



July 2014

HEADLINES

The Summer Blues can make some “SAD”



Monarch psychiatrist shares way to cope with summer depression

Summer is here – and is a welcomed season for most. The days are longer, the kids are out of school, and opportunities for rest and vacation abound. But for some, summer can trigger an onset of depression, or seasonal affective disorder (SAD), making fun in the sun difficult.

“We’re mammals, we have circadian rhythms, and when they get altered by longer summer days, heat and humidity can make us depressed,” said Monarch psychiatrist Dr. Kumbaiah Murthy.

While most people think SAD occurs only during the winter months, people with summer seasonal depression may be more at risk for suicide than cold-weather SAD, according to Dr. Norman Rosenthal, a clinical professor of psychiatry at Georgetown University Medical School, who helped discover the disorder.

Rosenthal’s research also revealed that between 4 -6 percent of people in the United States suffer from SAD. While summer-onset depression is thought to affect around 1 percent of the population, the change in seasons, longer days, and the heat of summer also adversely affects many people causing anxiety and restlessness.

Typically, those suffering from summer SAD sleep less, eat less, lose weight, and can be extremely irritable and agitated. Often they are anxious and troubled by the change in schedule and season, and feel overwhelmed.

Dr. Murthy said that during summer our routines tend to go out the window which also can trigger feelings of depression or aimlessness.

“Routine is key in combatting a recurrence of depression episodes,” he said.

Murthy added that in order for humans to be healthy, they need to focus on the physical, mental, social and spiritual components of the body- if these four categories are cared for depression and anxiety can be managed.

He mentioned meditation as a way to mentally focus, as well as getting involved in church or community groups for social and spiritual support. One point Dr. Murthy stressed the most was physical health, citing physical fitness as a must in our weekly routines.

Murthy said movement and physical activity can help people move forward in changing habits and routines in other areas of life. If the summer

heat is too intense, find different times to exercise. He suggested exercising early in the morning or as the sun is setting in the evening.

Typically summer SAD shows up as agitation, rather than sluggishness found in those suffering from winter SAD. For those who feel too anxious to eat, sleep or follow usual routines, you may want to talk to your doctor about SAD.

Below is a link to a few more tips to combat the summer blues:

- [12 Mental Tricks to Turn It Around](#)

iPads allow students with challenges to play in high school band



NPR recently did a story on how iPads are allowing special needs students to play in their high school band and transforming their education experience.

Through the support from various technology grants and individual contributions, Monarch is also implementing iPad technology in group homes and behavioral health offices across the state. This technology helps people we support with communication, skill-building, and connection with family and friends.

Technology support has come from The Outer Banks Community Foundation, the Harold H. Bate Foundation, and the Craven County Community Foundation. In addition, the Kerr Cares for Kids Foundation, the Enterprise Holdings Foundation, and Staples have contributed to the purchase of iPad technology for 13 Monarch locations.

[Click here](#) to read the entire NPR story.

Your help is needed for important research study



There are two studies currently being conducted involving research on adults with intellectual and developmental disabilities and ways to improve their lives. Please take a look and share, the more people who participate, the more we can better serve those we support.

Participants Needed for New Health Study

The Arc of the United States has partnered with the University of Illinois at Chicago's Rehabilitation Research and Training Center (RRTC) on Developmental Disabilities and Health. This project, which is led by Drs. Kelly Hsieh and Sandra Magaña, aims to engage adults (aged 18 and older) with intellectual and developmental disabilities (I/DD) and their families, caregivers, or workers – especially those from diverse backgrounds – to participate

in a five-year study on health behaviors by completing a series of written surveys. Recruitment of study participants has begun.

Organizations around the country are encouraged to share this opportunity with people supported and their families, as this is an important study. The more people who participate, the more we may ultimately know about the health behaviors of people with I/DD. Visit www.rtcdd.org and click on the LHIDDS logo or call Sumithra Murthy at the University of Illinois at Chicago, (312) 355-1396 to register or to find out more about this study.

Project ETHICS survey

Project ETHICS wants to study perceptions about adults with an intellectual disability, and identify ways to help improve people's lives in the future.

The survey is for adults with an intellectual disability, family and friends of an adult with an intellectual disability, and professionals who work with adults with intellectual disabilities. People who take the survey will receive \$40.

