



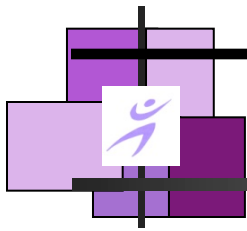
The Insider

Apr 2016

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

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- ❖ Cultural Sensitivity
- ❖ VOTE
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For over a decade, Universal Mental Health Services has been assisting individuals with developmental disabilities and/or mental health issues to achieve or maintain their independence and dignity in the setting of their choice which is most often their own homes and communities. We have been supporting caregivers who want their loved ones to maximize their potential. These caregivers often need assistance and advice as they balance the competing demands of family, work and self.

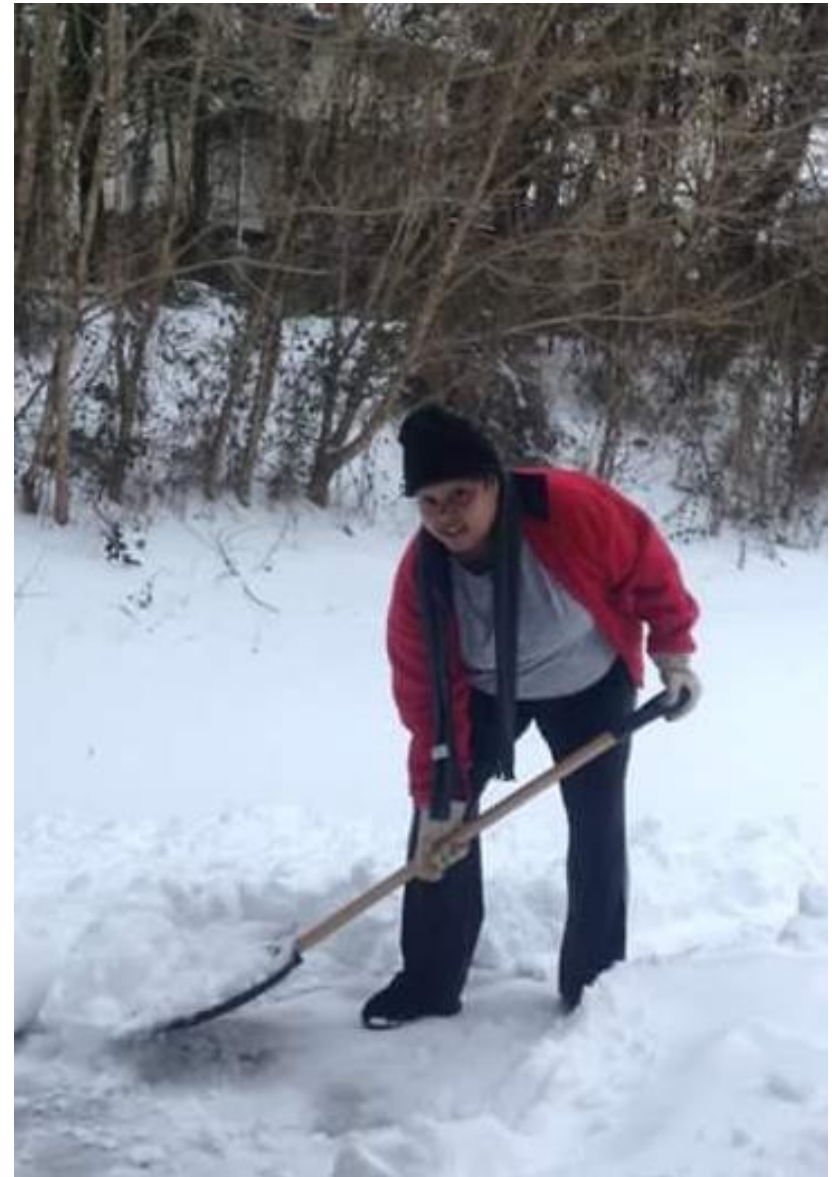
Universal offers an ever expanding list of programs and services and we are continually seeking ways to improve our service delivery to ensure positive outcomes for the individuals with whom we work. Our data indicates that our consumers and stakeholders give us very high marks. This is something that is very important to our agency. With approximately 800 employees statewide and a senior management team that has over 100 years of combined experience in the human services field; our agency brings a lot of expertise, experience and resources to the individuals and families we serve.

