



Wake County's Voice on Mental Illness

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THE IRIS

Support, Education, Advocacy

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FROM THE PRESIDENT'S DESK

NAMI is proud to be "the nation's largest grassroots mental health organization . . ." Our education, support, and advocacy efforts spring from the ground up. Our national and state level organizations exist to support the work of the local affiliates and their members. My point? Without the efforts of individuals throughout the country, there would be no NAMI! We are grateful for the many hours of volunteer time over the last 20+ years that have brought us to this point. Now, NAMI Wake County needs YOU!!

On page 4, you will find a list of volunteer opportunities. Some are ongoing tasks which can be worked on throughout the year. Others are "projects" requiring a chunk of time monthly or yearly. There's an opportunity here that will fit your time and talents!! Please look over this list and make a commitment to help with the work of NAMI Wake in 2008. Contact Christine Olson, our volunteer coordinator, and let her know what you will do. Her contact info is OlsonChr@aol.com or 919-662-0764.

I look forward to working with you!

Kathy Smith

COALITION CANDIDATE FORUM FEBRUARY 25, 2008
8:00 A.M. TO 5:00 P.M.

THE COALITION IS HOSTING A CANDIDATE FORUM AT THE RBC CENTER IN RALEIGH. ALL MAJOR PARTY CANDIDATES FOR GOVERNOR AND LT. GOVERNOR ARE BEING INVITED TO ATTEND AND PARTICIPATE IN THIS FORUM. EACH CANDIDATE WILL BE OFFERED 30-45 MINUTES TO COME BEFORE THOSE ATTENDING THE FORUM AND ADDRESS VARIOUS ISSUES RELATING TO MENTAL HEALTH, DEVELOPMENTAL DISABILITIES, AND SUBSTANCE ABUSE. CANDIDATES WILL BE GIVEN TIME FOR A BRIEF STATEMENT, BE GIVEN FOUR QUESTIONS ON TOPICS WE SUGGEST THEY ADDRESS, AND WILL THEN HAVE SOME TIME FOR MODERATED AUDIENCE QUESTIONS. THIS IS NOT A DEBATE. CANDIDATES WILL EACH HAVE THEIR OWN TIME SLOT. PLEASE JOIN US TO HEAR AND BE HEARD DURING THIS IMPORTANT ELECTION YEAR. THIS EVENT IS FREE AND OPEN TO THE PUBLIC — REGISTRATION NOT NECESSARY.

THE COALITION CONSISTS OF INDIVIDUALS AND ORGANIZATIONS WORKING TOGETHER TO MEET THE NEEDS OF NORTH CAROLINIANS LIVING WITH MENTAL ILLNESS, DEVELOPMENTAL DISABILITIES, AND THE DISEASE OF ADDICTION.

SE Raleigh Community Forum Meeting

Topic

Adult Medicaid: Eligibility and Services

Speakers

***Rosemary Norris- McCluney,
Case Manager, Adult Medicaid***

***Linda Cutler, Lead Worker,
Adult Medicaid Application Team
Wake County Human Services***

***Tuesday, February 12, 2008,
7:00 PM***

***Richard B. Harrison Library
1313 New Bern Avenue***

SAVE THE DATE!

SATURDAY, MAY 17, 2008

**NAMIWALKS FOR
THE MIND OF AMERICA**

ON THE DOROTHEA DIX CAMPUS

RAISE AWARENESS!

RAISE FUNDS – FOR NAMI NC AND FOR NAMI WAKE!

VOLUNTEER NEWS

It's a new year and there will be lots of opportunities for you to get involved and make a difference. Here's what's coming up:

Newsletter Crew

Do you have time the first week of the month (usually Wednesday or Thursday)? That's when the Iris newsletter goes out and needs to be folded and labeled. It's an easy job but vital to our organization. We have been having a lot of fun getting together to do this. Join Us!!

