



# **nAMI Orange County News & Views**

**National Alliance on Mental Illness**

*The Official Newsletter of NAMI Orange County, NC*

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## **Events:**

- March 8, NAMI-OC Monthly Meeting
  - March 8, Bipolar Update
  - March 28, NAMIWalks Kickoff Luncheon
  - April 12, NAMI-OC Monthly Meeting
  - April 19, STEP Symposium
  - May 17, NAMIWalks
  - May 31, Legislative Breakfast
- See page 7 for details*

## **Contact Us!**

NAMI-Orange County  
 PO Box 4201  
 Chapel Hill NC 27515-4201  
 namiorange.org  
 Helpline: 919-929-7822

## **Treatment, Training and Teamwork: How Crisis Intervention Team Programs Work**

*by Julia Trimmer and Lisa Hamill*

Lisa Hamill, NAMI-Orange County's President, has been contemplating a powerful vision: how to bring Crisis Intervention Team (CIT) programs to law enforcement agencies in Orange County. To learn how the CIT programs work, Lisa recently attended CIT program training in Durham County, and explains that the goal of a CIT program is treatment, rather than incarceration, for people having a mental illness crises. Called a "pre-booking jail diversion program," CIT officers seek to avoid arresting consumers, but instead, to direct them toward services. In contrast, a mental health court program, such as the Community Resource Court, is a post-booking jail diversion program that is initiated after an arrest.

In a CIT program, law enforcement officers, mental health providers, mental health consumers and family members form a community partnership. The partners work together to understand mental illness, to prevent and de-escalate crises, and to direct the consumer towards treatment.

Creating a CIT program typically involves the local NAMI affiliate, the Local Management Entity (LME), and representatives of local law enforcement agencies. The LME's manage mental health, developmental disabilities and substance abuse services.

In addition to reducing the costs associated with jailing and court proceedings, CIT programs provide benefits to all the partners. CITs reduce the use of force and

thus injuries to officers, and reduce the time officers spend in crisis units working with involuntary commitments. CIT programs encourage officers to use alternatives to arrest and jail, improve their relationships with the community, and educate officers about myths and stigma about mental illness.

For LMEs, CIT programs extend crisis response systems, increase opportunities for earlier intervention, and help improve treatment outcomes.

Perhaps the greatest benefits are those afforded to consumers and their families. CITs prevent injuries to consumers, unnecessary incarceration, and traumatic interactions with officers. CITs improve access to treatment and increase opportunities for continuous care. CITs help build consumers' trust in law enforcement officers, and in turn, encourage officers to be more tolerant and understanding.

Funds are available for the LME's and NAMI affiliates to create CIT programs in their areas. Training for a CIT program consists of forty hours of mental health-related classroom education and hands-on training. Officers learn crisis intervention techniques and do role-playing to prepare them for stabilizing crisis situations and helping consumers find the services they need. Lisa and other NAMI-OC members will be working to bring CIT training to Orange County, and we'll keep you updated with our progress.

*“Jail inmates are three times more likely to have a serious mental illness than the general population and stay in jail up to five times longer.”*

## Did You Know?

Some facts about mental illness, law enforcement and CITs:

- People with mental illness are twice as likely to be arrested at an encounter with police.
- Jail inmates are three times more likely to have a serious mental illness than the general population and stay in jail up to five times longer.
- Sixty percent of women in jail have serious mental illness, almost double the rate of men in jail with mental illness.
- Lawsuits against police departments for mishandling events involving

mentally ill citizens are on the rise.

- Across the nation, local jails hold a growing number of mentally ill inmates, some of whom languish for months on minor charges.
- Wake County saves over \$1 million annually due to CIT diversion from jail.
- Consumers are 30% more likely to be sentenced to jail than others convicted of similar crimes.

*Sources: NC Div. MH/DD/SA, US Dept Health and Human Services, Wake County NAMI “Starting a CIT Program”*

## Join NCMentalHealthVote.org

State gubernatorial candidates’ own statements about our mental health system are easily accessed at [NCMentalHealthVote.org](http://NCMentalHealthVote.org). The site seeks to galvanize support for making “the mental health, developmental disabilities, and substance abuse system in North Carolina an issue that candidates in the 2008 election cannot ignore.” Developed by the North Carolina Psychiatric Association, the site has an impressive list of partners including NAMI-NC, the Mental Health Association, and other organizations.

