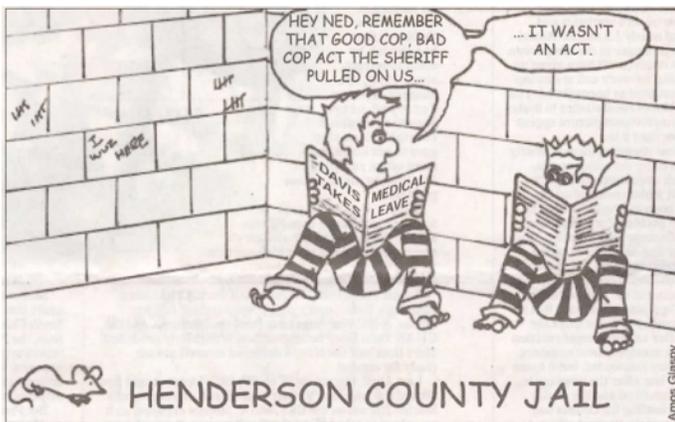


Letter from the President

Adrienne Brady, President NAMI Four Seasons

It always saddens me to discover that stigma is alive and unfortunately well! Our local paper, Times-News, ran a cartoon in the February 12th Sunday edition. Following is a copy of the letter NAMI Four Seasons sent to the newspaper. Thank you to Nancy Moreland for taking the time to compose it.



However, there have been many headlines about Sheriff Davis but little with empathy regarding his illness. Please take this opportunity to educate the community about bipolar disorder and other mental illnesses. The website for NAMI-Four Seasons (National Alliance on Mental Illness) is www.namifourseasons.org and the information line is 1- 888-955-6264.

Sincerely,

Adrienne Brady President

Board Members - Bob Eisenbiel, Annie Ewing, Sara Hiles, Kim MacNish, Ed Smith, Barbara Smith, Katherine Smith, Lisa Wilt.

NAMI Members - Leslie Huntley, Donna Lyerly Nancy Moreland, Patsy Panther, Hilda Sitton.

Statistics reference- <http://naminc.org/nn/misc/NCstats.pdf>

This letter was published in letters to the editor Sunday February 26th

The Editors of the Hendersonville Time-News,

The editorial cartoon on Sunday, February 12th in reference to Sheriff Davis further stigmatizes mental illness. The cartoonist demonstrates a lack of compassion and knowledge of mental disorders. Mental illness is not a laughing matter but a disorder that many people struggle with daily. In North Carolina alone there are 336,000 adults and 99,000 children living with mental illness. In America, one in four adults and one in ten children are affected by mental illness.

It is disappointing that the editors of the Times-News would approve such a derogatory and insensitive message. The Times-News has provided articles in the past concerning people with mental illness or events sponsored by NAMI-Four Seasons.

March General Education Program - Saturday 17th



Emily Cowan Special Guest

Saturday, March 17th at
10:15a.m. at Pardee
Educational Center in Blue
Ridge Mall. Please join us for
our General Meeting and Education Program .

Presenting Emily Cowan, Attorney whose practice focuses on abused and neglected children as well as working with adults going through incompetency or other civil proceedings. Emily is the Guardian ad Litem Attorney Advocate for Transylvania and Polk

Counties and works with volunteers to advocate on behalf of abused and neglected children in the court system. Do you know what a Guardian ad Litem is and that you can volunteer to be one?

Emily focuses her practice on doing work that she feels passionately about and serving individuals in the community who are in need of strong advocacy.

The Education Meetings are open to all those who are suffering from a mental illness as well as their family members/partners and friends. Call 1-888-955-6264 for more information.

Reminders

The general education meeting is held the 3rd Saturday of each month @ 10:15 a.m. to 12 p.m. at the Pardee Education Center at Blue Ridge Mall – Four Seasons Blvd.

March Meeting: Emily Cowan Guest Speaker

Read program write up above. Hope to see you there!

* * *

Fundraising - When you shop at Grove Street Co-op Hendersonville, bring your own shopping bag and receive a token for 10 cents. NAMI Four Seasons will have a collection box for the Bring Your Own Bag through April 30, 2012.

