



nAMI Orange County News & Views

National Alliance on Mental Illness

The Official Newsletter of NAMI Orange County, NC

Vol. 11, No. 4

Winter, 2007

Inside This Issue:

Flamer Award	2
Report to Membership	3
Shop for NAMI	3
President's Letter	4
Board of Directors	4
Calendar	5
Volunteer Spotlight	5
Community Resources	6

Events:

December 8, NAMI-OC
Holiday Potluck

January 12, NAMI-OC
Monthly Meeting

February 9, NAMI-OC
Monthly Meeting

February 21, Brushes with
Life documentary showing

See page 5 for details

Contact Us!

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

Celebrating Club Nova's Community

By Gary Gaddy

I have had the privilege of being part of several exceptional communities. One of the more remarkable is Club Nova. In technical terms, Club Nova is a psycho-social rehabilitation clubhouse for people with severe and persistent mental illness. Doesn't sound like much fun, does it? Well, it is.

Despite listing "illness" prominently in its mission, Club Nova is a very healthy place. Club Nova focuses on members' strengths and potential rather than their illnesses. It's a loving, caring and accepting place.

What makes Club Nova a great clubhouse? That's simple -- community. When you belong to a club, you are a member. If the club really works like it should, it belongs to you. Club Nova works like that. Club Nova is a community of club members, staff members, and board members who belong to Club Nova and to whom Club Nova belongs.

The people Club Nova serves are not its patients, its clients or even consumers of its services. That distinction is especially significant for the members, since in large part at some point they have been disenfranchised by larger society.

Many people know Club Nova from the pretty purple Club Nova Thrift Shop on West Main Street in Carrboro. The Thrift Shop operates as a place where club members can help develop or re-capture job skills, where the public can see Club Nova at work while finding remarkable bargains -- and at the same time support

the clubhouse, just like the volunteers who work alongside the club members.

The clubhouse is the little white house next door. While Club Nova has a clubhouse, it is not a building; it is an organization of people. It's a membership club. And like with American Express, membership has its privileges. Club Nova follows the successful clubhouse model pioneered by Fountain House in New York City.

Part of that model is what is called a Clubhouse Community Bill of Rights. These rights are simple: a Place to Come, Meaningful Work, Meaningful Relationships, and a Place to Return.

Where mental illness has displaced someone, a place to come is essential. Where mental illness has destroyed someone's job, career, and work prospects, a place to do meaningful work and reacquire lost job skills is key to independence. Where mental illness has broken social ties and even family bonds, a place for meaningful relationships with staff and club members fill gaps in a person's life. And, when an episode of mental illness strikes again, a place to return gives hope.

The people who are part of Club Nova make it the therapeutic community that it is. Like in any family, love starts at the top. From Club Nova's executive director Karen Dunn to the newest staff member to the long-standing members, each help make it a healing place by caring for each other.

Perhaps you may think that my praises

“For 20 years, Club Nova has provided a holistic, caring environment designed to promote rehabilitation and reintegration of people with mental illness into the community. So now it’s time to celebrate.”

of Club Nova are over the top. But consider this: Ralph Bilby, Program Director of the International Center for Clubhouse Development says “Club Nova has long been on the short list of the best clubhouse programs in the world.”

Or you could listen to former Carrboro mayor Mike Nelson, who says, “Club Nova makes Carrboro a better place to live.” Carrboro understands that you don’t make a place better by excluding those who don’t always conform to social norms. Club Nova members help make Carrboro a rich, diverse, and vibrant community.

Founded in 1987 to address the needs of Orange County citizens living with mental illness, for 20 years, Club Nova has provided a holistic, caring environment designed to promote rehabilitation and reintegration of people with mental illness

into the community. So now it’s time to celebrate.

Friends, supporters and neighbors joined in Club Nova’s Grand 20th Anniversary Celebration on Friday Sept. 7 at the Carrboro Century Center. Music was provided by Club Nova members and also by Jay Miller, Lise Uyanik and friends. Lots of people put on their dancing shoes, and some danced until near midnight to celebrate 20 years of community. Many of you were there, but for those of you who weren’t: it was big fun.

Gary D. Gaddy serves on the board of Club Nova. (To see past columns go to GaryGaddy.com)

A version of this article appeared earlier in the Chapel Hill Herald.

Mary Outlaw Receives Flamer Award

by Barbara Nettles-Carlson

In a special ceremony on October 23 at John Umstead Hospital, staff member Mary Outlaw was honored as the winner of the 2007 Flamer Award. Mrs Outlaw has been employed at the hospital since 1998, having served first on the adolescent Unit. For the past 5 years, she has served as a Health Care Technician in the hospital’s Childrens Psychiatric Institute. Her supervisors and peers described her as “ a real mentoring type who develops emotional connections even though she is blunt and assertive about her expectations. She believes that each child can rise above their past and be like other children, and is always looking for ways to practice normalizing activities in a safe environment.”

