



NAMI Moore County

Also serving Scotland and Richmond Counties

The IRIS Newsletter

“I Respect, I Support”

July/August 2017

Upcoming Events

All Monthly Meetings held at the Pinehurst Fire Station – 405 Magnolia Road
Parking in Rear

JULY 10– 7:00-9:00 p.m. Informal Coffee Support Group –please email namimoorecounty@gmail.com if you are interested.

AUGUST 7 - 7:00 p.m. Monthly Meeting
Suzanne Mannes – “Techniques for Dealing with Difficult People”

SEPT. 11 - 7:00 p.m. Monthly Meeting
Anthony McCauley shares his story as a recovered addict

OCTOBER – Mental Illness Awareness Week - TBA

NOVEMBER 6 – 7:00 p.m. Monthly Mtg.
Dr. Joel Monroe - Wellness Recovery Action Plan (WRAP)

We Came, We Walked, We Conquered! NAMIWalks 2017



Judith Krall, Jerry Phipps and Carole Reynolds keep the pace going!



John Ambrosio warms up with coffee ☺



Samantha Garrison and Dominic Pistani chat it up



Bob Mellinger uses his new shirt to full advantage!

Although it was a tad chilly out that morning, those of us who participated in NAMIWalks 2017 were rewarded with great companionship and motivation to continue our efforts to raise awareness for mental illness. Our team, Moore Messengers, raised \$1200, which gets split 50/50 between NAMI MC and NAMI NC. Thank you to all who participated or donated!

SHATTER THE SILENCE RALLY

Linden Lodge

Saturday, May 20th at Linden Lodge (lindenlodgenc.org) was a special day. By 2:00 p.m. a crowd had gathered in the backyard of the well-loved group home to listen to speakers talk about their experiences with mental illness, whether on the job or in their personal lives. Marianne Kernan, the Chairman of Linden Lodge Foundation, explained that this was an event taking place across the country to bring awareness to mental illness and how it is addressed (or not) in each area. She gave statistics about the prevalence of mental illness in our country and in Moore County in particular. Then she introduced each of the following speakers:

Sheriff Neal Godfrey spoke about the process that people with mental illness go through when someone calls 911. He explained that they are given both medical and psychological evaluations to determine where they will be sent. If they are sent to the hospital they may be held there for up to seven days and often times with a constant police presence if they are violent. He mentioned that there is a new crisis unit in Asheboro which helps alleviate the need for the police to stay with these people; at the moment there are 22 beds in that facility. He noted that jails have become the largest provider of mental health care.

Jim Pederson of the Moore County Veterans Administration next gave a summary of Posttraumatic Stress Disorder (PTSD). He said this is a serious problem for vets (though of course they are not the only people who suffer from PTSD), with one veteran committing suicide every 22 minutes. PTSD is a mental health problem that people often develop after experiencing a life-threatening event such as combat, a natural disaster, a serious car accident, or sexual assault. It can cause people to relive the experience in their minds, avoid anything that reminds them of the event, have negative thoughts and nightmares, feel overwhelmed and on edge, and have hypertension, among other symptoms. He said there is help available, but many people, especially veterans, view the disorder as a weakness and so don't seek out help. He reiterated the importance of not becoming isolated and seeking support, and he had handouts available with this information.



Next Marianne introduced Jan Merritt (shown at left) an active NAMI Moore County member who shared her story of having a daughter with bipolar disorder who tragically took her own life at age 43, leaving behind a four-year old daughter who Jan and her husband are raising. Their granddaughter is now 14 but began showing symptoms of mental illness early on. She has a current diagnosis of mood disorder, ODD, bipolar disorder and a dual diagnosis of Type 1 Diabetes. It is this dual diagnosis that had proved the most frustrating for the family, as it has been hard to find a therapeutic facility which can handle both the physical and mental health issues. Jan spoke of the need in Moore County for more and better qualified psychiatrists, more pediatric hospital care and stressed the need for more dual diagnosis care units around the country. She was thankful for good therapists, our EMS employees and the CIT trained police officers. She said we still had many hurdles to jump, one at a time.

Bob Huber of Bridge of the Sandhills spoke next. He reiterated a statement Jan had made about hope being a great motivator, and stated there IS hope for those with mental illness. He and his wife Traci work together to link people with the care they may need and help them with navigating the often stressful mental health system. Bridge of the Sandhills does mental health and addiction recovery coaching; linkage and support for psychiatry, therapy and addiction treatment; help with access to housing, employment resources and disability benefits; support for families and loved ones; and training and workshops for helping agencies and worship communities. He explained that he and Traci both have had their own personal journeys through the mental health system and so are empathetic with the struggles of others. He offered handouts and resources at the end of his talk.