Universal remains dedicated to helping individuals affected by developmental disabilities and/or mental illness in achieving their full potential to live, work and grow in the community.

~*Brook*



Asheville's Denisia Harper CST-IDD has been with Universal since 2007 and has worked with Miss Stover for 9 years. During the winter storm that occurred January 22nd this year, Denisia was determined to check on the person she has faithfully supported. Without hesitation Denisia grabbed a shovel from her home and placed it in her vehicle; determined to reach Miss Stover. When Miss Stover looked out her window and witnessed Denisia making a path to her door, she was overwhelmed with excitement and quickly took a picture of this kind act.



Happy St. Patrick's from Universal Day Program Journey to Success.

Universal has an Adult Day Program in Burlington which started providing services in June 2015. The program grew so quickly that the program out grew its old location. With a lot of hard work and dedication the Day Program moved to a much larger location in Feb 2016. The Day Program continues to grow adding new members to the Universal Team each month. Journey to Success facilitates person served council which meets monthly to discuss which activities the members of Journey to Success would like to participate in and one of the events members wanted this month was a St. Patrick's day party!





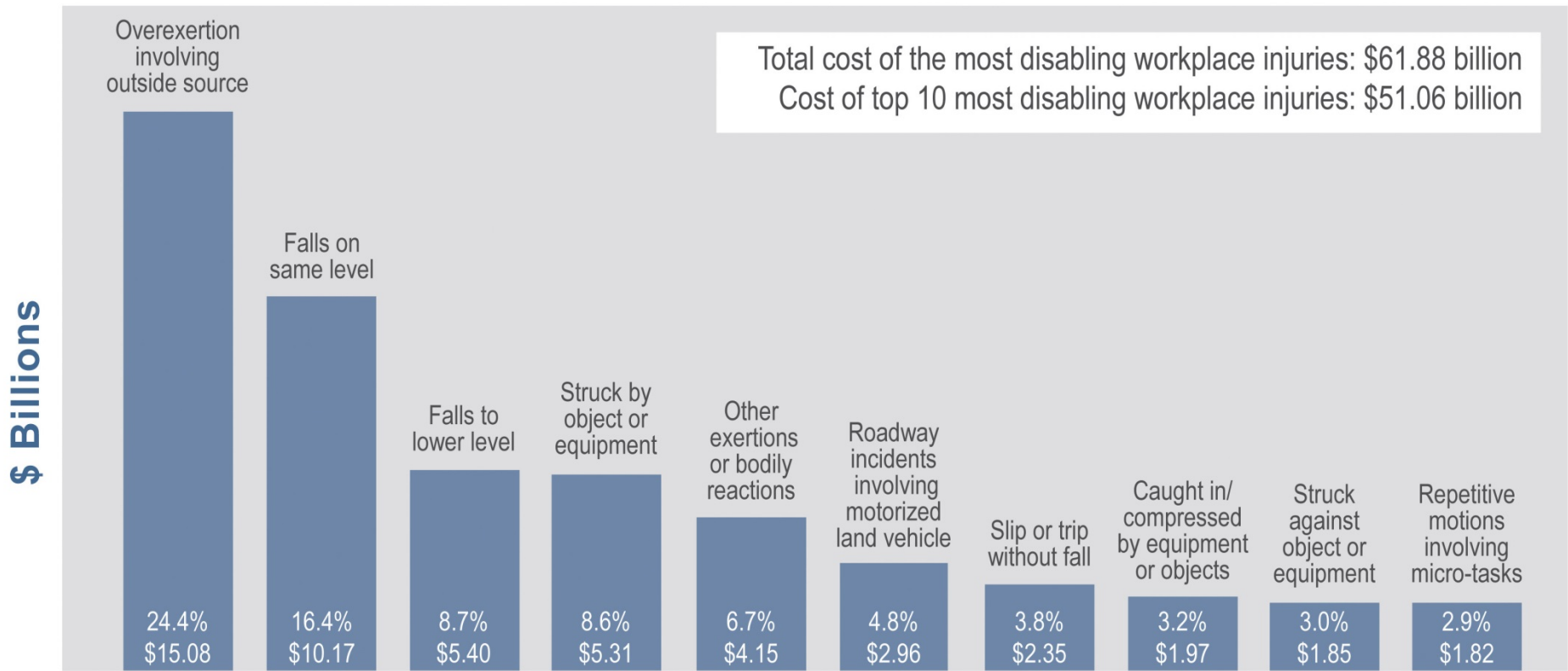
Chris – hard at work!



