

Dec. 15th Holiday Dinner honors CIT officers

NAMI Western Carolina invites you to its annual Holiday Dinner – a time to enjoy delicious food and musical entertainment and to renew acquaintances with NAMI friends. We will recognize as special guests, the law enforcement officers who completed the 40-hour Crisis Intervention Training. The Holiday Dinner will be at 6 p.m. Monday, Dec. 15th in the Fellowship Hall of St. Mark's Lutheran Church, East Chestnut St. at Merrimon Ave. Please bring a covered dish to share.



Congratulations to Jim Pitts

Congratulations to Dr. Jim Pitts, president of NAMI WC, recently elected as president of NAMI NC. He will retire December 31 as sociology professor at UNC Asheville and previously was the vice chancellor for academic affairs. He is the first NAMI NC president from Western NC, a NAMI Family-to-Family teacher and active community volunteer.

Western Highlands recognizes agencies and individuals

Western Highlands Network (WHN) recognized an Asheville pharmacist, NAMI volunteers, staff, and provider agencies at its Nov. 13 annual meeting. Keynote speaker NC Sen. Martin Nesbitt reported that the Legislature plans to put more funding and responsibility into area programs, such as those provided by the former Blue Ridge Center before the chaotic "mental health reform" began in 2001.

ARP/Phoenix, which operates the Crisis Stabilization Unit (CSU), received WHN's Provider Recognition for adding crisis stabilization services for mental health and dually diagnosed consumers to its detox program. Tom Britton, Director of Clinical Services for ARP/Phoenix, accepted the award. Since opening in April, the Unit has successfully stabilized over 250 individuals and discharged them back to the community with follow-up services. The alternative would

have been to admit them to  Broughton Hospital.

Hashim Badr, pharmacist and owner of Asheville Discount Pharmacy since 1982, received the 2008 Rowe Lifetime Achievement Award. Cited for his natural way of making each person feel important and for his very generous and courteous service to consumers and health care providers, Badr works closely with Eblen and ABCCM. The 2007 recipient Larry Thompson presented the Award that honors the volunteerism of the late John Rowe and Florence Rowe.

NAMI members Christine Smith, Tracey Turner and Tracy Mixson were recognized for their superb presentations as part of the 40-hour Crisis Intervention Training for local law

– Continued Page 3

Crisis Stabilization Unit is January 20th NAMI topic

The Crisis Stabilization Unit(CSU), located at 257 Biltmore Ave., is achieving its goal of treating mentally ill clients in the eight Western Highlands Network (WHN) counties and reducing the escalating jail population. Tom Britton, director of Clinical Services for ARP/Phoenix, the agency that operates the CSU, will report on this 16 bed, short term (up

– Continued Page 2

NAMI NC Consumer Council establishes goals

By Dave Rowe

At this year's NAMI NC state conference, the NAMI NC Consumer Council set some ambitious goals and heard a presentation from a pharmaceutical company representative. In addition to much highly technical jargon, Dr. Evelyn Lewis of the Pfizer Company passed on the word that generic medications can be only 80 percent effective as brand name ones. Chantel Brown of the Almanac/Caswell/Rockingham affiliate, elected as chairman of the Council, plans to visit affiliate presidents in her region to increase membership in the consumer group, still unknown in some circles. Of some 35 NAMI affiliates in the state, only 13 were represented at the Raleigh meeting.

The Council, though, has some large-scale ideas. Meeting with state legislators to discuss mental health issues, "We can show them we look like everyone else," Dean Smith of Halifax County's affiliate said. Plans are to develop a

consumer rights handbook and a Website where consumers can write about their experiences; what works for them and what doesn't. Additionally, letters to newspapers and press releases are to come. The group is working on a press release about Seasonal Affective Disorder (SAD), a depression caused by diminished sunlight. Regional Council meetings prior to next year's annual conference are being discussed. For now the group works through monthly teleconferences, with increased participation each time. "I'm very proud of this change taking place," said NAMI NC's Young Families Director Jennifer K. Rothman, facilitator of the Council. "The more participation we have the more we can take on."

