



NAMI Moore County

Also serving Scotland and Richmond Counties

The IRIS Newsletter

“I Respect, I Support”

September/October 2017

Upcoming Events

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

September 9 – October 14

Family to Family Course – FREE –
Saturdays 10 a.m.-1:00 p.m. and Weds. 7–9
p.m. Call 910-295-1053 for more info.

September 11 - 7:00 p.m.

Anthony McCauley – The Correlation
Between Mental Illness and Addiction

October 6 & 7 – 7 a.m. – 3 p.m.

Fundraiser at Famous Toastery in
Southern Pines – see page 3

November 6 – 7:00 p.m.

Dr. Joel Monroe – Wellness Recovery
Action Plan (WRAP)

December – No Monthly Meeting



September is Suicide Prevention Month

While most of us may not understand the depths of despair which cause people to want to end their lives, it is a painful reality for many families. Below are some facts from the Center of Disease Control:

- Suicide is the 10th leading cause of death in the US for all ages.
- Every day, approximately 105 Americans die by suicide.
- There is one death by suicide in the US every 13 minutes.
- Depression affects 20-25% of Americans ages 18+ in a given year.
- Suicide takes the lives of over 38,000 Americans every year.
- There is one suicide for every estimated 25 suicide attempts.

Warning signs are indicators that a person may be in acute danger and may urgently need help:

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped or being in unbearable pain;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;
- Being reckless with money and/or giving away personal items;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;
- Showing a sudden interest in end of life issues, e.g., heaven and hell, etc.
- Displaying extreme mood swings;
- Making (seemingly) random calls to thank people for being in their lives, in a sense, saying good-bye

It is always better to err on the side of caution if someone is exhibiting these types of behaviors. Urging a loved one to seek professional help is key; even showing that you care enough to do so may give them a feeling of hope. All lives have purpose and meaning – let’s share that message with those we love.



Ask Dr. Joel...

This feature enables you to submit mental health-related questions to our Psychologist-in-Residence, Dr. Joel Michael Monroe. Please send your questions, with the subject, "Ask Dr. Joel", to: namimoorecounty@gmail.com or mail to: NAMI Moore County, P.O. Box 4823, Pinehurst, NC 28374. This month, Dr. Joel wrote an article concerning stigma and schizophrenia.

Persons with severe and persistent mental illness disproportionately experience a higher level of stigmatization than other mental health conditions. Schizophrenia is one of the most disabling and distressing forms of mental illness. Many people with schizophrenia have lived experience with stigma and discrimination. Stigma is an important social justice issue and can be conceptualized as a modifiable environmental risk factor. The National Alliance of Mental Illness (NAMI) is a strong advocate for those with mental illness and their families. NAMI has organized a StigmaFree campaign in an effort to reduce stigma and foster hope and support for persons affected by mental illness.

A recent study published in the journal of *Psychosis* examined predictors of stigma measured by prejudicial attitudes and discriminatory behaviors toward persons with schizophrenia. A small sample of the general population (numbering 544 adult males and females with a tertiary level of education) completed a series of online surveys assessing underlying stereotypes, emotions, and behaviors. Subjects were also required to report any kind of known contact they have had with persons diagnosed with schizophrenia that might inevitably shape their experience.

Some of the most highly held stereotypical beliefs across the study were that people with schizophrenia are unfriendly, unpredictable, dangerous, and have a grievous prognosis. The strongest emotions reported were pity and fear. As for behavioral tendencies, a majority of respondents (65%) believed that they would have positive reactions, whereas in one quarter of the sample (33%) they would prefer to keep a safe distance between themselves and persons with schizophrenia (e.g., not work with, befriend, or live next to them). Respondents with more discriminatory behaviors were found to harbor more contempt and negative beliefs. In contrast, those with admiration and sympathy were linked to more positive behavioral responses.

