

News for All Seasons

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NAMI FOUR SEASONS TRI-YEARLY NEWS

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EDNEYVILLE WINTER 2011

White House Gun Task Force: NAMI Calls on President and Congress to “Do What’s Right” for Mental Health Care

WASHINGTON, Jan. 10, 2013 -- Michael J. Fitzpatrick, executive director of the National Alliance on Mental Illness ([NAMI](#)) met yesterday with Vice President Joseph Biden’s task force on gun control, along with other leaders of the mental health community, urging action to strengthen and expand mental health care services.

U.S. Secretary of Health and Human Services (HHS) Katherine Sebelius and Attorney General Eric Holder presided over the meeting.

“The meeting was not about guns,” Fitzpatrick said. “It was a listening session about fundamental mental health care services. President Obama’s leadership and Congressional action are needed to do what’s right.”

“We need the President to step forward and engage in a national dialogue on [mental illness](#) and the mental health care system.”

NAMI emphasized four points in the meeting:

- We must invest upstream rather than downstream in the mental health system by developing early identification and intervention strategies and access to treatment and support. Too many families wait years to get the [treatment](#) they need. The current system is impossible for many to navigate.
- Change happens through communities. We must provide training to school personnel, law enforcement, families and others in communities at every level on how to identify and respond to youth and adults experiencing mental health crises.
- Many of our nation’s schools are not addressing the needs of children who struggle with mental health conditions. We need to implement and coordinate school-based mental health services and supports. With them, many of these children can stay in school and have promising futures.
- Besides the stigma that surrounds mental illness the other major deterrent to people seeking help when they need it is lack of health insurance coverage. We must fully implement key provisions of the Affordable Care Act, including mental health and addictions parity requirements and efforts to increase a qualified mental health workforce.

“The Task Force’s recommendation must include mental health care,” Fitzpatrick said. “No one solution can eliminate violence in America, but saving lives includes saving the lives of individuals and family members who struggle with mental illness every day.”

“Treatment works—if a person can get it.”

“The nation’s common concern must be to prevent tragedies before they happen, no matter who is involved.”

“We must have a national dialogue that builds systems of care that provide treatment and support to people who need it, when they need it.”



Four Seasons

Information Line Available M-F 9.00am-5.00pm
(888) 955-6264



Angie Alley-Executive Director

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The Healing Place is the Rape Crisis Center of Henderson County, providing services to victims of rape, sexual assault, child sexual abuse and human trafficking. The mission of the agency is to provide specialized services to help men, women and children recover from sexual violence. Services include a 24-hour hotline, crisis intervention, information and referral, hospital advocacy and support, law enforcement advocacy, court support and mental health treatment **at no cost** to the victim.

The Department of Justice reports that one in three women and one in six men will be victims of sexual violence in their lifetime. Most will be victimized before their 18th birthday. The National Children’s Alliance reports that 93% of children know the perpetrator. Of the 905 victims assisted by The Healing Place in Henderson County last year, 98% of the victims knew the perpetrator. Sexual violence knows no gender, no age, no race and crosses all socio-economic levels.

The World Health Organization reports that victims of sexual assault are **3 times** more likely to suffer from depression, **6 times** more likely to suffer from post-traumatic stress disorder (PTSD), **13 times** more likely to abuse alcohol, **26 times** more likely to abuse drugs and **4 times** more likely to contemplate suicide. Because of the mental health implications of sexual violence, The Healing Place offers specialized mental health treatment in the form of individual, family, and group therapy and employs the latest research in its practice. The Therapists are rostered by the North Carolina Child Treatment Program in Trauma Focused – Cognitive Behavioral Therapy proven to work with children ages 3-18. They are also trained in Eye Movement Desensitization and Reprocessing, which became the common treatment for those suffering from PTSD when returning from Vietnam. By utilizing a trauma model, we have seen amazing results with these treatment modalities. As we begin to understand trauma across the lifespan, we find that different life events will trigger the victim and he/she may need to return to therapy to process the current distress. This does not mean that the victim has failed or that the services of the agency were not effective. It simply means they have been traumatized and need to process the trauma within the context of their current life situation. Coping skills that worked before may become ineffective and new skills are mastered when the client returns to therapy.

I was fortunate to be able to attend the NAMI sponsored Mental Health First Aid course in November, 2012 and was struck by one of the demonstrations. The facilitator had each participant take a disorder or disease and the group was tasked with putting them in order from the least debilitating to the most debilitating. We positioned gingivitis as the least debilitating and I was shocked when Post-Traumatic Stress Disorder was likened to paraplegia and schizophrenia. That class forever changed the way I thought of those we serve at The Healing Place.

