

NC MHCO

Recovery Visions

Special points of interest:

- Annual Conference 2011
- How to be a Board Member
- Helpful Hints for Conference
- Conference Applications
- Scholarship Application

COME JOIN US

For the 2011 NCMHCO Annual Conference being held in Greensboro, NC.

SAVE THE DATE

June 3-5

WHERE??

This years Conference is being hosted at the Embassy Suites and located at 204 Centreport Drive, Greensboro, NC



Conference Registration Deadline

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OK Ladies and Gentlemen, it is that time again!! Time to register for the NC MHCO 2011 Annual Conference. Yeah!

Some things to remember:

- This year space is limited to 150 participants.
- Current members will get first priority to attend
- If space is available non-members are welcome.
- Scholarships are available but limited so if you can pay any part of your registration fee, we ask

that you do so.

- Scholarships apply to registration fees only (includes meals & lodging for Friday night through Sunday morning)

For those planning to attend this year you need to:

- ♦ Plan your own transportation to the conference. Location information is available on page 2 of this newsletter.
- ♦ Check with friends and people in your clubhouse to see who plans to attend and



- ♦ how you might all be able to get to conference together.
- ♦ Make sure that your membership dues are current as of April 1st. The membership dues are \$3 per each year or \$35 for a lifetime membership.

A Moment with Bruce—Director’s Notes



Bruce Spangler
Executive Director
NC MHCO

See you in Greensboro!!

I can’t believe its already been almost a year since the last Conference!

As I look back at our last time together all I can think is what a Conference it was! Wasn’t the hotel, the Charlotte Airport Sheraton, just a wonderful place to stay? The hotel, besides being gorgeous, had an incredible staff who was extremely good to work with and who treated us royally!

The lobby was beautiful with lots of cozy seating areas and the nice pool area, the meals were fit for a king! Add in to that all the fabulous workshops, such as ‘Humor in Healing’, ‘Stress Management’, the Project Reach young adults, and the exercise classes to name a few, and you have a fun filled weekend with lots of opportunity for us to

connect and learn from one another. There was plenty to keep us busy for the weekend like Bingo and the dance party. Many of us chose to watch a documentary that Bart Kean, one of our members, put together! Our keynote speaker was just amazing. Michael Weaver gave a wonderful and inspirational speech at our dinner on Friday night and has definitely set the bar high for us for this years conference.

PHEW! Sounds tiring doesn’t it?

And this year won’t just be more of the same! This year we will focus on ‘*Recovery through Empowerment*’. There will be more workshops, more great meals, more fun and more educational opportunities! Just as importantly we will have the opportunity to catch

up with old friends and to make new ones; as well as the opportunity to learn more about our own personal recovery path.

To help you to be ready for Conference this year, we have developed a ‘Special Edition’ of the newsletter, that will aid you in coming to Conference. We hope that you will read it thoroughly as it may answer most of the questions that you have about the Conference. Remember that unfortunately, we can’t accommodate all those who wish to come to Conference so send in your information as soon as you can.

Speaking on behalf of the Staff here at NCMHCO, we are really looking forward to seeing each of you on June 3 – June 5 for our 22nd annual Conference! See you then!

Bruce Spangler, Executive Director, NC MHCO



Embassy Suites Greensboro—Airport

Where do you want to be June 3-5?

204 Centreport Drive
Greensboro, NC

That is where the NC MHCO 2011 Annual Conference will be held. All Conference participants will be staying at either the Embassy Suites or the Homewood Suites next door.

Our hotel in Greensboro also offers a host of fantastic leisure facilities that we can use to unwind around our conference schedule and let off

steam. You will be able to take advantage of several great hotel amenities during our stay including :

- * Heated Indoor Pool
- * Fitness Center
- * Gift Shop
- * Big Screen TV’s in each room
- * Cook to Order breakfast each morning.

