



NAMI Orange County News & Views

National Alliance on Mental Illness

The Official Newsletter of NAMI Orange County, NC

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Events:

9/18-20, NAMI Basics Teacher Trainer
 9/24, Peer Support Workshop
 10/3, Family-to-Family Celebration and Annual Meeting
 10/16-17, NAMI-NC Annual Conference

See page 6 for details

Contact Us!

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 Chapel Hill NC 27515-4201
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 Helpline: 919-929-7822

Crisis Intervention Teams Enhance Cooperation and Safety

by Julia Trimmer

Treatment, not jail, for people with mental illnesses in crisis--that's the goal of Crisis Intervention Team (CIT) programs. Orange County will offer CIT training for local law enforcement agencies next year. An information session on August 7 in Chapel Hill offered a preview of how CIT programs work.

What is a CIT program? It's "a pre-booking jail diversion program designed to improve the outcomes of police interactions with people who have mental illness, developmental disabilities and/or substance abuse disorders," as described by the information session flyer. Training is designed to educate law enforcement officers about how to help people with mental illnesses in crisis access the resources they need.

A CIT program in our community can "help offset the reduction in services we're facing," explained Judy Truitt, OPC Area Director, who gave the opening remarks at the session. Over \$700,000 total in funding cuts, including cuts to Medicaid and 350 positions at the Division of Mental Health, will severely impact mental health service providers. A CIT program can bring knowledge and awareness of mental health issues to law enforcement agencies and "increase positive outcomes for the individuals who we serve and help them remain stable in their communities."

Since 2006, Durham's Police Department's CIT program has worked closely with the Durham Center, which

coordinates mental health, developmental disability and substance abuse services. Deputy Chief BJ Council said that they have trained 150 officers and some dispatchers to respond to people in crisis. She praised CIT training for all types of volatile situations, not only those involving people with mental illness. And Deputy Chief Council emphasized the importance of learning the resources available for people in crisis, and knowing how to work with these agencies.

Not all officers are cut out to be on CIT's, Council noted, and need not be trained. However, one officer who particularly resisted the training changed his mind after taking it and became the "poster child" for the program.

Deputy Chief Council concluded, "taking someone to jail is not always the best option." Jail diversion doesn't clog the system and tie up the officers. But the biggest benefit is helping the person in crisis without the use of force.

Dr. Robert Kurtz, the Program Director of the Justice Systems Team at the Division of Mental Health, Developmental Disabilities and Substance Abuse Services explained that CIT programs "are not a get-out-of-jail-free card." Some people with mental illness should be in jail, but the vast majority of people incarcerated with mental illness are there because of their conditions. Lack of services or barriers to service increase the likelihood that people with mental illness

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“CIT programs reduce costs and address problems earlier, which improves treatment for consumers. CITs enhance community policing and reduce risks of injury. Kurtz described it as ‘a win, win, win proposition.’”

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

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will end up in jail. As Kurtz explained, Penrose’s Law states that the population size of prisons and psychiatric hospitals are inversely related; in general, as the number of psychiatric hospital beds is reduced, the more mentally ill people end up in jails.

What’s more, outcomes are not good for people with mental illness in the criminal justice system. Surveys show that they serve more time than others; they can’t make bail, they can’t cope with stress, and they are more vulnerable to being exploited in jail. Kurtz estimates that eight to 16% of all those incarcerated have a serious mental illness.

CIT training consists of formal lectures, dialogs with consumers to reduce stigma and personalize mental illness, and experiential role-playing and practicing de-escalation skills. Dr. Kurtz stated that CIT programs reduce costs and address problems earlier, which improves treatment for consumers. CITs enhance community policing and

reduce risks of injury. Kurtz described it as “a win, win, win proposition.”

Dr. Kurtz was joined by Deputy Chief Council, Lisa Hamill, NAMI-OC’s President, and Mark Sullivan, Executive Director of MHA-OC, for a panel discussion. Training will be held in January or February, 2010, depending on local law enforcement agencies’ availabilities. The training will be a joint effort by NAMI-OC, MHA-OC, and the Orange Person Chatham (OPC) Area Program.

