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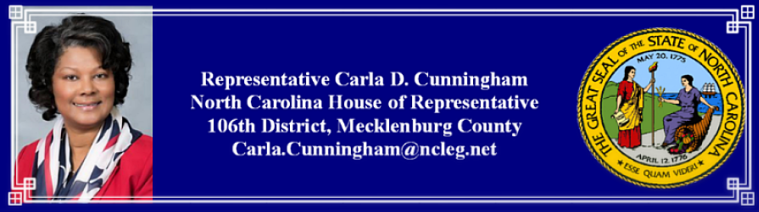
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Rep. Carla Cunningham September 2018 Newsletter

Rep. Carla D. Cunningham [carlacunningham2012@gmail.com@mail253.suw121.mcdlv.net] on behalf of Rep. Carla D. Cunningham [carlacunningham2012@gmail.com]

Sent: Thursday, September 20, 2018 4:13 PM

To: [Steve Johnston](#)



Rep. Carla Cunningham: House Committee Assignments 2017-2018 Session

Appropriations
Appropriations Health and Human Services
Commerce and Job Development
Energy and Public Utilities
Health
Health Care Reform
House Select Committee on Implementation of Building Code Regulatory Reform
House Select Committee on School Safety
Regulatory Reform

Non-Standing Committee
Joint Legislative Oversight Committee on Health and Human Services

Appointment by North Carolina Governor Roy Cooper
North Carolina Commission for Mental Health, Developmental Disabilities, and Substance Abuse Services

Appointments by North Carolina House of Representative Speaker Tim Moore
Minority Health Advisory Council
Associates Advisory Committee Member- Council of State Government (CSG)
Health Public Policy Committee - Council of State Governments (CSG)
North Carolina Council for the Deaf and Hard of Hearing

North Carolina Institute of Medicine Legislative Health Policy Fellows Program

September 20, 2018

Greetings,

2018 is an even-numbered year, which means that North Carolina will hold a general election on the first Tuesday in November. All 120 state House seats and 50 state Senate seats are up for election. Democrats need four House seats or six Senate seats to break the Republican supermajorities.

Best regards,

Rep. Carla Cunningham



Know Before You Go!

The general election will be held

Tuesday, November 6, 2018.

All polling locations will be open 6:30 am until 7:30 pm

[Click here to confirm you are registered at the correct address](#)

*Sample ballots and details for early voting will be available by October 1, 2018.

[Request an Absentee Ballot be mailed to you for the November election](#)

[See the 2018 Candidate listing for the 2018 General Election \(UOCAVA Notice\).](#)

Voter Registration:

[Mecklenburg County Voter Registration Statistics](#)

[Check your Voter Registration](#)

[Change or update your address](#)

 [Download a voter registration form](#)

 [Using your campus address to register in Mecklenburg County](#)

[Remove your name from the registration rolls](#)

 [Maintaining Accurate Voter Registration Files](#)

Elected Officials:

[Listing of all elected officials
& their contact information in a printable format.](#)

[Elected Officials](#)

Precinct Officials:


[Precinct Officials' Information](#)

 [Precinct Official's Application](#)

Absentee Voting Information

Absentee voting is comprised of two methods by which registered voters may cast ballots other than the traditional method of appearing in person and casting a ballot on the day of the election. These methods are absentee by mail and absentee one-stop.

Absentee by Mail

Any voter registered in Mecklenburg County can request an absentee ballot from the Mecklenburg County Board of Elections prior to the last Tuesday before an election by completing the  [Absentee Ballot Request Form](#). An application and ballots will be mailed to the voter after the receipt of a completed form.

If you are **Military, immediate family of Active Military, or a US citizen overseas**, please visit [FVAP.gov](#) to register and request your ballots.

Absentee One-Stop (Early Voting)

Any voter registered in Mecklenburg County may choose to vote in person using One-Stop Absentee Voting which begins the third Wednesday before the election and ends the Saturday prior to the election. Dates, times, and locations vary by election and will be posted prior to each election on this site. Early Voting for the General Election to be held November 6, 2018 will begin Wednesday, October 17, 2018 and end Saturday, November 3, 2018. Details will be provided as soon as the Board approves.

