

CLIPPINGS

Copeland Center for Wellness and Recovery Executive Director Keynote Speaker at NAMI NC's 2007 Annual Conference - March 9-10 in Greensboro, North Carolina

Plans are underway for the Annual Spring Conference, held on March 9-10 at the Greensboro Marriott Downtown in Greensboro, NC. The theme, *Celebrating Our Courage...Finding Our Way*, reflects the times we are living in, nationally, but especially here in North Carolina. Families, consumers and professionals have been through difficult times. We have had disappointments and disruptions as new systems are built. In these times, we will do what we do best--reach deep inside of ourselves for reservoirs of strength and courage. And we need to celebrate these reserves because in so doing, we find the courage to keep going.

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The 2007 Annual Conference will move us towards *finding our way*, through *celebrating our courage*. We'll do that by focusing on many positive advances. Some of those things include the work in working with whole villages of people- with police and law enforcement who are now embracing **CIT training**, with providers who are embracing **evidence based practices** on a wholesale basis, and with consumers and families in learning the huge value of hope as a component of treatment through **peer recovery model programs**, and the clinical work of **researchers** in the field.

Join us at the 2007 Annual Conference. Let's move on to Celebrating our Courage, and in doing so, we will Find our Way. Visit NAMI NC's website, www.naminc.org, for up-to-date information on the Annual Conference! We look forward to seeing you in March!

Keynote Speaker Stephen Pocklington is recovery educator and is currently the executive director of the Copeland Center for Wellness and Recovery. Before becoming the director of the Copeland Center Stephen was the deputy director of a public multi-county, multi-service human services agency that provided mental health, substance abuse and developmental disability services. As deputy director, Stephen led his agency's transformation into being a leader in recovery education and a provider of recovery-oriented services.

Stephen has worked within the mental health system for over 21 years, working in a wide variety of capacities. As a person with lived experience with both mental health and substance challenges, Stephen has also been a leader in advocacy in North Carolina, bringing WRAP to his state and helping to establish peer support and self-advocacy groups in his community and around the state. Stephen developed North Carolina's first peer support crisis alternative program and is still an advisor there.

Conference and Hotel
Early Bird Deadline is
February 16!

NAMI NC Board of Directors**Carol C. Matthieu, M.Ed., President****Jim Pitts, Ph.D., President-Elect****Stan Oathout, Vice President****Becky Faucette, Secretary****Larry Hagler, Ph.D., CPA, Treasurer****Beth Hardy, Ph.D., en-officio****Chantel Brown****Nancye Bryan****Mona Cornwell****John Crowe, D.Min****Joe Donovan****Kent Earnhardt, Ph.D., J.D.****Floyd McCullouch, MA.Ed.****Art Springer****NAMI NC Office Staff****Deby Dihoff, MA, Executive Director****Di Chen, MS, Accountant and Executive Assistant****Gloria Harrison, Helpline Manager****Linda Swann, ME.D., Young Families Program Director****Brenda Walker, Family-to-Family Program Director****Sauda A. Zahra, MA, Interim Special Events Coordinator****Clippings Consultant, Christina Rausch, MSW**

NAMI North Carolina is pleased to accept submissions, although guaranteed publication requires prior approval. The articles published, whether written by staff or outside contributors, are subject to editing for length, style, clarity and content. Submissions can be made by e-mail to mail@naminc.org, or by fax or mail (see back of *Clippings*) to the NAMI NC office.

I have made a very interesting change in the last month in moving from being a member of an impressive, young NAMI affiliate (Pitt) to taking up the reins of the Executive Director of NAMI/North Carolina. It has truly been a privilege to serve in this position. One of the things that has most struck me in working for this impressive nonprofit mission-driven organization is the warmth with which I have been welcomed by the board, the staff, the affiliates, our partners in the pharmaceutical industry, and colleagues in the Division and other government entities, other advocacy organizations, and the large range of talented provider groups.

After a bit more than a month on the job, I am forming massive “to do” lists. Let me take this opportunity to share with you some of my early goals: 1) Improve our support for affiliates (membership, information, support); 2) Implement regular communication between the state and affiliates, including routine sharing of news from National; 3) Improve our visibility and presence in the General Assembly in order to achieve necessary changes in law and funding for those with severe mental illnesses; 4) Make the State Office an efficient, smoothly functioning entity; 5) Reach more people in North Carolina through expansion of our signature programs (Family to Family, In Our Own Voice, Support Groups), and 6) Refine and improve our fund raising efforts by implementation of an ongoing donor plan.

Some of the specifics I have been working on to achieve these early goals include registering as a lobbyist on behalf of NAMI, meeting with local affiliate groups, clarification of membership procedures, beginning to produce procedures that will be helpful to both the state NAMI and the local affiliates on a variety of topics (such as how do you get your share of the dues!). To help with support for affiliates, I am continuing the monthly affiliate calls, and will be instituting a regular (probably every other week) email regarding committees, outcomes, issues. Many of you have said this is the most communication that has occurred, and I am thankful for your feedback and for your willingness to openly express your views.