“Here – let me help you Jatana!”



Top 10 Causes and Direct Costs of the Most Disabling U.S. Workplace Injuries



2016 Liberty Mutual Workplace Safety Index (based on 2013 injury data)



In the past, we've shared information about privacy, HIPAA, and confidentiality, but Universal Mental Health Services makes security and protecting private data a high priority. With that said, please remember:

Secure your workspace!

If you are walking away from your computer for any reason, log off of remote desktop and OnTarget. If you leave these sessions open, anyone can sit down at the computer and access Protected Health Information (PHI).

Likewise, if you get up from your desk, make sure that paper files are not visible.

Secure your mobile device!

If you are using a smart phone or mobile device (iPad, Tablet, etc.) with company email on it, you must secure that device with a minimum of a 4-digit passcode and an auto lock period of no longer than 1 minute.

Remember to keep updates current on devices. This includes operating system and app updates. Include your Universal Mental Health Credentials and signature on all email sent from the mobile device (normally setup with a signature)



Remember the basics!

E-mail containing PHI, including but not limited to, persons-served name or initials, must never be sent to any outside email address.

Remember to never save documents outside of Remote Desktop. Those items cannot be included in our company-wide backups and are at risk for potential PHI exposure.

NEVER use a Thumb drive (flash drive, USB drive, etc.) to store any Universal MH/DD/SAS documents. These drives are very unsecure and easily lost, potentially putting PHI in the hands of anyone that might find the device.

As always, you can direct any questions or concerns about these, or any other IT issue, to trackit@umhs.net.



Universal's Cultural Sensitivity Mission Statement?

"Universal MH/DD/SAS strives to develop awareness and respect in order to celebrate the diverse backgrounds of people."

April
Easter



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June.
Shavuot



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Cinco DeMayo



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May





NC Board of Elections - Voter ID Law: This is intended to provide general information about NC Voter ID laws and provide information that may be helpful to persons residing in healthcare facilities. For more complete information go to www.voterID.nc.gov, or read about Primary Voter ID laws. Residents of healthcare facilities may have special needs to consider when voting. Residents should consider all of their voting options in order to choose the best and safest voting option.

THERE ARE THREE WAYS TO VOTE IN NC:

- in-person inside the voting site (either an one-stop early voting site or at the voter's polling place on Election Day)
- in-person curbside (from a vehicle parked in a designated area outside a one-stop early voting site or at the voter's polling place on Election Day)
- by mail-in absentee ballot.

In upcoming elections, most voters must show acceptable photo ID at the polls.

Following are the acceptable photo IDs:

- all photo ID cards issued by the NC DMV (including the North Carolina driver license and North Carolina identification card), which may be *expired* for up to 4 years;
- *unexpired* United States passport and passport card, military IDs, VA Benefits card, federal tribal ID cards;
- certain state recognized tribal ID cards; and
- out-of-state DMV cards may be used if the voter has registered to vote within 90 days of the election.

While most voters must show photo ID at the polls, there are exceptions and options for persons who do not have or are unable to get an acceptable photo ID. Voters who are unable to obtain an acceptable photo ID due to a reasonable impediment may still vote a provisional ballot at the polls. (Examples of a reasonable impediment include but are not limited to the lack of proper documents, family obligations, transportation problems, work schedule, illness or disability, among other reasonable impediments faced by the voter.) Voters must also sign a declaration describing their impediment, and provide their date of birth and last four digits of their Social Security number, or present their current voter registration card or a copy of an acceptable document bearing their name and address. (Acceptable documents include a current utility bill, bank statement, government check, paycheck, or other government-issued document.) The full list of exceptions may be found at <http://voterid.nc.gov/exceptions.html>. No one will be turned away or not allowed to vote. It's not too early to be thinking of voting. Early voting started Thursday, March 3rd, and the primary election was Tuesday, March 15th. Early voting for the general election begins Thursday, October 27th.

