

Volunteer Spotlight



Every second Thursday you will find the Human Resources Leadership Team taking time out of their busy day to give back to those in need in our community. That is when the group heads over to The Green Chair Project in Raleigh and helps test donated appliances, spruce up the shopping area and make sure the building is inviting for all who come to the Green Chair Project.

The Green Chair Project is an organization that helps individuals and families get back on their feet after experiencing homelessness or disasters in their lives by helping to provide home furnishings that have been donated by members of the community.

The donated gifts are cleaned and repaired by dedicated volunteers like the DPS HR Leadership Team. For a small fee, families and individuals who are working with case managers from partnering agencies can select furniture, linens, cookware and accessories to furnish their new home and help start their new life.

If your or your team have an organization where you volunteer, please share your story with us: <u>digest@ncdps.gov</u>.



Prevent. Protect. Prepare.

Our mission: Safeguard and preserve the lives and property of the people of North Carolina through prevention, protection and preparation with integrity and honor:

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Cover Photo: Norma Houston Senior Legal Advisor to the N.C. Office of Recovery and Resiliency working on loan to N.C. Emergency Management for the COVID-19 event.

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Matt Jenkin Communications Offic DPS Communicatio

Stay with DPS hormed

Communicating timely information throughout North Carolina relies on the newest technologies available. Here's a look at some of the media channels DPS communicators use to get the word out and keep people connected to information.

Websites

The DPS website <u>https://www.ncdps.gov</u> is the primary channel for DPS information. The site is the one-stop shop for the department's communication tools discussed further in the article.

There is also an employee intranet accessed through your NCID, where you will find policies, announcements, newsletters, training, etc. <u>http://weare.ncdps.gov</u>.

Press Releases

These official information releases from DPS are sent to news media outlets for broadcasting to the public. They are also shared on the website and usually on social media. Press release page: <u>https://www.ncdps.gov/news/press-releases</u>



Press Briefings

When the Emergency Operations Center is activated during times of emergencies, press briefings are held at Joint Force Headquarters. The facility has a state-of-the-art media center on-site to allow for coverage of briefings from public officials. Press briefings are typically available on all local television media outlets but can also be streamed via a link on the DPS Press briefings page: https://www.ncdps.gov/news-conference.

Social Media Platforms

Whether through Facebook, Twitter, Instagram or another social platform, DPS is very active on its social media channels. In fact, this has become a primary source for sharing news, updates and alerts between residents, businesses, first responders, news agencies and others who follow and engage with the state's postings. Below are links to our social media accounts, and we encourage you to like and follow us:

Engage with DPS on Social Media:





Emergency Operations

The Joint Information Center is activated during emergencies and is part of the Emergency Operations Center. It is at a centralized location, where communications and subject matter staff are ready to answer phone calls from media and at times the general public around the state (and beyond), during emergency management operations. **919-825-2599**

Call Centers

Internal Contact Info

DPS Communications: 919-733-5027 IT Customer Care Center: 919-716-3470 External Contact Info

Offender Family Phone Line: 800-368-1985 Victim Compensation: 919-733-7974 NCNG Joint Operations Center: 984-664-6000 SHP Emergency Center: 919-733-7952 | *HP State Capitol Police Center: 919-890-3936

Audio & Video Streaming

Discover DPS is a video series with feature stories that keep you connected with the goings-on around the Department of Public Safety and those who are committed to keeping North Carolinians safe.

Safety Scoop is the DPS semimonthly podcast that discusses current issues and how DPS is working to keep North Carolinians safe. Follow this link to access our library of previous podcasts: <u>https://www.ncdps.gov/news/case-you-missed-it</u>

Translation & Interpretation

Perhaps one of the most fundamental communications tools in use, helps to ensure that a larger group of North Carolinians have access to the information being delivered. Press briefings are interpreted and translated in real-time, while press releases and various social media posts are also translated. The use of sign language during press briefings for our deaf residents and translation capabilities – both written and spoken – broaden the number of audience members gaining timely and pertinent message content.

Publications

If you're reading this, then you are already familiar with On the Scene, the quarterly digital magazine that provides information and recaps of interesting events occurring all around the state with DPS employees, facilities and community outreach. The Digital Digest is a shorter version of On the Scene and is also accessible through the website. These publications are available to DPS employees on the intranet, or can be viewed publicly via the website:

https://www.ncdps.gov/news/on-the-scene-newsletters Various divisions also have individual agency newsletters that share with their employees.



Ashley Thornton Communications Asst. DPS Communications



Alice Dean Lead Child & Youth Program Coordinator NC National Guard

North Carolina National Guard Celebrates:

Month of the Military Child

Did you know the North Carolina National Guard family has approximately 8,000 military children across North Carolina and in every county? Military children are an integral part of the military community. That's why April is Month of the Military Child. This month we take the time to applaud and celebrate military families and their children for the sacrifices they make and the challenges they overcome.

Month of the Military Child was established in 1986 by former Defense Secretary Caspar Weinberger. It is sponsored by the Department of Defense – Military Community and Family Policy.

In the past, the N.C. National Guard has celebrated and honored its military children by hosting a Month of the Military Child Ball each year in Raleigh. Several other events throughout the month are planned for children by the N.C. National Guard Family Assistance Centers that are located throughout North Carolina.

Download MOMC Activity Packet Download & Print MOMC Certificate

This year the celebrations will happen a little bit differently. The ball and statewide events have been canceled due to the COVID-19 global pandemic. However, that doesn't mean that the N.C. National Guard will cancel celebrating military children. They plan to host virtual celebrations on the N.C. National Guard Family Programs Facebook page all month.

