

From Our Offices

HEMOCARE is excited to be delivering a new array of services, and we are confident that that they will be beneficial to many of the consumers we work with. At the same time, we also realize that there is a lot of confusion about just what the services offer.

We are now providing Community Support Teams (CST) to work with individuals served by our Whiteville, Boone, and Lenoir offices. While this sounds like the individual Community Support Services that are being phased out, there are major differences. This service is offered only to adults and uses a team approach, with the 3 team members working together to assist individuals achieve their rehabilitative and recovery goals. CST consists of structured, face-to-face, scheduled therapeutic interventions which provide support and guidance in emotional, social, safety, housing, medical and health, educational, vocational, and legal areas.

Because the service is designed to help adults with complex and extensive treatment needs, many individuals who received individual Community Support are not eligible for this more intense service.

As with other services being emphasized by the state, CST is designed to be delivered through the use of an Evidence Based Practice (EBP) model. This means that the results of using the program have been researched and found to be effective. Because of this, while we will still use a Person Centered Plan and focus on each individual's goals, many of the strategies are determined by the model. This faithfulness to the models tested helps to achieve the same successes that the model achieved.

Generally, an individual will be authorized for no more than 5 hours of service per week, and services are not intended to remain at this level of intensity for the long term. Also, authorizations are for no more than six months unless the CST uses an evidence-based practice which has been approved by the state and which requires a longer period of service to achieve the desired results.

Individuals whose needs are not severe enough to qualify them to receive CST may still qualify for case management services. Until the federal government approves a new definition, these individuals may receive the case management component of Community Support. However, this will be limited to services provided by a Qualified Professional for no more than 3 hours per month.

We are now accepting referrals and providing Community Support Teams (CST) to work with individuals served by our Whiteville, Boone, and Lenoir offices. These offices, along with the Forest City, Locust, Statesville and Wilmington offices, are also providing the case management component of CS to both adults and children.

Over the next few months we will provide information about some of the other services we have instituted, including Intensive In-Home Services and Multi-Systemic Therapy (MST). Each of these has been shown to provide impressive results throughout the nation, and we are pleased to be able to provide them to our consumers in North Carolina.

Employee Spotlight

Nadia Rubio came to HEMOCARE Management fresh out of college about a year ago, searching for a career that would offer the opportunity to work with young children. She joined the Early Intervention team in the Boone office and soon began serving children and families in the surrounding counties. When asked why she chose to be a CBRS provider with HEMOCARE Management she said, "While completing my internship at the CDSA (Children's Developmental Services Agency) in my final semester as a Child Development major at Appalachian State University, I had the opportunity to shadow **Laura Kesler** from HEMOCARE Management for a day. During the length of that day, I was hit with an epiphany: 'This is exactly what I want to do!' I became a CBRS provider because I have always had a passion for working with and helping young children and their families. My personal life has also taught me the values of having a strong and supportive family to get through the tough times in life. My younger sister was born with



(Continued on page 2)

Client Spotlight

This month's client spotlight shines on **Rasheeda Thrasher**, a young lady from Troutman, N.C., who has been a part of the HEMOCARE Management Corporation since June 1999.

She lives with her mother, Lafrieda, and sister Rayshell, who provides Rasheed with Home Supports. "It's been good," Rasheeda said, when asked about her experiences with HEMOCARE Management Corporation. "They got some good people; you have to get to know them."

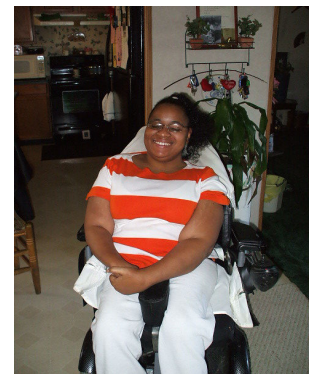
Her sister reports: "It's about time, she made the spotlight! She's becoming more independent, she wants to do her own thing and requires less assistance."

Rasheeda recently was in the *Statesville Record & Landmark* and *The Charlotte Observer* for her participation at Life Span. There she serves as Dream House Manager where her role is ensuring that the plants and vegetables are taken care of in conjunction with the new horticulture curriculum.

She also loves painting, pottery and creating paper mache objects. Her favorite movie is "Madea Goes to Jail," and she wishes she could review a live Tyler Perry performance.

Rasheeda is a likable young lady full of bright smiles. She

(Continued on page 2)



Opportunities For Learning

- **Effective Ways of Assisting Clients with Goals**, Statesville, Feb. 24, 9-10 a.m. or 3-4 p.m.
- **Documentation and Deviations**, Tarboro, March 11, 3-4 p.m.
- **Autism**, Lenoir, March 18, 10 a.m.-12 p.m.
- **Cultural Competence: To Become More Person Centered to Client's Needs**, Statesville, March 24, 9-10 a.m. or 3-4 p.m.

