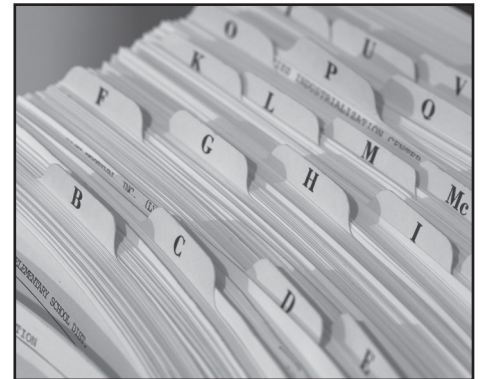


## Check out our new offices

NAMI-Western Carolina has opened our new (and first!) office at 356 Biltmore Avenue, Suite 298, in Asheville (in the Western Highlands Building). Office hours are Monday–Thursday from 11 a.m. to 4 p.m., and the phone number is 828-505-7353 for information, referrals, class schedules (Family to Family and NAMI Basics), and Connection Recovery Support group information. We have all of our

NAMI brochures available, as well as a lending library for members. Please stop by and say hello!

Our Executive Director, Christine Smith, will be happy to give you a tour of our new digs. We are also building a list of volunteers who are willing to help out in the office, so if you have some extra time, we would love to have you.



## Up-to-date info on NAMI-WC website

Please visit our updated website at [www.namiwnc.org](http://www.namiwnc.org). On the site, you will find current news, event and meeting information, a calendar, as well as staff and board member contacts. We are updating our website regularly, so please visit the site to keep informed of everything going on at NAMI-WC.

## Board elections December 5

On Saturday, December 5, at 10 a.m. at Mountainhouse, 225 E. Chestnut Street, Asheville, NAMI-WC will hold a general meeting to elect officers to our board of directors. Anyone interested in serving should contact Jim Pitts at [jimpitts1@mac.com](mailto:jimpitts1@mac.com) or Florence Rowe at [rohaus@charter.net](mailto:rohaus@charter.net). All members are invited to attend to vote for 2010 officers.

## Welcome to our Holiday Dinner

Mark your calendar now for Monday, December 21, at 6 p.m. for NAMI-WC's Holiday Dinner, which will feature fabulous food, magical music, and fantastic fellowship with friends and advocates. Please bring a covered dish of veggies, salad, or dessert to share. No reservations are required for this annual celebration at St. Mark's

Lutheran Church Fellowship Hall, on East Chestnut Street at Merrimon Avenue in Asheville.



And please don't forget the many patients at Broughton Hospital who have no family support. To brighten their holidays, we welcome your unwrapped gifts of socks, gloves, caps, shirts, blouses, tops, T-shirts, large sweatsuits, shampoos, lotions, stationery, and stamps.

## Submit Rowe Achievement Award nominees to WHN

Western Highlands Network is taking applications for the 3rd annual Rowe Lifetime Achievement Award. Nominees must have made significant contributions to helping improve the lives of others. Application forms are

available at [www.westernhighlands.org](http://www.westernhighlands.org) and are to be submitted to the WHN Provider and Consumer Relations Department by December 1. Call 225-2785, ext. 2908, for further information.

## NAMI-WC Connection recovery support group schedule

Connection meetings are still being held every two weeks at Mountainhouse, 225 E. Chestnut Street, near Charlotte Street, in Asheville. We will be starting two more groups to be held at our new office at 356 Biltmore Avenue, Suite 298, in the Western Highlands Building. For more information, call 828-505-7353. Office hours are Monday-Thursday, 11a.m.-4 p.m.

Following is the schedule for November-January:

Saturday, Nov. 7 - 10 a.m. – Mountainhouse.

- Monday, Nov. 9 - 11 a.m. - 356 Biltmore Ave.
- Tuesday, Nov. 17 - 8 p.m. - After 7 p.m. general meeting at Mountainhouse
- Monday, Nov. 30 - 11 a.m. - 356 Biltmore Ave.
- Saturday, Dec. 5 - 10 a.m. – NAMI-WC Annual Meeting - NO SUPPORT GROUP
- Monday, Dec. 7 - 11 a.m. - 356 Biltmore Ave.
- Tuesday, Dec. 15 - 8 p.m. – NO GENERAL MEETING – NO SUPPORT GROUP
- Monday, Dec. 21 - 11 a.m. - 356 Biltmore Ave.
- Monday, Dec. 21 - Holiday Party 6 p.m.–9 p.m., St. Mark’s Lutheran Church, Asheville
- Monday, January 11 - 11a.m. – 356 Biltmore Ave.
- Monday, January 25 - 11 a.m. – 356 Biltmore Ave.

In addition, the veterans’ Connection group meets every Thursday evening from 7:30 to 9 p.m. at the Charles George VA Medical Center, 1100 Tunnel Road, Asheville. There will be NO MEETING on Thanksgiving Day. Christmas Eve is still being discussed. Contact Ray Carter at raycarter2001@yahoo.com or 828-337-0515 for room location.

## NAMI Billboards

Did you know??? Buncombe is one of only seven counties in North Carolina to have NAMI billboards.

