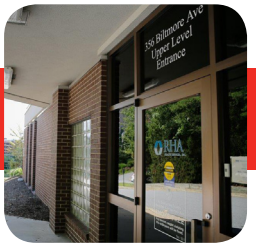
RHA

AUGUST 2015

DEFINING QUALITY & SETTING THE PACE FOR EXCELLENCE IN HEALTHCARE

C3356 COMPREHENSIVE CARE CENTER



An Integrated Approach to Recovery

RHA and its community partners are proud to announce a new comprehensive care facility for mental health and addiction services in Asheville. The C3@356 center, located at 356 Biltmore Ave. next to Mission Hospital, is now open to serve residents of 23 counties in Western North Carolina. The innovative C3@356 center is the result of a nearly $2 million grant awarded by the NC Dept. of Health & Human Services to a partnership of several organizations headed by Smoky Mountain Center, the managed care entity that oversees services for behavioral health and developmental disabilities in many Western NC counties. The aim of C3@356 is to enhance the effectiveness of mental health/substance use treatment through offering a more integrated "one-stop" arrangement of services, providing several levels of care in one facility. Instead of individuals bouncing from one place to another depending on their treatment needs and possibly ending up in the hospital emergency department when in crisis, C3@356 will offer crisis services, extensive outpatient care, medication management and support services all in one convenient location.

This new, more streamlined approach is well aligned with the goals of the NC DHHS' Crisis Solutions Initiative, which seeks to decrease reliance on hospital emergency rooms when individuals with mental health needs/addiction disorders experience crisis situations.

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For the latest news visit:
rhahowell.org
rhabehavioralhealth.org
rhahealthservices.org

Services at a glance

C3356 COMPREHENSIVE CARE CENTER

For more information:
Phone 828.254.2700
Fax 828.254.1524

- C3@356 currently offers adult outpatient and crisis services for children
- Will become a full service behavioral health center by 2016
- Mobile Crisis Services (MCM) will be provided
- 24-hour urgent care unit for mental health and substance use treatment
- Facility based crisis (FBC) services provided
- Onsite community pharmacy services provided by A.B.C.C.M
- Certified Peer Support Specialists serving as mentors in the community
- Further support services provided by the National Alliance on Mental Health

ABLE ACT Receives Overwhelming Bipartisan Support in NC

The final bill, filed as Senate bill 367 as the "ABLE Act for NC", is one of the most progressive and practical pieces of legislation to come through the NC General Assembly for people who live with disabilities, in recent history.

The bill was first passed with overwhelming bi-partisan leadership in the US Congress and was shepherded by our own Senator Richard Burr. It paved the way for states to set up financial vehicles called 529A tax-favored Qualified ABLE Accounts. It allows people with disabilities and their families and loved ones to save money for the necessities of life without the threat of losing a person's Medicaid benefit.

The ABLE ACT, Achieving a Better Life Experience Trust Fund, provides tools that strengthen opportunities for "personal economic development and long-term financial planning." To be eligible as a beneficiary, a person must have documentation that ensures that Certification has been made to the satisfaction of the Secretary of the Treasury of the United States by the person, parent, or guardian that the "beneficiary" has a medically determinable physical or mental impairment that (i) results in marked and severe functional limitations and can be expected to result in death or (ii) has lasted or can be expected to last for a continuous period of not less than 12 months.

The "beneficiary's" disability certification has been filed with the Secretary of the Treasury of the United States for the taxable year. Contributors to the account can include parents, guardians, and other members of the person's immediate family, including stepbrothers or stepsisters.

Once eligible, an account may be established for any qualified disability expenses. Qualified disability expenses may include: education, housing, transportation, employment training and support, assistive technology and personal support services, health, prevention and wellness, financial management and administrative services, legal fees, expenses for oversight and monitoring, funeral and burial expenses, and other expenses expressly approved by the Secretary of the Treasury.

An account owner or contributor may establish an account by making an initial contribution to the ABLE Trust Fund, signing an application form approved by the State Treasurer, and naming the designated beneficiary. Contributions to the account cannot exceed (i) maximum contribution limits applicable to program accounts in accordance with the Achieving a Better Life Experience Program ($14,000/ year but assets above $100,000 will count as resources under SSI). An approved beneficiary can only benefit from one such account.

l-r: Maria David with twin Nichole; Maria recieves CAP/C services

Q How soon will ABLE Accounts be available?

