



# NAMI-MOORE COUNTY NEWS & VIEWS

Adding to Knowledge, Promoting Wellbeing and Reducing Suffering  
among Families with Stigmatizing Brain Diseases

## Upcoming Meetings

*Educational Meeting– Monday, February 4<sup>th</sup>*

On Monday, February 4<sup>th</sup> at 7:00 PM, come hear Mary Ann McCrary speak on the topic of “What Does Recovery Look Like?” Mary Ann is a therapist with years of experience in the care of children as well as adults. She will speak for 15 to 20 minutes and then will answer questions. She will of course take questions related to her topic of recovery, but is also prepared to address other more general issues having to do with the treatment of various mental illnesses / brain diseases such as schizophrenia, bipolar disorder, etc. You can count on her to address your need for additional knowledge.

*Support Meeting -Monday March 4<sup>th</sup>*

This 7:00 PM meeting will last about 1 ½ hours and is designed for relatives, friends and caregivers. We seek to create an atmosphere in which attendees can interact confidentially. You may be surprised at how therapeutic candid discussions can prove to be. Whether it’s what’s happening to a friend or loved one, or what’s happening to you because of what’s happening to them; you’re likely to come away feeling better about your own state of affairs. It’s one step you can take to relieve the stress you may experience on a daily basis.

### Inside this issue

Family-to-Family  
Course.....2

NAMIWalk.....4

NAMI Information  
.....6

## NAMI Meetings, con't

### *Annual Membership Meeting – Monday, April 1<sup>st</sup>*

On Monday, April 1<sup>st</sup> at 7:00 PM, NAMI-Moore County will have its Annual Membership Meeting. At this meeting, Board Members will be chosen and other business conducted. You should come. Why? You'll learn who the Board Members are and why they are doing the work that they are doing with NAMI-Moore County. You might find a connection with one or more of them that could prove beneficial with a friend or relative's struggle or suffering. You'll be sure to learn from what Board Members have to say to include talking about themselves personally.

### *NAMI-Moore County Board Meetings*

Board meetings are open to members who wish to observe them, and begin at 5:00 PM on the same evenings as the 7:00 PM Support or Educational Meetings.

## NAMI – Moore County Offers a Free Family-to-Family Course

**Who:** For NAMI Members *and* the Public who have a family member(s) or friend(s) with a mental illness / brain disease. Course is taught by Marianne Kernan and Barbara Mellinger, veteran instructors who have family members of their own with severe, persistent mental illnesses / brain diseases.

## Do You Have a Family Member or Friend with a Mental Illness / Brain Disease? You Are Not Alone!!!

**What:** Course content covers categories such as these: 1) the disorders known as bipolar, panic, obsessive-compulsive and borderline personality, as well as schizophrenia, major depression, substance abuse, and others; 2) treatment—medications and their indications, side effects and strategies for adherence; 3) crisis and relapse management; 4) stress-reduction for caregivers; and 5) how to tap into local support, educational programs and advocacy initiatives.

**When:** This six-week, twelve-session course begins on Saturday, February 16<sup>th</sup> 10:00 AM to 1:00 PM; and meets each Saturday thereafter ending on Saturday, March 23.<sup>rd</sup> The course also meets on Wednesday evenings, between 6:30 and 9:00 PM beginning on February 20<sup>th</sup> ending on Wednesday, March 20.<sup>th</sup>

**Where:** At the First Baptist Church of Southern Pines located at the corner of Ashe Street and New York Avenue. NAMI Signs will be outside the Church-entrance on New York Avenue.

**Why:** To confidentially *decrease* guilt and self-criticism (You're not the cause of your relative's condition!), to *diminish* the frustration and sense of isolation that caregivers may experience, and to *increase*

## Family-to-Family Course Con't

knowledge and the ability to empathize: knowledge about the biology of brain diseases and empathy for the struggle or suffering loved ones endure.

**How:** In teaching this Course, Marianne Kernan and Barbara Mellinger each donate over 30 hours of face-to-face time, exclusive of travel and preparations. NAMI-Moore County provides all the instructional materials. The Course is of necessity limited to about fifteen participants who will interact with Marianne and Barbara as they share their knowledge and personal experiences. Presentations and workshops will cover the course content noted above and facilitate improvement in problem solving abilities, communication / active listening, coping skills, etc.

Registrations are accepted on a first come, first served basis. Please do not register unless you will be able to complete the entire course as that may deny an opportunity to someone else. To register or obtain more information, call Barbara Mellinger at 910-246-6231. There may still be space available. Please feel free to send this Newsletter to whomever you may know who might be interested.

**For Additional Information:** The National Alliance on Mental Illness' Web Site; [www.NAMI.org](http://www.NAMI.org) has a wealth of details to include videos describing this Program. Simply enter "family-to-family" in the Search Box in the upper right corner. Visiting the NAMI Web Site would be an excellent way to prepare for the course and / or to supplement its content.

### Family-to -Family Course Testimonials:

One mother wrote: "My husband and I recommend the course highly. You think you are alone until you meet and share information with others. This vital information that the facilitators have brought us from NAMI-Moore County has helped us to gain insight into the brain disease that is so misunderstood. It has helped us to make some of the most important decisions for our son."

