

CLIPPINGS

Notes from the 2007 Fall Institute: Decriminalizing Mental Illness

More than 16% of persons in jail have a serious mental illness and while most jails screen inmates for mental illness at intake, screening processes are brief and not comprehensive. Persons with mental illness are detained longer, on average, than those without such a diagnosis.

These and other startling statistics prompted NAMI North Carolina to partner with law enforcement's Crisis Intervention Team training to sponsor the 2007 Fall Institute. The slate of presenters represented world-class experts in the field of jail diversion strategies and those who attended the conference left empowered to affect change in their own communities. Stephen Bush, the head of the mental health section of the Shelby County Tennessee Public Defender's Office was our keynote speaker. His brainchild, "The Jericho Project," is a consumer driven post-booking model based on the principles of recovery and sound public policy. Different in concept than how most mental health courts operate, the Jericho Project leverages indigent defense systems to pursue jail diversion in concert with other strategies. The model encourages safe,

supervised release options. Connie Milligan and Ray Sabbatine represented the Kentucky Jail Mental Health Crisis Network to discuss not only intervention, but also the creation of a behavior health safety net. Dr. Anna Scheyett from UNC at Chapel Hill conducted a session on the findings of the North Carolina jail study while Ron Honberg from NAMI National completed the picture by addressing the national perspective of this serious issue. Elaine Alfano from the Bazelon Center for Mental Health Law focused on the building of bridges for community re-entry after incarceration and how to access federal benefits. Rounding out the stellar presentations, Judge Joe Buckner from Orange County shared success stories from the mental health courts.



Presenters Ray Sabbatine and Connie Milligan from the KY Jail Mental Health Crisis Network.

Continued on page 4

Inside this issue:

2007 Fall Institute and NAMI on Campus	1
Letter from the President and Ways to Give	2
NAMI NC Program Updates and New Trainings	3
Fall Institute and News from the Executive Director	4
Affiliate News	5
NAMI Leadership Institute	6
Seeking Team Captains and Sponsors for NAMI Walks	8

NAMI on Campus at NC State University



NAMI North Carolina is excited to announce that a NAMI on Campus has been developed and is now being recognized as a student organization at NC State University in Raleigh. The club currently has 19 members and continues to grow as members work hard to get the word out around campus.

The club began its journey back in September when Dr. Willa Casstevens, Assistant Professor, Department of Social Work showed an interest in being the club's faculty advisor. The first interest meeting was held on September 20 at the Social Work offices and this is where the President, Vice President, Treasurer, and Secretary were chosen. The students that had attended this first meeting worked hard to gain more interest and found enough members to be chairs of the following committees: Marketing, Education & Advocacy, Fundraising, Membership & Recruiting, and Social Events & Programming.

Continued on Page 5

Dear Members and Friends,

Fall has been a busy time at NAMI North Carolina. Most recently we held our Fall Institute on Decriminalization of Mental Illness in conjunction with the State CIT Conference. Our speakers and panelists gave us inspiration - along with plenty of concrete information - to help us implement programs in our communities that will help those with mental illness who intersect with the criminal justice system. Of course we couldn't have had our Fall Institute without the leadership and vision of Deby Dihoff, Executive Director, the hard-working staff, and the planning committee. Also, I want to personally thank our generous sponsors and supporters because we couldn't have done it without them! Read further in *Clippings* for more detail about our great conference.

NAMI events during the Fall deliver the energy that drives us through the rest of the winter and spring. I've seen this with Mental Illness Awareness Week events, two NAMI Leadership Conferences for affiliate and state leaders, the NAMI NC Fall Institute, and the NAMI North Carolina Think Tank Roundtable on Mental Health Reform. Let's take what we have learned to strengthen our grassroots efforts, sharpen our leadership and organizational abilities, and push for change in our communities. We can do it!

Thank you for your dedication to NAMI and for all you do in your families and communities all over North Carolina.

Carol Matthieu, M.Ed.
President, NAMI North Carolina

NAMI NC Board of Directors

- Carol C. Matthieu, M.Ed., President
- Jim Pitts, Ph.D., President-Elect
- Becky Faucette, Secretary
- Larry Hagler, Ph.D., Treasurer
- Chantel Brown
- Nancye Bryan
- David Bullins
- Vickie Carpenter
- Kathy Coolidge
- Mona Cornwell
- Bonnie Currie
- Kent Earnhardt, Ph.D., J.D.
- Kent Goddard
- Beth Hardy, Ph.D.
- Ernst Hayman
- Art Springer

NAMI NC Office Staff

- Deby Dihoff, M.A., Executive Director
- Claudia Krueck, Office Manager/
Bookkeeper
- Gloria Harrison, Helpline Manager
- Jennifer Rothman, Young Families
Program Director
- Brenda Piper, Family-to-Family
Program Director
- Jamie Costa, Development Director/
Special Events Coordinator

NAMI North Carolina is pleased to accept submissions, although guaranteed publication requires prior approval.

