



Reaching Dreams

A Monarch publication for the community,
people we support, and their families



**2.7 MILLION
AMERICAN ADULTS
MADE SUICIDE PLANS AND
1.1 MILLION MADE NONFATAL
SUICIDE ATTEMPTS IN 2014**

MONARCH'S MOBILE CRISIS TEAM
STANDS READY TO RESPOND

PAGE 10

STRAIGHT FROM PEGGY



There is so much to discuss, but Medicaid reform is the big topic of the day as the North Carolina legislative session finally ended. With a budget passed and reform plans on the way, our legislators went home. While some questions were answered this session, many more remain. We know you likely

have some, too. And we want you to know of our plans to successfully navigate the many changes to come.

One key goal of legislative Medicaid Reform is “budget predictability.” Legislators have created a plan to use three large statewide managed care companies to obtain large amounts of money to support people accessing Medicaid. The companies will be joined by up to ten regional “Provider Led Entities (PLE),” which will likely be hospitals or physician groups that will manage care. These entities will be required to use the money provided, and if there are overruns, the managed care companies will assume all risk.

Another goal of reform is to obtain integrated care. We know that someone with a chronic disease such as diabetes is likely to also experience depression. When two separate physicians are caring for the same person, the cost will go up unless the physicians can collaborate. For example, if an individual needs to have blood drawn for both physicians, but one test can meet the needs both physicians have to effectively support the patient, this lowers costs because there is one blood draw and one report that will be completed. In addition, it forces the two physicians to work together to effectively care for the patient, which is the goal of integrated care.

This means that at some point in the future, the state no longer plans to use the LME/MCOs to manage Medicaid money. They will have to morph themselves into these regional entities if they want to survive.

So what does all this mean for Monarch? We will thrive, and through positive relationships with the new managed care companies once they are selected, we will continue to grow. Is that naïve? No. We currently offer quality care and more comprehensive services, like Individual Placement and Support (IPS) to help more people, like Kimberly Darnell, find jobs (next page). We will continue to help people explore educational opportunities through programs, like Beyond Academics (on page 8). People we support with intellectual and developmental disabilities can participate in campus life and attend classes through this innovative curriculum and partnership we have with The University of North Carolina at Greensboro.

We will also continue to provide access to care to people with mental illness and substance use disorders through Open Access, which offers same day service. We know access is crucial. According to SAMHSA, 2.7 million American adults made suicide plans and 1.1 million made nonfatal suicide attempts in 2014. In addition to Open Access, we soon will operate two new Facility Based Crisis programs, and will continue services like Mobile Crisis (page 10), to provide the appropriate level of care to people before they reach desperation.

Despite the ambiguity caused by discussions about reform, Monarch is committed to supporting, educating, and empowering people with developmental and intellectual disabilities, mental illness, and substance use disorders to choose and achieve what is important to them. We are respected because we are open, honest and transparent. There is no reason for that to change. We will continue to provide excellent service to the best of our abilities. We will help individuals and families understand the new models of care that have been recommended, and we will continue to have partnerships in the community – and that is certain.

Peggy S. Terhune, Ph.D.
Monarch CEO

Reaching Dreams is the official Monarch publication for the community, people we support, and their families.

Our Mission

We are committed to supporting, educating, and empowering people with developmental and intellectual disabilities, mental illness, and substance abuse challenges to choose and achieve what is important to them.

Our Vision

We will lead the way in the state to creatively support people with disabilities in growing toward their potential, reaching their dreams, and making their own informed choices about where they live, learn, work, play, and worship. Through partnerships and relationships with our community, we will offer a variety of innovative quality services and supports and will promote advocacy, awareness, education, training, employment, and residential opportunities.

FINDING A JOB THAT WORKS: **FOR KIMBERLY DARNELL** **MONARCH'S EMPLOYMENT PROGRAM HAS BEEN LIFE CHANGING**

Kimberly Darnell has worked hard to find a positive path, but the journey was a struggle. A severe car accident in 2006 left her badly battered, bruised and with a traumatic brain injury that changed her life. The accident also affected her emotional and mental stability.

"I suffered from depression and anxiety and short-term memory issues following the accident," recalled Darnell, 39, who said it took her two years to recover and walk without assistance or the use of a cane. "I've always been extremely bright and I got so frustrated with myself. That made things worse."

Darnell said the injuries sustained from the crash prevented her from completing her undergraduate degree. It also left her unable to work for seven years. In 2013, Darnell reached her breaking point and went to the hospital for help.

"I had basically flunked out of college. After the accident I didn't learn the way I use to; I changed degree programs and still struggled," she explained. "Once I accepted these new learning difficulties and addressed some of the other challenges in my life, I realized I needed to find some support."

During the hospital discharge, a staff person gave her Monarch's Lumberton behavioral health office information as a resource. She eventually got help from Monarch, where she continues to get the ongoing support she needs, including help with finding a job. Darnell also learned about Monarch's Individual Placement and Support (IPS) program in Lumberton, led by Ann Hanna, an IPS team lead.

Monarch's IPS program, which is offered in multiple counties statewide, is an evidence-based practice of supported employment that helps people with mental illness identify and work regular jobs they choose. Hanna said most people with mental health disorders want to work.

