



nAMI Orange County News & Views

National Alliance on Mental Illness

The Official Newsletter of NAMI Orange County, NC

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Events:

12/13, Holiday Potluck
 1/10, Monthly Meeting
 2/3, First F2F Class, Chapel Hill
 2/8, First NAMI Basics Class
 2/21, Legislative Breakfast
See page 8 for details

Contact Us!

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The Durham Center Gets Grant to Help Inmates with Mental Illness

by Julia Trimmer

The Durham Center, which helps connect Durham County citizens with private providers of mental health and substance abuse services, has received a grant to bring treatment to nonviolent inmates with mental illnesses. The *News and Observer* reported on November 28 that the grant will enable the Center, working with a Kinston-based outpatient agency, to create a "diversion" team that will create individualized plans to keep inmates out of jail and get the treatment they need. The team will include a mental health professional, a criminal justice expert, and a person with mental illness who has received help.

About 64 percent of local jail inmates have a mental health conditions, according to a federal report cited by the *News & Observer* on November 28, and 76 percent of that group also have substance abuse problems. Untreated mental illnesses can

cause disordered thinking and delusions that lead people to break laws and commit crimes, but many in the law enforcement community recognize that people with mental illnesses don't belong in jail.

Capt. Elijah Bazemore, who oversees programs and administration at the Durham County jail, explains that "A lot of times, these people relapse and as a result of their relapse may commit a crime and not have those social supports outside the facility that will enable them to get reconnected." Bazemore adds, "This way, the diversion program will be able to reconnect that person back to their resources."

A previous Durham Center grant led to the creation of the Durham Police Department's Crisis Intervention Training program, which trains officers how to help people with mental health crises. Planning for Orange County's Crisis Intervention Training begins in March, 2009.

Judge Joe Buckner Receives Award

by Lisa Hamil

To recognize extraordinary community efforts on behalf of people living with mental illness and their families, Chief District Court Judge Joseph Buckner received the John Bagget Award at the NAMI North Carolina conference on Oct 31. NAMI Orange County nominated Judge Buckner for the annual NAMI-NC sponsored award.

Chief Judge Joe Buckner exemplified

the criteria for this award with his efforts on behalf of people living with mental illness and their families. Judge Buckner has been instrumental in partnering with Judicial District 15B, which includes Orange and Chatham counties, with Orange-Person-Chatham Area Mental Health program in implementing the first mental health court in North Carolina. The Community Resource Court (CRC) was created through funds granted by the US Department of Justice,

“There is a delicate balance in holding folks accountable for their actions, but also understanding the influence mental illness can have on behavior.”

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Bureau of Justice Assistance.

Mental Health courts are designed to serve justice and help mentally ill offenders. Judge Buckner has supported, disciplined, held accountable and offered guidance or wise advice to those in the CRC program as they needed it. He’s made a positive difference in the lives of those who’ve been through CRC.

Many graduates of the CRC program have spoken of the profound, valuable and positive impact it made in their lives. There is a delicate balance in holding folks

accountable for their actions, but also understanding the influence mental illness can have on behavior. We’re lucky that Judge Buckner and others like him are working towards the decriminalization of those with mental illness and helping them get treatment, stay out of the criminal justice system, and live healthy, productive lives.

Mecklenburg and Guilford counties also have mental health courts, and Buncombe and Cabarrus counties are working to create similar mental health courts in their own counties.

Antipsychotics May Be Risky for Children, Warns FDA Panel

A panel of experts advising the Food and Drug Administration (FDA) about the safety of the atypical antipsychotics Risperadal and Zyprexa warned that the number of times these drugs were prescribed for children and teenagers has increased dramatically in the past decade. As reported by the NY Times on November 18, the panel presented data showing that more than 389,000 children and teens were treated with Risperadal last year, and over 60% of these patients were children under 12.

The panel claimed that their data shows that Risperadal is often prescribed for attention deficit disorder. While drugs that are approved for a particular condition can be prescribed for other conditions, panel members expressed concerns about Risperadal’s side effects, including weight gain and metabolic disorders, which may be more pronounced in children and teens than in adults. They rejected the FDA’s proposal that the committee endorse their

current efforts to monitor the use of these medications in children, and recommended that the agency increase their efforts to discourage doctors from prescribing these drugs to children. The panel stated that current warning labels are not sufficient for Risperadal as well as related medications, including Zyprexa, Seroquel, Abilify and Geodon.

Agency officials and drug manufacturer spokespersons wondered what else they could do besides the strongly worded warnings that they had already placed on the drugs’ labels. Clearly, the panel feels that the FDA should issue stronger alerts for doctors about the risks of prescribing these drugs for young children, given that the agency has not approved the use of atypical antipsychotics for attention deficit disorder and other childhood disorders. The panels’ concerns join those of many others about the increasing use of antipsychotic medicines in children and teenagers.

