



Mental Health Matters

The Mental Health Association in Greensboro Newsletter

Winter 2008

Welcome to the **Winter 2008** issue of Mental Health Matters, the electronic newsletter from the Mental Health Association in Greensboro. Please feel free to forward this newsletter to others. To contact us, subscribe or unsubscribe, please see the contact information at the end of the newsletter.

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### Art of Living Auction Results

An extra special thank you to all who helped make the Art of Living Auction such a splendid success! With the combination of sponsorships, donations, ticket sales, and purchases, the event raised \$27,000 for the Association! With over 170 bidders, and nearly 200 auction items, a good time was had by all. In a surprise development after the auction, an anonymous collector purchased the signature sculpture by Frank Holder, and has graciously donated it to the Association. Titled "Offering Hope from Despair," the metal piece unequivocally interprets our organization's mission, and we are very excited to display it in our office. If you were unable to attend the auction, please stop by and see the sculpture next time you are downtown!

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Hands of Hope 2008

The Hands of Hope campaign is in full swing! If you haven't already, please call Rhonda Outlaw to find out how you can help provide for a community member with a mental health condition during the holiday season. Our wish list includes many of life's basic necessities, such as winter clothing and personal toiletries. Larger sizes, such as 3X are especially needed. There are more than 50 people that still need to be adopted for the holidays. Please consider participating in this annual community outreach!

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### Depression Screening Day Update

National Depression Screening Day, held on October 30, was well-received by the community. With screenings held at eight locations this year, including new sites at NC A&T State University and Guilford College, we had 45 participants screened, an increase of over 50% from last year. Thank you to all those who helped make Depression Screening Day a successful community event, including The Guilford Center, Moses Cone Behavioral Health Center, and Mental Health Association in High Point.

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Survivor's Day 2008

On Saturday, November 22, Association staff and 20 community members gathered at Wesley Long Community Hospital to remember the lives of friends and family members lost to suicide. "This event raises awareness among suicide survivors that we are not alone in our struggles. Having a special day set aside to publicly remember our loved ones, and the encouragement of fellow support group attendees helps us cope with our pain," said Jim Brewer, facilitator for the Aftermath support group. National Survivors of Suicide Day was created by U.S. Senate resolution through the efforts of Senate Majority Leader Harry Reid of Nevada, who lost his father to suicide. The Aftermath group meets at Centenary United Methodist Church on the 2nd and 4th Mondays of the month at 6:30pm. For more information, please call Jamie.



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### **Save the Date: The Human Race 2009**

The 15th Annual Human Race will take place on Saturday, March 28th at Grimsley High School. The Human Race is a nationwide, community fundraising event that allows participants to raise money for their favorite nonprofit. In the past 14 years, over \$3 million dollars have been raise for local organizations through sponsorships and donations. Mark your calendars for this annual event, and look for more information to come your way as the date approaches!

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Governor-Elect Bev Perdue

With the election of Lieutenant Governor Bev Perdue as the state's incoming Governor, the Association hopes to see improvements in the status of mental health for North Carolinians. Governor-elect Perdue's healthcare platform includes a mental health-specific agenda, including committments to the following:

- 1) Hands-On, On-Site, Personal Accountability by the Governor
 - Perdue intends to initiate unannounced inspections of mental health hospitals and local management entities by a hand-selected team of accountability experts, in an effort to ensure quality care and qualified personnel at all levels of contact.
- 2) Extend Community Care Model to Mental Health and Establish Clear Standards "Safety Net"
 - Perdue has set a goal of breaking down the barriers to the coordination of mental and physical health care.
 - The Governor-elect recognizes that there "are just too many opportunities for people in need to fall between the cracks," and has plans to create a set of standards that establish a basic safety-net, which those in need of mental health services will have available to them.
- 3) Further Development of Mental Health Courts
 - Perdue cites a NAMI study asserting that mental health courts "can play a productive role in a comprehensive strategy to break the cycle of poor treatment, worsening mental illness, and escalating criminal behavior."
- 4) Focus on Mental Health among Rural and Underserved Areas
 - More mental health professionals are desperately needed in the rural parts of North Carolina, and Perdue wishes to modernize hospitals and attract new health care providers in an effort to enhance access and the level of care received across the state.
- 5) Focus on Outcomes through Centers of Excellence



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- To ensure the highest quality of services, Perdue sees the need to actively promote the best practices in our field.
- In an effort to create a more efficient system, Perdue insists she will "push the state to develop centers of excellence within local colleges and universities, which will advance evidence-based models and continue to build capacity for high-quality services across the state."

