

North Carolina Mental Health Consumers' Organization

Recovery Visions

FEBRUARY 2010 ISSUE



BACK ROW: Leza Wainwright, Mike Watson, David Cornwell, Joe Donovan. FRONT ROW: Laurle Coker, Stuart Berde, Michael Murray

PHOTO TAKEN BY: MARC JACQUES

A New Initiative

On January 27, 2010, DMH/DD/SAS, Assistant Secretary of Mental Health Services Development Mike Watson, Director Leza Wainwright and Stuart Berde, Acting Chief of the Division's Advocacy and Consumer Service Section met, in Raleigh, with a group of advocates from across the state to launch an exciting new initiative.

At the informal meeting, Advocates from NC Consumer Advocacy Networking and Support Organization, NC Disabilities Action Network, NC Mental Hope and NC Mental Health Consumers' Organization joined the division in a meeting with a new commitment to talk about consumer issues including better communication; increased inclusion; recovery; and consumer empowerment.

One of many issues discussed was the CABHA and the anxiety its appearance has generated. While the term CABHA may be new it was pointed out that its concept- that of a well organized service agency has been around for years. Many, many committees and consumers have been discussing over time the "comprehensive provider agency." That concept morphed into the CABHA.

If this "comprehensive provider agency" now know as CABHA, is our new reality, how can we reduce the anxiety generated by its lack of good press? One immediate way to move forward is to increase communication and inclusion.

The Division said clearly that the recovery of people receiving services is a focal point of the

CABHA. Advocates suggested the Division start saying that plainly. We need to hear this because with all the discussions of how the CABHA will affect providers, consumers feel that both recovery and people receiving services were lost in the official role out. The Division will renew efforts to communicate that *recovery* is vital to its philosophy and mission.

Secretary Lanier Cansler mentioned at the February 10th Legislative Oversight Committee ongoing consumer inclusion and better utilization of the CFACs. The Division has agreed to ongoing meetings with statewide consumer advocates in a cycle alternating between Stuart Berde's Advocacy and Consumer Service Section and Stuart, Leza and Mike to talk about consumer issues.

The new consumer group will soon include representatives from NAMI consumer council and the Peer Support Network. We are looking for additional consumer voice to balance representation across disabilities to participate in ongoing opportunities. The Division has charged us to network with our folks and make known those who would serve. There is some transportation support available on a case by case basis from NCMHCO. Let us know if you want to participate and let your voice be heard. Call us at NCMHCO at 1-800-326-3842.

Right now, it is not clear the extent to which these efforts will impact the system the way consumers of services have suggested, but we have to give the Division kudos for starting down this new road in renewed effort. We as consumers need to give our best effort too.

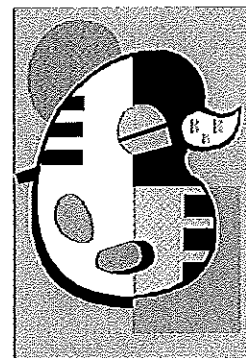
"CONGRATULATIONS"

Thanks to everyone who submitted their suggestions for our *NAME THE NEWSLETTER* Contest. It was a tough decision and therefore the selection committee voted to combine two entries - **RECOVERY VISIONS**. We wish to congratulate Diane Jacques and the Wilson Self-Empowerment Teams Group for the winning selection. Diane Jacques graciously donated her share to the Wilson Self Empowerment Group.



PHOTO TAKEN BY: MARC JACQUES

Project Reach ½ time position
Mental Health Advocacy and training \$10,000 salary-networking with the mental health system in Cleveland and surrounding Counties. Peer mentoring young adults in the community. Must have transportation and knowledge of Cleveland County; personal mental health recovery experience preferred. An Equal Opportunity Employer. North Carolina Mental Health Consumers' Organization 919-832-2285.



**"WANTED"
YOUR
ARTWORK!**

**NC MCO is
hosting an
Arts, Crafts &
Poetry
Fundraiser in
2010.**



MARC'S MOMENTS

February is typically relationship month, I suppose because of Valentine's Day being on the 14th. Relationships can be awesome or awful but no matter "what", we always do better when we have a good relationship.