I want to invite you to attend the first annual **CELEBRATION OF COURAGE** luncheon where you will be introduced to our featured speaker, Ms. Olga Trujillo, abuse survivor, attorney and author of *The Sum of My Parts*, copies of which are available at the main library and for sale on Amazon.com. Olga’s is the story of her traumatic childhood of sexual, emotional and physical abuse and the amazing courage it took for her to emerge from Dissociative Identity Disorder to become the accomplished and healed individual whose voice, once heard, you will never forget. If you are interested in sponsoring the event or would like to purchase tickets, please call (828) 692-0495 or visit our website at www.thehealingplace.info

Drastic Funding Cuts Will Harm Mental Health Research

NAMI Four Seasons members need to be aware that congress will cut funding for the National Institutes of Health (NIH) on March 1, 2013 if congress goes ahead with across-the-board budget cuts. The plan to enact these unprecedented cuts was made by congress in its Budget Control Act of 2011. These reductions, called “sequestration,” were set to go into effect automatically on January 2, 2013. The “fiscal cliff” deal postponed sequestration for two months. This gives us a very short period of time in which to act.

NIH is the world’s largest biomedical research enterprise. NIH funding could be cut by over 8 percent. This reduction amounts to more than 2.5 billion dollars. This would be a nightmare scenario for research funded by NIH in the field of neuroscience. Research scientists working in neurobiology are making breakthroughs in treatments for mental illness and substance abuse. The cuts will be disastrous for anyone affected by mental illness and substance abuse. Indeed, it is not hard to understand that improved treatment for the mentally ill and substance abusers would have an impact on everyone on our country.

The pace of neuroscience innovations would stagger under sequestration. We must act now to ensure that scientists who have already created amazingly effective treatments for brain disorders continue to be funded. Private enterprise is not strong enough to support the scientists that NIH funds. If NIH funding is slashed, our lives will be affected directly.

Let’s make the effort to contact our congressional representatives. A short, simple statement about how our lives will be changed by sequestration is all that is needed. We can also spread the word by using social media.

Senator Richard Burr can be reached by email or by phone. Google “Richard Burr contact information.”

Senator Kay Hagan can be reached at www.hagan.senate.gov/contact. Both are on Facebook, Twitter and YouTube.

Please take the time to make a change.

SAVE THE DATE!

NAMI North Carolina Western Regional Conference Visions of Recovery for Individuals, Families, & The System

Saturday, April 6, 2013

8:30am-4:45pm

Mountain Area Health Education Center

121 Hendersonville Rd., Asheville.

An exciting agenda with a lunchtime meeting with Legislators and a chance to voice your concerns.

Registration is required: Member registration is **\$15** per person.

Non-Member registration is **\$20** per person

FOR MORE INFORMATION CONTACT:

NAMI FOUR SEASONS INFORMATION LINE: 1-888-955-6264 (NAMI)

E-MAIL: info@namifourseasons.org

PRESS RELEASE
President Pro Tempore
Senator Phil Berge
919-733-5708
2007 Legislative Building
Raleigh, N.C. 27601

FOR IMMEDIATE RELEASE ,January 30, 2013

Contacts: Amy Auth, 919-301-1737

Shelly Carver, 919-301-1744

Senate Republicans Reject Obamacare Expansions
Decline to pursue state-based health exchange, Medicaid expansion.

Raleigh, N.C. – North Carolina Senate leaders introduced legislation Wednesday to opt out of participation in several costly provisions of the federal Affordable Care Act, also known as Obamacare.

Senators Tom Apodaca (R-Henderson), Harry Brown (R-Onslow) and Bob Rucho (R-Mecklenburg) filed Senate Bill 4 to exempt North Carolina from establishing a state-based health insurance exchange or a state-federal partnership exchange. The bill also directs the N.C. Department of Insurance to return unspent taxpayer funds awarded by the federal Department of Health and Human Services earlier this month to create a state-federal partnership exchange.

“Obamacare was forced on us against our will by the federal government, and they should shoulder the burden of implementing it,” said Sen. Apodaca. “Any claim that North Carolina would ‘control’ this program is nothing more than an illusion.”

Senate Bill 4 also rules out expansion of the North Carolina Medicaid program. In its 2012 decision on Obamacare, the U.S. Supreme Court exempted states from the federal mandate to expand Medicaid eligibility. Based on the court’s ruling, North Carolina has the authority to opt out of expansion.

