



September 2013

HEADLINES

Serving our communities: Monarch volunteers give more than just time

People supported contribute record numbers of time and talent

People supported by Monarch statewide made a tremendous impact on numerous people and communities statewide through volunteerism.

People have collected canned goods and served food for the homeless in soup kitchens, performed and sang for seniors at nursing centers, participated in Adopt-A-Street programs, delivered Meals on Wheels, sponsored blood drives, planted seedlings at public state parks, worked with master gardeners to beautify senior centers, and baked treats for animals at Humane Societies among so many other good deeds. During 2012-2013, the people supported volunteered 35,228.38 hours – an economic impact of \$672,509.77, according to the Independent Sector’s value that one service hour in North Carolina equals \$19.09.

“The time and effort that the people we support contribute to the places where they live, work and attend programs, comes back to them ultimately in terms of improved community settings, which are invaluable in enjoying healthy and meaningful lives, of which we are all deserving,” said Eileen Bress, Monarch’s volunteer and community coordinator who also organizes Monarch’s Community Life Improvement Committee (CLIC), a group that encourages the people supported to become involved in their communities.

Several of Monarch’s groups and programs, including the Health Drive day program in New Bern, The Lighthouse Club Bell Choir of Currituck in Harbor Point, and Montgomery Community Life Skills in Biscoe, were recognized by the N.C. Governor’s office for their volunteerism.

For more information about Monarch’s volunteer efforts, including how you can participate, contact Eileen Bress at eileen.bress@monarchnc.org or (252) 634-1715.

Monarch, Arc partners on important health screenings



The Centers for Disease Control (CDC) is partnering with The Arc of the United States – and many of its chapters – for a three-year program that will help to collect data in an effort to understand and improve the unique health challenges of people with Intellectual and Developmental Disabilities (I/DD).

People of all ages in this population receive fewer routine checkups, fewer immunizations, less mental health care, less oral health care and fewer

opportunities for physical activity than other Americans. In addition to barriers to health, this population is routinely excluded from health surveillance data, thus making it difficult to document unmet needs and work to create solutions.

Through this project, The Arc of North Carolina will have the opportunity to pilot local health screenings, provide assistance with health care navigation and lead health promotion activities for people with I/DD across the state. This project will assist in improving health literacy, correct preventable health disparities, and empower individuals with I/DD to become better and more informed partners in their overall health.

The Arc of North Carolina contacted Monarch to help conduct Health Meet, a health fair and screening event held in Manteo this summer in partnership with the Outer Banks Hospital, Surf Pediatrics and many dedicated volunteers. Screenings were conducted for individuals with I/DD age 16 up. Monarch and dozens of community partners and volunteers made this event a great community resource that will help to document unmet needs and work to create solutions.

Monarch to offer Mental Health First Aid Program this fall in Stanly County

National training launches locally on Oct. 18 to assist people experiencing mental health emergencies

The Board of Trustees of the Stanly Community Foundation has awarded a \$1,500 grant to Monarch to support a Mental Health First Aid (MHFA) Program, which will start in Stanly County Schools this fall.

According to The National Alliance on Mental Health (NAMI), 1 in 4 adults and 1 in 5 youth experience mental illness in a given year. The 12-hour program will give participants a 5-step action plan to use in crisis situations involving individuals with mental illness or substance use disorders.

Monarch is partnering with Mental Health First Aid (MHFA) USA to bring an incredible community service to people in our area. MHFA reduces stigma and increases the understanding that mental illness is real, common and treatable. MHFA gives participants an overview of substance use disorders and mental illness such as depression, anxiety, trauma, psychosis, eating disorders and self-injury. They will also be introduced to the risk factors and warning signs of these illnesses. Participants will be able to connect individuals demonstrating or exhibiting these signs with appropriate professional care and resources.

“Just as CPR training helps a layperson with no medical or clinical training assist someone who is suffering a heart attack, MHFA training can equip a person to assist someone experiencing a mental health crisis, such as contemplating suicide or inflicting harm on others,” explained Allison Wilson, clinical operations director at Monarch. “In both situations, the goal is to help support an individual until appropriate professional help arrives.”

