



November 2009

The Durham Chapter of **NAMI-NC**, the North Carolina Affiliate of the **National Alliance on Mental Illness**

President's Letter:



NAMI Durham hosted a few great events last month. The first was a Durham Preview of the highly acclaimed documentary *Brushes with Life:*

Art Artists and Mental Illness by Philip Brubaker on Sunday, October 11th at the Carolina Theatre. This event turned out to be a wonderful success with over strong attendance. The Connie Moses Ballroom looked stunning with the artists' exhibition and refreshments provided by TROSA. Beautiful piano music was provided by Richard Tazewell. NAMI Durham is grateful for the collaboration of the Mental Health Committee of the Partnership for a Healthy Durham, Duke University and of course the *Brushes with Life* artists and program of the UNC STEP Program.

On the next day October 12th, the filmmaker, Philip Brubaker, was the keynote speaker for Wake County's CIT Luncheon Banquet and for the local 2nd Annual Durham CIT Banquet. This event honors our local CIT officers and

everyone who is involved in our Crisis Intervention Program. This year our banquet was held at the Durham Amory, with about seventy people in attendance. Officer Curtis Knight of the Durham Police Department received the 2009 Officer of the Year and Investigator Willie Barfield was named for 2009 Heart of CIT recognition.

At this year's NAMI State Conference, our past president David Smith was honored with the Lifetime Achievement Award. Congratulations to David for an award well deserved!

Our affiliate plans to continue to schedule Family to Family classes in the Spring and Fall of each year. And there will be an 8 week NAMI Basics for families of younger children who have mental health issues. Trainings for prospective teachers and group facilitators are scheduled in January, February, March, April and May. There is a real need for additional new teachers. Please! If you are a family member who is willing to give back and you are able to commit some time, please consider taking the teacher training. I would

(cont'd page 2)

be happy to discuss the commitment. For more information on trainings and schedules, please go to the NAMI NC website at www.naminc.org or call the state office at 788-0801.

Finally and very importantly, we all need to remember that NAMI Durham is an **all volunteer** organization. All of us need to work together to make NAMI an effective voice in our community. Currently there are several notable vacancies among our several positions. We need someone to serve as **vice-president**. And we need a **secretary** for our board. Two other important slots are for our **Advocacy Chairman** and **Mental Illness Awareness Week (MIAW) Chairman**. If you can serve on our board, please give me a call at 370-4237.

Linda Burkhart



Threshold \$25,000 Challenge Grant!

Threshold has kicked off a \$25,000 challenge grant campaign. If Threshold raises \$25,000 in "new" money before January 15, 2010, the Stewards Fund will match it with an additional \$25,000 grant.

Here are two things to know about Threshold's program last year: 1) There were 122 individuals who were active members of Threshold. Of those, only **three** had to spend time in the hospital. 2) Last year Threshold provided more than \$137,000 in unreimbursed services to members, and was forced to keep some members who want to join Threshold on the waiting list.

Can you help meet the challenge? This challenge will help us expand our important work, and touch more lives along the way. Threshold is building a fund to serve more members. This challenge is the first piece of the puzzle.

So just what is "new" money? The Stewards Fund will match all donations from new donors and from those who haven't contributed in the past 24 months. If you have been thinking about sending a gift, now is the perfect time! If you are a regular contributor, thank you. Your support has sustained Threshold and helped to develop a program that makes a real difference. We hope you'll consider increasing your gift, as the Stewards Fund will match the amount of the increase.

Two weeks into the challenge Threshold has already raised **\$6,000** toward the match. **Can you help us get closer to our goal?**

Please call Marya at 682-4124, with questions. Or just take a minute now to send a check to Threshold at PO Box 11706, Durham, NC 27703.



Christmas is Just Around the Corner!

Every year the local Threshold Clubhouse prepares gift packages for its members. For many, the gifts from Threshold are the only gifts these people will receive. NAMI Durham has a history of helping with this annual project. Susie Deter, Executive Director at Threshold had these suggestion to offer for people or groups who wish to make donations: Gifts of money to Threshold make it possible for staff to purchase gifts. Or Threshold can make an arrangement for people— or families— to “adopt” a member, taking responsibility to provide Christmas gifts for the individual member. Finally, below is a list of items that are always on the wish list for Threshold. Any gifts of these items will always be appreciated:

- | | | | |
|-------------|---------------|---------------|-----------------|
| Toothpaste | Mouthwash | Toothbrushes | Soap |
| Shampoo | Conditioner | Dental floss | Shaving cream |
| Razors | Small mirrors | AA batteries | Bookmarks |
| Journals | Calendars | Playing cards | Costume jewelry |
| Coin purses | Wallets | Umbrellas | Rain ponchos |
| Mittens | Gloves | Scarves | Hats |
| Socks | Sunglasses | Combs | Brushes |
| Cologne | Perfume | Lotion | Lip balm |
- T-shirts/sweatshirts (L to XXXL)
 Snack foods-crackers, gum, candy bars, hard candy, hot chocolate, instant coffee

Gift items can be delivered directly to Threshold at 609 Gary Street on or before December 7th. For questions regarding adopting a member, call Erica at 682-4124.