Costs for North Carolina’s existing Medicaid program have increased significantly in recent years. In 2012, the General Assembly was forced to fill a surprise Medicaid shortfall that totaled more than \$500 million. Recent figures from the N.C. Department of Health and Human Services indicate that an expansion of the program would add hundreds of millions of dollars in additional state costs to North Carolina’s Medicaid budget through 2019.

“Senate Republicans are committed to ensuring every North Carolinian receives the highest quality health care and outcomes,” said Senate President Pro Tempore Phil Berger (R-Rockingham). “Saddling our citizens with the enormous costs of a new federal bureaucracy and entitlements is simply not the way to achieve this goal.”

Background:

Under Obamacare, each state must have in place a health exchange where individuals and small businesses, which are now mandated to have insurance, can purchase health care coverage. There are three options: a state-run exchange, a state-federal partnership exchange and a federally-run exchange. Senate leaders have spent months evaluating the implications of each type of exchange.

In November 2012, former Gov. Beverly Perdue prematurely declared her intent to establish a state-federal partnership exchange – three months before the deadline for the state to make this declaration – while at the same time applying for \$73.9 million dollars in federal grant funding to set up the new government program.

This legislation has to go to the House, so we need to step up our advocacy!

Phone or e-mail let your views be known.

Senate Legislator	Phone	Email
Henderson-Tom Apocada	(919) 733-5745	Tom.Apocada@ncleg.net
Polk-Ralph Hise	(919) 733-3460	Ralph.Hise@ncleg.net
House Legislator	Phone	Email
Henderson-Chuck McGrady	919-733-5956	Chuck.McGrady@ncleg.net
Polk-Chris Whitmire	919-715-4466	Chris.Whitmire@ncleg.net

Bridges of Hope: Faith Communities and NAMI

On Saturday, January 5, at St. John's Episcopal Church, 20 people met with Bonnie and Paulette Heck of NAMI FaithNet to learn how to present "Bridges of Hope: Faith Communities and NAMI" to local faith communities. "Bridges of Hope" is a 60-90 minute powerpoint presentation using a team of two speakers to reach out to leaders and members of faith communities. Twenty participants from local NAMI affiliates in Transylvania, Rutherfordton and Henderson counties and two interested members of the public were taught to use the presentation to reach out to leaders and members of local faith communities to ask them to aid members in their congregations who are affected by mental illness.

NAMI FaithNet is a resource network that was established in California 25 years ago by Gunner and Sue Christiansen in their own congregation. They believed that, in addition to medication and therapy, people with mental illness and their loved ones can find healing and hope in their own faith communities. In the "Bridges of Hope" presentation, one of the facts stated is that "there are far more churches, temples and mosques than mental health care providers in our communities, and they are more evenly distributed geographically." Graduates of the training, Nancy Moreland and Valerie Holcombe presented their first "Bridges of Hope" to interested members of St. James Episcopal Church on January 20th and 27th.

To schedule the Bridges of Hope presentation for your faith community, call NAMI Four Seasons at 1-888-955-6264. Or email Bonnie and Bill Kinschner onemindmentalillnessministry@yahoo.com. Also, visit the website www.onemindmentalillnessministry.com.

Program Update!

Nancy Moreland and Valerie Holcombe were very successful in presenting *Bridges of Hope* to 20-22 members of St. James church in Hendersonville. Valerie wrote that the presentation invited an open and frank discussion. In front of the large group, she shared her own story about her son's "journey" with depression and generalized anxiety disorder. She stated in her report to "News for All Seasons" that she felt good by doing so and that relating her experience generated a lot of discussion. Nancy wrote that there were several counselors and other church members who work in the mental health field present. She stated that "I am *grateful* to have presented at my church and have already received positive feedback from several members who attended." Valerie wrote that "I truly believe that *Bridges of Hope* will build bridges of hope, information and support for families and those who suffer in our community here in Hendersonville."

A CONVERSATION:

How to Create Environments of Welcome and Hospitality for those Living with a Mental Illness
MARCH 4, 2013
7.00PM-8.30PM

St. James Episcopal Church
766 North Main Street
Hendersonville, NC 28792

NANCY KEHOE, PhD, RSCJ

Nancy Kehoe is a Doctor of Clinical Psychology at Harvard University .She works with healthcare agencies, mental health facilities and other social service providers to address the spiritual and religious needs of their clients. She is the author of "Wrestling with Our Inner Angels" .

We are all in this together.
Bringing the person living with a mental illness into the conversation.
Discovering their needs and wants.
Overcoming the stereotypes and reducing stigma.