Shop to Benefit NAMI

You can shop at Amazon and arrange for a percentage of your purchases to be donated to NAMI. Here’s how:

- First browse to the online NAMI store at <http://nami.org/store>.
- Scroll down to the “Featured Products” section and click the Amazon.com link.
- Shop and purchase items as usual.

As long as you enter Amazon.com from the links on the NAMI store site, Amazon

will donate five to seven percent of your purchases to NAMI. Also, you must shop in the eligible Amazon categories listed on the NAMI store page. Most categories -- books, music, videos -- are included.

For holiday cards and more gifts, check out the link from the NAMI store page to NARSAD Artworks, which offers “museum-quality art products by and on behalf of mentally ill persons.”

President's Letter

As we look toward the coming New Year, our state and our country are facing significant economic challenges. In times like these, charitable organizations, such as NAMI, are especially needed to help people whose needs are not met by government or business.

In North Carolina the social safety net for those with mental illness is full of gaping holes. Even as we at NAMI work to repair it and hold accountable those responsible, we've been providing essential services on behalf of families afflicted by brain disorders.

Your support can help us to continue these endeavors. Please help us by taking a minute to fill out the membership form in this newsletter, renewing your NAMI membership for 2009 or becoming a member! Here are some of our activities in 2008.

Advocacy: NAMI-OC, Mental Health Association, and other partners held an advocacy training in conjunction with the 30th Annual Legislative Breakfast for Mental Health. The Legislative Breakfast has been so successful that NAMI-OC is working with NAMI-NC to help other NAMI affiliates around the state replicate this highly successful event.

Support: In addition to our monthly confidential sharing group, we supported local non-profits such as Club Nova, encouraged frontline service providers at

John Umstead and UNC through annual awards, and hosted three potlucks as well as the Family-to-Family Celebration Reunion for over 100 guests. NAMI-OC also helped the Peer Support Program and volunteers answered dozens of Helpline calls for assistance navigating a difficult mental health system.

Education: Along with our monthly education programs, volunteers from NAMI-OC taught four 12-week Family-to-Family courses to guide families coping with mental illness. NAMI-OC co-sponsored "Storytelling: Conquering the Stigma of Mental Illness," featuring author Lee Smith. NAMI-OC is an active member of the Nothing to Hide Mental Health Coalition, which educates the public about the nature of mental illness by sponsoring outreach events such as showings of the "Brushes With Life" documentary.

And with enthusiastic participation from many inspired walkers, NAMI-OC won the NAMI Walks award for most walkers. This event raised money and mental illness awareness, locally and statewide.

Thank you for your support, if you've already renewed or joined for 2009. If not, please take a moment to do so now.

Best wishes for the New Year,

Lisa

"In times like these, charitable organizations, such as NAMI, are especially needed to help people whose needs are not met by government or business."

NAMI Orange County Board of Directors

President: Lisa Hamill

Membership: Open

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Consumer Representative: Open

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Family-To-Family Class Coordinators:
Gove and Barbara Elder

Helpline: Gary Gaddy

Our community is rich in resources and opportunities to give and receive help.

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 MHAOC at 942-8083.

UNC Center for Bipolar Disorder Family Support Group

Support for those who have a family member with bipolar disorder. Last Thursday of every month, 5:30 – 6:30 pm in room #5, first floor of UNC's Neurosciences Hospital. For more information, contact Kelly Smedley, RN, MSN at 919-966-3915.

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 9 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. Family members and consumers are welcome. Call Else at 259-7095 for more information.

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

NAMI North Carolina at www.naminc.org

North Carolina Mental Health Association of Orange County at www.mhaorangeco.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.

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

Treating Seasonal Affective Disorder with Light Therapy

Reprinted from a NAMI Fact Sheet

If you feel depressed in late fall and winter, but feel fine the rest of the year, you may have seasonal affective disorder (SAD). Some facts:

- Most people with SAD are women, although it can occur in men, children and adolescents.
 - Symptoms include oversleeping, daytime fatigue, carbohydrate craving and weight gain, decreased sexual interest, lethargy, hopelessness, suicidal thoughts, lack of interest in normal activities, and social withdrawal.
 - Many people with SAD have at least one close relative with a psychiatric condition.
 - SAD is often misdiagnosed as hypothyroidism, hypoglycemia, infectious mononucleosis, and other viral infections.
 - Light therapy is considered the first-line treatment intervention, and can produce relief within days.
 - Bright white fluorescent light with color temperatures between 3000 and 6500 degrees Kelvin are best.
 - A light box should be capable of delivering 10,000 lux at eye level.
 - Daily sessions of 20 to 60 minutes may be needed. At 10,000 lux, 30-minute sessions are most typical.
 - Morning light exposure, which resets the internal circadian clock earlier, has been shown to be effective.
 - Studies show between 50% and 80% of users showing essentially complete remission of symptoms.
- The Center for Environmental Therapeutics offers an on-line questionnaire on its website, www.cet.org for more information.

