Voting Is Good for our Health

The NAMI community knows that good or poor mental health is central to life, liberty, and the pursuit of happiness. But what has mental health to do with voting in local, state, and national elections? Everything! We have a vital interest in which candidates will be elected and which candidates will be voted out of office. Choosing to vote or not vote has consequences. One of the best ways to combat the stigma heaped on people who live with mental illness or addiction is to vote our interests. Use your vote to give voice to our shared humanity.

Important tips for 2016 voting in North Carolina:

- Voting in the primary will be March 15. Absentee ballots can be requested as soon as January 25. Early in-person voting begins March 3. Locations for early in-person voting can be obtained at www.ncsbe.gov.
- Don't be intimidated by the NC photo ID hype. Democracy North Carolina (888-687-8683) advises, “You can vote with or without a NC driver’s license or other photo ID. The poll worker will ask for an ID, but you don’t have to have one. You can vote by giving the last 4 digits of your social security number and birthdate.”
- Register at your current address at least 25 days before Election Day. Even if you have moved from one apartment to another in the same building/address, you must update your registration so that you will not be ruled ineligible to vote.
- If you wait until Election Day, be sure to go to your precinct’s polling place. To Early Vote find out the locations at www.ncsbe.gov.
- Unaffiliated Voters may ask for either the Democratic or Republican ballot in the primary. (Cont. on next column)

(Cont. from previous column)

Free Family-to-Family Caregivers’ Class

NAMI’s acclaimed Family-to-Family class – free for families and caregivers of adults living with a severe mental illness – will be offered in Asheville on Tuesdays; March 8 to May 24, 2016; 6:30-9:00 PM.

More than 300,000 people have graduated from this national program that is led by trained family members. The class helps caregivers understand and support individuals with serious mental disorders. Family-to-Family (F2F) provides information about medications,

(Cont. on page 2)

INSIDE NEWSLETTER
A Mindful Emergence Radio Program
Giving Back
Veterans Treatment Court
Free Medical Care for Ladies
The Links and NAMI WC Partnership

NAMI Western Carolina

356 Biltmore Ave., Ste. 207, Asheville, NC, 28801
Hours: Mon., Tues., & Thurs. 10 a.m. – 3 p.m.
Contact: (828) 505-7353, info@namiwnc.org
Free Family-to-Family Caregivers’ Class

(Cont. from page 1)

communication techniques, handling crises, problem-solving skills, recovery, advocacy, and accessing community support. Families also learn how to cope with the stress of caregiving.

Family-to-Family includes up-to-date facts about clinical depression, bipolar disorder, schizophrenia, borderline personality, panic disorder, obsessive compulsive disorder, and post-traumatic stress.

Those who attend F2F gain valuable information, insight, and understanding of their loved one that many call “life-changing.” One wrote, “The course gave me hope that it will be okay, that I am not alone. It reduced a lot of the shame, guilt, and hopelessness. I see my wife as someone who is ill and not as someone having a character flaw.”

Adding its official stamp of approval, the US Substance Abuse and Mental Health Services Administration (SAMHSA) has added F2F to its National Registry of Evidence-based Programs and Practices.

NAMI Western Carolina, with support from Smoky Mountain LME/MCO, offers F2F in carrying out its mission to improve the lives of those affected by mental illness through education, support, and advocacy.

The class size is limited, and early registration is required. Please call 828-989-2365. Also, you may email pamelajailet@gmail.com for registration information. –Pam Jaillet

Radio Program on Mental Health Issues

Coming on Mondays from 7 to 8 PM on WPVM-FM 103.7/wpvmfm.org, “A Mindful Emergence”, hosted by Eddie LeShure and Margaret Kirschner. Each week A Mindful Emergence provides an in-depth and informative look into addiction recovery, trauma relief, and compassionate self-care. Tune in for this stimulating, thoughtful program.

February 1 – Relaxing Your Way to Health with Jenn Reddy and Margaret Kirschner
February 8 – The Latest Treatments on Sex, Love, and Internet Porn Addiction with Eric Belsterling
February 15 – Bringing Mindfulness to Depression with Jim Stratton
February 22 – Mental Illness’s Impact on the Black Community with Jim Pitts
February 29 – Nutrition as It Supports Recovery with Katharine Clark
March 7 – Vital Signs: The Nature and Nurture of Passion with Gregg Levoy
March 14 – Chiropractic Care for Trauma with Dr. Anya Harris

http://amindfulemergence.com/radio-show-2/

–Eddie LeShure

Stay in Touch

Join our email list to receive updates and information about support groups, events, etc. Contact us at 828-505-7353 or namiwnc.org and let us know your email address. Thanks!