How to vote if Sick or Disabled after the request deadline for an absentee ballot?

You must apply in person or have a near relative or verifiable legal guardian apply in person at the Mecklenburg County Board of Elections office and a Ballot will be hand delivered to you. Our offices are located at 741 Kenilworth Ave, Suite 202.

This option is only available for sick or disabled voters after 8:00 am on the Wednesday prior to each election but not later than 5:00 pm on the Monday before each election.

What Will Be on Your Ballot in November (What We Know and Don't Know)

Here is what will definitely be on your ballot:

- NC Supreme Court race
- Three NC Court of Appeals races
- NC State Senate
- NC State House
- Local races
- At least 2 state constitutional amendments, maybe as many as 6

What don't we know?

A federal three judge panel has ordered North Carolina to redraw its congressional lines rather than hold yet another election in gerrymandered districts. Legislative leaders have appealed to the U.S. Supreme Court asking for the ruling to be delayed because of how close the election is. If the U.S. Supreme Court delays the lower court's ruling, then the congressional elections going on now will continue and they will be on your ballot. If the U.S. Supreme Court does not halt the ruling, we are likely looking at new districts and special elections beyond the November election. Stay tuned.

We are also waiting on final decisions on four constitutional amendments. A state three judge panel blocked two of the amendments because the General Assembly had passed deceptive language that did not adequately explain the amendments to appear on our November ballots. One deals with how judicial vacancies are filled and the second deals with the State Board of Elections and Ethics Enforcement and moving powers from the Governor to the General Assembly. Last week in special session the General Assembly re-wrote both amendments, but Governor Cooper and groups like the NAACP still feel the amendments are deceiving and are asking the courts to block them.

The other two amendments that are uncertain deal with requiring voters to provide a photo ID and capping the income tax rate. The NAACP and other groups challenged both of these amendments on the grounds that the ballot language deceived voters and did not give voters an opportunity to cast an informed vote. The state three judge panel ruled against the challengers on these two amendments and an appeal is pending in the NC Supreme Court.

Five things schools can do to help pupils' mental health this 2018 school year

As children's mental health becomes one of society's most pressing issues, many teachers find themselves on the front-line -- with the effect being felt in schools across the country. In 2017, 79% of teachers in both primary and secondary schools reported seeing an increase in stress, anxiety, and panic attacks in their pupils as well as a rise in depression, self-harm and eating disorders. But without specialist training - which isn't currently a requirement - a lot of those working in schools feel unprepared for the challenges they are facing.

With that in mind, below are a few ways schools can try and help.

1. Start talking about it

Mental health needs to be integrated into the school curriculum, which will help increase understanding and reduce stigma around issues. Without this, pupils may not be aware their mental health is deteriorating and feel silenced or shamed when seeking help. When pupils and teachers have more open discussions about mental health, issues will also be easier to identify early in, and this will help to build students' knowledge and understanding of the subject.

Ideally, mental health needs to be talked about the same way physical education or healthy eating is, because research has found that when schools adopt a comprehensive approach to discussing mental health it supports all pupils - including those who are experiencing mental health difficulties already.

2. Create a safe space

Students do better in schools when they feel safe - this means ensuring that bullying incidents are low and addressed, including the rising incidents of cyber bullying.

The evidence also shows that when students feel a sense of belonging, have good peer and teacher relationships, and feel listened to when they raise concerns, also helps to support positive mental health in schools.

3. Support for all

Everyone in school from the teachers to the teaching assistants, the school lunch staff to the school nurse, all have a role to play in improving the school environment - and making it more open to discussions around mental health.

But they can do only do this if they are supported and healthy themselves. Looking out for the well-being of staff will itself have a positive impact on the students. And research shows that when staff are trained in mental health they are more confident in supporting their students. The same research also showed that this additional mental health training even helped to boost staff's own resilience and job satisfaction.

4. Make sure teachers know how to help

Teachers should demand mental health training for all new teachers. And before a school takes on a new or trainee teacher, they should ask to see what mental health training they have. This could include an understanding of the risk and resilience factors for their students, how to spot the signs of mental ill health, along with how to support and get help for students at risk.

