

The community's voice on mental illness

[www.NAMIWNC.org](http://www.NAMIWNC.org)

## NC budget cuts not so severe; advocacy remains essential

After all the legislative arguments AND the over-ride of Governor Perdue's budget veto (the first in North Carolina history), the 2011/12 and 2012/13 North Carolina budget has been written into law. Thanks to a revenue increase of nearly 5% (or \$ 1 billion) annually, spending will actually increase in most budget categories, including Health & Human Services.

Yes, Mental Health, Developmental Disabilities, and Substance Abuse will face a \$40 million cut from 2010/2011 (Remember the \$40 million of restored funding that we received?), but \$45 million will be added in 2012/13. \$323 million of General Fund dollars will be available to purchase services through LMEs in 2011/12, about an 8% reduction. Well, enough of the numbers.

One of our challenges as advocates for those living with mental illness is to work with legislators and regulators to assure that services are available in the appropriate efficient setting for those who cannot pay. Think of all the variables involved in service delivery – age, location, housing need, medical, psychiatric, psychological, counseling, medications, law enforcement, inpatient, outpatient – just to name a few.

Dollars for services to those living with a mental illness will always be scarce. Our advocacy will be strengthened and our overall funding will be increased if we can help legislators, regulators, and providers lower the overall cost of care for each person. Let's make this a high priority in the coming months and years. (BK)

## NAMI WC expands office hours & moves across the hall at 356 Biltmore Ave

As of July 1, NAMI WC moved into Suite 207, just to the left of the second floor entry doors at the upper level of 356 Biltmore Ave. This is adjacent to the St. Joseph Campus of Mission Hospitals. We share another entrance, also with Western Highlands Network, on the side of the building nearest the second floor front parking area. Come visit our new digs! Our office hours have expanded to 10 am to 6 pm Monday – Thursday. Contact information remains the same: 828-505-7353 and [www.namiwnc.org](http://www.namiwnc.org)

## Travelers find NAMI alive and well in Johnstown

Whenever Sue and I travel we always find something unexpected: something fun or something that warms the heart. Well, on June 4th the community of Johnstown, PA gave us our surprise. One hundred twenty two years ago Johnstown experienced the worst flood in American history. Because of heavy rains and a faulty dam, a 40 foot wall of water thundered down the Little Conemaugh River demolishing all human habitation and sending 2,209 souls to eternity.

At the same place where a tent city was set up for survivors of the flood, a new set of tents arose on that Saturday morning. They were filled with joy, happiness and hope. Each year the 20 Non-Profit Health Organizations of Johnstown get together for their

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NAMI  
WESTERN CAROLINA

**Address:**

356 Biltmore Ave  
Suite 207  
356 Biltmore Avenue

Suite 207

Asheville, NC 28801

Monday—Thursday

**Phone:**

828-505-7353

[www.NAMIWNC.org](http://www.NAMIWNC.org)

## ***A warm cloak of anger***

*I have nothing to protect myself with  
but my anger.*

*I do not have  
a gun or a knife or a shield even.*

*I come with nothing on me  
save my anger.*

*That's the way it was  
in my untreated madness.*

*I did, even in anger,  
seek treatment.*

*But the treatment I sought  
was inadequate.*

*Years I searched and, then,  
I found proper help.*

*Work and work and work  
and I found my feelings.*

*I explored them  
and lived intimately with them.*

*So many, so deep,  
so useful.*

*I came to know them and  
I do not now need*

*a gun or a knife or even a shield.*

*My cloak is the understanding of my  
feelings.*

*Tracey Turner*

## **Volunteer to sell bus tickets at Bele Chere**

We need volunteers to sell tickets at the Bele Chere shuttle bus ticket table, located in the parking lot behind JC Penney's at the Asheville Mall. Shifts are for a minimum of two hours for this annual NAMI WC fundraiser. Call 505-7353 to sign up. Shifts to be filled are:

**Friday, July 29: 10 am – 9 pm**

**Saturday, July 30: 8 am – 9 pm**

**Sunday, July 31: 10 am – 4 pm**



## **Rowe Award honors Ed Peterson**

Recipient of the 4<sup>th</sup> annual Rowe Lifetime Achievement Award is Edward Peterson. He is being recognized for over 30 years as a professional social worker who has had a significant impact on innovative services in WNC. During his tenure as Community Support Program director at the former Blue Ridge Center(BRC) from 1983 to 2003, none of the services developed for persons with serious mental illness were untouched by Ed's creativity, planning and understanding of people with these illnesses and the needs of their families.

Keeping up to date with research and best practices, Ed developed the area's first ACT Team, Psychiatric Rehabilitation Services, Supported Employment, jail diversion, and a consumer-owned business. After BRC's closing, he was director of Community Support Services for the Mental Health Association. As a WNC Housing Board member for over 20 years, he played an essential role in developing funds and support for Nantahala, Riverview Group Home, Clearview Terrace, Shelter+Care and other housing for people with disabilities.

