



Wake County's Voice on Mental Illness

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THE IRIS

Support, Education, Advocacy

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FROM KATHY SMITH, THE PRESIDENT

"As I See It"

NAMI WAKE COUNTY IS STRONG AND GROWING STRONGER! WE ARE JUSTIFIABLY PROUD OF OUR ACCOMPLISHMENTS OVER THE PAST TWENTY YEARS. IT TOOK MANY HOURS OF HARD WORK AND DEVOTION FROM LOTS AND LOTS OF PEOPLE TO GET TO THIS POINT, AND WE ARE GRATEFUL. WE LOOK FORWARD TO ANOTHER YEAR OF EXPANSION IN OUR EFFORTS TO PROVIDE SUPPORT, EDUCATION, AND ADVOCACY FOR PERSONS WITH MENTAL ILLNESS AND THEIR FAMILIES AND FRIENDS.

YOUR 2008 BOARD IS READY TO GO. AT THE NOVEMBER GENERAL MEETING, WE ASKED FOR YOUR INPUT ABOUT PRIORITIES FOR 2008. MANY OF YOU RESPONDED, AND MOST OF THE CONCERNS EXPRESSED HAD TO DO WITH LACK OF SERVICES AND/OR DIFFICULTY ACCESSING SERVICES. ON SATURDAY, JANUARY 12, THE NAMI WAKE BOARD WILL MEET FOR A PLANNING SESSION FROM 9 A.M. TO 12 NOON (LOCATION TBA). ONE OF THE ITEMS ON OUR AGENDA WILL BE TO TAKE A LONG HARD WORK AT THESE ADVOCACY ISSUES, AND TRY TO DETERMINE HOW WE CAN HELP.

BUT – THERE'S ALWAYS A 'BUT', ISN'T THERE? – "WE" MEANS ME AND YOU!
NAMI WAKE IS A GRASSROOTS VOLUNTEER ORGANIZATION.
NAMI WAKE NEEDS YOUR HELP!

THINK ABOUT IT. WHO WROTE THE ARTICLES IN THIS NEWSLETTER? WHO FORMATTED THE NEWSLETTER? EDITED IT? SAW TO THE PRINTING, THE FOLDING AND LABELING, THE MAILING? WHO MAINTAINS THE MAILING LIST, WHICH HAS GROWN TO OVER 1200 NAMES? AND CONSIDER THAT THE NEWSLETTER IS JUST ONE SMALL PART OF WHAT GOES ON IN NAMI WAKE EACH MONTH. SUPPORT, EDUCATION, AND ADVOCACY DON'T JUST HAPPEN. NO SINGLE PERSON, NOT EVEN A BOARD OF 12, CAN GET ALL THE WORK DONE.

ARE YOU READY TO SIGN ON? WONDERING WHAT YOU CAN DO? COME TO THE REGULARLY SCHEDULED EDUCATION MEETING ON MONDAY, JANUARY 28 AT 7:00 P.M. YOU WILL HAVE AN OPPORTUNITY TO GET A BETTER UNDERSTANDING OF THE INNER WORKINGS OF NAMI WAKE, AND HOW YOU CAN CONTRIBUTE. YOU CAN SIGN UP TO HELP WITH A ONE-TIME SPECIAL EVENT, TAKE ON A TASK THAT REQUIRES JUST A FEW HOURS PER MONTH, OR EVEN CONSIDER SERVING AS AN AT-LARGE BOARD MEMBER.

NOT THE RIGHT TIME FOR YOU TO BE VOLUNTEERING? THAT'S OK. PLEASE JOIN US ANYWAY. LEARN MORE ABOUT US, AND ALLOW US TO GET TO KNOW YOU, TOO!

I LOOK FORWARD TO SEEING YOU THERE!



