



THE  
DURHAM CENTER  
*Managing Behavioral Health & Disability Services*



## Part of Durham's System of Care: Offering Services That Work!

*The Durham Center* pursues a **community effort** dedicated to **supporting** the lives of **citizens** affected by mental illness, developmental disabilities and substance abuse by assuring a collaborative, accessible, responsive and efficient **system of services** and supports.





**Durham Exchange  
Club Industries Inc.**

Established 1966

1717 Lawson Street, Durham, NC • 919.596.1341 • [www.deci.org](http://www.deci.org)

DECI's Vocational Rehabilitation Services:

- **Employment & Job Skills Training**
- **Job Placement & Job Placement Support**
- **CAP MR/DD Day Support**
- **CAP MR/DD Supported Employment**

**We're working, so you can too!**

**Contact us for information about services.**

*DECI's mission is to help people with vocational disabilities achieve a sense of self-worth by optimizing their potential to earn their own wages through work.*

## DECI: Helping People Work!

People with disabilities are breaking the traditional stereotypes as employers find that hiring an individual with a disability provides their workforce with a dedicated, dependable, hardworking and productive employee. Durham Exchange Club Industries, Inc. (DECI) helps link businesses to this practically untapped pool of applicants. DECI is a community-based rehabilitation program that provides vocational training and helps people with disabilities get and keep jobs.

DECI provides services to adults in Durham County such as CAP MR/DD day supports, CAP MR/DD supported employment, vocational evaluation, training in job seeking skills, training in good work habits and workplace etiquette, job skills training, job development, job coaching and long-term job placement support.



Help DECI dispel the many myths about workers with disabilities. If you are interested in finding out more about DECI's vocational services, please contact us at (919) 596-1341 and let us know how we can meet your needs.

## What are your Life Goals?

by Dr. Beth Melcher, Clinical Director, The Durham Center

Regardless of who you ask, the answers to this question are surprisingly similar – to have safe and affordable housing, a meaningful job, financial security. To complete school, to have friends and loving relationships, to enjoy good health. These are goals we all share, including individuals who experience developmental disabilities, mental illness and addiction.

Individuals with these experiences can achieve the goals we all seek when offered services and supports provided in our community to allow them to reach their potential, and our community is enriched by their contributions. This publication highlights the exciting and innovative services being offered in Durham to support the achievement of life goals for individuals with behavioral or mental disorders and disabilities.

Durham has been a leader developing services considered best practice or evidence-based, meaning that research has demonstrated that they result in positive life outcomes. These services are based on the recognition that individuals with disabilities have the capability and responsibility to contribute to and guide the services and supports that will encourage their own success. Services are very individualized and utilize the strengths and abilities of individuals and their families to meet the goals they have identified as being important.

*“Individuals with these experiences can achieve their goals and our community is enriched by their contributions”*

Support services often involve teams of professionals who contribute a variety of expertise. Together they work with the individual and family in their home and community to learn new ways to manage their disability, better ways to cope, to gain school or work skills, and to learn living skills to be able to manage in their own home or to more effectively parent their children.

The Durham Center is proud to offer many evidence-based practices through our provider community. These include Assertive Community Treatment Teams for adults with severe mental illness and Integrated Dual-Disorder Treatment for adults with mental illness and addiction disease. Wellness Management and Recovery helps adults with severe mental illness learn to understand their illness and manage it more effectively and Multi-Systemic Therapy and Intensive In-Home Therapy help parents learn how to respond to the needs of their child more effectively. Supported Employment offers assistance to individuals with developmental disabilities or mental illness in competitive employment settings. Residential Treatment and Intensive Outpatient programs for individuals with substance abuse disorders is also available, and we have supported the development of peer supports through drop-in centers and clubhouse programs.

We have helped meet the community's need for crisis services through Durham Center Access, and other Durham County agencies have joined with us to embrace the need to collaboratively develop Supportive Housing options to offer safe and affordable housing for the people we serve.

The Durham Center is a key partner in Durham's System of Care, because we are dedicated to core values and practices that put individuals and families first and promote their strengths and recovery. Research and experience tell us that individuals and families with serious and complex needs often need multiple services and community supports to help them succeed.

