



# The Iris

*Support, Education, Advocacy*

Vol 26, No 3

March 2011

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## *From the President's Desk*

*-- Gerry Akland, President*

## **January 2011 Wait Times for a State Psychiatric Hospital Bed in the Central Region**

We have looked at the wait time in emergency departments for those who are unable to be placed in a hospital with an available psychiatric bed. Our most recent report, State Psychiatric Hospital Admission Delays in North Carolina: Update for July-September 2010 (available on our website: [www.nami-wake.org](http://www.nami-wake.org)) reveals that more people are waiting and they are waiting for an average of 2.8 days. A significant number of those in critical need of crisis care are experiencing extreme delays over 7 days. The most extreme problems are in the central portion of the state, with the largest number of people waiting in Wake County hospitals.

The Wake County LME has successfully obtained hospital delay data for the Central Region directly from the Central Regional Hospital (CRH) for January 2011. According to the data, 296 patients referred to CRH in January were placed on delay status due to lack of beds. The average wait time reported by CRH was 2.33 days. The worst extreme waits, 6 days and over, were experienced by 8 patients, although there were 9 patients still waiting for beds at the end of the month who may have experienced waits of over 6 days once beds were found for them. Once again, Wake County had the greatest number delayed, 92 (31.1% of the total), followed by CenterPoint, 54 (18.2%), Sandhills, 47 (15.9%) and Durham, 35 (11.8%). For Wake County, 45 patients (49%) came from emergency rooms/departments, 19 were from Holly Hill (21%), and 28 were from Wake County Crisis and Assessment Services (30%). An important statistic to remember is that approximately 50% of the total number of Wake County patients seeking admission to CRH do not come from emergency rooms/departments.

### **Iris Editor & Webmaster**

Ann Akland  
[aakland@nami-wake.org](mailto:aakland@nami-wake.org)

Submissions Welcome  
[aakland@nc.rr.com](mailto:aakland@nc.rr.com)

**NAMI Wake Contact Information:**

**[www.nami-wake.org](http://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, *Iris*, while institutionalized. It has become a symbol of hope and courage for people with mental illnesses.



Admission Delays - Continued from Page 1

It is possible to compare these January data with the January data for 2010. Such a comparison takes into account seasonal variations in admissions that have been noted previously. In 2010, there were 304 patients on delay status for the Central Region. There were 296 patients placed on delay status in January 2011, a decrease of 8 patients. A reduction of any sort is welcomed news, but at what cost? During the 12 month span, an additional \$10M was spent on community hospital psychiatric beds. These data do not support the conclusion of the cost-effectiveness to address all the continuing demand for state psychiatric hospital beds.

Why is it important to point out that 50% of those who were on delay status did not come from ERs? It is important because the NC Department of Health and Human Services conducted a one month survey in November 2010 of hospital emergency departments across the state. About 2/3 of the hospitals responded (78 of the 114), which the State assumed was representative, which takes a great deal of faith to believe. The survey did not address those with mental health problems who presented at CAS, for example, nor who were at inpatient or medical units in the hospitals that reported. So any conclusions do not reflect what happens to those patients. Another interesting statistic they reported was that 22.8% (1959 admissions) were readmitted to the ED within 30 days. The 23% is over 3 times the average (7%) for readmissions to the state psychiatric hospitals according to the most recent LME progress indicator reports. This report was sent to the Legislature, and it champions all the wonderful treatment provided to the 135 thousand people with behavioral health crises during the month. It distorts the truth about the portion who did not receive the care needed and really had to wait for help, and representativeness of the survey.

You may ask why does this matter, especially during a time when we need to be concerned about all the underfunded and important aspects needed to provide the best and equal opportunity for all those living in Wake County to recover to their fullest potential while living with mental illness. My response is that some people in crisis need to be treated in a facility built and staffed to meet their needs. Without this level of care, they can not get their life back, nor can they live in the community. Do we ignore them, focusing instead on those that can be cared for in the community? DHHS has recently decided to set up a committee to study this problem. To me this suggests that maybe now they get it and want to try to find solutions to the problem. Maybe reopening Dix may be one of their creative, visionary solutions?

Gerry Akland

## A Good Laugh is A Good Thing!

One thing we all have in common is enjoying a good laugh. Laughing is contagious and good for us. Sometimes we take life too seriously. We go through our day-to-day activities and forget to giggle. Did you know that children laugh over 300 times a day. Laughter binds people together and increases happiness. Laughter boosts the immune system, increases energy, decreases pain, and protects us from stress. A good laugh will relax the muscles for almost an hour. It boosts the immune system by decreasing the stress hormones and increasing the infection-fighting antibodies. Laughter signals a release of endorphins that make us feel good. It also helps the heart by increasing blood flow, We need a humor booster shot and to learn from children around us. Smiling like laughter is contagious. When you hear laughter, move toward it. Most times the group will want to share the giggles. Bring humor into a conversation. Share a joke or funny picture. Watch a funny movie. Read cartoons and post them in the office. Find ways

to laugh at yourself. Spend time with a friend who makes you laugh. Practice laughing a good belly laugh. It may feel forced at first, but its so good for us, Learn silly knock knock jokes. Place a funny screen saver on your computer. Keep a joke file. The list is endless of the things you can do today to add humor and laughter to your life. It will lift you up and lighten the load to get a new perspective on things. Giggle! Laugh! He-Haw! Howl and crack up! Try it! You just may like how it feels!