Polk County Family Support Group meets the first Monday morning each month. We meet in the Columbus community. At present there is an average attendance between 4-6 persons. We send e-mail reminders the week before. For info please call Annie @ 864-457-7278.

Polk County Consumer Peer to Peer Group - At present is posting announcements for a new group forming. Location has not yet been determined. Please call Ren @ 828-223-1835 for info if interested.

NAMI Four Seasons Support Group for family members or caregivers of an adult with a mental illness on: The 4th Saturday of each month at 10:00 a.m. at Grace Lutheran Church – corner of 6th Ave & Blythe. Co-facilitators are Bob Andersen and Joe Gernoske.

Getting to Know Our Volunteers - Katherine Smith

Interview by Annie Ewing, Vice President

Q: You've been active in the mental health field as a career. What brought you to NAMI ?

My path to NAMI has been long and started before NAMI existed. I had known about NAMI for many years, but did not participate until 2010, when yet another family member was struggling with a new diagnosis.

I have been very lucky at finding interesting and challenging work. Almost all my adult work was spent in the mental health field. My choice was to work in the public sector, since I feel strongly that health care - mental and physical - are basic human needs and rights. I also am part of a family that has members who struggle with the challenges of mental illness and/or addiction. They have shown me how difficult it is for family members to find affordable care. It has also shown me how far we have yet to go, before mental illness and addictions are understood as true illnesses that are worthy of care - the same as cancer and heart disease.

Q: You have a varied career background in the Mental Health field. Would you care to share what positions you have held and which one interested you the most or was the most challenging?

In 1964 or '65 I began my long career in the mental health field. My first stop was as a research assistant at NIMH, in the Family Studies section, with an emphasis on Schizophrenia. My next job was as a research assistant at the Tavistock Institute in London. After deciding that I needed more formal schooling, I completed my Masters and Doctorate at The University of California at Los Angeles. During and after my studies, I worked for many years at a community health center both as a Clinician and Administrator. From there my path led me to be part of a pilot study combining mental health, corrections and teaching staff. We designed and implemented a program for incarcerated youth and their families in Ventura county, California.

With my children grown and out of the house, I took on another challenge as a civilian working with our military force in N. Italy. After a couple of years, I returned to California joining a program that utilized some of the same ideas we used in Ventura county. Later, I set up a children's program in Atlanta before moving to Charleston, SC to work again in Juvenile justice as a Consultant and Evaluator. I continued that work in other SC counties until my retirement in 2007.

Thank you Katherine, you have had an interesting career and I'm sure you have made a big contribution to the Mental Health field. NAMI is lucky to have you join our ranks in advocacy and educating the general public about Mental Illness. And welcome to our Four Seasons affiliate!

February Program Recap

By Adrienne Brady, President NAMI Four Seasons



Our February program was very well received. Our “In Our Own Voice” duo Jena Cox (NAMI Four Seasons) and Tracy Mixson (IOOV Trainer and Presenter) created lots of audience interaction which made for a memorable presentation. Tracy brought her “service dog” with her and recounted how this animal has literally become her lifesaver.

My online research led me to the PSDS, yet another acronym! Stands for Psychiatric Service Dog Society, Website www.psychdog.org

What is a Service Animal?

“Service animal means any **dog** that is individually trained to **do work or perform tasks** for the benefit of an individual with a disability, including a physical, sensory, **psychiatric**, intellectual, or other mental disability. Other species of animals, whether wild or domestic, trained or untrained, are not service animals for the purposes of this definition. The work or tasks performed by a service animal must be directly related to the handler’s disability. Examples of work or tasks include, but are not limited to, assisting individuals who are blind or have low vision with navigation and other tasks, alerting individuals who are deaf or hard of hearing to the presence of people or sounds, providing non-violent protection or rescue work, pulling a wheelchair, assisting an individual during a seizure, alerting individuals to the presence of allergens, retrieving items such as medicine or the telephone, providing physical support and assistance with balance and stability to individuals with mobility disabilities, and helping persons with psychiatric and neurological disabilities by preventing or interrupting impulsive or destructive behaviors. The crime deterrent effects of an animals’ presence and the provision of emotional support, well-being, comfort, or companionship do not constitute work or tasks for the purposes of this definition.” *

Reference: 28 CFR 36.104; (CFR = Code of Federal Regulations)

The website has a wealth of information concerning Service Dogs and just what an amazing resource they can be for those suffering from mental illness.