Some say that people with mental illness should not have relationships. I personally find this to be bunk. As a person with schizophrenia I have been in a relationship for 24 years. And yes we have had our share of troubles but I challenge you to: a.) find a long-lasting relationship in the community and b.) find any relationship that doesn't have troubles.

The addition of Mental Health issues can be challenging but I wouldn't trade all the tea in China for my relationship. My partner who has mental health troubles herself has been there for me through thick and thin. I think that because we both have mental health challenges is a reason we have been successful. We studied recovery principles together and together moved and helped each other through different stages of recovery.

My recovery was built on recovery education and relationships with people I could count on; being loved and accepted as I am; having people in my life who believe in me even when I don't believe in myself.

On the same token I had something to give back; being able to help others when they need me and importantly feeling like a human being.

Human beings are wired to have relationships. If we interfere with that most basic of human needs we are asking for trouble. Children who have interference in forming healthy relationships often end up in a psychiatrist's office and are the most likely to end up in the criminal justice system.

Instead of denying people in recovery an opportunity, we need to be supportive of their choice (and courage) to have a relationship. Understand that in anybody's life there are no guarantees so help us and not hinder us. Encourage and teach us about relationships instead of resenting our happiness.

Today we think we are more enlightened and the mental health systems begrudgingly allow us to have relationships. Stigma still exists. Are we as judgmental about the divorce rate (failed relationships) among normal folks? Pick any group of people and look how hard it is. As a hint walk into any book shop and see the shelves filled with different books on relationships.

Live well - Love well - recover well



HUMOR FOR HEALING

A young woman was taking an afternoon nap. After she woke

up, she told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

You'll know tonight." he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it -only to find a book entitled "The meaning of dreams".

Valentine's Day (val*en*tinez dae) n. A day when you have dreams of a candlelight dinner, diamonds, and romance, but consider yourself lucky to get a card.



My Most Important Relationship

Help!!! What can I get my wife for Valentine's Day? Roses? No, she doesn't like cut flowers. Chocolates? We're trying to lose weight. Maybe go dancing? She giggles when I dance.... It's gotta be something special. After all, ours is the most important relationship I'm in, isn't it?

Hmmm...what about my relationship with the One upstairs? Or with other family members?

Perhaps.... My most important relationship is with myself. What if how I relate to me affects how I relate to everyone around me? I wonder...if my relationship to myself is healthy, would my relationships with others be healthier?

Dr. Emanuel Lartey defines *spirituality* as relatedness-- to God, self, others, and the universe. Using this definition, a *spiritual person* is one who is mindful of relationships and nurtures them.

How to nurture relationships with others is obvious... tweeting, sending cards, spending time together, listening carefully, and being transparent....

How do I nurture my relationship with myself? Imagine getting enough sleep...eating a balanced diet...taking meds as directed...exercising regularly...having time to think...saying "no" more often....accepting what cannot be changed and focusing on what can....

What if I choose to be happy? I wonder how that might change my life.

I've got it! I'll cook dinner on February 14 AND do the dishes!!!

Peace,
Robert Cooke, Pastoral Counselor

Triangle Pastoral Counseling 312 W. Millbrook Rd. Suite 109, Raleigh, NC 27609
Tel: 919-845-9977 ext. 202



The Mental Health Association in North Carolina

&

The North Carolina Mental Health Consumers' Organization

A Winning Team

The Mental Health Association in North Carolina (MHA-NC) is pleased and proud to have the North Carolina Mental Health Consumers' Organization (NCMHCO) as one of our closest partners in advocacy. During these times of change and uncertainty, the MHA-NC has found a consistent beacon with the NCMHCO.

Beginning nearly twenty five years ago, the MHA-NC helped to plant the seeds through its People First support initiative for a movement that would grow into the North Carolina Mental Health Consumers' Organization. Throughout that nearly quarter of century, our organizations have been joined in advocacy, outreach and programming. As we move into a new decade and, in many ways an even greater time of uncertainty, the MHA-NC looks forward to, not only continuing but indeed, enhancing its partnership with the NCMHCO. Together, we envision support, educational, training and outreach opportunities for the betterment of all North Carolinians but especially those who experience mental illness in their own lives each and every day.

To find out more about the MHA-NC, please visit our website at www.mha-nc.org. You can also find us on Facebook. We also invite you to reach us via our information and referral line which is 1-800-897-7494.

