The Advocate
Advocating for the Rights of People With Disabilities in the Cape Fear Region.

Serving the counties of New Hanover, Brunswick, Columbus, Onslow & Pender

May
Mother's Day is right
Around the corner!
Get Mom a great gift and help support
disAbility Resource Center through

Amazon Smile
You shop. Amazon gives.

Shop and support dRC at
www.smile.amazon.com

disAbility Resource Center and NAMI Wilmington proudly presents
"Let's Talk About Mental Illness"
Keynote Speaker: Rwenshaun Miller
Thursday, May 11th at 11:00 am

When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. Yet, people experience symptoms of mental illnesses differently—and some engage in potentially dangerous or risky behaviors to avoid or cover up symptoms of a potential mental health problem. Also, if you are a male, society has made it taboo for men to talk about their feelings or show emotion which only further complicates the situation. That is why this year's
theme for May is Mental Health Month - Risky Business - is a call to educate ourselves and others about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems themselves. Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or disordered exercise patterns can all be behaviors that can disrupt someone's mental health and potentially lead them down a path towards crisis.

dRC and Wilmington NAMI invites you to join us to "Talk About It - Mental Illness" with Rwenshaun Miller. Mr. Miller is the founder and executive director of Eustress, Inc, a non-profit raising awareness around an often taboo topic, mental illness. He is a mental health awareness advocate from Charlotte, NC. He completed his Master's degree in Clinical Mental Health Counseling degree from Montreat College and holds a Bachelor of Arts degree in Sociology from the University of North Carolina at Chapel Hill. He has worked in the mental health field for more than 10 years. Rwenshaun understands the challenges faced by individuals with limited resources and looks to provide ways to address these needs. "For years, I lived with that voice on a loud speaker in my head, and believed that it was normal to feel discouraged, inadequate and frustrated at the world, especially as a Black man in America. After all, men don't have many emotions, they don't cry, and are always physically and mentally strong..." He uses his personal experiences to inspire all communities to speak openly about mental health.

Join us on Thursday, May 11th at 11:00 am at the NE Regional Library. Special Accommodations are available upon a 1 week advance request.

Please RSVP by May 8, 2017 to Jennifer Overfield by calling 910-815-6618 or jennifer.overfield@drc-cil.org
visit www.nami.org for more info on Mental Health

Community Companions
Social Group is BACK!!

Social Group for Young Adults (Ages 18+) with All Disabilities

First and Third Wednesdays of Each Month
5:30 pm - 7:30 pm
Beginning June 7, 2017 and June 21, 2017

- Learn Skills!
- Venture Out in the Community Together!
- Make Friends!
- Attend Monthly Events!

To Join Group or for More Information Contact:
Jennifer Overfield: Group Facilitator
(910) 815-6618 or Jennifer.Overfield@drc-cil.org
THE TOP MENTAL HEALTH CHALLENGES FACING STUDENTS

1 IN 4 STUDENTS
DIAGNOSED WITH A MENTAL HEALTH ISSUE
ARE NOT COMFORTABLE TALKING ABOUT IT.

This guide helps to identify the signs and symptoms of common mental health issues for college students and where and when to seek help. Left untreated, these issues can become debilitating for students, so whether you feel you are experiencing these issues or find yourself concerned for a friend or peer, it is important to take action now. Research conducted by the National Alliance on Mental Illness on mental health on college campuses shows that:

- One in four students have a diagnosable illness
- 40% do not seek help
- 80% feel overwhelmed by their responsibilities
- 50% have been so anxious they struggled in school

While there are certainly growing concerns over other mental health issues affecting college students today, this article covers the prevalent issues of depression, anxiety, suicide, eating disorders and addiction. Our guide is not a substitute for treatment, but it will help you find resources that lead to a happier and healthier college career.