***With gratitude to our sponsors of the NAMI 2007 Fall Conference –
Decriminalizing Mental Illness***

- | | |
|--|---|
| <p>Platinum Sponsors (\$5000 and over)
Disability Rights NC
Eli Lilly</p> | <p>Silver Sponsors (\$1000 - \$2499)
Pfizer</p> |
| <p>Gold Sponsors (\$2500 - \$4999)
Astrazeneca</p> | <p>Bronze Sponsors (\$500 - \$999)
ValueOptions
Senior Health Insurance Information
Program
Comprehensive Neuroscience (CNS)</p> |

FROM blazing trails in addressing the education and support needs of families and consumers, to advocating for access to treatment and services; from supporting remarkable advances in research, to bringing serious mental illness into the mainstream of health issues, NAMI NC has worked steadily for more than 20 years to truly become North Carolina's Voice on Mental Illness.

To find out more about the programs and services that your gifts make possible, please visit our website at www.naminc.org.

Your financial support is vital to this ongoing movement. Simply put, we cannot do it without you.

We ask that you consider one of the many ways to give -

- ◆ phone, fax, mail, or website;
- ◆ planned giving and bequests;
- ◆ appreciated stocks and/or bonds;
- ◆ matching gifts;
- ◆ workplace giving and more.

We are happy to give more information on any of these options.

Family-to-Family • In Our Own Voice • Peer-to-Peer

NAMI NC programming has been very active so far this year. We are proud that a Family-to-Family teachers training was held in the Western Region in September 2007, certifying ten new teachers. Congratulations to our new Family-to-Family trainers! In NAMI NC's In Our Own Voice program, twenty presentations have been conducted this fiscal year and more are scheduled. Peer-to-Peer has been launched in NAMI NC, and a class in Rowan County held in July attracted 18 participants. Sarah stated the class was a "huge success"! A second class held in Rowan County in September also attracted 18 participants.

Support Group Facilitator Trainings

Support Group Facilitator trainings are being held in North Carolina again. A class was held in Raleigh—the first in several years here in North Carolina. We are anticipating three more before the end of the fiscal year, two of which have already been scheduled.

More News—Crisis Intervention Team Training

A Crises Intervention Team (CIT) Training for law enforcement officers was held January 14 through January 18, 2008 at Rowan Cabarrus Community College's Department of Criminal Justice in Salisbury, North Carolina. CIT programs increase awareness and teach de-escalation techniques that enable law enforcement officers to work better with people with mental illness.

In Rowan County, Susan Agner and Joyce Parra have been working collaboratively with Piedmont Behavioral Healthcare (PBH) Rowan Cabarrus Community College, the State Division of Mental Health, key law enforcement agencies in our area, and NAMI chapters of Cabarrus and Union counties to get the CIT program started.

Please note there is a quarterly conference call with affiliates and Family-to-Family teachers the last Thursday of the month.

Teacher Trainings

Support Group Facilitator Training

- ◆ January 11th-13th Southern Pines at Sandhills Coalition for Human Care
- ◆ January 26th-27th Forest City at Magnolia House

In Our Own Voice

- ◆ January 26th-27th Greensboro at Brown Summit

Family-to-Family Teacher Training

- ◆ February 8th-10th Eastern Region at Trinity Center, Pelican House
- ◆ April 25th-27th at (place TBD)

Family-to-Family Train-the-Trainer Training

- ◆ April 24th-27th, 2008 St. Louis

Peer-to-Peer Mentor Training

- ◆ March 14th-16th (place TBD)

NAMI Basics Teacher Training

- ◆ April 4th-6th Central Region (place TBD)

All dates are also posted on the NAMI NC website.

NAMI Basics Education Program

The fundamentals of caring for you, your family and your child with mental illness

Teacher Training Offered on April 4-6, 2008

This course is designed to train persons to become teachers of the Basics Education Program in an intensive weekend on the NAMI National curriculum. This curriculum includes six classes on biology, treatment, family burden, how to deal with systems, record keeping, and advocacy.