A NC's law is expected to be in place with qualified plans in place by the end of 2015.

Q Who can contribute to an ABLE account?

A Any person, such as a family member, friend, or the person with a disability, may contribute for an eligible beneficiary.

Q What is the maximum annual contribution?

A The account may not receive annual contributions exceeding the annual gift tax exemption ($14,000 in 2015)

To learn more about the ABLE ACT, please visit www.ndss.org or www.disabilityscoop.com for details.

Congratulations to our 2015 RHA Howell Awards Banquet Winners

Casey Robinson
Case Manager of the Year

Innovation Team Award
Clear Creek Advisory Committee

Krystal Ragland
Innovation Award

Project Search Team
Innovation Service Line Award

Juli Lawrence
Employment Specialist of the Year

Wilhemina Lynch
Power of a Simple Dream Award

Walnut Creek Wellness
Team Quality Award

Lester Timmons
Team Quality Award

Cap/C
Service Line of the Year

Tar River
Facility of the Year

Lakeview
Group Home
of the Year

Foxrun
Group Home
of the Year

Alexus Stinson

DSP of the Year
Western Region

Clear Creek
Charlotte,NC

Toni Richards

DSP of the Year
Eastern Region

Walnut Creek
Goldsboro,NC

The Chris Schlaeppi Commitment to Excellence

Amanda Conrad

Tar River
Greenville,NC

The William B Cromer Medical Excellence Award

Dawn Murphy

Bear Creek
LaGrange, NC

Volunteers of the Year

Mrs. Debbie Huffman

Mr. Mark Dail

Floor tile mosaic at the Recovery Education Center

Window overlooking the garden in the REC.

RHA High Point
Wellness & Recovery Center
211 S. Centennial St.
High Point, NC 27260
Phone: 336-899-1505

RHA Walk-in Crisis Center in High Point Becomes Wellness & Recovery Center

The RHA High Point Walk-in Crisis Center is expanding its focus beyond crisis-centered services to overall wellness and holistic care. The location is now called the High Point Wellness & Recovery Center. Much of this new focus is built around the High Point location's Recovery Education Center (REC) which provides education, compassion and empowerment to individuals with mental health needs and/or substance use challenges. The REC already provides creative outlets for people in recovery, encouraging individuals to submit artwork, poems and other creative writing for inclusion in the new REC newsletter.

In addition to the outpatient support, crisis services and care coordination already offered through the High Point Center and its REC, the High Point Wellness & Recovery Center now offers aerobics classes, "H.I.P.P" training, and a new program called "Steps to a Healthier Life". The H.I.P.P. program, developed in partnership with Centerpoint Human Services, helps people with mental health and/or substance use challenges set and achieve goals which will improve their overall health and wellness. Participants are encouraged to talk regularly to their medical providers and behavioral health supports about steps they can take to improve their health status. Additional leadership and support in H.I.P.P is offered through Peer Support Specialists, individuals who have been successful in their own recovery efforts and, after receiving intensive training and certification, become mentors to others in recovery. "Steps to A Healthier Life" is an educational and therapeutic group to inform individuals about the signs and symptoms of chronic conditions such as hypertension, heart disease, obesity and diabetes. Information on both prevention and treatment is provided with an emphasis on empowering individuals to make healthy choices.

NCDHHS Announces RHA has been selected as a Dartmouth Research Provider for IPS/SE

Raleigh NC

The NC Department of Health and Human Services has announced that RHA has been selected to participate in North Carolina's Dartmouth IPS Supported Employment Initiative as one of five Dartmouth Research Sites in North Carolina.
We were selected by a committee, comprised of staff from DMHDDSAS, DVRS, and Dartmouth for our strengths around recovery, employment and behavioral health integration, and commitment to evidence-based practices.

We look forward to IPS leadership meetings with our local LME-MCO's and VR offices. As an IPS Supported Employment research site, we will receive on-site coaching from the State IPS Trainer and on-going technical assistance and fidelity. This is a two year collaboration with RHA and Dartmouth's Psychiatric Research Center.

For More information about North Carolina's Dartmouth IPS/SE contact: Tara Alley MA, tara.alley@dhhs.nc.gov.