Helpful Hints for Conference 2011



- Call the office at 919-832-2285 and ask Jamie if your membership dues are current.
- Find folks from your area coming to conference and plan your transportation together.
- The Option 1 registration rate includes your hotel room but everyone attending the conference will have a roommate assigned to the room with them so:
 - If you know who you want as your roommate, make sure it 's on your registration form (BOTH roommates have to request each other).
 - Roommate requests ARE NOT guaranteed but we will do our best.
 - Family members are not invited to come along unless they are registered to participate in the conference with you. Current members still get 1st priority.
 - If you want your own private room you will need to make your own hotel reservation. Call the office for conference registration fees that don't include the hotel room.
 - Scholarships are not available for private hotel rooms.
-

On the Move—Making our way to our Goal

The time has come to make a plan!

You should begin thinking about the next NC MHCO Annual Conference and how you plan to get there. I'm so excited!!

The final dates and location have been decided by the Board of Directors. The conference will be held in Greensboro, NC at the Embassy Suites. It will be the first weekend in June of 2011. Those dates are June 3-5.

What should you be thinking about?

Remember your transportation to and from the conference will be your responsibility. Since we really are trying to rotate locations around the state, the

conference will be in the North Central region, toward the middle of the state. If you plan to take the train or a bus, contact AMTRAC or Greyhound and see how much a 2-way ticket will cost to Greensboro and plan how you will get your ticket. **If a lot of participants are coming on train and bus we may have to figure out a shuttle from the station to the hotel so please let the office know by calling Jamie at 919-832-2285 as soon as possible if you are taking the train or bus.**

Would you rather not ride the train or bus?

You could start talking to others you know that want to come to conference again next year from your area and work on plans to

car pool. All you need is at least one person from your area with a drivers' license , who would be comfortable driving the distance and a vehicle big enough to bring people and their bags.

In the past, some club houses and support groups have done fundraisers to help provide transportation for their participants so check in with your support team to see if any help is available.

If you don't already know others from your area who are conference bound this summer, it's a great reason to meet new people!

Make sure your membership is current.

Space is limited this year so your membership needs to be current as of April 30th, 2011.

Have you mailed in your membership dues this year??



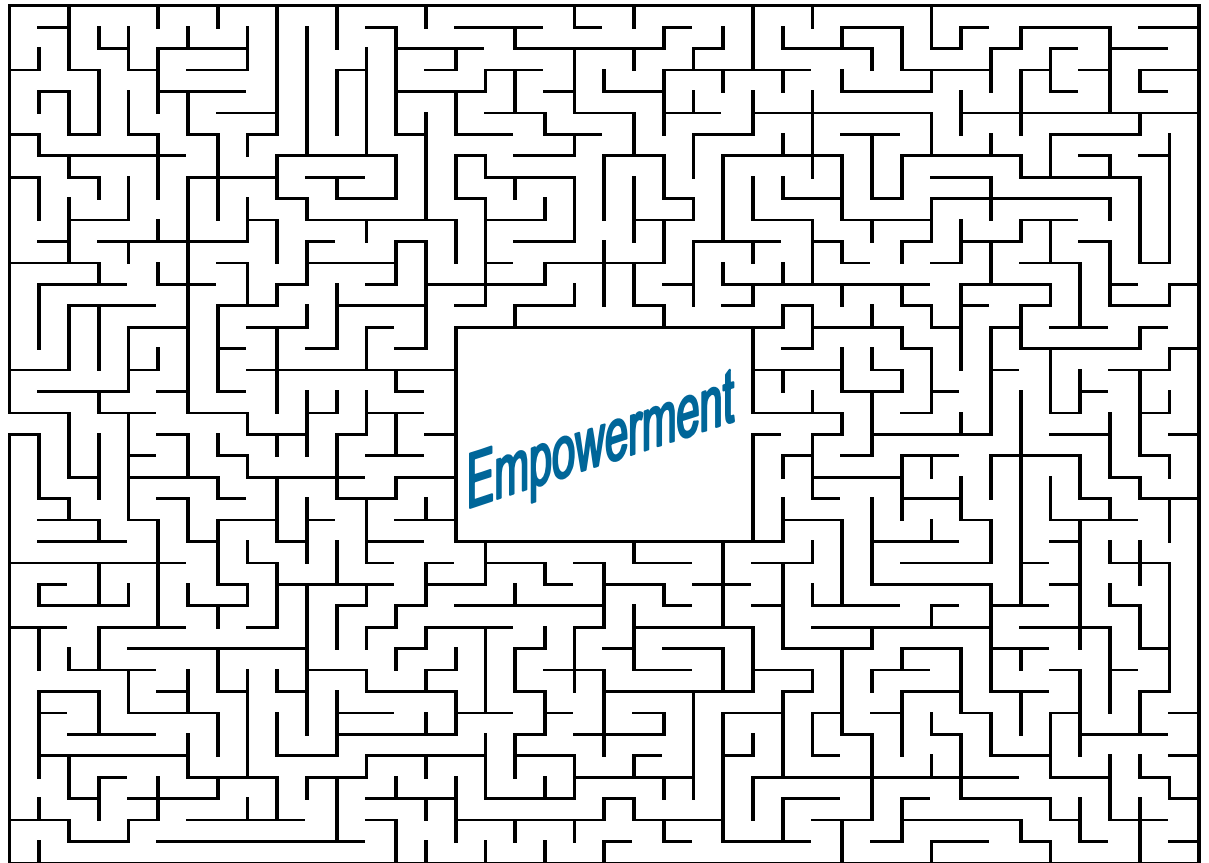
Never too soon to begin planning your transportation for the NC MHCO Conference



