



NAMI Orange County News & Views

National Alliance on Mental Illness

The Official Newsletter of NAMI Orange County, NC

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Inside This Issue:

About the CRC	2
NAMIWalks	3
Community Resources	4
Family to Family Class	6
Mad Pride Article	7
NAMI Basics	7
Study Opportunities	8
Calendar	9
Board of Directors	9

Events:

- June 13, NAMI National Conference
- June 14, NAMI-OC Monthly Meeting
- July 12, NAMI-OC Pot Luck
- August 9, NAMI-OC & Club Nova Pot Luck

See page 9 for details

Contact Us!

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The Legislative Breakfast: Criticism, Optimism

by Julia Trimmer

Born into a family of funeral directors, Judge Joseph Buckner chose a different path, and now he helps lead people out of crisis back to healthy and productive lives. As the keynote speaker at the Legislative Breakfast on May 31, Buckner focused on the history of the Orange County's Community Resource Court, a special monthly session for people with mental illnesses.

With prompting from former NAMI-OC president Bill Meade and UNC law professor Dan Pollitt, Buckner was instrumental in creating the CRC to help those repeat offenders who seemed to continually cycle through the courts and the jails. Buckner credited Miami-Dade County's program for serving as a model. At the breakfast, one of the CRC's 500 "graduates," as Buckner calls them, stood up and spoke, recalling that the first time he went into the court, he was in bad shape, using alcohol and drugs, and wouldn't listen to anyone. But "Judge Buckner made me listen" and he now he can't say enough about the court, how special it is and how much he appreciates Buckner.

Judge Buckner acknowledged that he and the other county staff and health care providers in the CRC are short on time and need more resources. He feels that the state ought to look at ways to encourage communities to work together to create mental health courts in other counties. Buckner claims to be open-minded about change, and optimistic about the future of North Carolina's mental health system.

In the panel discussion, area legislators (Speaker of the House Joe Hackney, Rep. Verla Insko, Rep. Bill Faison, Sen. Ellie Kinnaird, Rep. Paul Luebke, Rep. Larry Hall, Sen. Floyd McKissick, Jr., Rep. Henry Michaux, Jr. and Sen. Bob Atwater) fielded the audiences' questions submitted through the moderator. Orange County's Representative Verla Insko, Chair of the Appropriations Subcommittee on Health and Human Services and a strong mental health advocate, said she feels that we finally have cooperation between the people who are working together on reform. Insko reports a strong sense among legislators that we need to fix the system. She recommends that we demand the next governor provide leadership to organize the legislators and work to make the necessary changes.

Insko and other legislators emphasized the importance of prevention, community support, and having enough providers available to help people before crisis occurs. Insko has sponsored a bill to create a permanent group of legislators to look at health care access, rather than the ad-hoc groups that often overlap. Access to health care is one of the top issues, and as it's a very complex problem, we'll need plenty of time, money and courage to address it. Insko stated, "We need to attack this problem with the best leaders and the best minds."

Regarding the state's budgets and its provisions for mental health coverage, the

Continued on page 2

About Orange County Community Resource Court

by Gary Gaddy

“Instead of sentencing mentally ill offenders to fines or jail time, the CRC uses its judicial authority to help them comply with their recommended treatment in order to stay out of future trouble with the law.”

Community Resource Court (CRC) is a special court that links eligible offenders with services and support that help them to better manage their mental illness. To be eligible, the person must be charged with a criminal offense, have a psychiatric diagnosis/treatment history, agree to treatment, and be screened by the district attorney’s office. Referrals can come from a variety of sources such as attorneys, court officials, magistrates, pre-trial personnel, interested private citizens, family members and treatment providers.

Instead of sentencing mentally ill offenders to fines or jail time, the CRC uses its judicial authority to help them comply with their recommended treatment in order to stay out of future trouble with the law. Individual offenders must voluntarily agree to accept mental health or substance abuse treatment instead of receiving a fine or jail sentence for their crime.

If the offender agrees to accept treatment, the judge and the county

prosecutor, with input from attorneys, may defer prosecution or offer supervised probation. With deferred prosecution charges may be dismissed with continued treatment compliance. With supervised probation, the defendant will not serve any active time if compliant with treatment recommendations.

The court sets the time an offender must participate in treatment, usually six months or more, during which the offender is expected to show up in court regularly, about once a month. If the person does not follow through or comply with treatment, the court can issue an arrest order and/or return the case to the regular District Court.

CRC usually meets on the third Wednesday at 3 pm in Hillsborough and the fourth Thursday at 3 pm in Chapel Hill. For information contact Project Coordinator Marie Lamoureaux, at 919-245-2274 or Marie.Lamoureaux@aoc.state.nc.us, or OPC Project Manager Caroline Ginley at 919-218-1052.