Representing NAMI Orange at the event were Barbara Nettles-Carlson and president Lisa Hamill. Hamill presented a

framed certificate to each of six individuals nominated by their departments before announcing Mrs Outlaw as the winner and presenting her with a \$200 cash award and the winner’s certificate.

For some years NAMI Orange has sponsored this annual award to honor excellent performance by health care technicians, the seldom-recognized “frontline” providers of direct patient care at the hospital. Supervisors from each department nominate an individual non-professional staff members who has rendered outstanding performance consistently over the past year. The award is named in honor of Mary Magdalene Flamer, who was killed in a tragic car accident whilst a patient at John Umstead Hospital.

Report to the Membership: Summary of 2006 NAMI Orange County Activities

Support

- Facilitated monthly confidential sharing groups and hosted two potlucks (with another planned for December!).
- Answered calls on our referral Helpline and offered support and information about mental health resources.
- Planned and hosted the Family-to-Family Reunion for over 40 guests with a feast of food, community and music.

Education

- Taught four Family-To Family courses (two in the spring and two in the fall).
- Provided programs by expert speakers on topics related to mental health including “Overcoming Stigma: Progress and Challenges” with Anna Scheyett, “Progress and Direction of Mental Health Reform in NC” with Dr. Michael Lancaster, “Making a Difference through Political Advocacy” with Lisa Hamill and “Developing a Personal Anti Stigma Campaign” with Gary Gaddy, Susan Spalt and Virginia Hill.
- Published quarterly newsletters, emailed monthly event notices and maintained our web site with information about the latest news and events.
- Observed Mental Illness Awareness Week 2007 by co-sponsoring the

premiere of the documentary film, *Brushes With Life: Art, Artists and Mental Illness*, produced by Philip Brubaker, a member of the Nothing to Hide Coalition. This event, which included a panel discussion, drew more than 200 people and raised over \$300 for *Brushes With Life*.

Advocacy

- In connection with other mental health partners, we co-hosted the 29th Annual Mental Health Legislative Breakfast with special guests, Lee Smith, legislators from Orange, Durham and Chatham County and over 250 attendees, the *highest number of attendees* to date.
- Lisa Hamill, our President, presented an advocacy training session at the 2007 NAMI-NC Annual Spring Conference.
- Our members attended the Coalition’s Legislative Rally and Mental Health Advocacy Day at the Legislature and thanks to efforts of many advocates working together, we were able to pass Mental Health Parity legislation in NC.
- Our members also participated in NAMI WALKS in the spring and with the generous contributions of supporters, raised around \$1,100 for NAMI Orange in addition to funds for NAMI NC and NAMI National.

“We co-hosted the 29th Annual Mental Health Legislative Breakfast with special guests, Lee Smith, legislators from Orange, Durham and Chatham County and over 250 attendees, the highest number of attendees to date.”

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 then 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.” The NAMI website, at nami.org, offers all kinds of tools to support families with mental illness, including a books, planning tools, and even a travel website that donates a portion of your purchases to NAMI.

“If you are interested in CITs, or if you have other ideas for goals that NAMI-OC can work towards in 2008, please share your thoughts with me.”

President’s Letter: Looking Back, Moving Forward

Another year has passed in what feels like the blink of an eye. As I finish my first year as President of NAMI-OC and begin my second, I feel honored to work with some of the most compassionate, courageous folks I have ever known.

Whether we are consumers facing our challenging illnesses, family members and friends of consumers committed to supporting our loved ones, or service providers making a difference in the lives of many, we face uncertainty and adversity with phenomenal courage, and conviction, as we continue to march forward. We are making progress on many fronts: fighting stigma, educating families, holding public events, and finally passing Mental Health Parity in NC. Please see page three for NAMI-OC’s accomplishments last year.

Looking forward to the coming year, one of my goals for NAMI-OC is to promote decriminalization by creating Crisis Intervention Teams in our county. These

teams are comprised of police officers who are trained to assist with calls involving mental health-related situations. We often hear stories about conflicts between police and persons having a mental health crisis ending in tragedy. CIT training can help to prevent these incidents.

If you are interested in CITs, or if you have other ideas for goals that NAMI-OC can work towards in 2008, please share your thoughts with me. I can be reached at 933-8941 or LisaHamill@earthlink.net. NAMI-OC will continue to provide public education, advocacy and support in addition to collaborating with our community partners throughout the upcoming year. Thank you for being a part of NAMI-OC.

Lisa

P.S. If you haven’t done so already, please renew your NAMI-OC membership or become a member. Your support supports NAMI at local, state and national levels.

