**Adult Services Committee Meeting 12/13/2023**

**Committee Co-Chairs:** Samantha Hurd, Tracie McMillan, Micah Ennis, Felissa Ferrell

**Attendees in person:** Christine M Dowdell, Ashley Lantz, Laurie Potter, Wes Stewart, Kathy Ford, Melanie Corprew, Patrick Benancourt

**Attendees online:**

1. **Welcome and Approval of November 2023 minutes-Motion-Geoff Marret, Tamara**
2. **Advocacy, Telling the Story for Older and Disabled Adults-Geoff Marret, Advocacy Committee and Felissa Ferrell, Adult Services Committee**
* Programs and oversight is influenced by our legislators.
* Work with your supervisors, managers and directors to identify needs and concerns; then work with them to build relationships with local representatives.
* NC is ranked 8th in the nation for population of people over 65; this population will be growing, which means services and funding need to grow with it.
* Advocacy has been working; we’ve seen changes that have been impactful.
* Remember, you’re the experts; you’re the voice for a vulnerable person who may not be able to voice their needs.
* Important to have you review proposed legislation and give input on what you think; send your concerns to the adult services committee cochairs or your director
* When advocating, make sure your information is relevant, data is correct, make sure your concise.
* Have a plan-how will you present their information, what is your goal, what is the need, and what do you recommend? Whatever it is, remember cost matters and there has to be balance.
* A story can be very impactful-utilizing a story to frame the issue gets their attention and can be persuasive.
* Short session starts in January; do your homework, plan and remember, always thank them for their plan.
1. **Wellness and Self- care: Finding your Oxygen Mask-Eric Kilmer with Sandhills Center**
* Shake off exercise. Shaking off your stress is a natural way to help your
* Self-Reflection-Where are you now; where do you want to get to? Do activities that revive or put a new spin on how you feel about your work.
* Self-care is wellness; it is not being self-indulgent; it is a journey and wellness is the destination. It’s getting the best of you versus what is left of you.
* Stress response: Stress is our systems way of responding to any kind of demand. It can be positive and negative. Overtime, Stress can be debilitating over time. Stress-headaches, negativity, chest pain, lack of sleep, etc.
* Skill one-how positive emotions can improve stress response. Do’s and Don’ts: Do find meaning and deal with the stress. Don’t constantly obsess or use alcohol/food to deal with stress.
* What’s on your plate? Be careful watching the news; don’t listen to it all day. Carve out times. Remember, Golf balls, pebbles and sand-how do you break up what’s on your plate?
* Oxygen Mask Metaphor-if you run out of oxygen, you can’t help others get their oxygen.
* 8 Dimension of wellness
* Compassion Fatigue/Secondary Trauma; vicarious trauma.
* Warning signs: Hypervigilance, taking on too much when you don’t have strong boundaries; avoidance-shutting down and disconnecting; inability to empathized, chronic exhaustion, anger and cynicism, feelings of professional inadequacy, substance use/additions
* Prevention and treatment of compassion fatigue: Educate yourself, practice self-care, engage in outside hobbies, cultivate health friendships outside of work; keep a journal, boost resilience, use positive coping strategies, identify workplace strategies, seek professional help if heeded. Sitting around complaining with coworkers is not a healthy outlet. Eg. Stopped listening to the news in the morning in an effort to have a more positive approach to your day. Look at the Self care BINGO-good tool.
* Skill Two: Relaxation Techniques-Belly Breathing, Progressive Muscle relaxation and utilizing Tai-hi.
* Skill Three-Setting personal boundaries. Identify that you need to set boundaries and what they are; think about how and when to set the boundary and step three, stick to the boundaries you set. You are not responsible for someone else’s happiness.
* Challenges in Practicing Self-Care: Lack of time, feeling guilty and selfishness, not understanding how to practice self-care, perfectionism, not setting boundaries, people pleasing and believing you don’t need or deserve self-care.
* Maladaptive Coping Skills-feelings of anxiety, panic and extreme stress. Short term relief-daydreaming can help. But the following are maladaptive coping skills: Substance use, rumination, blaming and self-blaming, behavioral disengagement, risk taking behavior, avoidance, detachment, self-sabotage.
* Create a self-care plan, it may include a manifesto or Create a playlist.

**Partner Updates:**

ACLS Tamara Talbot: Remind everyone we have finalized our 2024 training calendar-sent out about 2 weeks ago. Encourage staff to sign up and get those on your calendars. We are doing audits on the data; we’ll be sending out correspondence to the supervisors and AHS for the mandated trainings for basic and complaint trainings. Then you need to complete 24 hours of post basic training, go ahead and get that complete as it is not being waived any more due to the COVID 19 pandemic Just reach out to ACLS supervisor/coordinator to schedule it.