"Many people we support, like Kimberly, want to find jobs to feel purposeful or for necessity," Hanna explained. "We work with people to figure out what they want to do and what issues have prevented employment. Once we

address those challenges and help them to find jobs, the changes can be incredibly positive."

Hanna and others believe employment can be the positive change that people need. Monarch employment specialists help people find jobs they want to pursue. They assist with resume development, application completion, transportation issues and help people connect with employers.

Approximately 2 of every 3 people with mental illness are interested in competitive employment, but less than 15 percent are employed, according to the Dartmouth IPS Supported Employment Center at Dartmouth College.

Last year, Monarch helped 242 people statewide find jobs. Darnell was among those who found employment with help from Monarch's IPS program. Because of her familiarity and knowledge of computers, she was hired at Office Depot as a senior sales consultant of technology.

"I really enjoy my job. I got a feeling they are training me for other things," said a hopeful Darnell, who also plans to return to college to finish what she started. "There is hope that this job will go far."

And it has. After only six weeks on the job, Darnell was promoted to shift manager.

"I am so grateful to Monarch. They have made sure that I'm doing okay and I'm not overwhelmed at work," she said. "It's a relief to know I have support."

"Life is a lot better than it has been. It's been a struggle, but my goals are in place and I'm finally reaching them. I have my resources, and my Monarch therapists, doctor, Ann and the IPS team. I'm not going to let myself go back there."

By Natasha A. Suber, director of marketing and communications at Monarch



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The Arc of Stanly **HONORS SEVERAL LOCAL LEADERS**

Business, community leaders recognized for their support of people with disabilities

The Arc of Stanly honored six local community leaders during “An Evening with the Arc of Stanly” awards celebration held at Dennis Vineyards in Albemarle. The inaugural event recognized business leaders, educators, elected officials and medical professionals who have demonstrated significant support or have advocated for people with intellectual and developmental disabilities, mental illness and substance use disorders.

Several honors were bestowed in four categories. The following is a list of award recipients recognized for their important and extraordinary service.

THE LEGISLATIVE AWARD honors elected officials whose work demonstrates support for people with mental health disorders and intellectual and developmental disabilities. The recognition was given to two individuals for their exemplary legislative work that has positively impacted people with intellectual and developmental disabilities. *North Carolina Rep. Justin Burr* and *Former Sen. Gene McLaurin* received the Legislative Award.

THE MEDICAL AWARD honors medical personnel or physicians who have shown exceptional care to people with mental illness or people with intellectual and developmental disabilities. The award was received by *Dr. Joseph Stegman*, a pediatrician in Concord who has a special interest in helping children with developmental and behavioral disorders.

THE EDUCATOR OF THE YEAR AWARD recognizes exceptional work from teachers or administrative personnel who help to advocate and provide support to children and youth with mental illness or intellectual and developmental disabilities. *Shannon Batchelor*, student services and athletics director for Stanly County Schools, and *Leigh Hayes*, exceptional children’s director for Stanly County Schools, were both recipients of the Educator of the Year Award.

THE COMMUNITY LEADER AWARD recognizes an individual or group who has done exceptional work on behalf of people with mental health or intellectual and developmental disabilities. *Brett M. Speight*, vice president of business and commercial banking at First Citizens Bank, received the honor. ●

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Monarch Trains Arc NC Staff, Robeson County School Counselors in Mental Health First Aid

Monarch recently partnered with two well-respected groups to offer Mental Health First Aid (MHFA). Approximately 75 clinical and administrative staff in four of The Arc's main offices statewide and 90 school counselors and social workers from the Public Schools of Robeson County received Monarch's MHFA training.

Because 1 in 4 adults and 1 in 5 youth experience mental illness in a given year, according to the National Alliance on Mental Health, MHFA training helps to reduce stigma and increases the understanding that mental illness is real, common and treatable. The eight-hour course gives participants a five-step action plan to use in crisis situations involving individuals with mental illness or substance use disorders.

MHFA helps participants identify risk factors and warning signs of substance use disorders and mental illness such as depression, anxiety, trauma, psychosis, eating disorders and self-injury.

"Similar to CPR training, which helps laypersons without medical or clinical training to assist someone who is suffering a heart attack, MHFA training can equip a person to manage a mental health crisis, such as someone contemplating suicide or inflicting harm on others," explained Blake Martin, Monarch's chief development officer. "Those who attend, like staff from Arc NC and Robeson County school counselors, learn to recognize the signs of a crisis and connect individuals exhibiting these signs to proper professional care and resources. We were elated to partner with these two important groups to offer this essential training initiative."

To date, Monarch has provided training to approximately 500 people, including public safety officials. For details about Monarch's MHFA trainings, please contact Emily Fullmer, senior community liaison, at (919) 995-7413 or emily.fullmer@monarchnc.org.



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The Arc of North Carolina Honors The Arc of Stanly, Monarch Staff Member and Volunteer



Wilhelm and Hamilton

More than 140 people, including several people representing Monarch and The Arc of Stanly County, attended The Arc of North Carolina's 2015 Annual Conference and Awards program.

