



# The Iris

*Support, Education, Advocacy*

Vol 26, No 4

April 2011

## Board of Directors

President	Gerry Akland
Past Co-Pres.	Ann Akland
Treasurer	Kathy Smith
Membership Sec.	Tom Hadley
Recording Sec.	Kathy Driver
At Large	Louise Jordan
At Large	Wendy Wenzel
At Large	Karen Gall
At Large	Bill Stanley
At Large	Chris Taylor
At Large	Mary O'Neal
At Large	Ann Oshel
At Large	Kent Goddard
At Large	Alan R. Sharett
At Large	Tanya Hill
At Large	Robert Bullock
At Large	Marc Jacques
ex. officio	Crystal Farrow

## Iris Editor & Webmaster

Ann Akland  
aakland@nami-wake.org

Submissions Welcome  
aakland@nc.rr.com

### NAMI Wake Contact Information:

**www.nami-wake.org**

**919-848-4490**

Wake County Human Services'

Access Center

919-250-3133

NAMI NC Helpline

1-800-451-9682; M-F 8:30am-5pm

The famous artist, VanGogh, understood his illness as "an illness like any other." He painted, *Irises*, while institutionalized. It has become a symbol of hope and courage for people with mental illnesses.

## *From the President's Desk*

*-- Gerry Akland, President*

Spring is definitely here. Birds are singing. Flowers are blooming. Even the sound of the lawn mower signals an end to a relatively cold winter.

Spring is also the time for a surge in NAMI Wake activities. The Board held a retreat in February to: (1) get to know each other better (there are three new board members); (2) learn more about NAMI-Wake and the issues we face; and, (3) develop an action plan for implementing the specific goals we have set for this year. (Refer to the *The Iris*, December 2010.) The meeting was very successful and it has brought new energy into several areas needing additional attention, including an effort to educate our members on legal aspects pertaining to areas such as applying for Social Security Disability and Guardianship. Related to this topic is an effort to develop and maintain a list of lawyers with whom our members have had positive experiences.

Also emerging from the Board retreat is an effort to set up a new NAMI Wake Outreach Team. The goal of this team is to explore ways to get our message out into the community. Contact Kathy Smith if you are interested in helping.

April is also the month that we have our Celebration of Courage event. This year our Iris display will be on the lawn of the Crabtree Marriott. From April 4-11, we expect hundreds of thousands of people will see our display and our NAMI signs. NAMI Wake volunteers will be on site everyday educating the public about mental health, recovery and NAMI. We'll also be selling the iris garden stakes and taking donations in honor or memory of courageous people with mental illness.

And, of course, there is NAMIWalks at the end of April (Saturday April 30th). It is our goal to have the most walkers and to be the affiliate that raises the most money. We will have a "party" following the walk, complete with food and opportunities to relax with others from our affiliate, as well as other affiliates across the state.

These are just SOME of the activities we have planned, so if Rita (NAMI Wake Volunteer Coordinator) calls and asks for your help, I hope you will be able to spare some time!

***Thanks to all our members, donors, and volunteers for all you do to support NAMI Wake and people living with mental illness and their families!***



## Depression Support Group Volunteer Facilitators Needed



### *support groups*

NAMI Wake is partnering with Wake County Human Services to establish support groups for people with mild and moderate depression. With the great recession, many people in our area are unemployed and struggling to make a living. Others are confronted with life situations that have triggered depression. We want to be there to support people as they share their personal journey with depression and share comfort, support and advice based on their own experiences.

Support groups are not the same as group counseling (psychotherapy), which involves group counseling with a psychologist or other mental health provider. These support groups will be led by trained volunteer facilitators rather than mental health professionals.

Healthy support groups offer a variety of benefits, from the emotional to the practical. Some benefits of support groups include:

- **Making connections.** Meeting others with depression may make you feel less alone or isolated. A safe and welcoming environment, filled with compassion and understanding, can also reduce any stigma you may feel over having depression or another mental disorder.
- **Improving your coping skills.** Support groups offer the chance to draw on collective experiences. Others who have “been there” may have tips or advice about coping with your condition that hasn’t occurred to you. Brainstorming with others may inspire even more ideas. For instance, swapping information about antidepressants can help you see how others handle side effects.
- **Getting motivated.** Support groups can encourage

you to seek professional treatment if you haven’t already. They may also encourage you to take a more active role in your treatment or stick to your treatment plan. And they may help you tap into community resources, such as housing or transportation assistance.

- **Finding hope.** Sharing experiences and making connections can make you feel better about life in general. Seeing others make strides against depression or another mental illness may give you hope about your own future.

