

The community's voice on mental illnesswww.NAMIWNC.org**NAMI WC recognizes volunteers & outstanding CIT officer**

NAMI nationally, at the state level and here in Buncombe County have been initiators and collaborators in bringing Crisis Intervention Team (CIT) training around the country. CIT trains law enforcement in identifying persons with a mental illness, de-escalating potentially dangerous situations they may encounter with an ill individual and diverting that individual to treatment rather than jail.

In Asheville, through May, 2011, 68 police officers and 71 Sheriff's officers have been trained as well as 24 telecommunicators (911) and 43 Buncombe County Detention Facility officers.

NAMI WC has played a significant role in these trainings and is inspired by the men and women who have trained in CIT. To express our pride, in 2010, our affiliate presented an award to the Outstanding CIT Officer of the Year, Corporal David Stephens of the Buncombe County Sheriff's Department.

At our NAMI Holiday party in December, Corporal Stephens presented the award to the 2011 honoree, Senior Police Officer Keith McCulloch of the Asheville Police Department. Officer McCulloch, at grave risk to his own life, saved a mentally ill individual from jumping off the Smokey Park Bridge.

In addition, Mona Cornwell (pictured), long-time NAMI member, was awarded a plaque recognizing her instrumental work and guidance in bringing CIT training to Buncombe County. We applaud Mona and thank her for her service to the community.

Also at the Holiday party, Jesse Davis was awarded the NAMI WC Volunteer of the Year Award with more than 200 hours of service in our office in 2011. Her organizational, computer and work skills saved the day on more than one occasion! Thank you, Jesse! (TT)

**We need your efforts in education, advocacy & support****By NAMI WC Board President William Kinschner**

Happy New Year Everyone! As I write this during the first days of 2012, I am thankful for all of the service of NAMI WC volunteers in 2011. Your efforts in education, advocacy and support (the three pillars of NAMI) on behalf of those who live with mental illness and those who love and care about them continue to grow and are much appreciated by me and the NAMI WC Board. Four new Board members join five incumbents in 2012.

One major topic of Board discussion is how to serve more of the 10,000 people in Buncombe County alone, as well as the 3,000 people in Madison, Yancey, Mitchell, and McDowell counties that we serve, who live with chronic mental illness. A recurring realization in our discussions is WE NEED YOU! Please take a look at the list of volunteer opportunities in this newsletter. Please contact our office at 828-505-7353 or at namiwnc@yahoo.com and let Christine know how you are willing to help.

Regardless of whether you can give of your time and talents, NAMI WC also needs money to continue to serve more people. We are currently operating at a monthly deficit of about \$1,500. Again you see that WE NEED YOU.

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WESTERN CAROLINA**Address:**356 Biltmore Ave
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Monday—Thursday

10am—6pm

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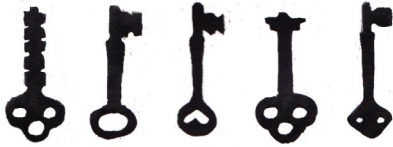
namiwnc@yahoo.comwww.NAMIWNC.org

Agencies & providers partner to provide supportive housing

Effective January 1st, Tri-State Management & Investments, Inc. became managing agent for WNC Housing Inc. properties. Tri-State's President, Robert S. Sisson, informed the residents that, "we are committed to giving each of you the service needed and insure that you can also enjoy a clean and quiet place to live." These properties were formerly managed by Liberty Corner Enterprises, Inc. Diane MacNichol is on staff as property manager at the WNC Housing office now located at Nantahala Street Apartments from 8:30 am to 5 pm Monday through Friday. The office phone is 828-575-2098. Tenants may pay their rent at the office or send checks or money orders payable

to the property in which they live to: **WNC Housing, 5 Nantahala Street, #12, Asheville, NC 28801.** Synergy In Action, Inc. now provides the Tenant Case Management services. Tammy Towe, the Tenant Case Manager, also has offices at Nantahala Street Apartments. She works in partnership with WNC Housing Inc. and Tri-State, keeping in compliance with requirements of the Department of Housing and Urban Development (HUD), North Carolina Housing Finance Agency (NCHFA) and Asheville Housing Authority (AHA). Towe will directly relate to the residents, their service providers and community resources to maintain housing stability.