CIT Coming in March

Our next CIT training class will be March 3-7. The classes are now being held at a new location on Chapanoke Rd. in Raleigh. For those of you who couldn't volunteer before because Cary was too far for you to travel, now is the time you can get involved.

We will need volunteers to help with refreshments, purchasing, putting the books together and taking pictures at graduation on Friday.

If you are interested in any of these volunteer opportunities, let me know.

**Christine Olson
NAMI-Wake Volunteer Coordinator
OlsonChr@aol.com
919-662-0764**

NAMI Wake County CIT Update

The eleventh CIT (Crisis Intervention Team) training class was held in December and we now have trained approximately 270 CIT officers in Wake County. The Wake County CIT coordinator, Chris Wassmuth, reported that this program saved the jail over \$0.5 million last year. In addition, we have helped spread the statewide CIT programs across the state with ongoing CIT programs in 9 of the 25 LMEs (36%), with another 2 LMEs in the starting-up phase. It is clear that there is widespread interest in training law enforcement so that they can more skillfully work with the mentally ill living in their communities. As reported by Judith Krall of Moore County in the recent issue of the NAMI NC newsletter, the faith community has joined in their CIT effort by purchasing the CIT pins that are given to the officers upon completion of the training.

The NAMI Wake website includes the dates and locations for the classes this year. (Click on calendar.) Note that all classes will now be held at 321 Chapanoke Road.

Submitted by Gerry Akland
NAMI Wake Coordinator

Wow! -- What an opportunity! Support Group Facilitator Training

March 28-30, 2008
Raleigh, NC

NAMI NC is going to conduct Support Group Facilitator Training in Raleigh on the weekend of March 28-30, 2008, at the Easter Seals / UCP office, just off of Lake Boone Trail Road in Raleigh.

Training is from 2 p.m. Friday to 12 Noon Sunday. At the end of the week-end, you will be certified by NAMI NC as a trained support group facilitator. The lead trainer will be Gordon Gogola of NAMI Wake.

Cost? One weekend
Pay? More than you can imagine!
Commitment? To conduct 2 meetings a month for a period of 2 years.

Contact Brenda Piper at (919) 788-0801 for additional information and to register.

CHECK IT OUT!
WWW.NCMENTALHEALTHVOTE.ORG

DEVELOPED BY THE NC PSYCHIATRIC ASSOCIATION, AND PARTNERING WITH NAMI NC AND NAMI WAKE, THE NCMENTAL-HEALTHVOTE.ORG IS A NONPARTISAN PROJECT, INTENDED TO RAISE AWARENESS OF THE ENORMOUS PROBLEMS FACING THE MENTAL HEALTH SYSTEM IN NORTH CAROLINA. THE GOAL OF THE WEBSITE IS TO HELP INFORM CANDIDATES AND VOTERS ON ISSUES CONCERNING NORTH CAROLINA'S MENTAL HEALTH SYSTEM, AND INCLUDES A CANDIDATES AND POSITIONS PAGE, WHEREBY EACH CANDIDATE FOR GOVERNOR HAS BEEN INVITED TO PROVIDE A STATEMENT ABOUT THEIR PLANS FOR NC'S MENTAL HEALTH SYSTEM. ALSO, CHECK OUT THE PAGES FOR "PROBLEMS" AND FOR "SOLUTIONS" – AND DON'T MISS THE BLOG!

NAMI Wake Volunteer Opportunities

Newsletter – monthly

- Crew to fold and label newsletter each month

CIT – weeks beginning March 3, June 2, Sept 8, and Dec 1

- Person to purchase refreshments
- Persons to serve and clean up refreshments
- Crew to assemble course materials
- Person to take pictures at graduation

NAMI Walks – May 17 (fundraiser for NAMI NC and NAMI Wake)

- Team captains and walkers
- Crew to put up Celebration of Courage flowers display as awareness tool
- Watch for other needs to be announced by NAMI NC

Celebration of Courage – date to be determined – fundraiser for NAMI Wake

- Committee to organize location, sponsors etc.
- Crew to help with set-up and breakdown
- People to staff the booth

Walk for Hope – Oct 12 – fundraiser for research into causes/cures for MI

- NAMI-Wake team leader
- People to walk on NAMI Wake team
- People to staff NAMI Wake booth

Advocacy

- Coordinator of advocacy efforts
- People who can write letters, go to meetings, etc.