**Location:** Our goal is to eventually establish 10 to 12 groups at different locations in Wake County. One of the first locations will be in or near the Wake County Human Services Building on Swinburne St in Raleigh. We also expect to have groups in or near the Wake County Regional Centers also, i.e. Fuquay Varina, Wake Forest, Zebulon, and Cary.

**Time:** Our goal is to offer some groups during the day and some in the evening to accommodate differing schedules.

We will need at least two facilitators for each of the groups.

We are looking for people who have good interpersonal skills; communications skills, conflict-resolution skills, and the ability to create and maintain a non-threatening environment. If you have these skills, NAMI Wake will ensure that you receive any training that you require.

You can make a major difference in someone’s life, and maybe your own, by facilitating one of these groups. If you are interested, please send your resume and a statement of interest to Ann Akland, [aakland@nc.rr.com](mailto:aakland@nc.rr.com) or Gerry Akland, [gakland@nc.rr.com](mailto:gakland@nc.rr.com) or call 919 266 0766.

Please share this with others in the community such as individuals in your civic club, business, church, synagogue or mosque who have the skills to be a good support group facilitator.

*Thank you!*

## How Faith Communities helped me recover\* from my Schizophrenia

All my life I had a faint feeling that something was wrong with me. When I was nearly eighteen years old I had a severe nervous break down. Two years later I was hospitalized. The pastor of my home church visited me at that time which was a great comfort to me. It was just his presence with me when I was very sick that was so significant. My pastor coming to see me in the 1960's in a psychiatric hospital was radical.

After being discharged from the hospital I met a legally blind man named Steve. Steve is one of the kindest people I've have ever known. Steve got me involved in another church, First Baptist Church, Raleigh. From the first of our relationship Steve knew about my mental health challenge. He has never reacted negatively to my mental illness. Years later, I was hospitalized again. I called my church and asked if someone would visit me. That

very afternoon two pastors came to see me. That meant a lot to me.

Even later, I began attending Sunday Night Live (SNL) at Fairmont United Methodist Church. The pastor, Steve Hickle, wears blue jeans. People dress very informally. Much of the music is gospel. Every Sunday the pastor preaches from one of the twelve steps of AA or NA. Preaching from those steps encourages people with mental illness to attend SNL. Pastor Steve is very involved in advocating for a better mental health system in our area.

The people in these three churches had great empathy and care for me. I definitely believe that being plugged into these three churches has helped me recover from my mental illness.

by Kent Goddard

*\*According to NAMI, with appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process.*

*•Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.*

*•Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.*

### *Thanks to Celebration of Courage Sponsors at the Ally Level*

(See Back Cover Page for other Sponsors)

Dorothy Clift, Raleigh  
Robin Allen, Raleigh  
Pat Palmer, Raleigh  
Emmett Haywood, Raleigh  
Louise Jordan, Raleigh  
Robert Jordan, Raleigh  
Josie Douglas, Knightdale  
Louise Taylor, Buies Creek  
Cynthia Wheeler, Raleigh

Rob Turner, Raleigh  
Lisa Turner, Raleigh  
Shepherd Electric, Raleigh  
Gregory Poole, Jr., Raleigh  
Gary & Una Evans, Cary  
Debra King, CASA, Raleigh  
Rep. Jennifer Weiss, Cary  
Indu Desai, Cary  
Adele Foschia, Raleigh

Sarah House, Knightdale  
Kathy Driver, Raleigh  
Crystal Farrow, Raleigh  
Soughtlight  
Tom and Susan Hadley, Raleigh  
Bill & Wilma Stanley, Raleigh  
Kay B. Rose, Raleigh  
Alice Goode, Raleigh

# NAMI Walks...

Time to send out those emails and letters to your friends, colleagues, & relatives!

Please send donations to  
 NAMI Walks  
 NAMI Wake County  
 PO Box 12562  
 Raleigh, NC 27605

**contact Kathy Driver**  
**kathydriver@nc.rr.com**  
**to find out how to set up**  
**your own personal or team**  
**web page and donate online.**



## WALK WITH US!

We know you appreciate all that NAMI Wake does to support you, your family and the mental health system, so please don't forget to

*Designate your team or personal walker donations to be split between NAMI NC and NAMI Wake!*

Walk Location: Dorothea Dix State Hospital Campus  
 Raleigh, NC

Date: Sat, April 30, 2010  
 Distance: 2 MI  
 Check-in: 9:00 am  
 Start Time: 10:00 am

**Fun for the Entire Family!**  
 Be sure to stop by the NAMI Wake County tent for our after-walk get together & free lunch!!