Today's NAMI WC members likely are unaware that during the 80's, Ed promoted forming a NAMI affiliate that started as a family group at Mountain-house. His colleagues, consumers and families knew and respected Ed's caring nature and response to their needs.

Ed served in Vietnam. He received a master's degree in social work from the University of West Virginia and bachelor's degree from Kent State University and was trained as a Gestalt Therapist. Now retired, he lives in Arden and enjoys traveling.

Larry Thompson, Hashim Badr and Nancy Carey are previous recipients of the Rowe Award that recognizes the volunteer efforts of the late John Rowe and Florence Rowe.

## **Web site updates on conference, legislators and Medicaid Waiver**

Check [www.naminc.org](http://www.naminc.org) for details about the Oct. 5-8 annual NAMI NC Conference at the McKimmon Center in Raleigh. This web site also has updates on the NC General Assembly and the Medicaid Waiver that will impact services in the eight-county area of Western Highlands Network.

**CONTRIBUTORS:** *Lisa Taylor, graphic design; Bill Kinschner, Florence Rowe, Ken & Sue Schroeder, Christine Smith, Tracey Turner*

## Successful NAMIWALKS raises awareness; benefits NAMI NC

The 2<sup>nd</sup> annual NAMIWALKS IN ASHEVILLE: a Western Regional Walk to Change Minds on April 30 was a huge success. More than 140 walkers from WNC enjoyed a beautiful day at Carrier Park. Joining our NAMI WESTERN CAROLINA Asheville Stargazers were walkers from NAMI FOUR SEASONS/6<sup>TH</sup> AVE. CLUBHOUSE, Hendersonville; NAMI APPALACHIAN SOUTH, Franklin; NAMI HIGH COUNTRY, Boone, and NAMI RUTHERFORD-CLEVELAND. Other teams included Family Preservations Services CREW, Asheville Kickers, CooperRiis, Strategic Innovations, Grateful Gang, VA Medical Center, and Western Highlands Network. Special guests David Bullins, president of NAMI NC, and NAMI NC Board member Ted Thomas were pleased to see the enthusiastic turnout. Among the walkers were



Bill Kinschner, president of the NAMI WC Board and Dr. Jim Pitts, past president of the Boards of NAMI WC and NAMI NC. *Asheville Citizen-Times* columnist Susan Reinhardt gave an inspirational (and funny) kickoff talk. NAMI WC Executive Director Christine Smith coordinated the event that raised awareness as well as funds for NAMI NC and its affiliates.

A big thanks to our sponsors: Mission Hospitals, CooperRiis, One Mind Mental Illness Ministry, Ingles, Charlotte Street Computers, Best Friends Pet Cemetery and Crematory, Tender Loving Care and Arboc Mobility.

The silent auction and raffle was a big hit, thanks to these contributors and in-kind donors: Amazing Savings, Asheville Tourists, Corn Husk Shoppe, cijp, Pomodoro's, Molly Black, Frankie Bones, Laurey's Catering, Mercury Creative Group, Studio Chavarria, Hickory Tavern, Moondoggie's Natural Pet Foods, Mosaic Cafe, Home Free Bagels, Asheville Tea & Spice Exchange, Judy De Havilland, Sparkling Clean, Staples, P.F. Chang's, Susan Reinhardt, and One Mind Mental Illness Ministry.

## Pete Earley, author of "Crazy," will describe our broken mental health system at NAMI Four Seasons' MIAW education event

NAMI Four Seasons, based in Hendersonville, will celebrate Mental Illness Awareness Week with an education event featuring journalist Pete Earley from 10 am to 1 pm Saturday, Oct. 8 at Blue Ridge Community College. The author of *CRAZY* will describe how he was thrown headlong into the maze of contradictions, disparities and Catch-22s that make up American's mental health system when his son became mentally ill. He wrote this book "as a wake-up call to expose how persons with mental illness are ending up behind bars when what they need is help, not punishment."

Professionals who work with people with mental illness, families and all concerned citizens are urged to attend. The event will raise funds for Crisis Intervention Training for police officers. "We hope to set the seeds of change and together begin working towards making mental health a "health issue," rather than the criminal justice problem it has become," explained Adrienne Brady, event chairman.



### We're Going Green!

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

The \$10 admission may be paid at the event, sent to [www.namifourseasons.org](http://www.namifourseasons.org) or mailed with a check to NAMI Four Seasons, PO Box 2108, Hendersonville, NC 28793-2108. Email [info@namifourseasons.org](mailto:info@namifourseasons.org) for information.