Monarch will launch its Mental Health First Aid training from 8 a.m. until 5 p.m. during a special event on Friday, Oct. 18 at Cardinal Innovations Healthcare Solutions, 4855 Milestone Ave., Kannapolis. The agency will begin its training in Stanly County Schools in October and will expand in January 2014 to several locations throughout Stanly County for anyone interested in learning to administer MHFA.

To learn more about Monarch’s Mental Health First Aid program, please contact Allison Wilson at (704)986-1551 or Allison.Wilson@monarchnc.org.

September is National Recovery Month

Since 1989, September has been observed as National Recovery Month. Each year, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why.

An initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services, Recovery Month's main focus is to praise and recognize the success made by those in recovery from these conditions, just as those who are managing other health conditions such as hypertension, diabetes, and heart disease are celebrated. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

In 2010, 31.3 million people ages 18 or older received mental health services that year; and 2.6 million people age 12 or older who needed treatment for an illicit drug or alcohol use program received the necessary treatment from organization, like Monarch, according to recent data released by SAMHSA. The report reveals there are millions of Americans whose lives have been transformed by recovery support services. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a way to celebrate these accomplishments.

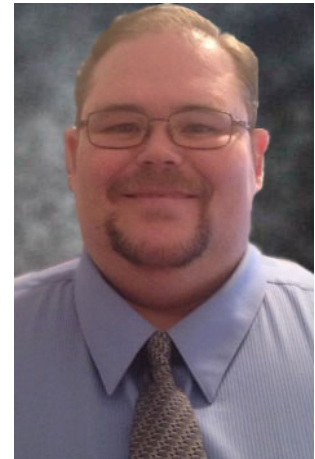
If there are people supported at Monarch who have stories to share about their successful recoveries or if your team or department plans to recognize or observe Recovery Month, please contact Natasha Suber at (704) 986-1582 to share details.

Monarch expert: "Recovery is Possible"

Gov. McCrory proclaims September Alcohol and Drug Addiction Recovery Month

In North Carolina, there are approximately 1.17 million people in need of mental health and substance abuse services — almost 13 percent of the state's population, according to numbers calculated by the N.C. Division of Mental Health, Developmental Disabilities and Substance Abuse Services.

The numbers are significant, but we shouldn't get discouraged because help is available. Recovery is possible. More than 600,000 people are in recovery in North Carolina. Those who receive support are contributing to our businesses, the workforce and giving back to our communities.



Gov. Pat McCrory proclaimed September Alcohol and Drug Addiction Recovery Month. His proclamation shared the positive impact that recovery has on our society. When people seek treatment for alcohol and/or drug use disorders, drug use is cut by 50 percent, crime is reduced by 80 percent and arrests drop by 64 percent, as well as improved health, increased employment and overall societal functioning of the individuals who have been treated. Taxpayers also save \$7 for every \$1 spent on treatment and \$5.60 for every \$1 spent on prevention as a result of increased productivity, and reduced health care, criminal justice, and social service costs. Recovery benefits us all.

Having worked in the field for the last 16 years, I have seen firsthand the benefits of recovery. At Monarch, we have seen individuals who embrace recovery and achieve improved mental and physical health, as well as stronger relationships and a sense of self-worth. Those who struggle both with serious mental illness and substance abuse face problems of enormous proportions. It is now generally agreed that as much as 50 percent of the mentally ill population also has a substance abuse problem, according to the National Alliance on Mental Illness (NAMI).

Many people who have received the help and support they need are living healthy lifestyles. They need the support of a welcoming community to help them on their path of long-term recovery. Fortunately, more than 80 percent of Americans would think no less of a friend or relative if they

discovered that person is in recovery from a mental illness and/or substance use disorder. Too many people are still unaware that recovery is possible through prevention, early intervention and treatment, similar to other health disorders such as diabetes, heart disease and high blood pressure. We need to work together to make recovery the expectation.

I want to thank Gov. McCrory for his proclamation, which helps to raise awareness about the positive impacts of recovery. Educating ourselves and others are small ways we can make a difference in the lives of many people in our communities. We shouldn't think twice about getting involved. Recovery is possible. Together, we make that possibility a reality.