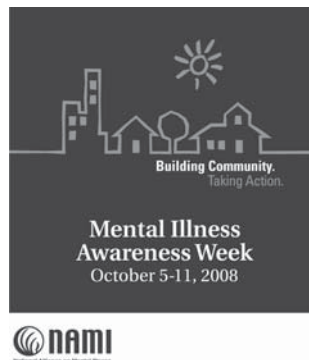
Consumers met the end of the second day of the Oct. 29-Nov. 1 conference. Some members said that by then they were somewhat worn out. "If that happens again, we'll have a big urn of coffee," Rothman said.

NAMI WC takes action during MIAW

"Building Community, Taking Action," the theme for Mental Illness Awareness Week 2008, again was taken to heart and task by members of NAMI Western Carolina. Events during November occurred at Asheville City Council, on college campuses, the VA Medical Center, at a jail information event for health providers, and places across the county focusing on health, families, women, and culturally diverse populations.

NAMI volunteer Tracy Mixson created the affiliate's week-long displays at the Asheville YWCA, Router's YMCA, and Mars Hill College and coordinated the college events. Attractive information boards and brochures promoted NAMI and its free peer support services and educational programs. NAMI-WC offered a free screening of "Canvas." This 2007 film-festival favorite, that realistically portrays a family dealing with schizophrenia, stars Academy Award-winning actress Marcia Gay Harden and Joe Pantoliano

NAMI WC continued its annual collaboration with colleges and Depression/Bipolar/Anxiety Disorder Screening events. Celebrating Bipolar Disorder Awareness Day, the affiliate's Magnetic Minds bipolar disorder support group marked its fifth year at Warren Wilson College. Nearly 500 students viewed the group's information station and about 200 were screened for depression, bipolar disorder and anxiety disorders. The group also participated in A-B Tech's "Test Your Moods" day, where another 200 students were screened and many sought additional information about the affiliate's support groups and the Family-to-Family program.



Crisis unit

– From Page 1

to five day) treatment center at the 7 p.m. Tuesday, Jan. 20th NAMI-WC meeting.

Working with WHN and physicians from Mission Hospitals Copestone Unit, ARP/Phoenix developed the program that has stabilized 250 individuals who otherwise would have been taken to Broughton Hospital. Keeping consumers locally allows providers to work more effectively in treatment and discharge planning. Also, the CSU moves consumers out of hospital ERs more quickly and significantly reduces Sheriff deputies' time in transporting clients to and from Broughton.

Peer sharing groups for families and consumers will follow the program at Mountainhouse, 225 East Chestnut St., Asheville.

Jails are becoming mental health hospitals

By Jim Duffy

“Unfortunately, jails are becoming the de facto mental health hospitals in NC and across the country,” Dr. Jim Pitts told some 30 local mental health and substance abuse providers attending a “Demystifying the Jail Lunch and Learn” at the Buncombe County Detention Facility. Pitts, who is president of NAMI-NC and NAMI Western Carolina, said NAMI and the criminal justice system are concerned that so many persons with severe mental illness are jailed for minor offenses. He reported that a local effort to address this, Crisis Intervention Training, has equipped 60 local officers to effectively respond to crises involving individuals with mental illness. This spring, a center will open where officers can bring these individuals to be assessed instead of booking them into jail or remaining with them in a hospital ER.

NAMI volunteer Jim Duffy moderated the event that was hosted by the Detention Facility and NAMI-WC. Duffy, Veronica Llovera and Steve

Allison, employees of RHA Behavioral Health Services, explained their roles at the Facility. Duffy focuses on dual diagnosis, (mental illness and substance abuse). He said NAMI NC supports efforts to increase Medicaid hours for providers. This would enhance the continuity of care for clients. Duffy and Allison, a certified substance abuse counselor, facilitate psycho-educational groups of ten inmates and maintain liaison with local health providers. They also work on re-entry that may include residential treatment. Accessing help is voluntary. Llovera advocates for pre-trial release

without bond for those who meet certain mental health criteria.

Val Lamberti Westlund, who coordinates inmate programs, explained booking, jail procedures and programs such as the library project, AA/NA meetings and jail ministry. The psychiatric nurse employed by Southern Health Partners to provide medical/psych services explained procedures for treating inmates with mental illness. A Q and A session and tour of the new Facility concluded the Nov. 19th session. Attendees agreed the demystifying session was very fruitful.

NAMI recruiting teachers, facilitators

NAMI NC is looking for WNC parent/caregivers to teach NAMI Basics, a six-week educational program for parents and direct caregivers of children and teens diagnosed with a mental illness. If you are a parent/caregiver and will commit to teach two classes, contact Jennifer Rothman at NAMI NC, 800-451-8682 or jrothman@naminc.

org. Teacher training for NAMI Basics will be Feb. 27-March 1 in Forest City. Also, NAMI NC is recruiting consumers to facilitate NAMI Connection in Buncombe County. This new NAMI weekly support group is for consumers of various diagnoses. For information about a February training workshop, call NAMI NC, 800-451-8682.

Western Highlands

– From Page 1

enforcement officers. The WHN staff award went to Don Petit for being ‘technically proficient, calm under fire and uncannily patient’ in providing technical support, helpdesk and training. The Consumer and Family Advisory Council of WHN recognized the Mountain Council on Alcohol & Drug Dependence that serves and represents those consumers underserved by the public mental health system.

Western Highlands manages mental health, developmental disabilities and substance abuse services in Yancey,

Transylvania, Rutherford, Polk, Mitchell, Madison, Henderson and Buncombe counties. CEO Arthur Carder reported, “the stability and strength of our network of providers is essential to our success in reaching more consumers. As we move forward, we need to always ask, ‘How is this effort of this program or these funds going to help consumers?’” He noted that Western Highlands has moved forward with:

- Expansion of Crisis Services continuum,
- Diversion/De-institutionalization
- Increase Primary Care/Behavioral Health Integration
- Develop Targeted Provider Capacity (especially for dual MH/SA consumers)
- Crisis Intervention Training (CIT)

Western Highland Network Contact Numberas

Western Highlands Network, 356 Biltmore Ave., Asheville, NC 28801, www.westernhighlands.org manages mental health, developmental disabilities and substance abuse services in Yancey, Transylvania, Rutherford, Polk, Mitchell, Madison, Henderson and Buncombe counties.

For routine needs or daytime emergency, call 828-225-2800 or 1-800-951-3792 (toll free).

For emergencies after hours & weekends, call 828-252-4357 or 1-800-951-3792.



Fact Sheet

Mental Illness: Facts and Numbers

Millions of Americans are affected by mental illness, yet remain untreated or under-treated for their conditions. Learn the facts about mental illness.

- One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. One in seventeen lives with a serious mental illness, such as schizophrenia, major depression or bipolar disorder¹, and about one in ten children have a serious mental or emotional disorder.²
- About 2.4 million Americans, or 1.1 percent of the adult population, lives with schizophrenia.¹
- Bipolar disorder affects 5.7 million American adults, approximately 2.6 percent of the adult population per year.¹
- Major depressive disorder affects 6.7 percent of adults, or about 14.8 million American adults.¹ According to the 2004 World Health Report, this is the leading cause of disability in the U.S. and Canada in ages between 15 to 44.³
- Anxiety disorders, which include panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), generalized anxiety disorder, and phobias, affect about 18.1 percent of adults, an estimated 40 million individuals. Anxiety disorders frequently co-occur with depression or addiction disorders.¹
- An estimated 5.2 million adults have co-occurring mental health and addiction disorders.⁴ Of adults using homeless services, thirty-one percent reported having a combination of these conditions.⁵
- Half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.⁶ Despite effective treatments, there are long delays—sometimes decades—between first onset of symptoms and when people seek and receive treatment.⁷
- Fewer than one-third of adults and half of children with a diagnosable mental disorder receive any mental health services in a given year.²
- Racial and ethnic minorities are less likely to have access to mental health services and often receive a poorer quality of care.⁸
- In the U.S., the annual economic, indirect cost of mental illnesses is estimated to be \$79 billion. Most of that amount—approximately \$63 billion—reflects the loss of productivity as a result of illnesses.²
- Individuals with serious mental illness face an increased risk of having chronic medical conditions.⁹ Adults with serious mental illness die 25 years younger than other Americans, largely due to treatable medical conditions.¹⁰
- Suicide is the eleventh leading cause of death in the U.S., and the third leading cause of death for ages 10 to 24 years. More than 90 percent of those who die by suicide have a diagnosable mental disorder.¹¹

“Simply put, treatment works, if you can get it. But in America today, it is clear that many people living with the most serious and persistent mental illnesses are not provided with the essential treatment they need.”

Michael J. Fitzpatrick, Executive Director of NAMI National, Grading the States, 2006¹²

- In July 2007, a nationwide report indicated that male veterans are twice as likely to die by suicide as compared with their civilian peers in the general US population.¹³
- Twenty-four percent of state prisoners and 21 percent of local jail prisoners have a recent history of a mental health disorder.¹⁴ Seventy percent of youth in juvenile justice systems have at least one mental disorder with at least 20 percent experiencing significant functional impairment from a serious mental illness.¹⁵
- Over 50 percent of students with a mental disorder age 14 and older drop out of high school—the highest dropout rate of any disability group.¹⁶

♦♦♦

NAMI - National Alliance on Mental Illness • 2107 Wilson Blvd., Suite 300 • Arlington, VA • 22201-3042
(703)524-7600 • Helpline: 1(800)950-NAMI (6264) • www.nami.org

References for this fact sheet can be found at:

http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/About_Mental_Illness.htm

Renew your membership, keep NAMI vibrant

Join NAMI today! If you've already renewed your membership for 2009, thank you. If not, now is the time. Memberships received since July 1st will end Jan. 31st 2010. Your membership empowers NAMI's mission to improve the lives of those with mental illness and their families through support, education and advocacy.

As the nation's leading voice on mental illness, NAMI works for better treatment, more research on brain disorders, and education to eliminate the stigma surrounding these no-

fault illnesses. NAMI has over 210,000 members in 1,200 affiliates across the country.



Western Carolina

NAMI WC reached a record membership of 123 this year and made an impact in carrying out NAMI's mission. NAMI WC and its members gave information and support at affiliate meetings and by phone contacts; presented three 12-week Family-to-Family classes; held educational programs; held a retreat and surveyed the membership; raised awareness through the Celebration of Courage, at health fairs, area col-

leges, radio interviews and programs; helped plan CIT and train officers, advocated at local, state and national levels and was represented on local mental health groups.

Dues are shared with NAMI national and NAMI NC and entitle members to receive informative local, state and national publications. NAMI WC is a 501©3 organization and contributions are tax deductible.

Thanks Richard!

Thanks to Richard Sackett, who coordinated the May Day for Mental Illness Benefit Concert. The event raised \$490 each for NAMI WC and for needy patients at Mission Hospitals' Copestone Psychiatric Unit.

COC Contributors

Additional contributions to the Celebration of Courage floral display at Mission Hospitals in September included State Farm Companies Foundation Good Neighbor Grant Program, \$500; Linda & Craig Smith in memory of C.J. Smith, \$300; Central City Productions, Inc., Erma Gray Davis, \$300; The Dana & Jana Stonestreet Fund of the Community Foundation of WNC, \$250; Joseph Sulock, \$200; Beverly Bounds; Gladys Braden, Chrissie Miller, Sharon Pitts, \$100; Larry Thompson, \$65; and Wynne Crosby, Allan & Mary Frank, Pam Jaillet, Frank Lockwood, Meredith Lovejoy, Constance MacDonald, Fredia Pitts, Kim Pitts, Martha Pitts, William Sabo, and Cynthia Sutherland, \$50. Thanks to these generous donors!