The NAMI Basics Education Program includes six two-hour classes of instructional material, discussions, and interactive exercises; a section of the NAMI National website dedicated to disseminating information; additional topic modules and a rigorous evaluation to help ensure the program delivers best practices.

Individuals who are interested in being trained to teach the curriculum must meet certain criteria. They must be the parent or primary caregiver of an individual who began experiencing symptoms prior to the age of thirteen. In addition, they must be familiar and comfortable with the emotional issues families face and can self-disclose about their own feelings regarding their life situation. The individual must be willing to participate in an intensive weekend training on how to teach the curriculum and be willing to make the commitment to participants in the course, the co-leaders, and to the NAMI organization to complete the 15-hour course once it begins and be willing to teach at least two classes after being trained.

If you are interested in participating in the teacher training (Central Region, exact location TBD) on April 4-6th, 2008, please contact Jennifer Rothman at 919-788-0801 or jrothman@naminc.org.

Decriminalization Conference *(Continued from page 1)*



Deby Dihoff, NAMI NC Executive Director, moderating the afternoon panel discussing community change strategies.

Collaborative efforts between law enforcement entities and community services will work to maximize resources, provide education, increase diversion, integrate treatment and to connect those individuals with a mental illness to appropriate mental health providers. Although people with serious mental illnesses are currently disproportionately represented in America's jails and prisons, the movement toward reversing this trend is being adopted by states and communities across the country. Improving screening methods of inmates and providing the proper path to treatment for those who are incorrectly incarcerated is not only a more humane direction, but also reduces the financial burden on the corrections system.

NAMI North Carolina is honored to have hosted this very timely conference. We feel a great sense of accomplishment in bringing the information to the participants and are encouraged by the positive response we received. We are hopeful that the NAMI family will be instrumental in stemming the tide of this injustice.



Jennifer Rothman (l) and Brenda Piper of the NAMI NC staff



Ben Staples confers with (from left to right) Carol Matthieu, Beth Hardy and Judith Krall



Enthralled conference participants

News from the Executive Director

This November was my one-year anniversary with NAMI NC and I have so much to be thankful for in working for such a vibrant and effective organization! We have come a long way, and we are filling a big need in this state, thanks to the efforts of our grassroots advocates (our members) throughout our state. Looking back at some of the work we have done is a good way to set the stage for the work that still needs attention.

- √ The organization is growing, adding new members
- √ A new NAMI on campus at NC State has been formed, through post-Virginia Tech efforts; more to come
- √ An effective and dedicated Board of Directors – most of whom wear two hats- local and state
- √ Passage of parity legislation
- √ More aggressive growth plan for getting NAMI support groups in every community through training more facilitators
- √ Added a new program – Peer-to-Peer, getting ready to add NAMI Basics (young families)
- √ Two well attended, effective conferences (annual conference March 07 and Decriminalization Conference November 07)
- √ Focused advocacy efforts on CIT expansion and other decriminalization strategies
- √ Effective partnering with local affiliates to expand our programs and thus our impact in reaching more families and consumers
- √ Focus on “fixing” reform through convening a “Think Tank” on a vision for reform, and immediate action steps
- √ Consumer Council focus on initiating peer support specialist Medicaid definition in NC
- √ Development of new leadership through affiliate attendance at national leadership conference
- √ Fully staffed state office, with new energy and new direction

Continued on Page 6

News from the Affiliates

NAMI-Moore County: We all have a church in our community. During MIAW I was invited to speak at my local church on a Wednesday evening "break night" (a time of fellowship with a supper, prayer, old-time hymn sing and an invited speaker). Because it was MIAW, our Parish Nurse asked if I would be the speaker. I received a call from my pastor asking what our needs were and I responded with a letter detailing office supplies needs and the CIT pins for our February 08 Training. He sent me a check from the church for \$900; every cent I asked for these two budget items. Sometimes we need to think "outside the box" for funding our projects, remembering that pastors are dealing with mental illnesses in their membership every week. Also, on any given Sunday someone sitting in every pew has, or knows someone, with a mental illness.

NAMI NC P2P classes began on Tuesday, October 2 with a group of 20 people, mostly local consumers but not all, as some traveled several miles to attend. They all enjoyed meeting individuals with similar disorders and problems. FirstHealth Hospital donated a meeting room and the Southern Pines Elks Club graciously donated folding tables for the sessions. The group will continue meeting on a weekly basis after the completion of this program at Sandhills Community College, as a NAMI MC Consumer Support Group. Another new class for P2P is being planned for January.