“SAD is often misdiagnosed as hypothyroidism, hypoglycemia, infectious mononucleosis, and other viral infections.”



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, February 3, 2009,
6:30 – 9:00 pm
Dogwood Room at the Seymour Center, 2551 Homestead Rd,
Chapel Hill, NC
Contact Gove Elder (919-967-5403)
For confidential inquiries, email gbelder@bellsouth.net
- Durham Thursday Evening Classes Start Thursday, January 8, 2009,
7:00 – 9:30 pm
Westminster Presbyterian Church, 3639 Old Chapel Hill Road,
Durham, NC
Contact Violette Blumenthal (919-490-5236)
For confidential inquiries, email f2fdurham@yahoo.com
- Durham Thursday Evening Classes Start Tuesday, January 22, 2009,
7:00 – 9:30 pm
Durham VA Medical Center, 508 Fulton St., Durham, NC
Contact Julie McCormick (919-286-0411, ext. 5111)
For confidential inquiries, email f2fdurham@yahoo.com
This class is cosponsored by the Veterans Administration and
includes a module on PTSD. *You do not have to be related to a
veteran to enroll.*

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

Celebrating NAMI-OC Family-to-Family Classes

A festive group of Family-to-Family (F2F) alums reconnected at Binkley Baptist Church in Chapel Hill on Saturday, October 18. This year's celebration featured yummy refreshments, a skit by Barbara and Gove Elder, and a keynote speech by Dr. Gary Duncan. The 2008 F2F teachers, Harold Salmon, Virginia Hill and Donna Olsen, Sally Pillsbury, Bill & Sandy Moyers and assistants, Diane Dolan-Soto, Gail Komives were honored.

Door prizes included gift certificates from Evos Restaurant, Framemakers, Fresh Market, Great Harvest Bread Company, Harris Teeter, The Loop Pizza Grill, Victoria Park Florist, and Weaver

St. Market. The grand prize was a \$150 weekend rental from Townsend Bertram & Company.

This year's celebration's host and planning committee members included Nell Andrews, Rebecca Bailey, Nancy Brickman, Barbara & Gove Elder, Nancy Fore, Ashley Frost, Betsy Fenhagen, Lisa Hamill, Dottie Henninger, Donna Olsen, Bill & Joyce Peck, Mary Lynn Piven, Susan Read, Marion Stephenson, David Tuttle, Nancy Taylor, and Mary & Richard Ward. Special thanks to Mike Davis for music, Steve Jernigan for sound and Binkley Baptist Church.

NAMI Basics Education Program

The Wake County chapter of the NAMI will sponsor the NAMI Basics Education Program, specifically for parents and other caregivers of children and adolescents with mental illness. The six-week series of classes will begin in Raleigh on Sunday, February 8th from 6:00 pm to 8:30 pm. Classes will be held Sunday evenings on February 8, 15, and 23 and March 1, 8, and 15.

The course will cover information about ADHD, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorders, Schizophrenia and Substance Abuse Disorders; coping skills such as handling crisis and relapse; basic information about medication use in the treatment of mental illness in children; listening and communication techniques; problem solving skills; and an overview of

the mental health and school systems' roles in treating children with mental illness.

Written by an experienced family member mental health professional, the course will be taught by two volunteers who are parents or other caregivers of individuals who developed mental illness as children. These volunteers have taken an extensive training as course instructors. The course balances basic psycho-education and skill training with emotional support, self-care and empowerment. We hope parents and other caregivers of children and adolescents with mental illness will take advantage of this unique opportunity.

For more information or to register for this class, please call Sue Hadley at 919-787-5999 or Jennifer Rothman at the NAMI NC office at 919-788-0801 or 800-451-9682, or email jrothman@naminc.org.

“The NAMI Basics Education Program is specifically designed for parents and other caregivers of children and adolescents with mental illness.”

***NAMI-Orange County has a new, redesigned website --
check it out at www.namiorange.org .***

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.

Calendar of Events

Saturday, December 13

NAMI Orange County December potluck at Mary Lynn Piven's home. For directions, RSVP to Mary Lynn at 960-9179 or mpiven@nc.rr.com. This event replaces our usual 2nd Saturday Educational program. The confidential sharing group won't meet on Dec 13th.