The site also features a brand-new blog to help facilitate discussion about the state of the mental health care system in North Carolina. The blog at

[NCMentalHealthVote.org.blogspot.com](http://NCMentalHealthVote.org.blogspot.com) has already seen numerous posts about a range of topics, many from local health-care providers, including Dr. John Gilmore, who sits on NAMI-OC’s board as a Professional Representative. Dr. Gilmore is a Professor of Psychiatry in the School of Medicine at UNC - Chapel Hill, Director of the UNC Schizophrenia Treatment and Evaluation Program, and Chair of the Legislative Committee of the North Carolina Psychiatric Association. Be sure to check out the blog to read Dr. Gilmore’s ideas for focusing our efforts on electing officials that will resurrect our state’s failing mental health system.

## Join us for NAMIWalks!

*by Barbara Elder*

Spring is coming and so is North Carolina’s NAMIWalks for the Mind of America. I hope that you’ll join Gove and me on May 17th. We’ll be walking together on the Dorothea Dix Hospital rounds. Check-in time is 9:00, and the official walk start time is 10:00. Now if you’re aging, you might be interested to know that the walk is only 2.3 miles long and it’s an easy-level walk.

This nationwide fundraising and mental-health awareness program will

be held in more than 70 communities in the country, and we expect these walks to raise approximately 8 million dollars. All the funds collected by NC Walkers will be used to fund NAMI’s programs in our county and state, as well as across the US.

There is no walker registration fee. All participants are encouraged to collect donations from family members, friends, co-workers and business associates. Walkers raising \$100 or more will receive a NAMIWALKS T-shirt. Please consider this an invitation and send your RSVP to me at [gbelder@bellsouth.net](mailto:gbelder@bellsouth.net).

## Eating Disorders: Fighting Stigma with Science

by Cynthia M. Bulik, Ph.D., Director,  
Eating Disorders Program, University  
of North Carolina and William R.  
and Jeanne H. Jordan Distinguished  
Professor of Eating Disorders

“Anorexia Nervosa: No One to Blame,” (Newsweek), “Be Comfortable in Your Genes,” “Anorexia is an illness not a choice,” and “Genes load the gun, environment pulls the trigger” all highlight a changing tide in popular perceptions of eating disorders. Yet, decades of misperceptions and stigmatization are difficult to reverse.

Until recently, eating disorders were commonly viewed as “disorders of choice.” Not unlike the history of schizophrenia and autism where blame was commonly placed on parenting styles, eating disorders are only now emerging from the dark ages of parental blame. In contrast to this damaging history, in recent decades, as research and treatment facilities for eating disorders have faced substantial obstacles, families have been our greatest resource. Families have led the charge in seeking adequate insurance coverage for their ill relatives, families have stepped in to fund research when funds from the federal government weren’t forthcoming, and families have successfully advocated for government funds to finance new programs and new initiatives.

In our personal experience, almost all family members are devoted to the welfare of the ill family member, and desperate for advice about how to be most helpful. Tailoring advice to the needs of a specific family is a complex but rewarding task, as families and patients alike struggle to re-connect after suffering the devastating effects of the illness. Recent research on the genetic basis of anorexia and bulimia nervosa has had an empowering effect on many families. Understanding that the eating disorder was not simply “caused” by their parenting style or family environment and learning that genes play a causal role, has helped assuage guilt and allowed

parents to focus on positive parenting and to support their family member with an eating disorder—rather than focusing on guilt and inadequacy.

What will this genetic research tell us? We have progress to the point where we have identified areas of the human genome that may hold risk genes for anorexia nervosa. But we do not yet have causal genes in hand. We hope that our efforts will lead to the identification of genes that influence risk for eating disorders. This can be a first step in unveiling new biological pathways that may influence the disorder, in identifying new drug targets, and ultimately in identifying individuals who may be more vulnerable to develop the disease based on their genotype.