Antwain Hamilton, a direct support professional at Monarch's Stanly Industrial Services (SIS), received the 2015 Direct Support Professional of the Year award. Monarch volunteer Paige Wilhelm accepted the 2015 Volunteer of the Year award. The Arc of Stanly County was recognized as a Distinguished Affiliate, an honor that recognizes the dedication, commitment and the professionalism of chapters of The Arc. Larry and Brenda Hinson, long-time members of the Monarch Board of Directors, were installed as Arc NC Board Members. Brenda was appointed a regional member and Larry will serve as vice president of the region.

"Both Antwain and Paige give generously of their time and talents in so many ways that promote the mission and values of The Arc," said Jeanette Wilhelm, Monarch advocate and quality management coordinator. "We are honored they were recognized for their hard work and dedication to serving and mentoring people with disabilities."

To read more of this story, visit www.MonarchNC.org.



Program participants and staff at Monarch's Beach Club of Dare are joined by members of the Outer Banks Community Foundation to celebrate creative arts programming.

MONARCH'S OUTER BANKS PROGRAMS RECEIVE GRANT SUPPORT

With paint brushes in hand, participants at Monarch's Beach Club of Dare teamed up with members of the local Manteo community to paint a new mural in the Art Instruction Room at the Beach Club. The mural commemorates the kickoff of a new partnership with the Dare County Arts Council and celebrates expanded creative arts programming at the Beach Club.

With support from the Outer Banks Community Foundation and the Pauline Wright Endowment for Dare County, Beach Club is now well-stocked with art supplies including paint, adaptive brushes, easels, paper, canvas, markers, colored pencils, modeling clay and more. Visual art activities will be paired with music and dance opportunities to create a lively and creative experience for Beach Club participants.

Visual art activities will be paired with music and dance opportunities to create a lively and creative experience for Beach Club participants.

In addition, the Outer Banks Community Foundation and the Pauline Wright Endowment for Currituck County provided funding to the Lighthouse Club of Currituck to enhance their community kitchen. The kitchen is a central gathering spot for program participants to visit, share meals, practice daily life skills and enjoy educational programming. Improvements will include updated appliances for use by the people Monarch supports.

"We are so grateful for each of these grants," said Erma Brault, operations director for the Beach and Lighthouse Clubs. "The Outer Banks Community Foundation is a wonderful partner in helping bring new opportunities to the people we support." ●



Special Olympics athlete experiences ‘UNBELIEVABLE’ year

Zach Commander never imagined in his wildest dreams all that he has seen and accomplished in the past few months. Earlier this year, Commander was selected as one of three Special Olympics athletes nationwide to join an elite team of co-captains who helped to promote the first-ever Unified Relay Across America sponsored by Special Olympics and Bank of America.

As the co-captain of the southern route of the Unified Relay, Commander helped to bring the event's Flame of Hope from Athens, Greece to Los Angeles, where the Special Olympics World Games was held July 25-Aug. 2. Over the course of 46 days, in a hand-to-hand exchange, more than 20,000 participants ran, walked or biked a segment of the relay as it passed through all 50 states. Commander and two other athletes handed the torch to law enforcement officers for the final leg and where they brought it into the World Games Opening Ceremonies, which broadcast on ESPN.

Commander, 43, is supported by Monarch in Elizabeth City and has been involved with Special Olympics North Carolina for 30 years. He never dreamed that upon accepting the assignment to participate in this year's World Games, he would take his first trip to New York City, where he would appear live on ABC's Good Morning America with fellow co-captain Michelle Kwan, world-champion figure skater and Olympic medalist.

While in Los Angeles, he attended a LA Dodgers baseball game, where he was one of three Special Olympics athletes to throw out the first pitch. Before the game, he met Maria Shiver, Nancy O'Dell host of "Entertainment Tonight", former famed Los Angeles Dodgers' Steve Garvey and Tim Leary, olympic medalists Raeford Johnson and Apollo Ohno, and Maria Menounos, co-anchor of "E! News".

Most importantly, Commander said, he simply wanted to use his position to advance the important message of inclusion.

"I've had an unbelievable time. I want to help unify the general public and try to get as many people involved as possible, so we can strengthen the global Special Olympics movement," Commander said. "It makes me feel wonderful to see others participate and support this incredible effort." ●

By Natasha A. Suber, director of marketing and communications at Monarch



Zach Commander (right) flanked by celebrities, LA Dodgers and other Special Olympics athletes.





Members and staff of Club Horizon and the Clubhouse International seal (inset).

CLUB HORIZON AWARDED CLUBHOUSE INTERNATIONAL'S PRESTIGIOUS THREE-YEAR ACCREDITATION

Monarch's Club Horizon, located in Knightdale near Raleigh, was recently awarded a three-year reaccreditation by Clubhouse International, an organization that helps communities around the world create sustainable solutions for people with mental illness. Clubhouse participants, who are called members, play vital roles in the decision-making and operations of the programs.

Staff met for months to review standards for accreditation and to ensure that Club Horizon's model is in compliance with Clubhouse International. They discussed what they were doing well, where they could improve and put new standards in place, and how to continually make their program better. When a clubhouse is awarded the three-year accreditation, they are placed in Clubhouse International's directory and are recognized as a model clubhouse.

"This is the first time in the history of Club Horizon we've ever gotten a perfect accreditation in the first stage of the process. This is a huge step," said Club Horizon's Program Director Karen Troup-Galley.

Troup-Galley said the members are thrilled about the prominent accreditation.