[Project ETHICS](#) is funded by the National Institutes of Health.

July is National Minority Mental Health Awareness Month

This month, Monarch will join the National Alliance on Mental Illness (NAMI) and thousands of others nationwide in observance of Bebe Moore Campbell National Minority Mental Health Awareness Month to raise awareness about severe mental illness in diverse communities.

In 2008, the U.S. House of Representatives designated July as Bebe Moore Campbell

National Minority Mental Health Awareness Month. Campbell was a leading African American journalist and novelist, and a national spokesperson for individuals and families affected by mental illness. She died in 2006.



“Unfortunately, disparities in mental health care still prevent people in diverse communities from getting the treatment they need. The outcomes of poorer quality of care come at a high cost to our community,” said Daniel Brown, MSW, LCSW, chief clinical officer at Monarch “Our goal is to educate people about mental illness, treatment and research, eliminate stigma and prevent economic burden. All people deserve access to quality mental health services.”

Mental illness affects one in four American families and people in diverse communities are no exception. The U.S. Surgeon General reports that minorities:

- Are less likely to receive diagnosis and treatment for their mental illness
- Have less access to and availability of mental health services
- Often receive a poorer quality of mental health care
- Are underrepresented in mental health research

During National Minority Mental Health Awareness Month, help raise awareness in your community by encouraging your family, friends, loved ones and clients to learn more about improving mental health and illness. The following organizations offer additional important resources about mental health. To learn more, visit:

- [Mental Health America](#)
- [Mental Health First Aid](#)
- [National Alliance on Mental Illness](#)
- [National Institute of Mental Health](#)
- [Substance Abuse Mental Health Services Administration \(SAMSHA\)](#)
- [American Psychological Association \(APA\)](#)

For additional information about National Minority Mental Health Awareness Month, and to access resources and suggested activities, visit: www.nami.org/nmmham.

Have you updated your email signature? Why identity is important

Visualize the Coca-Cola logo (or Pepsi if that's your choice). The Walmart sign. The large Golden Arches that invite you, but also help you to identify the nearest McDonald's up ahead. All are easily recognizable. In today's world, brand identity is everything and Monarch's own brand and visual identity are just as important. They are among our most valuable assets.

We must manage both carefully to ensure that whenever people see our name or logo, they see not only extraordinary quality in our services and compassion for people, but they also see the same typeface, configuration and colors. Consistent use of our identity makes it easier for all audiences to recognize and remember us positively. It reinforces our position to the

families and loved ones of the people we support, our community and the public.

In an effort to help manage our brand and visual identity, we ask that everyone adopt a standard email signature. Because email often reaches more individuals than any other method, it is as important to ensure our electronic communication also reflects our high professional standards. It provides contact information so people can more easily reach us when needed. It also promotes our web site, which we hope people will visit so they can learn more about us. I bet you didn't realize a simple email signature could do all that. Marketing research reveals email signatures are very effective and increase an organization's professional profile when done properly. Managers, please work with your teams to help to enforce this standard. Quotes or inspirational phrases should be omitted. Black or automatic theme color only. Thanks to those who have done this.

[Click here](#) to see link to the E-Z email signature instructions on SharePoint.

There is also a revised style guide available on SharePoint that outlines the uses and specifications for the Monarch logo, brand identity, letterhead, publications, web site and marketing collateral. There are even sign and flyer templates available. If you have questions related to the style guide or inquiries about Monarch's visual or brand identity, contact natasha.suber@monarchnc.org or (704) 986-1582.

Monarch's brand awareness and marketing campaign update

As an effort to continue to spread the word and raise awareness about Monarch, our development, marketing and communications

team along with Big, the marketing firm that has helped us execute our campaign, is planning a week to capture some Monarch stories on film. This project will take place the week of July 14 and will help us to share more about who we are and what we do.

During this planning phase of the campaign, we want to capture video interviews with people we support, families, staff, supporters and our community partners who will share how Monarch has positively impacted their lives. If contacted and you would like to participate, we would like to share your story idea or capture you on camera.

These films will be used in a variety of ways, including TV commercials, to help tell our story. If you have questions, please contact marketing and communications at (704) 986-1582 or email natasha.suber@monarchnc.org.

