

UPCOMING BHS EVENTS

SEPTEMBER
4, 2012–
CREDIBLE
GOLIVE
DATE

INSIDE THIS ISSUE:

CARF Update 2

Credible
Update 2

Prevention
Update 3

Drug Court
Update 3

Participants of
the Month 3

Welcome New
Staff 4

An Unsung
Hero 4

Creative
Corner 4

Yes we will!

The Department of Behavioral Healthcare Services (DBHS) is confronting many challenges in the upcoming year– new licensure regulations, case management modules, CARF accreditation, Electronic Records with Credible, START and more.

We will meet these challenges and continue to produce quality recovery-based services to our consumers.

We thank the committed, dedicated staff of DBHS. The poem to the right reflects the motivation we have towards service delivery and the empowerment of others.



The Bridge Builder By Will Allen Dromgoole

An old man going a lone highway,
Came, at the evening cold and gray,
To a chasm vast and deep and wide.
Through which was flowing a sullen tide
The old man crossed in the twilight dim,
The sullen stream had no fear for him;
But he turned when safe on the other side
And built a bridge to span the tide.

“Old man,” said a fellow pilgrim near,
“You are wasting your strength with building here;
Your journey will end with the ending day,
You never again will pass this way;
You’ve crossed the chasm, deep and wide,
Why build this bridge at evening tide?”

The builder lifted his old gray head;
“Good friend, in the path I have come,” he said,
“There followed after me to-day
A youth whose feet must pass this way.
This chasm that has been as naught to me
To that fair-haired youth may a pitfall be;
He, too, must cross in the twilight dim;
Good friend, I am building this bridge for him!”

Women’s Services

During this cycle in May, the Women’s Intensive Outpatient Program (WIOP) had fourteen participants; six women graduated successfully, five earned an eight-week completion certificate and three women earned participation certificates from this sixteen-week group

cycle. At this graduation the women created a play entitled “A Walk in a Woman’s Shoes”. A “4 Skit” play that focused on Empowerment, Relationships, The Inner Self exploring “I am Who I am” and Recovery (from Mental Health and Substance Abuse). This cycle’s focus was

how women can learn from each other, support one another, set pride aside and accept help when it is offered to you. DBHS continues to provide women specific services to allow women to work on trauma, relationships, parenting and recovery.

What is CARF?

The accreditation board for the BHS Methadone Clinic.

According to the 2012 Opioid Treatment Program Standards Manual "CARF International is a private, nonprofit organization that is financed by fees from accreditation surveys, workshops and conferences; sales of publications; and grants from public entities.

The CARF International family of organizations includes:

- CARF
- CARF Canada

- CARF-CCAC (The Continuing Care Accreditation Commission)

The mission of CARF 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.

CARF believes in the following core values:

- All people have the right to be treated with dignity and respect.
- All people should have

access to needed services that achieve optimal outcomes.

- All people should be empowered to exercise informed choice."

BHS has successfully completed two CARF surveys. I know with the support of all staff we will in 2013. I want to thank the Outpatient Staff, the Management Team, DBHS Family Stakeholders and Consumers for assisting us in our accomplishments and our services.

DBHS is InCredible



DBHS is in the Discovery Phase of implementation of our new Electronic Health Record (EHR) - Credible Inc., which is the software most community service boards chose in 2011. Our GoLive date is September 4, 2012! We hold status calls weekly with participation of the EHR Implementation Team. The EHR Implementation Team meets after the status call and

Administrative Team is devoting the majority of its weekly agenda to discussing and making critical decisions regarding implantation. A core Form Building Committee has been formed to build the 200+ staff and consumer forms used by DBHS. A plan was developed and has been implemented that includes developing forms, establishing the service type and hooking to the billing matrix. Core members of the Form Building Committee include Cathy Starling, Cynthia Williams, Charles Thomas, Selina Coley and Rendy Hairston. In an effort to make GoLive efficient, each form will have to be built, rebuilt and debugged by the form builders. Hundreds and hundreds

of tests from multiple clinical users will be needed in the scheduling visits, accessing and testing forms in clinical settings to ensure a smooth GoLive.

Implementation of electronic health records is required by 2012 and health information exchange by 2014. In addition to improving the quality of healthcare, it is expected that EHR's will result in increased efficiency and effectiveness. The integration of healthcare information is expected to help staff and eventually consumers better manage the delivery of healthcare services. One of our major outcomes of implanting an EHR is that DBHS will be able to bring billing back in house.