Outreach

- Coordinator of outreach efforts
- People to deliver brochures to mental health professionals
- People to staff booths at health fairs, etc.
- People to assist the coordinator of the SE Raleigh Community Forum with planning and publicizing monthly meeting.
- People to distribute informational flyers about the purpose of the SE Raleigh Community Forum to doctor's offices, church leaders and other community organizations

Support Groups and Family2Family

- People willing to train and teach classes

Administrative and Financial

- Person to maintain membership data base
- Coordinator and crew for membership drive in early fall
- Person to send acknowledgements of donations

Are you familiar with NAMI's "Ask the Doctor" Conference Calls?

In the next children's issues conference call, Carol Kranowitz will address the topic "Sensory Processing Disorder." Ms. Kranowitz is author of *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*, and its sequel, *The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction*. She is also Editor-in-Chief of *S.I. Focus*, an international magazine that focuses on sensory integration/sensory processing. Carol received her M.A. in Education and Human Development from George Washington University. The call will take place from 11:00 a.m. to 12:30 p.m. on February 15.

The next adult issues conference call will begin at 11:00 a.m. on Friday, February 22 with Dr. Suzanne Vogel-Scibilia, former NAMI President. A clinical psychiatrist, Dr. Vogel-Scibilia operates an independent mental health clinic. She has had bipolar disorder since the age of fifteen.

To access these calls, dial 1-888-858-6021. The access number is 309918.

Reminders and Reminders:

North Carolina Legislation

New law: Equitable insurance coverage for mental illnesses ((SL2007-0268); provides health insurance coverage for treatment of 9 major mental illnesses (Bipolar Disorder, Major Depressive Disorder, Obsessive-Compulsive Disorder, Paranoid and other Psychotic Disorders, Schizoaffective, Post-Traumatic Stress Disorder, Anorexia Nervosa, Bulimia) that is similar to what is provided for other medical conditions

Congressional Legislation:

ADA Restoration Act of 2007 was introduced 7/07: Amends the Americans with Disabilities Act of 1990 to: (1) redefine "disability" as a physical or mental impairment, a record of a such impairment, or being regarded as having a such impairment; and (2) define additional terms, including "mental impairment" and "physical impairment."

Prohibits, in determining whether an individual has an impairment, considering the impact of any mitigating measures the individual may be using or whether any impairment manifestations are episodic, in remission, or latent. Considers actions taken because of an individual's use of a mitigating measure to be actions taken on the basis of a disability.

Requires that the Act's provisions be broadly construed.

This bill has been sitting in Committee since 10/07

New agency:

Disability Rights North Carolina: the state's new Protection and Advocacy agency, formerly the Governor's Advocacy Council for Persons with Disability. They now publish a newsletter, and their website is www.disabilityrightsnc.org.

This agency will offer representation of clients with disabilities; public education and training; technical assistance; and contracts with advocacy and service organizations.

Support Groups & Education Everyone is Welcome

FAMILY SUPPORT GROUPS

Garner United Methodist Church
Lori Darnell, 661-7285 or Gordon Gogola, 601-3996
loriptseminars@nc.rr.com
7-8:30 p.m. 1st and 3rd Mondays

Highland United Methodist Church.
Gordon Gogola, 601-3996 or Jeannie Harris, 850-0406
gogolags@hotmail.com or Jeanne Harris, 850-0406
7-8:30 p.m. 1st, 2nd and 3rd Mondays

Southern Regional Center Groups Fuquay-Varina
Cliff or Renee Normam, 557-0309, ncnormans@aol.com,
7-8:30 p.m., 3rd Tuesday

Bunn Family Support Group
Contact Yolanda Tant 496-7886.