NAMI Orange County Board of Directors

President

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

Vice President

Barbara Nettles-Carlson,
942-1393, unikorn@bellsouth.net

Secretary

Jay Zaragoza, 732-7719, k1ywy@aol.com

Treasurer

Robert Weimer, 967-9741,
rfweimer@mindspring.com

Consumer Representative

Matthew Cox, 929-5336,
mcox87@nc.rr.com

Family-To-Family Class Coordinators

Gove and Barbara Elder,
967-5403, gbelder@bellsouth.net

Meetings Managers

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

Housing

Vacant

Membership

Lori Reynolds, 968-8073,
reynolds.lori@gmail.com

Member-At-Large

Gary Gaddy, 403-9520,
garygaddy@mindspring.com

Newsletter

Julia Trimmer, 933-1979,
julia.trimmer@gmail.com

Programs

Virginia Hill, 542-2726,
548-2175 (cell), vahill@duke.edu

Professional Representative

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

Publicity & Development

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

Calendar of Events

Saturday, December 8

Holiday potluck instead of NAMI-OC monthly meeting from 6:00 to 8:00 p.m. at Chapel Hill Institute for Cultural and Language Education (CHICLE), 101 East Weaver Street, Suite G1 (third floor above Weaver Street Market) in Carrboro.

Saturday, January 12

NAMI-OC monthly meeting at the Church of Reconciliation, 110 Elliot Rd., Chapel Hill. 9:30, Fellowship & refreshments in the Meeting Room or Sharing Time in the Lounge. 10:30, "Eating Disorders." For more information, contact Virginia Hill at 542-2726 or vahill@duke.edu.

Saturday, February 9

NAMI-OC monthly meeting at the Church of Reconciliation, 110 Elliot Rd., Chapel Hill. 9:30, Fellowship & refreshments in the Meeting Room or Sharing Time in the Lounge. 10:30, "Suicide Prevention." For more information, contact Virginia Hill at 542-2726 or vahill@duke.edu.

Thursday, February 21

The documentary, "Brushes with Life: Art, Artists and Mental Illness" by Phil Brubaker, will be shown, followed by a panel discussion, beginning at 7:30 p.m. at the Sunrise Church. Sunrise Church is located at 1315 New Hope Trace, Chapel Hill, off New Hope Church Road at Exit 263 Interstate 40. For more information, call Peter Kramer at 913-4055. For more about the Brushes with Life gallery, browse to <http://brusheswithlife.org>.

Monthly Support and Program Meetings

On the second Saturday of every month except July, August and December, we hold a monthly meeting 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.

Volunteer Spotlight: Barbara Elder

How long have you been involved with NAMI-OC and in what roles?

For about 15 years or as soon as we learned of this wonderful organization. Back then, it was even harder than it is today to get this kind of support. I've been a Family-to-Family Facilitator and Coordinator, and a member of the NAMI-OC Board.

Barbara, you're a very inspired person. What is your vision for NAMI - OC?

I would love to see more of our F2F graduates become involved in the NAMI program--the Saturday morning meetings, advocacy and outreach to their religious organizations and mental health professionals, NAMI walks, and so on. Over the years, so many of the participants have expressed gratitude for the help that they received from the

F2F program. Hopefully, they can find ways to share that gratitude with the larger community.

What is the most rewarding aspect of working with NAMI?

Seeing people "take deep breaths of life" again, giving hugs, sharing smiles and making a difference in our world having a better tomorrow.

What's your secret for staying so positive?

My faith in God and the wonderful human beings that I have met around the world. I think that you know that I spent over twenty years in Thailand. I keep a "porcelain" collection in my mind of real people throughout the world with whom I'm in love!

"Come to the holiday potluck and learn about CHICLE."

"I would love to see more of our F2F graduates become involved in the NAMI program--the Saturday morning meetings, advocacy and outreach to their religious organizations and mental health professionals, NAMI walks . . ."

Support groups, programs, classes and web resources can be good ways to start when seeking help.

Community Resources

Caring Family Network Treatment Group

New treatment group for consumers with bipolar disorder. The group focuses on understanding and managing the symptoms of bipolar illness, understanding medication management, learning and improving coping skills and maintaining a healthy lifestyle. Mutual support and sharing among members is an important part of the group's work.

Insurance is accepted, including Medicare and Medicaid and sliding scale fee will be available for consumers who are uninsured. The group meets on Wednesday evenings, 5:30 at the Northside Clinic, 412A Caldwell St. and will be led by Marilyn Ghezzi, LCSW. Interested consumers should call Marilyn at 913-4200 for information about the group and to schedule an assessment appointment.

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, page 4).

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 more 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).

Family Advocacy Network (FAN)

Individual and group support for parents and caregivers of children with emotional, behavioral or mental health challenges. Call Linda Boldin at 942-8083.

Peer Parent Program

Confidential support network for families of children with emotional, behavioral or mental health challenges. Call Linda Boldin at 942-8083.

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.

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,” including access to housing, meals, and a transitional employment program. 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 at www.mhaoc.com

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

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 (\$5.00) 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

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



An Affiliate of the National Alliance on Mental Illness
PO Box 4201, Chapel Hill NC 27515-4201
namiorange.org
Helpline: 919-929-7822

NON PROFIT ORG.
U S POSTAGE
PAID
Chapel Hill, NC
Permit No. 380



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