Robert Bullock Wake NAMI Board Member

Volunteers make a difference every day!  
If you can smile you qualify to volunteer.  
We can always use volunteers. Learn how  
you can help! See page 5

# “*Mental Illness as a Spiritual Journey: Creating Caring Communities*”

-Sponsored by-

## Faith Connections on Mental Illness



**Friday, April 1, 2011**

8:30 a.m. to 4:00 p.m.

**St. Thomas More**

940 Carmichael Street ♦ Chapel Hill, NC 27514



*Keynote Speaker*

**Rev. Susan Gregg-Schroeder**

Noted author, lecturer, and founder of California-based Mental Health Ministries; 2003 recipient of NAMI California's prestigious *Clergyperson of the Year Award*.

*Also, featuring Gary Duncan, PhD, noted UNC researcher investigating behavioral and neurochemical studies in an effort to find new approaches to treat schizophrenia.*

### **Three Breakout Sessions...**

1. **Putting a Face on Mental Illness**—*panelists:* Dr. Christine Jernigan, Kathleen Keating with Dr. David R. Cox, Moderator
2. **Two Churches Tell Their Stories**—*panelists:* Binkley Brainstormers (Beth Welton); and Union Baptist (Dr. Tonya Armstrong); with Rev. Donna Banks, Moderator
3. **What Does Social Justice Look Like for Those With a Brain Disorder?** - *panelists:* Rev. Steve Hickie of Fairmont UMC; Deby Dihoff, Executive Director of NAMI-NC; Rep. Verla Insko, NC House District 56; with Rev. Dale Osborne from Binkley Baptist, Moderator

*Join other conference participants to gain a better understanding of mental illness, learn how to develop spiritual resources within the faith community and acquire skills to effectively and compassionately engage people living with mental illness and their family members.*

Cost is **\$15** per person for registration by March 12th; **\$25** after deadline.

Professional credits (5 CEUs) are optional for an additional \$20 via Wake AHEC.

*For more information or to register online, visit*

**www.wakeahec.org** -or- call **Jacqueline Carter at 919.350-0461**



*Faith Connections on Mental Illness information is available online at*

**www.faithconnectionsmentalillness.org**

## NAMI Walks...Time to Start Raising Funds!

Please send donations to

NAMI Walks  
 NAMI Wake County  
 PO Box 12562  
 Raleigh, NC 27605

or contact Kathy Driver  
 kathydriver@nc.rr.com  
 or  
 Kelly Hill  
 kbear34@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

### New Incentive

NAMI North Carolina will be rewarding ALL Team Captains that lead their teams to raise \$1,000 or more ONLINE in support of the 2011 NAMIWalk by giving them a fully-transferable voucher good for a 3 DAY, 2 NIGHT VACATION GET-AWAY at any one of the following locations:

- Orlando
- Ft. Lauderdale
- Williamsburg
- Daytona Beach
- Massanutten
- Atlantic City
- Cape Cod
- Hilton Head
- Lake Tahoe
- Sedona
- Branson
- Las Vegas
- Puerto Vallarta
- Big Island of Hawaii

This voucher is good for a year from date of issue with a value of up to \$400 and pays for the hotel (with complementary breakfast) at a destination of the winner's choice.

### SAVE The Date! FREE Educational Event

Lunch Included! May 23, 2011, 12:00 - 1:30

Michael Fuller, MD, University of Texas Medical Research Branch, Galveston,

Symptom Management  
 Working with the treatment team  
 Setting realistic goals  
 Communicating with your treatment team

Highland United Methodist Church  
 1901 Ridge Rd, Raleigh  
 Sponsored by NAMI Wake &  
 Janssen Pharmaceuticals

# Volunteers Needed

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

**Here is a way you can help.**

## **Celebration of Courage**

We need your help unpacking new Iris twirlers for the Celebration of Courage Event. Location is home of Ann & Gerry Akland, 1112 Old Ferrell Rd., Knightdale, NC. Date: March 19, 10am. Come and help as long as you can. Light lunch will be served. Email [aakland@nc.rr.com](mailto:aakland@nc.rr.com) or call 266 0766 for more information and to sign up.

Volunteers are needed to staff our tent and to greet the public and sell the iris twirlers. Training will be provided prior to the event which runs from April 4 - 11 at the Crabtree Marriott across from Crabtree Shopping Center. This is a lot of fun and a great opportunity to spread awareness of mental illness. Email or call Rita Tolley to volunteer (see below).

