

Summer2010



Reaching Dreams

A Publication of Monarch



Photo by Chris McGinn

Billy Marzano, Monarch Beach Club member, and Lakota, from Healing Horses, a nonprofit rescue and rehabilitation organization, bond on Billy's recent visit to the farm.


Monarch
Helping Dreams Take Flight
an affiliated chapter of The Arc

Reaching Dreams

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

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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Dr. Peggy S. Terhune, PhD

Welcome to the summer edition of **Reaching Dreams!**

Dear families, friends, and people we support,

As this issue goes to press, I am deeply concerned for the people across North Carolina whose health and well being is directly tied to the Federal Medical Assistance Percentage (FMAP). North Carolina has just started the 2011 fiscal year and for individuals with mental illness, developmental disabilities, and substance abuse issues – the outlook is grim. Congress has failed to pass an extension of the increase in FMAP reducing funding in North Carolina by \$50 BILLION. This cut will directly impact people in programs such as home and community based services, supported employment, dental care, mental health, and even basic health care.

There is no time to waste. Your representative needs to hear from you today. Our elected officials can only make decisions based on the information they have. They hear from professionals and researchers, but none of those people can share your story the way you can. Our senators and representatives tell me that it makes a huge difference in their thinking when you call or email them.

You can find out your national legislators, by going to www.thearc.org. Scroll down to the bottom of the page and click on “Federal Action Center”. Put in your zipcode to locate the elected officials in your area.

It is imperative that they hear from you. I also ask that you call our national elected officials.

“I am calling to urge Senator _____ to do everything possible to ensure that a Medicaid FMAP extension is passed. People with disabilities depend on Medicaid for their very survival. Without an extension of the Medicaid FMAP increase, we will lose vital services.” (sample, you may personalize)

I am pleased to report that Monarch continues to be strong and stable, in spite of the many organizations that are closing every week. Our strength lies with our partnership between our excellent staff and people we support, families, communities, and you. Our goal is to use our resources in the most effective and efficient way to help people reach their dreams. We could not do it without you! Thank you for your ongoing support!

Peggy S. Terhune, PhD
Monarch CEO

 MonarchNC

 **CAUSE** page:
Support Monarch of North Carolina

 **CHANNEL:** monarchncorg

Monarch Expands Reach

SEVERE BUDGET CUTS BY NORTH CAROLINA LEGISLATURE AND NEW STRICTER REGULATORY MINIMUMS HAVE PUT OUR MOST VULNERABLE CITIZENS AT RISK OF LOSING ALL OR SOME OF THEIR SUPPORT.

Providers across North Carolina are struggling to stay afloat while others have opted to find alternative providers to take on their cases in order to provide the best possible situation for the individuals at risk.

Fortunately, Monarch has managed to stay strong and is taking on additional service areas and programs to prevent anyone from losing support for even a brief period of time.

In February of this year, Monarch was selected to operate a number of services and locations in the Sandhills area previously operated by the Mental Health Association (MHA) of North Carolina. The Sandhills Region includes the following counties: Anson, Montgomery, Moore, Randolph, Lee, Harnett, Richmond, and Hoke.

The MHA services that now fall under the care and management of Monarch include: four Psychosocial Rehabilitation Programs, four Group Homes for people living with severe mental illness, and two apartment complexes for individuals living with mental illness, but who are capable of living independently.



In May of 2010, Pinetree Community Services chose Monarch to provide support to more than 370 individuals in the following counties: Moore, Hoke, Richmond, Anson, Lee, Montgomery, and Cumberland.

Monarch will be specifically responsible for the operation and management of the following areas formerly under Pinetree management:

Behavioral Health

- Intensive In-Home Services
- Community Support Team
- Mental Health Case Management

Residential Living

- Nine Group Homes
(for individuals with intellectual or developmental disabilities)
- Community Based (CAP-MR/DD) Services

Work Placement

- Vocational Day Center
- Employment Services *(including vocational rehabilitation)*
- CAP Supported Employment

Monarch executives worked closely with MHA's and Pinetree's board and leadership teams to ensure that the people supported experience a smooth transition with no lapse in support or familiar faces.

