

News for All Seasons

OCTOBER 2013

NAMI FOUR SEASONS TRI-YEARLY NEWS

ISSUE FOUR



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PRESIDENT'S LETTER

Mental Illness Awareness Week is October 6 - 12, 2013

In 1990, the U.S. Congress set aside the first week of October as a way to help end the stigma associated with mental illness and to ensure better understanding and access to diagnosis and treatment. But how much has stigma been reduced? How much understanding has ultimately made it into the population?

Meanwhile, the nation reads more and more about senseless killing and ultimately discovers that the person responsible lived with mental illness (see the following article, p.3).

It has taken many destroyed lives to finally recognize that our mental health system is truly broken. There is a lack of understanding--even among doctors--a lack of professional resources and outdated privacy laws (HIPAA).

Children and adults are being classed as criminals because of aberrant behaviors.

Yes, the nation needs to act, but, as a community, so do we.

The National Alliance on Mental Illness (NAMI) is the largest grass-roots organization in the country, with NAMI Four Seasons being only one of 1,100 affiliates. But how many people are aware of NAMI and what it does? Those who would truly benefit from its education programs, support groups and advocacy--both at local, state and national levels--are in the dark!

NAMI Four Seasons began in 1987 with a determined group of volunteers, all with family members living with mental illness. We know the numbers: one in four families find themselves dealing with mental illness. We NEED to reach them and we need more help in order to do it. Our friends and neighbors need to know that we have an active NAMI affiliate for Henderson and Polk counties

NAMI Four Seasons is justly proud that we have Crisis Intervention Teams (CIT). NAMI Four Seasons members worked long and hard to make it happen and will continue to do so. However, we do not have a mental health court. That needs to happen and will do so with the help of NAMI, lawmakers, professionals and concerned community members. Also, NAMI Four Seasons has sponsored Mental Health First Aid for professionals coming into contact with those living with mental illness who have had little or no training on mental health.

We have members trained for "Bridges of Hope," a program that brings understanding to congregations in our area. We have just trained a team for "Parents and Teachers as Allies" (PTA) which will go into local schools (see article, p.5). For all this effort, NAMI remains in obscurity. We are in dire need of volunteers who have skills such as media savvy, website management, secretarial skills, fundraising abilities and grant writers.

Since 1987, we have relied upon various locations for our many activities. My dream is to have one place, and therefore a face, in Hendersonville where we can hold our classes, support groups and have volunteers to answer the information line and share the workload.

This is the time to truly grow and REACH those we need to reach.
Adrienne Brady

PS. You don't need to be a member of NAMI Four Seasons to volunteer, just be a caring person concerned about mental illness and how it impacts our society.



Four Seasons

Information Line Available M-F 9:00am-5:00pm
(888) 955-6264

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LOCAL NAMI SUPPORT GROUPS

Hendersonville

4th Saturday of every month
 10:00am Grace Lutheran
 Corner of Sixth Avenue and Blythe
 Contact: Bob Anderson
 828-697-0464

Polk County

1st Monday of every month
 10:00am, Steps to Hope, Columbus, NC
 Contact: Annie Ewing
 864-457-7278

Support Groups for Adults Living With Mental Illness

Polk County

Connections
 Every Thursday evening at 7:00pm
 Contact: Annie Ewing
 864-457-7278

Transylvania Support Groups, Brevard

The support groups are all held at Transylvania Regional Hospital.
 Directions: left hand turn coming south off 280/64 between filling station and St. Timothy's Methodist Church (tall white spire visible before turn).
 For more information, call Kay Speckman 828-883-4603 or email speckman@citcom.net.

Connections: Tuesdays, 6:30pm-8:00pm

Young Families: 1st Saturday each month noon-1:30pm

Family Support: 2nd and 4th Thursdays 6:30pm-8:30pm

NAMI Western Carolina-Asheville Support Groups

All groups are 90 minutes, free of charge, and held on a drop-in basis at our office.

Connection is for people living with mental illness to learn from each other's experiences, as well as offer and receive encouragement and understanding. Room 207

Family/Caregiver is for anyone assisting someone living with a mental illness. Room 315

Connection and Family/Caregiver groups are held separately at our 356 Biltmore Ave. office.