In closing, *thank you* to the North Carolina Mental Health Consumers' Organization for their ongoing efforts on behalf of all of our State citizens. And, *thanks* for being such a wonderful partner in advocacy. Indeed, the MHA-NC and the NCMHCO is a winning combo.

Here's to a better future.

John Tote
Executive Director
MHA-NC

"It is difficult to say what is impossible, for the dream of yesterday is the hope and the reality of tomorrow." - Robert H. Goddard

HELPFUL HINTS

- **Movie Club:**
Each week bring in some DVD's you've collected to swap with others. They will vary according to the taste of the person who bought them but it's a great way to see a wide range of movies and socialize at the same time!



Keep a laundry basket in the car trunk for groceries. It prevents items from rolling around when you drive, and you can bring in several bags inside all at one time!



FOOD LION

Speaking of groceries, shopping and giving back can go hand in hand. Registering your **FOOD LION MVP** Card with us is as easy as 1•2•3, just send us your name, phone number and the twelve digit MVP card number listed on the back of your card. You get to shop and help our organization too!



HEALTHWISE

For all you chocolate lovers out there, good news, chocolate may not be as bad for you as you might think!

For thousands of years, many cultures have been embracing the benefits chocolate dating as far back to the Aztecs almost 5,000 years ago!

Chocolate is made from the seeds of the Theobroma cacao tree found in South America and is used in a variety of forms. Dark chocolate is the healthier choice since it does not have as high of a fat content as milk chocolate. Studies have shown that eating dark chocolate in small doses can actually lower blood pressure, promotes high energy, and can protect against heart disease and perhaps cancer. It also releases endorphins which create feelings of pleasure hence the reason for it being long associated with love.

Did you know that in the U.S. the average person consumes almost 12 lbs. of chocolate per year? In other countries, the amounts are much higher. The key to remember is to eat chocolate sweets sensibly and in moderation.

PINK SLUSH

Source: Diabetic Low-Fat & No-Fat Meals in Minutes by M.J. Smith, R.D., © 1996.

Ingredients:

- 12 oz frozen orange juice concentrate
- 1 packet sugar-free pink lemonade powder drink
- 46 oz pineapple juice
- 46 oz apricot nectar
- 36 oz (3 1/2 oz cans) sugar-free lemon-lime soft drink

Instructions:

Combine first four ingredients in a large plastic container, and freeze at least 12 hours. One hour before serving, remove from the freezer. Use a heavy, long handled metal spoon to break up slush for serving.

Scoop 6 ounces of slush into a short glass and pour in 2 ounces soft drink. Garnish the glass with a melon ball on a swizzle stick.

Makes 16 eight ounce servings.

Nutritional Information:

Per Serving: 112 Cal; 00g Fat; 28 g Carb; 00 mg Cholesterol; 6 mg Sodium.

Dietary Exchanges: 2 Fruit

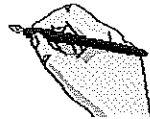
AMAS

For more information about the kit for cancer screening called AMAS (Anti-Maligning Antibody Screening), please contact 1-617-536-0850; fax 617-536-0657 or email oncology2003@aol.com. Know your risk factors; early detection can save lives!

PEER SUPPORT SPECIALIST RESOURCE INFORMATION

The website for the National Association of Peer Specialists is www.naops.org. If you wish to order the Student and Teacher's Manual for Peer Support Specialist, go to http://www.recoverresources.com/catalog/c!_p1.html

RECOVERY ESSAY CONTEST



OPEN TO CURRENT MEMBERS ONLY

If you enjoy writing essays, why not enter NC MHCO's Annual Essay Contest. The winner of the essay, will receive a Lifetime Membership to our organization, guaranteed a spot to the annual conference, a certificate of recognition and the opportunity to have your story showcased at our annual conference. **Submit no later than APRIL 15, 2010.** Please include your name, address and phone. Send to:

