

From Our Offices

HEMOCARE Management Corporation is an integral part of the communities we serve. Both as a corporation and as individuals we participate in many community activities. Recently HEMOCARE consumers had the opportunity to participate in Mental Health Day at The Children's Museum of Wilmington. The event was held on Jan. 15, the day we celebrate the spirit of Dr. Martin Luther King, who symbolizes equality for all people.

The museum invited area mental health providers to partner in sponsoring a day at the museum for people with developmental disabilities and mental illnesses. Three area providers sponsored the event, including HEMOCARE Management.

The event allowed area providers to raise awareness in the community about people with disabilities and the challenges they face in accessing resources in their daily lives. This was a day where consumers of all ages could visit the museum and enjoy activities in a secure and safe learning environment that they may not otherwise have been able to access.

The event was covered by local media, including WWAY and WECT news. **Suzan Chamberlain**, Office Administrator and **Rachel Belch**, Early Intervention Clinical Supervisor, represented HEMOCARE at the museum and were interviewed by reporters covering the occasion.

The day was a huge success with many consumers, families and technicians participating in activities that the museum had to offer. At the end of the day, everyone was left knowing that together we share a common goal: to provide assistance to people with all types of disabilities and afford them the opportunity to engage in their communities. In addition, it was indeed

A Day of Fun for Everyone



Morgan Curia, Abbey Hudson, Kaitlin Jones and Beth Wegert enjoying a special day at the Children's Museum.

Management Corporation

News from the Mental Health Division

Employee Spotlight

Luciana Hollis is a relatively new employee in the Forest City office, having joined on in November 2006. Luciana's helping profession experience includes work with both children and adults. One of her previous sites of service to the Forest City community was the child daycare program Little Red School.

Presently Luciana is working with an adult consumer who suffers from Major Depression. Despite being new, Luciana has quickly adapted and demonstrates excellence in providing mental health services, customer service, documentation and professionalism. Supervisor **Lexine Thompson** states, "Luciana has an amazing ability to establish rapport with consumers and has really excelled in her role with HEMOCARE."

Undoubtedly the highlight of Luciana's young HEMOCARE career arrived just recently. She was working with her consumer at the consumer's residential facility and another resident began choking and turning blue. Luciana had recently completed HEMOCARE's CPR/First Aid training and instinctively jumped in to assist. She helped with the rescue breathing effort until emergency services arrived. Ultimately she helped save a life. When questioned about the whole event Luciana humbly stated, "I just

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Client Spotlight

Will Pannell loves living in the beautiful mountains of Boone, N.C. Here he is pictured "horsing around" with staff **Nate Bush**. They have worked together for almost 4 years and are quite a team. Nate has supported Will in developing and maintaining friendships all over Watauga County, where cashiers and business personnel alike have called Will by name for years. Will's playful personality and contagious laughter are hard to resist, and Will loves to socialize.



Will's mother shared one of her favorite memories of Will's youth. For years, she and Will had gone to Will's grandmother's house and played in her swimming pool. Will had never been able to swim and had always stuck close to the shallow end of the pool with mom nearby. One afternoon, Will's cousin took off across the pool swimming toward the deep end. Much to Mom's horror, Will took off swimming

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Borderline Personality Disorder

A Personality Disorder is a chronic and pervasive psychological disorder which greatly affects all aspects of a person's life. People with a Personality Disorder tend to have several distinct psychological features, including disturbances in self image, inability to have successful relationships, inappropriate range of emotions, inaccurate perceptions of themselves, others and the world, and difficulty with impulse control. The symptoms tend to worsen during times of increased stress and difficulties.

One type of personality disorder is Borderline Personality Disorder (BPD). People with this diagnosis suffer from emotional and behavioral instability that begins at an early age and remains throughout their lives. They fear that those close to them will leave them, and they respond with manipulation and anger to maintain the relationship. Often people with BPD are unable to keep their jobs and experience marital problems. Here are seven common clinical problems associated with people with BPD:

Disturbance in Self Concept: wide ranges of mood swings and contradictory thoughts about oneself;

Unstable Interpersonal Relationships: behaviors that lead to short term relationships that have intense beginnings and endings;

Cognitive Disturbances: transient psychotic symptoms, including dissociation, depersonalization and paranoia;

Impulsive Behaviors: acting without thinking about the action, which may result in excessive eating, shopping, or gambling; alcohol and drug abuse; sexual promiscuity or deviance;

Labile Affect: sudden frequent and intense changes in affect;

Functional Failures: the emotional and cognitive disturbances prevent individuals from reaching their potential even when there is a high potential for achievement; and

Self-Destructive Activities: the most serious self-destructive behavior is suicide.

