



NAMI Moore County

Also serving Scotland and Richmond Counties

The IRIS Newsletter

“I Respect, I Support”

March/April 2017

Upcoming Events

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

Monday, March 6 7:00 p.m.

Support Meeting – come out to share concerns, progress, questions, etc.

Monday, April 3 7:00 p.m.

Annual Meeting - John Golchin, MSW, of NAMI NC speaking on IPS (Individual Placement and Support) Supported Employment

Monday, May 1 7:00 p.m.

Monthly Meeting - David Boyle tells his story of life with schizophrenia

Saturday, May 6 9:00 a.m.

NAMIWalks, Dorothea Dix Park, Raleigh
Registration 8:00 a.m. – Walk 9:00 a.m.

NAMIWalks 2017!

Once again we are making plans to embark on NAMIWalks this May 6th, and hoping for another beautiful day! This is NAMI's biggest fundraiser and also a visible reminder of the support and love shared by NAMI members. If you haven't joined us in the past, please consider coming out this year. The camaraderie is uplifting, contagious and amazing.

You can support NAMIWalks 2017 and help NAMI North Carolina and NAMI Moore County raise awareness about mental health, break down stigma, and provide support to individuals with a mental illness and their families. NAMI Moore County receives a share of the funds donated to the Moore Messengers, the name of NAMI Moore County's Walk Team.

These funds will help NAMI Moore County continue to serve the communities in Moore County with programs like Family to Family (coming this May), Peer to Peer, Crisis Intervention Team training of Law Enforcement Officers and other First Responders and Mental Health Crisis Intervention for Schools in the Moore County School System.

Just go to the NAMIWalks website at <http://www.namiwalks.org/index.cfm?fuseaction=donorDrive.teamDonations&teamID=12038> to register to walk and make a donation using your credit card. If you wish to make your donation by check, please mail it to NAMI Moore County, P.O. Box 4823, Pinehurst N.C. 28374-4823. If you are unable to walk, your donation will be very much appreciated

If you have a problem accessing or navigating through the NAMIWalks website, please contact: 919-788-0801 either Dielle ext 4748 or Meredith ext. 4743 or email to: namiwalksnc@naminc.org.





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 we are sharing information from Dr. Joel's recent presentation, "**Schizophrenia and the Psychotic Spectrum**". Common disorders within this classification include: brief psychotic disorder, schizophreniform disorder, schizoaffective disorder, delusional disorder, schizophrenia, and medical and substance-induced psychotic disorders.

How to Support a Person in Acute Psychosis

- Validate the reality of experience as real to the person
- Be sensitive to the person's experience as they are likely scared and confused
- Work hard not to communicate your anxiety and fears
- Be curious and ask about their experience
- Inquire about how you can be most helpful
- Be positive and provide reassurance and safety
- Redirect negative behavior
- Be open to listen or talk about voices, alternative realities, or other extraordinary experience
- Allow the person space and time to express his/her feelings
- Do something light-hearted to reduce tension and show that you care
- Try not to interrupt or respond critically to what is being communicated
- Focus on the emotion and try to relate and understand

How to Reassure a Person in Acute Psychosis

- Normalize the experience and look for common ground or a grain of truth
- Focus on providing and creating a sense of safety
- Do not deny the experience because you do not understand, you feel uncomfortable, or do not share their reality
- Encourage them to talk and consider alternative explanations
- Speak clearly, calmly, and give concise instructions
- Help the person to try and plan for what he/she wants to achieve
- Provide support and tackle problems together through collaboration and shared decision-making
- Help them maintain a sense of agency through providing choices

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

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

CRISIS INTERVENTION TEAM (CIT)

The Sandhills CIT Partnership (NAMI Moore County, Sandhills Center, Moore County Sheriff, Sandhills Community College and First Health Behavioral Services) will be conducting its next CIT class from **March 13 to 17 at Sandhills Community College, Van Dusan Hall, room 103**. Twenty-four Law Enforcement Officers have registered for this class. Two more classes have been tentatively scheduled for August 14th to 19th and October 30th to November 2nd 2017. The class is for forty hours over five days.

CIT is a pre-booking jail diversion program that is designed to educate Law Enforcement Officers and other First Responders on effective interaction with individuals who may be in crisis and/or consumers of the mental health system. Incorporated in this training is the belief that a relationship with professionals of the mental health system, as well as family members of consumers, is crucial to providing the best possible care for these individuals as well as for resolving many situations that arise from their unique needs. Instead of taking a person in crisis to jail, Law Enforcement Officers are trained to look for opportunities to take the individual to a location where they can get the treatment they need, when this course of action is appropriate.