People with disabilities vote at a lesser rate than people without disabilities. A person cannot be denied the right to vote due to a disability. Support staff can go with the person served to vote but cannot influence the person's choices. For more information on absentee voting and to access the voter registration form, go to <https://www.ncsbe.gov/Voting/Absentee-Voting>



New Universal Family Members

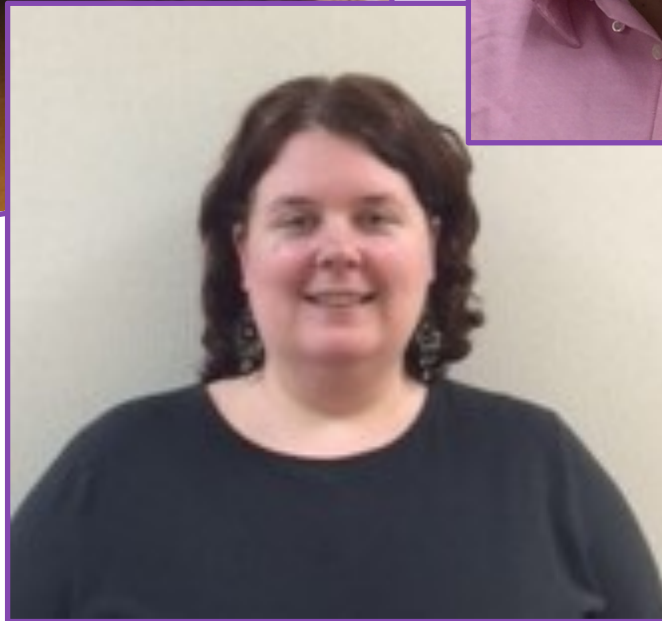
**Raleigh Residential Supervisor
~ Rosary Gross**



**Morganton's QP-IDD ~
Evan Budofsky**



**Corporate's newest addition -
Christy Hartley**



**Morganton's newest addition
~ ITFS, Danielle Reid**



**Asheville's IDD-QP ~
Michael Johnson**



Asheville

CHASE, SAUL	Ash	4-Apr
JONES, TREVOR	Ash	6-Apr
ARENDTS, RACHEL	Ash	7-Apr
MYERS SR, THOMAS	Ash	13-Apr
Watermulder, Peter	Ash	17-Apr
ADAIR, KAREN	Ash	20-Apr
Caruso, Alexander	Ash	27-Apr
PIMENTA, ELISE	Ash	28-Apr
Waites, Nicholas	Ash	29-Apr
HALL, ASHLEY	Ash	8-May
ANDERS, SHANNON	Ash	16-May
MYERS, ROSE	Ash	20-May
RICHARDSON, KHADIJA	Ash	29-May
RADCLIFF, SARAH	Ash	30-May
KERN, CHRISTOPHER	Ash	31-May
PRESSLEY, JANICE	Ash	9-Jun
Chambers, Devolia	Ash	11-Jun
BLEVINS, HELEN	Ash	13-Jun
LESTER, WANDA	Ash	13-Jun
Ahmad, Abdul	Ash	15-Jun
BRADLEY, CYNTHIA	Ash	15-Jun
Gee, Michelle	Ash	17-Jun
SARGENT, KIM	Ash	19-Jun
JOHNSON, MICHAEL	Ash	20-Jun
RICE, KRISTY	Ash	20-Jun
MESSER, ANGELA	Ash	23-Jun
HARWOOD, JEREMY	Ash	24-Jun
BARHAM, SIDNEY	Ash	26-Jun
SHERLIN, EMILY	Ash	27-Jun
MINTO, NATASHIA	Ash	30-Jun
SWANN, SWANEE	Ash	30-Jun