Are your membership dues current??

Can you find this Road to Empowerment?

Start Here



CERTIFIED CABHA, CARF ACCREDITED, 28 TH YEAR OF SERVICES WITH INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES, MENTAL HEALTH AND SUBSTANCE ABUSE RECOVERY NEEDS - INDIVIDUALS, CHILDREN AND FAMILIES . PROVIDING HELP FOR YOU AND YOUR LOVED ONES

Community Innovations Locations

Lumberton, Robeson County
(910) 739-8849

Fayetteville, Cumberland County
(910) 483-8213
Whiteville, Columbus/Bladen
910) 640-2724
Laurinburg, Scotland County
(910) 277-3212
Residential Services
(910) 642-5697
www.communityinnovations.com

Triumph Locations

Burlington, Alamance/Caswell
(336) 229-5905

Mocksville, Davie County
(336) 751-5636

Durham, Durham County
(919) 683-1800

Henderson, Five County
(252) 438-2581

Roanoke Rapids, Five County
(252) 537-6619

Winston, Forsyth/Stokes
(336) 607-8501

Hillsborough, Orange/Person
(919) 245-3062
Raleigh, Wake County
(919) 852-5352
www.triumphcares.com

***All sites in both companies provide psychiatric services, outpatient therapy, and intensive community based services for adults and youth. Some locations have Psycho-social Rehabilitation, Day Treatment, Substance Abuse Intensive Outpatient and Assertive Community Treatment. For more information call your local office.

NC MHCO ANNUAL CONFERENCE REGISTRATION FORM

PLEASE PRINT INFORMATION CLEARLY AND COMPLETELY
SEND WITH PAYMENT BEFORE APRIL 30, 2011

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: _____ Relationship: _____

Emergency Contact Telephone Number: (_____) _____

The name of mental health programs where you participate : _____

Tee Shirt Size (circle one): S M L XL XXL XXXL

Registration Fee

_____ I enclose the full registration fee for the 2011 NC MHCO Annual Conference for the option indicated below:

_____ \$150 Full registration fee for June 3-5.

_____ \$75 registration fee for the June 4th "1-Day" option (no lodging included)

_____ I enclose \$ _____ and ask NC MHCO for help in the remaining scholarship amount for Option 1

_____ I enclose \$ _____ and ask NC MHCO for help in the remaining scholarship amount for Option 2: 1-Day option (Saturday, June 4th ONLY—No lodging included).

_____ I would like to be considered for a scholarship to attend the 2011 NC MHCO Annual Conference (see the back of this form for scholarship application details)

NO REFUNDS AFTER May 15, 2011

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.

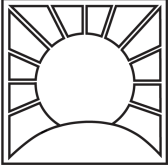
I plan to arrive at the conference: (mark one) _____ by Train _____ by Bus _____ by Car/van _____ Other _____

NC MHCO DOES NOT ARRANGE OR PROVIDE TRANSPORTATION

We encourage you to network with others.

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 April 1st. Membership can still be purchased at the conference, however, please remember to bring the exact amount.