We are hard at work in preparing for our Annual Conference March 9 and 10 in Greensboro, and I want to thank the affiliate representatives from Forsyth, Orange, Alamance, Guilford, and Pitt for their generous sharing of their time. We are also indebted to the Sanctuary House Director for her help. NAMIWALKS is coming up as well in the Triad May 5.

Another large chunk of time has been dedicated quite appropriately to committee work. North Carolina has an impressive Coalition of providers and advocates who work together for the betterment of mental health, developmental disabilities, and substance abuse services.

(Continued on Page 3)

DONATE TO NAMI NORTH CAROLINA ONLINE

Contributions to NAMI NC can now be made online by going to the NAMI NC website at www.naminc.org.

Thank you in advance for your support.

Every currently employed person has a 3 in 10 chance of becoming disabled before reaching retirement. In our own state “mental disabilities” constitutes the second largest group of our disabled population. For years people with mentally illness and their families did not find the support they expected and needed. Rather, sometimes they experienced churches and congregations placing blame upon them for not being right with God or having a demon. However, there are some flashes of hope. The same year that the book Creating a Circle of Caring: The Church and the Mentally Ill by Shirley H. Strobel was published, another book titled In the Shadow of God's Wings: Grace in the Midst of Depression by Susan Gregg-Schroeder was printed.

On November 7, 2006, Susan came to Raleigh, NC to hold a one day Mental Health Conference for Clergy and Laity. The NC Conference of the UMC's Committee on Disability Concerns, NAMI-NC, NAMI-Wake, NAMI-SC, and MHA-NC jointly sponsored this historic effort. As a consumer become educator and advocate, Susan started Mental Health Ministries with a vision of producing high quality resources to reduce the stigma of mental illness in our faith communities. She has experienced first hand the reluctance of our faith communities to talk about or to minister to persons with a mental illness and their families.

Susan urged congregations to 1) support and conduct education programs on mental illness topics, 2) be committed to a covenant statement so the congregation is known to welcome individuals with mental illness and their families, 3) offer continuing training for ushers and greeters and others and use other means of welcome to individuals with mental illness, 4) to offer support and friendship to those with mental illness, and 5) to be advocates for those with mental illness with governmental agencies, health insurance providers, and to keep track of pending legislation pertaining to disability and mental illness.

Some other points shared during conference were:

- One in four families have a member with mental illness.
- Families are not getting the help needed.
- Churches are in the dark ages in understanding that mental illness is treatable.
- Faith communities rarely provide the support for individuals and families affected by mental illness.
- Out of nine million people in North Carolina, 1.4 million individuals have experienced mental or emotional illness.
- Out of the 1.4 million, 500,000 have serious mental health issues.

You can find more information concerning the church and mental health from the NCC UMC Committee on Disability Concerns site @ nccmentalhealth.org as well as the NAMI-NC's page “NAMI and Communities of Faith” @ naminc.org/nami_and_communities_of_faith.htm. Also, see NAMI National's Faith/Net-NAMI from the link on the NAMI NC page.

(News from the Executive Director, Continued from Page 2)

Through combined forces, our strength is greatly enhanced. These issues align closely with NAMI objectives, including important initiatives such as enhancing parity in North Carolina, expansion of housing options, ensuring that every community in North Carolina has trained first responders (police, sheriff) using a program such as the Crisis Intervention Training (Memphis) model, and the continued integration of primary health care and behavioral health care, which has been so effective in the avoidance of any stigma attached to getting appropriate care. There are also the usual “fires” – i.e. when transportation reimbursement is no longer available, endangering psychosocial rehabilitation models (clubhouses) across the state.

There is much to do, and we at the NAMI/ North Carolina state office are hard at work on your behalf. Our hope is to move our organization from a good organization to a great one.

Deby Dihoff, MA, Executive Director

Dear Members and Friends of NAMI North Carolina,

It is a pleasure to see that so many of our members, friends, advocacy partners, and supporters have had a chance to meet or talk with Deby Dihoff, NAMI North Carolina's new Executive Director. Since she began work on November 6, one of her priorities has been to strengthen these relationships through increased communication and increased involvement with NAMI NC. Our Executive Director's job is complex. The first few months for an executive director involves developing a deep understanding of the nature and structure of NAMI NC and assessing its operational capacity to fulfill the mission. As the nation's largest grassroots advocacy organization working on behalf of those with mental illness, we have a passion that is impressive in its ability to change minds. I know that you will support Deby in her leadership of the state organization and continue your affiliate involvement to achieve the NAMI mission.