Families can request a Month of the Military Child activity packet for children to complete. On the last page of the packet there is a superheroes page for families/children to fill out and submit. It will be posted on the N.C. National Guard Family Programs <u>Facebook page</u> to show they are all superheroes!

Communities took to social media during the month and on April 15, which is "Purple Up Day," to show support for military children while following Gov. Roy Cooper's stay at home order by wearing purple and using the hashtags #MCOM and #PurpleUp. Purple indicates that all branches of the military are supported. If Air Force blue, Army green, Navy blue, Marine red and Coast Guard blue were to combine as one color it would be purple. <u>continued</u>

#WeAreNCDPS



The N.C. National Guard Child and Youth Program offers many different programs year-round. They offer a teen council that meets monthly during the school year that develops leadership skills in teens, community service and enhances the lives of other N.C. National Guard children by being their voice. Each year, two one-week retreats/camps are hosted for military children. A teen retreat is hosted for ages 14-18 and a youth camp is held for ages 6-13. The Yellow Ribbon Program that prepares families and children prior, during, and after deployment is also supported. Their programs also support any active duty, reserve, retired or Gold Star child who does not live on or nearby a military post/ installation.

It's easy to see why military children are superheroes and should be recognized. Be sure to check out how Month of the Military Child was celebrated across North Carolina and the world.

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Resi Easy, Brothe

SHP says goodbye to fallen trooper, Nolan J. Sanders.



Claire Rice Communications Specialist II DPS/State Highway Patrol



Background photo: Members of the State Highway Patrol form ranks during the memorial service for fallen trooper Nolan J. Sanders. Inset photo: State Trooper Nolan J. Sanders.



On the quiet, breezy morning of March 31, people lined the streets leading to Wayne Memorial Park in Mount Olive. They held American flags and signs showing their support as Trooper Nolan J. Sanders was escorted to his final resting place. Members of the North Carolina State Highway Patrol stood at attention, six feet apart, as they joined Sanders' family for a private graveside service held in his memory following his March 27 death while on patrol.

A loving husband, doting father and dedicated five-year veteran with the State Highway Patrol, Sanders was a person many admired. He was a man of faith, heavily involved in his church and always willing to help someone in need. For the past seven years, Sanders spent his free time as a volunteer firefighter with the Indian Springs Fire Department. He had a sharp sense of humor that always brought a smile to others' faces.

"He would brighten up any room, people loved being around Nolan because he brought laughter, he brought fun and he brought joy to your heart," said Pastor Jeff Dail from the Mount Olive First Pentecostal Holiness Church. "Nolan was an outgoing, loving individual and a role model for everyone he met." "He recruited me to become a trooper. Once I joined the patrol and our daughters were born, we talked every other day, comparing notes and trying to figure out how to raise our little girls," said Nolan's co-worker and lifelong friend, Trooper Zach Price. "He was a big family man, especially when it came to that little girl. He was a follower of God and a real role model... everyone should try to be more like Nolan."

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At the graveside ceremony, shots rang out from a 21-gun salute in memory of Sanders' life and service to the state of North Carolina. The Commander of the State Highway Patrol, Col. Glenn McNeill Jr., presented a folded flag to his grieving wife. "Our SHP family is devastated by the loss of Trooper Nolan Sanders," said McNeill, in a letter to patrol members. "Trooper Sanders personified what it meant to be a Trooper and his passing will leave a lasting mark on all that had the honor to work together with him. The coming days and weeks will prove to be difficult, but we will stand with the Sanders family throughout this difficult process."

Sanders will forever be remembered as a devout husband, father, son, friend and brother to those who worked alongside him. A memorial service celebrating Trooper Sanders' life will be held at a later time once social distancing orders are lifted and will involve law enforcement agencies and first responders from across the nation.



For those wishing to make donations in memory of Trooper Sanders, a special account has been established at the State Employees Credit Union under accoount # 62634256. All proceeds will go toward an education fund for Sanders' daughter. Background photo: First responders from around the area lined the streets to pay tribute to Trooper Sanders as he passed by en route to his final resting place. Inset photo (r): Col. Glenn McNeil Jr. shares his condolences with Trooper Sanders' wife at the graveside ceremony. Inset photo (l): SHP Honor Guard stands at the ready for Trooper Nolan's 21-gun salute.

GOLDSBORO



Brian Haines Communications Officer NCDPS Communications

> "Despite supply chain disruptions and delays, our assembled multi-agency logistics team continues to aggressively source needed supplies, to receive and distribute quickly to help ensure North Carolinians' needs are being met,"

> > Will Ray NCEM Chief of Staff

Getting Supplies to Fight a Pandemic **Pivot Supplies to Fight a Pandemic**

In times of crisis, N.C. Emergency Management's Logistics Section works with county emergency managers to fulfill local needs by procuring, warehousing and transporting needed resources. "During this coronavirus pandemic, our objective is to find and buy, then pivot and push those supplies out to where they're needed as soon as possible," said N.C. Emergency Management Director Mike Spraybery.

The COVID-19 pandemic has created a nationwide shortage of critical medical supplies and generated challenges for local healthcare providers who need hand sanitizer, respirators, gloves, face shields, gowns and other personal protective equipment. When local agencies and medical providers cannot obtain resources through regular channels, the need makes its way up the chain to the State Emergency Operations Center in Raleigh where the Logistics section is taking on the herculean effort to locate and procure resources.

