

The Insider

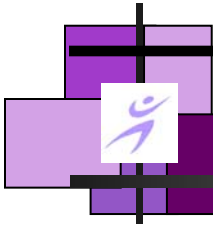
June 2011



UNIVERSAL MH/DD/SAS Mission Statement

Universal MH/DD/SAS is dedicated to helping individuals and families affected by mental illness, developmental disabilities and substance abuse in achieving their full potential to live, work and grow in the community.

WHY THE NEED FOR THE INSIDER ? *The purpose of this newsletter is to provide specialized information to all Universal MH/DD/SAS employees. The intent is to develop a better informed workforce, to foster a greater sense of community, and to build morale.*



MESSAGE FROM THE AGENCY DIRECTOR

Inside This Issue

- ❖ Message from the Director
- ❖ CARF
- ❖ Kim Gardner
- ❖ Wilmington Gives Back
- ❖ Hot Weather Tips
- ❖ Closing the Gap / Birthdays

It won't be long before the CARF reviewers will be in our offices. Not to worry though, we are making necessary adjustments to policy and procedures and are working hard in preparation for their arrival. I have no doubt, we WILL be prepared for this very important time!

Regarding state budgetary information, we still do not have anything etched in stone from Governor Perdue and the North Carolina legislators. As history has proven, somehow we always find a way to weather the budgetary storms. Stay tuned . . .

Thank you all for your dedication to Universal excellence!

~Amy



Tis CARF time again!

They'll be back soon.....

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes persons served-focused standards to help organizations measure and improve the quality of their programs and services.

This year Universal has put together an Internal CARF TEAM(ICT). These individuals have been working diligently with CARF preparation projects. Please do your part to ensure our success once again! The ICT consists of the following people: Jennifer Carroll, Leslie Cothren, Drema Greer, Patra Lowe, Pattie Fries, Ingrid Freeman, Beverly Smith, Tracy Frye, Steve Greer and Brook Phillips.

Remember to please make sure that we are following all safety regulations such as:

No scissors on your desks (please keep all sharp objects in drawers or out of sight)

No candles (scented or otherwise)

No coffee pots in individual offices (only in kitchen area)

No space heaters

No personal medications left out in the open

All cleaning supplies must be in locked cabinets/containers

UMHS approved MSDS chemicals only



Universal's Kim Gardner

Kim says "I have worked with children, adults and families within the community for approximately 15 years.

I've served as a Parent Educator for children ages birth to five, an Elementary EC Teacher within the school system and worked as a Crisis Case Manager for MH/DD/SAS Diagnosis at Eastpointe Human Services (formerly Duplin-Sampson MHC). When LMEs divested in 2005, I served as a QP for CAP/MR-DD and MH/Community Based Services (CBS). In 2006, I served as a QP for Community Support Services (CSS) for both children and adults with MH/SA diagnosis. In 2009, I joined the Universal team in the Goldsboro office as a Targeted Case Manager. Since September of 2010, I have been afforded the opportunity to serve as the Eastern Regional Program Manager which includes 3 great offices, Goldsboro, New Bern and Wilmington.



**Regional Program Manager,
Kim Gardner ~ Goldsboro, NC**

I am an Associate Minister for my local church and district. I am pleased to say that I am happily married to a Pastor and am the proud mother of two school-age children.

My work is never done, but I LOVE IT!"



Wilmington Gives Back!



Drum Circle Car Wash

On June 1, 2011 a free carwash was held to help raise money for a local community center that provides activities and events for many of Wilmington's special needs population. One of the many weekly events includes an hour long drum circle session. The car wash was held to help the group purchase more instruments. The Drum Circle is a free activity held for all individuals with disabilities. It provides free music lessons, social interaction, and a good way to have fun and stay out of the heat. The free car wash accepted donations to raise money to keep the Drum Circle going. Wilmington staff Jessie Ramsey, Rachel Donovan, Maggie Matthews, and Laurel Haskell, all volunteered.