Breakfast, cont.

legislators hinted at the budget that will be passed next week. “You may not be totally satisfied but you will be more satisfied than you are now,” said House Speaker Joe Hackney.

Plans are afoot in the DHHS to consolidate Local Management Entities (LMEs) into larger areas, but Insko explained that “we’re not moving towards consolidating at this time” but will ask the secretary to work with the local groups and come up with a plan, which includes local offices for each county.

The legislators emphasized the importance of advocacy, especially by those who need help, such as people with mental illnesses and their family members. Events like NAMI Walks and the Legislative

Breakfast are enormously important in getting the attention of legislators, showing them how much support there is and who needs help. Luebke claimed being much more impressed by talking with an individual who’s in need than a group working with professional advocates. Cast your vote, Insko stressed, and communicate with your legislators. If they don’t listen, find someone who will.

At a time when our mental health care system seems to be in disarray, with alarming news stories appearing daily, the Legislative Breakfast provides a sense of optimism, if for no other reason than the turnout of advocates and legislators, and gives hope that we can work together to fix the current mess.

NAMI OC Brings Most Walkers to NAMIWalks

by Patsy Thames

What a Success! According to Susan King-Cope, Chairperson of the NAMIWalks 2008 in Raleigh NC, the walk had raised \$90,368 as of May 23 with more donations coming in every day. The original goal for the walk was \$75,000.

NAMI Orange County was well represented at the Raleigh, NC walk on May 16 with 42 participants and won the award for the most walkers present. There were a total of about 350 participants in the May 16th event, a 2.3-mile walk around the picturesque grounds of the Dorothea Dix Hospital.

We could not have asked for a more beautiful Saturday morning for the walk. Those of us who walked that Saturday hope that our show in numbers will raise awareness about mental illness and call attention to the massive failure of the reform effort of provisioning mental health services in North Carolina.

A good time was had by all due to the great company and very festive atmosphere created by the colorful balloons, a tumble-wagon for the kids, dogs in NAMI T-shirts, a collection of beautiful classic Ferrari's, refreshments, great speakers, sponsor "booths" and loads of photographers. To see photos taken by the walkers, browse to www.ritzpix.com, and login using "skincope@naminc.org" and the password

"nami2008."

Three teams represented NAMI Orange County: Club Nova, Drew's team, and the Orange Stigma Busters. Drew's Team raised a total of \$3,525 for the NAMI Walk. Carolyn Whitlock from Drew's Team won the Grand Prize, a night at Carolina Beach, in the drawing for walkers who raised \$500 or more. Carolyn raised a total of \$1,050 for Drew's Team.

Drew's Team won the best T-shirt award and its design will be sent to the national T-shirt competition. Drew's Team was formed in memory of Jonathan Andrew (Drew) Thames, son of Patsy and Cal Thames of Chapel Hill. In the hope of reducing stigma for those who suffer from brain diseases, the Drew's Team T-shirt proudly sports a large picture of Drew who was diagnosed with early on-set schizophrenia or bi-polar disorder in late November 2007 at John Umstead Hospital and died on December 6, 2007 at the age of 16.

This year half of every donation to the NAMI Orange County walk teams will support the valuable work of NAMI-Orange County in our community. The other half will help NAMI-North Carolina provide programs, training, advocacy, organizing, special events, newsletters, speakers, etc. that benefit all of NC. Let's hope for even more walkers at NAMIWalks NC 2009!

"We could not have asked for a more beautiful Saturday morning for the walk. Those of us who walked that Saturday hope that our show in numbers will raise awareness about mental illness and call attention to the massive failure of the reform effort of provisioning mental health services in North Carolina."

Volunteers Needed

Volunteer Coordinator

Recruit and organize volunteers for NAMI-OC events and tasks. Must be good with people, have excellent organizational skills, and possess energy and enthusiasm.

Database Manager

Position requires basic computer skills, knowledge of Microsoft Access helpful, and internet access required. Training and support available. Time commitment is 4 hours per month, 20 hours in January and September.

Newsletter Contributors

Make regular or occasional contributions to the NAMI-OC newsletter. If you have an article to publish, contact Lisa (below) or Julia Trimmer at julia.trimmer@gmail.com.

For more information or to volunteer, contact Lisa Hamill at 919-933-8941.

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 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 pm at Carol Woods 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 Gove Elder (967-5403), 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.

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. Located at 103D West Main St. Carrboro. Call 919-968-6682 or see 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, or email thava@xdsinc.org.