**FOR INFORMATION CONTACT: Henderson County Mental Health Faith Collaborative at
www.hcmhfaithc@yahoo.com 828-707-2937**

CRISIS INTERVENTION TRAINING 2012

By Barbara Smith, NAMI Four Seasons CIT Training Coordinator

NAMI Four Seasons hosted its third Crisis Intervention Training (CIT) class at Blue Ridge Community College on November 5th - 9th, 2012. This training is designed to help law enforcement personnel better understand how to handle a crisis situation involving people living with mental illness. The course stresses keeping everyone involved safe. Safety is definitely the main issue when working in a crisis situation.

Police Departments were represented as follows: Fletcher (2), Hendersonville (5), Laurel Park (2), Columbus - Polk County (1), Rutherford County (7), and Henderson County Sheriff's Department (6), for a total of twenty-three graduates. They were presented their certificates and pins at a graduation ceremony on Friday afternoon, along with a graduation cake and refreshments, and a photographer from *The Times News*.

Deputy Mayor of Hendersonville Jeff Collis was in attendance as well as Chief Bobbie Trotter from Laurel Park, Chief Summey from Fletcher and Mike Wagner from the Hendersonville Magistrate's Office.

Everyone we worked with at BRCC was just wonderful and very helpful. The evaluations of the course were excellent and the suggestions given were very much appreciated and will be evaluated by Western Highlands Training Coordinator Elizabeth Burgess.

Thanks to Sam's Club for donating pizzas for lunch on Visitation Day at the 6th Avenue West Clubhouse and thanks to all the Clubhouse staff and members for all their hospitality and help in serving the lunch. Thanks to Chick-Fil-A for donating the wonderful cinnamon cluster trays which went so well with morning coffee. Also, big thanks to the volunteers who helped with the morning coffee and treats at BRCC, the graduation cake, shopping at Sam's and arranging for the visitations with the providers.

Visitation Day is one of the most important days of the training in which the officers get the chance to meet and talk to those living mental with illness when there is no crisis. They were especially impressed with the visit to the VA Hospital in Asheville, which serves many counties in this area.

NAMI Four Seasons plans to continue working with Western Highlands in hosting and sponsoring the Crisis Intervention Training for law enforcement personnel, as well as a modified form for jail staff, the legal community and providers who have regular communication with people who live with mental illnesses.

Many of us have experienced our loved ones spending time in jail because of a mental crisis. Volunteering to speak about those experiences will add impact to the trainees' education. Also, arranging for provider visitations and helping with supplying refreshments gives invaluable assistance for the training. Please consider some of these volunteer opportunities for our next class!

Barbara Smith to Retire from CIT Coordinator Position

After much hard work and persistence in helping to launch NAMI Four Seasons CIT program, Barbara Smith is stepping down as Training Coordinator and taking a well earned rest! Kristen Martin, Executive Director of Sixth Avenue West Psychiatric Rehabilitation has volunteered to take over the position. As President of NAMI Four Seasons, I look forward to working with Kristen and Elizabeth Burgess, Western Highlands Coordinator, to expand the CIT education opportunities.

All three of us are off to North Carolina's 2013 CIT Conference on February 19th at Raleigh.

The 2013 Statewide CIT Conference will provide opportunities for collaborations that move us toward our common goal of safety, understanding and services to people with mental illness who are in crisis.

It will also give Kristen, Elizabeth and myself an opportunity to meet and discuss plans for 2013 Crisis Intervention Team training, as well as Mental Health First Aid training.

Adrienne

Letter from the President



This begins my second year as president of NAMI Four Seasons. Having met and worked with so many great volunteers on so many mental health issues, I have come to firmly believe that educating the public as well as professionals and legislators is the only way to demystify and de-stigmatize mental illness. As we move into 2013, I would like NAMI Four Seasons to expand the mental illness education opportunities in our community. We will need your full support as we begin.

This year, we hope to sponsor two CIT (Crisis Intervention Training) classes for law enforcement personnel. There will be two separate Family-to-Family classes conducted, for families wishing to gain more understanding of their loved ones mental illness.

Fresh on the heels of this past fall's success, we will sponsor another Mental Health First Aid Certification course for professionals whose jobs require them to interact with people living with mental illness and who may have little or no understanding of brain disorders.

FaithNet's "*Bridges of Hope*," a class for reaching out to congregations and allowing them to learn about mental illness, has also been very successful (See our article on page 5). We are very proud of our accomplishments in the area of community education and urge you to tell your families and friends and your professional contacts what we have to offer.