13th Annual Disability Sportsman Fishing Tournament

The 13th Annual Cape Fear Disabled Sportsman Fishing Tournament was held on May 13, 2011 at the Kure Beach fishing pier located near our office in Wilmington, NC. This event provided an opportunity for disabled individuals to spend a day outside trying to catch the big one. Organized by "Got-Em-On Live Bait Club" this free annual tournament usually brings in a crowd of more than 300 participants. Thanks to Universal, along with many other local sponsors, the club is able to provide all necessary fishing equipment, goodie bags, breakfast, lunch and door prizes free of charge for all participants and their workers. Jessie Ramsey, Danielle Dever, and Rachel Donovan from the Goldsboro and Wilmington offices volunteered by putting together and handing out over 500 bagged lunches as well as helping participants bait and cast fishing poles. For more information on this event join our group "Cape Fear Disabled Sportmans Fishing Tournament" on Facebook.





HOT WEATHER TIPS



Overexposure to the sun or heat can lead to cramps, exhaustion and even death. Proper protection is essential for preventing heat and sun related illness. Prevention is simple, effective and by far preferable to treatment. Proper prevention measures significantly reduce probability of sun related illness. Your actions in identifying and reacting to the signs of heat related illness could mean the difference between life and death.

The Sun and Radiation

Over-exposure to the sun's ultraviolet rays can have detrimental effects on your skin. Here are some tips you may follow to reduce the risks of skin cancer:



Avoid midday sun (10:00am to 4:00pm).

Apply a waterproof sunscreen (SPF of 15 or greater).

Wear tightly woven clothing to block sunlight.

Wear a broad brimmed hat to shadow face, neck and ears.

Sunlight reflected from snow and concrete increases the intensity of light on your skin.

Light cloud cover will not block or protect you from ultraviolet sunlight

Water does not filter most ultraviolet light, thus being underwater (e.g. Snorkeling) will not protect you from the sun.

Heat Illness Prevention

Prevention is the best defense against heat injuries:

- Avoid heavy physical exertion in hot conditions.
- Wear loose fitting, tightly woven and light colored clothing.
- Drink adequate fluids to replace your water loss when working hard in the outdoors.
- The danger of heat injury increases with higher humidity, age and the ingestion of alcohol or drugs.
- If you begin to feel ill or develop cramps, get out of the sun immediately and rest in a cool environment until you feel better.



Cars = Ovens in the summer

Even with a window slightly open, on a typically sunny summer day, the temperature inside a vehicle can reach potentially deadly levels within minutes. When left in a hot vehicle, a young child's core body temperature may increase three to five times as fast as an adult. This could cause permanent injury or even death.



CLOSING THE GAP

“How To Manage with Questions”

“The art of management often involves asking questions. Lots of them. Here’s a list of ten questions to ask as you travel throughout your organization. If you ask these questions as part of your routine, you’ll teach your people that their opinions matter.

- What made you mad today?
 - What took too long?
- What caused complaints today?
 - What was misunderstood?
 - What cost too much?
 - What was wasted?
 - What was just plain silly?
- What job involved too many people?
- What job involved too many actions?

~Source: *The Manager’s Intelligence Report* - Adapted from *TeleProfessional*

It takes a lot of things to prove you are smart, but only one thing to prove you are ignorant !

~ Don Herold, Humorist

SPECIAL JUNE EMPLOYEES

☉ Ibrahim Menafee – Ash	Jun 03
☉ Mattie Platt – Gold	Jun 12
☉ Amie Wilkins – FC	Jun
☉ Emily Sherlin – Ash/FC	Jun 27

SPECIAL JUL EMPLOYEES

☉ Marsha Green- FC	Jul 10
☉ Natalie Clifton – Ral	Jul 19
☉ Donna Rauschenberg – Morg	Jul 22
☉ Beth Hyatt – FC	Jul 24
☉ Katie Bain-Herring - Gold	Jul 25
☉ Sherry Douglas – Ash	Jul 26
☉ Alice Ramseur-Nunn – Ral	Jul 28
☉ Misty Peterson – Ash	Jul 29

SPECIAL AUG EMPLOYEES

☉ DeAnn Barnes – Morg	Aug 02
☉ Lillie Forney - Ash	Aug 04
☉ Ann Harbison – Morg	Aug 10
☉ Beverly Smith – Corp	Aug 18
☉ Brook Phillips – Corp	Aug 20
☉ Danielle Dever - Gold	Aug 21