Once resources are procured, they are shipped to centralized warehouses where warehouse managers, working with the N.C. National Guard, process the needed supplies and make arrangements to send them out as quickly as possible. A key factor in the ordering process is anticipating future needs by looking at the burn rate of the consumable goods such as masks. Determining the burn rate means looking at the supplies on hand and how long it will take to exhaust them based on the current and likely future demand.

Meeting demand during these times of pandemic, however, has been challenging. North Carolina has received three shipments from the Strategic National Stockpile – a national repository of supplies, medicines and devices for life-saving care used to supplement state and local supplies during public health emergencies – but received only about a third of the state's request before the stockpile was exhausted.

Private manufacturers are also feeling the pinch and are struggling to keep up with demands, causing national supply chain delays. The state has placed orders for more than \$262 million in supplies and equipment on the private market. Supplies continue to trickle in from those orders along with donations from a variety of companies. Individuals, businesses and organizations are also donating personal protective equipment directly to local hospitals and medical facilities. NCEM is working with the N.C. Office of Emergency Medical Services and the State Medical Response System to allow healthcare providers to go to them directly for their scarce resource needs during the COVID-19 crisis. A commodity coordinator works to prioritize requests, and ship products from the state's limited inventory to medical providers and first responders with the most critical needs. This new process aims to alleviate the strain at the local emergency management level and allow for greater depth in supporting local continuity of operations.

NCEM also created a sourcing team to find and buy needed supplies. Normally, the Logistics Section does both the sourcing and purchasing of needed items during a disaster; however, the demands of the COVID 19 response changed that. The sourcing team is a combination of staff from the Logistics Section and the Department of Health and Human Services, as well as NCEM assistant directors.





Gerald Higgi Communications Offi DPS Communicati

Photo credits: Ryan Guthrie



Inset photo above: Prison Correctional Officer comforted by fellow worker.

Inset photo (L): Crystal Allen and Jeffery Billups.

Background photo: Probation Officer receives counseling.

S.H.I.E.L.D.

Providing Coverage and Support During the Toughest Times

S.H.I.E.L.D. – Staff Helping In Emergency Life-changing crises or Difficult situations – is the Division of Adult Correction and Juvenile Justice's "first responders" for employees in tough times. Critical Incident Administrators Jeffery Billups and Crystal Allen have picked up the gauntlet from former Administrator Scott Bauer, who retired from DPS last year. Bauer was instrumental in establishing the S.H.I.E.L.D. program, as it grew from an informal function that was conducted on a sporadic basis to the current structured division-wide resource.



S.H.I.E.L.D team members are located across the state, with a goal of at least two members per county. Billups and Allen oversee the administrative and logistical aspects of the program, and take the lead in providing support to department employees. Billups directs S.H.I.E.L.D. activities in the eastern region of the state and Allen directs them in the western region.

S.H.I.E.L.D. provides assistance throughout the department at all levels. It played a vital role during the 2017 prison employee deaths at Bertie and Pasquotank correctional institutions, providing counseling and assistance in and out of the facilities to staff and families. And they are available today for employees that need to speak about the pressures of dealing with COVID-19.

Allen said, "Scott Bauer was a great influence on us. He brought to the table the fact that S.H.I.E.L.D. was needed for people to vent. It didn't matter whether someone was sick in the hospital or a family member needed something, he would contact S.H.I.E.L.D. members to help people in those offices who needed assistance." "S.H.I.E.L.D. is an invaluable resource to our organization. They are always there to minister to our staff in times of need," said Prisons' Western Region Director LaDonna Browning. "They show compassion and are so giving of their time and energy no matter what time of day they are called upon. Staff are our greatest resource and this program recognizes that and works tirelessly to meet the physical and emotional needs that arise."

Additionally, S.H.I.E.L.D. team members who have received training in Critical Incident Stress Management also help employees suffering from the stresses of everyday life.

"Our staff needs support and we provide all the behind-the-scenes support staff need on an everyday basis," Billups said. "Not just for the day-to-day stress on the job, but support for everyday life."

Brian Gates, Community Corrections Judicial Division Administrator in Division 3 (located in Kernersville), said S.H.I.E.L.D has proven invaluable to his staff.

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"S.H.I.E.L.D. is an invaluable resource to our organization. They are always there to minister to our staff in times of need."

- LaDonna Browning Western Region Director, Prisons

Photo credits: Ryan Guthrie

"Any time I learn of a critical incident affecting staff, I do not hesitate to call upon any of our peer support team members because I know they will respond in a professional, yet caring and compassionate manner," Gates said. "We have had staff experience deaths of loved ones, losses of homes, emotional struggles or work-life balance issues and S.H.I.E.L.D. is there for staff at a moment's notice."

S.H.I.E.L.D. members are not medical professionals, nor are they psychologists. They undergo critical incident stress training and are certified in peer support thanks to training through the North Carolina Law Enforcement Assistance Program. Billups said he is looking for S.H.I.E.L.D. to provide that training in the future.

"Right now, we have S.H.I.E.L.D. members who are correction and probation officers," said Allen, who was a chief probation/parole officer like Billups when she became an original team member upon initiation of the S.H.I.E.L.D. program in 2015. "We're working on identifying and training Juvenile Justice S.H.I.E.L.D. team members."