The 2011 NC MHCO Annual Conference will be held the weekend of June 3-June 5, 2011 in Greensboro, NC and includes 2 options for registration:



Option 1: \$150 Registration Fee for the Full Conference Registration which includes lodging on Friday & Saturday nights, registration materials, T-shirt, workshops, and recreational events. Friday Banquet, Saturday Breakfast, Lunch and Dinner, and Sunday Breakfast are included with Option 1.

Option 2: \$75 Registration Fee 1-Day Only which includes registration materials, workshops, and recreational events held on Saturday, including lunch and the Annual Meeting to be held at dinner on Saturday. **Please note that no lodging is included in the 1-Day registration.**

Limited Scholarships are available, to apply for a scholarship fill out the Scholarship application form below.

**North Carolina Mental Health Consumers Organization
2011 Annual Conference Scholarship Application**

Thank you for your interest in applying for scholarship assistance. Please complete the application below. Scholarships are determined based on the attached priorities and criteria. Partial support may be awarded based on the number of scholarship requests approved and limited funds available. **Disclaimer: Scholarship assistance is not an entitlement. NCMHCO will use discretionary judgment on all application requests. In filling out this form, all scholarship applicants agree that if chosen to receive funds, they will submit a brief summary, quotes included, with their thoughts on the event attended to NCMHCO no later than one month after the date of the event. These documents will then be used in affiliate newsletters and in publicizing future conferences. Please send all summaries to the NCMHCO office, attention Donna Mong (address at bottom of application or email them to donnamong@ncmhco.org)**

Name _____

Address _____

Telephone _____ Evenings _____

Email _____

Name of Clubhouse/ PSR _____

Are you a Member of NC MHCO: Yes _____ No _____

Have you attended a NC MHCO conference before? No _____ If yes, list year(s) _____

Have you received scholarship assistance from NC MHCO previously? _____ NO _____ Yes

If yes, list year(s) you received scholarship(s): _____

How do you hope to benefit from this conference? _____

I agree to submit a brief summary on my experiences at the conference no later than one month after the date of the conference (please see disclaimer at the top of application) _____ Yes _____ No

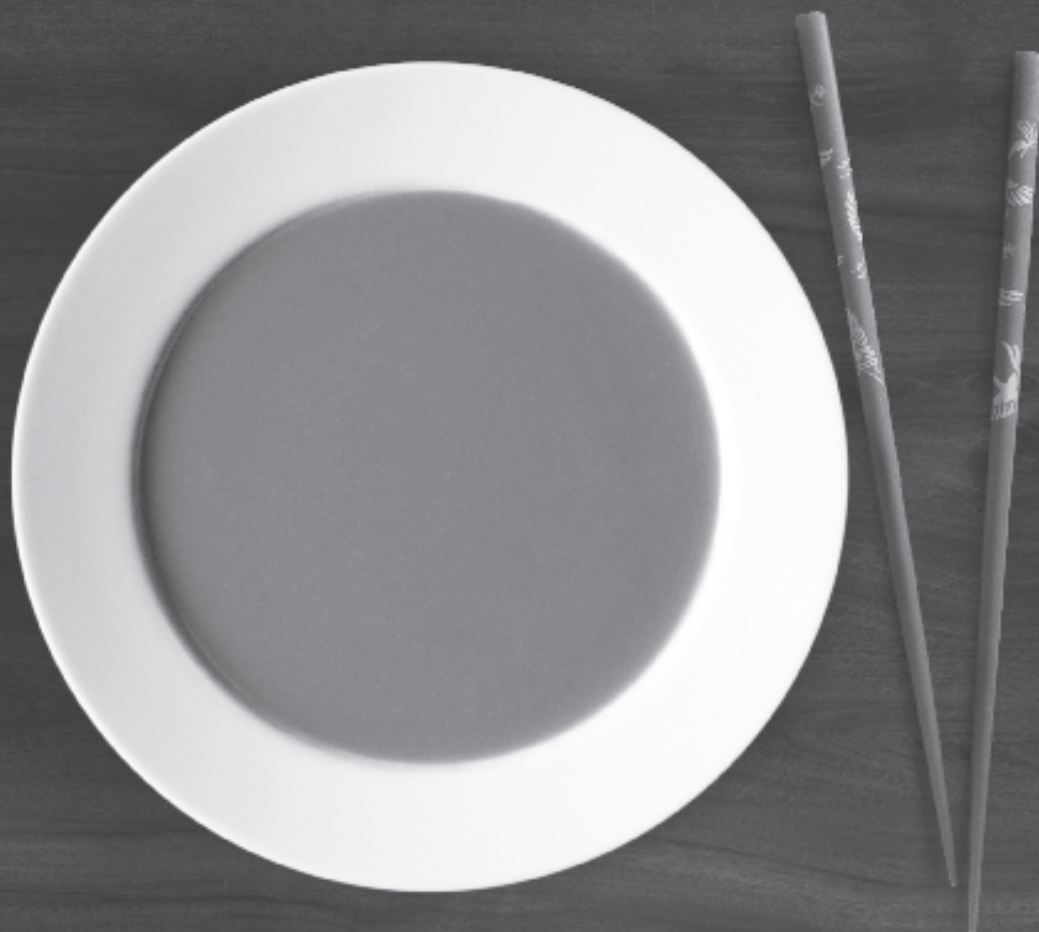
Partial support may be awarded based on number of scholarship requests approved and limited funds available.