Judith A. Krall
NAMI-Moore County

NAMI-Coastal Division (Carteret County) is encouraging folks from Onslow County to join us but it's a long drive for them. For the past several years we have sponsored two Family-to-Family Classes, one starting in late January or early February and another starting in September. Last year we got the local schools involved and our school district actually gives credits to teachers and personnel completing the course. Our classes usually start off with about 25 enrolled and settle down to 12 - 18 regular attendees. Our Affiliate conducts two Support Groups, one in Swansboro in Onslow County and one in Morehead City. Each group meets twice a month and have been very successful. We have four trained facilitators who do an excellent job.

Our Membership averages around 45 member-units but a problem we have is getting folks to attend our regular meetings and take an active part in our other endeavors.

That's a bit of what's going on in Carteret County. We enjoy reading the "Clippings" and are grateful for all the support and information we get from NAMI-NC.

Pearl Hayman
NAMI-Coastal Division

NAMI Halifax met Tuesday evening for its program meeting and discussed the interaction of Confidentiality and Stigma. We had only eight members present, but the discussion was lively and close to the heart. Some of the members revealed more about their hidden feelings about revealing the truth of their family's history. There was lots of ambiguity about those revelations; mainly about whose benefit the truth telling was for. We have been struggling to grow, wondering just how public we can be in this small town. Stigma is real and the truth could put our families at a real disadvantage. We can't grow if people don't know we are here and what we do, but we still don't know how public we can be. We also had an interesting recollection of our histories with law enforcement and the courts and the value of the CIT training, and the Fall Institute. We didn't sign up to change law enforcement or the courts, but we know from our own family histories that that is our assumed task. We are working hard to take care of each other and ourselves and to grow, to be a presence for the others in the community who may need our support.

John Haverstock
NAMI-Halifax County

NAMI on Campus at NC State

(Continued from Page 1)

With the fall semester quickly reaching its end, the club hopes to meet one more time before having to leave for the holiday break in order to plan an event to reach students, faculty and staff across the campus at the beginning of the spring semester. We will continue to keep you posted on the NC State NAMI on Campus and hope to report on new locations soon!

If you are interested in starting a NAMI on Campus Club at a college or university in your area, please contact Jennifer Rothman at 919-788-0801 or jrothman@naminc.org.



Marilyn Lundin (Johnston), Kay Speckman (Transylvania), Vickie Carpenter (Durham) and David Bullins (Cabarrus) representing North Carolina

North Carolina NAMI Members Attend Regional NAMI Leadership Institute

Four NAMI members from North Carolina, Marilyn Lundin, Kay Speckman, Vickie Carpenter and David Bullins attended a regional conference of the NAMI Leadership Institute in Atlanta, Georgia on November 2-4. The theme of the conference was **Charting Our Course From Good To Great: Building and Strengthening Our Local Affiliates** and was led by Benjamin Staples, NAMI National Regional Leadership Consultant for Region Two.

The main agenda for the event had two sessions led by Iris Ioffreda, MA, Principal, Organizational Learning Associates. These sessions were based on the book **Good To Great**, and the monograph **Good to Great and the Social Sector** by Jim Collins which are research-based theories on what it takes to move an organization from being good to being great. After a presentation of the Good To Great theories, Ms. Ioffreda led an interactive session in which attendees applied the concepts learned to challenges facing NAMI affiliates, including developing new leaders, attracting and retaining members and building capacity at the local level.

Michael Fitzpatrick, Executive Director of NAMI, shared lots of good news from the National Office such as: NAMI Walks proceeds now exceeds \$20 million, the amount NAMI received from the **House** television program tee shirt sale was \$106,000, E-join has brought in \$66,500 for state and affiliate NAMIs, and participation in the on-line Revolution Health Fair brought in \$10,000 to NAMI.

Katrina Gay, NAMI Director of Communications, in an inspiring presentation, challenged the group to make NAMI a "household name" by being on target with a combination of key messages and talking points any time we do media interviews or when talking with anyone about NAMI. She also stressed the importance of using the NAMI approved Identity Guide: Style Guide available on the website at www.nami.org/identity. Her message was that for NAMI to become a household name, people have to recognize us, know us, trust us.