This will ensure that all new teachers have a basic understanding of the mental health challenges they will face, and will make it easier for them to help pupils in need.

5. Recognise that it takes a village

Looking after children's mental health isn't just something that can be done on a small scale, it involves a shift in the way everyone not only works together, but also communicates on issues.

The good news is there are lots of additional things schools are already doing in this area, including working with parents and having staff mentors for vulnerable students. Many schools have also

[Controversial NC charter bill approved. Now, these four towns could open schools.](#)

The Charlotte Observer

[Segregation in 2018? Resistance builds as NC town charter school bill labeled racist](#)

The Charlotte Observer

[CMS Officials, Clergy Threaten Lawsuit Against Charter School Bill](#)

WFAE

[Editorial: City money for schools? Why that's a false hope](#)

The Charlotte Observer



There are an average of 123 suicide each day in this country. It's the tenth leading cause of death in American - second leading for ages 25-34, and third leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month. Participate in the fight by getting involved with local organizations and listening to those who need help.

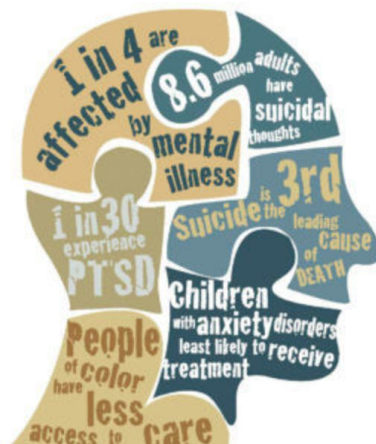
As North Carolina citizens we need to spread the message on suicide prevention, it's extremely important to spread awareness, take time to reach out to those in need and help people understand the severity of this cause.

Ways to Observe National Suicide Prevention Month

1. Spread the message
2. Volunteer at a crisis center: Provide support by volunteering at a crisis center in your area. Although this is something that can be done year-round, Suicide Prevention Month is the perfect time to get started. Check out the National Suicide Prevention Lifeline, an organization that offers free and confidential emotional support 24/7 to those in crisis or emotional stress.
3. Record a supportive video: This is an easy option that doesn't cost money or time, so anyone can do it. Simply record a 15-30 second video promising your friends to listen to anything they need to say. Then, use the hashtags #suicideispreventable #800273TALK # LETITOUT.

Why national suicide prevention month is important:

1. It promotes awareness: Suicide prevention organizations aims to decrease suicides by 20 percent over the next seven years. In order to do this, they're making a conscious effort to talk about suicide - it's warning signs, how to prevent it, how to discuss it, etc. - in school, at the workplace, and in politics.
2. It starts a dialogue: There's a stigma connected to suicide, so too often it's not talked about - and those who suffer from it, feel they can't discuss it. Suicide Prevention Month helps to destigmatize this mental illness and promote conversation.
3. It initiates change: Thanks to Suicide Prevention Month, approaches to suicide are beginning to change. For example, schools and workplaces are implementing new programs and even pop culture is acknowledging it. For example, the Netflix show "13 Reasons Why" portrays the severity of suicide, the struggles leading to this tragic decision, as well as how it affects those left behind.



5 NO-NONSENSE TIPS TO HELP SOMEONE IN CRISIS

1. **Ask direct questions:** Even though it's hard, ask a person directly if they're thinking about suicide.

2. **Listen to their answers:** People with suicidal thoughts often feel alone, so be sure to let them know that you care deeply about what they have to say.
 3. **Do a safety check:** If you're concerned for their well-being, try removing anything they could use to harm themselves, such as alcohol, drugs, medications, weapons, and even access to a car.
 4. **Don't keep this a secret:** Let them know you'll help come up with a plan that involves telling a professional who can utilize the many services and resources available to help.
 5. **Ensure they seek professional help:** Unless you work in the mental health industry, it's important to suggest they seek additional help from other people, such as a doctor, counselor, psychologist or social worker.
-

Congressional Maps



Congressional Maps

Resources: [Court Order](#)

North Carolina's 13 congressional districts will remain in place and so will the Nov. 6, 2018 election, a federal three-judge panel ruled Tuesday. The panel ruled last week that the districts are unconstitutional due to "partisan gerrymandering" designed to produce 10 Republican seats. But, with the election only two months away, the plaintiffs in the case -- the North Carolina chapters of Common Cause and The League of Women Voters -- argued that it was too late to change the maps despite their victory. On Tuesday, the court agreed.