Basic orientation – At New Hanover co DSS in January. The training is open, opened on December 5 and closes on January 6.

WE are still looking for Information Dispute Resolution panel members-open to AHS and Supervisors; we need at least 2 more members. They have to sign a disclosure statement and a privacy/confidential agreement. Please reach out to Tamara if you’d like more information.

**DAAS-**No one from DAAS for partner update

**DMH**-No report. Lisa Jackson sent updates after the meeting; see the following information:

Side by Side Meetings:

* + Join us each month to learn about policies and programs that affect the MH/IDD/SU/TBI community. The goal of this webinar is to bring everyone together in one (virtual) place. This group includes consumers, families, advisory groups, LME/MCOs, community members, and partner organizations.

* + Side by side, we will work together to better understand and improve our system. We will listen closely to one another, and we will share ideas for public policy that will improve lives in NC.
	+ These meetings take the place of the previously held Consumer and Provider Meetings that were held monthly by DMHDDSUS and DHB.
	+ Here is the link for registering for the upcoming January meeting (January 8, 2024 at 2:00 pm) and all following meetings: [**https://www.zoomgov.com/meeting/register/vJIsduusrTsuEr3MP1SHj7smx4OysoTELcE#/registration**](https://www.zoomgov.com/meeting/register/vJIsduusrTsuEr3MP1SHj7smx4OysoTELcE#/registration)

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| **Medicaid Expansion Launched December 1st:** Governor Roy Cooper and North Carolina Department of Health and Human Services Secretary Kody H. Kinsley celebrated the launch of Medicaid expansion, extending health care coverage to more than 600,000 newly eligible North Carolinians through NC Medicaid. Of those individuals, 300,000 North Carolinians were receiving limited Medicaid Family Planning benefits and have been automatically enrolled to receive full health care coverage through NC Medicaid.Medicaid expansion will cover people ages 19 through 64 years with higher incomes, closing the coverage gap for North Carolinians. For example, expansion gives health care coverage to single individuals making under $20,000 a year. Likewise, a family of three earning less than $34,000 combined is now eligible.

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| **New Performance Dashboard for the 988 Suicide and Crisis Lifeline** |

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| The North Carolina Department of Health and Human Services has launched a [performance dashboard](https://r20.rs6.net/tn.jsp?f=001THc5T5-zJtY8VWPwNjl1ib2i6w4vlNsFeu8qXpkfB67ycRi3gzXFePmcIdRKtwEKyQX8kWQJrfT1uGiQHRi3U4f7LKOEWH6utRRRA58e4ciP7j_cNlJirAabwEpchabX2zRoBtwFtmFJNl7hvL009IaqH8kczW5_EF4qFyj8bdePnpukp_PiWRRGIk-VO46O-KgebjJBS4PSNQkVVHDkXg0ao0jx15QFKDe-xncDQQJ0EiDWnXy99Qkbc9RECQmxsBpE4g6Q-x8eB162RKfSzdhCEVHtF_S9pa15rtQT_akeWlsSM4EjOv7gFRPIdSwRtoVnPqhoLNSMfYa_pdEeBq7CV-m96hy7&c=Z20B-azH9kE0kO25VXbs_raXAQ-qoluZzv6_8syp7pbP3WVukrijkg==&ch=52VEmxPo9_T3cUi8KoBUcvmAOadMX-wfEm5U6P2b1YQm6GMjLZOuag==) for the 988 Suicide and Crisis Lifeline to highlight how the suicide and crisis lifeline is being used in North Carolina; here’s the link: **https://dashboards.ncdhhs.gov/t/DMHDDSAS/views/988PerformanceDashboard112022thru102023\_17002346658920/988Dashboard?%3Aembed=y&%3AisGuestRedirectFromVizportal=y** The [988 Suicide and Crisis Lifeline](https://r20.rs6.net/tn.jsp?f=001THc5T5-zJtY8VWPwNjl1ib2i6w4vlNsFeu8qXpkfB67ycRi3gzXFePmcIdRKtwEKGNpwChSjCOWRkD83qGijOqIvRT6Z0Q8RrN1iSWOzUU912f8Azl8diFki29Cmsvf4pRbF6MQI_EiPkLtbQ8YeJQ==&c=Z20B-azH9kE0kO25VXbs_raXAQ-qoluZzv6_8syp7pbP3WVukrijkg==&ch=52VEmxPo9_T3cUi8KoBUcvmAOadMX-wfEm5U6P2b1YQm6GMjLZOuag==) (link: **https://988lifeline.org/**) connects North Carolinians via call, chat or text to a trained crisis counselor who will listen, offer support and provide community resources 24 hours a day, 7 days a week. 988 is a state-federal partnership between NCDHHS and the U.S. Substance Abuse and Mental Health Service Administration. It was implemented [nationwide in July of 2022](https://r20.rs6.net/tn.jsp?f=001THc5T5-zJtY8VWPwNjl1ib2i6w4vlNsFeu8qXpkfB67ycRi3gzXFePmcIdRKtwEKwV02prJupwgQ4JUPsLAKo4aLjpiMvA9xrOmi8-L_uT6EFojknHVb4YXPzMoVIMow9_Un0JAckTbd_1bTBGStOlI_30p5fDhdLhOSwkLvO_dghdy7ZXZKVPP4YGUJRBDr5PqAhSWjwYyCDI-z7VJRtRF8Cb9hFVRzqNnb9qiC-mq1RpBN-DW56LTvvRiWG7l-nQU82TFiIlscLxFnhEUthsvZFAIlXoiW&c=Z20B-azH9kE0kO25VXbs_raXAQ-qoluZzv6_8syp7pbP3WVukrijkg==&ch=52VEmxPo9_T3cUi8KoBUcvmAOadMX-wfEm5U6P2b1YQm6GMjLZOuag==).