## Register now for August 15<sup>th</sup> NAMI Family-to-Family Class

NAMI Family-to-Family “significantly” improves coping and problem-solving abilities of families of individuals living with mental illness, according to a new study, published in the June *Psychiatric Services* journal. This evaluation, led by Lisa B. Dixon, MD, MPH, notes that participants gain a greater understanding of mental illness, worry less and feel greatly empowered to navigate the health care and political systems to get better treatment and services.

Family-to-Family is for families/



caregivers of adults living with schizophrenia, bipolar disorder, depression, anxiety disorders and borderline personality disorder. NAMI WC will offer this acclaimed 12-week, free class from 6 to 8:30 pm on Mondays, Aug. 15 thru Nov. 14 in West Asheville. Contact the leaders Bill and Bonnie Kinschner at 828-707-2937 or email [bkinschner@aol.com](mailto:bkinschner@aol.com) to register.

NAMI WC has offered Family-to-Family at least once a year since 1996. Among the many volunteer teachers who've made this possible are Mike and Toni Delaney who led a class this spring. Typical class evaluations are: “I feel that the course has saved my life. It has helped me learn to deal with my son effectively...also has helped me prepare for the unknown.”

### First ever Family-to-Family continues at VA Medical Center

The Charles George VA Medical Center in Asheville, in cooperation with NAMI WC, began its first time ever NAMI Family-to-Family Class June 14. Veterans were given priority in the class, led by Army veteran Jim Duffy and Florence Rowe. The class is being held at the VA. A special Post Traumatic Stress Disorder (PTSD) packet is included.

### Travelers find NAMI alive and well in Johnstown

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"Walk for a Healthy Community." If you guessed NAMI was there, you are correct. We met a number of great people, everyone smiling and enjoying the experience, not just at the NAMI tent, but throughout the whole event.

Because at least 250 people were walking that day, police escorts lead the way. And who could forget the music. Sue and I walked with the one mile group. When we decided to leave, we actually became a little lost so the Walk gave us our next moment of joy; finding our car.

On June 4th Johnstown had a glow. This Community can be proud of its accomplishments. Also those 2,209 souls should be proud of their community and the hope that exists in Johnstown. *(Sue and Ken Schroeder)*

### Training scheduled for Connection facilitators & Family-to-Family teachers

Would you like to facilitate a NAMI Connection recovery support group? Connection is run by persons who live with mental illness for other persons with any mental illness diagnosis. Call 828-505-7353 for details about Connection facilitator training Sept. 30 – Oct. 2 in Asheville. Training to teach Family-to-Family is scheduled for Aug. 5-7 in Greensboro. Contact [bpiper@naminc.org](mailto:bpiper@naminc.org) or call 1-800-451-9682.

### Bus Passes now require Medicare/Medicaid card or other proof

The Asheville Transit Authority now requires a Medicare/Medicaid card or a doctor's note and signature on letterhead stating that the person has a disability (no further detail required) for all reduced bus fares. Contact the ATA for more information at 828-253-5691.

# NAMI Western Carolina support groups and general meetings

## July -- October

**Office hours: Monday – Thursday 10 am – 6 pm**

*Consumers are those with a mental health diagnosis. Consumer and family groups are held separately.*

*Caregivers are included in the family groups.*

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

**Monday, July 25 - 11 am** – Consumers

**Saturday, August 6 -10 am** – Consumers and family groups

**Monday, August 8 – 11 am** – Consumers

**Tuesday, August 16 - Consumer & Family Support Groups 6 – 7:30 pm.**

General meeting follows 7:30 – 8:30 pm

**Monday, August 22 – 11 am** – Consumers

**Saturday, September 3 – 10 am** – Consumers & family groups

**Monday, September 12 – 11 am** – Consumers

**Tuesday, September 20 – Consumers & Family Support Groups 6 – 7:30 pm**

General meeting follows 7:30 – 8:30 pm

**Monday, September 26 – 11 am** – Consumers

**Saturday, October 1 – 10 am** - Consumers & family groups

*All meetings held at :*  
**356 Biltmore Avenue**  
**Asheville , NC**  
**Suite 207**  
next to St. Joseph Campus of  
Mission Hospitals  
  
**NAMI Western Carolina:**  
**828-505-7353**  
  
Check the Calendar page  
on our website for updates  
[www.namiwnc.org](http://www.namiwnc.org)

Support—Education—Advocacy

### 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

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

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

### 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 people 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.



*The community's voice on mental illness*

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Asheville, NC 28814

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**NAMI WESTERN CAROLINA:** 828-505-7353 [www.namiwnc.org](http://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 class provides better understanding of these disorders and coping skills. Pre-registration required. Call 828-299-9596 or email [rohaus@charter.net](mailto: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](mailto: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 [psychodog@charter.net](mailto:psychodog@charter.net)

**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.

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