Interestingly, around fifty percent of the sample indicated that they had never met a person with schizophrenia, yet a good percentage of the population still endorsed negative beliefs and expectations. Only a small group of respondents (about 18%) reported that they had ever met a person with schizophrenia or had a family member or friend diagnosed with schizophrenia (about 14%). Rather, a large proportion indicated (about 38%) having had only indirect contact through media. The study found that the amount of contact one has with persons with schizophrenia results in significant differences on various aspects of stigmatization. For instance, moderate contact appeared to be linked to the most favorable attitudes and behaviors, whereas no, little, and indirect contact seemed to be associated with higher levels of stigmatization, fear, desired distancing, and beliefs of dangerousness and unpredictability. More intimate levels of contact (e.g., having a family member or living with a person with schizophrenia) resulted in more contradictory attitudes of both more and less stigmatizing.

Results from the present study have important implications when considering the development of educational and anti-stigma campaigns to target specific factors that may have a positive effect on people's attitudes and treatment towards those with schizophrenia and their families. In this study, the emotion of fear and the stereotypes of dangerousness and incompetence were the best predictors of discriminatory, fleeing, and avoidance behavior. Fear was also explained by underlying beliefs that persons with schizophrenia are inherently more dangerous and unpredictable, although research repeatedly shows that those diagnosed with schizophrenia are at higher risk of becoming victims of violence in the community. Understanding and responding to stigma and discrimination is an important aspect of early detection and intervention in those at high risk for psychosis and the development of schizophrenia. Internalized stigma and negative stereotypes are consistently associated with emotional dysfunction and negative outcomes for those diagnosed with schizophrenia.

Come Enjoy a Great Meal and Support

Mental Illness Awareness!

NAMI
Moore
County



Please join us at Famous Toastery during Mental Illness Awareness Week to keep the mental health conversation going. By presenting the coupon below to your server, 10% of all proceeds will go to benefit NAMI Moore County's programs and support groups.

FAMOUS  TOASTERY

1303-1337 W. Morganton Road
(100 Pavilion Way - B) Southern Pines
910-684-8869



www.nami-moorecounty.com
facebook.com/namimoorecounty
910-295-1053
namimoorecounty@gmail.com

October 6 & 7

Friday And Saturday
7 a.m. – 3 p.m.

PRESENT THIS COUPON TO YOUR SERVER

Name: _____

If you would like information about NAMI Meetings and Programs, please complete:

Email or Phone: _____

Our Most Gracious Thanks to Nasser Jarrah and his Staff!

The Importance of Crisis Intervention Team (CIT) Training

Moore County Sheriff's Deputy Robert Doby saved the life of a 46 year old man attempting to commit suicide, on the morning of Aug. 29. Deputy Robert Doby was called to the scene of the incident and was met by a female with blood on her face and a male subject sitting on a Moore County bridge. The female stated that her husband had cut his wrist and wanted to jump off the bridge killing himself.

Vass Police Chief Tim Blakeley was also on the scene and communicating with the male subject. According to the Moore County Sheriff's Office, when Deputy Doby approached the subject, he said "don't come any closer."

Immediately using his (CIT) training, Doby attempted to deescalate the situation before the bleeding subject jumped off the bridge. He could see that the man was getting ready to jump and sprang into action, taking the subject into custody without any harm to himself or others. Moore County Emergency Services transported the subject to Moore Regional Hospital for the injuries to his wrist and an Emergency Commitment.

"Deputy Doby's actions are nothing less than heroic. I am humbled each day by the selfless acts of our deputies, deputies such as Robert, who we are fortunate to have as part of our Sheriff's family serving the citizens of Moore County," said Sheriff Neil Godfrey. (Adapted from an article in The Pilot)



The Most Recent Crisis Intervention Team (CIT) class at Sandhills Community College, August 14-18

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

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



Mental Health Crisis Intervention for Schools (MHCIS) Class at Southern Middle School in Aberdeen, August 17-18
Thanks for keeping our children safe!

Your NAMI-Moore County Board of Directors

President/Newsletter – Brenda Pistani

Acting Vice President – Linda Eelman

Secretary - Barbara Mellinger

Treasurer - George Reynolds

Psychologist-in-Residence - Joel Monroe, PsyD

Public Policy/Past President– Judith Krall