Saturday, September 7, 10am

Connection; Family/Caregiver

Monday, September 9, 11am

Connection

Tuesday, September 17, 6am

Connection; Family/Caregiver

Monday, September 23, 11am

Connection

Saturday, October 5, 10am

Connection; Family/Caregiver

Monday, October 14, 11am

Connection

Tuesday, October 15, 6am

Connection; Family/Caregiver

Monday, October 28, 11am

Connection

Saturday, November 2, 10am

Connection; Family/Caregiver

Monday, November 11, 11am

Connection

Tuesday, November 19, 6am

Connection; Family/Caregiver

Monday, November 25, 11am

Connection

Saturday, December 7, 10am

Connection; Family/Caregiver

Monday, December 9, 11am

Connection

Tuesday, December 17, 6am

Connection; Family/Caregiver

Monday, December 21, 11am

Connection

Navy Shipyard Tragedy: NAMI Calls on Congress for Immediate Action on Mental Health

Arlington, Va., Sept. 19, 2013 -- In the wake of the Navy Yard tragedy, the National Alliance on Mental Illness (NAMI) has called on the President and Congress to act immediately on mental health legislation that has been stalled since the collapse of the gun debate earlier this year.

“Congress has bills introduced that are about mental health. They are not about guns,” said NAMI Executive Director Mike Fitzpatrick. “They are modest proposals that will at least begin to make a difference. Mental illness does not discriminate between Republicans and Democrats. The bills are bipartisan. There is no reason that they cannot be enacted before the first anniversary of the Newtown tragedy in December.”

In a broader statement addressing issues reflected in the Navy Shipyard tragedy on Sept. 16, Fitzpatrick declared:

“Once again, the country is reeling from a senseless act of mass violence. Families and friends are grieving the loss of 12 innocent lives. Although information about the tragedy is still emerging, it is clear that the gunman lived with mental health issues for many years. In recent weeks, his symptoms seem like some associated with psychosis, such as extreme paranoia.”

His struggles were not a secret. People who knew him observed symptoms of mental health disorders. He had brushes with the law over the years, including misconduct with guns. He had at least eight disciplinary infractions during the time he served in the Navy Reserve. Just last month, Newport, R.I.’s police responded to a call for help from him and were so concerned about his mental health that they reported their concerns to the Navy. Yet nothing apparently was done at the time of these events to get him the mental health evaluation and care that might have averted tragedy.

The Navy Shipyard tragedy shares common factors with others, such as Virginia Tech, Tucson, Aurora and Newtown. The common denominator is an individual struggling with mental illness with other people being aware of the problem, but no meaningful action being taken in time to connect the person with effective services or support. Common factors include failure of understanding, resources, engagement, coordination and accountability. They can occur in schools, the health care system, law enforcement and the criminal justice system. Too often, there are no clear points of responsibility and few protocols.

Too often, the response to people experiencing psychiatric crisis in the United States bears little resemblance to the response given other medical conditions. People do not know where to turn for help. Treatment is unavailable or not provided until an emergency occurs.

Furthermore, care often lasts only until the emergency is over. Few people would expect, however, that a person having a heart attack would be given CPR, only to receive little or no care after being resuscitated. We would never tolerate such a system for any other health condition.

Concrete steps can be taken immediately to address our nation’s mental health care crisis and help prevent future tragedies. For example:

- Congress should immediately pass existing legislation introduced following the Newtown tragedy last year: the Mental Health Awareness and Improvement Act (S. 689), the Excellence in Mental Health Act (S. 264; HR 1263) and the Justice and Mental Health Collaboration Act (S. 162; HR 461). These are modest proposals that will at least help make a difference. All communities should have Crisis Intervention Teams (CIT) involving police, mental health professionals and other partners. Approximately 2,800 communities in the United States currently have CIT programs that give police skills to handle psychiatric crises and get them to medical care.
- All communities should have mental health courts to help get treatment for people struggling with mental illness who commit non-violent offenses.
- Public education on mental health should be conducted throughout every community, including schools, military installations and veterans’ facilities. Family education and support must also be integrated and routine within the mental health care system. Everyone should know symptoms and appropriate responses for mental health problems--free from prejudice or discrimination.
- Greater research is needed into how to engage more effectively individuals who are at risk of harm to themselves or others in order to improve initial evaluations and ongoing treatment.

As a nation, let’s not wait again to act.