NC MHCO
Attn: ESSAY
P.O. Box 27042
Raleigh, NC 27611-7042

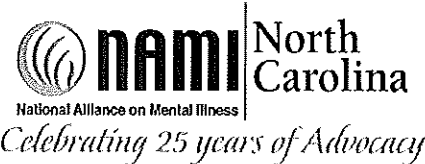
A THOUSAND VOICES

NC MHCO in collaboration with The Coalition and Disability Rights NC need your help in collecting a thousand stories to share with policy makers on how cuts in funding are affecting your services. Are you losing housing, jobs, or access to medications? Is part or of all of your services being eliminated? Do you feel like you are losing your ability to live in your community? If you answered yes to any of these questions; please take a moment to complete this survey. If you do not have access to the internet, NC MHCO is here to

help you. Go to the following link or contact us at our office at **1-800-326-3842** so that we may walk you through it. *This survey will be available from until June 30, 2010.

Survey Link:

http://www.surveymonkey.com/s.aspx?sm=FtghlyR35b3AZF4BtjcnNg_3d_3d



NAMI NC is a nonprofit, grassroots organization made up of family members of persons with mental illness, consumers, professionals and other interested parties all of whom work together to meet NAMI's mission. The mission is "to promote recovery and optimize the quality of life for those living with mental illness."

We serve this mission through Education, Support and Advocacy by offering NAMI NC programs throughout North Carolina. The Helpline (1-800-451-9682) is a source of information, referral, advocacy and support. Fully one-third of the thousands of callers each year are consumers!

Many folks have heard of NAMI's signature program, Family to Family, where family members learn about mental illness and how to help their loved ones. Did you know that NAMI NC also offers educational classes for Peer to Peer, which teaches consumers about living with mental illness and dealing with its effects in daily life? Each course provides consumers an opportunity to develop an Advance Directive and a crisis plan.

Connection support groups are offered for consumers in 14 NAMI NC affiliates. Other informal consumer support is also available throughout the state.

NAMI NC also has a Consumer Council which serves in an advisory capacity to the NAMI NC Board of Directors. The council has recently advised the state Executive Director on issues regarding Peer Support and NC Division of MH/DD/SAS annual gap analysis needs assessment goals. Laura Goddard from NC MHCO is the current Council Vice-Chair.

NAMI NC and NC MHCO originally began working together - sharing the same office and a majority of the same goals. In these hard times, it is important to remember our common purpose and stick together for the well being of consumers and their loved ones.

As a matter of fact, we can walk together during NAMI Walks on May 1st on the Dorothea Dix Campus! Check out our website at www.nami.org/namiwalks/nc to find out how or call Susan King Cope at 919-788-0801.

ABOUT NC MHCO

NC MHCO is a private non-profit organization run by mental health consumers, for mental health consumers. Established in 1989, NC MHCO has been offering advocacy, support, educational opportunities and a toll free warm line to serve adults with mental illness in North Carolina. NC MHCO is funded through the N.C. Division of Mental Health through the Federal Mental Health Block Grant Program. NC MHCO has 16 consumer members on the Board of Directors which is comprised of four members representing each region of the state. Board members are nominated and elected by the membership.

NC MHCO Staff

Marc Jacques, Executive Director
marcjacques@ncmhco.org

Bruce Spangler, Assistant Director
brucespangler@ncmhco.org

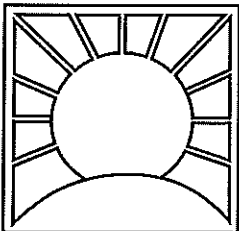
Kim Schmidt, Program Coordinator
kimschmidt@ncmhco.org

P.O. Box 27042 • Raleigh, NC 27611
Office: 919-832-2285
Toll Free: 1-800-326-3842
Fax: 919-828-6999
www.ncmhco.org



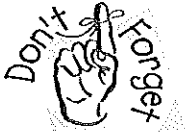
**YOU ARE NOT ALONE
WHEN YOU PICK UP THE PHONE**

**NC MHCO WARMLINE
CALL TOLL-FREE
1-800-326-3842**



**NORTH CAROLINA
MENTAL HEALTH
CONSUMERS' ORGANIZATION**
P.O. Box 27042
Raleigh, NC 27611-7042

AVOID THE DUES BLUES



In order to run for a NC MHCO office, vote in elections and participate in conference caucus meetings, be eligible for scholarships and keep receiving the newsletter, we encourage you to PAY YOUR DUES. *All dues must be current as of March 31st. Please include your name, address, email, and phone.

