

From Our Offices



North Carolina's Budget Cuts

The N.C. Legislature has finally approved a budget, and, as expected, it hurts. It hurts everyone, but it will be especially hard on those with disabilities and their families. As I write this, we still don't know all of the details on how cuts will be implemented. However, we do know that hours of service will be cut for most, if not all, consumers, and rates will be cut; it also appears that fewer individuals will receive state-funded services.

The impact of the cuts will be different for each consumer. Although we will be strong advocates for the services that those we serve need, we realize that consumers will receive less service, less training and assistance, than they have in the past. HEMOCARE is committed to working with consumers and families as well as all direct care workers to minimize the negative effects of these cuts. In some cases, this may mean identifying other supports that can be put into place; in other cases, schedules may need changing.

If there is any silver lining in this cloud, it comes from the strong advocacy efforts conducted by HEMOCARE and other agencies and by consumers and their families. Many people are more aware of the needs of those with disabilities and how a good system of service can improve lives. As the economy improves, we will need to make certain that the citizens of North Carolina don't forget this lesson and slip back into complacency. We will need to make certain that those with disabilities are at the front of the line for any additional resources that become available.

If you have questions about the impact of the new budget on you and those you serve, please discuss these with your HEMOCARE supervisor and work with us to find good solutions to the issues the cuts present.

Finally, thanks to all of you who contacted legislators and the media to present our case. Your efforts did indeed make a difference; we kept the cuts from being even greater and focused attention on the needs of those with disabilities.

— Sara Grode Nolan

Employee Spotlight

As of June, **Berenda Eng** has been employed by HEMOCARE Management for three years. For the past year she has provided Community Support as a Qualified Mental Health Professional.

Berenda has a dual BS in Special Education and Psychology; she taught Special Ed students in Charlotte and New York state. Born in Marion and raised in Avery County, Berenda returned to her geographical roots when her parents invited her and her husband to help run a Chinese restaurant in Spruce Pine. A local fixture for more than 30 years, it closed when Berenda's husband reached retirement age.

Asked what inspired her work with our consumers, Berenda's reply resonates a deeply felt mission: "I have always been drawn to people who somehow are passed by in the world". While grow-

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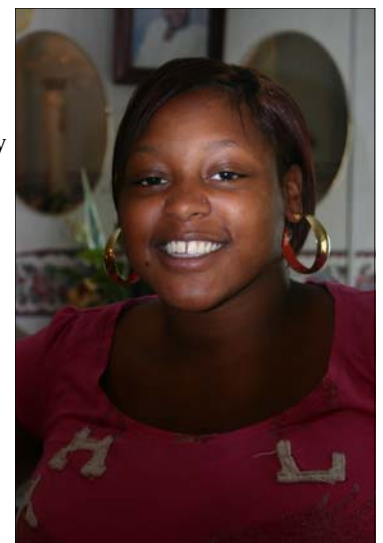


Client Spotlight

At age 17, **Denisha** was experiencing behavioral issues such as failing to attend school, defiance and conflict with her mother. As a result she recently entered DSS custody and mental health services including therapeutic foster care. However, in spite of being removed from her home, school and community, she has quickly developed the attitude that this is a positive change for her life, a new and better path. She quotes Psalm 27:11 saying, "Teach me your way, O Lord; lead me in a straight path." She is learning to appreciate the people who care for her and encourage her to achieve her personal goals and walk her new path.

Upon entering placement and services she looked forward to the day she would turn 18 and realize her plans for living independently. But now she recognizes she has much to learn and a

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Achievement and Addiction

Over the past several decades, Americans have witnessed the spread of drug abuse. In addition, we have developed generalized stereotypes of the abusers, seeing them as having poor motivation and low self esteem, being maladjusted, rebellious or depressed, showing poor academic performers, and having few religious convictions. However, we are now challenged with a different type of abuser, one who has high motivation, high self esteem, a religious background and high academic achievement. This new client can be considered the addicted professional.

The professional client has many positive attributes, including being responsible, demonstrating self efficacy and endurance, has a desire to help fellow humans, is well rewarded and compensated and has a successful career. The ironic side to these characteristics is that when a professional fails, either in their professional or personal life, they will often turn towards drugs or alcohol to handle their problems. The professional will go through a self-castigation process, believing they "should have known better." They will also assume that their own professional achievement is sufficient enough to correct the problem. Professionals also often believe that accepting help will be embarrassing and will ruin their career; their professional achievements, self expectations and self efficacy will often delay their seeking and accepting professional help. Their strengths become their weaknesses.