For more specific information on the Mental Health Association or Pinetree Community Services transition, please go to monarchnc.org.

the Monarch Beach Club



Before we get ahead of ourselves, we should probably clear something up. Monarch has not opened a private beach club facility with striped umbrellas and tiki huts. Although, membership is rather exclusive. The foremost requirement of young people interested in joining the Beach Club? A desire to get involved and give back to their community. And, of course, they must be willing to have fun!

The Monarch Beach Club is comprised of young adults with developmental disabilities living in Dare and Currituck Counties. The Beach Club provides opportunities for members to interact in their communities, meet new friends, volunteer, and to learn about the arts, cooking, gardening, and more.

The Club is a collaborative effort of Monarch staff, community partners, and Club members who work together to create interesting events, outings, activities, and projects.

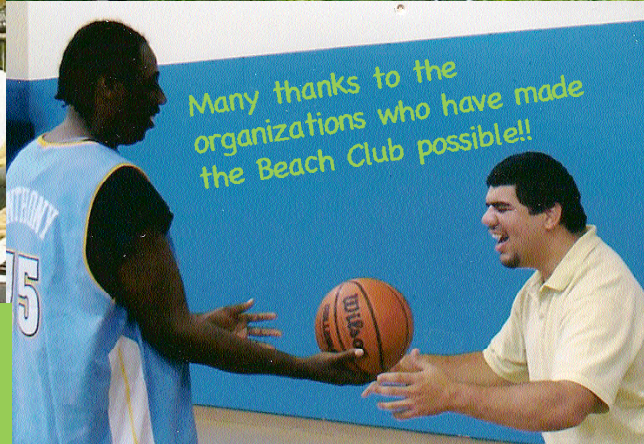
So how did they get the name Beach Club? Because of their location so close to the beautiful Carolina coast, many of the Club's activities involve going to the shore.

Possibly the most inspiring part about the Beach Club is the activist spirit of the group. Members enjoy caring for animals at shelters, organizing food and clothing drives, and participating in fundraising and awareness walks and activities for nonprofits. This past April, the Beach Club even issued a challenge to their local community to join them in the Walk for Autism to make it the biggest walk ever in their community. While the two-mile trek was challenging for some Club members, they worked together to help each other along and complete the course as a team. The walk was a success!

“The Beach Club is a brand new concept. We have so much planned and to look forward to in the years to come.”
-Renate Macchirole, Beach Club Director

Renate Macchirole, Beach Club Program Director at Monarch, is excited about the success of the Beach Club. “The Beach Club is a brand new concept. We have so much planned and to look forward to in the years to come. The Club Members are really paving the way for the future of the Club and for many more individuals to enjoy this wonderful experience.”

Organizations or individuals in the Dare and Currituck County area interested in teaching classes, sharing talents, hosting Club members for an activity, or working with the Club in any capacity, please call Renate Macchirole at 252.256.0347 or email renate.macchirole@monarchnc.org.



Beach Club FUN!

Project Cupid may be Coming Your Way

For more than 15 years, residents of Stanly County have enjoyed a special Valentine Tradition – Monarch’s Project Cupid.

With just a small donation, people can send a special gift to a friend or loved one and provide much needed support to the people at Monarch.

The Monarch Project Cupid team assembles the packages which include a stuffed bear, chocolate, tasty muffin, hot cocoa mix, and a personalized card.

The team, made up of Monarch support staff and the people they support, work hard at making sure that each package is handled with care.

This program provides a chance for people supported by Monarch to contribute their time and skills toward fundraising for the organization.



Project Cupid is a constructive and enjoyable way for people supported by Monarch to help themselves. Packages are personally delivered by Monarch volunteers and staff with a smile.

The success of the Stanly County Project has spurred interest in other Monarch communities across North Carolina where plans are being made to expand the program next year.

Interested in having Project Cupid come to your area? Contact Eileen Bress at 252.634.1715 x 305 or email at eileen.bress@monarchnc.org.

Rollout of new markets will be based, in part, on interest level and feasibility in that community.

Monarch Spreads the Word to End the Word

respect



Students sign up online to pledge to stop the use of the R word.