Angie Alley-Executive Director

A CARING COMMUNITY IMPACTS THE HEALING PLACE

About 20 years ago, Hendersonville Pediatrics donated its building at 722 5th Avenue West to United Way of Henderson County. Recently, Kimberly-Clark offered United Way of Henderson County space at its Berkley Mill site on Smyth Avenue, giving our United Way a larger space for training and community impact. Its space at 722 5th Avenue West became available. The Healing Place had been located on the ground floor of that building before moving to 100B Chadwick Square Court ten years ago, but it will now return to 722 5th Avenue West thanks to the generosity of a caring community. We are thankful to Hendersonville Pediatrics, Kimberly-Clark and United Way of Henderson County for their support of our community and the work of local non-profits.

Since 1997, The Healing Place had been highly involved in the investigation of child sexual abuse cases but recently we have refocused our efforts to provide specialized services to help men, women, and children recover from sexual violence. The impetus for this change included the increasing number of individuals requesting mental health services to deal with mental illnesses caused by sexual violence, such as Post-Traumatic Stress Disorder (PTSD), depression, anxiety, and dissociation disorder. The Healing Place provided 1,594 hours of therapy from 2009-10 and 2,057 hours last year, a 29 percent increase over four years.

Services include crisis intervention via a 24-hour hotline, hospital accompaniment, law enforcement and judicial support and advocacy, information and referrals, evidence based mental health treatment, limited case management services and support groups. Outreach services focus on connecting victims to services and include evidence based programs such as the “Darkness to Light Stewards of Children” program, “Bringing in the Bystander” and a “Sexual Abuse Awareness” program for 9th grade students in the Henderson County Public School system.

The Healing Place recently applied to Western Highlands Network to be able to bill Medicaid for services and we hope to be in the network very soon. This will allow clients to utilize Medicaid transportation, which has never been available to The Healing Place clients. It is the intention of The Healing Place to continue to provide services at no cost to the victim, whether utilizing Medicaid benefits or grant funds.

The World Health Organization reports that victims of sexual assault are three times more likely to suffer from depression, six 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 four times more likely to contemplate suicide. Research is exploding in the study of how sexual violence and trauma affect brain development across the lifespan.

If you or someone you love is struggling with sexual violence issues, please contact:
The Healing Place at (828) 692-3931 for more information.

An easy way to help raise money for NAMI Four Seasons
just by searching the Internet or shopping online with GoodSearch. Go to www.goodsearch.com
Under Who do you GoodSearch for ? type NAMI Four Seasons, then click “verify”
then search away!! Raise money to help support NAMI Four Seasons for our educational programs.

Bird's Eye View

By Jonah Bidetti

To me nobody encourages me at all

All they say

is to stay away

from the lofty view

which stays away

from a normal person's view

To elect to stay away

to be viewed and don't glance

from a fictionalized view

of our own accordingly selected view

To become liked can be so real

When it comes down to it

in conjunction

it's too real

From a person's everyday viewpoint

they say I'm up in the clouds

with how I view life

From this reflection

I see myself in life's mirror

But what is my view?

My dreams are getting harder and harder to fulfill

To fill the jars of my aching heart

To come down from a tree I landed into

from which I fell from the sky

This is my true consolation of a drill

that has been racking my brain

since I was a lad

A Boat that Keeps on Sailing

By Jonah Bidetti

Frustration

Times of wailing

I have been failing

With wariness I go on dragging

My own failing is out of this

I go on surveilling

On my feet I go on sailing

But I still wail on the trail

being frustrated

all the way on an ocean swale

that brings out

I want to go on sailing

Still I want to be on the great trail way of life

Do I go on bailing in the drowsiness?

When do I know I have failed?

Contempt of my own life

Where do I find a boat that keeps on sailing?

Jonah Bidetti was born in New York City and spent his formative years in a farming community in Spring Valley, NY. He graduated from Green Meadows Waldorf School, and it was there that he developed his love of poetry and the written word. Presently, he resides in the Oaks in Hendersonville, NC, where he pursues his passions of writing, cooking and basketball.

CHILDREN, TEACHERS AND MENTAL ILLNESS

PTA. When I saw this acronym in last month's NAMI Four Season's bulletin, my first thought was "Why is NAMI writing about the PTA? That is the name for the Parent Teacher Association in schools."

The article explained that this PTA acronym stands for a new NAMI signature program known as Parents and Teachers as Allies. It is a program that was developed by NAMI. The purpose of the program is to inform teachers of the different symptoms that may be exhibited by a child with a mental illness. The teachers aren't expected to be a diagnosticians but to be educated about the various symptoms of mental illnesses and to inform the parents about any concerns.

As a former classroom teacher, children and teachers are two groups of people who are dear to my heart. Throw in a training program by NAMI members to educate teachers about the various symptoms of mental illness and I was hooked. I decided to join the program.