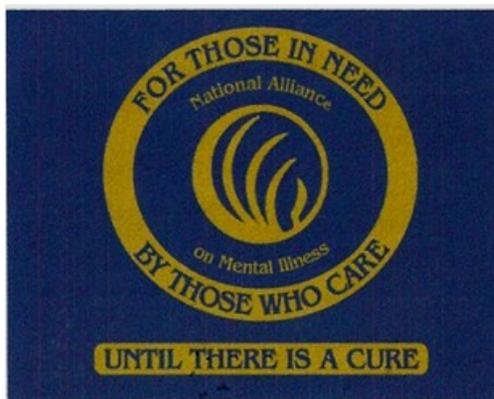
One father wrote: "This course has been outstanding in both the details of the contents and the presentation of the material on the subject of brain illness. It is the first time I have thoroughly understood the depth of the challenges facing those afflicted with brain illness. The information gained in these classes have both enabled me to understand the behaviors of my son, and, more importantly, to assist him in the recovery process. The Family-to-Family education classes are absolutely essential for anyone who has a loved one with a brain illness of any degree or magnitude."

## Can You Walk, Jog, Run, Stroll or Move in a Wheel Chair?

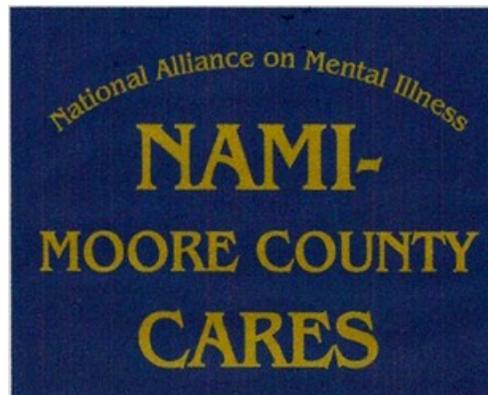
*Consider Joining an Upcoming “Walk” with NAMI (National Alliance on Mental Illness) for the Mind of America*

**Who:** Adults and children who want to enjoy the company of fellow “Walkers” along a 2.2-mile course as they contribute to a worthy cause. “Walkers” will proceed at their own pace while raising funds for, and public-awareness of, mental illnesses / brain diseases. Please plan to attend by joining the *NAMI-Moore County CARES* Team led by Carole and George Reynolds. You can register and make a donation at their NAMIWalks website: <http://namiwalks.nami.org/TeamPage.aspx?teamID=354543>

**What:** Since 2003, over 300,000 people have participated in NAMI “Walks” held in more than 80 communities throughout the Nation. Our own NAMI-Moore County Affiliate will be taking part in the 2013, NAMI-North Carolina Walk. *NAMI Moore County CARES* tee shirts will be available for \$10.00. Wearing one will make it easier for you to be identified as a *NAMI Moore County CARES* team walker and for the news media to photograph this event. Please contact Carole & George if you want a *NAMI Moore County CARES* tee shirt. The shirts will be **royal blue** and **gold**. If you would like a tee shirt, please call 295-1053 and leave a message, we’ll get back to you.



Front



Back

In the words of Michael Fitzpatrick, Executive Director, National Alliance on Mental Illness in Arlington, Virginia, “NAMIWalks are about individuals and families. They are about education. They are about communities and the future.”

# Can You Walk, Jog, Run, Stroll or Move in a Wheel Chair?, Con't

**When:** The “Walk” takes place on Saturday, May 4<sup>th</sup> 2013. There is no registration fee; check-in time is 9:00 AM and the “Walk” itself begins at 10:00.

**Where:** There’s some symbolism here as the “Walk” will take place in Raleigh on what’s known as the Dix Hill Campus of the historic Dorthea Dix Hospital. The Hill is located at 820 South Boylan Avenue. In the mid-1800’s, Dorthea Dix was a pioneering advocate for the humane treatment of the mentally ill. Recently in August 2102, the Hospital closed its doors and the former campus is slotted to become a city park.

**Why:** “Walks” such as this one are held to raise funds, to direct attention to mental illnesses / brain diseases, and to reduce the stigma associated with these diseases. They are intended to underscore a need for help and to extend a ray of hope to those affected by these diseases.

*Be Sure to Join the Upcoming “Walk” with NAMI (National Alliance on Mental Illness) for the Mind of America*



**Saturday, May 4, 2013**

**9:00 Check-in**

**10:00 The Walk Starts**

## More Meeting Information

NAMI-Moore County offers both educational and support meetings. These are ordinarily held the first Monday of each month (July and December are exceptions, and the September-meeting is usually the first Monday after Labor Day.)

Call the NAMI Helpline at 295-1053 to confirm meeting-dates and to learn more about upcoming meetings.

We meet at 7:00 PM in the Community Room of the Medical Specialty Clinic Building located at 35 Memorial Drive near its intersection with Page Road.

### NAMI-Moore County Board of Directors

President - Van Warren

Vice President - Judith Krall

Secretary - Barbara Mellinger

Treasurer - George Reynolds

Membership - Hazel Elmore

Newsletter - Ed Squire

Web Site - Barbara Lamblin

Past President - Marianne Kernan

NAMI-Moore County Helpline  
910-295-1053

Website  
[www.nami-moorecounty.org](http://www.nami-moorecounty.org)

### Highlights from NAMI- MC Board of Directors Meeting January 7th and 27th

*Hazel Elmore 's Review of Bylaws Completed and Updated*

*New Bylaws Adopted*

*George and Carole Reynolds to Lead NAMI-Moore County CARES Team  
on May 4th NAMI Walk in Raleigh.*

*(Please see article this issue.)*

*Planning Cycle has begun for having four educational meetings in the  
next 12 months.*