### ***When You Need...***

***housing, hounseling, bridge meds until your doctor’s appointment, or Someone to talk to .....***

### ***Call Western Highlands 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.

## Coopers receive philanthropy award

NAMI members Don and Lisbeth Cooper received the “Outstanding Philanthropist Award” at the National Philanthropy Day Awards luncheon on November 19 in Asheville.

The Coopers are the founders of CooperRiis Healing Farm, a multi-site, nonprofit, therapeutic community for people with mental illness or emotional distress.

## Nina Accardo heads Santa’s list

Santa is making his list... and checking it twice. Nina Accardo is right up there at the top of the “Good” list. For several years she has gone out of her way to provide delicious, nutritious snacks for our monthly Tuesday night meetings, even though she is unable to attend the meetings. Nina, your support to all of us is greatly appreciated.

## Magnetic Minds ends 12-year run

Magnetic Minds, NAMI-WC’s unique local support group ended this fall after 12 years of continuous operation, Tracy Mixson, founder of the bipolar-only support group, recently informed the affiliate’s board of directors. Former participants in the group are being encouraged to move over into NAMI Connection, the new open-diagnosis support group that meets NAMI national standards. The affiliate’s board of directors commended Tracy for her many years of tireless effort in running the Magnetic Minds program.

# NAMI offers free education in Asheville for families of mentally ill individuals

When a mental illness occurs within a family, everyone is affected. For many participants, NAMI Family-to-Family is their first opportunity to talk to others dealing with a loved one's mental illness.

This acclaimed class for families and caregivers of individuals diagnosed with a severe mental illness will be offered again in Asheville on Monday evenings, February 22 to May 17. The 12-week course offers ways to communicate, solve problems, and advocate. Caregivers learn facts about serious mental illnesses, enabling them to focus on self-care as well as to better understand their loved ones.

NAMI Basics, for parents and caregivers of children and

teens with mental illness, is scheduled for Tuesday and Thursday evenings, March 2-18, in Asheville. This new program, providing learning and practical insights, is taught in six classes by trained parents and caregivers who have lived through similar experiences with their own children.

A graduate of Asheville's first Basics class described it as "most impressive! I learned so much and feel so much stronger as a parent to face society with the facts (not stigma) of mental illness."

Both Family-to-Family and Basics are offered at no cost. However, class sizes are limited, and participants must register well in advance. NAMI-WC sponsors these programs with funding from Western Highlands Network. For further information, call 687-6901 or 505-7353.

## NAMI membership drive in full swing

If you've already renewed your membership for 2010, thank you. If not, now is the time. If you join now, your membership is valid until the end of 2010. Dues help support NAMI's mission to improve the lives of all affected by mental illness. With a new affiliate office and expanded education and support programs, this is an exciting time for our affiliate. Dues are shared with NAMI national and NAMI NC and entitle you to receive informative publications. In joining NAMI, you are casting your vote for better treatment, more research on brain disorders, and education to eliminate the stigma that still surrounds these no-fault illnesses.

### Contributors

Contributing Writers

Jim Pitts

Sharon Pitts

Florence Rowe

Christine Smith

Copy Editor—Bob Hoy

Design & Layout—David Cornwell

## Help needed with rideshare

NAMI is attempting to coordinate rides to our meetings and support for those without transportation. If you need a ride, or are able to provide a ride to another NAMI member, please call 828-687-6901. At this time we particularly need drivers. Please help! We try to match riders and drivers within their own neighborhoods. Thank you!

## Join 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.



P.O. Box 8046  
Asheville, NC 28814

Non-Profit Organization  
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## Support – Education – Advocacy

**NAMI WESTERN CAROLINA** is an affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Members are families, friends and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder.

**NAMI WESTERN CAROLINA** welcomes families, friends and people with a mental illness to meetings at 10 am the first Saturday and 7 pm the third Tuesday of the month at Mountainhouse, 225 E. Chestnut St., Asheville. (Parking in the rear, use the side entrance) Call 687-6901 for information [www.namiwnc.org](http://www.namiwnc.org).

**NAMI CONNECTION** is a recovery support group for adults with mental illness, regardless of diagnosis. Trained individuals, who also are in recovery and understand

the daily challenges, offer encouragement and support. Group meets at 10 am the first Saturday of the month at Mountainhouse. For information, call 828-505-7353.

**NAMI BASICS** is a new education program for parents/caregivers of children and adolescents living with mental illness. Trained teachers or other caregivers with similar experiences with their own children teach this free six-week class. Facilitator: Sharon Pitts, 258-5359 [sharonpitts1@gmail.com](mailto:sharonpitts1@gmail.com)

**NAMI FAMILY-to-FAMILY EDUCATION** is a free 12-week course of facts and support for families/caregivers of persons with a diagnosed mental illness. Trained family members teach the 2½-hour class. Early re-registration is required. Coordinator: Florence Rowe, 299-9596 [rohaus@charter.net](mailto:rohaus@charter.net)

**IN OUR OWN VOICE** offers free presentations by people with mental illness in recovery to dispel stigma; includes video, personal testimony and discussion. Coordinator: Tracy Mixson, 232-0438, [psychodog@charter.net](mailto:psychodog@charter.net).

***NAMI gives peer-to-peer support, not led by mental health professionals  
All meetings are held at Mountainhouse, 225 E. Chestnut Street, Asheville, unless otherwise indicated.***