Saturday, January 10

NAMI-OC monthly meeting at the Church of Reconciliation, 110 Elliot Rd., Chapel Hill. At 9:30, Fellowship and refreshments in the Meeting Room or support group in the Lounge (newcomers welcome). At 10:30, Deby Dihoff, NAMI-NC Executive Director, will discuss the 2009 NC legislative session and upcoming NAMI NC activities. For more information, contact Lisa Hamill at 933-8941 or lisahamill@earthlink.net.

Tuesday, February 3

First of twelve classes in the NAMI Family to Family Education Program for family members and loved ones of people with severe mental illnesses, held at Dogwood Room at the Seymour Center, 2551 Homestead Rd, Chapel Hill. Contact Gove Elder at 919-967-5403 or email gbelder@bellsouth.net.

Sunday, February 8

First of six classes in the NAMI Basics Education Program on information and coping skills for families with children with mental illnesses. The class runs from 6:00 to 8:30 pm. For more information or to register, call Sue Hadley at 919-787-5999 or Jennifer Rothman at the NAMI NC office, 800-451-9682 or 919-788-0801 or email jrothman@naminc.org.

Saturday, February 21

The 31st Annual Legislative Breakfast for Mental Health will be held at the Friday Center, 100 Friday Center Drive, Chapel Hill. Adam Searing, Project Director for the Health Access Coalition of the NC Justice Center, which works for progressive health care reforms that address the needs of the uninsured and underinsured, delivers the keynote address. Breakfast begins at 8:30 and the program begins at 9:30.

The Legislative Breakfast replaces NAMI-OC's monthly Saturday program meeting. If interested in attending the confidential sharing group, please contact Else Bolotin at 259-7095.

Thirty-first Legislative Breakfast: It's Early this Year

Because the NC legislative session starts earlier in 2009 than it did in 2008, the 31st Annual Legislative Breakfast for Mental Health will be held on Saturday, February 21. Panel discussions with members of the North Carolina Legislature will focus on "Health Care Reform and the Cost of Untreated Mental Illness." Adam Searing, Project Director for the Health Access Coalition of the NC Justice Center will be the keynote speaker. The Health Access Coalition at www.ncjustice.org works for progressive health care reforms that address the needs of the uninsured and underinsured. The project advocates both for more comprehensive and effective public health care programs and on behalf of average consumers in the private market.

Held at the Friday Center at 100 Friday Center Drive in Chapel Hill, breakfast is served from 8:30 to 9:30, and the program begins at 9:30. There is no charge for this event although donations are welcome. Please RSVP by calling 919-933-8941. The event is sponsored by the Orange and Durham county chapters of the National Alliance on Mental Illness (NAMI), the Durham, Orange and Chatham county chapters of the Mental Health Association, Club Nova, Threshold, and Caramore Community.

Research Study Opportunities

Couple-Based Treatment for Anorexia Nervosa Study

Medical IRB Study # 07-1429

The University of North Carolina's Eating Disorders Program is developing a treatment for couples where one partner has anorexia nervosa. Participants will receive study-related treatment from the UNC Eating Disorders Program team at no cost and payment for participating in additional assessments. If you are 18 years or older and are married or have been in a committed relationship with your partner for over a year and currently live together, you may be eligible. Please contact the Research Coordinator at (919) 966-3065 or ucan@unc.edu for more information.

Join a New Meditation Workshop as Part of a Research Study

Earn up to \$105 and Participate in a Free Meditation Workshop. If you:

- Have trouble getting motivated, looking forward to things and/or enjoying things
- Have little previous experience with loving-kindness meditation
- Are between the ages of 18 and 60
- Have a diagnosis of schizophrenia or schizoaffective disorder

. . . then you may be eligible to participate in a study of the effects of loving-kindness meditation on symptoms of schizophrenia. The Meditation workshop will meet for 6 weekly, one-hour sessions in Chapel Hill starting in January. The workshop will be offered to you free-of-charge.

All participants can be paid up to \$105 to complete four assessments, which involve interviews about your attitudes towards life, symptoms, and emotions. Each of these assessments will take about 2 hours. The assessments will be done prior to, following, and approximately 3 months after the workshop. To find out more about this study, please call Dave Johnson (DJ) at (919) 259-1981 or email at dpj@unc.edu.

Do you have a diagnosis of schizophrenia or schizoaffective disorder?

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.

Could your family participate in a study about schizophrenia?

The National Institute of Mental Health has been conducting a large genetic study designed to understand the neurobiology of schizophrenia. NIMH currently does not have enough family trios to clarify the preliminary findings. A family trios is composed of the member diagnosed with schizophrenia or schizoaffective disorder and his or her parents or one or more biological siblings .

NIMH is has made it easy for family trios to participate using services in their community. All participating family members receive study compensation. For details, please contact the NIMH Schizophrenia Research Program at 1-888-674-6464 (TTY: 866-411-1010) or Schizophrenia@mail.nih.gov.



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