When I read the article, I learned that, ideally, a NAMI PTA team consists of four presenters: one Education Moderator, one Presenter who is a NAMI Family-to-Family or NAMI Basics Teacher, one Parent of someone who was symptomatic during their school years and one Young Adult living with a mental illness who was symptomatic in school. I fit into the first three of these categories, so I called Adrienne Brady, president of NAMI Four Seasons, and expressed an interest. Adrienne didn't waste any time finding a training session. On September 7th, Heidi Weicker and I went to Asheville where we attended an all-day workshop. We are now certified to present a NAMI PTA program for educators. But we need two more NAMI family members to volunteer to take the day-long training and join our team. Will you do that? If so, call NAMI Four Seasons at 888-955-6264.

Submitted by Robbie ter Kuile

THE CULTURE OF CRUELTY

A thought provoking essay by board member Lisa A. Wilt

We have all had this experience: I'm in a public place near a person who is having a very audible conversation on a smartphone about issues I'd rather not overhear. I like the advantages recent technological advancements give me, but sometimes this technology is being abused, not only by adults but also children. Many children are more adept at using smartphones and the internet than their parents. Because of this, their parents find it a challenge to monitor their children's communications. Furthermore, I find it alarming that many parents are too busy or irresponsible, or both, to control their children's use of social media.

Social media has allowed our children to be cruel to others without anyone holding them responsible for the pain they cause. Some adults have the urge to cause pain to others, but when a child or adult chooses to harm another it becomes easier to make that choice again. Consequently, hateful behavior makes an individual less than he/she can be.

I've noticed a sickening trend in our younger generation; insulting others has become a competition. I've heard it called "dissing," and whoever does it best is admired for his or her ability to publicly humiliate another. Whatever characteristic of another is seen as being a vulnerability, it is used to mock the target, with no limit on cruelty. Sometimes this harassment escalates into physical aggression.

Every generation knows about bullying, cruelty and physical violence. But now we have video games with special effects that enhance violent content--content which often celebrates killing, brutality toward women and many other things I consider evil. Violent behavior is not unique to any generation, but our youth are becoming comfortable with cruelty and brutality. This appetite for cruelty has extended to social media.

Social media makes it easy to crush another's spirit. Nothing illustrates this better than the horrible mental torture suffered by Rebecca Sedwick, a 12-year-old girl who lived in Lakeland, Florida. Rebecca was the target of bullying by 15 girls—that's right, 15—who made Rebecca's life so miserable that the pain she felt affected her mentally. She became profoundly depressed and began to cut herself with razors. She searched online for ways of committing suicide.

Her mother took Rebecca out of school and began monitoring her daughter's smartphone use and online activities. Perhaps motivated by her desire to challenge her abusers, Rebecca continued to communicate with them, using apps like Kik, Askfm and Instagram. Her mother was not familiar with how to access these sites and so Rebecca was able to use them clandestinely.

Rebecca's tormenters repeatedly sent messages like "just die," "why don't you kill yourself." At first she stood up to them, but the constant barrage by those 15 girls ultimately crushed her spirit. She changed her online profile name to "that dead girl," wrote a good-bye letter to a girl who had remained her friend and leaped to her death from the tower of an abandoned cement plant near her home. The police are investigating the actions of the 15 girls, but it is too late for Rebecca.

When I was growing up, I and a few friends of mine were bullied too. Sometimes it was just verbal, but sometimes it got physical. Many of my classmates had some characteristic that made them vulnerable to teasing, but actual cruelty was reserved for a select few. This harassment went on daily. Sometimes it was comparatively mild, other times not so much. I didn't submit to it easily, but some days I dreaded going to school. To be judged by others as not being socially acceptable can be a curse. I knew that all my peers were insecure. How could they not be? The girls wanted to be pretty and popular; the boys wanted to be cool--nowadays it's "hot."

From a young age, children are taught what is socially desirable. Kids learn what is "hot" early, especially from the media. They are overwhelmed by images of what and who is desirable. And it's not just kids. When people buy into these unrealistic standards they grow up to be insecure adults, unhappy about the way they look, their relationships, their place in society. Who hasn't learned to have unrealistic expectations of themselves?

But expectations of ourselves and others is unfair. When they are not realized, it can be crushing. It is healthier to let go of these expectations, to reassess our values. Who is beautiful? What is desirable? Why do we perceive another as socially unacceptable?

