



Reaching Dreams

A Monarch publication for the community,
family members and people we support.





Reaching Dreams

is the official agency publication for the community, family members, and people we support.

Our Mission

We are committed to supporting, educating, and empowering people with developmental and intellectual disabilities, mental illness, and substance abuse issues 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.

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March is Developmental Disabilities Awareness Month

For nearly a quarter of a century, The Arc and its network of 700+ chapters across the country have fostered respect and access for individuals with intellectual and developmental disabilities.

However, it's time more people became aware of the challenges faced by more than 7 million Americans as they strive to be fully included in society.

Here's what you can do:

- **Get involved.** Contact Monarch at 1.800.230.7525 to volunteer or donate. The Arc has 700+ chapters nationwide working on the front lines of grassroots advocacy efforts and providing the services and supports essential to people with I/DD and their families.
- **Speak out.** Since many people with disabilities rely on publicly funded services to fully participate in their communities, policy makers need to know you are concerned about continuing those services in the face of budget cuts. Contact your legislator today.
- **Speak up.** Talk to your employer or the businesses you frequent about their practices for recruiting and hiring people with I/DD. Many employers don't realize just how much an employee with I/DD can contribute to the workplace.
- **Spread the word.** Educate yourself about issues important to the I/DD community then tell the world what you found out. Use March as a great excuse to post your positive thoughts about the I/DD movement on your Facebook page or Twitter account.

Join us during March to help raise awareness. Contact Monarch or your local chapter of The Arc to find out more about what you can do today.

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Helping Dreams Take Flight



In November, Monarch expanded its service area to include Mecklenburg County, one of the state's most populated areas, when it was chosen to take over permanent housing for people with disabilities and other mental health services formerly provided by another agency.

This new responsibility increases to nearly 4,000 the number of children and adults living with intellectual and developmental disabilities, mental illness, and substance abuse issues across the state that are served by Monarch.

Due to these recent changes, Monarch now oversees Friendship Flight, a unique program that assists individuals who are transitioning from a recent discharge from a psychiatric hospital. The program is designed in phases to allow people to move to increasing levels of independent living.



Recovery Solutions is another transitional housing program that works in close collaboration with mental health court and other officials to decrease repeat offenders and help individuals manage behaviors that in the past led some to commit crimes. Both of these programs have been relocated from the Charlottetown Manor, a former Holiday Inn, to two area apartment complexes. This move was made to increase the potential for success for its participants while maintaining the 24-hour staffing and therapeutic components of the program.

Living in an apartment environment provides additional challenges to people who may be asked to prepare food and maintain a clean home in later phases. In the former hotel room location, participants were unable to practice these essential independent life skills. Monarch staff relocated the 44 program participants,

including furnishing the new apartments down to the spoons in the drawers and the sheets on the bed. Monarch is hopeful that these changes in the program will translate into more successful lives for its participants.

The participants in the evaluation and intensive treatment phases of the program reside at Shadowood Apartments while the latter phases live at Oak Park in Charlotte, N.C. In the initial phase, individuals are assessed in all areas of health, benefits to which they may be entitled are applied for and stabilization occurs. This phase may last up to 30 days. In the intensive treatment phase, individuals attend groups and one-on-one support sessions over the course of three to six months.

In the third and fourth stages of the program at Oak Park, residents begin to connect with their community through structured work opportunities and accessing community supports such as NA and AA. In the final phase, participants continue to gain independence and eventually graduate from the program.

In addition to these programs, Monarch is responsible for the management of four group homes, five apartment complexes, a walk in clinic, psychiatry services, targeted case management, and community support team.

The addition of services in Mecklenburg County capped a year that also included the February, 2010 addition of services in the Sandhills areas previously operated by the Mental Health Association (MHA) of North Carolina and the May, 2010 addition of support to 370 individuals formerly served by Pinetree Community Services.

For more information about Monarch's programs in these areas and how you can support them please visit our website at www.MonarchNC.org.

MONARCH ACTT

Assertive Community Treatment Team

Serious Mental Illness Requires Serious Help.

While some forms of mental illness can be managed with regularly scheduled appointments with professionals, other, more serious cases, require constant and comprehensive treatment. The Monarch Assertive Community Treatment Team, or ACTT, employs a team approach to help people who have been diagnosed with a Severe and Persistent Mental Illness (SPMI). Examples of SPMI include Schizophrenia, Bipolar Disorder, Psychotic Disorder, Delusional Disorder, and Major Depressive Disorder Severe. Other diagnoses which would make someone eligible for receiving ACTT services include substance abuse disorders, personality disorder, and/or mental health disorders.