WNC Housing Inc. partners with HUD, Western Highlands Network, NCHFA and AHA to provide supportive housing for persons with mental health, substance abuse, and developmental disabilities. Currently this serves some 60 residents at Nantahala Apartments, King Drive Apartments, Clearview Terrace Apartments, Ridge Apartments, Ross Creek, eight Independence Cottages and one single family home. All are located in Asheville/Buncombe County.



For those with a mental illness seeking to live independently, these are difficult times.

That's the message Jenny Simmons, Western Highlands Network Housing Specialist, delivered at a recent NAMI WC meeting. According to Simmons, the Asheville Section 8 rental subsidies program that provides support for many consumers is not taking names on its waiting list. Shelter Plus Care, a

Consumers find few options for independent living

program for those who are homeless and have a disability, also has closed its waiting list. Although nothing is available now, there are things pending.

"We don't have an adequate amount of independent housing with supportive services," said Simmons, who works with providers on housing issues. Rich Munger, NAMI member and Planner/Evaluator for Buncombe County Human Services Support Team, said the state government isn't being of much help. There's a lot of good verbiage being thrown around

by the state, but there's no revenue stream to address housing.

At present, many consumers live alongside elderly persons in Adult and Family Care Homes. Simmons reported that state officials are now assessing some adult care homes to see if they qualify as institutions for mental disease. These homes were not originally developed to serve the mental health/substance abuse population, she explained, adding that "staff in adult and family care homes are not qualified professionals." (Dave Rowe)

NAMI class offers up-to-date facts & emotional support to families



The acclaimed NAMI Family-to-Family class for families/caregivers of an individual with a severe mental illness will begin in early April in Asheville. Studies have indicated that this free, 12-session program reduces caregivers' stress and empowers them to manage challenges within the family, the mental health system, and the community.

The curriculum includes up-to-date facts about schizophrenia, bipolar disorder, clinical depression, panic disorder, anxiety disorder, post traumatic stress disorder and co-occurring addictions. This information is balanced with self-care, emotional support and coping skills.

Because the class size is limited, early registration is required. For information call 828-299-9596 or email rohaus@charter.net.

NAMI NC honors Dr. Jim Pitts with Lifetime Achievement Award

Congratulations to Jim Pitts, PhD, who was honored with a *Lifetime Achievement Award* by NAMI NC at its Fall 2011 annual conference. After retiring three years ago as sociology professor at UNC Asheville, Dr. Pitts has worked relentlessly to further the NAMI mission at the state and local level. This prestigious award recognizes the extraordinary contribution of a NAMI member.

Now serving as Past President on the NAMI WC Board, Dr. Pitts was president of NAMI NC and with his wife, Sharon, leads NAMI Family-to-Family classes. He is a strong advocate on behalf of mental health and an active community volunteer. The only other NAMI WC recipients of the *Lifetime Achievement Award* were Dan and Betty Lane in 1999.

In memory of exemplary NAMI members: Harriett Penny & Doris Goewey

Harriett Davis Penny, 88, who died September 2, 2011 in Canton, was among the 13 charter members who organized The Western Carolina Alliance for the Mentally Ill on March 2, 1985 in Asheville. On February 2, 1987, the Alliance was chartered as Western North Carolina Alliance for the Mentally Ill, Inc. The title later changed to NAMI Western Carolina, Inc.

Doris Bell Goewey, 88, of Arden and formerly of Austin TX, died December 5, 2011. She had served as a U.S. Navy Lieutenant, taught elementary school, was an accomplished artist and served on many non-profit boards including NAMI Austin, where she taught NAMI Family-to-Family. Survivors include her daughter, Susanna and son-in-law, Andrew Euston of Arden and son, Andrew Goewey of Sanford, FL.