"We conclude that there is insufficient time for this Court to approve a new districting plan and for the State to conduct an election using that plan prior to the seating of the new Congress in January 2019. And we further find that imposing a new schedule for North Carolina's congressional elections would, at this late juncture, unduly interfere with the State's electoral machinery and likely confuse voters and depress turnout," the court wrote in a four-page order.

In its initial ruling, the court left open the possibility of drawing new districts this year and, potentially, postponing the congressional elections in North Carolina. The defendants, including N.C. House Speaker Tim Moore, R-Cleveland, and Senate leader Phil Berger, R-Rockingham, suggested Dec. 18 as the most "administratively feasible" election day if the districts had to be redrawn.

The plaintiffs wrote in a brief to the court that they were concerned about voter confusion and depressed turnout if the districts were redrawn and the election were held later. "Attempting to impose a new districting plan in time for the 2018 election would be too disruptive and potentially counterproductive," the plaintiffs wrote. The judges have ruled that the current congressional districts cannot be used after the 2018 elections. (Brian Murphy, McCLATCHY DC, 9/04/18)



Earlier this week, Hurricane Florence began pummeling North Carolina communities. Gov. Cooper, state emergency management officials and state agencies have worked together to open dozens of safe shelters, transport supplies, and call in

first responders and personnel for rescue and response efforts, which continued throughout the week and remain ongoing.

The storm has thrashed North Carolina for days, causing severe floods, power outages, and several hurricane-related fatalities. As Florence continues dumping heavy rains on our state, Gov. Cooper is urging North Carolinians to keep their guard up and follow safety tips.

“Flood waters are raging across our state and the risk to life is rising with the angry waters,” Gov. Cooper said. “Yesterday I urged you to stay off the roads in most parts of the state. That warning still stands today, as the threat of flooded roads keeps spreading.”

Storm Safety Tips

- Never drive or walk through a flooded road or standing water--most deaths occur when people attempt to drive through flooded roadways.
- Never operate a generator, outdoor grill or camp stove indoors.
- Don't touch electrical equipment in floods or heavy rains.
- Never attempt to move or cut power lines that have been affected by the storm. Instead, report power lines or gas leaks to your power company.
- If your property has been flooded, keep electricity shut off.

Food and Water Safety Tips

- If you've lost power, throw away any perishable foods like meats, dairy and eggs that have been unrefrigerated for more than 2 hours--when in doubt, throw it out.
- Throw away foods that have been contaminated by flood or storm water, which can spread disease and chemical hazards.
- If you have a private well, avoid turning on the electricity to your pump until floods recede.
- If flooding has occurred, don't drink well water until it has been tested. Contact your local health department's private well program for testing.

Stay Safe by Staying Alert

- Listen to the radio for warnings about wind, tornadoes, rising water, or orders to shut off gas, water and power.
- For real time information on shelters, evacuation routes, food, water, housing, recovery and rebuilding resources, call 211.
- For emergencies, dial 911.
- North Carolina road safety is changing rapidly. Keep up with the latest updates [HERE](#)

Storm Response Toolkit

With communities across the state feeling the effects of Florence, Gov. Cooper is urging people to stay safe. Use the following tools to get assistance, check flood levels and view road conditions in your area.



- [Individual Assistance](#)
- [Filing Insurance](#)
- [Utilities](#)
- [Community Assistance](#)
- [Hazard Mitigation](#)
- [Roles During Disaster](#)
- [Cleaning Up](#)

Recovering and Rebuilding After Disasters



North Carolina Emergency Management works with local, state and federal groups, as well as non-profit and volunteer groups, to help people and areas recover from disaster.

The first step in recovering from a disaster is to call your insurance company. Utility companies will work hard to restore the power, water and gas services.

The [Individual Assistance](#) program helps those families and singles whose homes have been damaged or destroyed by a storm to get safe, decent and clean housing. People who become unemployed because of the disaster or who need low-interest loans to replace vital items can also get help. This program also can help small business owners to restore their properties.