Monarch ACTT works with individuals and their families (when appropriate) to determine the best course of treatment. Each Monarch ACTT is carefully selected for individuals with 24/7 availability and coverage; the option of home, work, or school visits; and a complete team of professionals possibly including a psychiatrist, mental health professional, case manager, social worker, employment specialist, and others.

ACTT has been proven as an effective form of treatment nationwide largely, in part, because of the ratio of one employee for every 10 individuals being served. The goal of ACTT is to prevent hospitalization and to find ways for individuals to use natural supports within their communities allowing for better quality of life and independence.



What is Monarch ACTT?

The Monarch Assertive Community Treatment Team, or ACTT, provides a comprehensive individualized treatment program for people who have been diagnosed with a severe and persistent mental illness. ACTT works with individuals and their families (when appropriate) to determine the best course of action to achieve a fulfilled and successful life in spite of mental illness.

 For more information about Monarch ACTT, please go to www.MonarchNC.org or call the referral line at 1-866-272-7826.



EMPLOYER SPOTLIGHT

For more information about Pro Pallet South, call 910-576-4902.

Pro Pallet is Putting Monarch to Work

Quite possibly the most refreshing aspect about Pro Pallet South and its working relationship with Monarch is that the owners don't really see it as a big deal. Lori Collare of Pro Pallet tells it like it is: "The truth is, these people really want to work. They show up on time, get the job done and really put forth the effort. We just need people who want to work."

Pro Pallet South has hired six Monarch individuals over the past three years.

It currently employ three Monarch-supported individuals. According to Lori, who is in charge of hiring for Pro Pallet South, "In our business, some people say they want to work, but then fail to show up or perform. With Monarch employees, we get many benefits: people who want to work, a job coach supporting them, and people committed to the job. Everyone has an opportunity. What they do with it is up to them."

Well, one person who has reveled in that opportunity is Mike Poplin. Mike, with the help of Employment Specialist Wade Plummer, has had a great experience working for Pro Pallet South. His hard work and determination have earned him a raise and a position created by Pro Pallet just for him. Mike is committed to Pro Pallet and appreciates the opportunity: "The job coach has helped me with some challenges of the job. The workplace understands my feelings and needs. They are nice people and fair"

Wade speaks positively about the working relationship saying, "Monarch works much like a placement agency with employers. Some matches work and others do not. Unlike some employers who won't give us a second chance if someone doesn't work out, the folks at Pro Pallet South are willing to try again and give someone else a chance. They treat each person as an individual and really appreciate the job coach support."

To learn more about Monarch Employment Opportunities please call 1-866-272-7826 or visit us online at www.MonarchNC.org.

THE MONARCH BEACH CLUB

ATTRACTS STATEWIDE ATTENTION

What started with a desire to provide an outlet for young adults with intellectual and developmental disabilities has grown into an award-winning outreach program.



Macchirole and The Beach Club members practice their musical talents at First Flight High School.

Under the direction of its creator, Renate Macchirole, the Beach Club has yielded statewide accolades while providing exciting opportunities for members. Participants interact in their communities, meet new friends, volunteer, and learn about the arts, gardening, and more.

Macchirole, a former special education teacher, came up with the idea of the Beach Club when she realized there was a need for organized educational and social activity for young adults with disabilities who had completed high school. With the help of an advisory group of families and community members, Renate was able to make the dream become a reality.

These individuals needed a comfortable place that provided a sense of belonging and trust. "Parents of a young man who was developmentally disabled approached me at a local event looking for activities for their son. But, I had nothing for them - everything out there was focused on school-aged kids or seniors. I empathized with their frustration. We were missing out on a huge segment of the population at the peak of their lives. It was then that I knew what I had to do," shares Macchirole.

