



# News Release

**FOR IMMEDIATE RELEASE**

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Cumberland County Mental Health

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## Mental Health Center Wins 2012 Excellence Award

FAYETTEVILLE, NC - The North Carolina Council of Community Mental Health, Developmental Disabilities, and Substance Abuse Programs presented the Cumberland County Mental Health Center with a Programs of Excellence Award during the council's annual conference on Dec. 6 in Pinehurst. The award was in the Prevention, Outreach and Wellness category for the center's Strengthening Families program.

The Strengthening Families Program is an evidence-based parenting program sponsored by the Cumberland County Community Collaborative. The training helps families with school-age children gain knowledge in setting limits and boundaries; develop better communication skills; and participate in skill-building activities that focus on resolving conflict. The program consists of a "family meal" followed by breakout sessions for the children and parents to conduct age specific training.

At its Dec. 17 meeting, the Cumberland County Board of Commissioners congratulated the Mental Health Center and Area Director Hank Debnam for receiving the honor.

Each year the North Carolina Council of Community Mental Health, Developmental Disabilities and Substance Abuse (MH/DD/SA) Programs seeks to identify innovative and effective community programs that have been instrumental in serving persons with disabilities in North Carolina. Winners are selected by a committee that includes directors and board members of area authorities for Mental Health, Developmental Disabilities and Substance Abuse services.



Commissioner Marshall Faircloth, left, presents award to Mental Health Center Area Director Hank Debnam.

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