The [Community Assistance](#) program works with local governments to clear debris along the roads. It helps to fix public infrastructure after a disaster. It takes the whole community to recover from a disaster. Learn what your role is and how you can help.

<https://readync.org/EN/Index.html>

HURRICANE MATTHEW

Relief Money

Money for families who lost their homes in Hurricane Matthew has finally started trickling into North Carolina, nearly two years after the storm devastated much of the eastern part of the state with intense flooding. Gov. Roy Cooper's administration announced Tuesday that 22 families received a combined \$286,000 on Tuesday, which is the first of millions of dollars that the federal government's Housing and Urban Development has set aside for North Carolina's disaster relief efforts in the area. "Recovery is picking up steam with more repairs getting underway and more families getting money back for home repairs," said Mike Sprayberry, the state's Emergency Management director. "We know help can never come fast enough to those in need and we are pushing to get hammers swinging on more recovery projects across eastern North Carolina."

The Department of Public Safety announcement said the money for "will be used to repair damaged homes and to reimburse homeowners for work that is already completed." HUD has approved \$236 million for housing relief in North Carolina, nearly all of which must be spent in Robeson, Cumberland, Wayne and Edgecombe counties -- a stretch of the state that includes Fayetteville, Goldsboro and Rocky Mount. All 22 families who received the first round of relief money Tuesday were from those four counties.

Cooper has faced criticism since last year for his administration's handling of the response to Hurricane Matthew, which hit the state just before Cooper's victory over former Republican Gov. Pat McCrory in the 2016 election. McCrory, who now hosts a radio talk show in Charlotte, has attacked Cooper for his handling of the response. Republican legislators in the N.C. General Assembly have also joined in, launching a subcommittee last week to investigate why, among other things, South Carolina's housing relief efforts got underway months before North Carolina's did. But Cooper's office has pointed to the nearly \$750 million in disaster relief funds already given out during Cooper's time in office, and has blamed some of the delays for the housing money on the federal government bureaucracy slowing things down. (Will Doran, THE NEWS & OBSERVER, 9/04/18)

September National Health Observances

- [Childhood Cancer Awareness Month](#)
- [Fruits & Veggies—More Matters® Month](#)
- [Healthy Aging® Month](#)

- [National Atrial Fibrillation Awareness Month](#)
- [National Childhood Obesity Awareness Month](#)
- [National Food Safety Education Month](#)
- [National ITP Awareness Month](#)
- [National Pediculosis Prevention Month/Head Lice Prevention Month](#)
- [National Preparedness Month](#)
- [National Recovery Month](#)
- [National Sickle Cell Month](#)
- [National Traumatic Brain Injury Awareness Month](#)
- [National Yoga Awareness Month](#)
- [Newborn Screening Awareness Month](#)
- [Ovarian Cancer Awareness Month](#)
- [Pain Awareness Month](#)
- [Prostate Cancer Awareness Month](#)
- [Sepsis Awareness Month](#)
- [Sexual Health Awareness Month](#)
- [Whole Grains Month](#)
- [World Alzheimer's Month](#)
- 9 - 15 [National Suicide Prevention Week](#)
- 10 [World Suicide Prevention Day](#)
- 13 [National Celiac Disease Awareness Day](#)
- 16 - 22 [National Farm Safety & Health Week](#)
- 18 [Get Ready Day](#)
- 18 [National HIV/AIDS and Aging Awareness Day](#)
- 19 [National School Backpack Awareness Day](#)
- 22 [Falls Prevention Awareness Day](#)
- 24 - 28 [Malnutrition Awareness Week™](#)
- 24 [Family Health & Fitness Day USA®](#)
- 26 [National Women's Health & Fitness Day](#)
- 28 [Sport Purple for Platelets Day](#)
- 28 [World Rabies Day](#)
- 29 [World Heart Day](#)

Mark Your Calendar for Events in Charlotte & Mecklenburg County

- **Tuesday, October 9, 2018 - Rep. Cunningham Town Hall Meeting - 6:00 pm - 8:00 pm at Sugaw Creek Recreation Center, 943 W Sugar Creek Rd, Charlotte, NC 28213**

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