NAMI Community Forum

EDUCATION MEETING

Mental Health and Substance Abuse Issues
Among the Homeless: Accessing Care

James K. Hartye, MD
Horizon Health Care for the Homeless

Tuesday, January 08, 2008, 7:00 PM
Richard B. Harrison Library
1313 New Bern Avenue

Share announcement with others!

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State CFAC Meeting Notes

The State CFAC (Consumer and Family Advisory Council) meeting was held on December 10, 2007. Kent Goddard, NAMI-Wake Vice President, and member of the Wake CFAC, attended this meeting.

The State CFAC earlier received a finalized version of the 2007-2010 Consumer Friendly Strategic Plan which, will be posted on the Division web site. Copies of the plan were also suggested for distribution to churches, libraries, community organizations, local law enforcement agencies and providers' offices.

With the assistance of the NC Council on Community Programs, a survey of LME Directors was conducted, focusing on individuals who are receiving services and/or are under guardianship. Issues of accountability, education, and communication were identified. State CFAC members concluded there is a need for a sub-committee to research policies and procedures and then develop a white paper on these matters..

A complaint—such as moving an individual without proper notification of a guardian, or financial concerns—was defined as an expression of concern

in writing or orally regarding rights, services or administrative issues that the complainant perceives as a problem. Advocates can refer a complainant to Legal Aid and/or to the new Disability Rights North Carolina organization.

This State CFAC meeting seemed largely bogged down in bureaucracy and regulations that do not directly affect the consumer. Programs such as ACT Teams, peer counseling and consumer-driven programs were not mentioned during this meeting.

Submitted by Kent Goddard,
NAMI Wake Vice President
Wake CFAC Member

VOLUNTEER NEWS

Volunteer Kick-off

January 28!!
7:00 p.m.

Highland Methodist Church

As part of our first Education meeting of the year, we will be having a Volunteer Kick-off. Come and see what we will be doing this year, and sign up for the things you are interested in.

If you have wanted to get more involved in volunteering, this is for you.

Hope to see all of you there!

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

Consumer News

STIGMA and How To Deal With It*

By Christina Bruni

Have you encountered stigma, either outright or subtle?

Robin: After I first moved to New Jersey, the Trenton Times interviewed me and ran a story about me. After the neighbors learned of my mental illness, they kept their children away from me.

Mattie: When I was first diagnosed, I was shunned by family and friends. They perceived it as insanity, not a medical condition. As the first person in my family with a diagnosis, I had to educate my family about mental illness.

Tom: I've lost many friends. Some of my relatives were afraid to be in the same room with me. I've tasted it in jail, on the street, and in normal life. The worst stigma is in your own head—it's hard to admit to oneself, "You suffer from a mental illness". I just want to be treated like everyone else, to fit in.

Were any of you denied housing or jobs or any other opportunity because of stigma?

Tom: One time when I was working at a supermarket, I started having hallucinations about food and needed a couple of days off. I told the HR Director about my disability and was immediately let go.

Mattie: I wanted to give testimony at my church's Sunday School but wondered, "How will I be accepted if I mention my mental illness?" I chose not to share it.

Should we care if someone uses words like "crazy" or "loony?" What about the word "schizophrenic?"

Robin: If you have a mental illness, the public isn't going to be fooled by changing the name from "schizophrenia" to, say, "superstar".

Mattie: A rose by any other name smells as sweet ... except when it comes to mental illness. You can call me anything you want, including the n-word, and it doesn't affect me, but when call me crazy or insane it does something to my psyche. I didn't ask for this, and it's not my fault.

Tom: I don't think people realize--even just in conversation, between two people-- how some derogatory terms will come up, whether it's "crazy," "loony-tunes," "out to lunch" or "not all there," and it is cutting, it is hurtful.

On in in five people is estimated to have mental illness. This is an issue that's on everyone's front porch. How can we get attention and respect? In order to be heard, we have to demonstrate to the general public how widespread it is—and not just a special interest group. As such, we would not get full resolution of our problems because there simply is not enough money to go around.