NAMI WC receives FaithNet Grant to help reach out to faith communities

NAMI WC is among 10 NAMI affiliates awarded a NAMI FaithNet Grant to evaluate FaithNet tools and resources. The \$200 Grants went to affiliates currently engaged in faith outreach and to those planning such efforts. Bill Kinschner and Dr. Jim Pitts will lead the local outreach to diverse communities of faith.

NAMI FaithNet respects all faith beliefs. It also recognizes the expression by the majority of those affected by mental illness of the importance of their spirituality in their ability to cope with an illness or in caring for an ill person. This is congruent with the mission of Mountain Faith Initiatives, mountainfaithinitiatives@yahoo.com, a recently formed independent group of NAMI members. It sponsored a Blue Holiday service and provided materials for similar services that took place in December. Offering understanding, compassion and hope, the services recognized that holidays are not joyful for everyone and can be stressful.

NAMI WC offers several ways to volunteer to further its mission

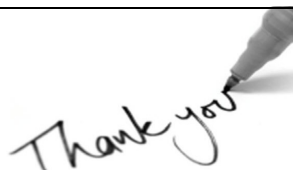
Social Committee – Help with quarterly potlucks
 Grant Committee – Research and write grant applications
 Speakers Bureau – Call and schedule local organizations interested in a NAMI speaker
 Transportation Committee – Help bring people without cars to NAMI meetings
 Finance Committee – Accounting/finance experience needed
 Bylaws Committee – Assist with reviewing current bylaws
 Event Planning – Plan fundraising events
 NAMI FaithNet Committee – Outreach/education to the faith community
 Advocacy Committee – Advocate in various ways on mental health issues
 Newsletter – Write articles for our delightful, quarterly publication



Other committee opportunities will become available. If you have an idea for a committee, an area or interest that you feel would benefit NAMI WC and our membership, please contact us. To sign up or for more information, call 828-505-7353.

A big thank you to our volunteers!

Bill, Doran, Florence, Gene, Jesse, Jim, Joe, Judy, Justin, KC, Kevin, Kristy, Leslie, Lisa, Nina, Paulette, Richard, Sandy, Tracey



NEWSLETTER CONTRIBUTORS

Judy DeHavilland, Bill Kinschner, Dave Rowe, Florence Rowe, Christine Smith, Justin Tatsch, Tracey Turner, and Jesse Davis, Graphic Design

Celebrate Recovery

During my time as a person dealing with addiction as well as a mental illness, I've learned that the journey of recovery may very well not have any specific destination. Focusing on an endpoint or a "finish line" has led to some confusion in my life. To expect that one day I'll be done with recovery or that I'll no longer need to spend time and effort maintaining my condition has led to many relapses in both my addiction and mental illness. I've made the mistake many times of assuming that because I felt so well while on my medications that I no longer needed them, or that because I had been sober for a long while that the addiction no longer held sway.

This, however, has never been further from the truth.

Recovery is indeed a process. Every day tends to be an adventure. The mood I'm in when I wake up, the day's activities, the people I meet, the decisions I choose to make - all of

A Journey of Recovery

these things tend to affect my internal makeup. Some days I may choose to isolate and other days I may invite and welcome the presence of others. Some days I may feel more or less tethered to the earth than others. I encounter frustrations as well as triumphs every day.

Recovery is not a linear journey, meaning that we don't simply get better and better each day. The process requires intense effort at times and isn't void of struggle. Certain urges and desires, frustrations and defeats can seem larger than we can possibly handle. In these times, I find that I need to reach out for help. By building a network of people that I can get in touch with, I find strength and solidarity among friends and family. The encouragement and support I need is sometimes just a phone call away, but I've had to learn to make the effort to reach out and trust that someone cares. I've never known anyone to be successful in

recovery by going at it all alone.