## Volunteers Unpacking Irises for Celebration of Courage



**Robert Bullock**



**Over 30 volunteers hard at work!!**

# Volunteers Needed

*Would you like to help NAMI make a difference  
in our community?*

*Here is a way you can help.*

## **Celebration of Courage**

### **Staff our tent, greet the public and sell the iris twirlers**

This event will run from April 4-11 at the Crabtree Marriott across from Crabtree Shopping Center. There are three possible shift times available daily and two on Sunday. Each shift will require two volunteers. This is a wonderful opportunity to spread awareness of mental illness. Email or call Rita Tolley to volunteer (see below).

**Watch as the flowers go up and help put some back together.** Some of the flowers came from the factory needing a little glue. Come help us stick them back together :). We'll be at the site beginning at noon on Saturday, April 2. Come on out and join the fun!

### **NEW NAMI Wake Outreach Team**

Please join us on Thursday, MAY 5 at 5:30 pm at Highland United Methodist Church for the first meeting of NAMI Wake's new Outreach Team. Bring your enthusiasm for what NAMI is and what NAMI does, your desire to reach people with the NAMI message, and your energy and drive to make this happen!! We don't want to be "the best kept secret in town". Perhaps we need a "speaker's bureau" to coordinate requests for speakers and those willing to speak. Maybe we can find someone to take on the task of keeping the libraries supplied with our brochures. We will brainstorm about needs and opportunities, prioritize, and get moving! For further

information, contact Kathy Smith at 363-6313 or [ksmith@nami-wake.org](mailto:ksmith@nami-wake.org)

### **Work for NAMI Wake from HOME**

#### **Data Entry**

From time to time we have a list of people to add to our mailing data base. We can provide an introduction to the program we use, and then some "hand holding" as you get started. You must have a computer and it works best if you have high speed Internet access, such as Time-Warner or AT&T.

Contact Tom Hadley, Membership Secretary, if you can help with either of these jobs.

(919) 604-5999, [thadley@nami-wake.org](mailto:thadley@nami-wake.org)

#### **Choices in Recovery Conference**

Need volunteers for registration desk & logistics. May 23, Email or call Rita Tolley to volunteer (see below)

#### **Newsletter Crew – Ongoing Each Month**

We get together once a month to help get the Iris prepared for mailing. We meet at Highland United Methodist Church to attach mailing labels and stickers. This is a great way to become involved and get to know other NAMI Volunteers. The date for mailing the Iris is usually the first Friday of each month.

If you are interested in helping, contact: Rita H. Tolley, NAMI-Wake Volunteer Coordinator, [Ritalolley123@nc.rr.com](mailto:Ritalolley123@nc.rr.com), 919/215-0401 (Cell) 919/420-0329 (Home)

## **Les Girls Social**

**April 29 12:00 noon**

**Golden Corral, 6129 Glenwood Ave.**

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

## **Peer to Peer Classes Starting**

**Call Marc Jacques for information**

**919-803-5013**

**Monthly Education Meeting**  
 Highland United Methodist Church  
 Rm. 202, 1901 Ridge Rd., Raleigh  
**No Meeting in April**  
**We'll see you again on**  
**May 23, 7-8:30pm**

**SE Raleigh Community Forum**  
 Richard B Harrison Library  
 1313 New Bern Ave., Raleigh  
 Tuesday, April 12  
 Topic: **WCHS Drop In Center**

**FAMILY SUPPORT GROUPS**  
 (Family & friends of people with mental illnesses)  
 Rooms 202 & 204

**NAMI Connections Groups\***  
 (People with mental illnesses), Room 206  
**Highland United Methodist Church**  
 1901 Ridge Rd, Raleigh, NC

**All Support groups meet from 7-8:30 p.m. on the first three Mondays of each month.** For more information about support groups, contact:

- Gordon Gogola (gogolags@hotmail.com), phone 601-3996
- Jeanne Harris, phone 850-0406

**Support for Families of Children & Adolescents**

Are you a family member or caregiver for a child under the age of 18? If so, NAMI Wake will be starting a new class soon in which you might be interested. In addition, there are monthly support group meetings. Contacts: Heidi Cranford heidi3623@nc.rr.com Chary Sundstrom chary@nc.rr.com

**Free Lunch & Education Program Choices in Recovery**

May 23, Highland United Methodist Church  
 1901 Ridge Rd, Raleigh, NC

**Michael Fuller, MD**  
**University of Texas Medical Branch**  
**To register, email aakland@nc.rr.com**

UNC School of Medicine **STEP Research Clinic *Opens in Raleigh***

Move Forward with Your Recovery. Our multidisciplinary staff is prepared to treat the full spectrum and course of your schizophrenia, bipolar disorder, depression, or other serious mental illness, from onset to active stages and on into recovery.