"A lot of work goes into achieving this award. We have great pride in being part of a larger global community and were working hard to be the strongest clubhouse we can."

In October 2014, Monarch announced its merger with Club Horizon, a community-oriented and restorative environment for persons living with and in recovery from severe and persistent mental illness. Monarch's Club Horizon is one of only seven of the Clubhouse International accredited programs in North Carolina. ●

Stay informed about Monarch's services, news and updates by visiting

www.MonarchNC.org



Monarch's Beach Club earns 2015 North Carolina Governor's Volunteer Service Award for Dare County

The participants at Monarch's Beach Club, a day program that offers a variety of activities and support to adults with intellectual and developmental disabilities, love to spend time helping with activities and events at the Dare County Center, a multi-generational community facility in Manteo.

Beach Club volunteers have spent hundreds of hours the last five years assisting with Bingo games, delivering Meals on Wheels and a variety of other activities to serve the seniors and others who attend the center.

In recognition of their extensive volunteer service and the impact it has had, the volunteers at Monarch's Beach Club are the recipients of the 2015 Governor's Volunteer Service Award for Dare County.

"The Beach Club has always been known as a program that gives back to the local community. The dedication and desire by people supported to volunteer has once again been recognized and we are thrilled," said Erma Brault, operations director at the Beach Club. "It is wonderful that other local community members took the time to honor them in this way."

Earlier this year, local elected officials, dignitaries and a representative from the North Carolina Commission on Volunteerism and Community Service in the Office of the Governor congratulated the volunteers and presented them with the prestigious Governor's Award during the Dare County Board of Commissioner's meeting. The award honors the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service.

The volunteers at the Beach Club are among people with disabilities supported by Monarch who give their talent, time and energy to serve others. Last year people supported at Monarch across North Carolina, volunteered 32,865 hours, which yielded an economic impact statewide of \$705,611.55, according to the Independent Sector, a national organization that estimates the value of volunteer time for North Carolina at \$21.47 per service hour. ●



Some members of the Beach Club who were honored as a group for their volunteer service to their Dare County community.



Lisa Pluff, associate executive director of Beyond Academics at UNCG, smiles as she stands next to a portrait of recent Beyond Academics' graduates.

Higher Education program proves life on a college campus goes **'Beyond Academics'** for students with intellectual and developmental disabilities

By Brittany Smith, communications specialist at Monarch

On a warm day in early fall, University of North Carolina at Greensboro (UNCG) student Brennan Ferguson takes a bus to his senior seminar class on campus. When he arrives at the computer lab, the day's assignment is projected on the screen: "5 Components to a great blog post."

As he takes his seat, two more seniors arrive and greet Alison DeYoung, academic support coordinator, while she begins walking them through the art of making their online senior portfolio and writing their first post for it. The students dive in, picking the background theme for the blog and throwing around ideas of what they might write.

Four years ago, Ferguson would never have dreamed of life as a college student; sitting in a class like this, taking the bus by himself, living away from his parents in an apartment with roommates and working on his photography passion. He is one of 59 students in UNCG's Integrative Community Studies program that is making college a reality for people with intellectual and developmental disabilities (I/DD).

Those enrolled in this four-year certificate program are supported by Beyond Academics, a non-profit partner of the university that helps the students gain greater independence through college classes, internships and supported living.



Beyond Academics' students and staff work together in and outside the classroom on the UNCG campus.

"Beyond Academics provides them with the opportunity to live a life like any other college student. Inclusion is at the forefront. They are surrounded by a team of people holding them to high expectations," said DeYoung.

Monarch joined that team in 2014 as a community partner to help students who needed additional supports their senior year and as they navigate life after college.

