

Speakers at upcoming NAMI-WC meetings

NAMI Basic and NAMI Connection will be the October 21st topic.

Briana Fishbein, a member of the NAMI-NC Board of Directors, will explain two NAMI programs—NAMI Basic and NAMI Connection—at the 7 p.m. Tuesday, October 21, NAMI-WC meeting at Mountainhouse, 225 East Chestnut Street, Asheville.

NAMI has developed these innovative programs for mental health consumers and for family members. Her presentation is part of an Ambassador Outreach Project that pairs a NAMI-NC Board member with an affiliate.

Peer sharing groups for families and consumers will follow the program.

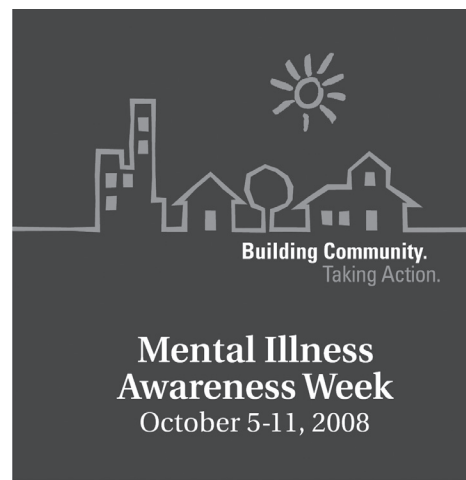
November 18th topic will be Western Alliance's multiple services. Bart Floyd, advocacy coordinator for Western Alliance for Independent Living, will speak about the multiple services this agency offers to people with disabilities at the 7 p.m. Tuesday, November 18, NAMI-WC meeting, also at Mountainhouse. Sharing groups will again follow the program.

Increasing awareness

Mental Illness Awareness Week October

NAMI Western Carolina has so much planned for October's annual Mental Illness Awareness Week, it simply can't fit all of the events into a mere seven days. Fortunately, when issuing a city proclamation in late September to recognize MIAW Oct. 5-11, Asheville Mayor Terry Belamy helped the affiliate kick off its celebration early.

NAMI WC President Jim Pitts will be speaking at two events, first in Hickory Oct. 1 at an annual conference for North Carolina jail employees, and on Oct. 20 at the Asheville VA Medical Center about recovery in mental illness. In between, the affiliate will promote weeklong displays with brochures and other materials at the Reuter Family YMCA, the downtown YWCA, and the Mars



Hill College campus.

A free showing of the film "Canvas" will be screened at Asheville's down-

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Celebration of Courage supports NAMI's mission



A beautiful display of more than 1,000 irises, tulips, and daisies on the lawn of Mission's St. Joseph campus from September 10 through 12 helped raise awareness of mental illness and celebrate the courage and hope for recovery of people with mental illness.

This was the third Celebration of Courage in Asheville sponsored by NAMI-WC in partnership with Mission Hospitals. The flowers evoke Vincent Van Gogh's

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Board retreat held to set priorities, energize members

In the belief that every organization needs to periodically step back and reconsider where it should be going and how it should get there, 15 NAMI Western Carolina board members and activists got together in late August for a 4-hour retreat. The session was conducted by Jim Greer, a state Department of Health and Human Services official and professional facilitator, who donated his valuable time and services.

The meeting primarily involved participants brainstorming to come up with ideas of the most pressing mental health needs that they would like to see NAMI-WC address in its mission areas of advocacy, education, and support. Attendees were encouraged to think big; no idea was considered too ambitious or too extreme to be listed.

The next, most crucial step involved all participants "voting" on the dozens of ideas elicited in order to determine which were viewed by the most people as the most critical needs. Areas receiving the most votes were deemed worthy of NAMI's time and resources.

The area receiving the most votes was the need to energize the membership of NAMI-WC to greater in-

volvement. Participants noted that although many generous individuals donate funds to the affiliate, most of the actual work is done by a relatively small core of volunteers. It has become apparent that, in order to have more of an impact on mental health issues in western North Carolina, more members need to become actively involved.