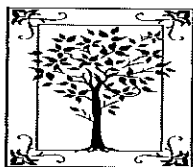
Send your dues to:

NC MHCO
P.O. Box 27042
Raleigh, NC 27611-7042

Remember to contact us if you change addresses or phone numbers. *If you have A "smile" stamp on your copy, it's time to renew!

MISSING THE FUN

Become a member now; it's as easy as calling **1-800-326-3842** to obtain a membership form or visit our website, go to the CONTACT page and click on to the link for the Membership Form. Annual membership is \$3.00 (averages 25¢ a month) or become a Lifetime Member for just \$35 (as little as 9¢ a day for a year) and you never have to worry about remembering to send in your dues.



SAVE ● A ● TREE

Send us your email to receive newsletters electronically. To avoid duplicate mailings, please give us your preference to the location, ex. clubhouse, home, or support group.

DOUBLE TROUBLE IN RECOVERY (DTR) 20 HOUR WORKSHOP

March 22-24, 2010
8:00 A.M. – 4:00 P.M.
440 East Main Street
Clayton, NC 27520

Overview: Double Trouble is Recovery is a program for individuals that have substance abuse issues in combination with their diagnosis of a mental illness.

Target Audience: Consumers, Mental Health Substance Abuse Professionals and Paraprofessionals and others who are interested.

Cost: \$100 per person and includes: Basic Text, Materials, and Snacks. Lunch is on your own.

Registration closes and money must be received by March 15, 2010. No cancellations, however, you may send a substitute. *Workshop will be cancelled if fewer than 10 persons register and pay.

Please make checks payable to: Stellar Peer Recovery Center and Mail to: Post Office Box 214, Clayton, NC 27528. Remember to include your name and contact information and agency name (if applicable).

Contact: Reverend Dorothy O'Neal – Executive Director of Feed His Sheep/Stellar Peer Recovery Center at Phone: 919-359-9276, Fax: 919-359-0578 or email: fhsoneal@aol.com.



SOUTH/EASTERN REGIONAL LEADERSHIP ACADEMY

- "I had so much fun the past two days."
- "Best training I've ever attended. It was interesting and the whole two days were so enjoyable and enlightening! Just make the next one as good as this one was."
- "Everyone was allowed to share and that encouraged people to speak up. Being allowed to share shows people that their thoughts are important."
- "The training was excellent and very informative and facilitated expertly. I learned a lot. I feel like I'm leaving here more empowered than when I came."
- "I thought it was a great experience! I met a lot of cool people."

These are a few of the comments recently received regarding THE LEADERSHIP ACADEMY. Held for two days in January at the Clarion Hotel in Raleigh, The Leadership Academy consisted of some of the members of Club Horizon in Knightdale, Stellar Peer Recovery Group in Clayton, and Fellowship Health Resources in Raleigh.

The discussions included the History of the Consumer Movement, How to Conduct Meetings, and Plan Agendas. Executive Director Marc Jacques did a workshop on Legislative Advocacy and Kim Schmidt conducted a workshop on Self Advocacy.

"I thought it was a great experience" stated one of the participants".

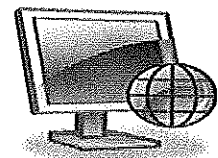
While The NC Mental Health Consumers' Organization generally holds a Leadership Academy on yearly basis, we hope to expand it by offering another one later in the year. If you are interested, please call us at the NCMHCO office.

WHY I ADVOCATE by Kent Goddard

I have been advocating for better mental health system services since 1993. Sometimes say to myself, why should I bother to go speak up? Why should I go out of town to yet another Conference?

Always the answer comes down to: if I don't do these things, offer my own consumer perspective, no one else will. We all have our part in the struggle for a better mental health system.