The discovery of genes that increase the risk of developing anorexia nervosa and bulimia nervosa may also help us understand why some who carry the vulnerability genes develop the condition and why others do not. It is clear from the study of other psychiatric illnesses that any genes we discover will not be deterministic—like a gene for blue eyes or blond hair— but rather simply put the person at higher risk of developing the illness.

Genes also help us get a better handle on the environment. Once we identify genes we can explore whether having those genes makes a person more vulnerable to stressors from the environment such as dieting or pressures to be thin. Genetic research will then allow us to identify factors that are protective and individuals who are most in need of preventative efforts.

Ultimately our work will help our efforts to destigmatize eating disorders. One of the most effective tools in reducing stigma is to demonstrate the biogenetic basis of an illness. Destigmatization opens the doors for prevention, treatment, research and compassion.

Further information about eating disorders, their warning signs, and how to get help, can be obtained at the program website, [www.unceatingdisorders.org](http://www.unceatingdisorders.org) or by calling 919-966-7012.

*“One of the most effective tools in reducing stigma is to demonstrate the biogenetic basis of an illness. Destigmatization opens the doors for prevention, treatment, research and compassion.”*

## Community Resources

### NAMI-Orange County Monthly Meetings

Held on the second Saturday at 10:30 at the Church of Reconciliation, 110 N Elliot Road in Chapel Hill (see Calendar of Events).

### Mental Health Association of Orange County

MHA/OC administers a number of programs to promote mental health and improve the lives of residents living with mental illness. The **Family Advocacy Network (FAN)** provides individual and group support for parents and caregivers of children with emotional, behavioral or mental health challenges. The **Peer Parent Program** is a confidential support network for families of children with emotional, behavioral or mental health challenges. **Compeer** matches volunteers one-to-one with a person who is in treatment for a mental illness. **Community Backyard** helps provide youth with mental health and substance abuse treatment needs access to services. For more information, call Linda Boldin at 942-8083.

### Recovery Inc

Wednesday at 7 p.m. and Friday at 10:30 am at Caramore Community, 550 Smith Level Rd. Chapel Hill. Structured peer support meetings cover methods for managing anger, reducing stress, controlling depression and anxieties. Call 918-3677 for information.

### Call Center

Consumer-run call center. Monday to Friday a.m. to 6 p.m.. Focus on providing accurate information to consumers, families, professionals, and providers regarding access and other issues surrounding mental health reform as well as general mental health information and referrals. Call 1-800-897-7494 or email callctr@mha-nc.org.

### Family-to-Family Class

NAMI educational program for families of persons with serious mental illness. Helps family members to better understand and support their ill relative while maintaining their own well being. Free 12 weekly classes. In Orange County contact Susana Burns (932-4304), in Durham Selde (225-0808) or Cheryl (531-7683).

### Confidential Sharing Group

Every second Saturday from 9:30 to 10:30 am at the Church of Reconciliation, before the NAMI Orange program. Both family members and consumers are welcome. Call 929-7822 for more information. If you are interested in attending a support group or training as a facilitator for one, please contact Lisa Hamill at 933-8941 or email LisaHamill@earthlink.net.

### Duke Community Bereavement Services

Support for those who have experienced a loss due to suicide. Call 919-644-6869 for more information.

### Caramore Community, Inc.

Rehabilitation program for NC citizens over age 17 with severe mental illnesses. Provides employment and independent living training services. 550 Smith Level Rd. Chapel Hill. Call 919- 967-3402 or see [www.caramore.org](http://www.caramore.org).

### Club Nova

Providing Orange County residents with “a place to come for a sense of belonging, acceptance, friendships and opportunities,” access to housing, meals, and a transitional employment program. 103D West Main St. Carrboro. Call 919-968-6682 or see [www.clubnova.org](http://www.clubnova.org).

**XDS-Cross Disability Services**

Serves persons aged 17 and older with multiple disabilities of mental illness, developmental disabilities and/or substance abuse disorders. Multidisciplinary team provides a variety of services. Call 919-490-5503, browse to [xdsinc.org](http://xdsinc.org), or email [thava@xdsinc.org](mailto:thava@xdsinc.org).

