



# NEWSLETTER

## NCHeAL

### Welcomes New Health Coach:

**Amanda Richardson, PhD, MS, NBC-HWC**



Amanda Richardson is a National Board-Certified Health and Wellness Coach, educator, and researcher dedicated to helping people live happier, healthier, and more productive lives. She earned her PhD in Psychiatric Epidemiology from the Johns Hopkins Bloomberg School of Public Health and has worked with numerous organizations, including the NIH, HHS, the Truth Initiative, and UNC, as well as serving as an independent and contract coach and educator for a range of B2B and B2C wellness organizations. Outside of work, she enjoys spending time with her husband and three energetic children, cuddling with her dog, studying Spanish, pursuing all things fitness, and exploring the outdoors.

## FY26 PRIORITIES

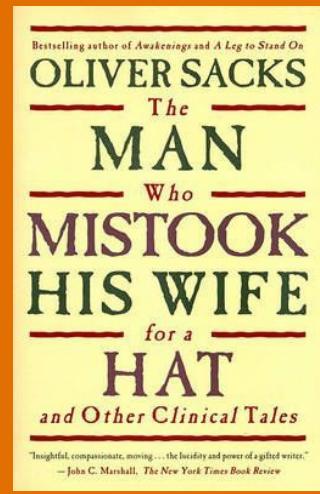
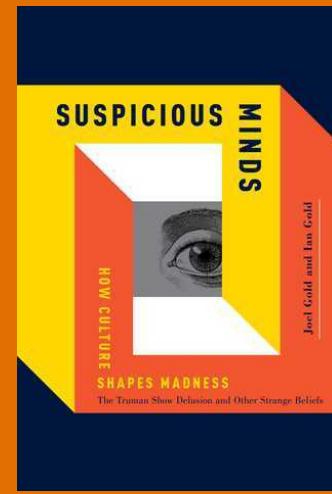
- Sustainability** - DMH/DD/SUS is focusing on the growth and sustainability of the First Episode Psychosis programs in the state. Part of sustainability is around increasing clinical revenue and exploring other areas of funding like vocational rehabilitation.
- Medication Empowerment**- EPI-NC will be working with all disciplines to see how Dr. Pat Deegan's work can be used in our clinics.

## NEW PROJECTS

EPI-NC is developing some exciting projects this year!

- Caring for the Caregiver**, an individualized therapy for caregivers has been rolled out at select clinics
- Bolster**, a psychoeducation and skills building app has been launched for a pilot in North Carolina
- Family Peer Workers**, trained peers who have experience caring for a loved one with psychosis have been added to select clinics

## READING CORNER



## FALL FUN - WHAT TO DO WITH YOUR PUMPKIN

Roast Your Pumpkin Seeds

Compost your pumpkins (or chop them up and bury them)!

Turn your jack-o-lantern into a snack-o-lantern