The year ahead is a challenging one as Mental Health Reform continues. As the long session of the legislature begins, your local advocacy efforts with those who represent you in Raleigh are extremely important. We need to sustain the progress from the last session and continue to educate our legislators so that the bills we support will have the votes we need. They want to hear from their constituents and appreciate the information we can provide. Our stories about the broad impact that serious and persistent mental illness has on the lives of those we care about will make a difference when decisions are made on a broad range of issues, including access to treatment, recovery and rehabilitation services, housing, employment, insurance parity (equitable coverage), and availability of local crisis services. The issues are numerous and complex, but we can make a difference, one individual at a time.

Thank you to all of you who work in your communities and at the state level to create positive change. Let's work together to achieve our goals. I appreciate your support of NAMI North Carolina and all your efforts to keep NAMI strong.

Carol Matthieu, M.Ed., President, NAMI North Carolina Board of Directors

A TESTIMONIAL

Submitted by Greg Osborne, Greensboro, NC

Imagine a person who cannot get out of bed, someone afraid of almost everyone including his own family, and a person with a major attitude chip on his shoulder. That would be me when I arrived at Hillcrest House almost 5 years ago. My problems from the past were so staggering I was nearly paralyzed with fear. Now, recovering from the worst experiences I have ever been through and living on my own for over a year, I want to share how the director and staff at Hillcrest House helped me overcome my illness and grow in ways of character.

Carol Whitley, Executive Director, taught me respect by setting an example to follow and instilling these qualities into me. She and her staff also taught me honesty, courtesy, to face reality through logical deduction, staying organized, and to treat others how one would like to be treated. She taught me to retrain my body to a regular sleep pattern, and to overcome depression through exercise and staying busy. While I continue to hear voices sometimes, Carol has taught me how to ignore them and stay focused in the present, a little like John Nash did at the end in the movie, [A Beautiful Mind](#).

She has helped me overcome my fears and learn job skills at Goodwill, find a job, and enroll in Guilford Technical Community College and UNC-Greensboro. Now, I am proud of my job and I am studying to become an electrician.

Hillcrest House, located in Greensboro, NC, is a residential program for adults who have a primary diagnosis of mental illness and/or emotional disorder.

NAMIWALKS in the Triad

The **2007 NAMIWalks in the Triad** is officially off and running toward our \$100,000 fundraising goal. NAMIWALKS is getting stronger every day. As a third year walk site, the momentum and excitement for NAMIWALKS in the Triad continues to build. The enthusiasm demonstrated by the volunteers, affiliate leaders and NAMI NC staff who attended the Volunteer Information Meeting held on December 5, 2006 at the Embassy Suites Hotel in Greensboro, NC, is a testament to the dedication and support for this year's walk.

NAMI NC has raised the bar for the 2007 NAMIWALKS in the Triad. The success of the 2005 walk has given us new goals to aim for, and we are confident that we will achieve or exceed our 2007 goals. [See sidebar]. For more information about how you can help make the **2007 NAMIWalks in the Triad** a huge success, please contact Susan Gerson, Walk Manager at (336) 299-9989 or email her at sgerson@triad.rr.com. You can also find information about NAMIWALKS in the Triad on NAMI National's website at www.nami.org.

NAMIWALKS GOALS	2007	2005
Fundraising	\$100,000	\$50,000 <i>(Raised \$70,000)</i>
Silver Sponsors (\$2,500)	3	2
Supporting Sponsors (\$500 +)	(10) \$500 (5) \$750	(6) \$500 (1) \$750
KM-Marker Sponsors (\$250)	(12) \$250	(6) \$250
Walk Teams	65	39
Individual Donors	1,500	1,008
Affiliate Teams	25	15
2007 Walk - Additional Sponsorship Levels Available Major Sponsor (\$5,000) Kick-Off Luncheon Sponsor (\$3,500) Start-Finish Line Sponsor (\$1,500) Bronze Sponsor (\$1,000)		

Remember, with each step we are making a difference and moving closer to our 2007 goals.

CIT Classes Scheduled in Durham

For more than a year, representatives of several organizations have worked together toward bringing the CIT (Crisis Intervention Team) training program to law enforcement officers in the Durham Police and the Sheriff's departments. The planning group has included participants from:

- Durham City Police
- Durham County Sheriff's Office
- Durham Center (LME)
- Durham Center Access
- NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services
- Easter Seals, UCP - ASAP
- NAMI Durham consumers and family

Seven Durham Police officers are already trained, having participated in a Wake County class in September 2006. Durham has two classes scheduled for 2007, with the possibility of scheduling more as indicated. The first class is scheduled for April 16-20 at a downtown branch of Durham Technical Community College. The second class will be held on August 20-24. The goal is to add 50 CIT trained officers to Durham law enforcement in the year ahead.



Morrisville Police Officer Jerry Davis and Gerry Akland, NAMI Wake, at the CIT class held on December 11-15, 2006.

