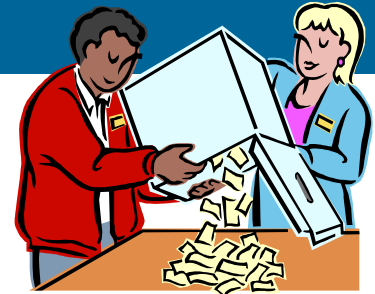


NC MHCO

# Recovery Visions



## Votes Are In!!

### Special points of interest:

- Election Results
- Ins & Outs of membership dues
- Regional Plans
- Conference Comments
- Board Member Responsibilities

Well the membership has spoken, the ballots are in and the votes have been counted.

Each region elects 2 new board members to the Board of Directors each year. At the conference each region meets and nominates peers to run for election as their representatives. Those nominees give a short speech at the annual meeting and then you all receive a ballot to vote for representatives for your own regions.

**Eastern Region** had only one nominee this year so we welcome Audrey Stokes to the board. Audrey was a great help when she agreed to finish out an open position on last

year's board and we look forward to having her on the board for the next 2 years.

**South Central Region** had 3 nominees and the members elected Ronald Unger and Cheryl Judd. Ron has been a long standing member and served several terms as a board member and we are happy to have him join us moving forward. Cheryl is one of our very successful TEAMS facilitators and brings great energy to help us grow. Welcome to you both.

**North Central Region** had one nominee at conference this year. Jonathan Hanichak will be joining the board for the North Central Region.

Jonathan was involved in the early development of the Project Reach Program and we are excited to have him representing the young adults on the board.

**Western Region** had 5 nominees so the voting was tough but members elected Bobby Hall and Mary Pickett to represent them. Bobby has served previous terms on the board and even been a board officer and we look forward to working with him again. Mary joins us from the Charlotte area as a recent Peer Support Specialist graduate and will be bringing her gifts to help us grow. Welcome to both Mary & Bobby.

### Inside this issue:

- Director's Notes 2
- Conference Comments 2
- Thank You 3
- Plan for your Membership Dues 4
- Board Member Responsibilities 5

## Regional officers, members & growth

The 2011-2012 Regional Officers were elected at the annual conference in June.

**South Central Region elected:**

Marc Jaques, President  
 Albert Dixon, Vice-President  
 Giovanni Amaya, Secretary  
 Sharon Barbour, Treasurer.

**Eastern Region elected:**

Julia Ellis, President  
 Arletha Pope, Vice President  
 John LaPoint, Secretary  
 Mae Adme, Treasurer.

**Western Region elected:**

Peggy Reeves, President  
 Claude Diamond, Vice-President  
 Marsha Myers, Secretary  
 Kimberly Morris, Treasurer.

**North Central Region elected:**

Bruce Garmon, President  
 Meredith Smith, Vice-President  
 Aline Duncan, Secretary  
 Treasurer position is open.

In the 2011-2012 fiscal year we hope to develop the regional officers to help increase

memberships and coordinate volunteers to increase both programming and fundraising efforts in each region. This will help NC MHCO to have a wider connection with consumers all across North Carolina and allow our members to build larger communities of consumers in their own areas.

Keep a watch out for contact information for your regional representatives so you can stay connected.

## A Moment with Bruce—Director's Notes



**Bruce Spangler**  
Executive Director  
NC MHCO

See you next year  
at an even better  
Conference!

Summer is here and our Annual Conference is past! For those of you who got to come and spend time with us, THANKS! My favorite part of Conference is reacquainting with old friends and meeting new ones! Again, for those who got to come to the Conference – wasn't it a GOOD one! As you know, we had great rooms, great food, great workshops, great dance, even a great Karaoke (who knew we had so much talent??!!) and so much more!! I really hope you all got to take advantage of every thing that was offered.

To those of you who commented about this year's Conference, THANKS again! You might not know this, but we really do take those into account those comments and suggestions when we plan the next year. Unfortunately, for one reason or the other, usually money constraints, we can't

do everything that you'd like, so sometimes the answer may have to be a 'maybe' or a 'not at this time' or even a 'no', but we do try to give you what you'd like to have!

In fact, its not too late, we still have time to take comments and suggestions so we can use them for next year! If you have anything to say, maybe things you liked or things you didn't or things you'd like to see or hear, definitely let us know here at the office. Our phone number, email addresses, snail mail address are all here in the newsletter.

AND to let you know, there will be another Conference NEXT year! So if you made it this year, or even if you didn't, plan now to come spend time with us! Next year's Conference will be held on June 1 – 3<sup>rd</sup>. Mark your calendars now!

AND while you're planning, think of some other things, like how much your transportation might cost to get there? How much will it take to save monthly to pay for transportation? How much you can contribute towards paying a share of you Conference registration? Who can you tell about Conference and encourage them to come? Next year will be upon us before we know it!

Finally, I'd like to thank all who participated in this year's Conference; all the behind the scenes people like the Conference Committee of the Board of Directors, the volunteers, and the office staff. You might not know it, but Donna Mong was our staff member who did most of the coordination for Conference, but everyone rolled up his sleeves and chipped in, and of course to all of the participants who helped make it fun for all of us!

Bruce Spangler, Executive Director, NC MHCO

### Your Peers Tell About the 2011 NC MHCO Annual Conference

- \* Everything was amazing.
- \* The food was great and plentiful.
- \* The Karaoke Café was wonderful.
- \* Everything was great. I would like to see more people get involved.
- \* The workshops were very informative and helpful.
- \* I had a wonderful time, everything was so nice & pleasant. I was able to relax and enjoy the activities. It gave me a chance to meet old friends and new friends. The staff did an excellent job.
- \* I would like to see more people at the conference next year.
- \* All of the workshops were GREAT.
- \* I enjoyed meeting new people and learning new things.



