

Momentum



Teamwork and transformation



Monarch's Quality Management team members bring their passion, positivity and a personal touch to Southridge Group Home during a hands-on day of service. Group home resident Curtis Martin connects with volunteers from the Monarch team, who focus on health, safety and quality. 



A MESSAGE FROM PEGGY TERHUNE, PH.D., MBA, OTR/L, CEO

Peer support offers a powerful lifeline for those living with mental illness or who struggle with addiction and their families. By connecting with others who share similar experiences, families and individuals find understanding, encouragement and practical advice that professionals alone may not provide. This shared journey fosters resilience, reduces isolation and builds a sense of community where hope and healing can thrive. You can see the impact of peer support in Jennifer Childers' story in this issue of *Momentum*.

Monarch is proud to announce that we have been awarded \$1.5 million in funding to expand family peer support services across North Carolina. In collaboration with UNC Greensboro, we will build a dedicated team of 18 family peer support professionals who will work directly with young people and their families as they navigate the mental health care system. These professionals will be embedded in communities with the greatest need, offering compassionate, lived-experience support as they connect families to vital resources. Together, we will walk alongside families on their path to healing and recovery, ensuring no one has to face the journey alone.

To read more about the innovative care we provide, scan the QR code.



YOU'RE INVITED!

NEW CHARLOTTE OUTPATIENT OFFICE OPEN HOUSE

Monarch's Behavioral Health Outpatient Office
in Charlotte has officially moved to its new home:

 3057 Freedom Drive

A community open house is planned for
Thursday, Aug. 14 from 4-6 p.m.

Join us to tour the new office and meet our staff!

Learn more at MonarchNC.org/events



BEHAVIORAL HEALTH SERVICES



Jennifer Childers uses her lived experience to support others in finding hope and healing through Monarch's Peer Support Services.

Peer Support in Action

Jennifer Childers came to Monarch in 2014 not as an employee, but as someone in need of support. She had been carrying the weight of trauma, depression and anxiety, and while she had taken the first step toward seeking care, navigating what came next wasn't easy. Upon joining a support group, Jennifer found help and discovered her own talent for helping others feel safe enough to open up.

Jennifer became **a certified Peer Support Specialist with Monarch**, and today she draws from her personal healing, empathy and lived experience to support others going through similar challenges.

One person she supports is Elizabeth McDonald, who shared her experience working with Jennifer:



**"She's just a
down-to-earth
person. She's pretty
wonderful."**

Jennifer's story reflects the power of our Peer Support Services, illustrating how personal challenges can be transformed into a source of strength, connection and hope for others.

Quality Management Team Helps Southridge Group Home

Monarch's Quality Management (QM) team recently rolled up their sleeves for a service day at Southridge Group Home, a long-term residential home for people with intellectual and developmental disabilities (I/DD), in Jamestown. After learning about needs at the site, the QM team offered hands-on help — turning teamwork into transformation.

Together, they tackled projects indoors and out: planting flowers, spreading mulch and reorganizing the garage with new shelving. One resident, Curtis Martin, beamed with pride as he helped water "pretty plants" at the front entrance. Others pitched in by organizing supplies, proud to contribute to the improvements around their home.

As Angie Bjorklund, vice president of Accreditation and Infection Control, shared: **"The QM team was so excited to make things easier for the staff and residents at the home."**

For the team that monitors health, safety and quality across Monarch, spending the day at Southridge offered more than just a change of pace. It deepened their understanding and reminded them of the real people at the heart of their work — a meaningful reflection of Monarch's commitment to quality, compassion and people-first care.

Would you like to volunteer at Monarch?

For more information, visit MonarchNC.org/get-involved



Monarch's Quality Management team spent the day organizing the garage and installing shelves at **Southridge Group Home**.



Excitement filled the room as staff, families and supporters celebrated the official ribbon-cutting for the new **Camden Enrichment Center**, Monarch's latest day program for adults with I/DD.

Two Programs, One Fresh Start in Eastern North Carolina

Community members, families, staff and local leaders gathered to celebrate the grand opening of the new **Camden Enrichment Center** during an open house and ribbon-cutting held in June. The event marked the official launch of Monarch's newest day program for adults with I/DD in Camden, North Carolina.

The new center combines two long-standing Monarch programs — **The Lighthouse Club of Currituck** and **River City Achievement Center** — into one vibrant, welcoming space.

"The Camden Enrichment Center brings together adults with I/DD in the true spirit of community," said Bob Huber, director of Day Services, who oversees the program. **"We provide opportunities to help people grow, learn and participate in a variety of fun activities, both on-site and across the community."**

As one of 19 day programs Monarch operates across the state, the Camden Enrichment Center offers a wide range of activities, from art and music to volunteering and supported employment, all designed to help individuals build skills, form friendships and thrive.

Monarch Hosts Lunch & Learn: "Planning for Two Lifetimes"

Wednesday, August 25, 2025 at 12 p.m. 🦋

This informative webinar, hosted by Monarch and estate attorneys from A Special Need, will cover important estate planning topics like wills, trusts, guardianship, ABLE accounts and special needs trusts. Come learn more about how to plan for the future for your loved one with I/DD!

Scan the QR code or visit MonarchNC.org/events to register. A Zoom link will be provided to all registered guests.





350 Pee Dee Avenue, Suite 101
Albemarle, North Carolina 28001

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