What I HAVE found is that by paying attention to the doctors, therapists and support that I have around me, I can face each day as a new one, filled with hope and promise. Ours is not a life without setbacks and struggles, but by taking time out to renew ourselves and sharing in our own unique journeys, we can redefine what life means to us. The old trials and frustrations can be transcended and we can find new meaning in a fresh perspective on ourselves and the world we live in. (Justin Tatsch)



Letter to the Editor

I would like to attend more of the support groups and meeting, but am unable to drive and do not live on a bus line. Do you have a Ride Share program where someone could pick me up and take me home? K.B.

Transportation is one of our most difficult problems. We have tried different ways to solve it, but let's try again. Many of our supporters cannot drive at all or at night. If you are able to give someone a ride from any area in Asheville including Leicester, Arden or Weaverville, or if you need a ride to meetings, please call our office at 828-505-7353 or email namiwnc@yahoo.com, subject line: RIDES. Tell us where you live and your availability. We will do our best to match people up.



Doran Heck, NAMI WC Musician & Composer Produces CDs

You need only go to cdbaby.com/cd/DoranHeck to have a great musical experience by one of our own.

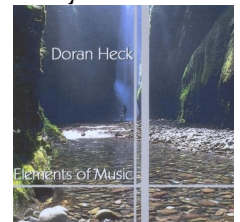
Doran is a saxophone player, synthesizer musician and accomplished on other instruments. The two CD's on his website offer Latin-influenced jazz called *Latin Grooves* to North Carolina nature-inspired tunes entitled *Elements of Music*. All his pieces are original and his liner notes indicate the background for his music. All very interesting. Doran has a third CD, *Pictures of Nature with Saxophone*. He is working on a fourth which will return to his interest in Latin jazz.

Doran was a featured musician at the NAMI WC Jazz Potluck in fall of 2011 along with his excellent keyboardist.

It was a real treat to hear them and I, for one, became an instant fan.

The CD's can be purchased on-line or just ask Doran. Previews of each cut are also included on the website.

Check it out. (TT)



Doran Heck's new album titled "Elements of Nature"



We're Going Green!

Sign up to receive your NAMI Western Carolina newsletter electronically by sending an email to: NamiWC.newsletter@gmail.com.

Introducing our NAMI Board of Directors

Returning board members:

Bill Kinschner, President
Tracey Turner, Vice President
Karen Hoffman, Treasurer
Bob Carey, Director
Dr. Jim Pitts, Ex-officio



Our new at-large members are:

Jesse Davis – NAMI WC Volunteer of the Year with more than 200 hours of service in 2011; computer specialist; extensive experience with non-profits, education, outreach

Dr. Edgardo Gonzalez – Recently retired as Director of Psychiatry at the Asheville Veterans Administration; lived 25 years in Asheville; interest in allocation of scarce treatment resources and stopping the “revolving door” of patients in psychiatric care in hospitals

Mark Merrick – Operations Director for First at Blue Ridge in Black Mountain, a long-term residential substance abuse program; experience working with dual diagnosis clients; experience with grant-writing; member of Asheville-Buncombe Homeless Coalition

Robert Pitts, Esq. – Attorney in Asheville for more than 30 years; served on the board of Blue Ridge Health; experienced with law and regulations of non-profits

We are pleased to have such a diversity of skills in the area of mental health on our board.



St. Paddy's Day potluck promises some fiddlin' & maybe even a jig

Top O' the Morning, lassies and laddies! Come join us for some Irish fun, food, and good cheer (but no shenanigans)! We will be havin' a jolly good time at the Presbyterian Pub (just kidding) on Friday Eve, March the 16th, at 6 o'clock. There'll be wearin' of the green, some fiddlin', and maybe a jig or my name isn't Tracy! Bring the gang and your favorite dish to share, Irish (and German and American...) eyes will be smilin' when we see you there.

Grace Covenant Presbyterian Church, 789 Merri-
 mon Avenue, Asheville. For more info call 828-505-
 -2080 or the NAMI office 828-505-7353.