S.H.I.E.L.D. team members provide support for staff who need to "vent." That could be through one-on-one or group support with a focus on reducing stress. However, it's not a "one-sizefits-all" model. Counseling may be needed, but sometimes assistance could come in the form of simply spending time with a staff member, providing a caring ear to listen, or directing staff to appropriate resources, such as the Correctional Peace Officers Foundation. "There's a feeling of family in the S.H.I.E.L.D. program," Billups said. "Once people have a S.H.I.E.L.D. encounter, they feel like they've spoken with their sister or their brother. They get a family feeling of encouragement and support and hope that wasn't there before."

S.H.I.E.L.D. team members are available any time every day. However, Billups *continued G*

and Allen said it's different than the state Employee Assistance Program, which partners with a third party. However, both look to provide as much support as necessary to get an employee re-focused and as stress-free as possible. All communications with S.H.I.E.L.D. team members are strictly confidential.

"If an employee has external stresses that are affecting their job performance and attitude, instead of making a rash life-changing, or career-ending decision, they can reach out to a S.H.I.E.L.D. team member," said Billups. "We talk with the employee and provide resources necessary to handle a rough day. We've been there."

The program continues to draw attention from correctional agencies across the country. Billups and Allen have been asked to speak outside of North Carolina about S.H.I.E.L.D. and have partnered with their counterparts in South Carolina to conduct post critical incident seminars. Billups and Allen hope to continue to grow S.H.I.E.L.D. and carry on the vision set forth by Bauer. They also hope to coordinate with the new DPS resource, Integrated Behavioral Health Services, which will deploy a mix of senior psychologists, licensed clinical social workers and social work case managers across the state.

"We want to present more awareness of (S.H.I.E.L.D.)," Allen said. "We've been in the shoes where the employees have walked. I was once a CPPO and I never want to forget where I came from. I would never ask them to do what I haven't done."

Billups said, "I would love to see S.H.I.E.L.D. as an entity where places are set up and staff come to feel comfortable. I would love to see us with satellite offices around the state and where an administrator or warden is told there is a problem and staff can have resources right there."

For more information about the program, contact: Jeffery Billups at 252-772-3748, Jeffery.billups@ncdps.gov; or Crystal Allen at 336-337-5209, crystal.allen@ncdps.gov. "If an employee has external stresses that are affecting their job performance and attitude, they can reach out to a S.H.I.E.L.D. team member." - Jeffery Billups Critical Incident Administrator

Photo credit: Ryan Guthrie



The Department of Public Safety provides many tools to help employees mentally cope with life's issues. Access to those tools and resources are available through the DPS intranet. One of the department's newest programs, Integrated Behavioral Health Services, provides free, confidential support with licensed mental health professionals and case managers throughout the state 24 hours a day and seven days a week. The program is designed to ease access to behavioral health care for staff and their families who experience high levels of stress and exposure to critical incidents and traumatic events on a regular basis.



Message from IBHS Program Director Chad Jordan:

We confront life changes across the board. Many DPS staff are essential, particularly those who work on the front lines in corrections and law enforcement and may be faced with navigating novel waters with self, peers and family systems. The experience of working outside the home while the rest of family is sequestered may be a blessing or a curse. It's all dependent on how you manage yourself and your relationships.

Family Relationships

Maintain awareness that these circumstances are quite different when compared to a typical staycation or snow day. High levels of stress and exposure to the media frenzy can take a toll. Your family is most likely running out of things to do to occupy their time and are going stir crazy. They cannot visit parks or many public recreation areas. Going out to eat is not a possibility and congregating with friends is a challenge.

Frustration may increase with family at home while you are at work and a short fuse temper can come online. Don't take it personally! Understand that having to go to work or being out in the field as you typically would on a day-to-day basis provides a sense of reassurance and normalcy, for YOU. <u>continued</u> **(**



Chad Jordan Program Director egrated Behavioral Health Sevices

"Stay resilient and many thanks to you for your efforts and your families' sacrifices to keep our public safe!"

> - Chad Johnson IBHS Program Director

Any interruption causing change in day-to-day activity poses adjustment and at some level this will be stressful. Work can be a coping factor that not all are able to tap into at this time. Be mindful, check in with your family and peers as frequently as able.

Potential Thought and Emotions

General fears associated with what's happening and when it will be resolved are obviously normal. Those individuals who tend to be more anxious, have a trauma history or depressive symptoms will have an increased risk for reaction. Talk with your children and family, provide reassurance and present it with a resilient tone but without minimizing their fear. We are all wired differently, thus tolerance is key.

Effective Communication

Lead with care, concern and understanding. Simply listening can go a long way. Listening does not mean say nothing, you must acknowledge and validate. "Geez that stinks, I didn't think about it that way. Is there anything I can do to help?"

Even if you do not get the same in return from those with whom you are interacting, remember you can only control you and what your response looks like. However, maintaining composure can be the one thing that prevents escalation and changes the tone of the interaction. Be the one that provides a state of ease.

When you get home, don't try to take over, see where you need to plug in by observing and asking where you can help. Encourage family members to turn off the TV periodically, play cards, board games or other basic activities to engage and break up the monotony.



Now that our correction staff and law enforcement have done what they do best, protect others and keep our community safe...put the oxygen mask on yourself and take a breather. Self-care will allow you to better serve.

Take a moment to turn down the volume and frequency of your thoughts and associated stressors. You can always turn the volume back up when required. Simply focus on your breath and the air moving in and out of your body. Find a rhythm and balance with it and when your mind strays return to your breath. Recall a positive time or something you appreciate in life, stay centered on that and allow the positive space to rest. Tune into something good for a few moments. Take 5 or 10 minutes doing this exercise, particularly when transitioning to and from the work setting.