In spite of many hurdles and setbacks, Macchirole found ways to get the Beach Club funded and housed, even if provisions were initially temporary. "I knew that if we could just get it started, the success of the Club would speak for itself," says Macchirole. Despite the financial

(continued on page 6)

■ Our Promise

At Monarch, we are inspired by the very people we support. Like them, we will always try harder, think bigger, and attempt new things. With each new day, comes new opportunity, new learning, and the promise of a better future. We promise to learn, grow, and find ways to embrace change and to constantly improve the way we do things. This is our promise to you and the people we support.



www.MonarchNC.org

Organic gardening, baking treats for local animal shelters, visiting the library, and learning about the arts and dance are just a few of the exciting Beach Club activities.

Macchirole celebrates with fellow member Caroline Parker who earned four medals in the US Special Olympics.

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burden due to her own personal outlay, Macchirole fought through the tough times to see her dreams realized in the form of a collective group of young people with developmental disabilities reaching out in their community and forming friendships that will last a lifetime.

Now, more than two years later, the Beach Club is thriving in Dare County and is supported by the community, various businesses, and educational groups. As a result of her efforts on behalf of the Beach Club, Macchirole was honored both by her employer, Monarch, and the Arc of North Carolina in 2010. She was presented with the 2010 Eula B. Cranford Professional of the Year Award for her contributions of "time, energy, and creativity which have improved the quality of life of the individuals she serves."

The Arc of North Carolina selected Macchirole from hundreds of submissions from around the state to receive the distinguished honor of 2010 Professional of the Year. According to The Arc, "[Macchirole] demonstrates sensitivity and provides outstanding support resulting in increased independence for people with developmental disabilities."

The Beach Club has also just been named as the winner of the North Carolina Council of Community Programs Annual Excellence Award in Partnership to Improve Services. Cindy Ehlers of East Carolina Behavioral Health shares her thoughts about the Beach Club and this prestigious award,

"Clearly, what has been accomplished in Dare county stands out as a program of excellence throughout the state of North Carolina."



Macchirole beams with her well-deserved award for the 2010 Professional of the Year.

Pictured left to right: Marcella Turonis, Macchirole's daughter; Renate Macchirole, award recipient; Tracy Warren, President of The Arc of NC; and Kirsten Turonis, Macchirole's granddaughter.



The Beach Club at the first annual Autism Walk.

To find out more about the Monarch Beach Club contact Renate Macchirole at 252.256.0347 or by email Renate.Macchirole@monarchnc.org.



It's Here! The New Brand Identity for The Arc Arrives!

In Stanly County, Monarch is a chapter of The Arc, an affiliate of The Arc of the US and The Arc of NC, so look for the new ARC logo on many of our publications.

The Arc is proud to unveil our new brand identity along with renewed energy and dedication to providing opportunities for people with intellectual and developmental disabilities (I/DD) and their families.

You'll find the new logo on our publications and along with it a comprehensive new brand identity which will serve to unite affiliated chapters across the country under the banner "Achieve With Us."

It is a movement to achieve even more in terms of participation, inclusion, acceptance and respect for people with I/DD in the years to come.

In the logo's design, you'll see the energy and determination The Arc brings to supporting and embracing people with I/DD and their families across their lifetimes and across many diagnoses.

With respect to our mission, the elements of the brand represent a strong, energetic organization working to provide opportunity for people with I/DD; opportunity for hope, opportunity for growth and opportunity for change.

Join us at our 3rd Annual Golf Tournament Friday, April 15



WHEN Friday, April 15
Registration 9 a.m.
Tee off at 1 p.m.

WHERE Tillery Tradition
Mt. Gilead, N.C.

WHY Proceeds raised will be used to directly support people who may be a victim of federal and state budget cuts and are in jeopardy of losing critical services.

TO PLAY Register online at www.MonarchNC.org or contact Jeanette Wilhelm at 704.983.2174 ext 234 or by email jeanette.wilhelm@monarch.org.

Budget Deficit Endangers Funding For Most Vulnerable

North Carolina is facing an enormous budget deficit this year—nearly \$3.7 billion.

As the governor, the House of Representatives and the Senate publish their proposed budgets, the possibility of funding cuts becomes more apparent. Tough times call for tough measures, but it is essential that your voice be heard to protect the people we serve and their families. Details are constantly changing so please sign up for our Action Alerts for the latest information.

Stay informed and make your voice heard.

SIGN UP
at www.MonarchNC.org to receive action alerts and the latest information.

BE INVOLVED
you can make a difference to secure the future for our critical services. Contact your local legislators to voice your opinions about upcoming cuts to funding.



PROJECT CUPID

Sends Smiles Across N.C.