Resources on the Web

NAMI Orange County at www.namiorange.org

North Carolina Mental Health Association of Orange County at www.mhaorange.org

North Carolina Mental Hope at 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

Psychiatric Advance Directives National Resource Center, at 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

Mental Health Ministries at www.mentalhealthministries.net

Pathways to Promise at www.pathways2promise.org

The Down & Up Show at podcasts.depressionisreal.org

Tag sale, raffle and silent auction to benefit the Mental Health Association of Orange County



Vintage Faire
An Upmarket Tag Sale

An annual fundraiser held in October to benefit the Mental Health Association in Orange County

Spring Cleaning, Downsizing, or Moving?

Please keep us in mind when looking for a place to donate the following goods:

furniture, glassware, crystal, silver, fabric, rugs, artwork, lamps, designer handbags, accessories (scarves, belts), new items, and crafts are all welcome. Not accepting clothes, books, computers, or sports equipment.

We have donated storage space from Morningstar Mini-Storage and use of a truck donated by RE-MAX. Receipts will be given for charitable donations.

Please call the Mental Health Association in Orange County at 919.942.8083 for more information.



Mental Health Association in Orange County

Programs benefited include: Compeer, Vocteer, The Community Backyard, Family Advocacy Network, and Hope Garden Project



Family-to-Family Education Program

for family members of close relatives with

Major Depression

Bipolar Disorder (Manic Depression)

Schizophrenia and Schizoaffective Disorder

Panic Disorder and Obsessive Compulsive Disorder

Borderline Personality Disorder

The Family-to-Family Education Program is a series of 12 weekly classes that helps family members understand and support their ill relatives while maintaining their own well-being. The course is taught by a team of trained volunteers who know what it's like to have a family member with a serious mental illness. Over 150,000 family members in the U.S. and Canada have benefitted from the insight, support and education that this program provides. **There is no cost to participate.**

Please call for more information.

- Chapel Hill Tuesday Evening Classes Start Tuesday, September 2, 2008,
6:30 – 9:00 pm
Dogwood Room at the Seymour Center, 2551 Homestead Rd,
Chapel Hill, NC
Contact Gove (919-967-5403)
For confidential inquiries, email gbelder@bellsouth.net
- Chapel Hill Thursday Evening Classes Start Tuesday, September 4, 2008,
6:30 – 9:00 pm
Dogwood Room at the Seymour Center, 2551 Homestead Rd,
Chapel Hill, NC
Contact Gove (919-967-5403)
For confidential inquiries, email gbelder@bellsouth.net
- Durham Thursday Evening Classes Start Tuesday, September 4, 2008,
7:00 – 9:30 pm
Westminster Presbyterian Church
3639 Old Chapel Hill Road, Durham, NC
Contact Dorothy or David (919-490-5515) or Violette (919-490-
5236)
For confidential inquiries, email f2fdurham@yahoo.com

Registration required. Classes limited to 25 persons. Sponsored by NAMI-NC.

“Mad Pride” Article Creates Stir in Blogosphere

The New York Times article, “Mad Pride Fights a Stigma” has sparked many online discussions about the new movement that aims to de-stigmatize mental illness. The article by Gabrielle Glaser, published in the Sunday Styles section on May 11, 2008, describes a new level of activism among some Americans living with bipolar disorder, schizophrenia and other mental illnesses. With the Internet facilitating cyber-group discussions around the globe, people with mental illnesses are coming out of the stigma closet and speaking openly about their lives and their experiences.

The Mad Pride movement borrows its name and some of its principles from the Gay Pride movement that became mainstream in the 1980’s. As Glaser writes, “Just as gay-rights activists reclaimed the word queer as a badge of honor rather than a slur, these advocates proudly call themselves mad; they say their conditions do not preclude them from productive lives.”

Prominently featured in the article is Liz Spikol who writes a Philadelphia Weekly column, her blog (<http://trouble.philadelphiaweekly.com>) including videos in which she relates her life with bipolar disorder, medications, and side effects, often humorously. In a recent post titled “What It’s Like to Be a Spokesperson for Mad Pride,” Spikol admits that since the article, she has been contacted by literary

agents, editors and even documentary filmmakers. She states, “The pride we feel should be in recovering from our mental illnesses and living fulfilling lives, and then having the courage to speak out..”

The Mad Pride article has appeared on countless blogs with a range of purposes; some are clinical or scientific blogs, some are about disabilities, some focus on cultural issues, and many are personal blogs. Since May 11, multiple posts on mental illness have been featured on *The Huffington Post*, thought to be the most influential, most linked-to and most visited news blogs on the Internet. On *Mediadis&dat*, a blog about how the media depicts people with disabilities, a recent post claims that with the article, “the (Mad Pride) movement has arrived.” Health care and neuroscience blogs such as *HealthTalk* and *Mind Hack* weighed in, as have numerous blogs for and about mental illness like *Bipolar Blog*, *The Secret Life of a Manic Depressive*, and *Furious Seasons*, which quotes critiques of the article. Not everyone agrees with the article, but it has clearly provoked many conversations about mental illness and stigma. Any article above the fold of the Times’ Style section gets noticed, but one that depicts open and honest discussions about mental illness, with an assertive, bold energy, might spark a change in popular culture.