To my NAMI Four Seasons friends: I want you to know that a precious few NAMI Four Seasons members carry the weight of presenting these vital educational programs. These few members are passionate about educating: they book speakers, book meeting places, arrange for refreshments--sometimes they are the speakers! Often, they simply move the chairs and tables. They routinely bake, mix and buy the foods we enjoy. Won't you help them occasionally? When you are asked if you can lend a hand, please consider giving these few a rest!

In addition, the programs and classes we sponsor and teach use instructional materials that cost money. The programs and classes are offered at little or no cost. When you send us your 2013 membership dues, please consider enclosing an additional amount as an outright gift to help us continue these great programs. Your donation, no matter how large or small, will be appreciated greatly.

Adrienne Brady

NAMI Four Season's Informational Meetings

THURSDAY, FEBRUARY 21st at 6.00pm. Pardee Education Center Blue Ridge Mall

Topic: "THE UNTOLD STORY UNDERLYING THE BIOCHEMICAL CAUSE OF ADDICTIONS, MOODS, AND DEPRESSION AND THE NATURAL APPROACH TO WELLNESS AND RECOVERY."

The featured speaker is Rev. Suka Chapel-Horst, PhD, RN, QMHP an addiction and wellness educator. She is the Founder and Director of ARISE Alcohol Recovery, LLC, and Brainwork's Recovery for natural relief from moods and depression.

The meetings are open to anyone interested in this subject and are free. The speaker presentation will begin at 6 p.m. There will be a general meeting for members at 7.15pm

THURSDAY, MARCH 21st at 6.00pm. Pardee Education Center Blue Ridge Mall

Topic: "THE STATUS OF ADULT CARE HOMES"

The featured speaker is Justina Muniz, Soundview Family Care Homes. Ms. Muniz is involved locally as an administrator and on the state level. She will provide an update on current legislation, and how her organization is responding to the changes while staying committed to residents needs.

There will be a general meeting for members at 7.15pm

Meet Your Board



Adrienne Brady
born in England and immigrated to
the USA in 1977.
Worked as a Radiographer and
has volunteered as an Emergency
Medical Technologist , Treasurer
and Privacy officer for the
volunteer Mad River Ambulance
while living in Vermont.

Moved to North Carolina in 2007 and joined Nami
Four Seasons after attending a Family to Family class
in 2009.



Kim MacNish
hails from New Jersey and came
to Hendersonville in 2005 by
way of VT, OH, AL. Currently
working as a nurse care manager
for Community Care of WNC as a
nurse care manager for medicaid
and uninsured clients. Personally

has lived with family who have persistent mental
illness, and reducing stigma is a need which evokes
a passion. Second year on the board serves as the
Program Chair.



Annie Ewing
NAMI member since
1983-Nevada City, California
affiliate serving as President 1984-
1988.Served 2 years on Nevada
County Task Force- advocated
coordination between the Mental
Health Dept. and the county

jail release of mentally ill inmates and medication
continuation. Moved to Landrum SC. 2007.An active
member of Nami Four Seasons since 2008.Facilitating
a support group in Polk County and is in her second
year of serving as Vice President.



Lisa Wilt
Currently in recovery from mental
illness and an active member of
Nami Four Seasons for several
years. A former resident of
Connecticut, Lisa earned a M.A.
in English Literature from the
University of Connecticut in 1991

and was an instructor of writing at St. Joseph College,
West Hartford, CT, before moving to Hendersonville.
She enjoys being a volunteer for Blue Ridge Literacy
Council and working as a writer/editor for Nami Four
Seasons.



Sara Wright Hiles
was born in Candler, NC and
moved to Fletcher with her
husband Joe in 1968. She is
a graduate of Enka High and
Woman's College (now UNCG).
She is a retired teacher who
taught Kindergarten at Atkinson

School for 25 years. A NAMI member since 2006 and
serves as the Membership Chair.



Lori Collins RN.
Moved to Hendersonville in
1992. Worked at Pardee Hospital
for 17 years . In June 2010 joined
the "Bridges to Health " team at
The Free Clinics as the RN Case
Manager . Personally , has family
and friends with substance abuse

and mental health problems and hopes to help reduce
stigma by working for better resources in our local
communities. Newly appointed board member as of
December 2012



Andrew Weidler, B.A.
Graduated from Rhodes College
Memphis, TN in 2011 with a
degree in Psychology and minor
in Religious Studies.
Volunteered at Sixth Avenue
before being hired in November
2011. Newly appointed board

member as of December 2012.



YOU
could fill this picture. Treasurer
and member at large.
Still needed !