Monarch spread love all over N.C. this Valentine's Day with its annual Project Cupid fundraiser.

From classrooms to businesses and homes, joy was shared by Monarch-supported individuals, staff and volunteers as they delivered Valentine's-themed gifts in a four-county area. The 16-year tradition in Stanly County expanded with new fundraisers in New Bern, Rockingham, and Asheboro.

The event was a big success with the delivery of nearly 1000 Project Cupid gifts, which included an adorable plush stuffed bear, chocolate candy, a delicious muffin, hot chocolate mix, and a personalized card. Orders even came from as far away as Texas!

What makes Project Cupid truly unique is that Monarch supported individuals are able to participate in a hands-on way. From preparing gifts to helping deliver them, they are a vital part of the entire process.



Monarch Community Coordinator Eileen Bress delivered her first gift to the YMCA where her neighbors Ed & Alma were at their exercise class.

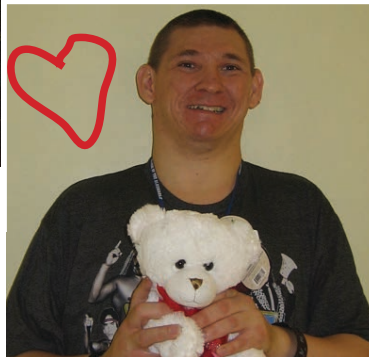


Shari from Monarch's Health Drive day program was a great help stuffing muffins into the Project Cupid gift bags.



Mary Smith, Dana Gibson, and Robin Duncan of CommunityONE Bank were delighted to receive their Project Cupid gifts at work.

LOVE



Thomas, a resident of the Vanceboro Group Home, was surprised by his gift during his college class on Valentine's Day.

THANKS

to everyone for making this year a huge success and for helping us to make others smile on this special day!



A Clean Start >>>

An innovative job-training program in Columbus County gives opportunities to learn vital skills.

Monarch's Columbus Industries is changing lives through its employment services program, and now, thanks to a recent grant, it is going to help even more people.

Columbus Industries operates an on-site car wash and detailing business that provides job training for individuals living with disabilities. The program is one of three Monarch projects to receive an American Recovery and Reinvestment Act (ARRA) grant from the Division of Vocational Rehabilitation this year.

Program manager Michael Lee developed the grant to enhance the services offered by the car wash so that more people could benefit from the program. It will also provide higher-skilled jobs for some employees with disabilities,

Program participants develop communication skills, the ability to follow directions, pride in a job well done, and other marketable traits that directly translate to job skills needed in other community employment opportunities.

For more information on these programs or if you are a business looking to partner with us on employment opportunities, please call 1-800-230-7525 or visit us online at www.MonarchNC.org.

Monarch offers a range of Employment Services options to individuals living with intellectual and developmental disabilities and mental illness. Among those resources are supported employment where Monarch teaches skills, prepares resumes and provides interview training. Monarch also offers training with an emphasis on communication skills, responsibility, attire, attendance and other useful workplace skills.

Authors' Successes are Truly Inspiring

Monarch-supported individuals Selina Hailey and LaShawanda Ivey are newly-published writers

Not one, but two residents at Monarch's Alleghany Apartments have become authors this year.

LaShawnda Ivey drew upon her own life experiences to pen her memoir. Called "From Childhood to Adulthood - Memories of My Life," the book shares her experiences growing up as a person with disabilities, including moments of tragedy and love. "I hope to inspire others who read this book," said Ivey.

Selina Hailey's book, "I Don't Measure Up," is a fictional work about weight and self-esteem issues. She tells the story of a girl growing up in a family of supermodels, but not quite fitting the traditional definition of beauty. The book follows her journey to self-acceptance.

"We are so very proud of Selina and LaShawanda for achieving these accomplishments," said Peggy Terhune, CEO of Monarch. "When I read Selina's book, it brought new meaning to the issues people with disabilities face who are trying to gain acceptance."