The first step for the professional is to acknowledge that they have an addiction. It may be difficult for the professional to receive and benefit from treatment since many addicted professionals work in the medical field where medication is readily available. The best treatment to professionals is to lower their stress levels, accept and participate in individual and group counseling. The professional may also have to be prescribed medication in addition to counseling.

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ing up, she knew a young girl whose home life was filled with neglect, abuse, and poverty. In those days, Human Services was in its infancy, especially in the Appalachian mountain communities. A family kept its business, no matter how dysfunctional and harmful to a child, to itself. Help from outside was not only unavailable but unthinkable.

The fate of this young girl left a driving impression on Berenda, and inspired her to become a lifelong support to those less fortunate. Her consumers praise her consistently. Her patience and understanding of limits imposed by mental illness have made her an empathetic and resourceful support to those she works with while she also challenges her consumers daily to be active participants in improving their lives.

Berenda cites her interests and hobbies as an essential part of maintaining a balance in her life. She is an avid reader, especially of history, and she knits and loves to write poetry. In 2003, Berenda was honored in Washington D.C. by the International Poet Society as one of five finalists for her published work. She continues to write. Inspired by and based on the girl she knew growing up, Berenda is writing a book, "Under the Stairs," the story of a young mountain girl coming of age amidst an upbringing marked by adversity.

Berenda's work with her consumers reflects her commitment to making a difference, "no matter how small," in people's lives. She is undergoing training right now to become a Job Coach for HOMECARE's new service, Vocational Rehabilitation. Her biggest joys are her two grandchildren, who she refers to as "the light of my life."

Opportunities For Learning

- **Holistic Health Support Through Abdominal Massage: Improving GI Function**, Wilmington, Aug. 27, 5:30-7 p.m.
- **Empathy**, Tarboro, Sept. 10, 3 p.m.-4 p.m.
- **Anger: The Signs and How to Handle It**, Statesville, Aug. 28, 9-10 a.m.
- **Working with Disturbed Children/Adolescents**, Locust, Sept. 16, 2-4 p.m.
- **Personality Disorders: Problems with Functioning in Society**, Lenoir, Sept. 16, 2-4 p.m.
- **Common Adult Disorders**, Statesville, Sept. 21, 9-10 a.m.
- **Sensory and Fine Motor Fun**, Wilmington, Sept. 22
- **Developmental Disabilities**, Forest City, Sept. 23, 2-4 p.m.
- **"STAPH" Infections**, Tarboro, Sept. 24, 3 p.m.

Anniversaries

We all appreciate our dedicated direct care staff who provide high quality services year after year. This August **Carolyn McIntyre** of our Wilmington office has been with us 11 years! **Vernell Underwood** of Whiteville has been with us nine years, and **Edith Raynor** of Wilmington, eight. **Dana Childress** of the Statesville office and **Dorothy Marley, Felander McLean, and Glenyce Mincey** of Whiteville are all celebrating their seventh HOMECARE anniversary. **Ann Hill** of Tarboro and **Jeninne Vice** of Boone have been with us six years, while **Ida Anderson** of Wilmington, **Amanda Barnhill** of Whiteville, and **Maxwell Waritay** of Locust have provided service for five years. Thanks for all that you do to improve the lives of our consumers!

CLIENT SPOTLIGHT (Continued from page 1)

long way to go in order to do this successfully. She is very appreciative of the supportive people placed in her life, including Yvette, who is a therapeutic foster parent with Lutheran Family Services.

There is no doubt that she challenges Yvette daily, but she describes Yvette as an inspiration to her who challenges her to live this new path. Since coming to HOMECARE Management, she has been working with **Beth Butterworth**. If you knew these two, you would realize what a great match this is. Denisha enjoys her work with Beth and realizes that "Beth is determined to help me reach my goals."

Denisha is eager to start a new school this fall, newly motivated to attend and succeed academically and take steps towards earning her high school diploma. She plans to study nursing after graduation and become a phlebotomist.

Denisha is a remarkable young lady who is learning to live with epilepsy in addition to mood and behavior disorders. Denisha thought she might feel embarrassed by being in foster care and receiving mental health services. Instead, she embraces this experience as an opportunity to achieve her goals and walk her new path.