



NAMI Moore County

Also serving Scotland and Richmond Counties

The IRIS Newsletter

"I Respect, I Support"

May/June 2017

Upcoming Events

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

May is Mental Health Awareness Month!

Monday, May 1 7:00 p.m. – 9:00 p.m.
Monthly Meeting - David Boyle tells his story of life with schizophrenia – followed by Q&A and support

Saturday, May 6 9:00 a.m.
NAMIWalks, Dorothea Dix Park, Raleigh
Registration 8:00 a.m. Walk 9:00 a.m. – see page 2

Saturday, May 13 9:00 a.m.-Noon
Family to Family Course – see page 2

Monday, June 5 7:00 p.m. – 9:00 p.m.
Monthly Meeting Support Only – Come meet with those who share your issues and concerns. We support one another in a friendly, caring, non-judgmental environment.

No Meeting in July – Call our Helpline for support – 910-295-1053

Tell Your Story....

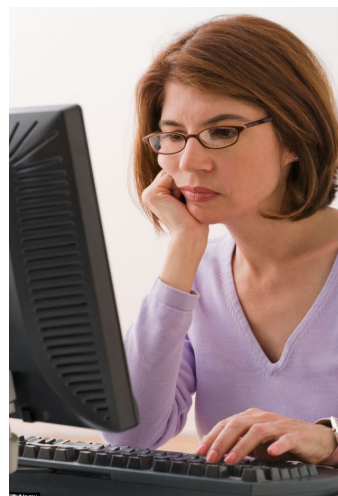
NAMI NC is looking for information on people's experiences with navigating the health care system here in North Carolina. Some of us have had good experiences, some not so much. Each story has significance and can help NAMI NC fight for what we need to help our families.

This is an easy and important way to get involved – if you have had trouble finding a doctor, had insurance issues, or have tips which may help others, now is the time to speak up!

If you have experiences you would like to share, please contact NAMI North Carolina directly:

Phone: 919-788-0801
Helpline: 800-451-9682 (NC only)
Fax: 919-788-0906
Email: mail@naminc.org
Mailing Address:
309 W. Millbrook Road, Ste. 121
Raleigh, NC 27609

Remember, we are all in this together, and need one another to make a difference!



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

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

What is Family-to-Family?

Family-to-Family is an education program specifically designed for family members, friends and caregivers of those who live with mental illness.

As a loved one of a person with a brain illness, you face unique challenges: social stereotypes and stigma, complex family dynamics, unpredictable aspects of the illness. It can be overwhelming.

Our program can help. NAMI Family-to-Family (otherwise known as “F2F”) gives you information, crucial resources and access to a community of people who relate to your experiences. You will learn from people like you who get it – who have been there. Trained peers will guide you to know how to better understand and support your loved one while maintaining your own and your family’s well being.

The course is FREE. It will meet in Moore County in the Community Presbyterian Church at 125 Everett Road in the Village of Pinehurst for five weeks, twice a week, on Saturday mornings and Wednesday evenings beginning May 13th. Two trained family members of people living with mental illness will lead the class. It includes presentations, interactive exercises and group discussions.

Some of the diagnoses covered are: Major Depression, Bipolar Disorder, Schizophrenia and Schizoaffective Disorder, Panic Disorder, Obsessive Compulsive Disorder, Borderline Personality Disorder, and Post Traumatic Stress Disorder .

If you attend you will gain practical, up-to-date information about mental health conditions. You will better understand the latest treatment options including medications. You will discover problem solving techniques, coping strategies and communication skills – practical information that you can use in your daily life. You will learn how to advocate for your family member through the mental health system. And you will find community support in a confidential setting.

Class size is limited and registration is required. Call today! For more information and to register:

Call or E-mail: Barbara at (910-246-6231) or E-mail: bamellinger@inbox.com OR

Linda at (910-295-1150) or E-mail: reelman@nc.rr.com or call our Helpline at 910-295-1053.

Richmond County Support Groups

May 4: “Living after Losing” will be held at the First United Methodist Church in the Fellowship Hall at 410 E. Washington St. in Rockingham from 12 noon-2 pm. Debbie Spears will be sharing her story of how a tragic loss of a family member can bring hope and healing to others. Lunch will be provided free. Contact Suzanne Maness at [\(910\) 627-1769](tel:9106271769), toll free (877) 211-5995, or by email at connectionsfsp@gmail.com to register.

Deadline to register: Tuesday, May 2nd

May 11: Support Group. Connections Family Support Program will host their monthly support group in May on Thursday at Patton’s Downtown Grille located at 228 E. Washington St. in Rockingham from 5-7:30 pm. A light meal will be provided free. Contact Suzanne Maness at [\(910\) 627-1769](tel:9106271769), toll free [\(877\) 211-5995](tel:8772115995), or by email at connectionsfsp@gmail.com to register. Deadline to register: Monday, May 8.

Employment and Recovery

NAMI North Carolina is excited to announce a new employment initiative we are a part of which will allow us to further advance our mission of supporting and advocating for those among us affected by mental illness.

Individuals with mental illness are a diverse group of people, with a wide range of talents and abilities. They work in all sectors of the U.S. economy, from the boardroom to the factory floor, from academia to art. Employment not only provides a paycheck, but also a sense of purpose, opportunities to learn, and a chance to work with others. Most importantly, work offers hope, which is vital to recovery from mental illness.

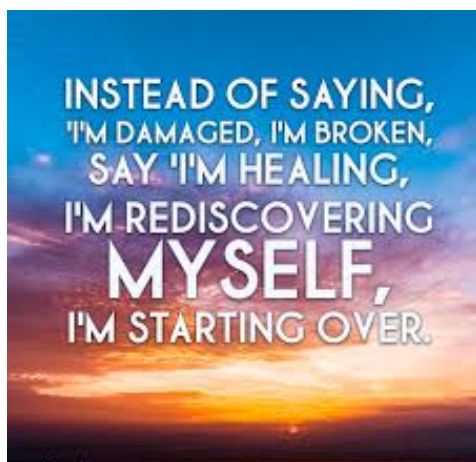
Individual Placement and Support (IPS) is an evidence-based form of supported employment designed to help individuals with mental illness find work in the competitive marketplace, which can assist them on their journey through recovery. Some of the most recent data show a shockingly high unemployment rate among individuals with mental illness of over 80%, even though it is reported 70% of those people expressed a desire to work. With widely available and effective IPS services in place, 60% of the individuals participating in these programs have found competitive employment.

NAMI North Carolina's outreach efforts will be aimed at our affiliates and members to recruit for IPS Family Advocacy Teams. Family Advocates educate policymakers, service providers, and the public about the important and valuable role employment can play in the recovery journey. Teams also work with state mental health authorities, Vocational Rehabilitation (VR), and service providers to promote implementation of the IPS model as designed.

If there are any questions or concerns related to this initiative, please contact John Golchin, MSW, Community Outreach Specialist – jgolchin@naminc.org / 919-788-0801.

Seeking Office Space

NAMI Moore County is looking for a small office space to call our home. It would only need to be big enough to hold a desk, one or two file cabinets and a small conference table. If anyone has such a space they would care to donate to our organization, or knows of someone who may be able to help us, please call our Helpline at 910-295-1053 or e-mail us at: namimoorecounty@gmail.com. We would be forever grateful and would be very responsible for its care!



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