2012 NAMI NATIONAL CONVENTION

Seattle, Washington – June 27-30

Theme: **Think, Learn and Live: Wellness, Resiliency and Recovery.**

Information: www.nami.org/convention

Bipolar Cookbook: Brownie Madness

In my years of living with bipolarity, I've learned that a great way to stay active, be productive and avoid isolation is baking. It's much easier to say, "Come over and eat brownies," than "I shouldn't be alone." I've also learned the recipes I've mastered in a manic state can be overwhelming when depressed. I developed dual recipes for many dishes. Case in point: bipolar brownies.



Manic Brownies

Ingredients:

- 1 cup butter or margarine
- 2 cups white sugar
- 1/2 cup cocoa powder
- 1 teaspoon vanilla extract
- 4 eggs
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Instructions:

1. Pre-heat over 350*
2. Melt butter
3. Add other ingredients in order, stirring until well mixed
4. Pour into greased 13"x9" pan and bake 20 to 30 minutes

Tip: Set your timer for 3-5minutes less than the suggested time & check with a toothpick to prevent over-cooking.

Depression Brownies

Ingredients:

- 1 box brownie mix (Family Size)
- Other ingredients as listed on the box

Instructions:

1. Open box
2. Follow mixing directions on box
3. Bake in greased 7"x9", 8"x8" or 9"x9" pan (depression brownies are thick as the mood)

Remember to share. Many people will forgive a complete lack of social graces in the presence of baked goods. Enjoy yourself whatever your headspace.

Jesse Davis (pictured on left) has always been seriously fond of baking.

New York Times' powerful "Lives Restored" profiles available online



Since June the **New York Times** has featured an outstanding and powerful series by Benedict Carey called "Lives Restored". This profiles "people who are functioning despite severe mental illness and have chosen to speak out about their struggles." The articles include: **Rescuing Others: Expert on Mental Illness Reveals Her Own Fight**, **Living With Voices: Learning to Cope With a Mind's Taunting Voices**, **Finding a Life That Fits: A High Profile Executive Job as Defense Against Mental Ills**, **Meaning in Madness: Finding Purpose After Living With Delusion**, **Dual Diagnosis: After Drugs and Dark Times, Helping Others to Stand Back Up**

To read the articles and see the videos, go to www.nytimes.com/interactive/lives-restored-series.html

LIKE US on FACEBOOK!

Keep up with our happenings at www.Facebook.com/NAMIWesternCarolina



Support NAMI Western Carolina by becoming a member!

Become a NAMI WC member today and add your name to the thousands raising their voices to demand services, support and respect for the millions affected by mental illness. NAMI WC membership demonstrates your support for the important work that NAMI does and helps make our voice heard in Asheville/Buncombe County, around the state and the nation.

Members receive the Advocate, NAMI's national news magazine, in addition to NAMI NC's Clippings newsletter and NAMI WC newsletters. Members also enjoy reduced costs at the National Convention, NAMI NC's Annual Conference, the NAMI Store, and other events, as well as voting privileges to shape the future of America's largest grassroots organization dedicated to building better lives for the millions affected by mental illness.

Your membership counts!

Western Highlands Contact Information

Western Highlands Network, 356 Biltmore Ave., Asheville, NC 28801, www.westernhighlands.org, manages mental health, substance abuse and intellectual/developmental disabilities services in Buncombe, Yancey, Henderson, Transylvania, Rutherford, Polk, Mitchell and Madison counties. For routine needs weekdays call 828-225-2800. After hours and on weekends call toll-free 1-800-951-3792.

NAMI WESTERN CAROLINA: 828-505-7353 www.namiwnc.org NAMI WC 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. NAMI has over 1,100 affiliates across the country who engage in advocacy, research, support and education. NAMI members are families, friends and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder and borderline personality disorder.