NAMI Four Seasons’ position regarding the Dix Property

By Adrienne Brady, President NAMI Four Seasons

Enclosed in our newsletter on page 7 is a copy of the latest letter from the Coalition of Persons Disabled by Mental Illness urging the Governor to utilize the possible proceeds of the sale of the Dix property for the benefit of the mentally ill.

NAMI Four Seasons supports the Coalition of Persons Disabled by Mental Illness and their proposed use of funds that may be realized from the sale of what remains of the Dix property. Dorothea Dix cared deeply about those affected by mental illness and her legacy must not be lost.

Creating a foundation, whose fundamental purpose would be to award community grants for evidenced based practices in the field of mental illness and thereby used to improve the lives of those who are affected by mental illness is quite simply the right thing to do.

Health services for the mentally ill have suffered many cutbacks in recent years leading to more of the mentally ill filling our prisons, emergency rooms and homeless shelters.

Focusing funds on Crisis Intervention Training for Law Enforcement Officers, developing Assessment (Drop-Off) Centers, Mental Health Courts, timely and available support by suitably staffed Mental Healthcare Agencies and decent Housing. These measures will in fact reduce costs to the tax payers .

Sign up today at Smart911.com

SMART 911

Heard of SMART 911? We hadn't either! It is available in our community!

Help EMS treat you: Tell Smart911 about your family's medical issues – like heart conditions, allergies and stroke history. This way when 9-1-1 receives a call, EMS will arrive with the appropriate equipment. For those who have a family member with Alzheimer's, Autism or who is deaf, this service helps as well. Instantly 9-1-1 knows the caller's condition and location without having to rely on verbal communication.

Help Police protect you: Smart911 information can help police in numerous ways. Today when a child goes missing, it takes time for police to obtain a photo of the missing child. With Smart911 police will have that photo instantly and can begin a wide scale search sooner. Additionally, this service helps police locate you if your 9-1-1 call drops for any reason. This allows the police to locate you and your family more quickly during emergencies.

Help the fire department rescue you: With Smart911, call takers can notify firefighters of exactly how many people live in your house - including pets - to ensure that everyone is rescued during a fire. Additionally, if you live in an apartment building, firefighters will not only know the address, but the floor and apartment number as well.

Your information is 100% private.

Your family's profile information is completely private and secure. The details you enter on our secure and protected website are only shared with 9-1-1 dispatchers and first responders in the field, and only when you or your family members dial 9-1-1.

Information taken from www.hendersoncountync.org/sheriff/e911_division.html

Board Minutes

by Barbara Smith, Secretary

President Adrienne Brady reported that our organization will be adopting the NAMI State Standards of Excellency. The Standards should help create more awareness of our affiliate in the community and help increase membership. (The Board acquainted themselves with the Standards at the January Board retreat).

The Treasury report (Bob Eisenbeil & x-Treasury Brady) introduced an audit of the Books that was approved by the Board. An internal report will be reviewed by several Board members.

Bette-Lee's letter of resignation was accepted and Kim Macnish was newly approved to serve out the remainder of Bette-Lee's term.

Committee Reports:

The NAMI Task Force - Adrienne requested of Barbara to secure a police officer familiar with jail procedures, to serve on the Task Force.

Programs - Adrienne announced the February education program will have two local speakers to give individual talks about their personal recoveries from their mental disabilities. They are Jena Cox and Tracy Mixon.

Housing - A mock-up application form was submitted for comments and approval. The committee seeks ways to get the application out into the community and how to best serve an applicant's emergency situation.