Toward this end, the major issues and projects identified during the retreat were compiled into a survey to be sent out to all NAMI-WC members. Survey respondents will be asked to review the items on the list and (1) choose what they believe are the top three priorities that the affiliate ought to be addressing and (2) indicate which areas they will volunteer to work on.

The Board hopes that this exercise will generate the enthusiastic participation of more NAMI-WC members. There's a lot to be done, and we are looking forward to moving ahead and improving the quality of life for people with mental illness.
– Jerri Hoy

Contact Numbers For Western Highland Network

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.

Nominate a candidate for Rowe Lifetime Achievement Award

October 6 is the deadline to submit nominations for the 2008 Rowe Lifetime Achievement Award. Nominees must have an established history of making significant contributions over the span of their lives to helping improve the lives of others.

These contributions may have been anywhere in the Western Highland Network (WHN) eight-county service

region in the domains of community, professional, or civic service.

The recipient will be honored at the WHN annual board meeting in November. Nomination forms are available at www.westernhighlands.org as a Word document or PDF. Contact Andrea Morris at 828-225-2785, ext. 2908, or email her at morr0806@westernhighlands.org for information.

Mission supports NAMI Walks

Thanks to Mission Hospitals for generous gifts of \$1,500 to NAMI Walks for the Mind of America both in 2007 and in 2008. This year's May 17th event took place on the historic grounds of Dorothea Dix Campus in Raleigh.

CIT trains 60 to respond to crises

Sixty local law enforcement officers have received Crisis Intervention Training (CIT) this year in three classes at AB-Tech College. This long-time goal of NAMI-WC was realized through a wide community support effort, co-chaired by NAMI member Mona Cornwell, communications director at AB-Tech, and Rich Munger, Ph.D., planner/evaluator for Buncombe County's Human Services Support Team.



Graduates were mainly officers and deputies from the Asheville Police Department and the Buncombe County Sheriff's Office. Additionally, most Buncombe County School resource officers received the 40-hour training, which focuses on recognizing the signs and symptoms of a severe mental illness and responding effectively and appropriately to people experiencing a psychiatric crisis.

Awareness

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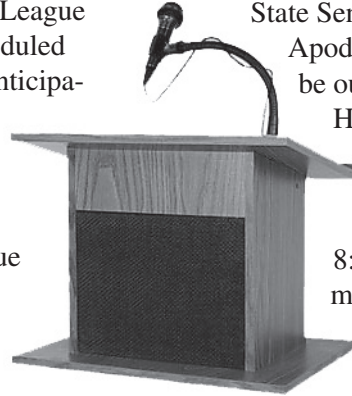
town library 5-8 p.m. October 8. The movie, about a family dealing with a mother's mental illness, has won multiple film festival awards, including Best Feature Film at the Sedona International Film Festival. Roger Ebert of the Chicago Sun-Times gave the movie three stars and wrote, "The portrayal of schizophrenia in the film

NAMI Co-sponsors Candidate Fo-

The Asheville-Buncombe League of Women Voters has scheduled two candidate forums in anticipation of the November 4, 2008, election. Both events will take place at the Randolph Learning Center on Montford Avenue in Asheville.

On Monday, October 20, the forum will feature the candidates for the Buncombe County Board of Commissioners and its chairmanship. The evening will begin at 7 p.m., will devote 1 1/2 hours to the Board and 1/2 hour to the candidates for chairman. Nelda Holder, former League president, will serve as moderator.

On Monday, October 27, the League will present the candidates for the NC



State Senate District 49 (Sen . Apodaca of District 48 will be out of town) and the NC House Districts 114, 115 and 116. The evening will begin at 7 p.m. and end at 8:30. The name of the moderator is to be announced.

The following organizations are joining the League as co-sponsors: Children First/Communities in Schools of Buncombe County, Kids Voting, Mountain Express, the Center for Creative Retirement and NAMI. The forums are also being given in collaboration with the NAACP. Inactive co-sponsors and supporters are United Way, Manna Food Bank and Christians for United Communities.

Sing-a-longs continue at North Asheville Library

NAMI member and musician Richard Sackett welcomes people in the mental health community to a sing-a-long of folk, gospel, and contemporary tunes from 7:00 to 8:30 p.m. on the second Thursday of the month in the community room of North Asheville Library, 1030 Merrimon Avenue. Call 777-0783 for information.

has been praised by mental health experts as unusually accurate and sympathetic."