NAMI FAMILY-to-FAMILY EDUCATION: free 12-week course for families/caregivers of persons with serious mental illness. Studies demonstrate the evidence-based class provides better understanding of these disorders and coping skills. Pre-registration required. Call 828-299-9596 or email rohaus@charter.net

NAMI BASICS: six free, education classes for parents/caregivers of children/adolescents with an emotional problem or who were diagnosed with a mental illness. Child care is provided. Pre-registration required. Call 828-258-5359 or email sharonpitts1@gmail.com

IN OUR OWN VOICE: free presentations by people with mental illness in recovery to dispel stigma and show how consumers can reclaim productive lives. Includes video, personal testimony and discussion. To schedule a program, call 828-232-0438 or email namiwc.voice@charter.net

NAMI Western Carolina Asheville Support Group and General Meeting Schedule January 2012—April 2012

All meetings are held at our office at **356 Biltmore Avenue** next to St. Joseph Campus of Mission Hospitals.

All 90-minute support groups are free of charge. Groups are on a drop-in basis.

Check the Support Group Calendar page on our website for updates www.namiwnc.org

NAMI WC gives peer-to-peer support, not led by mental health professionals.

NAMI CONNECTION SUPPORT GROUPS

NAMI Connection is a recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. Room 207

FAMILY/CAREGIVER SUPPORT GROUPS

For family members/loved ones of someone living with a mental illness.

Room 315

*NAMI Connection and
Family/Caregiver groups are held separately.*

- Monday, January 23 - 11am** - Connection
- Saturday, February 4 - 10am** - Connection & Family/Caregiver Support Groups
- Monday, February 13 - 11am** - Connection
- Tuesday, February 21 - 6 - 7:30pm** - Connection & Family/Caregiver Support Groups. General meeting follows 7:30 - 8:30pm. Speaker: Leslie Gaidi, Topic: Housing in Asheville area
- Monday, February 27 - 11am** - Connection
- Saturday, March 3 - 10am** - Connection & Family/Caregiver Support Groups
- Monday, March 12 - 11am** - Connection
- Friday, March 16 - 6pm** St. Paddy's Day Potluck, Grace Covenant Presbyterian Church, 789 Merrimon Ave, Asheville
- Tuesday, March 20 - 6 - 7:30pm** - Connection & Family/Caregiver Support Groups. General meeting follows 7:30 - 8:30pm. Speakers from Our Voice, Topic: Sexual trauma
- Monday, March 26 - 11am** - Connection
- Saturday, April 7 - 10am** - Connection & Family/Caregiver Support Groups
- Monday, April 9 - 11am** - Connection
- Tuesday, April 17 - 6 - 7:30pm** - Connection & Family/Caregiver Support Groups. General meeting follows 7:30 - 8:30pm. Speaker & Topic: TBA
- Monday, April 23 - 11am** - Connection

Weather Cancellations: If there is severe weather in the Buncombe County area, support groups will be cancelled.

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WESTERN
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The community's voice on mental illness

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If you are no longer interested in receiving the NAMI Western Carolina Newsletter, please call (828) 505-7353 or email NAMIWC.newsletter@gmail.com with the subject: UNSUBSCRIBE. Thank you.

MISSION: NAMI WESTERN CAROLINA strives to 1) provide support to family members and consumers, 2) serve as a center for the collection and dissemination of information about mental illness, 3) foster public education, 4) develop coping skills for families and consumers, 5) advocate, and 6) aid community support services.

Join NAMI Today!

NAMI-WC depends on you to further our mission to improve the quality of life for all persons affected by a serious mental illness. Your membership means that you care about what we are doing in advocacy, education, and support and share our vision for a better world for better with mental illness and their families. Especially now with the frustrations and challenges of "Mental Health Reform," advocates need to be heard.

Your dues are shared with NAMI national and NAMI NC and entitle you to receive publications and information from all NAMI levels. If you've not renewed or joined yet, please do so today. Thank you for making a difference.

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 membership is: New Renewal

\$35 One-year membership Individual and Family \$ ____ Additional Contribution

\$3 Open Door Membership for those with limited means

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

Name

Address

City State Zip

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