Family members who wish to get involved with the CIT training can participate in family and consumer panels, to share their stories with law enforcement officers.

Volunteers are needed to help with refreshments provided by NAMI-OC during the five-day training. Even an hour in the morning or late afternoon will help. For more information about CIT training and or how to help, email NAMI-OC at namioclistserve@gmail.com.



Vintage Faire

An Upmarket Tag Sale

Eight annual fundraiser to benefit the Mental Health Association in Orange County

Still Accepting Quality Donations

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.

Saturday, October 3, 8 am to 5 pm

Sunday, October 4, 12 to 5 pm

University Mall, 201 S. Estes Drive, Chapel Hill

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



Mental Health Association in Orange County

Storage space courtesy of Morningstar Mini Storage, Carrboro, and University Mall. Delivery truck courtesy of REMAX.

Nothing Left to Give?

The following is adapted from Gary Gaddy's commentary on WCHL that aired on June 2, 2009. Reprinted with permission from the author.

So, you say you can't give.

You looked in your wallet, or maybe at your pay stub, or perhaps at the pink slip, and decided you can't give to the charities that you usually give to, at least not like you are used to doing.

Well, you're wrong. You can give--just maybe not the way you used to. If your hours have been cut back, or if you have been laid off, chances are you now have a resource you didn't have before.

Treasure, talent and time: these are three separate resources. You're used to giving treasure. God gave you talent. Now you've got some time on your hands.

I know that the guy sitting on the street corner with a tin cup doesn't usually ask, "Hey, buddy, can you spare a quarter of an

hour?" But organizations whose mission it is to serve him and others like him are asking just that.

The Club Nova Thrift Shop can use people who will work along side Club Nova members sorting and displaying donations the proceeds from which will help support Club Nova's mission to those severely disabled by mental illness. Call 967-6985 to find out how you can help.

The Mental Health Association needs volunteers for its Compeer program which partners volunteers with people who need a friend. Call the MHA at 942-8283 to find out how you can join their Compeer training program.

If you do, you will find out you have a lot more to give than you thought.

NAMI-OC also needs your talent and your time. NAMI-OC operates solely through the efforts of volunteers and even a small amount of time can contribute significantly.

"If your hours have been cut back, or if you have been laid off, chances are you now have a resource you didn't have before."

Volunteers Needed for the NAMI-OC Board of Directors

NAMI-OC is staffed and operated completely by volunteers. Our board meets from 3 to 5 pm on the second Sunday of odd numbered months. To be fully effective, we need to fill the following board vacancies:

Publicity and Development

Helps to keep our community notified of our programs. Leads MIAW (Mental Illness Awareness Week) and similar projects in the community. Arranges for notices of affiliate events and Family to Family information to appear in newspaper calendars. Manages distribution of brochures, flyers etc. to local clinicians, UNC Neuroscience Hospital and John Umstead Hospital. Maintains and updates affiliate brochure. Coordinates with website manager to keep website current. Coordinates annual NAMI-OC awards to direct care givers at UNC Neurosciences Hospital and John Umstead Hospital (Mary Margaret Flamer Award). Works to develop new funding sources for the affiliate.

Membership Chair

Helps to maintain our membership and grow our affiliate. Sends meeting notices by postcard and email. Works with board members, committee chairs and coordinators to increase the membership. Mails affiliate materials to new members. Mails annual membership appeals and renewal reminders to members who don't respond to the annual membership appeal.

Consumer Representative

Represents interests and perspective of consumers. Serves as a liaison with consumers in the affiliate. Serves on NAMI NC Consumer Council or helps to recruit a volunteer.

For further details about these positions, contact Lisa Hamill at lisafhamill@gmail.com or call 919-933-8941.

“NAMI believes that any health care reform package should include adequate financing and cost savings to ensure comprehensive, affordable coverage.”