Members of NAMI WC's bipolar disorder support group, Magnetic Minds, will be on site to talk about peer support and distribute materials at mental health screening events at Warren Wilson College Oct. 9 and Asheville-Buncombe Technical Community College Oct. 15.

Established by Congress and now in its eighteenth year, MIAW is NAMI's premiere public information and outreach activity and recognizes efforts to raise mental illness awareness through outreach programs, promotion of early detection and accurate diagnosis, and reduce the stigma associated with brain disorders. Additionally, the Thursday during MIAW is designated as Bipolar Disorder Awareness Day (BDAD). — Tracy Mixson

Kat Williams to perform at Hendersonville

Singer, actress, and songwriter Kat Williams, who has performed for Jay Leno and Robin Williams, will present a concert at 7 p.m. on Saturday, October 4, at Trinity Presbyterian Church, 900 Blythe Street, Hendersonville.

Sixth Avenue West Clubhouse and Psychiatric Rehabilitation Partners are sponsoring the event to kick off Mental Illness Awareness Week.

Call Jacque Combs at 828-697-1581 for information.

COC

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famed painting, *The Irises*, created when he was institutionalized for mental illness. Additional supporters include the Buncombe County Health Department, MAHEC, and the Mountain Council on Alcohol and Drug Dependency (MCADD) and Western Highlands.

Jim and Sharon Pitts, Christine Smith and Mona Cornwell with the assistance of Darlena Moore coordinated the event that raised nearly \$5,000 to help support NAMI's mission of education, support and advocacy. Contributions are tax deductible and will be accepted until October 15. Checks payable to NAMI-WC should be mailed to NAMI WC, PO Box 8046, Asheville, NC 28814.

Volunteers for COC and Bele Chere included:
Eliada Home for Children
Boy Scout Troop 21

'Joining Hands ... Joining Forces'

Joining Hands ... Joining Forces is the theme of this year's NAMI North Carolina's Annual Conference Oct. 31 and Nov. 1 in Raleigh. Keynote speaker will be Larry Fricks, Director of Appalachian Consulting Group and Vice President of Peer Services, Depression and Bipolar Support Alliance. Democratic and Republican gubernatorial candidates have been invited to make an appearance.

This year's conference is important because of NAMI's increased emphasis on support groups for consumers and the importance of peer-to-peer education and leadership in NAMI.

Workshops will include: peer support,

marketing and public relations, advance directives, medication and treatment issues, evidence-based practices and expanding housing opportunities.

Meetings on NAMI Basics, In Our Own Voice, peer to peer support groups and other areas will be held, along with outstanding networking opportunities for North Carolina mental health advocates.

More information on the NAMI Annual Conference is available at naminc.org or by calling NAMI at 800 - 451-9682.

Some scholarships are available for those in financial need.

Del Baker
Ray Carter
David Cornwell
Mona Cornwell
Karen Cowan
Jim Duffy
Gloria Gilliam
Judy Hamaker
Stan Hamaker
Cora Harper
Bob Hoy
Jerri Hoy
Pam Jaillet
Lee Johnston
Ron Kellis
Ginny Korstange
Mike Korstange
Linda McDaniel
Alan Mills
Tracy Mixson
Darlena Moore
Diane Munce
Jamil Pitts
Jim Pitts
Sharon Pitts
Linda Redmond
Florence Rowe
Richard Sackett
Ken Schroeder

Sue Schroeder
Jackie Sims
Christine Smith
Cindy Sutherland
Tracey Turner
Fern Web
Gail Wood
Lynn Wood
Charles Wooten
Marlene Wooten

Celebration of Courage contributors included:

Buncombe County, \$1,000
Robin Stickney, \$150
Sandy Feutz, \$100
Geraldine Hahner, \$100
Christine Smith, \$75

\$50 donors:

Lynette Anderson, Dorothy Bethea, Timothy & Kathy Bryson, Charles & Lynn Cole, Rex & Peggy Henderson, Jerri Hoy, Kathy Hoyle, Judith Long, Michael & Merideth Lovejoy, A. Leah McCurley, Ida O'Connell, Florence Rowe, John Spitzberg, Karen Stevens, Cynthia Sutherland.