MONARCH FINANCIAL STATEMENT 2009-2010

Statement of Financial Position Year Ended June 30, 2010

ASSETS

Current Assets	
Cash and Cash Equivalents	1,680,016
Residents' Cash	206,924
Accounts Receivable, Net of Allowance for Doubtful Accounts	4,236,725
Inventory	7,608
Prepaid Expense	165,606
Total Current Assets	6,296,879

Property and Equipment	
Land and Land Improvements	159,868
Buildings and Improvements	3,549,851
Equipment	2,075,533
Furniture and Fixtures	214,950
Vehicles	2,209,553
Less Accumulated Depreciation	(4,718,790)
Net Property and Equipment	3,490,965

Investments	1,127,520
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TOTAL ASSETS	10,915,364
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LIABILITIES AND NET ASSETS

Current Liabilities	
Current Installments of Long-Term debt	168,772
Accounts Payable and Accrued Expenses	2,703,610
Residents' Cash Liability	206,924
Deferred Revenue	3,946
Total Current Liabilities	3,083,252

Long-Term Debt	1,210,279
Total Liabilities	4,293,531

Net Assets	
Unrestricted	6,437,765
Temporarily Restricted	184,068
Total Net Assets	6,621,833

TOTAL LIABILITIES AND NET ASSETS	10,915,364
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MONARCH FINANCIAL STATEMENT 2009-2010

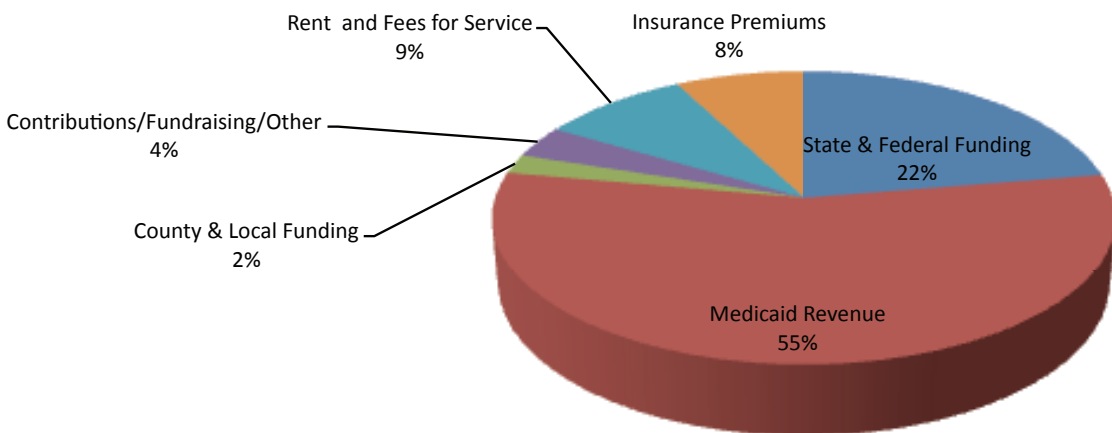


Statement of Operations Net Assets Year Ended June 30, 2010

REVENUE

State and Federal Funding	10,127,677
Medicaid Revenue	25,060,344
County and Local Funding	950,930
Contributions/Fundraising/Other	1,586,582
Rent and Fees for Service	4,003,583
Insurance Premiums	3,471,609
TOTAL REVENUE	45,200,725

REVENUE



**Statement of Operations Net Assets
Year Ended June 30, 2010**

EXPENSE

Personnel Services	31,826,163
Supplies and Materials	1,826,048
Current Obligations	2,554,114
Fixed Charges and Other Expense	3,407,893
Contract Services	1,914,942
Insurance - Medical Claims	2,927,995

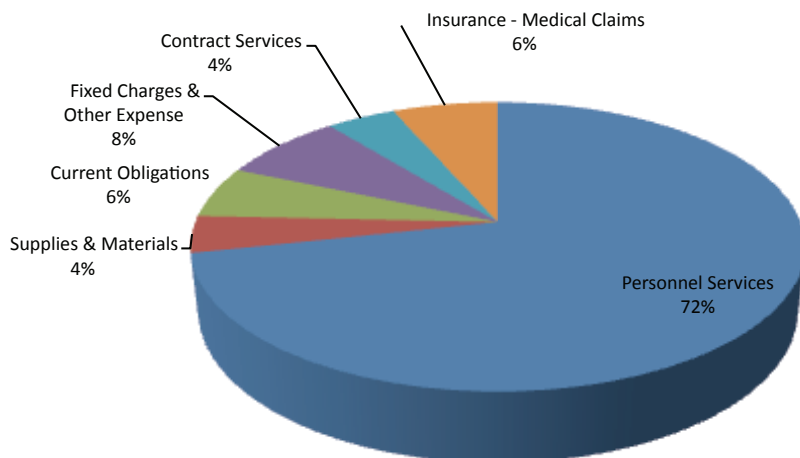
TOTAL EXPENSE **44,457,156**

BEGINNING NET ASSETS 5,878,264

NET SURPLUS/(DEFICIT) 743,569

ENDING NET ASSETS 6,621,833

EXPENSE



Monarch means helping the people we support reach their goals in life. It means creating opportunities for people to live on their own one day and do for themselves. It's about helping people when they are about to give up and giving them courage, hope, and confidence.