Make plans now to attend

The 2010 National NAMI Convention in Washington DC

June 30th-July 3rd

Recovery & Reform: The Road from Here

Lowest Discounted Registration Rates End December 30th.

One scheduled highlight of the convention is a research plenary entitled *Altering the Course of Schizophrenia*. Participants include NIMH Director Dr. Tom Insel, Dr. Jeff Lieberman and Dr. John Kane. These doctors are currently involved in a large-scale research project to explore the effectiveness of early and aggressive treatment in reducing the symptoms of schizophrenia as well as preventing further deterioration from the illness.

The group will talk about the RAISE study and its potential to revolutionize the treatment and course of schizophrenia. "This new initiative will help us determine whether intervention that is started early can make it possible for more people with schizophrenia to return successfully to work and school."

The NAMI Durham Consumer Leadership Initiative

The NAMI Durham Board of Directors has made the commitment to bring NAMI's three Signature Consumer Programs (Peer to Peer, Connection, and In Our Own Voice) to our affiliate.

This effort will require recruiting volunteers who are comfortable talking about their mental illness and recovery. There is also a need for people who have the desire to demonstrate the value of peer education and support.

The training sessions for these programs will not take place until next spring:

Connection: March 2010

Peer to Peer: April 2010

In Our Own Voice: May 2010

Joe Donovan is developing an e-mail list for those who would like more information. To participate in the discussions, please send an e-mail to

jdonovan@nami.org

When I Join NAMI, where does my money go?



Your \$35 in annual dues is shared among three levels

of the NAMI organization:

- \$15.00 is retained in Durham to sponsor local efforts like this newsletter.
- \$10.00 goes to the state NAMI organization to help fund advocacy and support services.
- \$10.00 goes to the national NAMI office in Washington.

Your \$35 in dues really does go a long way to work for people who have mental illnesses!

For up to date information about what's going on in NAMI at the state level, go to:

www.naminc.org

THE DURHAM CFAC IS LOOKING FOR MORE MEMBERS.

The Durham CFAC—the acronym stands for the Consumer and Family Advisory Committee—is one of CFAC's statewide that were mandated under the state law that reformed the mental health services system back in 2001. For decades prior to this law, individuals and family members of NC citizens who have mental health, developmental disabilities and substance abuse issues had pleaded with program administrators to be heard in how services were planned and provided. The CFAC portion of the 2001 law was designed to correct the problem of the people who were not allowed a chance to participate in the work of planning special needs services.

That's the good news. The less than good news is that it's been a challenge to find people who will volunteer to help in this good work. More participants with ties to mental health issues are needed. The Durham CFAC:

- Meets the first Monday of the month, 5:30-7:15
- Meets on the TROSA campus, 1820 James Street

This is a chance for you, the people who care about local mental health services, to speak up and be heard. If you are interested in joining or have questions, please call Carla at The Durham Center, 560-7256.

More Local Representation On NAMI North Carolina Board

At the NAMI NC conference in October, Julie McCormack was elected to a term on the state level board. With Durham resident Vickie Carpenter already serving, Durham is fortunate to have two representatives at the state board meetings.



Julie writes: I am the social worker for the Durham VA Psychosocial Rehabilitation and Recovery Center, a program that primarily serves Veterans who have been diagnosed with psychotic disorders. Originally from the Boston area, I moved to NC for social work school after working at a brain imaging research lab on studies about various mood, anxiety and substance use disorders. I received my MSW at UNC at Chapel Hill School of Social Work, where my internships at Dorothea Dix Hospital and Wake Med ER solidified my interest in working with individuals living with serious mental illness.

One of my interests in serving in the state board is to provide a perspective on the need for support and education to families of Veterans living with serious mental illness. I hope to see the relationship between NAMI and VA grow over the next few years. One of my top personal and professional priorities is to promote awareness about recovery from mental illness. It is still an under-recognized truth in our mental health system. I am lucky to have daily opportunities to witness recovery in action.

Mental Illness Awareness Week Activities!



NAMI Durham hosted two important events last month in connection with NAMI's Mental Illness Awareness Week. The first was the Durham preview of the film *Brushes with Life: Art, Artists and Mental Illness* on Sunday, October 11th at the Carolina Theatre. (See photo above.) This success was followed immediately by the Second Annual Durham CIT Banquet on Monday, October, 12th at the Durham Armory. Filmmaker Philip Brubaker was the keynote speaker. The CIT banquet honors our law enforcement officers and volunteers who have taken **Crisis Intervention Training** or who serve to make the program work in Durham. Two heartening statistics: Durham currently has about 120 officers who have taken CIT training. This year all 72 staff who work in 911 Dispatch were trained to handle calls related to mental health crisis. Officer Curtis Knight with the Durham Police Department received 2009 Officer of the Year and Investigator Willie Barfield received the 2009 Heart of CIT Award. Special thanks to Linda Burkhart for all her hard work to make these events happen!