EMPLOYEE SPOTLIGHT (Continued from page 1)

Turner's Syndrome along with other complications and needs constant care and supervision. My older sister was diagnosed with leukemia about 12 years ago, but thankfully she was able to have a bone marrow transplant that saved her life. I try to make the families I work with feel like they have the power to overcome any obstacles they face together. Choosing to be employed with HOMECARE was not a difficult decision, especially after I met the staff. They quickly made me feel welcome and are there when I need help."

"I love working with my clients. Each one has a special place in my heart, and they are the reason why I am able to say that I love my job. I feel that if I am able to make their life at the least a little bit better, then I have helped. As a CBRS worker, I play various roles. I stand up for my clients when they cannot and at times, I have to speak for them so that they can be understood, especially with my Spanish speaking clients and families. Each client also challenges me because I have to figure out how to connect with my client because if we don't have a connection, then it's hard for me to be able to do my job. Once that connection is made I try my hardest to help them achieve their desired goals and outcomes as made by the IFSP team. In the year that I have been working as a CBRS worker, I have been able to help several children achieve their goals. One client in particular, Leyla, was a timid little girl who had a couple of words in her vocabulary when I first met her. After working with her, she was able to use up to four-word phrases, talked endlessly and was able to open up and became more social with other children. Mom even joked with me that she was "talking too much." I am thankful to have such a gratifying job where I am able to make a difference in the lives of young children."

HOMECARE Management is also thankful to have Nadia as a dedicated staff member devoted to empowering families and improving the lives of people with disabilities.

CLIENT SPOTLIGHT (Continued from page 1)

loves watching church on television and cannot wait to return to her church, New Birth Tabernacle, when renovations are made to include a ramp for her wheelchair.

Although, she and her family have faced challenges she has not allowed cerebral palsy or obstacles to limit her abilities. She proudly explains her view of her family: "We have a good relationship with each other and we love each other."

Growing through movement and music for all populations

"I hate the word disability. Why not focus on the ABILITIES that individuals have?" declared **Sarah Stephens**, owner/operator and pediatric therapist of Abilities in Motion.

This special program offers creative motion classes for all populations. Creative motion gives children and adults the opportunity to explore movement, music and rhythm using a variety of techniques that influence learning and overall skill development. Classes use a variety of movement experiences incorporating dance, yoga techniques, musical exploration and many forms of therapeutic play that promote strength, coordination, attention, social skills, self confidence and many developmental milestones.

The individualized classes that Sarah provides target the special needs population but also incorporate typically developing children and peer models. With the main goal of the program being to have FUN, these classes give all individuals the opportunity to explore the creative forces within!

And fun we had! On January 18 the Wilmington office offered an in-service, attended by 26 clients, accompanied by their behavioral technician or a family member. There, Sarah taught us all the importance of recognizing when someone is over stimulated or under stimulated, and how to adjust the environment to make it "just right" for our clients. This can include regulating lighting or temperature. Participants then engaged in a series of stretching activities in order to prepare for movement! "Those stretches really got my client focused and provided sensory input to keep him calm. Squeezes and jumping really help," said **Jessica Julian**, behavioral technician, whose client has autism and many sensory needs. Stretching was followed by two group activities, the parachute and the limbo. Another technician, **Terry Cheeseman**, said "These two activities not only encouraged social interaction, strength, coordination and team work, but they were fun! My client as well as I really got a lot out of Sarah's techniques."

For more information regarding "Abilities In Motion" you can check out their Web site at www.abilitiesinmotion.net



Anniversaries

February is a big month for important HOMECARE anniversaries. **Lisa Bryan** of Boone has been with us **13 years** this month, while **Bess Clancy-Becker** of Wilmington has been with us 11 years. In addition, **Christie Collins** of Boone is also reaching that important 10 year milestone. **Steven Green** of Wilmington and **Marcella Lates** of Statesville are celebrating their 9th anniversaries, and **Scott Burchette** of Statesville his 8th. **Amanda Potter** of the Boone office and **Timothy Slater** of Whiteville have provided service for 7 years, and **Karen Blair** of Lenoir, **Johnny Jones** of Whiteville, **Sheka Rankin** and **Tonya Smith** of Statesville are all celebrating their 6th anniversary. Rounding out the list of those with significant anniversaries are **Sylvia Lambert**, Statesville; **Judy Rinard**, Boone; and **Sheila Rowell**, Whiteville, all of whom have been with us 5 years. We appreciate the dedication and loyalty of each of these wonderful employees.