For information about Monarch's behavioral health and substance abuse services in your county, please call (866) 272-7826.

The following organizations offer additional important resources about mental health and substance abuse. To learn more, visit:

The U.S. Department of Health and Human Services – <http://www.hhs.gov/>
The White House Office of National Drug Control Policy – <http://www.whitehouse.gov/ondcp>
Mental Health First Aid – www.mentalhealthfirstaid.org/
National Alliance on Mental Illness – www.NAMI.org
National Institute of Mental Health – www.nimh.nih.gov
Substance Abuse Mental Health Services Administration (SAMSHA) – www.samhsa.gov/

Established in 1958, Monarch provides support statewide to thousands of people with intellectual and developmental disabilities, mental illness and substance abuse challenges from more than 50 North Carolina counties. The agency is nationally accredited by The Council on Quality and Leadership (CQL) and is CABHA certified. Monarch is an affiliate chapter of The Arc of North Carolina and The Arc of the United States. To learn more about how Monarch is "Helping Dreams Take Flight" for people living in our communities, please call (800) 230-7525.

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Ben Millsap, MSW, LCSW, LCAS, CCS, serves as senior clinical director at Monarch. Millsap completed his undergraduate studies at Virginia Tech and earned a master's degree in social work from UNC-Charlotte. He has worked previously in inpatient behavioral health settings, case management, outpatient therapy, and in various leadership roles and has been instrumental in many of Monarch's behavioral health new service acquisitions.

PEOPLE WHO CARE

Monarch, BB&T partner to brighten smiles and lives

Employees from BB&T Operations in Lumberton have teamed up with Monarch to put smiles on the faces of the people with intellectual and developmental disabilities who attend Monarch's Southeastern Industrial Center (SEIC) day program in Robeson County.



For the last several weeks, bank employees have spent a few hours, 3-4 days each week to help revitalize SEIC through BB&T's Lighthouse Project, a company-wide community service initiative that allows BB&T employees to give back to their local communities. First, the volunteers painted the cafeteria a beautiful bright yellow. Participants of the program and Monarch staff are

elated with the new wall color – and the transformation. The volunteers are also converting a vacant space into an arts and crafts studio to further broaden the range of activities for the people supported. They plan to furnish some equipment and to provide additional cosmetic updates, including some new flooring and organizers.

“Throughout the years, staff from BB&T in Lumberton have donated Christmas bags to the people we support at SEIC. We have always been grateful for their generosity,” said Danny Wilson, Monarch program director. “When we were contacted by them most recently about the BB&T Lighthouse Project, we were blown away by their tremendous kindness and offer to help touch up and revitalize our facility. The positive impact to the building, the staff and people who attend our day programs in Lumberton is priceless. We are grateful for their bighearted efforts.”

The volunteers shared similar sentiments about their service work at Monarch and how the project has, in turn, positively impacted them.



“The pleasure was all ours,” shared Kimberly Wilkins, a Lumberton-based BB&T employee who worked among the volunteers at Monarch. “We wanted to work with Monarch because of the great work they do and we are proud to team up with them and help in any way we can. I think, I can safely say, we all had a great time. We are grateful to work for such a great company that allows us time to go out and participate in our communities.”

BB&T associates have donated more than 200,000 hours in volunteer service and affected the lives of approximately six million people as part of the BB&T Lighthouse Project, since its inception in 2009. Associates overwhelmingly voted to bring back the initiative this year. For more information about the Lighthouse Project, go to www.bbt.com/bbt/lighthouseproject/.

About BB&T

BB&T Corporation (NYSE: BBT) is one of the largest financial services holding companies in the U.S. with \$183.9 billion in assets and market capitalization of \$20.4 billion, as of Dec. 31, 2012. Based in Winston-Salem, N.C., the company operates approximately 1,830 financial centers in 12 states and Washington, D.C., and offers a full range of consumer and commercial banking, securities brokerage, asset management, mortgage and insurance products and services. A Fortune 500 company, BB&T is consistently recognized for outstanding client satisfaction by J.D. Power and Associates, the U.S. Small Business Administration, Greenwich Associates and others. More information about BB&T and its full line of products and services is available at www.BBT.com.