At STEP, you will learn about your condition and your symptoms, receive help managing medications, and come up with personal coping strategies. You will also find out about other community programs that can help you move forward with your recovery.

Clozapine Management. If other antipsychotics have not been successful in treating your mental illness, clozapine is a medication that may provide the relief you need. However, using this medication may also have serious side effects. At STEP,

you will receive the high level of care and monitoring you need to make sure clozapine is a safe and effective treatment for your illness.

Here for You. Based in Central Regional Hospital's North Carolina Psychiatric Research Center (NCPRC), formerly known as the Clinical Research Unit, STEP Research Clinic services are open to residents of Wake County and the surrounding area who are at any stage of coping with schizophrenia or a related condition. Additionally, all patients who attend our clinics are given the opportunity to participate in innovative treatment studies being conducted at the NCPRC.

Find Out More. If you would like information about our services, call 919.733.5227 or visit unccmh.org.

## Join NAMI for 2011!

### 2011 Family Membership Form -- NAMI Wake County

If your name and address are correct on the mailing label (on reverse), check here \_\_\_\_\_

OR you can complete the form below.

Number in household represented by membership \_\_\_\_\_

Name: \_\_\_\_\_ Membership \$35.00

Address: \_\_\_\_\_ Donation \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ - \_\_\_\_\_ Total \$ \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

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.

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

We are all volunteers. Check here if you would like to volunteer \_\_\_\_\_

#### Relationship to Consumer

- Adult child of person with MI diagnosis
- Person with a MI diagnosis
- Parent of adult with MI diagnosis
- Parent of child under 18 with MI diagnosis
- Mental Health Professional
- Sibling of person with MI diagnosis \_\_\_\_\_
- Spouse of person with MI diagnosis Ethnicity \_\_\_\_\_
- Friend  Person with MI diagnosis is a Veteran

#### Race (Please check all that apply)

- American Indian or Alaska Native
- Asian American
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White or Caucasian
- Other \_\_\_\_\_
- Hispanic or Latino  Not

### Volunteers Needed for a Research Study at UNC

EARN UP TO \$125.00

If you:

- . Have a diagnosis of Schizophrenia disorder
- . Are between the ages of 18 and 60

You may be eligible to participate in a study looking at social cognition in individuals with Schizophrenia.

Participants can earn up to \$125 by completing three assessments that involve interviews about psychiatric history and symptoms, tasks that assess attention, memory, behavior, and social cognition (such as the ability to identify other people's emotions).

Assessments last about 3 hours each.  
Participants will be paid \$15.00/hour for their participation and reimbursed \$5/per visit for travel

Please contact Betty Rupp for more information at  
**919-843-5262** or **brupp@email.unc.edu**

### Research Volunteers Needed for UNC Study!

**YOU WILL RECEIVE FREE THERAPY AND UP TO \$85 FOR YOUR TIME**

If you:

- . Have a diagnosis of schizophrenia or schizoaffective disorder
- . Are 18 or older
- . Are not currently substance dependent
- . Currently experience Auditory Hallucinations (Hear Voices)

Then you may be eligible to participate in a new research study entitled "Computer-Based CBT for Schizophrenia." Participants will receive 8-12 weekly sessions of a self-guided computer-based Cognitive Behavioral Therapy program that is aimed at reducing some of the distressing symptoms that are associated with schizophrenia spectrum disorders. We hope to learn whether or not this program is easy to use, safe, fun, and helpful in managing some of these symptoms.

Participants will complete 2 interviews over the course of the study. Each interview will take approximately 1.5 to 3 hours. Participants will receive \$25 for the first interview and \$30 for each additional one.

Please contact Katy Harper for more information at **919-843-5262** or **kharper@unc.edu**

NAMI Wake County  
P.O. Box 12562  
Raleigh, NC 27605-2562

Nonprofit Organization  
U.S. Postage  
PAID  
Raleigh, NC  
Permit No. 1533



April 2011

## Sponsors - Sixth Annual Celebration of Courage

### *Leaders*



**Holly Hill  
Hospital**



### *Advocates*

Akland Residential  
Properties



ALLEN LAW OFFICES, PLLC