Please note that in any situation, it may be difficult for you to approach a friend regarding these illnesses. People do not like to be told when...
they are sick, what they are feeling or what to do. When it comes to several of these conditions, it is important that you, as a friend, are aware of what's happening, but know that the decision to get professional help is ultimately your friend's choice. You should be supportive and patient, but adding too much pressure to a friend with any of these diseases could make it worse. If you find that you’ve developed one of these mental health ailments, try to remember that your friends are looking out for your best interests. They want you to be well, and they are not attacking you. Talking about your problems with someone close to you may seem like a daunting task, but try to let them help you until you are ready to seek the professional help you need to get better.

Read more about this guide at [http://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/](http://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/)

**Mental Health Awareness**

![Diagram of mental health conditions]

**BBQ in the Park with Queen B**
Date: May 16, 2017

Time: 12:30 pm - 2:00 pm

Location: Empie Park
3405 Park Ave,
Wilmington,
NC 28403

We will get expert Bocce Ball instructions. A great affordable game for all ages.
Please RSVP with Charlotte Buckley at Charlotte.Buckley@drc-cil.org by May 15th.

If you can bring some additional food for our BBQ please let us know. The hot dogs, buns and condiments will be provided by dRC.

I look forward to seeing everyone and bring some friends too.

Spotlight on the Safety Net Expanding Medicaid Services to Children in North Carolina

A major concern for North Carolina public schools is how to expand services and support funding for at-risk students. The number of students living in poverty and the number of students with academic, health, and social-emotional needs are growing. Medicaid funding offers a way to increase services for students with academic and social-emotional difficulties and to provide preventive services to keep potential at-risk students stable and successful.
North Carolina public schools have been billing Medicaid for services since 1993. These services, billed through a fee-for-service model, fall primarily within the area of special education. Special education students are one of the most at-risk populations in public schools, as they have academic, medical, developmental, behavioral, and social-emotional needs. The services provided for special education students through Medicaid are occupational therapy, physical therapy, speech and language services, audiology, and nursing.

Based on the head count conducted on April 1, 2016, there were 202,633 special education students in North Carolina. Within the special education population, approximately 55% are eligible for Medicaid (unpublished data). The 3 largest services billed under Medicaid are occupational therapy, physical therapy, and speech and language services. In the 2015-2016 school year, 119,552 students received these services; approximately half of these students were enrolled in Medicaid (unpublished data).

In North Carolina, services for the most involved children within special education cost an average of $20,000 per year (unpublished data). These expenses are almost twice what a local education agency receives from both state and federal head count allotments. Local education agencies use the dollars available from fee-for-service billing and cost reporting to ensure that they meet the complex and essential needs of the most at-risk students. These students require the purchase of specific medical equipment, training for personnel to work with these students, additional transportation needs, and other services as indicated within individualized education programs. Medicaid is essential to local education agencies to secure funding for these critical but expensive items.

Occupational therapy, physical therapy, speech and language services, audiology, and nursing are related services as defined under the Individuals with Disabilities Education Act (IDEA). Related services include transportation and developmental, corrective, and other supportive services required to assist a child with a disability to benefit from special education. Access to special education helps these students utilize the most significant part of the IDEA, which is the provision of a free and appropriate public education. Approximately 90%-95% of state and federal dollars allocated for special education go to personnel expenditures. This includes all personnel, teachers, and related services. The Medicaid dollars received are reimbursements for dollars already spent to provide the aforementioned services. Local education agencies use this money to enhance services provided to
special education students. Enhancements can include the purchase of intervention programs, changing beds or platforms, lifts to help immobile children, and assistive technology devices.

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Profile of Older Americans: 2016

The annual summary of the latest statistics on the older population, A Profile of Older Americans: 2016, is now available. This profile covers
15 topical areas including population, income and poverty, living arrangements, education, health, and care giving. A description of the highlights of this document is below and the full document is attached.

The profile has proven to be a very useful statistical summary in a user friendly format. It is a web based publication and is posted on the following website:  http://www.aoa.acl.gov/Aging_Statistics/Profile/index.aspx

Please share the 2016 Profile with other interested parties.