First Teacher Training for NAMI Basics

NAMINC held their first teacher training for the new NAMI Basics program for parents of children and adolescents with mental illness on April 4 to 6 in Hillsborough, NC. Fifteen teachers were trained from ten counties and our first class starts on May 19th in Mecklenburg County.

NAMI Basics is a course for parents or caregivers of children/adolescents who showed symptoms of a mental illness before the age of 13. This course helps empower parents and caregivers to become effective

advocates for their children. It discusses medication, the biology of mental illness and diagnoses, treatment and much more.

NAMI NC will send two teachers to the Train the Trainer event in St. Louis October 16-19, 2008 in order to offer another teacher training to those who have taken the class and are interested in teaching in early 2009. Please check back on the website for these upcoming trainings or contact Jennifer Rothman at 919-788-0801 or 800-451-9682, jrothman@naminc.org.

Earn money and other benefits, and contribute to current research studies.

Research Study Opportunities

Do You or a Family Member have Schizophrenia or Schizoaffective Disorder?

We are looking first-degree relatives of people with Schizophrenia. You can help us figure out how the brain works and grows, and you can even get a picture of your brain. Participants are paid up to \$260 for their time. Call Carolyn to see if you can participate in our research study! 919-966-9988 or email at carolyn_bellion@med.unc.edu
UNC IRB# 5-2119

Do You or One of Your Children have Schizophrenia or Schizoaffective Disorder?

We are looking for children and teenagers who have a parent or sibling with Schizophrenia. You can help us figure out how the brain works and grows, and your child can even get a picture of their brain! Participants are paid up to \$150 for their time. If your child is between 9-18 years old, call Erin to see if they can participate in our research study! 1-866-914-9679 or email at erin_douglas@med.unc.edu
UNC IRB# 5-2119

Do you have a rep-payee? Is the payee a family member or friend?

If so, you may be eligible to take part in our research study. The study includes:

- An interview lasting 1 – 1 ½ hours.
- A follow-up interview will last 1 hour.
- You will be paid \$25 for each of the two interviews you complete (\$50 total).

As an additional part of the study, you may be selected to participate in a 1-4 hour meeting with you and your payee in which you'll learn how to save money and budget more effectively.

If you are interested, please call us at (919) 682-8394 and dial '0' for the operator. If you have questions, please call Eric Elbogen at (919) 682-8394, extension 5.

Do you have a diagnosis of schizophrenia or schizoaffective disorder and would like to improve your social relationships?

If so, and you're 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.

Calendar of Events

Friday, June 13 to Monday, June 16

NAMI National Conference at the Rosen Centre Hotel in Orlando, Florida. For more information, see NAMI's website at www.nami.org, and follow the links Inform Yourself, Upcoming Events, NAMI's Annual Convention.

Saturday, June 14

NAMI-OC monthly meeting at the Church of Reconciliation, 110 Elliot Rd., Chapel Hill. 9:30, Fellowship and refreshments in the Meeting Room or support group in the Lounge (newcomers welcome). 10:30, Screening of the movie "Canvas" and informal discussion. This movie was written and directed by Joseph Greco, a NAMI member, inspired by his mother's struggle with schizophrenia. It is authentic in its portrayal, heartbreaking and heartwarming, with touches of humor and a message of hope that both educates and entertains.

Saturday, July 12

NAMI OC Potluck, 6:30 pm at the home of Barbara Nettles and Curt McLaughlin, 8823 Drew Lane, Chapel Hill. RSVPs appreciated but not essential. Call 942-1393 or email unikorn@bellsouth.net. Directions from I40: take exit 266 at NC-86, and go south on 86 for 1.7 miles. Turn right onto Homestead Road and go 2.8 miles. Turn right onto Drew Lane – it's the first house on the left.

Saturday, August 9

Club Nova/NAMI potluck, 6:00 pm at Club Nova, 103D West Main St. Carrboro. Call 919-968-6682 or see www.clubnova.org for more information.

NAMI Orange County Board of Directors

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

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Susan Spalt, 967-3054,
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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.



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!

NAME _____ PHONE: _____ EMAIL _____

MAILING ADDRESS _____

____ Annual membership (\$35.00 regular or \$3.00 Open Door)

____ Donation (tax deductible)

____ Please remove my name from your mailing list

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**Open Your Mind:
Mental Illnesses are
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