#DPSStrong

Mental Health Tips for You and Your Loved Ones During COVID-19

Being confined to home due to the coronavirus has been quite a trying time. Temporarily, we have lost access to that which sustains us - family, friends, work, school, places of worship, gyms, parks and restaurants. While we are inconvenienced and restricted to home, there are others amongst us who still go to work - public safety, first responders, healthcare workers, just to name a few.

It's normal for us to worry about getting sick. It's also expected to experience a range of other difficult emotions - sadness, anger, loneliness, confusion, despair and FEAR. Along with those emotions come signs of distress:

- Shock, numbness or disbelief
- Fatigue
- Difficulty concentrating
- Changes in appetite
- Sleep problems
- Body aches or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco or other drugs

Here are some tips for you and your family to stay #NCStrong.

L Keep things in perspective. Breathe. Most people who contract COVID-19 will only experience mild symptoms, but it is still very dangerous - especially for those classified as high risk. We can help by taking necessary precautions to keep everyone safe by continuing to practice social distancing.

2. Get the facts. Verify information that you receive from informal sources. The Centers for Disease Control and Prevention, N.C. Department of Health and Human Services and the DPS intranet all have sites where you can find reputable information.

3. Communicate with your children. Reassure them, talk with them, answer their questions and share age-appropriate information. Limit their exposure to the news and social media. Stick to your routines and set a good example by taking care of yourself.

4. Keep connected. Stay in touch with friends and loved ones via phone, text or social media platforms. Our social support system provides a valuable outlet for sharing feelings and relieving stress.

5 Seek additional help. If you believe your stress reactions are affecting your health, job performance or relationships, consult with a trained and experienced mental health professional.

IBHS :	1-833-747-0185
	(Toll-Free)
	IBHS on Intranet
CDC:	www.cdc.gov
NC DHHS:	www.ncdhhs.gov

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#WeAreNCDPS

"We are the portal of entry for behavioral health services. This is not only for staff who experience lots of stress in their daily job but also for their families. It's a holistic family systems approach. We can help stabilize homelife as well to assist employees."

- Chad Johnson IBHS Program Director



The IBHS program offers clinical behavioral health services to employees and their families in Alcohol Law Enforcement, Community Corrections, Emergency Management, Juvenile Justice, Prisons, State Bureau of Investigation, State Capitol Police and State Highway Patrol. It is designed to ease access to behavioral health care for staff and families who experience high levels of stress and exposure to critical incidents and traumatic event on a regular basis.

Employees interested in service can call the toll-free number 24/7. It is staffed by a licensed clinician, and the clinician will provide immediate telephonic support to identify needs. They will also screen for suicide and safety while on the phone call.

Should callers desire clinical services through the IBHS program, they may set up a faceto-face appointment with a licensed mental health provider through telehealth or at one of seven regional sites.

IBHS is voluntary, completely confidential and follows HIPAA regulations. No one at DPS will know of your participation in the program, nor can anyone access your information without your consent. The only exception is when someone's safety is in question.

IBHS Services Provided

Employees and their families in the previously mentioned divisions have access to specialized services:

- Individual, couple & family therapy
- Stress or anger management
- Interpersonal relationship conflict

#DPSStrong

- Parenting skills
- Depression
- Anxiety
- Trauma response
- Substance abuse

Help identify resources to stabilize basic needs for:

- Medical concerns
- Legal concerns
- Financial concerns
- Housing concerns



Matt Jenkins Communications Office DPS Communication

A COP KING BEINGER

Telecommuting. Teleworking. Flexible workplace. Whatever you call it, many Department of Public Safety employees are conducting state business from the couch, dining room table or home office due to the ongoing COVID-19 pandemic. Yet while rolling out of bed, sliding on your slippers and grabbing a cup of fresh coffee on the way to your temporary work place down the hall, many of you may be experiencing some withdrawal and missing the face-to-face contact with co-workers. Here are some tips to keep you connected:

Configure a Dedicated Space Yes, I'm telling you to find some space other than the dining room table to set up your home office. It's always a good idea to keep the separation between home and work. When it's time to get motivated to "go to work" you'll have a space that puts you into the right frame of mind and it keeps work from bleeding into your family time.

Take Time for You

If you normally get up from your desk and walk the office to rest your eyes, get some blood flowing and recharge - then do the same at your home work environment. A five-minute break provides a surprising injection of energy to get back to business. I, for instance, have become fond of walking to the vegetable garden to check on the new growth, or taking the dog for a short walk around the house. It's amazing what a little time with the family pet can do for you. Social distancing has many DPS employees working in a new office setting.

Here are tips for staying connected to a healthy work environment.

Keep to a Schedule

This one can be difficult for many of us. Remember to take your lunch break and don't sit and eat at your desk – even if that may be what you normally do at the office. "Just one more minute" is something my wife hears regularly now when it is time for dinner. So remember to stick to your normal routine. You know how you normally function at the office, so keep that schedule.

Get dressed up

WeAreNCDPS

"DPS has invested in collaboration

Teams and Cisco WebEx, that allow

software tools, such as Microsoft

employees to communicate with

co-workers via chat and video and

stay connected in the most secure

way possible, while at home or at

Kim Smodic

Chief Information Security Officer

NCDPS COVID-19 Messag

One of the perks of working remotely is the ability to stay casual. However, after several days/weeks now, everyone has gotten casual. If only once a week (I choose Wednesday), get up and get dressed in normal business attire. Put a tie on; break out the bling and get your jewelry on. You will be amazed how good it makes you feel and it is a change of pace from the <u>#cazh</u>.