Monarch receives technology grant to help improve the lives of people with disabilities in Currituck

Monarch recently received a gift that will fund important technology initiatives for people with disabilities in the Outer Banks. The Board of Directors of the Outer Banks Community Foundation awarded Monarch's Lighthouse Club of Currituck a \$2,400 grant that will be used for adaptive technology including several iPads.

The funds were granted from the Foundation's Pauline Wright Fund, which supports people with intellectual and developmental disabilities, including autism and Down syndrome.

Individuals with intellectual and developmental disabilities will use this technology for rehabilitation, recreation, to assist with more effective communication and for daily use.

Participants of the Lighthouse Club of Currituck, a day program for adults with disabilities, will now have the potential to gain more independence and communicate more effectively with the use of new technology.

[Click here to read more.](#)

PEOPLE WHO CARE

Volunteer Ron White talks about the power of giving back



Ronald White first heard about Monarch in one of his classes at Central Piedmont Community College in Charlotte, N.C. He had to write a paper about an organization that supports people with intellectual and developmental disabilities and Monarch happened to be on the list of choices.

When he moved back to Columbia, N.C. last year, he remembered what he wrote for the class and decided to look more closely at Monarch's services in his area. He was especially interested because he was finishing up his studies in Human Services and Technology with a focus on helping those with developmental disabilities.

He quickly discovered Monarch's Scuppernong Club day program and contacted the site to become a volunteer, starting with the program in early March. He volunteers four hours each day Monday-Friday.

White said that each day is different depending on the needs of people we support. He has performed many duties from giving participants lessons on money management and personal hygiene to developing a plan for each individual to accomplish their goals.

"I believe that people with disabilities can accomplish anything," White said. He also believes strongly in the power of reading and had donated two books to the club that he has read with each participant individually. Both books feature characters with a developmental disability and show the great things they can accomplish.

"I try to let each person I work with know they are someone, they are part of a community and they do have a voice," he said.

White noted that working with the I/DD population was a natural fit for him because every job he has ever had has been centered on healthcare or helping people. He said that his patience has increased as result of volunteering at Monarch and he learns something new every day.

"I believe it's important for us to give back to people who have a disability. They have so much pride in their accomplishments when we finish a project together at the club. Guidance is the key to helping them accomplish their dreams, and letting them know they have a voice just like anyone else," White said.

NEWS AND NOTES

Tjuana James competes in 2014 USA Special Olympic Games



Wherever Tjuana James goes, gold seems to follow. This past year she has competed in several athletic events across the country.

James, a participant of Monarch's River City Achievement Center in Elizabeth City, kicked off 2014 at the Special Olympic Winter Games where she took gold in downhill skiing at Appalachian Ski Mountain near Boone, N.C.

Then in May, James headed to Raleigh where she received a gold medal for weight lifting, a silver medal for the bench press, a ribbon for squats and the triple combination event.

Most recently, in June, she travelled to New Jersey for the 2014 USA Special Olympics Summer Games. She competed in weightlifting and came in fifth in the deadlift and fifth in the double combination event.

While in New Jersey, James attended the opening and closing ceremonies, went on a

cruise around New York City and met new people from across the country.

“It was fun and I did my best,” she said.

Next up for James is a bocce tournament in November. After that, she says she’ll start training for bowling and basketball.

“I’ve been competing for 24 years,” she said. And she won’t be stopping any time soon.

MCACC participants receive Governor’s Volunteer Service Award



Participants of Monarch’s Creative Arts & Community Center (MCACC) recently had a celebration and awards ceremony to recognize their volunteer service in Moore, Hoke and Richmond counties.

During the ceremony, 19 of the people supported there received the Governor’s Volunteer Service award signed by Gov. Pat McCrory.

Each of the award recipients volunteer their time weekly to serve and assist others throughout the community. Some of the

agencies where they offer their time and talent include Moore County Food bank, Richmond County Food Bank, Hamlet Food Bank, Meals on Wheels, The Haven Pet Resort, Manor Care, Elmcroft, St. Joseph of the Pines and many more.

Monarch attends the U.S. Open



Amanda VanHorne, program manager at Monarch’s Creative Arts & Community Center (MCACC) in Southern Pines, and a person we support, David Kling, had the opportunity to volunteer at the U.S. Open this month. On June 11, they manned one of the all-access gates for golfers’ families and caddies.