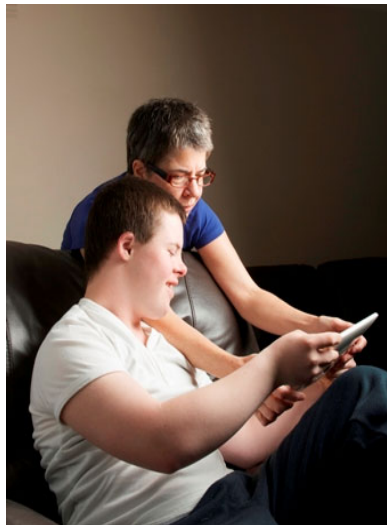
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coordinator, at (252) 634-1715 or eileen.bress@monarchnc.org.

NEWS AND NOTES

Monarch receives grants for adaptive technology to help improve the lives of people with disabilities



Monarch recently received two grants that will fund important technology initiatives. The Board of Directors of the Outer Banks Community Foundation recently awarded Monarch's Beach Club of Dare a

\$3,000 grant that will be used for adaptive technology including several iPads.

Monarch was also awarded a \$2,500 from the Richard Chapman Cleve Fund granted by the Craven County Community Foundation, an affiliate of the N.C. Community Foundation, for its adaptive and interactive technology program.

Individuals with intellectual and developmental disabilities will use this technology for rehabilitation, to assist with more effective communication and for everyday use. People supported by Monarch with limited mobility will gain confidence when they are able to use devices with simple touch screen features to solve puzzles they would not have been able to solve before because of unsteady hands.

Similarly, adults with disabilities will now have the potential to gain more independence and foster a

secure living environment with the use of iPads, which will allow them to set simple reminders such as locking the door, turning off the oven or taking a medication.

“Technology empowers people and gives a new sense of independence and confidence,” explained Blake Martin, chief development officer at Monarch. “Our goal is to provide the people we support with the most recent technology to enhance their lives as well as to improve our ability to provide services and treatment.”

Monarch's highly-trained clinicians and technology staff have researched the latest technological trends that will better assist and help improve the quality of life for people with intellectual and developmental disabilities and mental health challenges. Monarch's Beach Club will soon receive new devices and software apps within the month.

About the Outer Banks Community Foundation

The Outer Banks Community Foundation was organized in 1982 as a public charity to meet local needs in the Outer Banks area not ordinarily within the province of other charitable organizations, religious institutions, or government. The Foundation Board of Directors, composed of leading citizens who serve without compensation, administers all the funds of the Foundation and approves all grants.

About the Craven County Community Foundation

The Craven Community Foundation, an affiliate of the North Carolina Community Foundation, was established to serve local nonprofit organizations, donors and charitable causes. The mission of the Craven County Community Foundation is to enable people of all means interested in the future of the county to make significant and lasting gifts for the benefit of the community.

Monarch to provide services, manage homes for people with disabilities in Johnston County

Agency to assume services formerly provided by Johnston County Group Homes on Aug. 19

Johnston Co. NC 19398 Monarch officials recently announced the agency is expanding its services and will soon manage and operate several existing group homes in Johnston County.

Monarch currently provides services and support statewide to thousands of individuals with intellectual and developmental disabilities, mental illness and substance abuse challenges. The Albemarle-based agency was asked by The Arc of North Carolina's Housing Development Services, Johnston County Mental Health Center and Alliance Managed Care Organization (MCO) to assume management of three homes located in Smithfield, Four Oaks and Pine Level. Monarch will provide support to the approximately 15 residents with intellectual and development disabilities – and families – of those homes.

“We are thrilled and grateful Monarch was selected to provide an expansion of services to Johnston County,” said Dr. Peggy Terhune, Monarch’s chief executive officer. “The opportunity to assume these homes and provide support to the residents and families in this county allows our organization to fulfill the mission to expand quality services and provide more access to care to people who need our services. I look forward with confidence as we continue our commitment to support people living with mental illness, substance abuse and intellectual and developmental disabilities.”