Use Reliable Equipment

Working away from the office can already be a challenge, so there is no reason to complicate it further by using "bargain" gear. When the internet connection isn't reliable we lose our lifeline to our work. Invest in quality tech gear for your home office and you will reduce some of the stress and angst.

Communicate With Co-Workers

If anything, over-communicate. Working remotely doesn't imply solitude. Stay connected by making phone calls or using video chat. Did you know the <u>Jabber</u> app is available for your state cell phone? Stay in touch with your colleagues and everyone will benefit!

My Edits

Five of the most recently updated pieces of content.

TITLE	
Administrative Rules	
148 NCAC 088 Section 0401	
El modelado de datos para Carolina del Norte a recesario para retrasar la monación	obre COVICI-19, muestra que el distanciamiento so or la capacidad de investraire nome
North Carolina COVID-19 Modeling Shows Social Hospital Capacity to Save Lives	obre COVID-19, muestra que el distanciamiento se ar la capacidad de trospitales para salvar vidas Il Distancing Necessary lo Sidw the Spread and Ph
Pitt Regional Amenile Detention Center Part 4	, Solar the Spread and Pr



See how Tracy connects with her co-workers and maintains a healthy and productive day working remotely!



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the office."



Communications Officer DPS Communications Juvenile Justice professionals keep the public safe while helping students find productive pathways in life.

Shifting Gears

February 6, 2020. That is the date a 16-year-old young man from the Stonewall Jackson Youth Development Center (SJYDC) cranked the ignition and shifted to a new course for his life, following his acceptance to the NASCAR Technical Institute (NTI). Also moving into high gear have been his Juvenile Justice staff, including his court counselor, social worker, family and his teacher, Monica Currie, Ph.D, who are working to help this young man get started on realizing his dream of working in the auto-racing industry.

The young man from SJYDC is another of the prodigies from Currie's mathematics curriculum who seems to fit the NASCAR mold. Impressed by the student's academic ability and the professionalism he displayed during the interview process,



the admissions representative from NTI conveyed then and there that the young man had earned his position in the next semester.

North Carolina has a rich heritage in the motor sports industry, which has grown over the years into a high-tech profession dominated by engineers and precision. The I-77 corridor runs through the heart of North Carolina and is headquarters to nearly every NASCAR race team today, and why NTI, this one-of-a-kind, highly-competitive education facility for people seeking lucrative, exciting careers in racing, is based in Mooresville.

Operated by the Universal Technical Institute (UTI), the NTI offers this highly specialized course of study and doesn't let just anyone enter the year-long program. Safety is of utmost concern at the institute, as the lives of its most popular and decorated drivers often balance on a micron here or a kilogram there in the finely-tuned vehicles. Acceptance is highly competitive and only a few talented individuals (from all around the nation) enter the rigorous curriculum to emerge skilled automotive technicians.

"My ambition is to become one of the youngest technicians to ever work on a NASCAR pit crew," stated the young man. "I am extremely thankful for the opportunity to participate in this program." John Dotson, VP of Business Alliance at NTI developed this specialized curriculum for the school, and said, "We look for hands-on, tactile learners with the intellect to find a career in this demanding and innovative field. I look forward to seeing this young man successfully complete our rigorous curriculum and fulfill his dream."

Currie, SJYDC facility director Peter Brown and social worker Henry Lee completed and submitted the necessary paperwork to secure the financial aid necessary to cover the student's entire cost of tuition and fees for the next 11 months. Based on his classroom scores, he's eligible for additional aid, so SJYDC staff also arranged for him to participate in a supplemental scholarship event on Saturday, March 7, providing additional funding for the 15-month, phase 2 training.

"SJYDC staff have also collected items for the student's new apartment and classroom supplies list," stated Currie. "Those items are going to be a big surprise for the student and his family."

March 16, 2020. That is the date (online) classes began and the SJYDC student officially left his old life, which brought him to the DPS system, to start his new life on a fast track to an exciting future career. Bottom left: NTI teaches in a classroom setting modeled after professional race facilities.

Background photo: NTI has been closely involved in partnering top graduates with several winning NASCAR race teams since the school opened it's doors in 2002. Photo credits: UTI

TIRHL



The department launched its autism awareness initiative HEART, which stands for Helping Enhance Autism Response Training, with an online briefing on April 2. HEART was established to raise awareness and further safe contacts among law enforcement, first responders and individuals with autism.

It includes training for law enforcement and first responders, a community involvement program and a decal notification program. The initiative is important because 1 among 54 children are identified as having autism, and the social, communication and behavioral issues associated with the disability may present unique challenges during an emergency or other stressful situation.

The online briefing on April 2 provided insight into autism spectrum disorder and focused on best practices for safely interacting with individuals on the spectrum and responding to wandering related emergencies. It also helped kick off National Autism Awareness Month and celebrated World Autism Awareness Day.

"In North Carolina, we recognize autism spectrum disorder affects all genders, races and socioeconomic backgrounds and the important role law enforcement and first responders play in keeping all of society safe," said DPS Secretary Erik

8

Law Enforcement Officers & First Responders Receive ENHANCED TRANNIC To Better Understand AUTISTIC Behavior.

A. Hooks. "We are proud to recognize World Autism Awareness Day and National Autism Awareness Month with this important training and launch of our HEART initiative."