All of our efforts are for a single purpose – to allow all individuals the chance to achieve their life goals. And isn't that something everybody wants?

# Enhancing Self-Determination through Wellness Management & Recovery

By Carolyn Cordasco, Triumph LLC

One sunny fall day in Durham, while sitting in the Wellness Management and Recovery group a consumer asked “Why didn’t I know this information before? I have been diagnosed for 20 years and I did not know this! Where has it been?”

He was learning about what influences his psychiatric illness disorder and how to minimize the effects of his mental illness by participating in an evidence-based practice called Wellness Management and Recovery.

Wellness Management and Recovery is a three to six-month program with weekly sessions that provide information about mental illnesses and strategies to help reduce relapses, while fostering skills that help consumers pursue their personal goals. It is one of several evidence-based practices that North Carolina along with other states has adopted to help transform the mental health system to one of collaboration between the provider and the consumer with the focus on meaningful, individual recovery. Evidence-based practices are interventions that have been scientifically researched and have shown consistent positive consumer outcomes.

WMR consists of nine structured modules that include information about mental illnesses including the biological basis or vulnerability to that disorder, stress reduction and relapse prevention techniques and how to develop supportive relationships. The idea is to reduce hospitalizations, disruptions in families, and time spent suffering with psychiatric symptoms. The emphasis is on helping consumers reach their goals and find time to enjoy their lives.

Several of Triumph’s consumers have completed WMR and are now helping others in the program to reach their goals. That same consumer who wanted to know why he was not given this important information when he was first diagnosed readily shares his story, his struggle and his recovery journey to other group members.

On my desk is a framed quote that says “Recovery to me is being able to live with mental health symptoms in a way that I can still do and accomplish goals for myself, to not be held back by mental illness, to be able to live a full life regardless of mental health issues.”

And, indeed, he is doing just that!

*“Recovery to me is being able to live a full life regardless of mental health issues”*

## What is it? Durham System of Care

It won a national award for its team-based service for children and their families that significantly reduced residential care for children while increasing intensive in-home services. – *Representative Verla Insko*

It has saved Durham County millions of dollars over the last few years. – *Ellen Reckbow, Chair, Durham Board of County Commissioners*

It has helped us better meet the real needs of our children and families. – *Ellen Holliman, Area Director, The Durham Center*

### What is it? It is Durham System of Care.

Children with complex behavioral, social, academic and social needs face challenges in many aspects of their daily lives – at home, in school, in social situations and in the community. As a result, they need coordinated services and supports from a variety of child-serving agencies. Five years ago families, providers and community leaders in Durham began fundamentally restructuring the local human services delivery system into a System of Care (SOC) to better meet the needs of these children and their families.

Durham SOC is based on a set of values, principles and beliefs about how children and their families should expect to receive services and be involved in improving things for their own families and others in the community.



System of Care is not a service or a program. It is a nationally-recognized ‘no wrong door’ approach that integrates the work of education, juvenile justice, physical health, mental health, child welfare, family court and other helping organizations into one interconnected and family-centered service system. This integration takes the burden of coordinating multiple services off the shoulders of families. It brings the front-line services and personal supports that the family wants and needs to them, creating their own unified team – a Child and Family Team. There are as many as 1000 Child and Family Teams working together in Durham, helping families help their children succeed at home, in school and in the community. Durham SOC is now being expanded to better respond to the needs of adults with complex challenges, including homelessness, serious mental illness and substance abuse.

System of Care – a better way to serve the citizens of Durham County. For more information, visit [durhamsystemofcare.org](http://durhamsystemofcare.org).

## Durham Center Access: Help When You Need It

by James Osborn, Director, Durham Center Access

How many times have you told yourself that “this time” is the last time? The recovery process can be challenging and returning to alcohol or drugs was not part of the plan. Now you are experiencing a crisis and need help getting the substance out of your system to start over and continue in your journey.

Or maybe you wanted to take the medication to stop hearing voices, but you missed your last appointment and the side effects were hard to take. You thought you could make it to the next appointment. You were hoping that missing a few dosages wouldn't hurt. Now you are experiencing a crisis and fear you might have to go back to the state hospital.