**Resources on the Web**

NAMI Orange County at [www.namiorange.org](http://www.namiorange.org)

North Carolina Mental Health Association of Orange County at [www.mhaorangeco.org](http://www.mhaorangeco.org)

North Carolina Mental Hope at [www.ncmentalhope.org](http://www.ncmentalhope.org). Links to many mental health related organizations, NC legislative issues, discussion groups, and support.

North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services at [www.dhhs.state.nc.us/mhddsas](http://www.dhhs.state.nc.us/mhddsas)

Psychiatric Advance Directives National Resource Center, at [www.nrc-pad.org](http://www.nrc-pad.org). This site is a collaboration between Duke's Department of Psychiatry and Behavioral Sciences and the Bazelon Center for Mental Health Law.

Episcopal Mental Illness Network at [www.eminnews.org](http://www.eminnews.org)

Mental Health Ministries at [www.mentalhealthministries.net](http://www.mentalhealthministries.net)

Pathways to Promise at [www.pathways2promise.org](http://www.pathways2promise.org)

The Down & Up Show at [podcasts.depressionisreal.org](http://podcasts.depressionisreal.org)

**30th Annual Legislative Breakfast for Mental Health**

Date: Saturday, May 31, 2008

Legislative Breakfast session: 9:00am-11:30am

Advocacy Workshop session: 12:00-2:30pm (includes lunch)

Location: Friday Center, 100 Friday Center Drive, Chapel Hill

Keynote Speaker: District Court Judge Beverly A. Scarlett

This year's Legislative Breakfast for Mental Health theme will be about those who are affected by mental illness who interact with the criminal justice system. Of particular concern are consumers who end up in jail because they have not received adequate treatment for their mental illness. An afternoon Advocacy Workshop about navigating the mental health system and legislative advocacy is under development, and further details will be forthcoming.

RSVP's for the breakfast portion are appreciated but not necessary. If you want to attend the Advocacy Workshop, which includes lunch, there is a minor cost involved (scholarships available) and RSVP's are necessary. To RSVP or for more information, call (919) 942-8083. For directions to the Friday Center, call 919-962-3000.

*Co-sponsored by the Orange and Durham chapters of the National Alliance on Mental Illness (NAMI) the Durham, Chatham and Orange chapters of the Mental Health Association, Club Nova, Threshold, Caramore Community and Chrysalis Foundation for Mental Health*

## Volunteer Spotlight: Lori Reynolds

As the membership chair, Lori holds a key position on the NAMI-OC board: tracking information about members and programs.

*How did you get started as a volunteer?*

I attended the Family-to-Family class in Durham, and I interviewed Barbara Nettles-Carlson for a paper I was writing. Barbara needed help with the NAMI membership database, and I design databases for a living, so I helped her.

*Your first volunteer position was as the membership chair?*

Yes, helping with the database evolved into being membership secretary. The NAMI database is in Access, and I've written an application for editing data. It stores members and contacts, F2F attendees, and program participants. Basically, it keeps track of services that NAMI-OC provides and the work that we do. The data will be helpful for future grant proposals and other applications, like designing special programs for members.

*How much time do you spend on it?*

I haven't finished the database application completely but when I do, adding information will be much easier. It takes me about four hours a month to add new members and send out monthly meeting notices through email and postcards. I print the labels for the newsletter. Once a year, in the fall and in January, the membership

renewal letters take longer, about 20 hours.

*What do you like about being a NAMI volunteer?*

Working other NAMI-OC volunteers helps me understand my own path better. I like to see what a positive difference NAMI can make to new people who are in crisis and struggling find a home base, comfort, and resources.

*I hear your life is in transition . . .*

Yes, I'm getting married and moving to Durham in May. I'll finish my term as membership secretary in the fall, 2008. By that time, I'll have the database application up and running for whomever takes over. And beyond that, I'll be available for technical support and any new issues that come up with the database.

Lori, thank you so much for all of your wonderful work as our membership chair. A well-designed, robust database is critical for our affiliate to run smoothly, and your work will serve us well for years to come.