Countering the culture of cruelty in our country will make us stronger. By celebrating who we are, flaws included, we can spend more energy on realizing our potential. This is liberating. This is the pursuit of happiness. This is living.

NAMI FOUR SEASONS NOVEMBER EVENTS

OUR THIRD BELK FUNDRAISER!

This coming November, there are going to be BELK CHARITY DAYS EVENTS here, there and everywhere. And this means a chance for NAMIFS to also benefit financially. These events are win-win opportunities--for shoppers and for charitable groups. NAMIFS knows, because past events have benefited our treasury with an extra \$1822.00 since April 2012 just by selling BELK shopping discount tickets AND manning information tables at the Hendersonville BELK store. This November, we again need our members to give a few minutes of time and energy. Get this too: The more NAMIFS members we can seat in the store the more funds we will receive from Belk! Extra, Extra: get your non-member friends or family to keep you company. You'll make new friends too.

NAMI FS will supply brochures and talking points.



BELK CHARITY DAYS TABLE SCHEDULE

Opening Day: Sunday, November 3rd through Friday, November 8th

Table times 10:00-1:30, 1:30-4:30, 4:30-8:00

WAIT!!! Can't man a table? You're not off the hook! You can still sell BELK CHARITY DAYS tickets at work, on the golf course, grocery store, at the hairdresser or car repair shop. Five dollars per ticket. These tickets really sell themselves because they can be used at ALL BELK stores wherever located.

The actual Charity Sale takes place Saturday, November 9th, 6:00am-10:00am. For all of you early shoppers an extra incentive one hundred Belk Gift Cards valued anywhere from \$5 to \$1,000 will be given away to the first 100 customers in each store on Saturday morning.

DON'T DELAY, CALL 888-955-6264 to volunteer TODAY!



NAMI FOUR SEASONS ANNUAL MEETING AND POTLUCK LUNCHEON **SATURDAY, NOVEMBER 16th**

Where: GRACE LUTHERAN CHURCH, 1245 6TH AVENUE WEST, HENDERSONVILLE
(Corner of Highway 64 and Blythe)

- Time: 10:00am
- Reason: election of new board members and to celebrate members who have stepped down from office but who have done so much for NAMI Four Seasons and continue to do so.
- What do we need: light luncheon fare and members and friends, call 1-888-955-6264 if you would like to bring food or e-mail info@namifourseasons.org
- Election replies from our membership and to see you all there!

OCTOBER EVENTS



Hendersonville Library

Check out NAMI Four Seasons fall display cabinet as you enter the library.

This was our Mental Health Month display in May 2013.
Have ideas for May 2014?

SUSAN REINHARDT -HEALING WITH HUMOR

Please join us for our October Informational Program,
Henderson County Public Library

OCTOBER 17TH 6:00PM KAPLAN AUDITORIUM

Susan is the author of the hilarious and quirky novel

“Chimes from a Cracked Southern Belle,” released this year this is an offbeat, hilarious and painfully accurate portrayal of one women’s journey back to sanity in the south.

Living with a biological brain disorder herself, she is an inspiration to others.

ADMISSION IS FREE

ALL ARE WELCOME - BE PREPARED TO LAUGH AND CRY!



The National Day of Prayer for Mental Illness Awareness and Understanding
this year is Tuesday, October 8th....come to:

First United Methodist Church, 204 6th Avenue West, Hendersonville
between noon and 1 pm in the chapel off Church Street.

Immaculate Conception Catholic Church, 208 7th Avenue West, Hendersonville
between 5 and 6 pm in the chapel off Church Street.

Join us and others across the country in seeking God’s guidance, as we commit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.



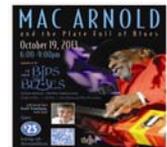
MAIN STREET BEAR AUCTION

Join us October 19th for the auction of our Main Street Bear. The registration begins at 1:30pm with the live auction beginning at 3:30pm.

Thank you Morris Broadband for sponsoring our Bear this year!

After bidding join us for an evening of Bids & Blues at Bo Thomas Auditorium.

BIDS & BLUES



Come help us celebrate moving people from surviving to thriving on October 19th! Tickets are \$25 and can be bought on the website www.thrive4health.org or by calling us at 489-3892, or at Tempo Music on Main St. 6-7pm - Silent Auction, Wine provided by Metro Wines, Beer provided by Sierra Nevada, and BBQ provided by Saluda Grade. 7-9pm - Scott Treadway emcees and MacArnold and Plate Full O’ Blues performs.