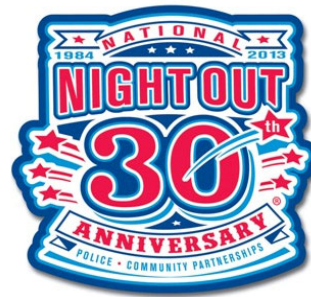
Monarch will assume services and management of the homes from Johnston County Group Homes (JCGH) on Monday, Aug. 19. Melissa Hall, a regional director at Monarch, will oversee the agency’s operations in Johnston County. Terhune and Hall said people who received services from JCGH will not experience a disruption of services and the homes will remain in the existing locations.

“We are excited about the opportunity to serve the individuals in this area,” Hall said. “We have met the families, guardians, staff and individuals. We are optimistic about developing positive relationships, helping people reach their dreams and welcoming them into the Monarch family.”

For more information about Monarch’s new sites and services in Johnston County, please contact Melissa Hall, regional director, at (910) 895-8466 or melissa.hall@monarchnc.org.

Monarch’s Lee PSR hosts National Night Out Aug. 6

Free community event to heighten crime-prevention awareness in Lee County



Monarch will join several Lee County organizations to host a community-wide event to raise awareness about crime prevention and

highlight some of the area’s important resources, including Monarch's services, during National Night Out (NNO) this Tuesday. The event will be held from 6 p.m. – 8 p.m. on Tuesday, Aug. 6 at Monarch’s Lee Psychosocial Rehabilitation (PSR), 214 McIver St., Sanford. The event will span Market Street from McIver to Maple streets.

NNO is a nationwide annual event designed to strengthen communities by encouraging neighborhoods to engage in stronger relationships with each other and with their local law enforcement officers. The Sanford event will include free food, drinks and various drawings for prizes such as free haircuts, ice cream and giveaways from Chick-fil-A. The county’s first responders will display a fire truck and a police mobile unit. Entertainment for the event includes music, dance performances and games.

The Chatham Council Outreach will provide free on-site testing. The city has asked that everyone bring a canned food donation to support Christians United Outreach Center (CUOC).

“While this one night is not an answer to crime, drugs and violence, this event represents the kind of energy, togetherness and determination to help make neighborhoods a safer place all year,” explained Michelle Ibrahim, lead behavioral specialist at Monarch who is instrumental in planning the event. “We are grateful for all the community support and how everyone has come together to make this event successful.”

NNO began in 1984 by the National Association of Town Watch (NATW). It currently involves more than 37 million people and 15,000 communities from all 50 states, U.S. territories, Canadian cities, and military bases worldwide.

For more information about Monarch’s participation in Sanford’s NNO, contact Michelle Ibrahim at (919)774-1485 or ladonna.ibrahim@monarchnc.org.

Monarch experts share importance of mindful eating

Monarch therapists, Mindfulness experts Dr. Karen S. Holst, MSW, LCSW, Ed.D. and Jude Johnson, MA, LMFT share why savoring your meals is key.



We are often in a rush throughout the day, completing tasks, crossing off items as they are completed and adding new things to a seemingly never-ending to-do list. We often try to accomplish as much as we can with the minimal amount of time in an effort to accomplish the task so we can “be done.”



Organizations frequently reward individuals for being efficient and effective and getting more done in less time. Because we often have so much to do and not enough time to do everything, we resort to multi-tasking both in our professional and personal lives. At work,

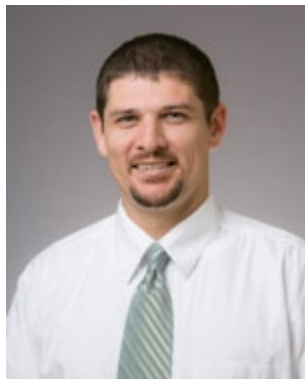
we talk on the phone while making a to-do list or checking our emails, and we eat our lunch at our desks while we continue to work. At home, we talk on the phone and fold laundry, and we listen to our children tell us about their day while we go through the mail. This type of multi-tasking can lead to mindlessness or an unawareness of what we are doing because our minds are off some place else cultivating a split attention to what we are really doing. Eating is one example.