On June 12, Van Horne volunteered at the NBC hospitality tent where she got to see the golfers putt the 10th hole and met Chris Paul, forward for the Los Angeles Clippers.

Terry Hardison, the art teacher at MCACC, also volunteered with her husband two days at a hospitality tent. The company Monarch volunteered through, Andy Frain Security, is donating \$10 to MCACC for every hour worked by the volunteers.

Stanly ACTT receives one of the highest fidelity scores in the state

The Stanly Assertive Community Treatment Team (ACTT) recently received one of the highest fidelity scores in the state.

ACTT teams, which are designed to provide comprehensive, community-based psychiatric treatment, rehabilitation, and support to persons with serious and persistent mental illness, are reviewed by the state through a system known as the tool for measurement of assertive community treatment, or TMACT.

Monarch's Stanly ACTT started their review process last year, and of the 30 teams reviewed this past year, only three received a score above 4, with Stanly's team receiving a 4.02 out of 5.

Allison Wilson, clinical operations director for Region 1, said the score shows what a great job the team has done in implementing good practices and that "the 103 people being served by Monarch's Stanly team are getting the quality service they need and deserve."

Monarch "Shakers and Movers" Bell Ringers to perform in Randolph County

The Monarch "Shakers and Movers" Bell Ringers will perform at the Randolph County Library at 1 p.m. on Thursday, Aug. 14. The group of 12 individuals is part of the Monarch Vocational Opportunities in the Community Program (VOC) in Asheboro, which supports adults with intellectual and developmental disabilities. The choir was started in 2012 and has performed throughout Randolph County. They also perform a song in sign language.

The handbell choir started in 2012 as a result of a generous donation from a parent who received the "Positive Spirit Award" from Energizer for

his enthusiastic and cheerful demeanor. This donor has a daughter who attends the VOC program and says she is his motivation for his positive attitude. It is with that same positive spirit the handbell choir performs as they continue to show and share optimism with the community.

New Bern Mayor Dana Outlaw speaks at the Health Drive ribbon cutting ceremony



Monarch hosted a ribbon cutting ceremony on June 4 to celebrate the development and success of its large community garden in Craven County. The public event was held at the garden which is located at one of Monarch's day programs at Health Dr. in New Bern. New Bern Mayor Dana Outlaw was in attendance and spoke at the event.

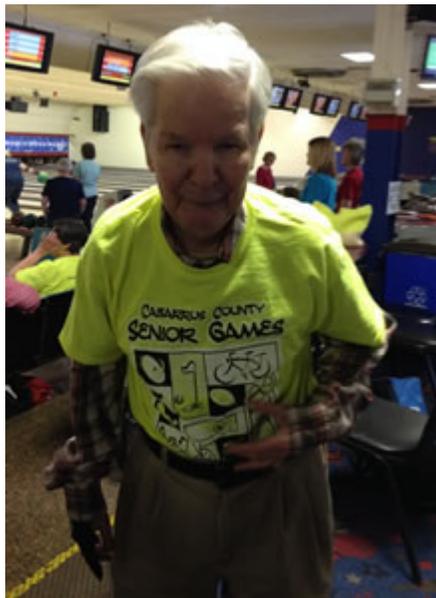
[Click here](#) to see a video of his remarks.

Monarch received a \$30,000 award from the Harold H. Bate Foundation, Inc. for the community garden, which was designed by local architect John Lucas. Additional grant proceeds, instrumental in designing and constructing the garden, were received from the CarolinaEast Foundation and from the Richard Chapman Cleve Fund with the Craven County Community Foundation.

Monarch officials believe the garden will help increase physical activity through gardening, offering positive health benefits from improved nutrition through a series of educational seminars on health and nutrition that will be available on site.

Most importantly, the garden is a way to build community and inclusion through existing partnerships with agencies like the Craven County Health Department, N.C. State University's Cooperative Extension Service and the Small Business Center at Craven Community College. The garden in New Bern is one of three large community gardens that Monarch has developed across the state.

Region 3's Pete Beacham to head to the N.C. Senior Games State Finals



Pete Beacham, a person supported in the Region 3 Supported Living Program, recently participated in the Cabarrus County Senior Games, where he qualified to attend the N.C. Senior Games State Finals.