In Durham County, you have another option and help is available.

Durham Center Access is a 24 hour-a-day, 7 day-a-week source of information or referral to an appropriate provider. We also operate a facility for stabilization and short-term treatment of adults in mental health and substance abuse crisis. We provide round-the-clock assessment of clients in crisis and short-term residential options to more restrictive settings like John Umstead Hospital. Our clinical staff can provide psychiatric and medical assessments and determine the possible need for crisis stabilization, hospitalization, residential detoxification or residential psychiatric medication stabilization.

Durham Center Access can also provide evaluation of children and adolescents in crisis. The goals of the program are to reduce state hospital utilization and to support community-based treatment. Durham Center Access coordinates with outpatient providers to maximize client benefit and continuity of care during crisis events.

Durham County citizens can call Durham Center Access at **560-7100** about an emergency or the need for ongoing services. If you are experiencing a mental health, developmental disability or substance abuse crisis you can go directly to 2609 North Duke Street, Suite 900, Durham, NC. Clinical staff is available 24 hours a day for these walk-in crisis services.



## Integrated Dual-Disorder Treatment

by Chris Flanagan, Easter Seals/UCP/ASAP

“S he had a knife to my throat,” Michael said. He was describing why he left his rooming house and now was homeless again. This was another problem in a long series of disasters in Michael's life. His troubles began at 12 years of age when he was sent to John Umstead Hospital for a year for excessive hyperactivity. Since that time he was diagnosed with bipolar disorder and hospitalized a total of 17 times.

A significant drug problem has further complicated Michael's life. His heavy use of drugs and alcohol has often led to his mental health breakdowns. He has also had significant legal problems and has a 26-page criminal record. Medicaid and Medicare have paid tens of thousands of dollars annually for ER visits and hospitalizations due to Michael's illnesses.

Traditional mental health and substance abuse services have not been successful in his case and for others like him, largely because community mental health centers were not equipped to treat clients with serious drug and alcohol abuse problems. Nor were substance abuse clinics equipped to address serious mental health issues.

Several years of research resulted in the development of Integrated Dual-Disorder Treatment (IDDT), an evidenced-based practice that combines substance abuse and mental health treatment. Team members are trained in both treatment approaches, use a non-confrontational approach, provide support and actively look for ways to motivate the consumer to change.

Easter Seals/UCP/ASAP has been providing this service in Durham for the last 18 months with great success. Clients in IDDT experienced an 84% reduction in the number of hospitalizations and ER visits over the course of one year. They are also achieving important personal goals that are helping them to obtain a greater quality of life. Of 58 consumers, thirteen obtained apartment subsidies through Durham County based on progress made toward substance abuse and mental health recovery. Three completed training as Certified Nursing Assistants and six others are participating in other vocational training programs.

Michael and clients like him no longer have a knife to their throats. Instead, they have their lives back in their own hands. An integrated approach to treatment with a team to support them has made the difference.

*“An integrated team approach to treatment can give people their lives back”*

# Understanding Depression

by Dr. Margery Sved, The Durham Center,  
Past President, NC Psychiatric Association

**A**lmost everyone feels sad at one time or another and up to 25% of adults may experience depression at some time in their lives. Depression is a very treatable illness and yet it can cause suffering, days lost from work, disruption of relationships and even death. Anyone with depression needs to get help, not just try to “tough it out.”

In the past, before effective medication and other treatments were available, some people did improve from depression, but it often took as long as two years. Many people, however, did not get better and remained chronically depressed for years. For the most part, depression is easy to recognize and often easy to treat, though many of the symptoms of depression can also be caused by other illnesses.

In order for a psychiatrist, physician or other health or mental health care provider to diagnose depression, symptoms must be present for an ongoing period of at least two weeks – symptoms not caused by grief or other significant losses or other medical illness. A diagnosis of depression requires a cluster of symptoms, including at least several of the following along with either an ongoing depressed mood or lack of interest or pleasure in usual activities:

- Increase or decrease in appetite or weight
- Increase or decrease in sleep
- Decreased energy or fatigue
- Feelings of worthlessness, hopelessness or guilt
- Inability to concentrate or make decisions
- Thoughts of death or suicide

If someone has thoughts of suicide, or especially if someone has thought of ways that they could kill themselves, seek help quickly.