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

### **Telephone**

We need someone to phone people who have email addresses that no longer work. Simply ask for their current email, and ask them to send an email to NAMI Wake so we can put them back on our email list.

### **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)

## **Dialectical Behavior Therapy Conference**

Need volunteers for registration desk & logistics. April 2, Email or call Rita Tolley to volunteer (see below)

## **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**

Do you have a few hours to spare to help get the Iris ready to mail out? It's an easy job but vital to our organization. We have a lot of fun – come join us!! We get together at Highland United Methodist Church to attach mailing labels and stickers. The date for the mailing crew is usually the first Friday of each month.

If you are interested in helping, let me know.

Rita H. Tolley

NAMI-Wake Volunteer Coordinator

[Ritalolley123@nc.rr.com](mailto:Ritalolley123@nc.rr.com)

919/215-0401 (Cell)

919/420-0329 (Home)

**Monthly Education Meeting**  
 Highland United Methodist Church  
 Rm. 202, 1901 Ridge Rd., Raleigh  
**March 27, 7-8:30pm**

**TOPIC: Bipolar Disorder  
 followed by "Ask the Doctor"**

Speaker will be a Psychiatrist. When confirmed, the speaker's name and biography will be announced in our NAMI Wake news email and on the website, [www.nami-wake.org](http://www.nami-wake.org).

For more information contact Ann Akland, [aakland@nc.rr.com](mailto:aakland@nc.rr.com) or call 848-4490.

**SE Raleigh  
 Community Forum is Back!**

Richard B Harrison Library  
 1313 New Bern Avenue, Raleigh, NC  
 Tuesday, March 8, 6:30-8pm

**Jerome Brown, Unit Admissions Director for  
 Forensic Services, Central Regional Hospi-  
 tal at Butner**

**Topic: Update on Forensic Services: What  
 has changed with the move from Dix to Cen-  
 tral Regional Hospital**

Contact: Elaine Peebles-Brown  
 833-0160

**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 infor-  
 mation about support groups, contact:**

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

**FAMILY to FAMILY  
 Education Classes**

(Family & friends of people with mental illnesses)

Classes for caregivers are in progress. Class members are inspired to do more advocacy and have been writing to newspapers, talking to friends and clubs, and communicating in meaningful conversations to their consumers. If you have been inspired during classes and would like to become a teacher, opportunities are coming this spring. The teacher preparation class generally takes place from midafternoon Friday until midafternoon Sunday. Call Susan Hadley 787-5999 for more information.

We wish to thank those who have made donations or applied at the place of work for matching grants. Teachers have never been more appreciative of students who are willing to make contributions of time, talent, and treasure. Teachers want you to know your advocacy and more peace of mind is their reward for those classes. Thank you!

Susan Hadley, F2F Coordinator, 787-5999

# Time to 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  
 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

## Integrating Medical and Psychiatric Care for Persons with Schizophrenia *18th Annual STEP Symposium*

Saturday, March 26, 2011  
 8:00 a.m.—1:00 p.m.  
 The William and Ida Friday Center  
 100 Friday Center Drive  
 Chapel Hill, NC  
 Please Register by March 18, 2011

There is a \$25 registration fee. Additional fees required for CME and CEU certification and lunch. Scholarships available for registration fees only. Contact Janice Linn 919.966.8990 • e-mail [jlinn@med.unc.edu](mailto:jlinn@med.unc.edu)

### Les Girls Social

#### NEXT MEETING

**March. 26 11:00am**

**Golden Corral, 6129 Glenwood Ave.**

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

### 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](mailto:heidi3623@nc.rr.com)  
 Chary Sundstrom [chary@nc.rr.com](mailto:chary@nc.rr.com)

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

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ADDRESS SERVICE REQUESTED



March 2011

## 7th Annual National Institutes of Mental Health Conference

# Dialectical Behavior Therapy: State of the Art and Science

**April 2, 2011 - Live video Stream to Raleigh, NC from Seattle, Washington**

**Conference Location: Wake County Commons Bldg., 4011 Carya Drive Raleigh, NC 27610**

The morning program of the conference on April 2nd will be live streamed on the NEA-BPD web site. The four hour live event (11:00 am - 3:00 pm Eastern Time) will include three hours of Dr. Marsha Linehan's Key Note. Dr. Linehan is a Professor of Psychology, Adjunct Professor of Psychiatry and Behavioral Sciences at the University of Washington. **Linehan is the developer of Dialectical Behavior Therapy (DBT), a type of psychotherapy that combines behavioral science with concepts of acceptance and mindfulness, derived from eastern and western contemplative practices.**

This session is appropriate for researchers, clinicians, family members, and consumers.

Registration is \$35 which includes a certificate of completion of 4 contact hours, light lunch, and snacks. Advance registration is required by Monday, March 21. For more information and to register, go to [www.nami-wake.org](http://www.nami-wake.org). For more information, contact Ann Akland, [aakland@nami-wake.org](mailto:aakland@nami-wake.org) or 919 266 0766.