"Life's most persistent and urgent question is, 'What are you doing for others?'"
Dr. Martin Luther King, Jr.

Prevention in Motion

Three DBHS Prevention Staff were assigned to three local high schools in Portsmouth- Woodrow Wilson, I.C. Norcom and Churchland. Prevention staff goals were to increase the graduation rate, to mediate conflict and to facilitate groups that addressed tobacco and drug prevention and built conflict management, communication and life skills among our youth. They also held sessions with parents regarding attendance and tardiness. The dynamic trio worked with over 1500 students in a group or individual capacity. Prevention is continuing our goal to impact the city by working with youth in Housing Authority communities, youth detention homes, local private schools and non-profit youth programs as well as Parks and Recreations Summer Galaxy program this summer.

“Remember, You are NOT your circumstances. You have within the power to achieve your goals and dreams”

Mrs. Mary Hazward Fernandez

Drug Treatment Court Celebrations and Women’s Event

The Portsmouth Drug Treatment Court Program celebrated National Drug Court Month (May) by participating in the following activities: May 4th- Mile Walk, May 11th- Bowling, May 18th- Chrysler Museum, May 20th- Worship at Ebenezer Baptist Church, May 23rd- Annual Cookout and May 31st- Food Drive for the Oasis Social Ministry. In attendance were the Honorable Johnny E. Morrison, the Honorable Judge Roxie Holder, the Honorable Earl Mobley, the Honorable Mayor Kenneth Wright, the Honorable Costella Williams, Councilman Paige Cherry, Fire Chief Horton, and Senior Probation Officer Alicia Williams.

On June 15, 2012 The Portsmouth Drug Treatment Court Program hosted “Making Every Day a Day of Beauty– Women Mentoring Women.” Eleven Participants enjoyed three hours with speakers and mentors in sessions designed to pamper and educate. Topics included hygiene, proper dress, skincare and makeup application and goal setting for the future. In partnership with the Honorable Judge Johnny E. Morrison and Mr. Vernon T. Williams, the event was created and facilitated by Mary Hazward Fernandez of Mary Kay Cosmetics. Guest speakers included Councilwoman Marlene Randall and Bishop Marcus Brown. The mentors were Mrs. Gail Porter, School Guidance Counselor and Ms. Nichol Evans, Quarter Master Second Class Petty Officer.

Participants of the Month



Alicious David. She has 206 days of sobriety confirmed through random testing three times weekly, gainfully employed fulltime at Tidewater Staffing and secured independent living.



Jeffrey Guldner. He has 95 days of sobriety. He has been a positive influence in the Drug Treatment Court Program. He’s very open, discloses very well in groups and is very supportive of all of his peers in treatment.



Portsmouth Behavioral Healthcare Services

600 Dinwiddie St.
Suites 200-300
Portsmouth, Virginia 23704
Phone: 757-393-8618

Newsletter Articles Contributed By:

Anthony Armistead, Carl Edmonds, Cathy Starling, Deborah Howell, Elaine Breathwaite, Faye Maycock, LaTonya Williams, Sandra Cooper and Vernon Williams

Newsletter Edited By:

Elaine Breathwaite and Shae Pepper

Welcome to the BHS Family

Andrea Davis, Case Manager, ID

Sara Smith, Clinical Therapist II, MH

Kaitlyn Tatum, Case Manager, Opportunity House

Shae Pepper, Training Specialist, Prevention

Thank You to an Unsung Hero

Mr. Junius Williams, a Managing Director of Dominion Power, has supported DBHS efforts to improve the quality of life for the youth and families in Portsmouth. Dominion Power has supported the Youth Summit, Conflict Management Programs and other DBHS Substance Abuse Prevention activities since I was appointed as the Prevention Administrator over fifteen years ago. Mr. Williams has upheld Dominion Power's commitment to Excellence in leadership by supporting our youth endeavors in Portsmouth. Thank you Mr. Williams.



Consumer's Creative Corner

Being creative often means reacting to the impulses that presents itself. No matter what the inner feeling, an artist has to relax, focus and go to a deep place within. The artistic expression presents a format, an outlet to give form to feelings and ideas.

This thirty-three year old female has done exactly that. We are proud that she has been actively participating on the Methadone Program and is progressing well. Despite her past addiction to heroin, she has never lost her love for Art. Art has long been a passion for her. She shares the love of "Expression on Canvas" with her mother, who is equally as talented. In the Fall, she plans to attend Tidewater Community College, Portsmouth Campus, to pursue an Associates Degree in Art.