A variety of medical illnesses can have many symptoms similar to those of depression, so a good evaluation before beginning treatment is needed to clarify the diagnosis. While many people with other medical illnesses often become depressed as well, chronic depression is not an expected reaction to having a medical illness. Depression can be more difficult to diagnose in children and older adults, so someone who works with these age groups regularly should be involved in diagnosis and treatment.

The best treatment for most individuals with depression is a combination of medication and psychotherapy, any of several different kinds of “talking treatment.” A very high-risk time for anyone treated with medication is the first few weeks, when the medication may produce more energy without improving sadness, so that the person may start thinking even more about death or suicide. This is not a sign that the medication is not working but instead that the person needs close follow up and monitoring.

People with severe depression often need hospitalization, sometimes several medications and usually longer treatment and community-based supports. People with milder forms of depression may be helped by psychotherapy, exercise, herbal medications and vitamins, and improved nutrition and support, and these can also be helpful supplemental therapies for those with any depression.

Most important to remember is that sadness is normal but depression is not, and depression needs evaluation and treatment. You don't have to suffer with depression. Treatment works – reach out for help.


“The world counts me out as a lost cause. Statistics say I won't, but I can!”

— Durham ACTT Program Member

## Telecare Durham ACTT

Assertive Community Treatment Team



Recovery is not only possible, it is probable — and it starts with a person's hopeful vision for the future. For people with a serious psychiatric disability, this may seem out of reach. It's not. At Durham ACTT, clients set their own goals — and partner with exceptional mental health staff to nurture those dreams to life.  To learn more about Telecare's recovery philosophy, ACT services, or career opportunities in our collaborative, inclusive, creative environment, please visit [www.telecarecorp.com](http://www.telecarecorp.com).

**Clients accepted by referral only.**  
**For information, call (919) 220-4224.**



## Helping People with Severe Mental Illness Reach Their Full Potential

by Linnie Smith, Telecare Corporation

Founded in 1965, Telecare Corporation is one of the nation's largest family- and employee-owned providers of adult mental health services to county and state governments and behavioral health organizations. With over 2,000 employees and 60 programs in five states, Telecare provides a full range of services and supports to individuals with serious mental illness. Telecare delivers eight major categories of services, as well as innovative programs tailored to individuals with co-occurring issues such as homelessness, substance abuse, developmental disabilities, or involvement in the forensic system.



## DURHAM COUNTY COMMUNITY LIVING PROGRAMS, INC.

*Providing community residential and support services to adults with developmental disabilities.*

### Our services include:

- Home settings with live-in staff
- Community Apartments with staff living within the complex
- Periodic personal assistance services
- CAP-MR/DD services

### Consumers of our services receive:

- Skills training to maximize independence
- Training and monitoring of health and safety
- Assistance to access and be a part of one's community
- Development of individual leisure and recreational interests
- Encouragement to reach one's goals and celebrate accomplishments



ENRICHMENT THROUGH ENCOURAGEMENT  
SINCE 1974

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# Durham System of Care: Helping Our Community's Families

by Teka Dempson, Family Liaison, Durham System of Care

There are families in our community who have not had a good night sleep in years. Why is this?

For many, it's because they have a child with a combination of serious challenges, such as emotional disturbance, risky and unsafe behaviors, other major health concerns, social isolation or academic failure.

When you are a parent of a child with such serious needs, you can easily become overwhelmed. Many parents experience a sense of loss, loneliness and hopelessness. You ask yourself over and over – “where is the help I need?” Sleepless nights can occur because families feel that they are carrying the world on their shoulders without someone to help share the load.

When a family becomes a part of Durham System of Care, they become part of a Child and Family Team. This team partners with families to develop a plan to address the child's mental and physical health, educational, legal and community needs in a coordinated and effective way. The Child and Family Team also provides support to the family so they no longer have to pretend everything is alright or to feel so overwhelmed, lost or afraid.



