



Tuesday, January 10, 2023

Wake CFAC MEETING - REGULAR MEETING
Virtual Via MS Teams
5:30 – 7:00 p.m.

MEMBERS PRESENT Wake CFAC Subcommittee: Alicia Jones (Chair), Anna Cunningham (Vice Chair), Annette Smith, Benjamin Smith, Trula Miles, Nancy Johns, LaNarda Williams, Faye Griffin

BOARD MEMBERS PRESENT:

GUESTS: Susan Thompson, State DHHS; Dr. McLean Pollock Phd, Jennifer Giersch Phd, Natalie Ezem all from Thriving in Transition; Marie Dodson Johnston County CFAC chair

STAFF PRESENT: Ramona Branch, Aimee Izawa, Erica Asbury

1. **WELCOME AND INTRODUCTIONS**-Alicia did the introduction, welcoming members, and guests at 5:38pm.
2. **REVIEW OF THE MINUTES** – Committee reviewed minutes from the December 12, 2022 meeting. Annette motioned to approve and Nancy second. The minutes were approved by majority vote with the addendum from Anna that the CFAC brochure should be written as an easy read or have an easy read version.

AGENDA ITEMS:	DISCUSSION:	NEXT STEPS:	TIME FRAME:
1. Public Comment Individual/Family Challenges and Solutions	<p>Alicia opened the meeting for public comment.</p> <p>Anna shared with the group that she would like to confirm that Aimee is aware of the recommendations that Wake County has made concerning the revisions of the brochure. Aimee confirmed that she did receive the comments and shared that it is the standard practice of Alliance to have documents assessed for readability. Aimee also shared that she will bring that suggested back to be sure that the brochure is looked at again. Aimee further explained that the brochure will need to be sent to the state for their final approval. There has also been discussion about QR coding.</p> <p>Nancy reported information about NAMI: there is a family to family support group, NAMI DNC DUKE is offering who cares for care givers, there is a LGBTQ plus support group, people may call 988 in the case of an mental health emergency and request a CIT officer and if you need further info please go to:NAMINC.org</p> <p>Nancy also took the opportunity to share her life experience with crisis mental health services. She used the article that appeared in the NY Times as a reason to spotlight what she perceives as a lack of services in NC. Nancy highlighted the need for appropriate and actionable discharge planning with</p>		

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	<p>wrap around and follow up care. Nancy discussed the problem with Medicare and limited funding for MH. Nancy shared that the copays are substantial and that most people cannot afford long term or repeat care. She concluded by pleading with all of the people on the call to please make strides and action steps to secure safe crisis care for all.</p> <p>Alicia thanked Nancy for coming forward and agreed that it is urgent that support be offered.</p>		
2. State Updates	<p>Susan reported that letters have been mailed about PCP choices. She is asking that every be diligent in checking the documents that they receive for possible errors. The state CFAC meeting will be on tomorrow 9am-3pm. On 2/11 will be the person-centered planning training. Person centered planning is also the hot topic on 2/28. The Backpack chat is 1/19 at 5:30 pm, State to local joint call is 1/23. The 1915i option meeting is on 1/12 9:30am-12:30pm. Susan concluded with asking the group to please review the DHHS website and or the document sent out with these reminders last week. Annette asked about the NAMI week planning committee and Nancy stated that she is involved.</p>	<p>CFAC should plan to have a rep on each State to local meeting</p>	
3. Tailored Plan Updates	<p>Ramona shared that everyone is invited to attend the legislative breakfast. The names have been submitted. Please let her know if you can no longer attend.</p> <p>Nancy asked if members would be able to attend the One in Recovery Conference. Ramona stated that no conversation has been had about it yet. Nancy would like her name on list.</p>	<p>Steering committee will vote on conference attendance at February meeting.</p>	
4. LME/MCO Updates	<p>Aimee discussed term limits. Alicia asked if there has been a final decision about the time out after a term has been completed. Aimee stated that yes, but further discussion needs to happen related to by laws.</p>		
5. Training: Thriving in Transition	<p>Dr. Pollack and Dr. Giersch introduced themselves as well as Natalie Ezem and their efforts through Duke University and Thriving in Transition. They</p>		

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	<p>report that they are building a relationship with self-advocates and families. There will be a coalition of liked minded people that are coming together to share feedback and experiences. Everyone is invited to attend a meeting on 1/23 6-7:30pm via ZOOM. Email thrivingproject@duke.edu 919-660-0520. Anna suggested that they reach out to first in families. Annette asked how far across the state will the project cover. Dr. Pollock stated that the outreach is to the entire state of N.C. Annette shared that there are several large Facebook groups that would be good resources to reach families. Annette asked Alicia to chime in about where they might go to connect with families that live in rural areas. Alicia stated that they should start with the Dorothy Mae Hyman Center. Erica shared the information about Hope Church in Apex and their ministry for people with additional needs. Aimee suggested recreational programs like the Miracle League. Anna asked that they attempt to get in touch with the Special Education PTA.</p>		
6. Additional Announcements	<p>Erica stated that she is supporting several members that are seeking employment. In particular, a young lady that would like to work at a florist. Erica gave further details that some of the Project Search students may not be a good fit for the hospitality industry and would also like placement. Discussion took place among the members about places that are welcoming and have supports set up for members that have additional needs. Anna mentioned a family in Chapel Hill that has a micro-enterprise that she would be happy to connect as well as 321 Coffee. Aimee shared some of her experience offering support with employment and stated that she would like to be a part of the greater discussion. There was mention of connecting with a Certified Benefits Counselor. Anna stated that there are regional centers, and we need to be extremely careful to connect with the people out of Atlanta to avoid misinformation and to help ensure that the process concerning working while disabled is clearly set out for our members. Alicia stated that she is aware of the organization in Fayetteville and that they are certified to share information concerning employment counseling.</p>		

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	Anna asked if Alicia would be sharing their discussion about events. Alicia stated not at this time.		

7. **ADJOURNMENT:** Anna Cunningham motioned to adjourn the meeting and Benjamin Smith second. The next meeting will be on February 14,2023 at 5:30pm hybrid.

Respectfully Submitted by:

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Date Approved