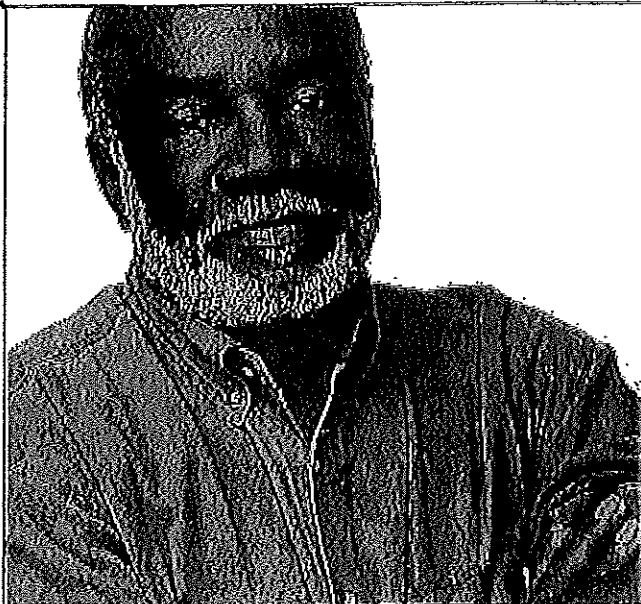
HOW TO GET CONNECTED



If you're like most people struggling in this economy, you might not have the luxury of owning your own computer, if you do, you lack the money to be able to afford the monthly internet services. A visit to your local library or clubhouse, might just be the answer. Most of these community resources are connected to the internet and you sign up for a free email account by visiting sites such as www.yahoo.com; www.aol.com or www.hotmail.com. Become a member of the world wide web!

"Life belongs to the living, and he who lives it must be prepared for changes." - Goethe





Open Access: for the patients, for the people

All too often, people who depend on public assistance are denied access to newer, safer, and more effective treatments for mental illness. This inability to obtain the treatment they need can trigger a pattern of deterioration — becoming unemployed, being hospitalized, imprisoned, and often ending up homeless. This destructive cycle is costly for taxpayers and devastating to the families of people with mental illness.

That's why Lilly USA continues to support open and unrestricted access to all available treatments for mental illness.

Scientific advances have resulted in medications that are effective in delaying relapse¹, provide more effective symptom control, fewer side effects, and offer longer-term treatment than in the past.

Give them access to the treatments they need, and give them hope for taking their lives back.

¹Fenton WS, Byler CR, Heinssen RK. Determinants of medication compliance in schizophrenia: empirical and clinical findings *Schizophrenia Bull.* 1997;234:637-651.

PRINTED IN USA ©2010, Lilly USA, LLC. ALL RIGHTS RESERVED.

lillyforbetterhealth.com

Answers That Matter.



Use the tools that help you

I was listening the other day to two people talk about AA. One said that the Supreme Court adjudicated AA to be religion and that he didn't want to be involved. The other said that AA worked for him and he had been successfully clean and sober for ten years.

Two others I had the chance to overhear were discussing supplements as a wellness strategy. The first said she has been successfully using Omega III for depression for several years. The second said "oh no, you can't take Omega III it messes with some peoples cholesterol."

Yet another discussion went like this. I use herbs in my mental health treatment. I've been taking St John Wort and Valerian for 9 years I've totally given up pills. The second person said, "Oh no you can't do that don't you know that herbs come in different strengths and it is dangerous."

It seems to me some folks just weren't listening. These people said they had been successful for "years" using the tools of their choice. And that's the real point of this article. We all have to choose the things that help us the most. If something doesn't work for you; then find something that does.

Who cares if AA is religion? If people find it helpful then it is a good thing. If you don't like it, then don't go - that's your right - especially if it is religion. But don't use the fact that AA is religion as an excuse to stay engaged in addiction behavior. Get Help! Find something else that works for you. Try Rational Recovery's - Addiction Voice Recognition Technique, Home Recovery, or Harm Reduction Technique, to name just a few. Do something instead of nothing.

If you are in the small set of people in whom Omega III negatively affects your cholesterol then don't take it. Find something that does work for you, but please stop interfering with others choices. It would be better to say something like; if you're going to take a supplement make sure you know all the risks and benefits, or, maybe you should have your cholesterol checked. Never say "You can't do that" unless it is absolutely necessary.

I might not even say check with your doctor; although I think you should. Understand most doctors, sad to say, aren't familiar with supplements. Do check with someone who knows but a naturopathic or holistic doctor may be a better choice in this case. At the very least, read up on it in a book or on the internet. Be informed.