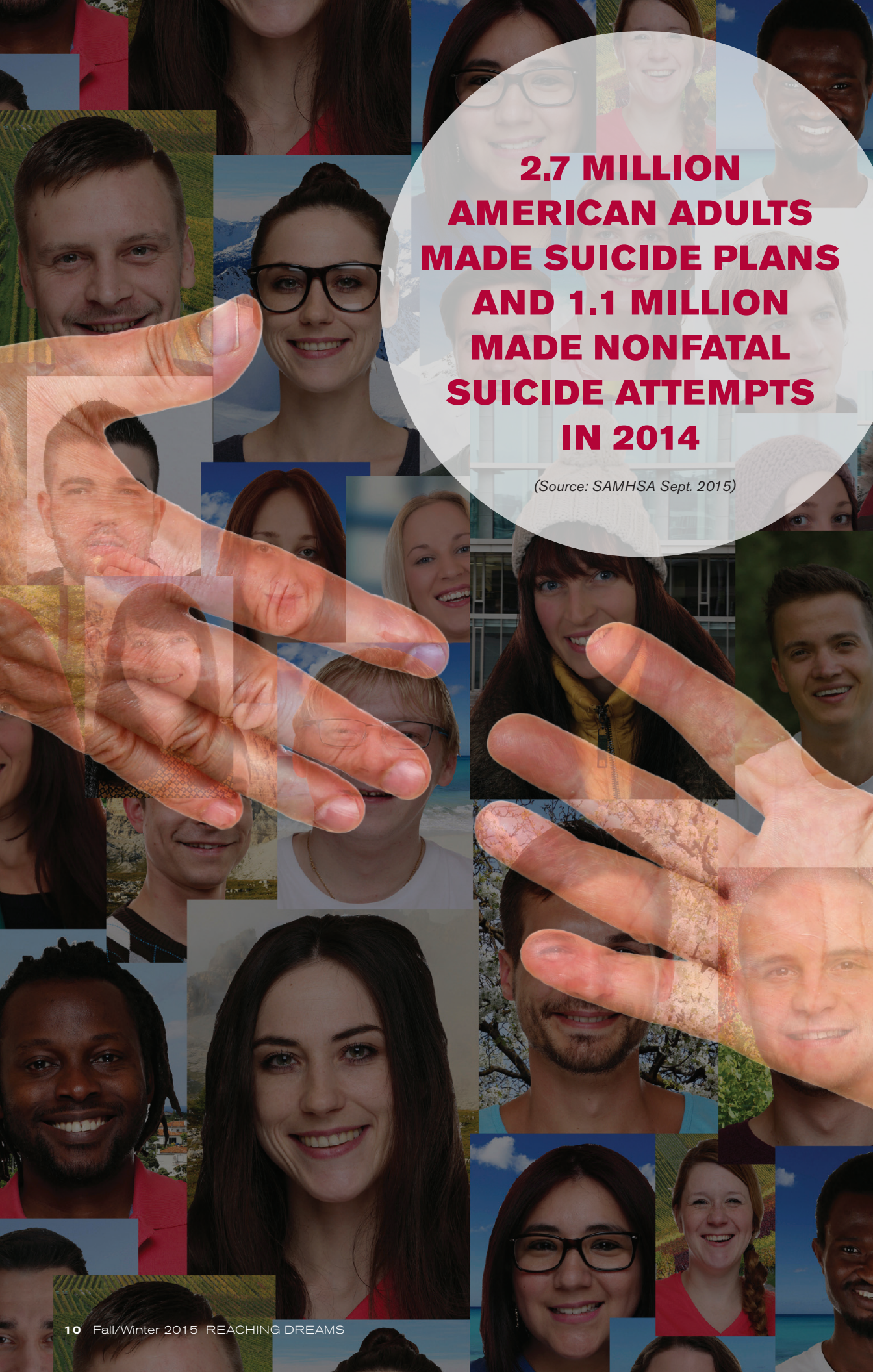
Josh Graham, one of Monarch's direct support professionals, works with many of the students in the program. He provides guidance as needed with class projects, like with their senior portfolio. He also counsels and provides direct support as students navigate community life, and coaches former graduates at their current employment sites until they demonstrate the ability to independently manage the responsibilities of the job.

"This program is about trusting that people can learn to do things on their own. When you give someone an opportunity they will surprise you. Beyond Academics and Monarch believe those we support can do anything if you give them the right tools," Graham said.

Prior to Beyond Academics' inception, inclusive learning and development opportunities for students with I/DD after they graduated high school were not widely available. So a group of families formed a coalition to research, plan, develop and create higher education options. In 2006, their vision came to fruition through a partnership between UNCG and Beyond Academics.

"UNCG's program is the first of its kind in North Carolina," said Lisa Pluff, associate executive director of Beyond Academics. "Partnering with the community and organizations like Monarch helps give our students a high success rate and achieve the goals they set out for themselves at the beginning of their time at UNCG."

Eleven graduating seniors received their certificates of completion in Integrative Community Studies in May 2015, the largest graduating class so far. Four of those graduates, Kaitlyn Dawson, Rebecca DiSandro, Bradford West and Tommy Thel are supported by Monarch through the Beyond Academics program. ●



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IN 2014**

(Source: SAMHSA Sept. 2015)

MONARCH'S MOBILE CRISIS TEAM STANDS READY TO RESPOND

The call came in at 11 a.m. On the other end, a man was crying, distraught, calling from under a bridge near a set of active railroad tracks, saying he wanted to kill himself.

The minute Falon Pope received that call, she knew what to do. As a member of Monarch's Mobile Crisis team serving Robeson, Bladen, Columbus and Scotland counties, listening was her first priority.

"It took a while to get him to tell me his name and to figure out where he was calling from," Pope said. Because the man was unable to tell them the address where he was, he described the location. With the help of Mobile Crisis Team Leader Carolyn McMillan, who is familiar with the Lumberton area, they were able to pinpoint his location and Pope was on her way to meet him.

That type of quick response to a mental health or substance use crisis is the hallmark of Monarch's Mobile Crisis Services. Mobile crisis connects a child or adult experiencing an emergency with a provider who comes to them to help stabilize the situation and provide immediate support.

"We meet people in the community, at their home, a doctor's office or school," said Pope. "Our job is to address the crisis at hand, whatever and wherever that may be."

In responding to a call, mobile crisis team members, who are all qualified professionals with experience in the mental health field and specific training in crisis response, evaluate the situation and talk through the symptoms a person is experiencing. The nature of crisis calls can be wide-ranging and in the course of a week, the team may respond to calls from someone with suicidal thoughts, thoughts of hurting others, audio-visual hallucinations, side-effects of substance use, paranoia or depression.

"Things go wrong in life on a daily basis," Pope explained. "Those things — a fight with a family member, feelings of loneliness or depression — can be magnified times ten for someone with a mental illness or substance abuse issue."