YOUNG PEOPLE ACROSS AMERICA HAVE LAUNCHED AN INTERNATIONAL EFFORT TO ENCOURAGE PEOPLE TO CURB THEIR USE OF THE WORD "RETARDED" OR "RETARD."

The campaign was created in partnership with the Special Olympics, Best Buddies, and individuals and families with and without disabilities.

The ultimate goal is not censorship, but rather to make the use of the word unpopular, uncool, and offensive to everyone, not just those with disabilities.

With more than 200 million people in the world with disabilities, not to mention mothers, fathers, brothers, sisters, and friends of all those people – the R-word has the power to hurt millions upon millions of people. People worldwide are pledging to refrain from this hurtful language which frames how we think about others.

ADVOCATES WITH DISABILITIES SPEAK FOR THEMSELVES ABOUT THE PAINFUL SIGNALING OF THE R-WORD.

People supported by Monarch set up tables, brought literature, and reached out to students at East Carolina University and Craven Community College. They came by bus, wheelchair, and with the help of their support staff to put a face to the people behind the R-word campaign.

They spoke to students, laughed with them, and asked them to sign a pledge promising to help end the use of the R-word. These individuals with

intellectual and developmental disabilities spoke on their own behalf and expressed their own views. They didn't ask for money, specific items, or even much of anyone's time.

They asked for something we are all entitled to--RESPECT.

Joanne Vincent, a resident at Monarch's Hoke Street home, was excited about her day on the Craven campus. "It was awesome! I really enjoyed doing this and explaining to people who don't understand."

The Monarch groups were well received at the schools with many students visiting the table and signing the pledge at www.r-word.org.

Just some of the pledges from the **Spread the Word to End the Word** official site: www.r-word.org

As a young adult with learning disabilities I challenge my friends to not use the r-word in the way that they talk every day. They are not allowed to use this word around me at all. As a volunteer and coach of Special Olympics I am proud to be a part of this.

– Opal, Denham Springs, LA

Handicapped people are not retarded to me, they are handicapable. My friend's brother has Down Syndrome and he is one of my best friends. Stop the usage of the r-word by telling people what it means and that it is not all right to use it, EVER!!!!

– Jamie, OH

I only wish I had an ounce of the courage my son has. Every day he smiles. He goes to school with a full awareness that he will face adversity; he will be teased, chosen last, bullied; and yet he still smiles. That kind of courage deserves respect.

– Nicole, Cincinnati, OH

I work every day helping people with disabilities live complete independent lives. They are the hardest working, kindest people that I have known and I would fight to the death for their rights.

– Beth, Newport, MN

For my sister Katie, who is my hero and best friend, and has Down Syndrome, I pledge and support the elimination of the derogatory use of the r-word from everyday speech and promote the acceptance and inclusion of people with intellectual disabilities.

– Elizabeth, Charleston, SC

If you would like to have the R-word campaign at your school, please contact Eileen Bress at 252.634.1715 x 305 or email at eileen.bress@monarchnc.org.



Monarch staff and supported individuals Jessica Bulpett and Melissa Bulpett attended the event to raise awareness and voice their opinions.

Make **your** pledge

Spread the Word to End the Word
official site:

www.r-word.org

For more information about the
Spread the Word campaign,
check out these sites:

www.bestbuddies.org

www.specialolympics.org

The words “Mentally Retarded” changed my life...

Excerpts from an interview with Jeanette Wilhelm

Almost 22 years ago, the word “retarded” took on a whole new meaning to me. I heard it in the voice of my son’s doctor when he delivered the news to my husband and me that our only child, our baby boy, was mentally retarded.

I remember every single detail of that moment like it was yesterday, like a shock to my system with a memory cast from stone.

My life has never been the same. I went from a career woman, wife, and young mother, to an advocate who had to fight daily for my son to go to preschool, get support services, have a play date in the neighborhood, and to be seen as something other than a hindrance, a liability, or a burden.

My husband and I moved our family to Monarch headquarters and my passion became my profession. The support service network was far from what it is today and needed a lot of work. It has grown as a result of mothers and fathers who demanded more and fought for their children. Services and opportunities will continue to expand as long as I live and breathe.