Clarence Jordan, NAMI Board, Magellan Health Services, challenged affiliates to develop a multicultural outreach in the communities they serve, and stressed the importance of being knowledgeable about aspects of other cultures such as beliefs, attitudes, values, and norms. Graham Champion, Chairman of Public Strategies, LLC, spoke about the importance of legislative advocacy and urged attendees to understand issues, develop relationships with elected officials, and above all to be active, be believable, and be compassionate. Candita Wacker, National Project Manager of NAMI Connection Program, informed attendees about the successful roll out of the new NAMI program **Connections** in several states and the proposed roll out in other states over the next two years. The Connections roll out is being met with much enthusiasm, is meeting needs in the communities and is changing lives.

Positive evaluations from two earlier Regional Conferences and on the spot enthusiastic reactions from this conference is being interpreted by the national office as possibly indicating a need for future conferences of this type.

David Bullins, NAMI NC Board, NAMI Cabarrus, President

News from the Executive Director *(Continued from Page 4)*

NAMI's niche is that of family support and consumer support. Challenging times like this are when our support groups, our family-to-family training, our peer-to-peer groups, and our support for young families is most necessary. We are the heart of the recovery movement. Like in AA, we know that these social/psychological/educational supports that are free to those in need are the thing that most often holds people and families together, and more importantly, gives them hope. Let's keep moving forward, together, to get these supports in every community in North Carolina

Debra Dihoff, MA
Executive Director, NAMI NC



Lisa Dow
*National Honor Society,
Play Twister*



Peter Dressler
Varsity Basketball, Chess Club



Laura Ducharme
*Varsity Football Cheer Squad,
Varsity Basketball Cheer Squad,
Homecoming Queen,
Diagnosed with
mental illness in 1995.*



Todd Duzello
Marching Band, Drama Club



Scott Durfee
*National Honor Society,
Photography Club,
Diagnosed with
mental illness in 2001.*



Katie Esteves
*Senior Chorus, Varsity Softball,
Track and Field*



Charles Evans
AV Support, Math Club



Aura Fong
*Honor Society, Computer Club,
Young Adult Council*

THE MEDICATION PRESCRIBED FOR LAURA MAY NOT WORK FOR SCOTT.

**Open Access.
Because different people
have different needs.**

Bristol-Myers Squibb supports open and unrestricted access to mental health medications. For people with mental illness, having access to newer and potentially more effective medications can be a crucial component of treatment and recovery.

**1 in 4 adults suffer from a
diagnosable mental disorder
in any given year.¹**

Open access is especially important in the treatment of mental disorders because the impact of therapeutic choice can vary greatly from individual to individual and from one medication to the next. Restrictions in the form of prior authorizations and preferred lists may have the unintended consequences of jeopardizing patient health while failing to reduce costs.

SUPPORT OPEN ACCESS AND GIVE PROVIDERS THE FREEDOM TO FIND THE MOST APPROPRIATE MEDICATION FOR EACH INDIVIDUAL.

1. National Institute of Mental Health. Available at <http://www.nimh.nih.gov/health/information/statistics/menu.cfm>. Accessed August 7, 2006.



Bristol-Myers Squibb

Come join us!

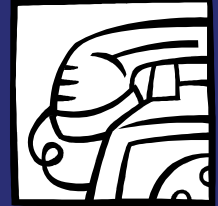
Dorothea Dix was a pioneer in not only the understanding of mental illness as a disease, but also the driving force behind the construction of a hospital to care for patients afflicted by that disease. She worked tirelessly for over half of a century with the belief that "the insane were not beasts and demons" but human beings with equal rights. NAMI North Carolina works to protect the dignity and promote the recovery of those living with brain disorders. How fitting that we are walking on the hallowed ground dedicated to this remarkable woman! We invite you to join us in tribute to Dorothea Dix and walk for the mind of America on Saturday, May 17, 2008 at Dix Hospital in Raleigh.

Please check www.naminc.org for information about signing up and look for updates on the website.

Please note that the Calendar of Events is now posted on the NAMI NC website at <http://www.naminc.org>

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

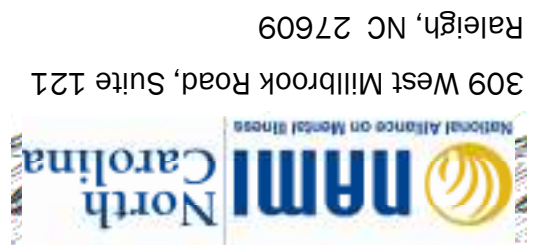


NC ONLY

When you need:

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

Phone: 919-788-0801
Helpline: 800-451-9682 (NC only)
Fax: 919-788-0906
Email: mail@naminc.org
www.naminc.org



Nonprofit Org.
U.S. Postage
Paid
Raleigh, NC
Permit No. 1987