We eat in front of the television, in our cars, at our desks at work, when we are stressed, angry, sad, or bored. Despite the fact that we consume food many times throughout the day, we often do this mindlessly. The other task, whether it’s completing paperwork, driving, talking on the phone or being consumed by our thoughts, takes center stage while the actual act of eating is secondary.

I know I have sat in front of the television eating mindlessly and then suddenly realizing I have eaten the entire pizza. I was completely absent from the experience of eating the pizza as I was too engrossed in what was on television. We also eat with gusto, placing more food in our mouths before we swallow what we already have in our mouths. We take bite number 10, when bite number 9 is still being worked on, yet we keep shoveling more of what we are

already tasting in our mouths. Something interesting to consider.

Sometimes we eat in an effort to distract us from uncomfortable thoughts or feelings we may be experiencing in the moment; similar to smoking or having a drink. Just with using cigarettes or alcohol to help us manage what is currently going on in our minds, chronic eating can lead to undesirable consequences that affect our overall health and wellbeing. Over eating can lead to weight problems and can affect



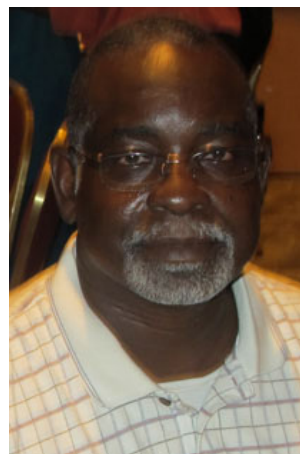
self-confidence and self-esteem. Not feeling good about ourselves can then influence how often we eat if we are using food to distract us from uncomfortable thoughts or feelings. This can lead to a cycle; a vicious habit. In these cases eating is no longer associated with reducing hunger or providing nutrients to our bodies, it's about avoidance, an attempt to push away what is actually happening in the mind.

So, eating mindfully is simply another way to give the gift of being in the present moment to yourself. Nothing else to do but eat, nourishing the body, being fully present with taking care of yourself through mindful eating.

This article originally appeared in the 2013 Summer Issue of the N.C. Tide Newsletter.

MONARCH SPOTLIGHT

To honor the direct support workforce and the tremendous difference they make each day in the lives of the millions of Americans with disabilities, Governor Pat McCrory proclaimed Sept. 8-14, 2013 as National Direct Support Professionals Recognition Week.



Monarch managers and supervisors celebrated Direct Support Professionals (DSPs) during many recognition activities to celebrate the tremendous work they do and the trusted relationships they have with people with disabilities. **Milton Simmons**, a developmental specialist at Monarch's Creative

Arts and Community Center (MCACC) in Southern Pines, is among the rank of important staff who provide care for people supported. He is a recipient of the Dream Maker Award and is this month's feature for Monarch Spotlight.

How long have you worked within the industry?

I have been a developmental specialist for more than nine years.

Why did you become a DSP?

I became a developmental specialist because it gives me joy in helping people reach challenging goals in their life.

What is your favorite part of the job?

To see DSP achieve goals with a positive attitude

What is one thing you wish people understood about you and your work?

That developmentally challenged people have feelings and hands on activities are good teaching tools for them developmentally.

What is your great achievement?

To see someone who is given the proper teaching tools to learn various skills. Once the skill has been learned, the individual then becomes empowered to do what was thought to be impossible.

Who is your real life hero?

My parents. They were my heroes because of their teachings and their patience.

If you had one wish, what would it be?

My wish is to have increased wisdom, knowledge and understanding.

Monarch Spotlight is a monthly feature. If you have suggestions about a Monarch staff member or volunteer who should be featured, please send your ideas to natasha.suber@monarchnc.org.

Calendar Highlights**September is National Recovery Month****Mental Illness Awareness Week**

Oct. 6-12, 2013

National Depression Screening Day

Thursday, Oct. 10, 2013

Monarch Annual Awards Dinner

Thursday, Oct. 10, 5:30 p.m., Stanly Regional Medical Center, 301 Yadkin St., Albemarle

Fourth Annual Fall Community Craft Show

Saturday, Oct. 26, 9 a.m.-2 p.m., SIS, 730 Greenwood St., Albemarle