Beacham has been bowling in the senior games for many years and has made it to the state level previously, but says this time he hopes to bring home a trophy.

The 75- year-old is excited to be participating in the state games, and will head to Raleigh in September for the competition.

MONARCH SPOTLIGHT

Q& A with Bryan Scott



Q: How long have you worked at Monarch?

A: Since July 15, 2013.

Q: What is your title?

A: Helpdesk technician.

Q: What does a typical workday look like?

A: There is no typical day at the Helpdesk. In one day I can do anything from resetting passwords, troubleshooting internet issues, running cable/wiring, to instructing our employees on how to use a program or specific software. I have the privilege of assisting and meeting many of the people we support and site employees.

Q: What is the most important aspect of your role and why?

A: Technology plays a huge role in any company, and when it doesn't work properly people can't get their work done. It's my job to help make sure things stay running. You never

know what to expect or what issues may arise for our users and the people we support. Every site and person is different. My job as a member of the Helpdesk team is to troubleshoot the issue and find a resolution as quickly as I can.

Q: What has been your most rewarding or satisfying experience, or your proudest moment while working here?

A: I would say that my proudest moment as a Monarch employee would be receiving the Dream Maker award and being recognized by my peers for an outstanding job, and noticed for the extra effort that I put forth every day. I strive to give our employees and the people we support the best experience I can. I focus not only on resolving the issue, but making sure I have a positive attitude while working with them.

Q: What might someone be surprised to know about you?

A: I ballroom dance. My wife and I have been taking ballroom dance lessons for about eight years. Our favorite dances are the Latin dances, such as the Cha-cha, Samba and Rumba.

Q: What do you do when you aren't working?

A: I spend time with my wife and three children (ages 10, 5, and 4) and dance as much as possible.

Q: Favorite place to visit?

A: One of my favorite places that I have visited was Italy. I loved the ambiance of the country. The food was incredible and the people were warm and inviting. The country itself was beautiful and rich in culture. It was amazing to see things like the Vatican and the Coliseum. To imagine how those places were built so long ago by hand is inspiring.

CALENDAR HIGHLIGHTS

You're invited to the MCACC Talent Show!

July 25, 2014

10:00 a.m.

1662 Richards St.

Southern Pines, NC

RSVP: Monique.whittaker@yahoo.com

July is National Minority Mental Health Awareness Month

The U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008, aiming to improve access to mental health treatment and services for multicultural communities through increased public awareness. Since then, individuals and organizations around the country have joined NAMI in celebrating the Month and increasing awareness. Join us!

[Click here](#) for more information.

Advocacy & Education Forum

Aug. 11, 2014

6:00 p.m.- 8:00 p.m.

Second floor conference room

Monarch's Administrative Office

350 Pee Dee Ave., Albemarle

Monarch and The Arc of Stanly recently received a grant award of \$1,000 from the Stanly County Community Foundation to hold four advocacy and education forums for parents and families of special needs students in the Stanly County School system. The forums will look closely at individualized education plans (IEP) required by law for students receiving special education services in public schools.

Additional forum dates for late 2014 and early 2015 will also be announced soon. For more information about the forums, please contact Jeanette Wilhelm at (704) 986-7234 or jeanette.wilhelm@monarchnc.org.

Monarch Blood Drive

Aug. 19, 2014
10:00 a.m. – 2:30 p.m.
West Bend UMC
1080 Albemarle Rd.
Asheboro, NC

Sign up online at www.redcrossblood.org. Click on “enter sponsor code” and enter “Monarch,” or contact Cathy Herrera at 910-975-9671 or cathy.herrera@monarchnc.org for more information.

**Shakers and Movers Bell Ringers
Performance**

Aug. 14, 2014
1:00 p.m.
Randolph County Library
201 Worth St., Asheboro

The Monarch “Shakers and Movers” Bell Ringers is a group of 12 individuals who attend Monarch’s Vocational Opportunities in the Community Program (VOC) in Asheboro, which supports adults with intellectual and developmental disabilities. The choir was started in 2012 and has performed throughout Randolph County. They also perform a song in sign language. For details, contact Bunny Schoolcraft at (336) 633-7268 or bunny.schoolcraft@monarchnc.org.