Families know their children best – their input is critical to the work of their Child and Family Team, helping make decisions in the best interest of the child and family. Through the family-driven approach of System of Care, families can once again be hopeful about their future and become a part of their own healing.

# DCCLP: Helping Create Richer, More Independent Lives

by Elizabeth Scott, Durham County Community Living Programs

Durham County Community Living Programs is a private, non-profit agency organized with family and community in mind. Adults with developmental disabilities receive a range of residential services in comfortable, safe homes and apartments within the Durham community.

The Apartment Living Program provides periodic Personal Assistance or CAP-MR/DD services to individuals living in their own homes or apartments. The program has expanded to include staff living on-site within an apartment complex to offer supports on a 24-hour basis to individuals living there. Supports include assistance with budgeting, decision-making, housekeeping, shopping, nutrition, relationships, and community engagement. Individuals have an opportunity to live independently while receiving regular staff support and assistance, with emergency on-call services available. Those wishing to transition from other settings have a unique opportunity to develop their skills in this safe, supportive environment.

Seven Group Homes in various Durham communities have staff living in the homes to provide optimum service and continuity. Managers offer guidance in areas such as grooming, budgeting, housekeeping and socialization.

Experiences in the Group Homes and Apartment Living Program prepare individuals with developmental disabilities for richer, more independent lives. DCCLP staff work to encourage individuals toward their life goals, and to assure that acceptance and opportunities are offered with dignity and understanding.

# Caring Family Network: “To Take the Best Possible Care”

Caring Family Network, a non-profit agency in Durham, has provided services in the Durham area for over ten years and has developed a reputation for quality care, accessibility and professionalism. Our mission – “To take the best possible care of the people we serve and those who serve them” – reflects a commitment to quality care and to the importance of caring for staff members. To meet the needs of the community, we provide services for children, adults and families, including Community Support services, outpatient and in-home counseling, therapeutic foster care and psychiatric services. Evening appointments are available for adults and children. These comprehensive and accessible services are provided by a diverse group of talented and trained professionals committed to developing strong relationships and focusing on individual, family and community strengths.

In the last year there have been many changes in mental health services in North Carolina and Caring Family Network has adapted to these changes. Last year, five community mental health clinics were divested from the Orange-Person-Chatham County Local Management Entity to Caring Family Network. We worked closely with these clinics to ensure a seamless transition for the thousands of consumers they served, and we expanded our Community Support Services to assist consumers with case management and skill-building needs. This growth reflects a commitment to meeting the mental health needs of Durham and surrounding communities.

However, we are most proud of the individual services and relationships we have developed. One family member shared,



*“Everyone needs to know about the Caring Family Network. The staff at CFN are extra-ordinary. They are well informed of all services in the community.”*

Such recognition reinforces our commitment to serve the individual, family and greater community and drives us to develop innovative programs. In 2006, we developed the “Rapid Response” program to provide emergency residential services for children and adolescents in caring homes in our community. As a result, many children and adolescents who experienced a crisis were able to remain in their communities instead of being placed many miles from home. In addition to providing quality care, the program was also cost-efficient for the community. The Rapid Response program was awarded the Ralph W. Ketner Employee Productivity Award for innovation.

To learn more about the child and adult services provided by Caring Family Network, please call our Durham office at 877-236-2414 or visit our website at [www.caringfamilynetwork.org](http://www.caringfamilynetwork.org).