Finally, NAMI Moore County's own Christopher Laughlin addressed the crowd and told his story of life as a consumer with Asperger's Syndrome, a high-functioning autism. He told how he struggled with school and friends as a child, having been misdiagnosed with ADHD and OCD. When he was 18 he happened to see a show called Nick News where Linda Ellerbe explained about autism and some of the symptoms. He recognized himself and went to tell his parents that he thought he might perhaps have autism. Though not fully convinced, they had Chris tested and sure enough, he was correct! Since that time he has completed his Bachelors Degree at Sandhills Community College and works at St. John Paul School in the IT Department, as well as Vince Landscaping Associates in Southern Pines. He stated that correct diagnosis is the first step to recovery. It was an informative and interesting afternoon – thank you, Linden Lodge!



Great Summer Reads...

Books That Explore The Realities of Life With Mental Illness

The Mindful Way through Depression by J. Mark G. Williams draws on the collective wisdom of four internationally renowned cognitive therapy and mindfulness experts, including bestselling author Jon Kabat-Zinn, to help you break the mental habits that can lead to despair. This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of chronic unhappiness. Informative chapters reveal the hidden psychological mechanisms that cause depression and demonstrate powerful ways to strengthen your resilience in the face of life's misfortunes.

The Noonday Demon by Andrew Solomon - contribution to our understanding not only of mental illness but also of the human condition in general is stunning. The book examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policymakers and politicians, drug designers and philosophers, Solomon reveals the subtleties, the complexities, and the agony of the disease.

An Unquiet Mind by Kay Redfield Jamison - Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

The Bipolar Disorder Survival Guide by David Miklowitz - Getting an accurate diagnosis is the first step toward reclaiming your life from bipolar disorder. But if you or someone you love is struggling with the frantic highs and crushing lows of this illness, there are still many hurdles to surmount at home, at work, and in daily life. You need current information and practical problem-solving advice you can count on. You've come to the right place.

Wellness Recovery Action Plan (WRAP) by Mary Ellen Copeland – Learning self-help skills for dealing with physical and emotional difficulties can be simple...but it's a much greater challenge using self-help methods during the most difficult times and incorporating them into daily life. This book presents a system developed and used successfully by people with a variety of physical and/or emotional difficulties. It has helped them use self-help skills more easily to monitor how they feel and to help themselves feel better, recover, stay well and improve the quality of their lives. (Please Note: Dr. Joel Monroe will be discussing this plan at our November 6th meeting.)

FAMILY-TO-FAMILY COURSE

RESCHEDULED FOR SEPTEMBER

While we apologize that we had to cancel our F2F class in May, we have rescheduled the course for September, (actual dates TBA). The class will run on Saturday mornings (10 a.m. – noon) and either Tuesday or Wednesday evenings (7:00 – 9:00 p.m.).

Family-to-Family is a FREE educational class taught by trained family members of those with mental illness. It covers a broad scope of brain disorders and gives practical insights into behaviors and coping skills. Registrants will receive a notebook filled with printed information and resources upon completion.

**Location: Community Presbyterian Church, Everett House
125 Everett Road, Village of Pinehurst**

For information or to register, please contact Barbara at (910) 246-6231 or
Email: bamellinger@inbox.com or Linda at (910-295-1150) or Email: reelman@nc.rr.com

And speaking of our Helpline...

We are looking for volunteers for the months of October and December. If you are a NAMI MC member and want to offer assistance in this way, it is not a difficult task. The helpline needs to be checked once daily, and you will be given a list of resources to guide you. There are, on average, usually only between 5-15 calls per month, so it is not time consuming. We will be happy to explain the procedure to anyone who may be able to help. Please call our helpline at 910-295-1053 or email us at namimoorecounty@gmail.com. We appreciate your support!

Also, in Richmond County: July 27: Clergy & Congregants Lunch & Learn: How to Prevent Suicide and Care For Those Affected will be held at the First United Methodist Church in the Fellowship Hall located at 410 E. Washington St. in Rockingham from 12 noon-3 pm. NC Chapter Area Director, Betsy Rhodes with American Foundation for Suicide Prevention (AFSP) and Dana Cea, AFSP-NC Chapter Area Co-Chair & Communications Ambassador will be the guest speakers. Lunch and resources are provided free. Contact Suzanne Maness at [\(910\) 627-1769](tel:9106271769), toll free [\(877\) 211-5995](tel:8772115995), or by email at connectionsfp@gmail.com to register. Deadline to register: Monday, July 24th

Don't forget to check out our website: www.nami-moorecounty.com

And look for us on Facebook: www.facebook.com/namimoorecounty

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