Highlights*

- Over the past 10 years, the population 65 and over increased from 36.6 million in 2005 to 47.8 million in 2015 (a 30% increase) and is projected to more than double to 98 million in 2060.
- Between 2005 and 2015 the population age 60 and over increased 34% from 49.8 million to 66.8 million.
- The 85+ population is projected to triple from 6.3 million in 2015 to 14.6 million in 2040.
- Racial and ethnic minority populations have increased from 6.7 million in 2005 (18% of the older adult population) to 10.6 million in 2015 (22% of older adults) and are projected to increase to 21.1 million in 2030 (28% of older adults).
- The number of Americans aged 45-64 - who will reach 65 over the next two decades - increased by 14.9% between 2005 and 2015.
- About one in every seven, or 14.9%, of the population is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 19.4 years (20.6 years for females and 18 years for males).
- There were 76,974 persons aged 100 or more in 2015 (0.2% of the total 65+ population).
- Older women outnumber older men at 26.7 million older women to 21.1 million older men.
- In 2015, 22% of persons 65+ were members of racial or ethnic minority populations--9% were African-Americans (not Hispanic), 4% were Asian or Pacific Islander (not Hispanic), 0.5% were Native American (not Hispanic), 0.1% were Native Hawaiian/Pacific Islander, (not Hispanic), and 0.7% of persons 65+ identified themselves as being of two or more races. Persons
of Hispanic origin (who may be of any race) represented 8% of the older population.

- Older men were much more likely to be married than older women---70% of men, 45% of women. In 2016, 34% older women were widows.
- About 29% (13.6 million) of noninstitutionalized older persons live alone (9.3 million women, 4.3 million men).
- Almost half of older women (46%) age 75+ live alone.
- The median income of older persons in 2015 was $31,372 for males and $18,250 for females. Median money income (after adjusting for inflation) of all households headed by older people increased by 4.3% (which was statistically significant) between 2014 and 2015. Households containing families headed by persons 65+ reported a median income in 2015 of $57,360.
- The major sources of income as reported by older persons in 2014 were Social Security (reported by 84% of older persons), income from assets (reported by 62%), earnings (reported by 29%), private pensions (reported by 37%), and government employee pensions (reported by 16%).
- Social Security constituted 90% or more of the income received by 33% of beneficiaries in 2014 (21% of married couples and 43% of non-married beneficiaries).
- Over 4.2 million older adults (8.8%) were below the poverty level in 2015. This poverty rate is statistically different from the poverty rate in 2014 (10.0%). In 2011, the U.S. Census Bureau also released a new Supplemental Poverty Measure (SPM) which takes into account regional variations in living costs, non-cash benefits received, and non-discretionary expenditures but does not replace the official poverty measure. In 2015, the SPM shows a poverty level for older persons of 13.7% (almost 5 percentage points higher than the official rate of 8.8%). This increase is mainly due to including medical out-of-pocket expenses in the poverty calculations.

*Principal sources of data for the Profile are the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. The Profile incorporates the latest data available but not all items are updated on an annual basis.
We Exist and Unite!
Disabilities/LGBTQIA Community Group

A Group for Individuals with
All Disabilities (Ages 18+) that are
Members of the LGBTQIA Community!

Coming Soon! - Contact Jennifer Overfield
Jennifer.overfield@drc-cil.org or (910) 815-6618
Meet dRC's new volunteers

My name is Alyssa Ng. I am a current graduate from Cape Fear Community College. I love volunteering with the DRC and I'm also a board member for the Disability Rights of North Carolina. My favorite giddiest are spending time with my pets and my fiancée.

My name is Nicholas Ranz and I am an Uber driver and soon to be graduate student at East Carolina University pursuing a Master's in Career and Rehabilitation Counseling. I relocated to Wilmington from Cincinnati, OH with my wife, Brittany last summer in search of a change of pace and the inviting beaches. I have always wanted to hold a career that involves helping people. I look forward to becoming a Rehabilitation Counselor in the coming years. I enjoy staying in good physical shape, running, most sports and I am passionate about mindfulness and meditation. I volunteered at the Cincinnati Association for the Blind and Visually Impaired for 2 years before I moved to Wilmington. This volunteer work involved assisting my friend Jim with reading mail and other various tasks. It was a great way to help some one in need and make a new friend. I've been married for 2 years to my wonderful wife, Brittany. We have a dog, Jack, who is a lot to handle. Eventually we would like a kid or 2, but we are enjoying the married life without kids for now. I look forward to helping out at the disAbility Resource Center in the coming years.
My name is Wesley, I'm a new volunteer at the disAbility Resource Center in Wilmington, as well as a student at Cape Fear Community College which is where I was introduced to the organization. My interests, both personal and academic, revolve mostly around communication and counseling; both of which The disAbility Resource Center is providing an outlet for me to explore many various volunteer opportunities in and around the community.