David Smith wins NAMI NC Lifetime Achievement Recognition.

At the NAMI Fall Conference David Smith was selected to receive a lifetime achievement award for his work in NAMI. The following is the text of his nomination:

On behalf of NAMI Durham I proudly nominate David Smith for the NAMI NC Lifetime Achievement Award. More than any of our members, David has been a source of reason, calm and steady leadership in his years as an active participant in the work of NAMI Durham. The range of his contributions is extensive:

- He's been an active member of the local Executive Committee almost from the beginning of his membership back in 1997.
- He's taken on big responsibilities in our affiliate as editor of our newsletter and, subsequently, our president. David's fine editing skills took the Durham newsletter to a new level of information and clarity for our membership. And his leadership as president provided a model for all of us in how to lead a local affiliate.
- NAMI Durham is lucky indeed to have the benefit of David's extensive computer skills. In 2006, despite some bugs in the national NAMI system, David set up our NAMI Durham website using the NAMI national micro-sites hosting service. David trained other local members on how to use the site to maintain our membership rolls. He has continued to be the site manager since '06.
- This year, David has set up a NAMI Durham account on Facebook. Within a week of this idea being raised in a local meeting, David had the site up and running. Again, David monitors the site regularly and responds to people who make contact with NAMI this way. This venue has the potential to be a good source of new members for our affiliate.
- David has been active in a small group of computer-savvy members who've worked to optimize our NAMI NC website and other IT services. One outgrowth of this effort has been reactivating the Heard in the Halls emails from Deby Dihoff. Another element has focused on what computers can do to help us with marketing NAMI to a wider audience.
- David has headed up the NAMI Durham team in the NAMI Walks effort since the Walk moved from the Charlotte area to the Triad. Our teams have been very successful at raising money for NAMI NC and for our affiliate. This year, David served as the NC NAMI Walks Family Chairman.
- David and his wife Dorothy are Family to Family teachers. Their initial class was one in the fledgling Johnston County affiliate, a longish weekly round trip from their home in Durham. In addition to the Family to Family course, both Smiths worked with the new affiliate, mentoring the founding leadership on what steps would be helpful in getting a new affiliate established.
- David and Dorothy crafted a six week long course on mental illness and the family which they taught in the Sunday School hours at their church.
- David was one of several who were instrumental in establishing a Family to Family class at the Durham VA Hospital.
- David enrolled in the first NAMI NC Basics training for teachers. He and Dorothy have already run one set of classes and have another scheduled for this fall.
- David is currently a member of the Durham Consumer and Family Advisory Committee in Durham.
- David recently updated our NAMI Durham trifold brochure, our main handout to people who ask about our organization. The result is a beautiful multi-color brochure with current information. The brochure is available on the NAMI Durham website.
- David has volunteered in some of the CIT training efforts in Durham.
- At the Central Regional Hospital, he serves as the Chairman of the Human Rights Committee, a group whose work it is to ensure respect and safety for the people who are hospitalized there. David is the first person to have this position at the new hospital.

In dozens of important ways, all of us in Durham see David as the go-to guy in our affiliate. He is a most thoughtful advocate for friends and family who have serious mental illness. When faced with an issue or a question, he will always give a well thought out response. He's smart. He's dependable. And he's consistently on the right side of all the issues that relate to mental health. We count ourselves lucky to have him among us.

Congratulations to David Smith!

Free WRAP Classes

Wellness Recovery Action Planning

Learn how to manage your recovery from mental health struggles, substance abuse or other life challenges and maintain your wellness.

WRAP is 8 sessions

Beginning Wednesday, December 2nd, 3-5 pm

For more information, please call 687-4041

or stop by Wellness City

401 E. Lakewood Ave; Ste E1-A

Second Annual Threshold Heroes Award!



A very surprised group, from left: David Smith, Dorothy Smith, Linda Burkhart, Vickie Carpenter, Nancye Bryan, Sharon Barnes and Marya McNeish

At the 16th Annual Threshold Employer Recognition Dinner, representatives of NAMI Durham were very surprised to receive the Threshold Heroes Award. The citation in the October Threshold newsletter reads:

NAMI Durham works tirelessly to provide education and support to families trying to understand mental illness. Just as important, they are dogged in their work to eradicate stigma in the community. It is because of them, for example, that Durham's police officers have a much better understanding of how to work with adults with mental illness. Please join us in giving a big high-five to Durham NAMI for their hard work on behalf of individuals with mental illness and their dedication to Threshold.