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

_____ I am applying for a full scholarship for Option 1 (Full Weekend)

_____ I am applying for a full scholarship for Option 2 (Saturday ONLY)

Please return **completed application by April 30, 2011 and you will be notified by May 15th, 2011.** Mail to: NCMHCO, Attn: Conference Registration, P.O. Box 27042, Raleigh, NC 27611.



Without the right tools, what are the odds of success?

Many people who depend on public assistance are denied access to the most effective tools and treatments for mental illness. Instead of benefiting from newer, safer treatments, they are often forced to change medicines or wait for authorizations. Worse yet, some must go through a "fail-first" treatment in which they are first required to use older, cheaper medications, regardless of what is considered to be the most effective treatment.

The effects of such unsettling treatment patterns can be dramatic, triggering a pattern of deterioration that can be marked by unemployment, hospitalization, imprisonment, and even homelessness.

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

We believe that, to improve the odds of recovery, mental health professionals and their patients must be given the right tools.

Your 2010–2011 Board of Directors

Western

Phyllis Chitwood (2011)
 Robin Walker (2011)
 Loretta King (2012)
 James Masey (2012)

Eastern

Jeff McCloud (2011)
 Audrey Stokes (2011)
 To Be Appointed(2012)
 To Be Appointed (2012)

North Central

Debbie Moberly (2011)
 Derl Bruce (2011)
 Kyle Klock (2012)
 Joe Williams (2012)

South Central

Albert Dixon (2011)
 Kent Goddard (2011)
 Bobby Dixon (2012)
 Duane Unger (2012)

What does it mean to be a Board Member?

Being a member of our Board of Directors can be a lot of fun. The Board meets 4 times a year to discuss business and make decisions about where they would like the organization to be moving as far as programming and outreach so you get to connect more deeply with other members of the organization, but the position also comes with some responsibilities.

- ◆ You have to put what you want aside .
- ◆ Stay focused on what people in your region need.
- ◆ Consider what is best for the organization.

Board members have 3 main functions:

1. Ambassador—always representing the organization well.
2. Advocate—working for the needs of your region.
3. Asker—Actively helping with fundraising and membership outreach efforts.

Some things to consider if you are interested in becoming a board member are:

- * How passionate are you about our cause?
- * How much time can you volunteer?

- * What motivates you as a volunteer?
- * What expectations do you have from the organizations on whose boards you serve?
- * As you think about the three primary board roles—ambassador, advocate, and asker—in which role(s) do you think you will want to be most active?
- * Are you willing to make a commitment to help the organization reach its goals?



What kind of things does a Board Member do, anyway?

All of these are questions you should consider while deciding if you want to join in the leadership of NC Mental Health Consumers' Organization.

How can You be on the Board of Directors??



Board Members represent the members in their regions, not just themselves

You may be wondering how a member goes about joining the Board of Directors. The process is easy.

1. To run for a Board Member position you must be a current member of the organization.
2. Think about your answers to the questions listed above.
3. Register for the Annual Conference.
4. Attend the break out session

on Saturday morning about "Becoming a Board Member" to make sure you understand the responsibilities.