Smoky Mountain Center for mental health services
24-hour phone help
7 days a week
1-800-849-6127
Giving Back

In 2012, because of our son’s mental illness, Lea and I became part of NAMI. We found a community of caring people who helped so much during our days of need for support and understanding. Mental illness carries a stigma that baffles and burdens a family. Solutions are difficult to find. Through Family-to-Family classes and Family Support Groups, we gained strength by learning about mental illness and how it affects the entire family.

Later I became a Family Support Group facilitator and found a powerful, personal sense of purpose by giving back to the community. Hopefully, by sharing my experience and what I have learned about mental illness, I gave others some insight and comfort in dealing with their own difficult issues.

Now, at age 77, I have to step away from some of my responsibilities with NAMI at a time when more and more help is needed. I can’t stress enough how grateful Lea and I have been to give back, to offer some support.

We all have stories to share and a need for supportive understanding. Please consider this challenge. Take a step toward becoming a Support Group Co-Facilitator. You can provide support for people like a mother whose son has schizophrenia or a father whose spouse has Bipolar II and is no longer able to help with the children. It may also help you find a sense of well-being and purpose in your own life. I encourage you to do it today! Contact info@namiwnc.org or 828-505-7353. We are all in this together. -Tyler Martin

NAMI WC Support Groups

All groups are 90 minutes, free of charge, and held on a drop-in basis. Connection and Family groups meet at our offices, 356 Biltmore Ave. (upper level), Asheville, NC 28801.

Connection is for people living with mental illness to learn from each others’ experiences, as well as offer and receive encouragement and understanding. Family Support Group is for family and loved ones of someone living with mental illness.

Both Connection and Family Groups meet on the first Saturdays at 10:00 AM and the third Tuesdays at 6:00 PM. Connection also meets on the second and fourth Mondays at 11:00 AM.

NAMI Education Forum on Veterans Treatment Court

- Why do we need a Vet Court in Buncombe County?
- Why are specialty courts important?
- What does it look like when we give people who have Mental Health Issues a chance and respect in our judicial system?

These are the important questions Dr. Eric D. Howard, MSW will be dealing with during our Education Forum on Thursday, February 11, 2016, at 6:00 PM at Central United Methodist Church (27 Church Street, downtown Asheville). Dr. Howard has over 12 years of experience in mental health and working with disenfranchised poplulations in the education setting and criminal justice system. He is currently developing and implementing the Buncombe County Veterans Treatment Court.

Our Education Forums take place on the 2nd Thursday of every month. For more information, watch for email notifications and check the website. www.namiwnc.org
Board Highlights

The NAMI WC Board met the first week in January. New board members are Eddie LeShure, Marlene Wooten, Anthony Oneka, Jerene Broadway, Gus Diggs, Share Friedman, and Lisa Niemas-Holmes (Treas.). Returning board members for the new year are Larry Thompson (V.P.), Pam Jaillet (Sec.), David Cornwell, Paulette Heck (Pres.), Brooks Ann McKinney, and Leslie Boyd.

- On February 27th, there will be a Family Support Group facilitator orientation and informal training in the NAMI WC office from 2:00-3:30 PM.
- There continues to be a need for a dual diagnosis support group.
- Two Family-to-Family classes will be offered this year in the spring and fall. (Registration is underway for the spring group. See article on page 2.)
- In Our Own Voice will be presenting for psychology classes at Willkes Community College during 2nd semester and for the volunteer staff at Four Seasons Compassion for Life which provides hospice and palliative care service.
- A NAMI WC informative tri-fold is in the works. It will be available to promote our local affiliate. -Paulette Heck

NAMI WC Valentine Potluck

Come to this fun event!
- Games and mixers by Jesse Davis
- Pre-dinner music by David Rowe and Doran Heck
- Update on NAMI WC’s latest happenings
- Delicious food

Friday, February 12, 2016
6:00 PM
Grace Covenant Presbyterian Church
789 Merrimon Ave., Asheville, NC
(Parking in back of church)

Bring a dish to share!

Free Medical Care for Ladies

Studies show that female consumers are not getting their annual mammogram. If you are 40 years of age or older…or under 40 (with a history of breast cancer on your mother’s side of the family) you are probably eligible for a FREE annual physical and mammogram. The Ladies Night Out breast cancer prevention program is sponsored by Mission Hospitals Foundation and other organizations. If you are uninsured or underinsured, this program is for you. Don’t wait. Call to see if you qualify!

Offering FREE physicals, mammograms, and health education as well as breast exams, pap smears, blood pressure screening, cholesterol screening, transportation, childcare, refreshments.

