

Momentum



Volunteering "fur" Monarch



English bulldog, Emma, brings smiles to youth in crisis.

For Emma's human, Kara, giving back to Monarch turns her personal loss into shared joy.





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

The only thing constant is change. Isn't that what they say? And nowhere is that more true than in health care today.

Over the past few months, we have experienced exciting changes at Monarch. As we continue to extend our reach in providing critical services to the people we support in North Carolina and beyond, we have opened a **new behavioral health outpatient office** in Chatham County, which adds to a continuum of care that began last year with the launch of mobile crisis and care management services.

In addition, we **welcomed UMAR into our Monarch family** of services. For 40 years, UMAR has promoted inclusion and independence for adults with intellectual and developmental disabilities through residential, creative arts and vocational services. Their mission and vision for providing caring, compassionate long-term services and support align perfectly with Monarch's. The opportunity for them to join us has been a mutually beneficial one.

Monarch continues to grow and change in ways that benefit the people we support. We are able to do so because of your generosity. You have gone out of your way to support Monarch in so many ways – as volunteers, advocates and donors – and **we are grateful!**

Scan the QR code and make a donation today. ▶



Thank you for your support of Monarch!

LONG-TERM SERVICES & SUPPORTS

Monarch Welcomes UMAR Into Family of Services

Now operating as **UMAR, a Division of Monarch**, the organization joined Monarch's family of services in October 2023. With similar histories, Monarch and UMAR were each established when groups of caring and committed people came together to create community-based services where none previously existed. Now together, the two organizations have more than a century of leadership, experience and innovation providing programs and services supporting people with intellectual and developmental disabilities, their families and communities.

UMAR, a Division of Monarch, operates 18 group homes and three creative arts centers, and provides community-based and vocational services, in Central and Western North Carolina. To learn more, **visit UMARNC.org**.



Creative expression comes to life for people with intellectual and developmental disabilities (I/DD) at **UMAR's Charlotte Arts Center**.

DONATIONS

\$18,367
RAISED

**BY MONARCH
EMPLOYEES**

Monarch staff raised \$18,367 during our 2023 STAFF GIVING CAMPAIGN.

These generous contributions will benefit the Monarch Employee Care Fund and other programs that are near and dear to our team.

Want to find out more about our programs and services? Visit MonarchNC.org.



Kara and Emma the bulldog bring smiles to youth in crisis

When **Emma**, a seven-year-old English bulldog strolls into the SECU Youth Crisis Center (YCC), a Monarch program in Charlotte, things feel lighter and brighter as more smiles appear. With a sweet face and easy disposition, this trained therapy dog is just what the doctor ordered.

Kara Guerrieo, a member of Monarch's Board of Directors and volunteer, brings Emma by on Friday afternoons. Kara understands the challenges young people experiencing a mental health crisis face.

"Emma's job is to bring joy," Kara says.

Volunteering at Monarch is more than a pastime for Kara. Motivated by her late brother's struggle with bipolar disorder, Kara is committed to walking with people in their mental health journey; for the kids at YCC, that walk also includes Emma. Kara's volunteer work at Monarch is fueled by a dedication to improving mental health care and advocating for others.

Her advice to others who are considering volunteering at Monarch is simple. **"Find passion and purpose in serving others because giving in any form can transform lives," she says.**

Expanding Behavioral Health Services in Chatham County

In partnership with Vaya Health, we opened our new Behavioral Health Outpatient Office in Pittsboro in November 2023. Working with the people we support, Monarch's caring and experienced team of professionals develops a well-defined and customized plan that meets each individual's needs and goals.

Monarch's walk-in/open access provides:

- Same-day support to ensure immediate help
- Walk-in services for in-person support or virtual options
- A comprehensive clinical assessment with a therapist
- Immediate next steps via an appointment for the next service or a referral to the proper level of care
- Ongoing medication management
- Access to individual, group and family therapy

The Behavioral Health Outpatient Office is located at 193 Lowes Drive in Pittsboro, and also offers Mobile Crisis Management Services and Mobile Outreach, Response, Engagement and Stabilization (MORES) Services in Chatham County, rounding out a continuum of mental health care for the area.



Partners and providers joined us for the November 2023 ribbon-cutting ceremony at the open house of Monarch's Behavioral Health Outpatient Office in Pittsboro.

Volunteers Change Lives at Monarch

Are you part of a church, civic group or a corporate work group that would like to invest your time in the community? Are you an individual with an interest in helping people with intellectual and developmental disabilities or mental illness? We have a place for you at Monarch! To learn more about our volunteer opportunities visit, www.MonarchNC.org/volunteer.





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INSIDE:

Monarch welcomes
UMAR to our family
of programs.

SAVE THE DATE!



Monarch
Dreams **TAKE FLIGHT**
GOLF TOURNAMENT

Monday, May 6
Tillery Tradition Country Club
214 Tradition Drive, Mt. Gilead, NC

This year, we will feature an all-new Sip & Paint event for non-golfers who would like to join us for a fun afternoon of art and wine, hosted by Monarch artists and people we support!

CORPORATE PARTNERSHIPS AND GOLF SPONSORSHIPS ARE AVAILABLE.

For information visit MonarchNC.org/events.

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