**Burlington**

JONES, RACHEL	Burl	14-Apr
JONES, KAYLIA	Burl	15-Apr
MARTIN, KRISTA	Burl	15-Apr
Winstead, Barbara	Burl	15-Apr
PAYTON, SHANNISE	Burl	16-Apr
MCMINDES, IAN	Burl	21-Apr
ORTIZ, DULCE	Burl	21-Apr
MEBANE, JAMES	Burl	23-Apr
LAVENDER, RONALD	Burl	24-Apr
PERKINS, BARBARA	Burl	27-Apr
DE LOS SANTOS, JENNY	Burl	1-May
GRAY, JEAN	Burl	6-May
LANE, WENDY	Burl	11-May
WATLINGTON, LINDA	Burl	20-May
NEESE, RACHEL	Burl	22-May
DELORGE, CLAUDETTE	Burl	23-May
COBLE, BRITTANY	Burl	25-May
JONES, SHAKETA	Burl	25-May
PARSONS, RACHAEL	Burl	27-May
STEPHENS, JOYCE	Burl	1-Jun
PENNY, PRISCILLA	Burl	2-Jun
HARRELSON, MANDI	Burl	6-Jun
REGISTER, CHERYL	Burl	7-Jun
LEGETTE, THERESA	Burl	8-Jun
PATTERSON, TABITHA	Burl	8-Jun
WATKINS, ARIYANA	Burl	9-Jun
FLACK, PAULA HILL	Burl	14-Jun
GETKIN, KATHY	Burl	14-Jun
ARCHIE, LISA	Burl	19-Jun
DIAAB, GLORIA	Burl	20-Jun

Corporate

GREER, DREMA	Corp	19-Apr
HOOVER, MICHELLE	Corp	4-May
EVERHART, HEATHER	Corp	15-May
FRYE, TRACY	Corp	26-May
FRIES, PATRICIA	Corp	27-May

Forest City

Dayberry, Andrea	FC	29-Apr
McDaniel, Dawn	FC	3-May
PADGETT, DONNA	FC	4-May
HOPE, CHRISTINE	FC	10-May
HAMILTON, CHARMAINE	FC	11-May
MCENTYRE, JASMINE	FC	11-May
BAXLEY, ELIZABETH	FC	16-Jun
ROBINSON, TINA	FC	27-Jun



Morganton

KINCAID, JORDAN	Morg	4-Apr
AUSTIN, GRAYAM	Morg	11-Apr
COOK, CATHY	Morg	14-Apr
MAHAN, ANGEL	Morg	22-Apr
MURPHY, TARA	Morg	22-Apr
BYRD, PAYTON	Morg	29-Apr
FERGUSON, BARBARA	Morg	29-Apr
BROWN, RYAN	Morg	2-May
TEAGUE, ADAM	Morg	8-May
White, Kathleen	Morg	13-May
BUMGARNER, SCOTT	Morg	15-Jun
MOORE, WHITNEY	Morg	16-Jun
ELDER, KATHY	Morg	29-Jun

New Bern

BRYANT, JOAN	NB	10-Apr
GATLING, SHONETTA	NB	12-Apr
LEE, BRENDA	NB	18-Apr
DUCLOS, PAUL	NB	23-Apr
LARK, CHERYL	NB	24-Apr
HUDSON, LISA	NB	1-May
STATON, MARIA	NB	1-May
PURIFOY, ELLEN	NB	5-May
YOUNG, RYAN	NB	9-May
BURDEN, MARCUS	NB	12-May
RIVERS, FANNIE	NB	18-May
CANNON, SABRALENA	NB	21-May
COX SR, RAYMOND	NB	26-May
JONES JR, ROBERT	NB	6-Jun
SCHMIDT, EMILY	NB	13-Jun
DIXON, MACHIKA	NB	20-Jun
COWARD-BRUNSON, ANGELA	NB	26-Jun
RIVERA, SHARON	NB	29-Jun



Raleigh

MITTENDORF, MONICA	Ral	5-Apr
DOUGLAS, GLORIA	Ral	7-Apr
POWELL, ANNETTE MARIA	Ral	8-Apr
WELCH, PAUL	Ral	12-Apr
CUMMINGS, GWENDOLYN	Ral	18-Apr
MOSS, PAMELA	Ral	22-Apr
Awokoya, Adebayo	Ral	28-Apr
DANGLER, LAURIE	Ral	28-Apr
BLACKSTON, TIERRA	Ral	2-May
WHITE, CLAUDIA	Ral	2-May
Chandler, Mitzi	Ral	3-May
SCROGGS, JULIE	Ral	4-May
GBARWEA-GOWEH, EDWINA	Ral	5-May
Ford, Mary	Ral	8-May
Davis, Amy	Ral	9-May
SWICEGOOD, DANIELLE	Ral	9-May
Springer, Natasha	Ral	10-May
THOMPSON, TERRI	Ral	13-May
WALLER, SAKINA	Ral	17-May
Rogers, Ronald	Ral	20-May
HOCUTT, NIKKITA	Ral	21-May
Bullock, Tari	Ral	22-May