Mental health and substance use crises can occur at any time and Monarch's Mobile Crisis Services team is available 24 hours a day, seven days per week. They are dispatched into the community by Eastpointe, a managed care organization, who receives crisis calls at its 24-hour access line, or from crisis calls that come directly to Monarch.

In responding to a call, the mobile crisis team member will work with the person in crisis, and when appropriate, with family members who may be present talking through the causes of the crisis with the person in need and develop additional coping strategies to fit the situation.



Monarch's Mobile Crisis Team (l-r): Tonia Locklear, Falon Pope and Carolyn McMillan. Not pictured: Chris Bullard.

"Sometimes that is something as simple as taking a walk or getting away from the situation that can trigger a crisis, or it may mean having a family member watch for signs of crisis," said Pope. "We also want to leave them with information on who to call if a situation arises again and a follow-up appointment for additional support."

A new report by the Substance Abuse and Mental Health Services Administration (SAMHSA) reveals that in 2014, 3.9 percent of American adults — that's 2.7 million — aged 18 and older thought seriously about killing themselves during the past 12 months. During this same period, 1.1 percent of adults made suicide plans, and 0.5 percent of adults made non-fatal attempts at suicide. (SAMHSA Sept. 2015)

That connection to follow-up care is an important piece of the Mobile Crisis Services process and on-going support is a necessary part of recovery for many people.

In the most severe cases, like the one with the man near the railroad tracks, if a person remains in danger of hurting himself or someone else despite receiving Mobile Crisis help, team members will initiate the process to have a person involuntarily committed and transitioned to acute care services for immediate help.

Under the bridge that day, Pope knew her listening skills were among the most critical in her toolbox. She needed to hear, truly hear, the things this gentleman was experiencing in order to help him. It was not an easy process or a quick one, but in the end, Pope connected him with the help he needed and a potentially devastating situation was avoided.

"If I can be someone's listening post, if they can talk through what is going on with them and feel they've been heard, that is the most rewarding part of this job," she said. ●

By Laurie A. Weaver, director for grants and foundation relations at Monarch



MONARCH'S **NEW BERN GOLF TOURNAMENT** RAISES THOUSANDS FOR PEOPLE WITH DISABILITIES



Monarch held its Second Annual Dreams Take Flight Golf Tournament at the New Bern Golf & Country Club on Sept. 10. The event raised \$24,000 and the funds will benefit the programs and services Monarch provides for people with intellectual and developmental disabilities, mental illness and substance use disorders.

Dozens of sponsors and 17 teams participated to make the second annual tournament successful. Blake Martin, chief development officer at Monarch, said he is overwhelmed by the level of response and support the fundraiser generated.

"We are so grateful for the generosity shown during this event and are excited by the level of collaboration we received from local sponsors and players as well as those who traveled to join us,"

Martin said. "We couldn't be more thrilled about the partnerships we developed for this tournament and are excited that proceeds raised will directly benefit the people we support."

Monarch hosts two Dreams Take Flight Golf Tournament fundraisers annually. The second annual New Bern event and the eighth annual golf tournament at Tillery Tradition Golf Club in Mount Gilead, which is scheduled to be held April 29, 2016. For more information, call (704) 986-1584. ●

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Monarch receives grant for smart home technology to improve lives of people with disabilities in Craven, Jones and Pamlico counties

Many people take simple daily tasks like turning lights on and off or remembering to take medication for granted, but for some people with disabilities these routine duties can be difficult. With the help of a grant, Monarch will fund important new technology initiatives for people with disabilities in Craven, Jones and Pamlico counties to enable them to live more independently in residential settings.

The Board of Directors of the Harold H. Bate Foundation, Inc. awarded Monarch \$17,000 to implement smart home technology that will help enhance independence, home safety and sustainable living opportunities for 44 residents in several Monarch group homes for people with intellectual and developmental disabilities. This project is an example of how Monarch meets its mission to support, educate and empower people with disabilities, mental illness and substance use disorders to choose and achieve what is important to them.

With the use of residential assistive technology, the people Monarch supports in group home settings can manage more of their own activities of daily living. The new assistive equipment includes wireless technology and accessible adaptations that are customized to the needs, abilities and personal goals of individual residents. The technology includes things like:

- Motion-sensor kitchen and bathroom faucets and temperature-regulated shower faucets to provide for easier, safer washing and self-care.
- Environmental controls that enable individuals to independently operate side and overhead lights, TVs, and doors via mobile device (iPad), voice-activation, or wearable pendant sensor.
- Motion-sensor lights that come on automatically as people enter and leave hallways and rooms to ensure safe passage.
- Automated medication dispensers with timers and alarms to alert when it is time for an individual to take his/her medication, and that can notify staff if medication is not taken.
- Home sensors to notify staff and caregivers should someone fall, leave the premises, or experience an emergency.
- Induction stoves in kitchens that cool immediately when a pot is removed from the unit, allowing for safer, autonomous cooking experiences.

Research has consistently shown increased independence creates a better quality of life for people with disabilities. Monarch is elated the Harold H. Bate Foundation approved a grant to support this important initiative.