## We Can Help.

*Our Mission is to take the best possible care of those we serve and the people who serve them.*

### Community Support Services

- Child, Adolescent and Adult Support

### Outpatient Services

- Assessments (Diagnostic & Routine)
  - Adult & Child Services
- Psychiatric & Medication Evaluations
  - Medication Management
- Evening Appointments Available

### Foster Care Services

- Therapeutic Foster Care
- Rapid Response Program



[www.caringfamilynetwork.org](http://www.caringfamilynetwork.org)

5720 Fayetteville Road | Durham, NC | 27713

If you would like more information on our services please give us a call at :

**877.236.2414**

Burlington • Chapel Hill • Durham • Fayetteville • Goldsboro  
Henderson • Hillsborough • Pittsboro • Raleigh • Roxboro • Siler City



**Alpha Management Community Services, Inc.**  
**is committed to providing needed services to**  
**people who have a variety of complex disabilities**  
**thus allowing them to remain in their community.**

## Services:

- **Community Supports**
- **Diagnostic Assessments**
- **Therapeutic Foster Care**
- **Respite**
- **CAP-MR/DD**
- **Targeted Case Management**
- **MR/MI**
- **Outpatient Treatment**
- **Medication Management**
- **Developmental Therapies**

## Contact us today!

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 Toll free: 866-588-4440  
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## Durham's CFAC: Advising the System from Personal Experience

**W**hat is CFAC? It's the Consumer and Family Advisory Committee, made up of people who experience or have family members who experience mental health, developmental disability and/or substance abuse issues. Durham's CFAC, along with other similar groups across the state, were created as part of North Carolina's mental health reform efforts.

Durham CFAC is a group that is mandated by North Carolina law. Its job is to advise The Durham Center by pointing out gaps in services in our community, recommending new services or ways of delivering services, and helping to develop and evaluate ways to improve the quality of services our citizens have access to.

Over the past couple of years, Durham CFAC has identified several key local issues, including expanding access to housing and employment for people served by The Durham Center and reducing the stigma associated with mental and substance use illnesses and developmental disabilities.

*"Durham  
 CFAC:  
 One person  
 can make  
 a difference"*



CFAC meets on the first Monday of each month from 5:30-7:00pm and a stipend is offered to members for meeting attendance.

If your life or that of a member of your family is touched by mental illness, a developmental disability or a substance use disorder, your input is needed and valued. If you think you might be interested in becoming a part of Durham CFAC, please email [DurhamCFAC@yahoo.com](mailto:DurhamCFAC@yahoo.com).

# Taking Charge of Your Care: Choosing Services to Meet Your Needs

It is important that the providers you choose to work with you in addressing your needs or those of a family member understand your particular goals and priorities so that their services will be of personal value to you. So, you and potential providers need to talk about what you want and need.

*Some questions you may want to ask providers that you are considering include:*

- Are the services you'd be providing best or evidence-based practices? If so, can you tell me more about these services and how they work? Is there a best or evidence-based treatment available for my or my child's diagnosis? If treatment being recommended is not best or evidence-based, can you tell me why?
- What changes should I or my child/family expect to see? How long before you think I/we will see these changes?
- What is my role and my family's role in treatment?
- Will the provider have any special training needed to provide this service?
- Does the provider adhere to System of Care Best-Practices that are person/family-centered and strengths-based, that promote recovery, that partner with others, etc.?
- Who do I call if I am having problems with a provider?
- Will the provider provide transportation for me to meet community goals?
- What is your agency's response if I am or my family is in crisis after hours?

*For persons who do not speak English as their primary language, The Durham Center can provide a list of providers who speak languages other than English. We can also make sure that interpreters are available for persons who are deaf or hard of hearing.*



- Will the provider agency provide supplies needed to meet the goals that have been established? For example, if a goal is for a child to put together a puzzle, will the agency provide the puzzle?
- What is the 'turnover' rate for employees and how long do they stay with the provider organization?
- How often and what kind of supervision does the provider receive by their agency?
- How many hours of each service can I expect to receive? For how long? How are those decisions made?

# The Power of Peers

by Sharon Youse, Program Manager, Triangle Empowerment Center

I remember the day I met her – I am not sure I had ever seen anyone so distraught. She was homeless, had bipolar disorder and was new to recovery from drug abuse. She had been traveling with someone who treated her poorly.

The Triangle Empowerment Center, a drop-in center for people with a mental illness, is the place she found refuge. Relaxation, information and insight into recovery are key ingredients of the center. People participate in meaningful activities such as seminars, self-help groups and excursions and socialize in a safe environment. The Center is peer run. The staff of Peer Specialists, like the participants, are in recovery and share their journeys from personal experience. They take on a support role by providing a listening ear.



