

From Our Offices

As mental health “reform” evolves, one of the services HOME CARE is emphasizing is Multisystemic Therapy, or MST.

Forming a team and obtaining the requisite training is a long process, but our first team is up and running in Forest City. Others will soon follow.

MST is a unique, goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community; the most typical participants are youth involved with the court system and their families.

MST is evidence-based and has been the focus of numerous research studies. These have demonstrated that it is a cost-effective approach to working with youth with complex emotional, social and academic needs.



What does MST do?

- ◆ Seeks to understand the “fit” between the youth’s problems and the factors that contribute to them.
- ◆ Focuses on helping parents build supportive social networks.
- ◆ Empowers parents to address the needs of their youth effectively.
- ◆ Emphasizes long-term change that families can maintain after the program.

MST is designed to:

- ◆ Help youth with chronic, violent delinquent behavior including truancy, fighting, property destruction, criminal behavior, running away and substance abuse problems.
- ◆ Deliver short term, intensive therapy with the youth and family to avoid out-of-home placement.
- ◆ Identify strengths that will aid in stabilizing the family unit, as well as identify barriers to achieving goals.
- ◆ Provide therapeutic interventions with the youth and family to prevent crisis situations.
- ◆ Provide services in the youth’s environment.
- ◆ Assist the family develop a network of resources and supports.

The clinicians who have received MST training so far are all very enthusiastic about the proven results of this strategy and their experience so far in providing it.

Employee Spotlight

Debbie Ware, a lifelong resident of Rutherford County, is a loyal and dedicated employee of HOME CARE Management. Debbie works out of the Forest City office and has done so the past three years. She has a long history of demonstrating a positive work ethic and of providing quality services to individuals with developmental disabilities.

Debbie worked for Mastercraft for 32 years before joining the HOME CARE team. When Mastercraft closed, Debbie went back to school and received her AA degree in office systems, but was persuaded to enter the CAP/DD-MR field as a Behavioral technician. Debbie started in the field of developmental disabilities by providing habilitative services to a family member. Debbie’s dedication to her client, high quality of service and outstanding work ethic was evident, and she soon began to accept other client assignments.

Debbie states, “I enjoy my job with HOME CARE, and I enjoy working with children.”

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Client Spotlight

Tonya Register, who has received Targeted Case Management services from HOME CARE Management Corporation for 1½ years, has a wonderful smile, an exuberant personality and loves everyone. She is a hard worker and loves life. She enjoys making crafts to enter in the county fair, taking pictures, going shopping at WalMart and Myrtle Beach, dressing up and looking pretty. She also takes care of two new birds and several new baby chicks. Tonya loves country music and has a huge photo collection of musicians that she has met and/or heard in concert. Her favorite artists are Alan Jackson and Clay Walker. She likes to work on her computer, decorate her home and play her hand-held games. She is currently working on redecorating her bedroom with leopard print and recently decorated her kitchen with apples.



In the words of her mother, Tonya is a 27-year-old “miracle”. As a young child she had four heart attacks that

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Learning Opportunities

- **Cerebral Palsy**, Statesville, May 10, 9-10 am, repeated 4-5 pm
- **Lifting Techniques**, Tarboro, May 13, 3-4 pm
- **Hispanic Culture**, Boone, May 17, 10 am-12 pm
- **Community Resources: Summer Outings**, Forest City, June 3, 9-10:30 am or 4-5:30 pm
- **How to Stay Motivated on the Job**, Tarboro, June 10, 3-4 pm
- **Pervasive Development Disorder or Childhood Bipolar Disorder**, Statesville, June 16, 9-10 am, repeated 5-6 pm
- **Creative Skill Building for DD Consumers**, Lenoir, June 17, 10 am-12 pm

Anniversaries

Once again we have the opportunity to celebrate years of faithful service from our long-term technicians. **Amy Harrison**, who works from the Statesville office has reached that significant 10-year milestone. **Paula Anderson** of Statesville, **Sabrina King** of Wilmington and **Katrina Murphy** of Whiteville have all been with us 8 years this month. **Teresa Garrett** of Tarboro, **Amber Greene** and **Erika Singletary**, both of Whiteville and **Geralene Mosley** of Wilmington have all given 6 years of services. We appreciate each of these individuals as well as our many other dedicated employees.

CLIENT SPOTLIGHT (Continued from page 1)

required surgery, the earliest at 3 months; she was pronounced dead four times. Recently her shunt had a malfunction and she had to have it replaced, and she suffers from chronic upper respiratory distress. Her mother has been her biggest supporter and will “do whatever it takes to help her be healthy and happy.”

Tonya has a lot of will power and doesn't let her disabilities get in the way of her accomplishments. She works to be as independent as she possibly can and is eager to be a friend to all those she meets. She has high expectations for herself and will do everything possible to meet her goals. She hopes to win a few more 1st place ribbons next October at the Columbus County Fair and wants to go to the State Fair this year.

Tonya's hard work and upbeat attitude make her a success, a success we're proud to be a part of.

Conduct disorder

Conduct disorder is one of the most common diagnoses in out-patient and inpatient mental health facilities working with youth. Children with conduct disorder repeatedly violate the personal or property rights of others and the basic expectations of society. A diagnosis of conduct disorder is likely when symptoms continue for six months or longer. Conduct disorder is known as a “disruptive behavior disorder” because of its impact on children and their families, neighbors, and schools.

Another disruptive behavior disorder, oppositional defiant disorder, is often a precursor of conduct disorder. Oppositional defiant disorder may start as early as the preschool years, while conduct disorder generally appears when children are older. Oppositional defiant disorder and conduct disorder cannot be diagnosed at the same time.

Conduct Disorder is influenced by both genetic and environmental factors. To meet the criteria for the diagnosis, three of the following symptoms must have been displayed within the preceding twelve months: aggression to people or animals; destruction of property; deceitfulness, lying, or theft; serious violation of rules, and showing no remorse for these actions; at least one must have been shown in the previous six months .

Youth who exhibit these behaviors should receive a comprehensive evaluation. Without treatment, many youth with conduct disorder are unable to adapt to the demands of adulthood and continue to have problems with relationships and holding a job. They often break laws or behave in an antisocial manner.

Treatment of children with conduct disorder can be lengthy and challenging. Treatment can be provided in a variety of different settings depending on the severity of the behaviors. Adding to the challenge of treatment are the child's uncooperative attitude and fear and distrust of adults.

Therapy is usually necessary to help the child appropriately express and control anger. Parents often need assistance and guidance in devising and carrying out special management and educational programs in the home and at school. Medication to assist with paying attention, impulse control and/or depression is often recommended as a part of treatment for these consumers . Early treatment offers a child a better chance for improvement and hope for a more successful future.

EMPLOYEE SPOTLIGHT (Continued from page 1)

Debbie adds, “it is very rewarding to work with clients and to see them make progress and learn.” Debbie is committed to assisting client reach their goals. Family members of the consumers and targeted case managers all agree that Debbie is an exceptional person. The case managers report Debbie puts her client's needs above her own and is always willing to do what's in the best interest of the client and the families she serves.

Debbie is married to Ricky Ware. Together they have two children, a daughter, 23 and an 18-year-old son. Debbie also enjoys spending time with her grandson, Joshua.

HEMOCARE is very lucky to have such a devoted employee.