Join NAMI or Renew Your Membership

I would like to be a member of NAMI-WC and am enclosing my check for membership and/or contribution.

Please check if: new or renewal:

- \$35.00 One-year Membership (Individual and Family)
- \$3.00 Open Door Membership for those with limited means

\$ _____ Additional Contribution

Name _____

Address _____

City _____ State _____ ZIP _____

Home Telephone _____

E-Mail _____

Mail checks payable to NAMI WC:, P.O. Box 8046, Asheville, NC 28814

NAMI Western Carolina is a 501(c)3 non profit corporation. All contributions are tax-deductible.

Support

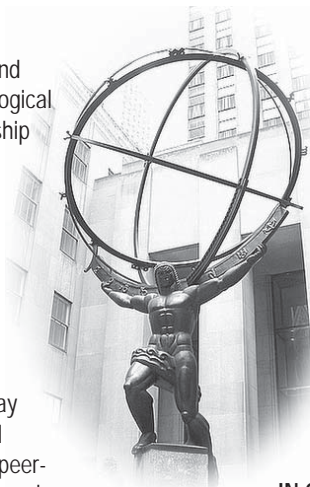
NAMI WESTERN CAROLINA offers support, education and advocacy to families, friends and to all persons with a biological brain disorder/mental illness. NAMI WC monthly membership meetings are at 9:30 a.m. the 1st Saturday and 7 p.m. the 3rd Tuesday. (Use the side entrance.) Meetings are open to all and include support groups.

SUPPORT, GENERAL INFORMATION: Mary Lane
Travis: 298-1847, olg77tr@bellsouth.net

SUPPORT GROUPS: Support meetings for all are held following the general meeting at 9:30 a.m. the first Saturday of the month and following the 7 p.m. program on the third Tuesday of the month. All NAMI WC support groups offer peer-to-peer support; they are not led by mental health professionals.

MAGNETIC MINDS, Bipolar Disorder Support Group: Consumer support group only for people with a bipolar disorder diagnosis; meets at 7 p.m. the 1st & 3rd Wednesday monthly. Info: www.magneticminds.org. Co-facilitators: Betty Hall, b.i.hall@charter.net; Tracy Mixson, 232-0438.

NAMI-CARE: Support group by consumers, for consumers and about consumers meets at 10 a.m. the first Saturday monthly. NAMI-CARE stands for Consumers Advocating Recovery Through Empowerment. NAMI-CARE FACILITATOR: Marlene Wooten, 505-0438, marlenas333@charter.net.



EDUCATION AND OUTREACH: NAMI WC offers free educational programs and participates in a variety of health fairs, anti-stigma campaigns and mental illness awareness events. To request a speaker or the affiliate's participation, contact Jim Pitts, 258-5359, jimpitts1@mac.com.

NAMI FAMILY-TO-FAMILY EDUCATION: An empowering 12-week course of up-to-date facts and support for families and friends of persons with a diagnosed mental illness. Trained family members teach the 2 1/2 hour classes. The course is free with all materials provided. Classes fill up quickly and the class size is limited. For information on the next class to be offered in Asheville, call 299-9596 or email rohaus@charter.net.

IN OUR OWN VOICE: LIVING WITH MENTAL ILLNESS: People with mental illnesses tell their stories about learning to cope with the reality of their disorders while recovering and reclaiming productive lives in this brief, yet comprehensive, interactive presentation. IOOV includes video, personal testimony and discussion. IOOV PROGRAM COORDINATOR: Tracy Mixson, 232-0438, namiwc.voice@charter.net. Far West Counties: 524-1355; South West Counties: 884-6103.

NAMI NORTH CAROLINA HELPLINE: 1-800-451-9682