Peer Support is Growing in North Carolina: [Peer Support in Southeastern North Carolina](#)

Submitted by Debra Kindervatter, Secretary, NAMI-NC Consumer Council

Several peer driven activities have been developed in Southeastern North Carolina (New Hanover, Pender and Brunswick Counties). A Peer Support Group for the recovery and support of people with mental illness has been running successfully since June 2006. During the weekly sessions, participants, averaging 8-10 per session, have covered topics on struggles with new medications, boundaries, and support systems, going back to work; and trying to realize who you are when you have a mental illness. Supportive family, friends, and case managers, may attend the sessions only if the group votes to allow them to sit in. *Peer Support Group a joint venture between Southeastern Center for Mental Health (SECMH), the Oaks (the Behavioral Unit of the local hospital) and peers.*

The Southeastern Resource Facility (SERF) is another peer driven and peer run project that is just now taking off for the area. The resource room's mission is to have all types of information concerning mental illness, substance abuse and developmental disabilities in one centralized location. Clients run the Center, however, SECMH has generously donated space, computers and assistance from their staff.

Debra Kindervatter works as a Peer Support Specialist (PSS) in the Facility Based Crisis Center, administered by the Southeastern Center for Mental Health (SECMH). In her position as a PSS, she works with clients developing crisis plans. As a person with a mental illness, she has a unique ability to share with others her own crisis plan as it relates to her continuing recovery. She serves on the local NAMI-Wilmington board, as well as the SECMH CFAC. She prefers not to use the term "consumer."

AFFILIATE NEWS

NAMI Moore County is holding a Family-to-Family Course beginning January 10, 2007. The comprehensive twelve-week course is offered to family members of close relatives with mental illnesses. For more information or to register for this free educational course, please call (910) 673-3328 or (919) 295-1053. Space is limited.



NAMI High Country In Our Own Voice (IOOV) forms alliance with Appalachian State University's Equity Office to include mental illness under ASU's Diversity Programs umbrella. The first event NAMI High Country participated in to highlight this alliance was ASU's 2006 Fifth Annual Diversity Celebration. Francine Barr, IOOV Program Coordinator and Vice President, NAMI High Country is planning events for the 2007 Diversity Celebration scheduled in April.



NAMI NC continues to work with communities across the state who are interested in starting an affiliate. Johnston and Warrenton Counties have expressed an interest in starting an affiliate and having Family-to-Family program in their areas. Alamance/Caswell and Rockingham Counties are exploring merging under one affiliate.

FAMILY-TO-FAMILY PROGRAM UPDATE

Brenda Piper, Program Director, is pleased to announce that the Family-to-Family Program now has a Spanish speaking teacher who is eager to teach the program in the Latino community. Plans are underway to offer a Spanish Family-to-Family class. There will also be a Family-to-Family Teachers Training held in February. For more information about these upcoming classes, or to sign up to participate in the teachers training, please contact Brenda Piper at www.bwalker@naminc.org or (919) 788-0801.

PRELIMINARY WORKSHOP TOPICS AND CONFIRMED SPEAKERS

Faith Based Communities and Integration of People with Mental Illness

Impact of the Closure of Service Providers in Western North Carolina and Solutions for Moving Forward (Panel of Providers, Families and Others)

Crisis Intervention Team (CIT), Panelists: Dr. Bob Kurtz, NC Division of MH/DD/SA; Lt. Chris Hoina, Cary NC Police Department; Deputy Todd Flowers, Vance County Police Department; Gerry Akland, NAMI Wake; Bonnie Currie, NAMI Pitt County/Pitt LME

Community Based Resources for National Guard and Reserve Veterans Returning from Active Duty, Harold S. Kudler, M.D., Durham Veterans Affairs Medical Center

Division Update and Changing the Grade, Michael Lancaster, MD, Chief of Clinical Policy, NC Division of MH/DD/SA; Michael Moseley, Director, NC Division of MH/DD/SA

Consumer Driven Services (Psychosocial, Drop-in Center, Peer to Peer Support, In Our Own Voice)

Making a Difference on Mental Health Issues Through Advocacy

Affiliate Development and Membership Building (Speaker from NAMI National)

Ask the Doctor Sessions (Child and Adult)

Research Updates

NAMI North Carolina is a grassroots organization providing advocacy, education and support. The mission of NAMI North Carolina is to optimize the quality of life for individuals and their families affected by severe and persistent mental illness. We work to protect the dignity and promote the recovery of those living with brain disorders.

**NAMI North
Carolina's
HELPLINE
800-451-9682**



NC ONLY

When you need:

- *Support**
- *Information**
- *Referral**
- *Someone to listen**
- *Someone to advocate for you**

2007 Annual Conference Information and Registration on Pages 1, 7, 8

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