She developed an especially strong connection with one of our Peer Specialists, also in recovery from an addiction. That first day after a group meeting they hugged one another and sobbed together for close to thirty minutes. During her entire stay in Durham and her transition to living in another state she visited the Center every day. As her needs were met, she peeled off layers of oppression and exposed a courageous, articulate assertive young woman.

During her time with us she engaged in several activities. She attended seminars and participated

in group meetings. She was very self-aware and shared her story with reservation at first and then quite freely as her sense of belonging and safety grew. She shared that the Center had been a Godsend for her and had saved her life. In all her years of treatment she had never seen a place like this.

When she first arrived she had been without medication for two months and was experiencing psychiatric symptoms. In a short period of time we helped her get connected to services, acquire medication and access her benefits. Within a few weeks she was doing well and on the way to a new chapter in her life armed with a powerful story of recovery and the importance of peer support.

Triangle Empowerment Center is located at 353 West Main in downtown Durham. We are open Monday-Saturday from 10am-9pm and Sundays from noon-6pm. We offer Peer Specialist Training and Wellness Recovery Action Plan (WRAP) Training to people who have a current or previous diagnosis of a mental illness. The intention of the training is to empower people to transform their lives and maintain wellness. Please call to inquire and register and ask to speak with Sharon Youse. Our phone number is 687-7700.

## How to Prevent Children & Adolescents from Using Alcohol

- Spend at least 15 minutes of undivided time each day with your children. Parents who talk with their children about what is happening in their lives are better able to guide their children toward more positive, skill-enhancing activities and friendships. To learn more, visit <http://mentalhealth.samhsa.gov/15plus/default.asp>.
- Talk with your child about the dangers of alcohol and other drugs and start early – before they learn from negative peers.
- Get involved in your child's life - do fun things together.
- Make clear, sensible rules for your child and enforce them with consistency and appropriate consequences.
- Practice what you preach - be a good role model.
- Help your child make positive friendships – encourage them to find friends who are supportive and do not engage in destructive behaviors. Teach your child how to respond if pressured to use alcohol or other drugs.
- Monitor your child's activities – know where he/she is going and with whom, monitor internet use and talk about the dangers of chatting with people they do not know.
- Take care of yourself, don't be afraid to ask for help – parenting is very stressful and all parents experience times of frustration and hopelessness. The more support you have for yourself, the more your child will benefit.



For more information, go to <http://family.samhsa.gov/default.aspx> or contact Tina Howard, Substance Abuse Specialist at **The Durham Center, at (919) 560-7578.**

## Alcohol and Drug Abuse Screening Tool

This simple screening tool can help you determine if you may have a problem with substance abuse. Check "yes" or "no" in response to each statement.

- I feel like my life would be better if I stopped drinking or using drugs. Yes No
- I have tried to stop drinking or using drugs and failed. Yes No
- I have missed days at work or school because of my drinking or drug use. Yes No
- I have had memory loss or a "blackout" after I've been drinking. Yes No
- I have received medical care because of my alcohol or drug use. Yes No
- I have had legal problems because of my drinking or drug use. Yes No
- My drinking or drug use causes problems in my personal relationships. Yes No
- I sometimes use alcohol or drugs while I'm by myself. Yes No
- I wish people would stop bothering me about my drinking or drug use. Yes No
- My family or friends have told me that I should cut down on my drinking or drug use. Yes No
- I sometimes need a drink in the morning to get started or to stop shaking. Yes No
- I drink or use drugs to help me relax or get my mind off problems. Yes No
- I think about dying or killing myself. Yes No

A "yes" answer to any of these questions could indicate a need for further evaluation.

If you answered "yes" to two or more of these questions it is recommended that you contact Durham Center Access at 560-7100 to schedule a substance abuse assessment.

If you answered "yes" to the last question, please contact Durham Center Access at 560-7100 for further evaluation or contact 911 for immediate assistance.