CONSUMER SUPPORT GROUPS

Highland United Methodist Church
Cynthia Vester, cvester15@aol.com
7-8:30pm, 1st, 2nd, and 3rd Mondays

Southern Regional Center Groups Fuquay-Varina
Cliff or Renee Normam, 557-0309, ncnormans@aol.com
7-8 p.m. 3rd Thursday.

Les Girls Social

This is a social opportunity for consumers and family members.
Everyone is invited. Lunch is Dutch-treat.

Golden Corral, 6129 Glenwood Ave., Raleigh NC
12:15 p.m., 4th Saturday

SE Raleigh Community Forum and Education Meeting (and Learn more about NAMI)

(see page 2 for details)
2nd Tuesday, (February 12, 2008), 7:00 PM
Richard B. Harrison Library
1313 New Bern Avenue

Monthly Education Meeting

7:00 p.m., 4th Monday (February 25),
Highland United Methodist Church,
Education Wing, 3rd Floor
Speaker TBA by e-mail and on website (www.nami-wake.org)

From the Support Group Corner:

NAMI Wake will start a Family Support Group in Knightdale within the next 2 months. THE NAMI Wake Board of Directors is currently looking for a location for these meetings. Meetings will probably be on a night other than Monday nights and will be held twice per month. Support Group Facilitator training now taking place. For more information call Gordon Gogola (919)601-3996.

2008 Family Membership -- NAMI Wake County

2008 Family Membership -- NAMI Wake County

If your name and address are correct on the mailing label (on reverse), check here _____
-or- complete the form below. Number in household represented by membership _____

Name: _____

Membership \$35.00

Address: _____

Donation _____

City: _____ Zip: _____ - _____

Total \$ _____

NAMI Wake County is a qualified 501(c)(3) organization.
The total you send us is fully tax deductible to the extent of the law.

Phone: _____ - _____ - _____ E-mail: _____@_____

Please check this box if we may share your E-mail with NAMI NC: _____

We are all volunteers. Check here if you can give us a few hours: _____
We want every family to be members of NAMI. If you cannot afford our full membership fee,
please enter in Total above the amount you and your family can afford.

NAMI NC and National have asked for the following optional demographic information

Relation to consumer

Adult child of consumer

Consumer

Parent of adult

Parent of child under 18

M. H. Professional

Sibling

Spouse

Friend / Other _____

Ethnicity (Please check one):

African American

Asian

Hispanic

Native American

White

Other

WELCOME TO 2008!



Mental Health Parity Now a Reality

NAMI Wake County
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Raleigh, NC 27605-2562

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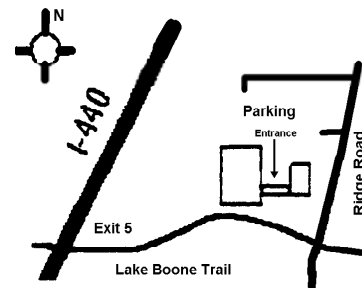
ADDRESS SERVICE REQUESTED



February 2008 Issue

An Affiliate of NAMI (the National Alliance on Mental Illness and NAMI North Carolina)

Directions to Highland United Methodist Church:
The facility is located at 1901 Ridge Road in west Raleigh, at the corner of Lake Boone Trail. Take the Lake Boone Trail exit east (toward Raleigh, away from Rex Hospital) and turn left at the traffic signal at the top of the hill. Parking is off Ridge Road behind the church. Walk toward the facility so that the gym/general purpose room is on your right. When you come to the connector between the church on your left and the education wing on your right, turn right; enter building and take elevator to the third floor.



If there is no 08 after your name on the address label, you are not a member for this year. Please consider joining NAMI Wake. A membership form is on page 7