NAMI's Priorities for Health Care Reform

In the Legislative Action Center at nami.org, NAMI clarifies their message to Congress, summarized below:

- Move this year on health reform legislation that provides quality, affordable health care for all while reducing costs.
 - Include mental illness treatment in any required basic benefit package, covered at parity
 - Address medical comorbidities in individuals with serious mental illness.
- Furthermore, NAMI believes that any health care reform package should include:
- Adequate financing and cost savings to ensure comprehensive, affordable coverage and long-range fiscal stability
 - Income-based standards for premiums, co-payments, deductibles and all out-of-pocket health care costs
 - Premium subsidies on a sliding scale up to 400 percent of the Federal Poverty Level
 - An expansion of Medicaid's role as the base of coverage for

current mandatory beneficiaries

- Improvements to portability, enrollment, and renewal to provide stability for all Americans
- Regulations that prevent insurance companies from discriminating based on health status, gender, and occupation
- Guaranteed options in selecting health plans for individuals and families across the country
- Financial support and incentives for primary community-based care
- An employer responsibility requirement with penalties for those who do not offer coverage based on total payroll
- Assistance for states to prevent federal health reform from imposing a burden on state budgets, and punishing states that have expanded Medicaid and SCHIP coverage above federal requirements.

History of Mental Health Reform Report from the NC Center for Public Policy

An independent, state-level policy center, the NC Center for Public Policy researches public policy issues to inform the public. Their History of Mental Health Reform report, the first in a three-part series, documents the history of mental health system reforms in North Carolina from the 1800s thru 2008.

The report identifies four key issues that have inhibited successful reform across generations of public policy-makers:

- lack of a highly trained workforce
- inadequate funding
- disagreements about state versus local responsibilities
- changing definitions of mental illness and which diagnoses should be treated through public funding

For a copy of the report, visit the NC Center for Public Policy's web site at www.nccppr.org/onlinepublications.html, or call 919-832-2839.

NAMI-OC Board of Directors

President: Lisa Hamill

Vice President: Gary Gaddy

Secretary: Mary Lynn Piven

Treasurer: Robert Weimer

Consumer Representative: Open

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

Membership: Open

Newsletter: Julia Trimmer

Programs: Virginia Hill

Professional Representative: Bebe Smith

Publicity & Development: Susan Spalt

Chapel Hill Reads about Mental Illness

The Partnership to End Homelessness in Orange County is sponsoring a community read to raise awareness about homelessness. The book is "The Soloist" by Steve Lopez, about a mentally ill man in Los Angeles who rediscovers his musical gifts with the help of a reporter. A movie of the same name was released this year.

To join the community read, you can check out the book from libraries in Chapel Hill, Carrboro and Orange County. Participants have been asked to read the book and follow an online discussion on a blog at www.ocpehdiscussions.com.

blogspot.com. Discussion questions will be posted on the blog and also published in the Chapel Hill News.

Discussion groups (live, not virtual), hosted by professionals in the field of mental health and homelessness, will convene around the county during the month of September. A diverse group of people, including those who've been homeless themselves, will be invited to enrich the discussions. The groups are intended to educate and explore issues of homelessness and mental illness as well as to direct people as to how they might be able to help.

"Discussion groups, hosted by professionals in the field of mental health and homelessness, will convene around the county during the month of September. A diverse, including those who've been homeless themselves, will be invited to enrich the discussions."

Research Study Opportunities

UNC/Duke Research Study on Money Management

If you receive disability benefits for a psychiatric disability or are a family member or friend that helps someone who receives disability benefits for a psychiatric disability, you may be eligible to take part in a study about money management. The study aims to teach:

- How to save more money every single day
- How to create a budget you'll stick with
- How to work and not lose SSA disability benefits
- How to access community resources to earn more
- How to avoid being victim to money scams

The study involves:

- A one-hour interview for which you'll be paid \$25.
- A 1-2 hour educational session to teach the above money skills.
- Another one-hour interview six months later for which you'll be paid an additional \$25.

These interviews occur at a convenient time and place for you. If you're interested, please call 866-927-1641 toll free and dial '0' for the operator or '5' for Dr. Eric Elbogen.

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 five 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.

