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The Ninth Issue of OPC's *The Messenger* Has Been Published

In Recognition of National Recovery Month (September), this issue has several essays about substance use, treatment, recovery, and resources. Michael Norton writes about this year's successful Peer Support training and two Certified Peers Support Specialists, James Cioe and Sammetta Cutler, share their stories. Guest writers Connie Renz and Debbie Stanford from UNC Horizons, tells us about emerging trends in managing opiate dependency in pregnancy. Medical Director Donna Prather writes about an alternative health insurance option for high risk individuals. Also, included is a list of ten fundamental components of recovery. Lisa Lackmann challenges us with a call to action. Vanessa Neustrom writes about strategies for success in accessing housing. Finally, Peggy Yonuschot updates readers about the very successful fourth CIT graduating class. See attached.

ICD - 10 Taskforce Bulletin

Please click [here](#) to view the latest ICD 10 Taskforce Bulletin provided by the North Carolina Healthcare Communications and Information Alliance.

Remembering 9/11: While You Remember Others, Keep Yourself In Mind

The anniversary of a traumatic event, whether a national tragedy or a personal loss, can serve as a powerful reminder of earlier reactions to the tragedy, and can trigger renewed feelings of anxiety, sorrow, and concerns about the future. These reactions can then interfere with daily functioning at home, work, or school. For the tenth anniversary of 9/11, the National Child Traumatic Network (NCTSN) has compiled a directory of resources for families, youth, educators, disaster response workers, medical personnel, and mental health professionals to help them deal both with recurring reactions and with current stresses and adversities. Click [here](#) to view the resources.

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IPRS Provider RA Issues

OPC is aware that IPRS providers are currently receiving incorrect RAs, and we have informed our business system vendor of the problem. As soon as the issue is resolved, we will let you know. We anticipate that the information missing from the RAs you have received recently will be made available at that time. Thank you for your patience.

Attention CABHAs with IPRS contracts

OPC has added Peer Support for MH and SA adults and increased the number of units for Community Support Team for MH Adults. The Benefit Plans are posted on the [OPC Website](#). If you are interested in providing Peer Support, please contact your Provider Relations Representative (Phyllis Williams or Senga Carroll) to inquire about having Peer Support added to your contract.

Fair Housing Training

Together with several partners, including the NC Fair Housing Project, Disability Rights NC, and Legal Aid of NC, the NC Housing Coalition will be hosting two trainings in Durham on September 23 and two in Raleigh on September 28. These seminars are funded in part through a grant under the Fair Housing Initiatives Program with the U.S. Department of Housing and Urban Development. For more information and to register click [here](#).

Celebrate Recovery

OPC Area Program, Freedom House and Oxford House invite you to attend our Celebrate Recovery Month event to be held at Freedom House Recovery Center in Chapel Hill on 9/22/11 from 6pm-8pm. The event is free and will offer refreshments, recovery testimonies and information. Please see the attached flyer for details.

Master Aging Plan Community Kickoff Meeting

The Orange County Department on Aging needs your input. Please see the attached flyer for details.

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Issue 33

September 16, 2011

NC ACCEPT Education for PCPs

In 2011, the psychiatric departments of The University of North Carolina at Chapel Hill and East Carolina, Duke, and Wake Forest Universities partnered in an effort to change prescribing trends to improve psychiatric care and save money.

This partnership, The North Carolina Academic Consortium for Cost Effective Psychopharmacologic Treatment (NC-ACCEPT), is leveraging education campaigns to change prescribing trends for specific diagnoses, among them sleep disorders, depression, and treatment-resistant depression. Funded by NC Community Care, this education effort will train department psychiatric professionals to disseminate the same training to others, thus quickly creating a mechanism for broad knowledge distribution to stakeholders regarding evidence-based, cost-effective prescribing practices.

During the period of the grant, each department of psychiatry will annually make 12 presentations in its region to stakeholder audiences, including CABHAs and CCNC/primary care groups. The presentations will be a mix of live events and webinars that are coordinated with regional LMEs, CABHA medical directors, and CCNC psychiatric consultants. Southern Regional AHEC is assisting NC-ACCEPT in coordinating events, designing training materials, and developing this website. Education materials developed for the project will be posted on this [website](#).

Currently Available WEBINAR: Insomnia

Future Presentations: ADHD, Depression, Polypharmacy, treatment-resistant depression

Physicians interested in an in-person presentation can contact Courtney Cantrell or their AccessCare representative. Consider using these webinars and handouts in a lunch-and-learn for your PCPs or during a Behavioral Health/PCP meet-and-greet.

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OPC Training Opportunities

Plans of Correction—Web Based Training

OPC has recently developed a web-based training to assist providers in writing plans of correction. You can access the training by clicking [here](#).

Provider Direct Training: Claims and Billing

September 21 12:30—3:30 at the OPC Administrative Offices. For more details see the attached flyer and registration form.

Provider Direct Training: Enrollment and Authorizations

September 26 8:30—2:30 at the OPC Administrative Offices. For more details see the attached flyer and registration form.

NC TOPPS

October 5 1:00—4:00 at the OPC Administrative Offices. For more details see the attached flyer and registration form.

OPC Addiction Training Series 2011-2012

The OPC Addiction Training Series is back. This 4 part series will focus on Clinical Supervision and Best Practices in Addiction Treatment. The first training Clinical Supervision and Professional Development will be October 10. See the attached flyers for details and registration.

Fraud & Abuse Training—CANCELLED

Due to low demand, we have cancelled the Fraud & Abuse training scheduled for September 23rd. We will, however, be developing a web-based training on the topic and will let providers know when it is available.

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Other Training Opportunities

Where Do You Draw the Line? The Ethics of Diagnosing Dementia

September 19 12:00—2:00 in Chapel Hill, NC. This is part of the UNC School of Social Work Clinical Lecture Series. For more information and to register click [here](#).

Webinar: Engaging Youth in Organizations and Systems

September 27 1:00—2:00. This webinar is presented by Youth Engagement Solutions LLC and the National Resource Center for Youth Development. For more information and to register click [here](#).

Road to Recovery: Healing from Traumatic Stress

September 28 6:00—8:00 in Durham, NC. This training is sponsored by Duke Integrative Medicine. For more information and to register click [here](#).

The Virginia Satir Global Network

October 1—2 at the North Carolina Botanical Garden in Chapel Hill, NC. “The World is Changing ... Satir in the World Today” For more information and to register click [here](#).

NC Council Trainings

New training topics including Person Centered Thinking, Cognitive Behavior Therapy with Adults, Children and Adolescents, Clinical Supervision and more. Check out the NC Council [website](#) for more