As to the person who thinks that because things come in different strengths it's not OK. Everything comes in different strengths. From Baby Formula to medications that doctors prescribe, everything comes in different strengths, sizes, colors and shapes.

Yes, but herbs are not regulated. Well tomatoes aren't regulated either and I'm not sure that because tomatoes come in different strengths of vitamin C that I should necessarily stop enjoying different kinds of tomatoes. Oddly some people can't eat tomatoes but because they can't eat doesn't equal me not eating.

Many, many drugs started off as plants. Aspirin came from white willow bark and willow bark extract is still sold as an Aspirin alternative; Penicillin from a mold. Big boy, beefsteak, plumb, cherry and grape tomatoes are all delicious ways to get the chemicals Ascorbic Acid (vitamin C) and Lycopene (the red color known to help prevent cancer) just as taking St John's Wort is a way of getting the chemical Hypericin. Not wanting to miss out on a profit Hypericin, Lycopene and Vitamins are all offered in pill form.

It is a matter of personal choice which to use but you should always look into the risks and benefits before choosing. This includes medicine doctors prescribe.

Moreover, the real issue is if it works or not for the individual. If you're using something successfully then "it works" whether it is a substance manufactured as a pill or a substance found in natural form use it with confidence and don't let anybody talk you out of the tool that's right for you.

The opposite is also true, if something you are taking is "not" working, don't just continue to take it just because anybody (friend or doctor) says to; nor stop taking psychiatric medicine because you feel better. The medicine is likely the reason you're doing better and if you stop your troubles may return. Always communicate with the person who is helping you with your medication by telling them if what you are taking is working or not. You are the indisputable judge of what works.

Always understand that "everybody" has a different view. Drug companies saying supplements are not a good choice is no big surprise because they want to sell drugs. Herbologists point out all the negative side effects of harsh drugs like ulcers, cancers, and tremors because they want to sell herbs. People who sell chicken say chicken is better. What do you think the beef people say? You need to decide for yourself what's best for you.

Individualized mental health recovery includes many paths to wellness. What the North Carolina Mental Health Consumers' Organization wants is for you to always make an **informed choice** by understanding the risks and benefits of anything you put in your body including both food and medicine.

They say variety is the spice of life. Use the tools that help you. Enjoy life! Eat well and live well.

MEMBERSHIP FORM
NORTH CAROLINA MENTAL HEALTH CONSUMERS' ORGANIZATION
PO BOX 27042
RALEIGH, NC 27611-7042
1-800-326-3842

Name _____

Address _____

City _____ State _____ Zip _____

Phone_() _____ Today's date _____

Membership Dues:

Membership dues must be received by April 1st of each year in order to vote in NC MHCO election process.

Check the amount and type of membership

_____ Individual (regional member \$3.00 per year)

_____ NC MHCO Support group member \$3.00 per year

_____ Individual and NC MHCO Support Group Member \$4.00 per year (you vote as an Individual and Support Group Member)

_____ Lifetime Membership \$35.00

Are you in a Support Group _____ Yes _____ No

Name of Support Group _____

What County Do You Live _____

What region of the State Do You Live _____ Eastern _____ Western

_____ North Central _____ South Central

Please Mail Payment and Form to the Address Above

NC MHCO ANNUAL CONFERENCE REGISTRATION FORM

**PLEASE PRINT INFORMATION CLEARLY AND COMPLETELY
SEND WITH PAYMENT BEFORE APRIL 19, 2010**

TO:
Conference Registration
North Carolina Mental Health Consumers' Organization
Post Office Box 27042
Raleigh, North Carolina 27611-7042

Please Circle Registration For: Consumer _____ Mental Health Professional _____ Family Member _____

Please Note Special Needs: Hearing Impaired _____ Wheelchair _____ Other (ex. Dietary) _____

Print Name: _____ Male _____ Female _____

Mailing Address: _____

City: _____ State _____ Zip Code _____

Phone (____) _____ Mobile (____) _____

Name of Emergency Contact: _____

Emergency Contact Telephone Number: (____) _____

Relationship of Emergency Contact: _____

The name of mental health program: _____

Circle Tee Shirt M L XL XXL XXXL XXXXL

A \$5 Application Fee must be submitted with your registration (Non-Refundable)

I will pay the full \$150.00 Conference Registration. Yes _____ No _____

I enclose \$ _____ and ask NC MHCO for help in the remaining scholarship amount.