When working with a person who has been diagnosed with BPD, the biggest concern is suicide. It is important to know the history of your client. The presence of multiple suicide attempts, especially when methods were not likely to be successful, may indicate a personality disorder. It is important to ask the person about the suicidal thoughts. This will give you a good idea if the person is emotionally stable or not. A person with BPD may use a suicidal gesture, such as attempting to overdose on acetaminophen, to deal with situations that cause stress.

There are many different talk therapies to assist with BPD. The two most popular treatments today are Cognitive Therapy and Dialectical Behavior Therapy (DBT). If you would like to know more about these treatments or about Personality Disorders in general, talk with your supervisor or check some of the following references:

Beck, A.T. & Arthur Freeman & Associates (1990). *Cognitive Therapy of Personality Disorders*. New York:Guilford.

Linehan, M.M. (1987). *Dialectical Behavior Therapy for Borderline Personality Disorder: Theory and Method*. *Bulletins of the Menniger*.

M. Dean (2006), *Borderline Personality Disorder, The Latest Assessment and Treatment Strategies*. Compact Clinicals.

www.mentalhelp.net.

EMPLOYEE SPOTLIGHT continued from page 1

saw a need to help and I did. It was no big deal.”

Luciana has a genuine interest in the welfare of others and enjoys working with people. Luciana is an asset to HOMECARE and to the consumers she works with. We look forward to all of the great things she will do in the future.

Opportunities For Learning

IN-SERVICE TRAININGS

- **Timesheets and Documentation**, Tarboro, March 14, 2 pm-3 pm
- **Developmental Delays: Interventions and Strategies for Staff**, Avery, The Best Cellar, March 15, 1-3 pm
- **Traumatic Brain Injury**, Statesville, March 15, 5 pm
- **Psychotic Disorders**, Charlotte, March 16, 10-12 pm
- **To Report or Not to Report**, Lenoir, March 21, 2-4 pm
- **Anger Management**, Whiteville, March 21, 5 pm

Please contact your supervisor for more information on these valuable training sessions, for required re-certification trainings, and for information on additional opportunities for you to obtain required CS training.

Anniversaries

February is another month with many significant HOMECARE anniversaries. Of special note, we celebrate **Lisa Bryan's 10 years** of excellent service to consumers served out of the Boone office! We appreciate her dedication and loyalty. Other long-term employees celebrating anniversaries this month include **Bess Clancy-Beck** of Wilmington with 8 years of service and **Christie Collins** of Boone and **Annie Scott** of Whiteville who have each been with HOMECARE for 7 years. **Julie Hoffman** of Whiteville, **Marcella Lates** of Statesville and **Ruthie Forman** of Wilmington are celebrating their 6th anniversary. **Shelly Bailey-Hancock** and **Scott Burchette**, both of the Statesville office, have been with us 5 years, and **Teresa Houser** of Statesville, **Amanda Potter** of Boone and **Timothy Slater** of Whiteville are celebrating their 4th HOMECARE anniversary. All of appreciate all that each of you do to improve the lives of those we work with.

CLIENT SPOTLIGHT (Continued from page 1)

after her! The family watched with amazement as Will swam from one end of the pool to the other and back with no problems! At 19 years old, Will had learned to swim, and he has loved it ever since.

When the weather is nice, you may find Will riding his bicycle at a local park, enjoying a picnic from Chik-Fil-A or going to the airport, where he loves to watch the aircraft come and go. On cooler days Will works on the computers at the library or exercises indoors at the local recreation center. He has learned to use the self-check at the grocery store and goes there daily for his Diet Coke. Will is a pleasure to work with and a joy to be around. Keep up the good work, Will!

PaySchedule

Services Delivered

February 1-15

February 16-28

Checks Mailed

March 6

March 21

Community Support (CS) documentation must be postmarked or delivered the 9th for services delivered the 1st through the 8th, the 16th for the 9th through the 15th, the 24th for the 16th through the 23rd, and the 1st for the 24th through the end of the month. **CAP/MR-DD, CAP/DA, and Personal Care documentation must be postmarked or delivered** the 16th for services delivered the 1st through the 15th and the 1st for the 16th through the end of the month.