5. Prepare a brief speech to present at the annual meeting.
6. Your speech doesn't have to be long but it needs to be written out so you can turn it in to the staff at the annual meeting once you are finished speaking.

After the conference the speeches are typed up and mailed out to the members so that they can vote on who they would like to be the representative for their region.

The ballots are returned to the NC MHCO office and counted. The office notifies the nominees of the election results and then publishes the new list of Directors in the next newsletter so that the membership will know who their newly elected officials are.

Strategic Planning Process—Paving the way to Tomorrow

Strategic planning. Sounds intimidating doesn't it? But what does it really mean. Over the last year our Board of Directors has been involved in Strategic Planning effort which is just a big way to say taking some time to look at what we do well already, and then look at what we need to work on to get even better.

Next we have set some goals for ourselves because if we don't have a goal then we don't have anything to be working toward. We decided on a few areas like

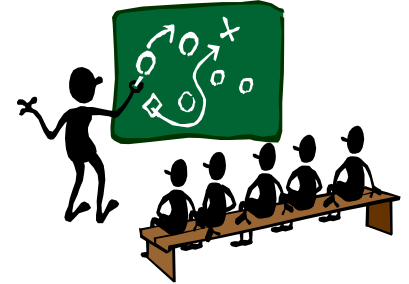
programming, membership and even fundraising, where we can focus our efforts to improve.

Now we work! We want to do all we can to make sure we reach our goals this year.

The next stage is an exciting one. We have to sit down together again and talk about how we did. Figure out what worked well and what didn't do so well. This is the "evaluation stage" and our plan is to bring in the regional officers to help us with this during the upcoming year.

After we evaluate we get to start all over again. Do we still have the same things to work on? Maybe but maybe not. It is possible that we have found something else we need to work on more or that needs to be added to our list of goals. Either way we make a plan to keep our organization moving forward.

As either a board member or Regional Officer you can be involved in this process to help us grow.



Making a plan to keep our organization moving forward

Once You're on the Board, Then What?

If you are elected to the Board of Directors what does the organization need from you? Great Question!!

All Board Members are required to attend 4 meetings each year. Meetings are held in Raleigh the 1st Thursday & Friday of September, December and March and the final meeting is at the annual conference in June.

Each Board Member is assigned

to one sub committee to help direct certain areas of work. The areas include Conference, Finance, Media and Rules & evaluations. The sub committees usually meet on the 1st night of the board meeting after the board meeting ends to discuss their topics and decide on recommendations to make to the board the next day. If they need to meet at other times a conference call can be arranged.

Board members share in the commitment to help the organization grow by seeking out consumers in their regions and assisting them in becoming members.

Fundraising is also a group effort. Board members are expected to be involved with efforts to help increase the funding we have available to help provide programming throughout the state.

True



False



Being a Board Member is really just about free trips to Raleigh and a guaranteed spot at conference, right?

Looking for 'Baby-Steps' in Leadership?? How about Regional Officers!

While the organization has elected Regional Officers for quite a while they have not had many responsibilities over the last few years. In 2011-2012 we plan to make a change.

Regional Officers are always elected at the Caucus Meetings held Saturday morning at conference. This year they will be

required to attend a meeting on Sunday morning to learn more about their responsibilities.

They will share in the task of finding new members and promoting membership to consumers in their area as well as helping the office staff to both identify possible donors in the different regions and plan fundraising

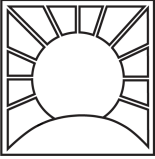
efforts across the state.

Regional officers will be much more involved in helping us with communication in each region both in letting the organization know what consumers are facing around the state and keeping in contact with the members of their regions.

We have plenty to do!



**Regional Officer
Getting your feet wet in Leadership!**



P.O. Box 27042
Raleigh, NC 27611

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

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

**We're on Facebook!! Look For
North Carolina Mental Health Consumers Organization**

Check to make sure your membership dues are current!!!
Only members who are current on their membership dues as of April 1st, 2011 are eligible
to vote at the conference!! Call Jamie at 919-832-2285 to make sure you're current.

Have you mailed in your \$3 since the last Conference??



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. NCMHCO 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

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**We're on the Web!!
www.ncmhco.org**