For more information, call Ladies Night Out, 828-250-6006 or ABIPA at 828-251-8364. Appointments can be made for the 1st Thursday of every month. -Sharon Pitts
Thank You to NAMI Friends

It is with deep gratitude that we wish to thank Bev Dale for serving as NAMI WC Board President in 2015. During this time, we have made great strides in serving our community, and we are pleased that Bev will continue to be involved as a Family Support Group Facilitator as well as in other ways. Thanks also to Janet Price-Ferrell, Jim Pitts, Gordon Smith, Jim Lowder, and Linda Comer who rotated off the board at the end of 2015.

We also wish to express our deep appreciation to Tyler Martin and Bill Heck for their service as Family Support Group Facilitators. Both Bill and Tyler have decided to step away from that role, but will also continue to be very involved with NAMI.

Thank you to Bev, Tyler, Bill, Janet, Jim P., Gordon, Jim L., and Linda. It is only due to the selfless commitment of volunteers like you that NAMI is able to support recovery of those who are impacted by mental illness.

The Links & NAMI WC Partnership News

Established in 1946, The Links, Incorporated is an international organization consisting of nearly 14,000 women of color committed to enriching, sustaining, and ensuring the culture and economic survival of African Americans and other persons of African Ancestry.

Under the leadership of President Glenda Newell-Harris, MD, The Links has recently begun a National Mental Health Initiative to educate members and the greater community about mental health concerns such as depression, anxiety, and social issues that impact our physical and mental health. The goal is to help eliminate the stigma of mental illness within the Black community and educate people about how to seek and find treatment.

To this end, the Asheville Chapter of The Links, under the leadership of President Diane Mance, has recently partnered with the National Alliance on Mental Illness Western Carolina (NAMI WC).

A National Day of Prayer for Mental Illness Recovery and Understanding was jointly implemented by The Links’ Human Health and Services Committee (led by Chairperson Jewanna Grier-McEachin) and NAMI WC member Sharon Pitts. Also serving on the Human Health and Services Committee are Myrna Casey, Marion S. Thompson, and Sharon West. The Gamma Gamma Omega Chapter of Alpha Kappa Alpha Sorority, another NAMI WC partner, also helped with this initiative.

The Interdenominational Ministerial Alliance, the Baptist Ministers’ Union, and other ministers of Black churches were encouraged to choose a Sunday in early October to pray for mental illness recovery and understanding for individuals facing mental health challenges and their families. Churches were also encouraged to distribute a resource guide for seeking treatment. Two churches extended their outreach by emailing materials to their congregations. Well over 400 parishioners were reached in this effort.

The Asheville Chapter of The Links also submitted an article about the National Day of Prayer for publication in the November, 2015 issue of the Urban News. This free Black owned Asheville area newspaper, with a distribution rate of 12,000, rightfully describes itself as the Gateway to the Multicultural Community.

-Sharon Pitts

Work Together
Next Newsletter

The next newsletter will be published early in May, 2016. Please submit articles to Paulette Heck (pheck812@gmail.com) no later than April 15th. Thank you.

To Make a Donation

Please send check to
NAMI Western Carolina
356 Biltmore Ave., Suite 207
Asheville, NC 28801
NAMI WC relies on contributions to continue providing education and other services to people with mental illness, their families, and the community.

NAMI Trainings

Consider being a Family-to-Family Teacher, a Family Support Group Facilitator, or an In Our Own Voice Presenter. Contact NAMI WC for training information (828-505-7353).

Volunteer Opportunities for Female Peers

It is well known that recovery takes place and is best supported in community, not isolation. Supportive communities take many forms such as families, churches, therapeutic programs, clubs, volunteer sites, and work places.

The Ladies Night Out breast cancer prevention program is looking for women to volunteer the 1st Thursday (3:00-5:30 PM) of each month at their program located in Mission Hospital’s complex on Biltmore Ave. Two types of positions are available: 1.) Greeter-welcomes people as they exit the elevator and directs them to the proper room, 2.) Assistant-helps clients fill out simple intake forms. Helping women in the breast cancer screening process can be a part of your own mental health recovery and support…and…it feels good to do good for others.

Volunteers provide their own transportation. Contact Sharon Pitts (828-258-5359).

Heart Health

Alpha Kappa Alpha Sorority, Inc. Gamma Gamma Omega Chapter cordially invites you to

PINK GOES RED
Free Health Screenings
Healthy Refreshments
Relaxation Therapy
Healthy Exercise
Heart Health Education
Door Prizes

February 6, 2016; 1:00-3:00 PM
Edington Center
133 Livingston Street
Asheville, NC 28801

To Join NAMI, to Volunteer, or to Get Information . . .

Contact NAMI Western Carolina
356 Biltmore Ave., Suite 207
Asheville, NC 28801

Office Hours: Monday, Tuesday, and Thursday; 10:00 AM-3:00 PM

828-505-7353
info@namiwnc.org
www.namiwnc.org
Facebook.com/NAMI Western Carolina