## Did You Know That . . . . . 1 in 4 adults have a diagnosable mental disorder??



- 1 in 4 adults and 1 in 5 children suffer from a diagnosable and treatable mental health issue?
- Two-thirds of them will never even ask for help?
- Suicide is the third leading cause of death among youth aged 15-24.
- All mental health conditions can be effectively treated, and, with proper, professional help, those seeking mental health and wellness in their lives can be happy and productive.
- Over 50 percent of those living with a mental health condition never ask for help due to stigma, lack of information, cost, or lack of health care insurance coverage.

**Together we can break the stigma associated with mental health conditions**

1 	4 	7 	11 
2 	5 	8 	13 
3 	6 	9 	
	10 	14 	
		15 	

- French
- Italian
- Greek
- Hebrew
- 15 English
- Spanish
- Czech
- Arabic
- Thai
- Hungarian
- Dutch
- German
- Hindi
- Portuguese
- Turkish

There are never enough ways to say thank you to all our members, directors, volunteers, community partners and friends and family members for continuing to work together to eliminate the stigmas associated with mental health conditions.

So to make it a bit more fun try to match the "thank you" above with the language it comes from. Just write the number for each Thank you beside the language shown here. We started you off with English. :)

See how many you can match!!



*Special thanks for all you do.*

NC MHCO Staff



Membership Form

Sign up for:	Time	Price
<input type="checkbox"/> Individual Member (regional member)	1 Year	\$3.00
<input type="checkbox"/> NC MHCO Support Group Member	1 Year	\$3.00
<input type="checkbox"/> Individual & Support Group Member	1 Year	\$4.00
<input type="checkbox"/> Lifetime Membership	Lifetime	\$35.00
	Subtotal:	_____
	Tax:	_____
	Total:	_____

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Signature \_\_\_\_\_

NC MHCO

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

Office: 919-832-2285  
Toll Free: 1-800-326-3842  
Fax: 919-828-6999

Are you in a Support Group?

\_\_\_ Yes \_\_\_ No

Name of your Support Group? \_\_\_\_\_

What County do you live in? \_\_\_\_\_

Which region are you in??

- \_\_\_ Eastern
- \_\_\_ Western
- \_\_\_ North Central
- \_\_\_ South Central

Please Mail Payment and Membership form to the address shown above.

## How do you plan to pay your membership dues?

There are a few ways to answer this question.

For most of our members their annual membership dues are \$3 each year. Some can just write a check and mail it in to the office before their membership expires but with the state of our economy over the last several years, many people have to plan their spending and even \$3 can be hard to find when money is tight.

Here is an idea to help you plan. Did you know if you save \$0.25, only one quarter each month, it will add up to \$3 in a year that you could use to pay your membership dues? You can use a jar, a cup, a piggy bank, a change purse or anything that will hold change as your "bank". If you save 12 quarters in a year, just 1 each month, you will save enough money to pay your membership dues.

We've included a coupon to help you keep track of your savings if you want to give it a try.

### Plan to pay your membership dues

1. find something to use as a "bank".
2. Cut out this coupon and keep it with your new bank.
3. Put \$0.25 in your bank each month **& leave it there.**
4. Mark off each month after you add your change.
5. When all the month are marked off you will have \$3 for your membership dues.

- |          |           |
|----------|-----------|
| January  | July      |
| February | August    |
| March    | September |
| April    | October   |
| May      | November  |
| June     | December  |



## Your 2011–2012 Board of Directors

### Western

Loretta King (2012)  
James Massey (2012)  
Bobby Hall (2013)  
Mary Pickett (2013)

### Eastern

Jeff McCloud (2012)  
To Be Appointed (2012)  
Audrey Stokes (2013)  
To Be Appointed (2013)

### North Central

Debbie Moberly (2012)  
Joe Williams (2012)  
Jonathan Hanichak (2013)  
To Be Appointed (2013)

### South Central

Bobby Dixon (2012)  
Duane Unger (2012)  
Ronald Unger (2013)  
Cheryl Judd (2013)

## 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.

## What happens to the money received for membership dues?



*What happens to my \$3 membership dues?*

Many times I hear "Why do I have to pay membership dues?" So let's take a look at what happens to that money.

So what does your \$3 go toward every year?

Every members receives quarterly news letters, like this one, 4 of them each year.

Just to mail those is at least \$0.44 a piece, which costs \$1.76 each year.

Your election ballots are another \$0.44 and the return postage on the voting card is

\$0.28. which brings our total so far to \$2.48 just for the basic things you receive from NC MHCO in the mail each year, without counting the cost of getting the paper to print them on. For every person who doesn't keep us updated on their mailing address when they move, we often have to mail those things a 2nd time and so the postage cost doubles. This is why we ask our members to make sure we have your current contact information on file, so we can make sure

you get all your mailings.

So what about the extra \$0.52??

That gets deposited in the general fund and we use it to add to programming. Maybe bring snacks to a PSR or help cover the costs of a WRAP program around the state. We have around 500 members and that means around \$260 goes toward programming.

For your \$3 you also get priority over non-members to participate in WRAP, Leadership Academy, Annual Conference and any other programs offered through NC MHCO. What a deal!!!



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!!!  
**Call Jamie at 919-832-2285 to make sure when your membership  
dues need to be sent in.**



## 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*

### NC MHCO STAFF

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**We're on the Web!!  
[www.ncmhco.org](http://www.ncmhco.org)**