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| **988 Resources** |

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| The 988 Partner Toolkit is a one-stop shop for social media, video, print, radio, FAQs, messaging, and other marketing materials for anyone to use to promote awareness of 988. Two new videos focus on teaching people about signs that may indicate someone is struggling with mental health, such as changes in behavior, sleeping too much or too little, increased drug and alcohol use, severe emotional pain, and more. Knowing the six steps to create a safety plan can demystify the process for people in need. This [video](https://r20.rs6.net/tn.jsp?f=001THc5T5-zJtY8VWPwNjl1ib2i6w4vlNsFeu8qXpkfB67ycRi3gzXFeBdOLr8L1vCsJyGK0xx9WFHHicz9Bmfm9L0BirnbV_El57S0rPqjHZgNy5rYWUkXOBwOJZApqA7Lk66xyQUT8wXAYqXRKWSo7ouj5isyn3_KZPXOkFkQ3NOxoK2Ci8FEn_1DyvoS3dz4X_ne5QzosX0MqMHSiNM1mn2vvltoGqMPyq734sEi8jTWE5UdGNkaNYXPsAAwFe1hfPGltTcHprU-j3BIemeuD64Tu3nceeFol4k--K3J3uKGXvSx9EM8NfBis5E7iPlG9uB4SUMjS1taHzF7-xzsXstk6IXcRYcXYOkLodgkQYTJpntglTmjns3l8qIZ2yt5NIMWX9ew4UciHY69V0RFmfq1KqxnnKqWfOLI34SLJ4TjW4GIVoy0LVNvaAVA-vVVlwOW8iAYW_cG9_b4xkd1hOlLpwRHpnv2ZedWT9qMl65v1jSDkGPW7dQFOcKcfI_K&c=Z20B-azH9kE0kO25VXbs_raXAQ-qoluZzv6_8syp7pbP3WVukrijkg==&ch=52VEmxPo9_T3cUi8KoBUcvmAOadMX-wfEm5U6P2b1YQm6GMjLZOuag==) (link to all videos: **https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables?utm\_source=SAMHSA&utm\_campaign=efc0ef4a21-EMAIL\_CAMPAIGN\_2023\_11\_28\_03\_36&utm\_medium=email&utm\_term=0\_-efc0ef4a21-%5BLIST\_EMAIL\_ID%5D#:~:text=Build%20A%20Safety%20Plan%3A%20Video**) walks through the safety plan steps so that people identify warning signs of crisis, coping strategies, and trusted resources. There are also new 988 Lifeline print materials that can be downloaded or ordered. Here's the link to the 988 Toolkit as well: [**https://www.samhsa.gov/find-help/988/partner-toolkit?utm\_source=SAMHSA&utm\_campaign=efc0ef4a21-EMAIL\_CAMPAIGN\_2023\_11\_28\_03\_36&utm\_medium=email&utm\_term=0\_-efc0ef4a21-%5BLIST\_EMAIL\_ID%5D**](https://www.samhsa.gov/find-help/988/partner-toolkit?utm_source=SAMHSA&utm_campaign=efc0ef4a21-EMAIL_CAMPAIGN_2023_11_28_03_36&utm_medium=email&utm_term=0_-efc0ef4a21-%5BLIST_EMAIL_ID%5D)**Consolidation:** DMHDDSUS and DHB continue to work behind the scenes in preparing for the consolidation of LME/MCOs as outlined in Secretary Kinsley’s Directive.  |

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