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

Friday to Sunday, September 18 to 20

NAMI Basics Teacher Training at the Holiday Inn Express in Charlotte. NAMI Basics is a free education course offered for parents and caregivers of children and adolescents with mental health issues. Teachers must be parents or caregivers (not a professional) of a child who was showing symptoms of a mental illness before the age of 13. Lodging and meals are paid for by NAMI NC. After taking this training, teachers will be expected to teach the 6 week course to other parents/caregivers at least 2 times in their community. If you are interested in this training, please contact Jennifer Rothman at (919) 788-0801, 1-800-451-9682 or at jrothman@naminc.org.

Friday, September 24

2009 Peer Support Workshop, Networking: Using our Local Resources from 9:00-4:00 at Camp New Hope in Chapel Hill, NC. Join this workshop to foster peer support and build collaborative relationships and to enjoy a day at Camp New Hope. Doors open at 8:15 for coffee and socializing. In the morning, explore various forms of peer support in the workplace and in the afternoon, peer support in the arts. Small interactive groups are offered for information and skill building. More time is allocated this year to browse the display tables with the twenty five presenters.

This conference is generously funded by OPC CFAC. Space is limited, so register early. Registration Deadline is September 13, 2009. To download a PDF brochure, use the link for registration. Register on the web at www.freewebtown.com/psw1/PeerWeb.html, via email to Michael Norton at mnorton@opc-mhc.org or by phone at 919-913-4079.

Saturday, October 3

NAMI Orange County Family-to-Family Celebration and Annual Meeting at Binkley Baptist Church at 1712 Willow Drive in Chapel Hill. You and your family are invited to join Family-to-Family graduates, NAMI -OC members and NAMIWalks participants for celebration and camaraderie. NAMI-OC will provide food, and we'll have food, music and door prizes. This is an opportunity to recognize and honor our Family-to-Family teachers and NAMIWalks participants. Our guest speaker, Dr. Gary Duncan, will present information about the brain and new medications.

Registration begins at 4:00 followed by the brief annual meeting at 4:30 to elect our Executive Committee Officers and adopt our 2010 budget. Dinner is at 5, with a program from 6 to 7:30.

Please RSVP, including size of party, by Wednesday, September 23 to Lisa Hamill at 919-933-8941 or LisaFHamill@gmail.com. Volunteers are still needed to help before or during this event. Please contact Lisa Hamill for more information.

Friday and Saturday, October 16 and 17

NAMI North Carolina 25th Annual Conference: Creative Hearts, Healing Minds: The Art of Living with Mental Illness. Many events feature speakers from NAMI-OC and UNC, including "Mental Illness and the Benefits of Spiritual Support" with Barb and Gove Elder and Donna Olsen, "The Intricate Link Between Violence and Mental Disorder," with Eric Elbogen, "Authors, Art and More – A Panel Discussion on Art and Healing" include STEP clinic representatives, Schizophrenia Research Session with John Gilmore, and a showing of "Brushes with Life" with Philip Brubaker. For registration and program information, see naminc.org.

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).

Confidential Sharing Group

Most second Saturdays from 9:30 to 10:30 am at the Church of Reconciliation, before the NAMI Orange program. Family members and consumers are welcome. Call 929-7822 for more information.

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 942-8083.

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).

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.

UNC Center for Bipolar Disorder Family Support Group

This support group has been discontinued. For more information, contact Kelly Smedley, RN, MSN at 919-966-3915.

Resources on the Web

NAMI Orange County at www.namiorange.org

NAMI North Carolina at www.naminc.org and NAMI National at www.nami.org.

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

More resources can be found on the NAMI-OC website.

*Get to know others
in your community.
You can find ideas,
advice and support
from informed, local
sources.*



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)

___ # household members served by this membership

___ I approve sharing my email address with NAMI-NC and National

___ Contact me about volunteer opportunities

___ Please remove my name from your mailing list

___ YES! I want to help conserve paper, energy, and NAMI-OC postage dollars by receiving the NAMI-OC newsletter via email (Include your name and preferred email address and forward to namioclistserv@gmail.com or mail it to PO Box 4201, Chapel Hill, NC 27515.

NAMI Orange County is a 501(c)(3) organization. Your donation is tax deductible.

Printed on
recycled paper



**Open Your Mind:
Mental illnesses are
Brain Disorders**



An Affiliate of the National Alliance on Mental Illness
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