National expert and author Dennis Debbaudt delivered the hour-long briefing to participants from state, county and city agencies across North Carolina. An originally scheduled in-depth, day-long training by Debbaudt was postponed due to the COVID-19 outbreak, and plans are being finalized to reschedule the in-person training. Please contact DPS Communications to be added to the mailing list.

DPS representatives will participate in community events to continue engaging and building relationships with North Carolinians with autism spectrum disorder and their families. The first event was the 4th Annual Holly Springs Autism Awareness Day (scheduled for April 18) which was



postponed to Sept. 26. Plans are in the works for participation in more events across the state.

During the community events DPS participants will distribute decals to persons with autism and/or their caregivers, which will notify law enforcement and first responders that an occupant of a vehicle or home has autism.

DPS will also distribute decals following the in-person training to law enforcement and fire departments. The decal will distinguish a room at their facility as an autism sensory-safe space to help reduce over-stimulation.

The department was scheduled to present in March at the Autism Society of North Carolina's annual conference. Secretary Hooks and Chief Deputy Secretary Casandra Hoekstra were both asked to speak about the HEART initiative to attendees. Unfortunately, the event was canceled.

"This training and initiative are very important to the safety of North Carolinians," said State Capitol Police Chief Chip Hawley. "Not only is it a growing segment of the population, but there is also a higher rate of contact with law enforcement due to wandering-related emergencies. Officers must use best practices during such interactions for the safety of all involved."



Dabney Weems Staff Writer DPS Communications



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Promotions

Lateisha Thrash, chief programs services (DOP), Rehabilitative Proms & Services Michael Kurczek, DOC shipping/receiving supervisor III, Purchasing & Logistics **Eric Pierre**, electronics technician III, Facility Management Debra Staton, personnel technician I, Ps Hr Admin Esther Person, administrative assistant II, Correction Enterprise Admin Torrey Leach, correction enterprise manager V, Meat Processing Plant Michael Roach, warden II, Dan River PWF Denise Jackson, warden V. Central Prison Caroline Riddick Taylor, warden IV, Caledonia Cl Melanie Moog, administrative secretary II, Southern CI Judith Hardin, personnel technician I, Judicial Division 4 Admin Katherine Barefoot, accounting technician, Pasquotank Cl Penny Nowell, correctional programs supervisor, Pasquotank Cl Johnny Sessoms, correctional sergeant II, Maury CI **Reginald Selby**, correctional sergeant III, Maury Cl Deborah Tyndall, personnel technician I, Maury Cl Jacquelyn Brown, correctional case manager, Piedmont Cl Aquesta Ward Majors, accounting technician, Polk Cl Tisha Edwards, personnel assistant IV, Wake CC Byetis Evans, accounting technician, Nash Cl Christopher Georgi, correctional officer II, Craggy CC Cassandra Kemp, accounting technician, Scotland Cl Samantha Britt, correctional case manager, Scotland Cl Amelia Lowery, correctional officer II CFTO, Lumberton CC Evelyn Grady, correctional programs supervisor, Pender Cl Jonathan Parker, correctional officer III, NCCIW Svlvia Dunston, social work supervisor III, NCCIW Karen Martin Powell, nurse supervisor, Prisons Admin Mark Nall, chief probation/parole officer, Judicial District 3 Tinavla Hyman, office assistant IV, Judicial District 18 Brady Williams, probation/parole officer, Judicial District 23 Leslie Clothier, chief probation/parole officer, Judicial District 19-B Paul Walp, probation/parole officer, Judicial District 19-B John Boone, probation parole field specialist, Judicial District 24 Jenna Sorkin, chief probation/parole officer, Judicial District 27 Jody Knox, probation/parole officer, Judicial District 12 Dena West, nurse supervisor, Anson Cl Armah Vincent, correctional sergeant II, Albemarle CI James Nicholson, correctional lieutenant II, Piedmont CI Gabriel Gulvas, correctional lieutenant I, Piedmont CI Teressa Turner, correctional lieutenant II, Piedmont Cl Willie Fisher, correctional food service supervisor II William Applewhite, correctional housing unit manager II, Polk CI Anthony Frink, correctional lieutenant III, Polk CI Laricia Rascoe, correctional food service officer II, Nash CI