For More information about RHA Employment Services contact: Tommy Cox, tcox@rhanet.org or Renee Bowie, rbowie@rhanet.org

A national initiative at the Institute on Disability/UCED, University of New Hampshire

New Bern NC

The Center for START Services is pleased to announce that NC START East is the second Certified START Program in the United States. START Program Certification demonstrates that the Program has maintained fidelity to the mission and values of START. This has been verified through the use and mastery of evidence informed positive practices and systems linkage approaches. The Program Certification process is rigorous and requires teams to demonstrate fidelity to the START Model in a number of ways. Teams must demonstrate START competencies through random record reviews, in-depth review of the program's data and outcomes, the demonstration of important elements of the START program including the CET. A systematic review of the START Resource Center is also conducted including observations of the Center and environmental screenings.
Congratulations to all members of the NC START East team for your success!

RHA awarded Home Care License

Raleigh, NC

RHA Home Care will provide registered nurses (RNs) and licensed practical nurses (LPNs) to care for medically needy patients in their homes. To qualify, patients may need services such as tracheostomy or ventilator care, and may or may not be intellectually/developmentally disabled. RHA Home Care will differentiate itself from other home care providers through our highly person-centered processes and diligent attention to the entire spectrum of the client's medical needs.

RHA appreciates all the dedicated hours that Jennifer Brest, RHA's Clinical Manager, coordinated with the Division of Health Services Regulation to meet the requirements for licensure. Now the process for accreditation through the ACHC (Accreditation Commission for Health Care) begins. We are excited and looking forward to serving North Carolina citizens in their own homes as private duty nurses.

For more information contact: Jennifer Brest, jennifer.brest@rhanet.org

Food Lion is named Large Business Employer of the Year

l-r Gary Harmon Raleigh Food Lion, Monika Laprad, Employment Services, Paul Goodnight, Cary Food Lion

Raleigh NC.
Food Lion was named the Large Business Employer of the Year at the RHA Howell Awards Banquet 2015. Here are some of the highlights of this partnership:
* 55 job placements statewide in the last 2 years
* 41 of the 55 job placements were in Wake County alone
* Gary Harmon, Store Manager in Raleigh, has helped build the relationship with RHA Howell and Food Lion and has 4 consumers successfully employed at his store.
* We look forward to continuing to build our partnership !

Hungry Howie's is named Small Business Employer of the Year

l-r, Samantha Smith, Robert Barnes, Dan Satut

Hungry Howies was named The Small Business Employer of the Year at the RHA Howell Awards Banquet 2015. Accepting were Dan Satut, Owner of Hungry Howies, Robert Barnes, a standout employee, and and manager Samantha Smith. Together, RHA Employment Services and Hungry Howie's, created a position for Robert making pizza boxes. Now affectionately referred to as "The Professional Boxer" by all the staff, Robert has been employed for almost 4 ½ years and is an integral part of the team. Great job Robert!!
Because of Robert's great success, a job opportunity was created for another consumer at the Cary Hungry Howie's location.

"Healthy Plants, Healthy People, Healthy Communities."

-Extension Master Gardeners

"With the garden, you're living in a place and learning about the community and building a community, and a stable environment."

-Journal of Therapeutic Horticulture

Although gardening is an exciting and engaging activity for all children, the opportunities for hands-on learning through exploration, experimentation and nurturing can be especially beneficial for children with special needs.

-KidsGardening.org

Community Garden
"Who's hungry for some fresh veggies?"

RHA Health Services
Milledgeville, Georgia

Written by: Cassie Taylor
Program Manager

RHA Milledgeville's Community Access Program is proud to present this year's garden filled with squash, tomatoes, cucumbers, okra, and herbs. This is our third year planting a garden as members of the Harrisburg Community Garden (CAG), and we feel this is our best yet. Each week our CAG Program, with Coordinator, Perry Harper, work hard to weed, water, and pick the vegetables that have been growing since early spring from seeds. They take the vegetables home to cook, and especially enjoy tomato sandwiches on hot Summer days; but the way our garden is overflowing this year it looks like we will have enough to share with everyone!

Our gardening team!

Danny D. with a squash

Anson Children's Center

RHA Howell
Polkton, North Carolina

The toddler classes planted flower and vegetable gardens this year as part of a program to promote healthy eating and physical activity. They have been excited to watch squash and sunflower plants grow.

The squash was picked and served to all the children at lunch, which they really enjoyed!

The squash was yummy!

How does my garden grow?

The Toddler Classes are proud of their sunflowers!