Needless to say, NAMI-OC seeks a motivated volunteer to take over for Lori as membership chair. Database administrator skills are not required. If you are detail-oriented and have some experience with databases, please consider serving in this important role. Contact Lisa Hamil for more information.

## Action Alert: Letters to the Editor Needed

Caring Family Network, the mental health treatment provider in Orange, Person and Chatham counties, is cutting most of its services over the next six weeks and leaving over 1,500 clients in limbo. Sean Schreiber, development director for Carvaka, the company that manages Caring Family Network, said that its services cannot continue under rates paid by the state. Our community's uninsured patients, our most vulnerable consumers, risk lapses in services

as the OPC local management entity (LME) struggles to find other companies to replace Caring Family Network.

Please write letters to the editor about Caring Family Network withdrawing its services and the need to create a publicly-funded, permanent clinic that does not rely on private, for-profit providers. NAMI-OC urges you to write to the News and Observer, the Chapel Hill News, and the Herald Sun. Their websites provide links.

## Calendar of Events

### Saturday, March 8

NAMI-OC monthly meeting at the Church of Reconciliation, 110 Elliot Rd., Chapel Hill. 9:30, Fellowship & refreshments in the Meeting Room or support group in the Lounge. 10:30, "In Our Own Voice: Living with Mental Illnesses," a recovery education presentation given by trained consumer presenters for other consumers, family members, friends, professionals, and lay audiences. Presented by Sarah Boyd and Christopher Cleary. For more information, contact Lisa Hamill at 933-8941 or lisahamill@earthlink.net.

### Saturday, March 8

First Annual UNC Bipolar Update: "Bipolar Disorder at a Crossroads." This one-day forum will enable mental health professionals to stay current with approaches to evidence-driven treatment. Presented at The William and Ida Friday Center for Continuing Education by Course Directors Jair Soares, MD & Eric Youngstrom, PhD. For more information, see <http://www.med.unc.edu/cme/events/bipolar-disorders-conference>.

### Friday, March 28

NAMIWalks 2008 Kick-Off Luncheon at the Brier Creek Country Club, 9400 Club Hill Drive, Raleigh. Registration begins at 11:30, and program and lunch begins at noon. For more information, call 800- 451-9682.

### Saturday, April 12

NAMI-OC monthly meeting at the Church of Reconciliation, 110 Elliot Rd., Chapel Hill. 9:30, Fellowship & refreshments in the Meeting Room or support group in the Lounge. 10:30, "NAMIWalks for the Mind of America: Busting Stigma, Building Understanding, Support, and Solidarity" video and information session with Nancye Bryan, the NAMIWalks Family Team Chair. For more information, contact Lisa Hamill at 933-8941 or lisahamill@earthlink.net.

### Saturday, April 19

Fifteenth Annual Schizophrenia Treatment and Evaluation Program (STEP) Symposium at the William and Ida Friday Center at UNC, 8:00 to 1:00. Breakfast buffet and lunch will be served. In this year's symposium, titled "What's New in Schizophrenia: Reports from the Front Lines of Research at UNC," featured speakers will present overviews of recent research at UNC. Registration is \$15 and scholarships are available. For more information or to register, contact Janice Linn at 919-966-8990 or jlinn@med.unc.edu.

### Saturday, May 10

No NAMI-OC monthly meeting today due to other May events. If you are interested in attending the confidential support group on May 10th, please call Else Bolotin at 259-4033.

### Saturday, May 17

NAMIWalks, NC fundraising and awareness 2.2-mile group walk event held at Dorthea Dix hospital. Check-in at 9:00 and walk at 10:00. For more information and to register, contact Barbara Elder at 967-5403 or gbelder@bellsouth.net.

### Saturday, May 31

30th Legislative Breakfast for Mental Health at the Friday Center, Chapel Hill. Breakfast session from 9:00 to 11:30. Advocacy Workshop from 12:00 to 2:30 and includes lunch. RSVP's for breakfast are appreciated but not necessary. To attend the Advocacy Workshop, which includes lunch, there is a minor cost involved (scholarships available) and RSVP's are necessary. To RSVP or for more information, call (919) 942-8083.