Energetic new NAMI affiliates serve 7 far west counties

Rising gas prices and mountainous terrain make it essential that NAMI meetings, support groups, and classes be conveniently located. Although small in numbers, two newly organized NAMI affiliates are energetically striving to meet this need for families and consumers in North Carolina's far western counties.

“We’re at the chrysalis stage of emerging as a butterfly,” explained Judy Sipes, the treasurer of NAMI Haywood, which is reaching out to Haywood and Jackson county residents. Suzanne and John Gernandt, who recently led a NAMI Family-to-Family class, founded the affiliate two years ago. Suzanne is continuing as president, Patricia Meyer is serving as vice president, and Sandra Malec as secretary. Former NAMI-WC president Dan Lane is a valued advisor to the fledging affiliate.

NAMI Haywood’s Mental Illness Awareness Week activities will include a proclamation by the Mayor of Waynesville and a prayer service by the cross at Lake Junaluska at 12 noon on Tuesday, October 7. NAMI Haywood meets on the third Thursday of the month, except July and December, in the Asbury Sunday School Room of the First United Methodist Church, 566 S. Haywood Street, Waynesville. Attendees are asked to use the Academy Street entrance. Call 828-452-2383, 828-452-1068, or 828-456-6897 or email jgernandt@bellsouth.net, or judysipes@bellsouth.net for information.

“We certainly see a huge need for NAMI’s presence out here, and we have some really good people who are willing to help,” said Mary Ann Widenhouse, one of the founders and president of NAMI Appalachian South. Organized last March, the af-

filiate covers Clay, Cherokee, Graham, Swain, and Macon counties. Ann Nandrea is serving as treasurer and Stephanie Almeida as vice president. Support meetings are offered at 7:00 p.m. on the 1st and 3rd Thursday of the month at the Children’s House, 827 Wiley Brown Road in Franklin. Call 828-526-9769 or email carole-light@hotmail.com for support group information. Other contacts include wloghouse@juno.com, anl@dnet.net and preventionrocks@gmail.com, and 828-524-1355 and 828-369-7385.

This spring NAMI Appalachian South sponsored a Family-to-Family class, and Mary Ann recently has given several In Our Own Voice presentations. The affiliate hopes to have Peer-to-Peer mentors trained this fall. Both of the fledging affiliates are working on

applications for 501(C)3 status. Appalachian South has already received a \$540 grant that will partly fund its Mental Illness Awareness Week activities.

A high priority for both affiliates is their combined efforts to bring Crisis Intervention Training (CIT) to law enforcement workers in the far western counties. The recent beating of a Swain County man with schizophrenia who was being served with involuntary commitment papers has fired up their advocacy. Mary Ann and Ann Nandrea prepared a four-hour training session, “Recognizing the Warning Signs of Mental Illness and Strategies for Effectively Dealing with It,” that they are offering it to the law enforcement agencies in the seven far western counties. *– Florence Rowe*

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.

Return Service Requested

Support

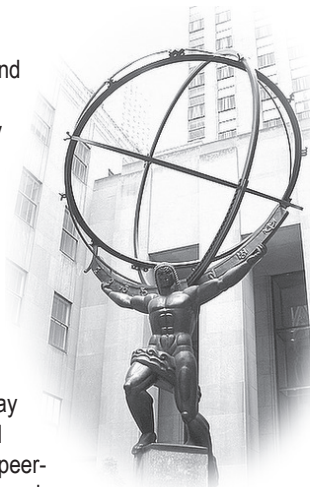
NAMI WESTERN CAROLINA offers support, education and advocacy to families, friends and to all persons with a biological brain disorder/mental illness. NAMI WC monthly membership meetings are at 9:30 a.m. the 1st Saturday and 7 p.m. the 3rd Tuesday. (Use the side entrance.) Meetings are open to all and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

All meetings are held at Mountainhouse, 225 E. Chestnut Street, Asheville, unless otherwise indicated.