DURHAM AREA SUPPORT GROUPS

Phone/NAMI Durham: 231-5016
Leave message. Call will be returned.

NAMI Durham Support meets 1st & 3rd Tuesdays at Durham Center Access, 7pm. For information, call Violette Blumenthal at 490-5236 or David Smith at 489-5515.

Durham Wellness City is open noon-7 pm Mon, Wed, Thurs, Fri.

Tues 1 pm-7pm, Sat 1 pm-5pm “Walk Ins Welcome” Offers classes and activities for adult residents of Durham County who have a current or previous diagnosis of a mental illness. 401 E. Lakewood Ave, Ste E1-A. Call 687-4041.

Threshold Clubhouse is open 365 days a year, weather permitting. Mon-Fri 8:30 am-4:30 pm, Sat, Sun 10 am-3 pm, 609 Gary St. Call 682-4124.

Recovery, Inc. meets Wednesdays, 7 pm at Carol Woods Retirement Community, 750 Weaver Dairy Rd and Fridays, 7 pm at Caramore Community, 550 Smith Level Rd, Carrboro. Call 918-3677 for more information.



NAMI Helplines
1-800-451-9682 (NC)
1-800-950-NAMI (National)

CONTACT INFORMATION

President: **Linda Burkhart**, 370-4237
lindaburkhart@hotmail.com

Vice-president: Vacant!

Secretary: Vacant!

Treasurer: **Pam Umstead**, 477-3540
PamelaUmstead@cs.com

Newsletter Editor: **Nancye Bryan**,
942-4033, nancye@durhambryans.com

Membership: **Helen Drivas**, 489-1150
hxdrivas@gmail.com

Advocacy Chair: Vacant!

Newsletter Production: **Alan Magid**
383-0699, amagid@nc.rr.com

MIAW Chair: Vacant!

Professional Rep: **Sarah Cameron**, 960-
7368, sarah_cameron42@yahoo.com

Consumer Rep: **Donna Foreman**
257-9258, kevinwife11003@yahoo.com

Family to Family Coordinator:
Violette Blumenthal, 490-5236,
blume005@mc.duke.edu


Durham Health Team Rep: **David Smith**,
489-5515, das@math.duke.edu

At Large: **Dorothy Smith**

Calendar

- Tuesday, December 1st, **December Holiday Meeting**, Durham Center Access — see back cover. 7 pm.
- Monday, December 7th, **Consumer & Family Advisory Comm**, TROSA, 1820 James St., 5:30 pm
- Tuesday, December 15th, **NAMI Support Meeting**, Durham Center Access, 309 Crutchfield St., 7 pm.
- Tuesday, January 4th, **Education and Support Meeting**, Ask the Psychiatrist: Dr. Bryce Reynolds, Durham Center Access, 7 pm.

- June 30th-July 3rd, **NAMI National Convention**, Washington DC Information posted on nami.org



Needs your active participation
and financial support!

Time to renew your membership for 2010!

2010 MEMBERSHIP/CONTRIBUTION FORM

Join NAMI now! Your support is vital to our work. NAMI has been rated among the top 10 charities in the country by Money Magazine. Your contribution gives you membership in NAMI, NAMI NC, and NAMI Durham, all of which work through support, education and advocacy to improve the quality of life for people who have brain disorders. Regular membership for a calendar year is \$35, but our Open Door membership is available for \$5 to those on limited incomes. You will receive regular newsletters of the national, state, and local organizations.

Annual membership (\$35 regular or \$5 open door) _____

Contribution (optional) _____

Total _____

NAME _____

ADDRESS _____

PHONE (H) _____ (W) _____ E-MAIL _____

REASON FOR NAMI MEMBERSHIP (circle one):

Professional interest OR Consumer OR
Loved one with mental illness (DIAGNOSIS _____)

Parent Sibling Spouse Child Young Child OR Significant Other

Mail to: Helen Drivas, 113 Pinecrest Road; Durham, NC 27705



**Be Sure to Remember....
 Special December Holiday Meeting
 Tuesday, December 1st
 7 pm**

**Bring an hors d'oeuvre, or cookies or other party food to share with others. Cold soft drinks will be provided. NAMI Durham meets at
 The Durham Center Access
 309 Crutchfield St.
 Just north of Durham Regional Hospital**

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Newsletter Staff

President Linda Burkhart, 370-4237
 lindaburkhart@hotmail.com

Editor Nancye Bryan, 942-4033
 nancye@durhambryans.com

Production Chair Alan Magid, 383-0699
 amagid@nc.rr.com

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NAMI-Durham County
 c/o Magid
 3315 Powers Lane
 Durham, NC 27712

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Open Your Mind
*Mental illnesses
 are brain disorders.*