The investment made by the Harold H. Bate Foundation is one of several contributions from local foundations and individual donors to support the \$90,000 Smart Home Technology project. Want to support this project? Call (704) 986-1536. ●



With the installation of new technology, the stove top cools immediately when Mary Stiller removes the pot, allowing for safer cooking experiences at her home.

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2014-2015

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North Carolina Department of
Transportation

SOCIETY OF 1958

*The Society of 1958 recognizes individuals who make Monarch part of their estate plans either through their will or by naming Monarch as the beneficiary of other planned giving opportunities.**

Mary Cecelia Wood

** If you have listed Monarch in your estate plans or will, please contact Blake Martin at (704) 986-1584 to find out how you can be a member of this society.*

ARC OF STANLY COUNTY

The Arc of Stanly County works to ensure that people with intellectual and/or developmental disabilities in Stanly County have the services and supports they need to grow, develop and live in their own community.

Arc of Stanly County donors listed through September 15, 2015.

Barbara Arbo
Pawnee Barden
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Jack and Nancy Jean Bauer
Kenny and Lynne Cagle
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Barbara Kean
Angela Kirk
Mike and Gale Kirk
Bonnie Laster

Would YOU like to join us to help the people we support live their dreams and achieve what is important to them?



For your convenience, a reply envelope is included in this issue of *Reaching Dreams*. If you have questions or would like more information, please contact Blake Martin, (704) 986-1584.

Tony and Martha Lowder
Taft and Ann McCoy
Don and Rachel Morrison
Cynthia Ohlrich
Phillip and Carol Parker
Carrie Poplin
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Virginia Poplin
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Tom and Judy Smith
Nancy Smoak
Gene Starnes
Bob and Dr. Peggy Terhune
Elaine Vincent
Jeff and Jeanette Wilhelm

MONARCH SOCIETY

The Monarch Society helps people pursue their dreams. It is through generous gifts to the Society that Monarch is able to facilitate learning, growth and healing for thousands of people across North Carolina. Monarch supports and empowers individuals helping them exceed expectations and achieve lifelong dreams such as getting a job, living on their own, coping with depression, and getting married.

Many families, friends, and community and business leaders choose to contribute to the Monarch Society annually as a tribute to people in their own lives who have inspired them to achieve their dreams.

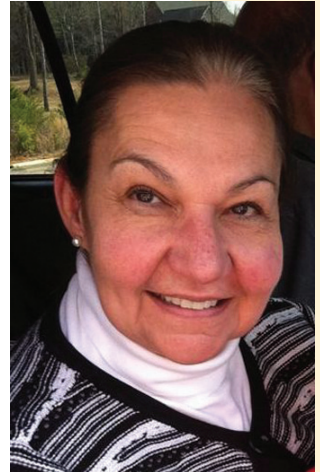
BUTTERFLY CIRCLE

\$1 to \$999

These contributors believe that everyone deserves the right to pursue

their dreams. Members of this Circle make it possible for dreams to take flight by contributing \$1 to \$999 to the Monarch Society.

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John Colvin



I have personally supported Monarch for years. During that time, I have built relationships with many of the staff and admire the work that they do in making a difference in the quality of life for the people they serve. It has been an honor and a privilege working with such a dedicated and hard-working staff for the last 20+ years and I am looking forward to another 20!

SHELLY MORGAN, Salisbury

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WHY I SUPPORT MONARCH

Please join Dr. Brian Go and Mrs. Maya Zumwalt as Monarch supporters by visiting www.MonarchNC.org/donate. Simply click the "Give Now" option to get started. For more information, please contact the Monarch Development Office at (704) 986-1584.

DR. BRIAN GO AND MRS. MAYA ZUMWALT, Raleigh
Maya Zumwalt and her husband, Dr. Brian Go, are proud supporters of Monarch. Zumwalt said her brother Russell, who attends the Monarch Creative Arts and Community Center in Southern Pines, is proud and happy that he has someplace to go each day where he can interact with other participants who have become his friends. Zumwalt shares more about why she and her family continue to support Monarch.

How did you hear about Monarch?

We first heard about Monarch through my parents and my brother Russell. He has been a part of the Monarch Creative Arts and Community Center (MCACC) in Southern Pines since its inception.

What moved you about Monarch?

We have been very impressed with MCACC. I was given a tour of the facilities when we attended the opening of the dance studio. I met many of the instructors and administrators and was most impressed by them. Their enthusiasm and commitment to making MCACC the best it can be is infectious. Monarch has given my brother a place where he can have a creative outlet to paint, make clay projects and dance, which brings such joy to his daily

life. Russell is proud and happy that he works on projects and has a community center that he goes to with others.

Why do you donate to the Monarch Creative Arts and Community Center?

We realize the importance of donating to this organization so that it can continue to provide the excellent programs that it offers. It is impressive in its varied activities and the commitment the staff has in making the MCACC a truly unique and meaningful experience for all who attend. It is also gratifying to see how our donation is being used firsthand.

We believe that Monarch knows what to do to make the people supported thrive, and we want to help them with their goals.

What motivates you to stay involved?

Obviously, my brother, Russell, is our primary motivation. On many occasions I have visited Russell's house and gotten to know his house mates. They are all special to us and it has become for us, a commitment, in a small way to make their lives a little better and more fulfilling.

The individuals supported always seem to be so happy and involved.