*"Monthly support and program meetings on the second Saturday of every month except July, August and December are held at the Church of Reconciliation at 110 North Elliot Road in Chapel Hill. Our Open Support Group meets from 9:30-10:15 in a private room. From 10:30-11:30, our program is educational in nature, and most often features a speaker."*

# NAMI Basics Education Program

## *Fundamentals of Caring for You, Your Family and Your Child with Mental Illness*

*A new course  
specifically to  
give parents and  
caregivers more  
tools and resources*

FREE education course offered for parents/caregivers of children and adolescents with mental health issues. Classes include:

- Introduction: It's not your fault; mental illnesses are brain disorders
- The biology of mental illness; getting an accurate diagnosis
- Treatment works – an overview of treatment options
- Tools for the toolbox – communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members
- Record keeping and the systems your child is involved in (school, juvenile justice, mental health)
- Survivor stories, review, wrap-up

Supplemental modules include advocacy & transition issues

***We Need Teachers and Participants!!***

***Call NAMI NC (919) 788-0801 / 1-800-451-9682***

***or email [jrothman@naminc.org](mailto:jrothman@naminc.org)***



- *Taking Zyprexa, Risperdal, or Seroquel?*
- *Have a diagnosis of schizophrenia or schizoaffective disorder?*
- *Experienced weight gain, high cholesterol, or other health problems?*

Persons who answer YES to all of these questions might be eligible for the CAMP study. The CAMP clinical trial will provide all of the following:

- Clinical care from a psychiatrist and treatment team specializing in schizophrenia and schizoaffective disorders.
- An individual behavioral intervention designed to help with weight loss.
- Free study medications and free study-related care.
- Compensation for time.

If you have any questions or to discuss if you or someone you know might be eligible for the CAMP study, please contact:

**Marianne Livingston, LCSW in Chapel Hill (919) 966-9587,  
or Victoria DeVaugh-Geiss, MS in Raleigh (919) 733-5227**



## NAMI Orange County Board of Directors

### President

Lisa Hamill, 933-8941,  
lisahamill@earthlink.net

### Vice President

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967-5403, gbelder@bellsouth.net

### Meetings Managers

Bill and Joyce Peck, 929-6042,  
upeck@email.unc.com

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Vacant

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reynolds.lori@gmail.com

### Member-At-Large

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### Professional Representative

John Gilmore, MD, 966-6971,  
jhgilmore3@netscape.net

### Publicity & Development

Susan Spalt, 967-3054,  
swspalt@mindspring.com

## Research Volunteers Needed

If you:

- have a diagnosis of schizophrenia or schizoaffective disorder
  - would like to improve your social relationships
  - are between the ages of 18 and 65
- then you may be eligible to participate in a study of Social Cognition and Interaction Training (SCIT). SCIT is a group psychotherapy that teaches strategies for getting along with other people and improving the social lives of persons with schizophrenia or schizoaffective disorder.
- **Half** of the participants in this study will receive 20 sessions

of SCIT group therapy over a five-month period and their usual treatment services. SCIT will be provided to you free of charge.

- **Half** of the participants will receive their usual treatment services.
- **All** participants can be paid up to \$200 to complete three assessments.

These will involve evaluations of symptoms, cognitive and social functioning. Each of these assessments will take about 3 hours. The assessments will be done approximately 4-5 months apart. To find out more about this study, please call Piper Meyer at (919) 843-5262 or email her at psmeyer@email.unc.edu.

*“Earn up to \$200.00 and the chance to get free therapy.”*



**National Alliance on Mental Illness**

*Join or donate  
to NAMI-Orange  
County today!*

Membership dues are \$35.00 for the calendar year (January-December). "Open Door" membership (\$3.00) is available for those with limited incomes. Your dues give you membership and newsletters from local, state and national NAMI organizations. Your additional donations are used to fund local programs. Make check payable to NAMI Orange County. Mail to NAMI Orange County, PO Box 4201, Chapel Hill, NC 27515-4201

Thank you for your support!

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**An Affiliate of the National Alliance on Mental Illness**  
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**Open Your Mind:  
Mental Illnesses are  
Brain Disorders**



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