As Matt grew, the challenges we faced as a family grew with him. Matt became ill with meningitis on the day I learned I was pregnant with my daughter, my second child. He became terribly sick to the point that we thought we might lose him forever. He survived, but the illness left him worse off with severe brain damage which would greatly alter our plans for the future.

Because when people use the R-word, it cuts me, my husband, and Matt’s 13 year-old sister, like a knife.

I went into a deep depression. I had always been adamant about caring for Matt myself, in our home. But, the illness changed his personality and greatly lessened his abilities. He became a danger to himself and our family.

One day, while I was preparing dinner, 9-year-old Matt ran through the kitchen and grabbed a pot of boiling water off the stove. The scalding water removed a large part of skin from his face and neck.

My husband and I were then forced to make the hardest decision of our lives. It was time for Matt to move into a group home. The transition was much harder for my husband and me than it was for Matt.

Today Matt is very happy and doing well in his Monarch group home. He has friends, enjoys the company of his support staff and even has a job. I can honestly say that giving Matt the chance to live in a Monarch home was the best thing we could have done for him, despite how hard it was for me to admit that his mother was not his best caregiver any longer.

My reason for sharing pieces of my life like my depression and the trauma of Matt’s accident? Because when people use the R-word, it cuts me, my husband, and Matt’s 13 year-old sister, like a knife. It is a diagnosis that has defined my life and made me the person I am today. Despite the hardship and challenges I have faced, I have also had great joy, success, and happiness and Matt is a big part of all of that. Please do what you can to encourage others to stop using the r-word in an abusive manner. *From the bottom of my heart, I thank you.*



Taking prescription drugs for anxiety, insomnia, or depression? Read this . . .

Doctors often treat anxiety, insomnia, or depression with a category of prescription drugs known as benzodiazepines (benzos).

For anxiety or insomnia, benzos only should be taken occasionally and for brief periods of time. Benzos are effective at jumpstarting the treatment of anxiety and depression when antidepressants – the long-term therapy for anxiety – take a longer time to begin working.

Benzos contain a substance called GABA, which is similar to the “calming chemicals” naturally released by the brain. When benzos are taken every day over a long period of time, it is possible to develop a dependency.

Because the benzos’ “calming chemical” keeps coming with little effort on behalf of the brain, the brain is tricked into thinking that it no longer needs to produce the “calm chemicals” on its own. As a result, the brain slows that function down.

Because of this slow down, the person needs increased doses of benzos to maintain calmness. This cycle continues as the brain transfers responsibility to the medication.

As with any tolerance-building drug, withdrawal will occur when the amount of benzos in the system are reduced. To stop using benzos, the transfer of responsibility needs to move slowly away from the benzos and back to the brain over time. While this occurs, the person may experience anxiety, panic, sleeping problems, irritability, muscle spasms, and other variable symptoms.

Coming off of benzos is not a comfortable or pleasant experience. Supportive therapy, stress reduction techniques, exercise, and healthy nutrition are great ways for someone to regain his freedom while minimizing the use of benzos.

Improved cognition and memory will likely occur as well as the comfort in knowing that the person is no longer dependent on a drug for well-being.

Dr. Shahla Bagheri is the Medical Director for Monarch. She is a practicing psychiatrist with many years of experience. If you have questions or would like to contact her, she can be reached at 704.986.1500.

Examples of Benzodiazepines

Xanax
Ativan
Valium
Klonopin
Librium
Serax
Dalmane
Restoril

Not sure if your medication is a Benzodiazepine? Check with your doctor.



Governor Perdue Recognizes Monarch Volunteers

In 2009, participants in Monarch's day activity programs and residents in Monarch homes in the New Bern area contributed more than 3,500 hours of volunteer service to numerous organizations. Individuals from day activity programs at Monarch Health Drive and Monarch Arlington, as well as residents of Monarch's Hoke Street, New Foundations, Azalea Gardens, and Dogwood homes and apartments were presented with certificates of appreciation from Governor Perdue at a ceremony this past April.



"Volunteering is a great inclusion opportunity and dispels the myth that folks with disabilities are takers. Congratulations to our volunteers. They really earned this recognition."

- Jim Kelley, COO
Monarch's Central & West Division

Star Catchers Perform for Governor Perdue

The Star Catchers, are a multitalented group of individuals who are making their dreams a reality as they continue to book appearances through the end of 2011, and included a special performance for the Governor on July 4th.

The group evolved out of the arts-based arm of the compensatory education program of Forsyth Tech and is a partnership between Forsyth Tech and Monarch's Stokes Opportunity Center.

They have performed in plays, singing groups, karaoke performances, drumming ensembles, hand bell groups, mandolin performances, and more.

Recently the Star Catchers played at the LEAF festival in Black Mountain, at state-wide college conferences in Durham and Cary, and at schools, churches, community events, and for civic groups.



To learn more about the Star Catchers or inquire about availability, please contact Peggy Terhune at 704.986.1500 or peggy.terhune@monarchnc.org.

Needs List



- Computers for group homes (new or refurbished)
- Playground equipment
- Giftcards: grocery stores, gas cards, home improvement stores
- Couches or loveseats for group homes
- Paper products: toilet paper, paper towels, napkins

- Toiletries: men/women's deodorant, shampoo, conditioner, shaving cream, toothbrushes
- Gift cards for entertainment: movies, bowling, restaurants
- Bedding, linens, sheets, pillows

To donate please contact Jackie McGowen at 704.986.1500.



Zach Commander Travels to Morocco for Special Olympics Global Congress

WHEN ZACK COMMANDER ANSWERED HIS CELL PHONE ON HIS WAY HOME FROM WORK, HE NEVER ANTICIPATED THAT IT WOULD BE KEITH FISHBURNE – THE HEAD OF THE SPECIAL OLYMPICS IN NORTH CAROLINA CALLING.

Nor did he expect the thrilling news Keith had for him. “He told me I was going to Africa. I couldn’t believe it. My heart was beating so fast that I had to pull the car over. I felt like a little kid.”

Zack’s excitement only intensified when he learned that he had been selected to attend the Special Olympics Global Congress and that the event would be hosted by His Majesty King Mohammed VI of Morocco.

With only 17 individuals chosen as Special Olympics Athlete Global Messengers from all over the US, Zack’s news was not only a tremendous surprise, but a prestigious honor. Having never traveled outside of the United States, Zack had a lot of work to prepare for the trip – including getting his first passport (which he hopes to have the chance to use again very soon).

Aside from the airport security confiscating Zack’s sunscreen and shower supplies and a bit of jet lag, he thoroughly enjoyed the trip. “The flight was amazing. We flew from Raleigh to NYC and then on to Casablanca – the actual place the movie is named for! From there we flew on to Marrakesh, Morocco. The traffic there is amazing. No stop lights, horse carriages everywhere mixed with cars, mopeds, bicycles...they even had wild camels on the side of the road!”



Zach arrives in Morocco.



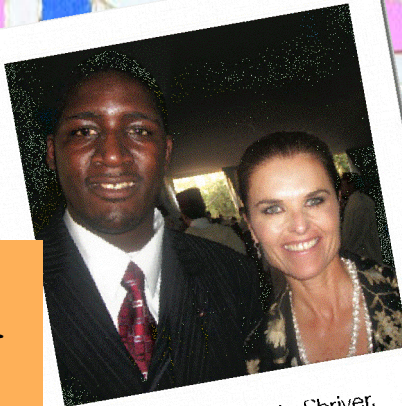
Zach with (on right) Loretta Claiborne, motivational speaker and subject of the movie “The Loretta Claiborne Story”, as well as fellow Special Olympics athlete Tris Torres (on left).

“The people were so nice. Great hospitality. They treated me like a king.” Zack attended two formal dinners and spent time in the company of the royal family of Morocco, Maria Shriver and her brother Tim Shriver – the CEO of the Special Olympics, and worldwide Special Olympics leaders. Attendees dressed for the occasion which, according to Zack, felt much like a “red carpet event.” The chefs took great pride in preparing delicious meals for the attendees including plenty of rice, and “thick and juicy meat.” Zack’s favorite was the “incredible ice cream which looked like a dome.”

While there was much excitement and grandeur surrounding the event, Zack and nearly 600 key stakeholders invited to Morocco had a great deal of work to do in a short window of time. The goal of the Global Congress was to gather the best representatives from around the world to

ZACK'S NOTES

- Get families more involved.
- Recruit more volunteers.
- Need more mentors/buddies.



Zach meets Maria Shriver.



Zach and chaperones for Global Congress.

participate in working sessions focused on the future and growth plans for the Special Olympics worldwide. The event ran from June 6-10, 2010.

For Zack, Sports Day was by far the best part of the week. "My favorite sport is soccer (futbd). I hadn't played since '95. I actually got to play a game with a bunch of guys from El Salvador. I made an assist and celebrated with the team. We jumped into a big pile and I punched my fist into the air. It felt like the World Cup Games."

In returning to the States, Zack acknowledged that the trip has had a tremendous impact on his perspective of his life in the US and how good we have things.

"Morocco is a poor country. They don't take anything for granted. I am happy to be home. I especially missed the food."

For the future of the Special Olympics, Zack has a challenge to North Carolina residents: "We as athletes, volunteers, and families, need to come together as a whole and be unified in our efforts to make the Special Olympics movement greater and stronger. This is going to take everyone's help."

"I especially need to thank everyone at Monarch for their support, especially Wanda Spence. Thanks also to all of the athletes in North Carolina and to my Special Olympics escorts, Sherry Paul of High Point and Ron Hendrick of Boone. "

Monarch Awarded Full CABHA Certification

This past June, Monarch Behavioral Health successfully passed all phases of the Critical Access Behavioral Health Agency (CABHA) process to become one of the first few agencies recognized by the state of North Carolina. CABHA status indicates Monarch as a highly functioning organization with appropriate clinical and medical oversight.

CABHA is a new designation for North Carolina providers of community based mental health services who demonstrate the highest standards in the field. CABHA certification involves a thorough analysis including desk review, verification that the organization is in good standing, site verification, and panel interviews.

Peggy Terhune, CEO of Monarch describes the rigorous CABHA review, "We were required to demonstrate our exceptional quality assurance processes and data, as well as undergo significant scrutiny for our behavioral health staff, procedures, and processes. We demonstrated our teamwork, knowledge, and culture of using evidence based practices in person-centered ways. We are honored to have achieved CABHA certification."



350 Pee Dee Avenue
Albemarle, NC 28001

SAVE THE DATE

3rd Annual
Dreams Take Flight Golf Tournament
Friday, April 15, 2011

TO VOLUNTEER, TO DONATE,
TO SHARE YOUR STORY,
OR TO GET MORE INFO
ABOUT MONARCH:

PLEASE CONTACT: PEGGY TERHUNE
AT 704.986.1500 OR BY EMAIL AT
PEGGY.TERHUNE@MONARCHNC.ORG.

Monarch Friends Have Fun and Raise Funds at Golf Tournament

More than 100 friends joined together on Friday, April 15th for the 2nd annual Dreams Take Flight Golf Tournament and silent auction fundraiser held at Tillery Tradition Country Club in Mt. Gilead. Many thanks to our lead sponsor - First Citizens Bank - and our many other generous sponsors, participants, and contributors.

SAVE THE DATE

2011 Dreams Take Flight Golf Tournament
Friday, April 15th!



SHAPE YOUR STORY!

With each issue of *Reaching Dreams*, we like to share stories of good Monarch news across the state. For upcoming issues, we invite you to submit your personal Monarch story.

Tell us how Monarch has helped you or someone you know to live independently, beat an addiction, or manage through tough times. Your stories will inspire others and provide Monarch staff with positive feedback to continue HELPING DREAMS TAKE FLIGHT.

Please email your submission to Eileen Bress or mail to eileen.bress@monarchnc.org.

Submissions may be edited for publication and may also be used for other Monarch materials. Names can be changed for privacy considerations. Monarch will contact the sender prior to publication to confirm usage.