We have a two-step program.
YOU COME HERE. WE HELP YOU.



BUTTERFLY CIRCLE, cont.

Thomas Conrad
Howard Cowan
Mattie Cranford
Craven Land Timber Inc.
Steve Cromer
Mason Crump
Justin Detter
Dave and Gail Devore
Polk and Kathy Dillon
Bob Dofner
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Roderick Dunlap
Dunlap Vision Center
Lisa Dunn
Dun Rite Professional Services
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Linda Engel
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J. Stephen Hoard, DDS
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Brian Ingold
Barbara Kean
Carl and Joann Kimrey

In your opinion, what is the most important work that Monarch does?

Monarch gives the best that can be given in helping each individual reach their own goals and living their lives to the fullest.

What can you share with others regarding your giving experience?

I cannot express how gratifying it is to see firsthand how your donation is put to work. Any gift is greatly appreciated and you can feel assured that the more resources the good people of Monarch have, the better the results for those in need will be.

What would you say to other Monarch friends who are considering supporting the organization through advocacy, volunteerism and /or financial support?

Any thing you can do in whatever capacity is going to be of benefit to the Monarch community. It is an outstanding organization. They just need our help to continue their work.

Whenever you are associated with the Monarch family, you recognize the goodness they possess and it is a wonderful feeling to know that you can help in some way.

As told to Adina Blake, development coordinator and database administrator at Monarch.

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BUTTERFLY CIRCLE, cont.

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Monarch gives families HOPE for a better future for their special needs children along with peace of mind knowing that their children will be well taken care of after they're gone, which to us is PRICELESS!

SUE AND DON HAINES,
New Bern



We are pleased to be a part of Monarch. As parents of one of your home's residents, we are confident that she is receiving good care and enjoying the activities in both the home and the day programs. The staff members are like good friends to our daughter – and to her parents.

BILL AND MARTHA COLLIER, *Whispering Pines*

DREAM MAKER CIRCLE

These Circle supporters are committed to underwriting the dreams of the people we support. Getting married, going on a vacation, or putting on a pilot's suit for a day is a dream come true for someone.

The Circle members recognize these dreams by contributing \$1,000 to \$2,499 annually to the Monarch Society.

- Lee and Mary Burt Allen
- Carroll Braun
- CCB, Inc.
- Davidson, Holland, Whitesell & Company, PLLC
- Enterprise Rendering

- Brian Go and Maya Zumwalt
- Kerr Cares for Kids Foundation
- Leeburt Properties, LLC
- Mary McLeod
- Shelly Morgan
- Philadelphia Insurance Companies
- Randolph Medical Pharmacy
- Trawick and Carol Stubbs
- Steven and Suzanne Surratt
- Time Warner Cable Business Class

STANLY CIRCLE

This Circle honors those who have provided sustaining leadership for Monarch throughout our existence. Much like our founders in Stanly County over 50 years ago, these Circle members exhibit unwavering

commitment by contributing between \$2,500 and \$4,999 annually to the Monarch Society.

- BB&T Insurance Services
- CNP Technologies, LLC
- CST Data
- Enterprise Fleet Management, Inc.
- Jarred and Nicole Gardner
- Gardner Skelton, PLLC
- Genoa, A QOL Healthcare Company
- Jordan Family of Companies
- J.T. Russell and Sons, Inc.
- The Echo Group
- United Way of Stanly County



In the short time our family has been connected to Monarch, the staff has shown caring and concern for both our loved one and the total family unit. They have been understanding of mental illness and its impact on the resident.

The facility, programs and compassion of the staff as well as the willingness to work with the residents far surpasses the other homes where our loved one has lived. The home itself, with private rooms, attempts to create a warm and caring environment.

DR. AND MRS. LARRY HAGLER,
Greenville, NC

FOUNDER'S CIRCLE

This Circle gives special acknowledgement to those who make a commitment to Monarch with a contribution of \$5,000 or more annually to the Monarch Society. This Circle gives parents, families, and community members the chance to express their full commitment to the mission and vision.

\$5,000 AND UP

Reba Aylward

\$7,500 AND UP

First Citizens Bank

GIFTS IN KIND

Contributions of goods or services

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- Chick-fil-A
- Mike and Crystal Cox
- Al and Betty Craven
- Lee Ann Davis
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- Fuller's Restaurant

- Golden Corral
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- Legacy Golf Links
- Little River Golf Resort
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- McNeill's Pottery
- John and Lori Meads
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- Mosaic Community Garden
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- Pepsi Bottling Group of Midland
- Don and Sonja Provencial
- Allen Ray
- Rebel Dogs Riding Club
- Richmond County Detective Department
- Richmond County DSS
- Rolling Sandhills Civitan Club
- Thomas and Mary Ann Roth
- Gayemell Shepherd
- Southern Pines Golf Club
- Subway
- Talamore Golf Resort
- The Country Club of Whispering Pines
- Whispering Woods Golf Club
- Zooland Civitan Club

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An illness should not determine a person's place in their community

www.MonarchNC.org



THANK YOU
NEW BERN!

We would like to thank sponsors and participants for their tremendous support and for Helping Dreams Take Flight.

Title

A simple act of caring creates an endless ripple!
- Reba

Silver



Hole Sponsors

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