– Lisa Harris

THANK YOU FOR YOUR SUPPORT

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 Mr. Robert Sager
 Ms. Ellen Salazar
 Sandhills Center LME
 Sandhills Office Systems
 Ms. Martha Satterfield
 Sandy Scarborough
 Schlotzsky's Deli
 Mr. and Mrs. Mike Schoolcraft
 Sea Glass Cafe and Bakery
 Second Street Gallery
 Second Street Presbyterian Church
 Seven Oaks Doors and Hardware, Inc.
 Mr. Brian Shaff
 Ms. Myrtle Shaff
 Ms. Ruth Sharples
 Ms. Christy Shaver
 Mr. and Mrs. Lee Shaver
 Shelton Insurance Center, Inc.
 Ms. Annie Sherrill
 Ms. Johnsie Sides
 Ms. Marjorie Silvernail
 Mr. Maurice Simmons
 Ms. Margaret Simpson
 Mr. and Mrs. Doug Singleton
 SKM Investments, Inc.
 Ms. Cammie Smith
 Ms. Carolyn Smith
 Mr. Dean Smith
 Ms. Ollie Smith
 Ms. Ruth Smith
 Ms. Serenity Smith
 Mr. and Mrs. Michael Smithson
 Ms. Nancy Smoak
 Jamie Soluri
 South Central Oil
 Southern Pharmacy Services
 Ms. Anna Speaks

Ms. Amy Speer
 Mr. and Mrs. Brett Speight
 Mr. and Mrs. Denny St. Clair
 Ms. Sally St. John
 St. Joseph's Ladies Guild
 Staley Electric, Inc.
 Dr. Theodore Stamatako
 Standard Office Equipment
 Stanly Interiors
 Stanly Regional Medical Center
 Mr. and Mrs. Garland Staples
 Starnes Jewelers
 Ms. Sandra Stickle
 Mr. Robert Stockdale
 Ms. Dana Story
 Mr. and Mrs. Douglas Stover
 Mr. David Stroud
 Ms. Ann Cara Summers
 Mr. and Mrs. Benny Sutton
 Jean Sutton
 Martha Sutton
 Ta Dah Dance Academy
 Mr. Gary Talbert
 Ms. Jean Taylor
 Mr. Robert and Dr. Peggy Terhune
 Ms. Anita Terry
 Ms. Brenda Thacker
 The Accidental Artist
 The Eagle's Nest
 The Pilot Club of Asheboro
 The Plant Farm
 The Sun Shack Tanning Salon
 The Tillery Tradition
 The Tyrrellinean Club
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 Ms. Wanda Thomas
 Ms. Jean Thompson
 Mr. and Mrs. Robert Thornton
 Ms. Shirley Tindal
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 Ms. Gail Treadaway
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 Mr. and Mrs. Charles Usher
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 Uwharrie Homes
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 Ms. Deborah Whiting
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 Ms. Shirley Wilcox
 Ms. Jeanette Wilhelm
 Ms. Sue Wilkes
 Mr. and Mrs. Herbert Willetts
 Mr. William Williams
 Ms. Wendi Willoughby
 Mr. and Mrs. Tom Yost
 Marty Young
 Ms. Teresa Young
 Ms. Sheryl Zerbe



EVERYBODY DREAMS

OUR **NEEDS** LIST

- Computers for group homes (new or refurbished)
- Playground equipment
- Gift cards: grocery stores, gas cards, home improvement stores
- Couches or loveseats
- Paper products: toilet paper, paper towels, napkins
- Toiletries: deodorant, shampoo, conditioner, shaving cream, toothbrushes, toothpaste
- Gift cards for entertainment: movies, bowling, restaurants
- Bedding, linens, sheets, pillows

To **DONATE** please contact

Jackie McGowen at **704.986.1500.**