Mountain Faith Initiatives

by Nancy Moreland

Mountain Faith Initiatives sponsored the "Community Mental Health Ministry: A Response to Homelessness and Mental Illness" at Grace Lutheran Church on March 4th. Chaplain Craig Rennebohm from Seattle spoke on his twenty-five year ministry to individuals who are homeless and mentally ill. He serves as a resource to families and their love ones; provides consultation to local congregations seeking to develop mental illness ministries and offers trainings for faith leaders, laity and mental health providers. He is the author of *Souls in the Hands of a Tender God: Stories of the Search for Home and Healing in the Streets*, a very inspiring book on his compassionate, gentle outreach to the homeless mentally ill and the amazing progress of this ministry in Seattle.

Around 25 people attended the event and many expressed an interest in a follow-up meeting to organize a ministry in Henderson County for the homeless who struggle with mental illness. Bonnie and Bill Kinschner are leaders in Mountain Faith Initiatives and can be reached at mountainfaithinitiatives@yahoo.com for further information.

**Coalition for
Persons
Disabled by
Mental
Illness**

February 15, 2012

The Honorable Beverly Perdue
Governor, State of North Carolina
20301 Mail Service Center
Raleigh, NC 27699-0301

Dear Governor Perdue:

We are writing to you about the Dix property. We represent the Coalition of Persons Disabled by Mental Illness, and we care deeply about a legacy for Dix that honors Dorothea Dix and her dedication to the best possible treatment and care of those affected by mental illness. We are joined in this effort by NAMI Wake County.

As stated in previous correspondence to you, our request is to preserve the funding from the sale of the land in order to use this funding to support innovations in services to people with mental illness. The money could be disbursed through some sort of a structure, such as a foundation, whose fundamental purpose would be to award community grants for evidenced based practices in the field of mental illness. To make this work, we want to see the Dix land sold for fair market value, the proceeds protected by the foundation and used to improve the lives of those who are affected by mental illness.

Recent news stories have focused on converting the property to a public park, debating the property appraisal, the plans of the Dix Visionaries. Concerns for the original purpose of the property—for those with mental illness—are tucked away in the last paragraphs.

We think it vital that the sale be for the full market value so that the proceeds can support the legacy we have described. We also urge you to put a line item in your upcoming budget that would assure that any proceeds from the sale or lease of the Dix property be used to fund evidence-based community services for persons with mental illness.

We would like to request a meeting with you to review our proposal and discuss steps we can take towards its realization.

We look forward to helping create a solution that leaves a positive legacy that honors Dorothea Dix and puts some funding where it should be-- to support mental health. With the challenges our system has faced, with the cuts made to the mental health trust fund, and with so many changes in the fundamental structuring of mental health that has ended in chaos for so many, it is time to make a bold action supporting funding community practices that work.

Sincerely,



Robin Huffman
Chair CPDMI

EASTER SEALS/UCP of NC & VA

MENTAL HEALTH
ASSOCIATION CHAPTERS IN NC

NATIONAL ASSOCIATION OF
SOCIAL WORKERS - NC
CHAPTER

NATIONAL ALLIANCE ON
MENTAL ILLNESS NORTH
CAROLINA

NORTH CAROLINA COUNCIL
OF COMMUNITY PROGRAMS

NORTH CAROLINA MENTAL
HEALTH CONSUMERS'
ORGANIZATION

NORTH CAROLINA MENTAL
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PSYCHIATRIC ASSOCIATION

NORTH CAROLINA
PSYCHOLOGICAL
ASSOCIATION

4917 Waters Edge Drive, Suite 250 ■ Raleigh, NC 27606 ■ 919-859-3370

NAMI Four Seasons
PO Box 2108
Hendersonville, NC 28793-2108
(888) 955-NAMI - (888) 955-6264
Information Line Available M-F 8:30-5:00

Visit us online: www.namifourseasons.org

[Join us on Facebook!](#)

NAMI Four Seasons is a two county affiliate and grassroots organization. Our mission is to provide support, education and advocacy for families affected by mental illness in our local communities. Membership consists primarily of family members, friends of people who have mental illnesses, and mental health professionals. We are a 501C3 organization and rely on memberships, donations, and grants.

NAMI Four Seasons
PO Box 2108
Hendersonville, NC 28793-2108

TO: