

Third Quarter 2020

PRIMARY HEALTH CHOICE, INC. A PRIMARY CHOICE, INC.

In God We Trust Mission Statement

We are committed to helping and providing all individuals and families with the best of services to enhance, grow and maintain a high quality of life. The needs of each and every individual we serve are first and foremost. We strive on the belief that all individuals should receive the best services regardless of any factors.




EVV is a method used to verify visit activity for services delivered as part of home- and community-based service programs. EVV offers a measure of accountability to help ensure that individuals who are authorized to receive services in fact receive them. Stay tuned for more details and trainings!



Could you use some extra cash? By using the company's awesome ERP program, you could earn extra money! See your office manager or contact Ms. Shannon at the corporate office (910) 865-3500 for details.



SEPTEMBER IS...

NATIONAL RECOVERY MONTH

Did you know.... 1 out of every 5 adults in the U.S. experience mental health challenges in any given year. 1 out of every 7 adults in the U.S. experience addiction at some point throughout their lifespan.

National Recovery Month increases awareness and understanding of mental health and substance use disorders and encourages individuals in need of treatment and recovery services to seek help. Recovery Month celebrates individuals living their lives in recovery and recognizes the dedicated workers who provide the prevention, treatment, and recovery support services that make it possible. When we celebrate our connections to the diversity of people from all walks of life striving for recovery, we find support and courage to speak up for inclusion, respect, and opportunity. Behavioral health is an essential component to overall health, prevention works, treatment is effective, and people can and do recover. Let's celebrate the millions of people in recovery from mental health and substance use disorders!

COVID-19 INFORMATION FOR WORKERS

- To remain protected during COVID, get in the habit of following these tips:
- *Avoid contact with people who are sick
 - *Avoid touching your eyes, nose and mouth
 - *Cough or sneeze into a tissue, or your elbow if you don't have tissues
 - *Use a hand sanitizer with at least 60% alcohol
 - *Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, sneezing or coughing
 - *Stay at least 6 feet apart from others
 - *Always wear a face covering when around others



Human Rights Committee Meeting

A virtual Human Rights Committee meeting was held on July 23rd. Please see the HRC Flyer and Agenda on the agency website www.primaryhealthchoice.org.

Welcome our new staff!
INTRODUCING THE NEWEST MEMBERS OF OUR TEAM!

- Teoshia Conderly – Tarboro OM
- Nefeesha Andrada – Lexington OM
- Sontelle Gervin – Goldsboro OM
- Morgan Trotter – OM Assistant Floater
- Kaitlyn Collins – Billing Specialist
- Crystal Cogdell – Peer Support
- Amelia Rembert – Burlington OM

PRIMARY HEALTH CHOICE, INC.

"Individuals' First Choice"

September 21-25, 2020
Falls Prevention
Awareness Week

Caregivers, let's talk about keeping you and your client safe and active. An unexpected fall can result in a serious and costly injury. The good news is that most falls can be prevented. As the caregiver, you have the power to reduce the risk of falling. Falls prevention is a team effort. • Start a conversation with the person you are caring for to determine if they are at risk for a fall. • Identify whether you may be at risk for a fall and develop an action plan to ensure you are a strong and healthy caregiver.

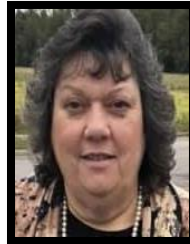
Primary Health Choice, Inc.



Rosalind Antone
NCWQP



A Primary Choice, Inc.



Carol Butler
Office Manager - St. Pauls



Linda Hall
Direct Care - Rockingham



Employee



Maxine Tucker
Filed Staff - Rocky Mount

Of The Quarter



World
Suicide Prevention Day

10th September
 #wspd2020

September 10th is a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives. Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Know the Warning Signs

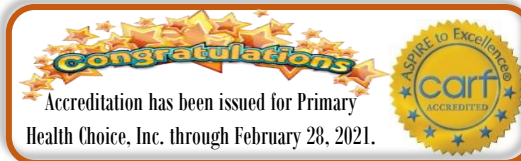
Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings



July 3rd
Independence
Day

September 7th
Labor Day



ATTENTION EVERYONE-CARF IS COMING!

Please be mindful that CARF is coming soon! Please remember that you are each responsible for cleaning your own office space and assisting with cleaning the common areas of the office as well. Remember to remove any consumer/patient information from your desk or flip it upside down so that names are not visible. Contact Crystal O., Tamara or Alice with any questions.

NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org