SCHOLARSHIP COST INFORMATION / DEADLINES AND REFUND POLICY

The conference weekend is June 4-June 6, 2010 in Charlotte and will end on Sunday at 10 A.M. The \$150 cost of the conference for the weekend includes room, registration materials, shirt, workshops, and recreational events. The following meals are included: Friday Banquet, Saturday Breakfast and Dinner. If you wish to renew your membership, the annual dues are \$3.00 or \$35 for lifetime membership. *In order to vote in caucus meetings, you must have your membership in by March 31st.* Membership can still be purchased at the conference, however, please remember to bring the exact amount.

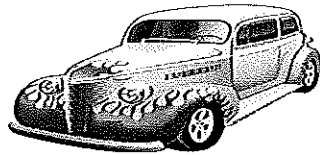
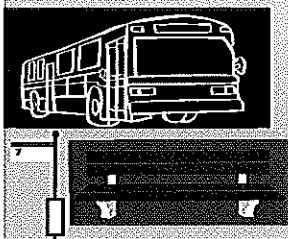
NO REFUNDS AFTER APRIL 26, 2010

Limited scholarships are available; you will be placed into the lottery on a first come, first serve basis. Please note that members are given primary consideration. We ask anyone who can pay, please do so.

NC MHCO DOES NOT ARRANGE OR PROVIDE TRANSPORTATION
We encourage you to network with others.

Other sources of scholarships may be NAMI, Mental Health Association, Local Businesses, CFAC

That Transportation Thang!



NC MHCO

has historically not helped with transportation to the
Annual Conference
and we continue to urge you to network with
other members, providers, and community partners
to car pool and get rides.

There will be a discussion string on

[Facebook.com](https://www.facebook.com)

Under NCMHCO

To help

MARK YOUR CALENDAR -- COMING IN JUNE NC MHCO 21st ANNUAL CONFERENCE

CONFERENCE GROUND RULES

- You must register in advance. **NO EXCEPTIONS!** \$5 application fee **NO EXCEPTIONS!**
- Application fee is \$5 (non-refundable) and due with your registration form; even if you win a scholarship.
- Please take the time to think about whom you would want to share a room with. After your room is assigned, we will **not** make changes.
- We will be having a lottery by region to make sure there is equal regional representation.
- You must indicate your shirt size on the registration form, if you not, your shirt will have to be mailed to you after the conference and you must pay \$5 shipping and handling fee.
- If you need a disability accommodation, you **must** notify us in advance.
- **Medication:** Remember to bring your medical I.D. cards/tags, prescriptions, supplements, a list of possible allergies, and any other necessary medical supplies (ex. insulin, sleep apnea machines, etc).
- **Bring spending money:** We are not giving out money! You will be responsible for one lunch and other items you wish to purchase such as snacks, merchandise or to visit area attractions.
- **What to Wear:** Dress casual, some people enjoy dressing up for the banquet and dance, it's up to you, however, please be respectful of others by **not** wearing **offensive or suggestive** articles of clothing.
- **After You Arrive:** You will have a better conference experience if you read the packet of materials and look at the conference agenda. Choose in advance the workshops you wish to attend.
- **Emergency Situations:** If you have a medical emergency, you will be taken to the nearest hospital. In the event of a mental health emergency, you will be taken to crisis and assessment at Mecklenburg County Area Mental Health, Developmental Disabilities, and Substance Abuse Services at 429 Billingsley Road, Charlotte, NC 28211-1098. Emergency Phone: 704-336-6404
- **Smoking:** North Carolina is law now says **NO** smoking is allowed indoors!
- **Items Missing:** **YOU** will be charged if any items are taken from the hotel.
- **Lost Items:** NC MHCO is **NOT** responsible for any of your personal belongs; please do **NOT** bring valuables to the conference.
- **Volunteers:** There will be volunteers on hand to assist you. All concerns should go through them **NOT** the hotel staff.
- **Don't Miss A Thing:** Please be on time for meals, workshops and other events.
- **Home Away From Home** - The conference site will be your home for the weekend, please respect your surroundings and the comfort of others. Stay safe at all times, especially when going offsite the premises.