-Submitted by Ginny Johnson, Administrator

Anson Children's Center is a five-star licensed developmental day center providing inclusive services to all children with and without special needs.

383 Cotton Street Polkton, NC 28138 Phone 704-272-7076

"In The Harbor the addict is a large feather-covered serpent. This type of legless winged dragon is covered with hope, a chance, a future, love, freedom, peace, a new life… as well as the traditional scales."

- Poem written by a client during group.

The Harbor Creates Innovative Techniques During Crisis Stabilization

There have been some exciting new programming changes at The Harbor in the Wilmington office! The Harbor, a sixteen bed facility for crisis stabilization and drug and alcohol detox in Wilmington, has been helping people during their most vulnerable times…which is often uncomfortable and a painful process.

The Harbor staff wanted to remind our folks that fun and relaxation is not only a vital piece of a successful recovery but it is possible even in the hardest of times. So, in the last two months the team at The Harbor have been working very hard creating a recreation and leisure group for our clients who are receiving services at our in-patient unit.

The nurses, rehab techs, and social worker have come together to provide a number of different activities twice a week for the clients including painting with water colors, mandalas, guided meditations, games, books, magazines, crosswords, Sudoku, and origami. The clients have been able to utilize these activities to learn relaxation techniques and to learn that they can have fun in sobriety. This has been hugely beneficial to the people we support. One client shared, "I haven't gotten to laugh playing cards sober in a long, long time!"

2023-1 South 17th St. Wilmington, NC 28401 Phone: (910) 632-2191

The Harbor is a Facility-Based Crisis Center (FBC) RHA operates two of these centers - the Harbor in Wilmington and the Neil Dobbins Center in Asheville.

River Bend New Bern, NC

1

Our team rocks!

THE EPIPHANY SCHOOL
Uncovering Gifts for the Journey

Twenty Seven seniors from the Epiphany School of Global Studies, worked with us at River Bend throughout the month of May, engaging in everyday life with people we support; eating meals together, taking field trips, making crafts, and just plain having early summer fun!

River Bend is home to 125 people in New Bern, NC
140 Pirates Road River Bend, NC 252-638-6519

Nevins Road Group Homes in Charlotte, NC

2

Our team rocks!

-Had a 2015 deficiency-free state survey
-Received A's in home in-spections
-Had 2 people graduate from East Mecklenburg High

Samuel & Susanna

RHA Health Services Cinical Team in Creedmoor, NC

3

Our team rocks!

-Recently participated in a 7 Habits Training project
-Brought their own spin to the project, with Power Point presentations, role playing, and community involvement.

Kelly's Remarkable Journey

Far left: Kelly and her NCSU support team; Left: Kelly before the accident in 2011

Kelly Blanton, a 21 year old sophmore at NCSU, is like any college student, just with a few more challenges. A month after graduating high school she was doing what she loved since she was a little girl, riding her horse in a rodeo competition. Unfortunately, her horse bucked her, leaving her with a severe spinal cord injury. She entered inpatient rehabilitation for several months at the Shepherd Center, located in Atlanta, Georgia. " I went from the golden girl who had everything to.... what do I do now?" says Kelly. She always knew that she wanted to go back to school, but it came with more obstacles and challenges than she had imagined.

With the help of CAP/C, a community alternative program for children, Kelly was able to get supports she needed to attend college. RHA Howell Case Manager, Casey Robinson says "It was a big thing for us and for her that she was the boss in determining her goals. Casey coordinated multiple services including 24 hour nursing, VR/IL (vocational rehab and independent living), specialized equipment services, and therapy. Home modifications were completed so that Kelly had an appropriate adapted place to live on campus. Casey also worked with with the NCSU Disability Services office and Associate Director Sabina Vermeulenon to facilitate equal access adaptive technology and accomodation for courses and academic programs.

Kelly's journey continues, but she has made the transition to a college student with an excellent grade point average. Animal Science Department Professor Shweta Trivedi said, "teaching Kelly was a joy and she is in the top 10% of her class."

"I still have my voice, my brain, and my mind. They were not taken away from me. and it's the only independence I have. CAP/C opened up huge doors for me" says Kelly. "My goal was their goal, and they want you to have the world."

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Comments or Questions?

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Kelly riding in a rodeo competition

Kelly and buds in rehab

Kelly with a friend

Kelly and Casey accepting the "Power of a Simple Dream Award". back l-r Mrs. Blanton, John Gibbons