Raleigh

CUTLER, FLORENCE	Arbor Hs	8-Apr
GROSS, ROSARY	Arbor Hs	29-Apr

Howell, Larry	Ral	25-May
Adeyi, Julie	Ral	26-May
Springer, Lauren	Ral	27-May
WILLIAMS, COLIN	Ral	27-May
MOORE, SARAH	Ral	31-May
Sellars, Felicia	Ral	4-Jun
PORTER, LISA	Ral	5-Jun
SPIVEY, LASHAWNA	Ral	6-Jun
BAKER, BRIA	Ral	12-Jun
Martinez, Andrea	Ral	13-Jun
Kondub, Maureen	Ral	18-Jun
Gbajumo, Rose	Ral	19-Jun
EJIRE, ADEYEMI	Ral	20-Jun
HOCUTT, ALBIE	Ral	20-Jun
Williams, Wysheka	Ral	20-Jun
Jones, Marie	Ral	22-Jun
Parker, Tonyiska	Ral	22-Jun
BOWMAN, KRISTEN	Ral	24-Jun
CONYERS, SHYKERIA	Reb's Hm	5-Apr
CONYERS, SHARONE	Reb's Hm	11-Apr
BAKER, JONATHAN	Strick Hm	1-Apr
JONES, JULES	Strick Hm	16-May

Wilmington

MAULDIN, THERESA	Wilm	28-Apr
JOSEPH, JESSICA	Wilm	29-Apr
KEARNS, RANDOLPH	Wilm	1-May
BOST, MICHAEL	Wilm	12-May
COSTON, JOYCE	Wilm	9-Jun
VAUGHN, JANICE	Wilm	16-Jun

Wilson

WALKER, WILMA	Wils	1-Apr
Quattlebaum, Anthony	Wils	5-Apr
ALFORD, ALISSA	Wils	27-Apr
WARD, PHYLICIA	Wils	29-Apr
SHERROD, NATARSHA	Wils	2-May
JONES, LISA	Wils	16-May
Artis, Janice	Wils	25-May
MCCARTER, RONIE	Wils	31-May
WAITE-WASHINGTON, DYRELL	Wils	3-Jun
BEST, WILLIAM	Wils	7-Jun
MOODY, KIMBERLY	Wils	9-Jun
HAGANS, BARBARA	Wils	15-Jun
JONES, ALISHA	Wils	16-Jun
BURDEN, SEQUOYA	Wils	22-Jun
BYNUM, OLA	Wils	29-Jun

Winston

PARDUE, BRYAN	WS	4-Apr
HARRIS, RHONDA	WS	11-Apr
VAUGHN SR, CARLTON	WS	16-Apr
PURDY, DONALD	WS	17-Apr
GOLDSMITH, JANA	WS	27-Apr
WARREN, ALVIN	WS	8-May
REYNOLDS, BRIANA	WS	10-May
COPE, SAMANTHA	WS	13-May
JESSUP, PATRICIA	WS	13-May
LEBIED, SONYA	WS	13-May
STUART, DEMETRIA	WS	19-May
ORR, NAKEEBA	WS	22-May
JESSUP, BRANDON	WS	24-May
SCHUMACHER, MARY	WS	26-May
BREIER, GABRIEL	WS	29-May
ROUSE, ERICCA	WS	29-May
GLASS-VAUGHN, PIPER	WS	30-May
MCCOY, JOYCE	WS	30-May
REED, JANICE	WS	1-Jun
MCCLELLAN, CAROL	WS	3-Jun
CHINN, ANDRE	WS	5-Jun
LILES, VERNA	WS	12-Jun
HOLMES, TAMESHEA	WS	15-Jun
JAMES, TERRY	WS	16-Jun
ABSHIRE, MELISSA	WS	18-Jun
JOHNSON, ROSARIO	WS	18-Jun
ROBERTS, CHAD	WS	22-Jun
MOORE, WILLIAM	WS	27-Jun
LAWSON, STEPHEN	WS	28-Jun
KING, PHILEPHIA	WS	29-Jun
QUESENBERRY, JR, EDDIE	WS	29-Jun

**"It's Your
Birthday!"**