Krystal Barlow, correctional behavioral specialist II, Central Prison Michael Johnson, Hyac supervisor I, Caledonia Cl Patrina Williams, correctional food service officer II, Caledonia CL Tabitha Moody, correction food service officer II, Warren CC Alison Yarborough, correction food service officer II, Warren CC James Cuthbertson, Hvac supervisor I, Marion Cl David Fretwell, Hvac mechanic, Marion Cl Lisa Rose, correctional food service supervisor III, Alexander CI Edward Jernigan, juvenile court counselor supervisor, Piedmont Region-District 20 Jalil Kendall, iuvenile court counselor, Piedmont Region-District 19 Millicent Williams, chief court counselor - District 11, Central Region-District 11 Ricky Seeley, correctional programs supervisor, Wilkes CC Mary Lowery, correctional food service officer III, Scotland CI Jamar Scales, youth counselor supervisor, Edgecombe Ydc-Admin Melissa Puszvnski, charge nurse, Scotland Cl Trystean Davis, youth counselor, Stonewall Jackson Ydc-Clinical Services Jaylin Murray, youth counselor associate, Stonewall Jackson Ydc-Clinical Services Cody Locklear, trainee correctional officer III, Tabor Cl Lee Cummings, correctional officer III, Tabor Cl Rvan Fields, correctional sergeant III, Tabor CI Joseph Quispe, correctional food service supervisor II, Pender CI Jennifer Kennedy, correctional case manager, New Hanover CC Laderrick Butler, correctional officer III, Southern Cl Dennis Nicholson, correctional officer III, Southern Cl Selina Proffitt, correctional sergeant I, Swannanoa CCW Dillon Ledford, correctional sergeant I, Swannanoa CCW Joe Edwards, correctional sergeant III, Eastern Cl Rakeesha Howell, correctional lieutenant III, Eastern Cl Quamayne Johnson, correctional Ssergeant III, Eastern Cl Marisa Gurganus, trainee correctional officer III, Eastern Cl Veleka Manley, correctional sergeant I, Wake CC Velma Campbell, correctional sergeant I, Wake CC Rodnique Rivers, correctional lieutenant III, Central Prison Latisha Harvey, correctional sergeant III, Central Prison Michelle Partin, administrative officer II, State Highway Patrol Eugene Moses, network analyst I, State Highway Patrol Charles Lewis, radio engineer, State Highway Patrol Michael Freeman, correctional sergeant I, Gaston CC Stephen Anderson, correctional food service supervisor III, Southern CI Juan Moody, correctional officer III, Pasquotank CI Raymear Rice, trainee correctional officer III, Pasquotank CI Deantre Richardson, correctional housing unit manager I, Bertie Cl Thomas Millard, correctional sergeant I, Greene CI Jacqueline Norris, correctional officer II, Anson CI Trov Taylor, correctional sergeant I, Johnston CC Kelly Barbour, correctional sergeant I, Johnston CI Jeffrey Burnette, correctional officer III PERT, Marion CI

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Retirements

Jeffery Thornton, shipping/receiving supervisor II, Purchasing & Logistics Sandra Rushing, housekeeper, Air National Guard **Robert Leon**, correction enterprise director III, ACJJ Administration Alma Clark, substance abuse program coordinator, Alcohol and Chemical Dependency Joseph Valliere, correctional facility superintendent I, Forsyth Cl Edward Thomas, correctional prison warden, Central Prison Juanita Goodwyn, administrative specialist II, Prisons Administration **Robert Gianettino**, correction enterprise manager II, Chase Laundry Brenda Tillery, hr technician I, Odom Cl Glynn Martin, correctional officer I. Morrison CC Lisha Pharr, chief probation and parole officer, Judicial District 27 Paul King, probation/parole officer, Judicial District 27 Kenneth Jones, chief probation and parole officer, Judicial District 13 Denise Mclean, probation/parole officer, Judicial District 10 Daniel Klein, HVAC mechanic I, Pasquotank Cl Jack Hardister, correctional officer II, Albemarle CI

Eddie Burris, correctional officer II, Albemarle CL **Billy Vaughn**, correctional officer II, Piedmont CI Gary Hicks, correctional officer II, Piedmont Cl Archie Campbell, correctional officer II, Piedmont Cl Roger Kennedy, correctional officer I, Randolph CC Michael Tasto, correctional food service officer II. Harnett Cl Juliette Kennedy, administrative specialist I, Piedmont Region Admin Charles Mallonee, iuvenile court area administrator, Western Region Admin Sharon Whitaker, administrative specialist I, Western Region Admin Dane Cardwell, iuvenile court counselor, Piedmont Region-District 17 Lynne Petersen, juvenile court counselor, Western Region-District 28 Shane Logan, juvenile court counselor, Western Region-District 29 **Rene Pomerov**, juvenile court counselor, Central Region-District 13 Annette Mccov, correctional captain III, Southern Cl Sherlyn Hopkins, correctional officer I, Tyrrell PWF Ernest Poteat, correctional officer I, Dan River PWF Kimberly Henry, correctional sergeant I, Dan River PWF Anthony Graham, correctional lieutenant III, Central Prison Violet Coleman, correctional officer III, Central Prison Jacob Rogers, highway patrol trooper (master), State Highway Patrol Michael Jenkins, correctional officer I, Caldwell CI Nancy Collins, administrative specialist I, State Highway Patrol Jason Perdue, highway patrol trooper (master), State Highway Patrol **Amy Nichols**, accounting clerk I, Craggy CC Daniel Jenkins, highway patrol sergeant, State Highway Patrol Craig Carter, highway patrol trooper (master), State Highway Patrol James Seagle, highway patrol trooper (aster), State Highway Patrol Eric Naylor, highway patrol sergeant, State Highway Patrol Jeffrev Emerson, correctional officer II, Lumberton CI Avery Dunlow, correctional officer III, Bertie Cl, Michael Long, correctional captain III, Marion Cl Jackie Huggins, correctional officer III, Marion CI Felecia Maddox, correctional housing unit manager III, Foothills CI Marietta Barr, correctional captain III, Scotland Cl Paul Munson, SBI agent III, Sbi Field Operations Anthony Jernigan, SBI special agent in charge, Sbi Special Operations Jimmy Bright, administrative specialist I, Tarheel Challenge Van Frizzelle, correctional programs director III, Central Region Eric Naylor, highway patrol sergeant, State Highway Patrol

Passings

Valeria Briddell Burns, correctional case analyst, Piedmont Cl Phillip Cox, maintenance/construction supervisor II, Tabor Cl Nolan Sanders, highway patrol trooper (Senior), State Highway Patrol Billy Pierce, correctional officer III, Alexander Cl Jennifer Harris, correctional sergeant III, Scotland Cl





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