Welcome to dRC and thank you. dRC is always looking for volunteers who are excited to help others and gain valuable experiences while making priceless memories. Our volunteers help us in big ways! When volunteering at dRC you will be helping people with disabilities in so many different ways.

For more info on how you can volunteer visit: http://www.drc-cil.org/volunteer-opportunities.html

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dRC's Computer Lab

**Computer Lab Hours**
Monday - Thursday
10:00 am - 3:00 pm

Please call dRC for more info @ 910-815-6618

**Computer Class 101**
"Everything you need to know about E-mails."

**Date:** May 17, 2017
Time: 1 pm - 2 pm

RSVP with David at David.Beauregard@drc-cil.org or call dRC 910-815-6618

Share Your Ideas with us!

We want your FEEDBACK!

Do you have ideas about issues we could highlight in our monthly newsletter, topics for our monthly classes or events.

We want your feedback! You can submit your thoughts and feedback by emailing info@drc-cil.org

Share your ideas now!

FREQUENTLY ASKED QUESTIONS:

What is disAbility Resource Center?
dRC is a Center for Independent Living (CIL). Our mission is to empower people with disabilities to become and maintain their independence within their community. Inclusion and Independence is accomplished through education, employment, access to affordable housing, access to services and activities that allow the opportunity and possibility of a full life for all those with a disability.
To achieve our common mission and purpose the dRC focuses on four core services to empower individuals with a disAbility, their families and caregivers: 1) Peer to Peer Counseling 2) Independent Living Skills and Training 3) Systems and Individual Advocacy 4) Information and Referral.
A few Examples of Services:
We provide individuals with the information and tools they need to live freely and independently. We can help with preparing a budget, creating a resume, teaching job searching skills, computer training, and peer mentoring. We also provide information about who to contact if you need a ramp, home modifications, assistive technology, problems with your social security benefits, utility assistance, searching for affordable housing, support groups, disAbility rights advocacy and more!!

Do I need to make an appointment?
Appointments are highly recommended, but we do accept walk-ins and will do our best to accommodate you at that time.

Do I need a referral?
No

Do we charge a fee?
No, our services are provided at no cost to consumers. We are a non-profit organization that is funded through the generous support of individuals, local organizations and the State of North Carolina's Division of Rehabilitation services.

Is dRC a part of Vocational Rehabilitation?
No, Vocational Rehab is a State Agency and we are a nonprofit agency.

Do we provide funding or financial assistance to individuals?
If dRC has received donations designated specifically for consumer assistance we can provide some financial assistance on a very limited basis for very specific circumstances and needs. However, if dRC is unable to financially assist we can refer individuals to the right agency or organization that can provide financial assistance specific to your needs.

Where are we located?
dRC is located near the intersection of Market Street and Kerr near the Carmike Theaters in Wilmington, North Carolina at 140 Cinema Dr

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dRC Staff
Gloria Garton
Executive Director

Patsy Parrish
Office Manager

Sabrina Dionne
disAbility Advocate

David Beauregard
Access & Advocacy

Charlotte Buckley
Community Resource Specialist

Stevie Toole
Youth Transition Coordinator

Bob Thompson
Information & Guest Services

Jennifer Overfield
Young Adult Advocacy and Education Coordinator

Dave Compe
Receptionist

Meg Yeates
Independent Living Skills Coordinator

Important Website:
www.drc-cil.org
www.adacompliance101.com
www.disability.gov

www.drc-cil.org