Police officers are frequently called upon to respond to crisis situations, many times involving persons with serious mental illness. Historically officers who respond to these calls often lack any specialized training or knowledge in dealing with the mentally ill and their families. The resulting conflicts can cause serious injury and even death of the individuals involved. In 1988, the Crisis Intervention Team (CIT) model first emerged in Memphis, Tennessee

While the CIT program has many important elements to it, one of the most important is the interaction between consumers and family members who present their stories to the officers in the classroom. There are two discussion panels on Wednesday of each class: one consumer panel from 9:45 am to 10:45 am and the other from the family perspective from 11:00 am to noon. We have three consumers that have volunteered for the March class; however, we do need three family members who would volunteer for this very important opportunity. If you are interested, please contact NAMI Moore County at 910-259-1053 or email www.namimoorecounty@gmail.com and someone will get back to you.

Please consider taking part in this training – your participation could save a life someday.

FAMILY-TO-FAMILY COMING IN MAY!

NAMI's Family-to-Family course, a free 6-week class to educate family and friends of people living with mental illness, will be coming this May to Moore County. More details to follow in our newsletter, website and Facebook page...

If there is a particular topic you would like covered at our meetings, a workshop or support group you would like formed, or area of interest you would like covered on our website, Facebook page or in our newsletter, please let us know! You can reach us at namimoorecounty@gmail.com or on our hotline number **910-295-1053**. We want to hear from you!

Moore County Upcoming Workshops

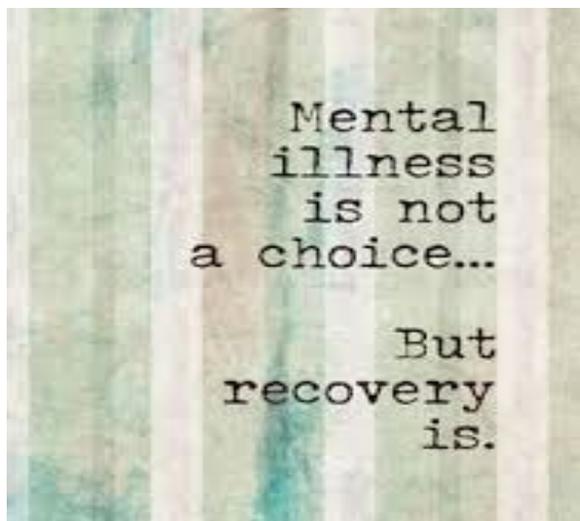
March 8: Anger Management workshop will be held at the Moore County Health Department Training Room at 705 Pinehurst Ave in Carthage from 12:00 - 1:00 pm. Robert Smith, Sandhills Behavioral Center, MSW, LCSW, LCAS, CCS will discuss how anger affects us mentally and physically, how to express feelings effectively, tips for reconciliation, how to keep one's cool, and helping children recognize anger. Lunch will be provided at no cost. Contact Shirlyn Smith toll free at 1-877-776-6599, or by email at search.family.support.program@gmail.com to register. Deadline to register is Friday, March 3, 2017.

March 27: Parent Support Group. SEARCH Family Support Program parent support group meeting will be held at the Moore County Health Department Training Room in Carthage, from 12:00 - 1:00 pm. This is a time for those with children who have behavioral, emotional, and/or learning challenges to share their experiences and learn from others. Refreshments will be provided at no cost. Contact Shirlyn Smith toll free at 1-877- 776-6599, or by email at search.family.support.program@gmail.com to register. Deadline to register is Friday, March 24, 2017.

Richmond County Upcoming Workshops

March 9: Support Group. Connections Family Support Program hosts a monthly support group the second Thursday of each month. This is a time for those with children who have behavioral or emotional challenges to share their experiences and learn from others, while obtaining support and resources. The group meets from 12 noon-1:30 pm at the First United Methodist Church in the Bynum Building at 400 E. Washington St. in Rockingham. Lunch and materials are 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, March 6th

March 21: Eating Disorders Workshop will be held at the First United Methodist Church in the Bynum Building at 400 E. Washington St. in Rockingham from 12 noon-1:30 pm. Kristen Buss from FirstHealth Behavioral Services in Pinehurst will be the guest speaker. Lunch and materials 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: Friday, March 17th.



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We Welcome Linda Eelman to our Board!