## How You Can Help a Family Member or Friend With an Alcohol Problem

**Stop all "cover ups."** Don't make excuses. Let the drinker experience the full consequences of drinking.

**Time your intervention.** Choose a time when the drinker is sober. Remain calm and talk in private.

**Be specific.** Express your concern using examples of the ways the drinking has caused problems.

**State the results.** Explain to the drinker what you will do if he or she doesn't go for help.

**Get help.** Learn about treatment options in your community and support the drinker in getting help.

**Call on a friend.** If necessary, recruit an ally in your intervention efforts.

**Find strength in numbers.** Consider using a group intervention with friends or family under the guidance of a health care professional.

**Get support.** You are not alone. Join a community support group.

## Treatment and Prevention Resources

### **Treatment & Support Resources:**

**Durham Center Access** - 919-560-7100 To access treatment for adolescents and adults abusing alcohol or other substances.

**Alcoholics Anonymous** - 919-286-9499 (Durham Number - Collect Calls Accepted) <http://www.aanc32.org>

A support group of men and women who share their experience, strength and hope with each other in order to solve their common problem and help others to recover from alcoholism.

**Al-Anon Family Groups** - (800) 243-4035 for English, (800) 251-5738 Espanol

A fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems; alcoholism is a family illness, and changed attitudes can aid recovery.

**Narcotics Anonymous** - (919) 956-5900 A support group of men and women recovering from addiction to narcotics.

### **Prevention Resources:**

**DurhamTRY** - (919) 491-7811 ~ [www.DurhamNCTRY.org](http://www.DurhamNCTRY.org), [DurhamTRY@aol.com](mailto:DurhamTRY@aol.com)

DurhamTRY Drug and Alcohol Free Community Coalition are local organizations working to increase community awareness and the number of conversations between parents/caregivers and their children about the link between underage alcohol use, substance abuse and risky behaviors.

**Alcohol & Drug Council of NC** - 1-800-688-4232 ~ <http://www.alcoholdrughelp.org/>

For information, referral, and prevention education.

**Durham Council on Alcoholism and Drug Dependence** - (919) 309-2600 - <http://www.dcadd.org/>

A community resource that provides a wealth of information about alcohol, alcoholism, and other drug issues.

**Building Blocks for a Healthy Future** - <http://bblocks.samhsa.gov/>

A program to educate parents and caregivers about the basics of prevention for children ages 3 to 6.

**Girl Power!** - <http://www.girlpower.gov/>

The national public education campaign to help encourage and motivate 9-14 year-old girls to make the most of their lives.

**Espanol: Hablemos en Confianza** - <http://hablemos.samhsa.gov/>

Es su fuente de recursos bilingue.



THE DURHAM CENTER manages mental health, developmental disability and substance abuse services in Durham County. Although The Durham Center does not actually provide services, our job is to ensure that local citizens who seek help for mental illness, developmental disabilities and substance abuse receive the quality services and supports they are eligible for to help them achieve their goals and live as independently as possible.

#### **How to Access Services:**

**If you or a family member needs help for a mental health, developmental disability or substance abuse issue you can call DURHAM CENTER ACCESS at 919-560-7100 24 hours a day, 7 days a week.**

**When you call you can receive information or a referral to an appropriate provider.**

**Walk-in crisis help is also available for emergency situations 24 hours a day at 2609 North Duke Street, Suite 900 in the Central Medical Park in Durham.**

#### **Reach out for help through Durham Center Access.**

The Durham Center is a key partner in Durham System of Care



*A RESOURCE for Durham County citizens with complex needs and their families...*

#### **Network of Care**

This website provides critical information, communication and advocacy tools to assist individuals and families in finding the best available services. It's a better way to interconnect the community that cares for our families!

**Search the database of local service providers**

**Browse information about parenting, mental health, Medicare, support groups and many other topics**

**Keep up with state and federal legislation affecting services for individuals and families**

**Find out where to find the right device to assist people with disabilities**

**Learn about private and low-cost health insurance options**

**Link to dozens of other helpful websites**

**[www.durhamnetworkofcare.org](http://www.durhamnetworkofcare.org)**

Network of Care is sponsored by Durham's award winning System of Care, a community-wide partnership to assist individuals and families in their efforts to succeed at home, in school, at work and in the community.