Robin: Exactly. We have to get everyone in America talking. If the public becomes educated, and understands the problem, stand up and start making demands, you can bet every elected official whose ears are to the ground will have to respond. We need to keep supporting our lobbying organizations like NAMI.

Panel discussion summarized by Christina Bruni, Schizophrenia Digest, Fall Issue, pp. 44-46. See also www.christinabruni.com

--Submitted by Kent Goddard

Advocacy and Customer Service, a part of DMHDDSAS

The NC Division of Mental Health, Developmental Disabilities and Substance Abuse Service has an Section called Advocacy and Customer Service. The following information is from their pamphlet, *Advocacy and Customer Service, People Working Together*:

"What is Advocacy and Customer Service? This Section was "created to ensure that people with disabilities are adequately represented in all levels of the community and State reform efforts. We are here to ensure that the rights of our clients are protected whether they are being served in a state facility or community based program. We are focused on developing, maintaining and advancing relationships with consumer, family, and advocacy organizations.

We are your voice...You will be heard."

There are three teams providing service within the Advocacy and Customer Service Section:

- 1. Customer Service and Community Rights Team (919)-715-3197; TTY (919)-715-1968 Spanish 1-800-662-7030; TTY (Spanish) 1-877-452-2514**
- 2. Consumer Empowerment Team, to support the work of CFACs.**
- 3. State Facilities Advocates Team—a voice for clients within state operated facilities. For example, to reach an advocate at Dorothea Dix Hospital, dial (919)-733-8410.**

Excerpts from Around the State

Excerpted from [NC Policy Watch](http://www.ncpolicywatch.com) by Chris Fitzsimon 12/13/07, www.ncpolicywatch.com

It is good news that Governor Mike Easley is talking about mental health reform and wants to address some of the problems in 2008. One of the most troubling parts of the 2001 reform efforts has been the perception by families inside the system that Easley hasn't viewed mental health as much of a priority, only mentioning it when asked a question by reporter covering a scandal or new report of problems.

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But Easley is the Governor and the folks running the mental health system work for him. The fact that people in local communities are not getting the services they need is his problem. So are hospitals that are so dangerous and poorly managed that the federal government cuts off funding.

When people are discharged from hospitals to homeless shelters, it is his responsibility to address it. When the system requires local mental health officials to appear more loyal to the free market than the patients they are supposed to serve, Easley needs to step in.

A CEO doesn't respond to problems with one factory by simply blaming the folks who run the factory. He or she fixes the problem. If Easley doesn't believe the General Assembly is doing enough for mental health, then he should publicly demand they do more and use all the powers of his office to make it happen.

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Last session, Easley's budget only requested \$3.5 million in new mental health spending. That only reinforced the impression that the problems in the system are not high on his priority list.

There's plenty to fix. And maybe he's right in his comments about the confusing lines of authority between local agencies and the Department of Health and Human Services. But there is no confusion about one line of authority, the ultimate responsibility for what happens to people with mental illness in state hospitals and local communities. That line leads directly to the Governor, whether he wants to acknowledge it or not.

Maybe Easley will spend his last year in office trying to do more for the thousands of families floundering in the complicated maze that is the mental health system.

Additional Legislative Language Regarding Dix/Umstead Hospital Closings:

There is an addendum to the Appropriations Act (about distribution of budget funds) that affects decisions about the closing of Dix/Umstead hospitals. Per Section 10.49(t) of Session Law 2007-323(HB 1473) . Pertinent aspects of this addendum are the following:

- (3) The [two hospitals should not be closed until] Central Regional Hospital is operational and patient transfers from Dorothea Dix Hospital and John Umstead Hospital have been completed.
- (4) Notwithstanding any other provision of law, the Secretary shall not close a State facility if there are not adequate replacement services available prior to the date of closure.

