.



New Hours of Operations

Effective September 15, 2019

Union, Cabarrus, Davidson, Stanly & Rowan

Close early on Friday. 8am-5pm

NC Medicaid Managed Care-a new way to get Medicaid health care

There is a new way to get Medicaid health care services-through health plans.

You will be able to choose the health plan that is best for you.

- A health plan is a group of doctors, hospitals and other providers. They work together to give you the health care you need.

Everything will come from the same plan. This includes:

- physical health
- mental health
- medicine
- Some health plans provide added services like programs to help you quit smoking.

You will also choose a primary care provider (PCP). A PCP could be your family doctor, clinic or other health care provider. They will help you with your health care needs.

Most people receiving Medicaid must choose a health plan. To learn more, go to

<https://ncmedicaidplans.gov>. From there you can:

Learn about NC Medicaid Managed Care:

- Who must choose a health plan
- Benefits and Services
- Get answers to help you understand your PCP and health plan choices

Choose Find Primary Care Providers (PCP) and compare health plans:

- Find a Provider (PCP)
- Tips for choosing a PCP
- Compare Plans
- Tips for choosing a health plan

Enroll Choose a primary care provider and join a health plan through one of the following:

- Online
- Mobile App
- Phone
- Mail or Fax

Source: NCDHHS NC Medicaid Division of Health Benefits <https://ncmedicaidplans.gov>