The Association is pleased to see an elected official take a pro-active stance with regard to mental health. As informed and passionate constituents, it is our job to continually hold our state's top leader accountable to community needs, and to advocate for positive changes to the current system.

The Mental Health Association in Greensboro will continue to do its part to keep you informed and up-to-date on legislative activity at both the state and local level.

Information from www.bevperdue.com.

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### **New Psychology Clinic Opens**

The UNCG Psychology Clinic has a new location! The clinic, an outpatient facility offering affordable, high quality mental health services, is now located at 1100 W. Market Street, at the Tate Street intersection.

Difficulties commonly diagnosed and treated at the clinic include depression, anxiety, mood swings, behavior problems, marital problems, phobias, chronic pain, panic attacks and obsessive-compulsive disorder. The relocation also included the university's AD/HD Clinic.

In addition to serving individuals and families, faculty members conduct groundbreaking research and prepare future leaders in the field. Advanced doctoral students in clinical psychology work under the close supervision of faculty, who are state-licensed psychologists.

For more information, call the clinic at (336) 334-5662 during its regular hours: 8 am - 8 pm Monday through Thursday, and 8 am - 7 pm on Friday.

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Additional Thank YOUs!

With the holiday season upon us, reasons to be thankful are abundant. The Association would, again, like to thank our gracious sponsors of the 2008 Art of Living Auction.

Sodexo Health Care Services was the gold sponsor for the event. Copper sponsors included Bulldog Printing, Guardsmark Security LLC, Leon's Style Salons, Lincoln Financial Group, The Michel Family Foundation, and Moses Cone Behavioral Health Center. Silver sponsors were First Citizens Bank, LeBauer HealthCare, Rosa and Bill McNairy, PricewaterhouseCoopers LLP, Smith Leonard

Additional Thank YOUs! Continued...



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PLLC, Smith Moore Leatherwood LLP, Sign-A-Rama, Pam and David Sprinkle, and Womble Carlyle Sandridge & Rice PLLC.

Sponsoring friends were Mary Gay and Don Brady, Craft Insurance Center, Lankford Protective Services, Inc., Fran Pearson, PrimeCare Medical Center - Novant Medical Group, Senn Dunn Insurance, and Judy and Len White.

Additional thanks to Eric Chilton, for serving as our master of ceremonies and auctioneer, Laurelyn Dosssett and Turner Battle, for providing the evening's musical entertainment, John Whisnant and his fabulous helpers for the gorgeous array of hors d'oeuvres, and the Macaroni Grill and Party Rentals by Lisa, for providing the trays and tablecloths.

We would also like to give special thanks to Adrienne Cregar Jandler, auction chair extraordinaire, and Cissy Parham, our outstanding sponsorship coordinator. Thank you for all your hard work!

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### **A Gift idea from the Association!**

As your holiday shopping begins don't forget about "Wings of Hope," the original painting created by Bill Mangum to help raise funds for the Mental Health Association in Greensboro. You'll remember the print as our signature piece from last year's Art of Living Auction, and prints are still available!

A limited edition 14 x 18 inch is being sold for \$150, and an 8 x 10 open edition print is \$25. They can be bought by calling or visiting The Association office at 330 S. Greene Street, Suite B-12. Contact Blair for more information.

### **Contact Us!**

#### **Association Staff**

|                  |                                                                                                         |
|------------------|---------------------------------------------------------------------------------------------------------|
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The Mental Health Association in Greensboro provides leadership in identifying and addressing mental health needs in Greensboro and serves as an advocate for the mentally ill. The Association seeks to maximize the mental wellness of individuals, families, and communities through education, services, and collaboration with mental health professionals. The Mental Health Association serves as a portal for those seeking mental health information and services.

Mental Health Association in Greensboro is an affiliate of Mental Health America and the Mental Health Association of North Carolina. The Association is also a community partner of the United Way of Greater Greensboro.