Which ties right into this late breaking news (excerpted):

Dix to remain open 2 months longer

By Michael Biesecker and Lynn Bonner, Staff Writers
News and Observer, 1/3/08

Dempsey Benton, Secretary of the state Department of Health and Human Services, extended the lives of the two older hospitals, Dorothea Dix in Raleigh and John Umstead Hospital in Butner, until the state is sure the new hospital is safe for patients.

An advisory group will make sure the new hospital is safe and can provide effective care. Another group will look at ways to make communities better able to treat patients with mental health crises locally rather than ship them to state hospitals.

A third work group will review hospital management and operations, including protocols for violence and for placement of restraints, and administrative guidelines that can be consistently implemented throughout the state hospital system, the release said.

"I think it is welcome to engage experts and stakeholders in this discussion," said Dr. Marvin Swartz, a professor of social and community psychiatry at Duke University. Swartz was appointed to serve on two of the panels.

There will be a new Web site by the end of the month to help people better understand how the facilities operate, and it will be accessible at <http://www.ncdhhs.gov>. It will include admissions and discharge data, as well as information about staff and patient injuries and patient deaths.

Legislators with an interest in mental health have pressured Benton and his department to keep Dix open because the replacement hospital is too small and because other hospitals in the state system, which would get more patients when Dix and Umstead close, have been cited by investigators for questionable care.

NAMI Wake County Volunteer Board 2008

President	Kathy Smith	363-6313	ksmith@nami-wake.org
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At Large	Cynthia Vester	341-2505	cvester15@aol.com
At Large	Tim Nordgren	623-0943	tnordgren@nc.rr.com

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Family Support Group	Gordon Gogola	601-3996	gogolags@hotmail.com
Family Support Group	Jeanne Harris	850-0406	
Family-to-Family Class	Susan Hadley	787-5999	shadley@nami-wake.org
Five-County Satellite (Bunn)	Yolanda Tant	496-7886	vtrose@aol.com
Fuquay-Varina Satellite	Cliff /Renee Norman	557-0309	ncnormans@aol.com
Iris Newsletter Copy Editor	Tovah Wax		twax1@nc.rr.com
Volunteer Coordinator	Christine Olson	662-0764	olsonchr@aol.com
Children's Issues	Chary Sundstrom	460-5790	csundstrom@nami-wake.org
Outreach to Faith Communities	Kathy Smith	363-6313	ksmith@nami-wake.org

MANY THANKS to outgoing Board Members Ann Akland, Chary Sundstrom, and Kari Mathisen

A WARM WELCOME to incoming Board Members George Blue and Tim Nordgren

Treasurer's Report

Our 2008 membership drive continues with 155 members. Our goal is 250 members, so we have a long way to go. Remember, when you join NAMI Wake County you also join NAMI North Carolina and NAMI (national). All the money you send to NAMI Wake County is fully deductible to the extent of the law on your tax return.

If you are a current member there is an 08 after your name on the label of this Iris. If there is no 08, please fill out the membership form at the back of this newsletter and join us today.

Our fiscal year is the calendar year, so this is the final report for 2007. Please join us in making 2008 the best ever for NAMI.

December 31, 2007

Income	
Budget-Year	46,500
Actual	36,633
Expense	
Budget-Year	59,730
Actual	39,713
Net	-3,086
Net Worth	
Checking	380
Savings	44,060
Liabilities	- 384
Total	44,056

--Tom Hadley, Treasurer

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, Hwy 70, Raleigh NC
12:15 p.m., 4th Saturday

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

Tuesday, January 08, 2008, 7:00 PM
Richard B. Harrison Library
1313 New Bern Avenue

Monthly Education Meeting

(see p.2 for details)

7:00 p.m., 4th Monday,
Highland United Methodist Church,
Education Wing, 3rd Floor

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. For more information call Gordon Gogola (919)601-3996.

See page 6 for contact information about any of these groups and events

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. You can either walk up the stairs or go into the building and take the elevator.

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!

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

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January 2008 Issue

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

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