

# Momentum



## Going to the MAT

**for people in recovery.**

Monarch offers **Medication-Assisted Treatment (MAT)** as an important tool to support people with substance use disorders working toward recovery.

**"They really want to help people,"** says Billie Jean Bergquist (right), who feels connected to her care team in a way she's never experienced. Her Monarch team includes therapists and support professionals like Shailesh Gandhi (left).





## A MESSAGE FROM PEGGY

**Sixty-five years ago, a group of parents and community members came together in Stanly County.** Families and community members met for the first time to find ways to improve the lives of their loved ones with intellectual and developmental disabilities. This spring, Monarch celebrated milestone anniversaries with several people we support in Stanly County who have received our services for decades!

When Monarch's founders gathered to create an organization that would provide support and hope, I imagine they had Lane Lippard, Wanda Smith, Judy Klutzz, and Phillip Crisco (*right*) in mind. Through our residential, day program and community-based services, Lane, Wanda, Judy Philip and so many others have gained new levels of independence, learned new skills and made new friends.



**This is what Monarch is all about!** We are proud to celebrate 65 years of hope and healing and to see Monarch's legacy at work every day across North Carolina.



**Thank you for your support of Monarch!**  
**Use this QR code to give today. ▶**

## INNOVATIVE NEW PROGRAM

# Understanding Addiction and Developmental Disabilities

There is very little data available on rates of substance use disorders among individuals with intellectual and developmental disabilities (I/DDs) and other cognitive impairments like borderline intellectual functioning, autism spectrum disorder and traumatic brain injury. What we do know is that individuals with an IQ of 50 to 70 are in danger of being overlooked. Without proper diagnoses, they may not receive the services they need.

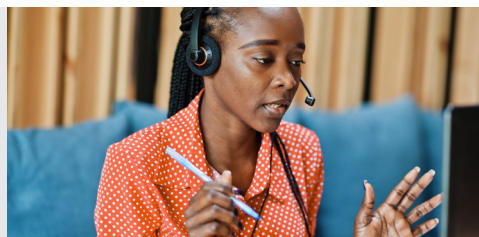
That's why Monarch created "**Understanding Addiction and Developmental Disabilities,**" an original, first-of-its kind curriculum geared for people with I/DD who are struggling with a substance use disorder. The animated video series and accompanying materials are designed for people with I/DD bringing to life themes of a journey to recovery with characters Eddie and Tasha (shown here).




The curriculum was developed with the assistance and consultation of Monarch's experts and individuals who have lived experience and their families.

**To find out how to view the video-based program, visit [MonarchNC.org/understanding](https://MonarchNC.org/understanding).**

**Monarch's Customer Call Center representatives serve as our virtual **front door**, welcoming people who have questions or want to schedule appointments. Representatives average 1,000 calls per day with 240,644 calls received in 2022.**



**90,140**  
**NUMBER OF CALLS ANSWERED**  
**BY MONARCH'S 20 CUSTOMER**  
**CALL CENTER REPRESENTATIVES**  
**SO FAR THIS YEAR**

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## BEHAVIORAL HEALTH SERVICES



**Billie Jean Bergquist**, who receives MAT services, meets regularly with a team of Monarch mental health care staff.

## Monarch uses MAT to support addiction recovery

No one knows the impact of **Medication-Assisted Treatment (MAT)** better than **Billie Jean Bergquist**. For more than a decade, she struggled with opioid addiction before turning to Monarch's Stanly Behavioral Health Outpatient Clinic in Albemarle for help. Here she found a variety of therapeutic services, including MAT, to improve her mental health and recovery journey.

MAT combines the use of medication and other evidence-based behavioral health practices to support recovery from addiction.

**"I couldn't ask for a better place to go to get help," Billie Jean explains. "If you listen and put what they say to work, it works."**

## What is MAT?

**Medication-Assisted Treatment, or MAT, is the use of medications in combination with counseling and other behavioral health services as an effective way to treat opioid use disorders and support recovery.**



## LONG-TERM SERVICES & SUPPORTS



**Bruce Hurst**, right, shares a smile with VOHC participants **Carl Adams** and **Shimkea Brown**.

## Decades of caring for people with I/DD

Thirty-six years ago, **Bruce Hurst** began his career serving people with intellectual and developmental disabilities (I/DD) at Vocational Options of Hoke County (VOHC), an adult day program. As Monarch celebrates its 65th anniversary this year, Bruce is one of many employees being recognized for decades of service.

**"I found something I could do naturally, compassion in helping people with I/DD... Show them that they can make themselves heard, go to a restaurant, work at a job," Bruce shares.**

Bruce says many things have improved for people with I/DD. He is grateful to be a part of that history and says the most impactful life lessons he has learned are through the people he serves.

## Monarch group home offers mom peace of mind

"Inclusion is important and to be with **someone who can understand you and become family** is what I wanted for my daughter...I see how my daughter interacts with the staff and the smile on her face."



**Keisha Bynem** is shown with her daughter, **Shekinah**, who is a resident at Monarch's Ansonville Home for adults with intellectual and developmental disabilities (I/DD) in Anson County.



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