



Reaching Dreams

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



In This Issue

Learn why the stigma of mental illness still exists and how it could be changing

Monarch takes R-word campaign statewide

Latest Annual Report & Honor Roll of Donors

**Staff spotlight
and much more**



Monarch is Growing Again!

The first of January we brought Companions on the Journey under our Monarch umbrella. This is a small day program in High Point for people with Intellectual and Developmental Disabilities (I/DD), and the program is wonderful. It is CQL accredited, and the staff and director really understand how to help people have valued lives. So if the program is so good, why did it decide to make a change, you might ask?

In today's world of Mental Health Reform, Local Managed Entities (LMEs), a government agency, moving to Managed Care Organizations (MCOs) and more potential funding cuts on the horizon, smaller companies can't always compete. The reporting requirements are so large that any company needs people who are dedicated to the quality management data gathering, analysis, and reporting, while responding to surveys and accreditation expectations. As funding decreases, it is important to research everything purchased to ensure that you are being fiscally prudent, and that takes time. In hiring people, more requirements than ever mean that a lot of time is spent checking criminal backgrounds, references and so on. All of these administrative tasks can be burdensome to a small agency that is trying to provide outstanding services. If the director has to focus on all of these things, he/she can't focus on the most important thing, providing evidence-based and emerging best practices to people to enhance their lives.

We are delighted that we can take that "back room office burden" from small companies that provide outstanding services, and keep them going.

We also are the award-winning recipient of a program in Greensboro, called the Bellemeade Center. This is a crisis program that has been managed by the Guilford LME. As they prepare to merge, possibly with Sandhills LME, they also must divest any responsibility for this program and any other services they may still be providing. This change is hard for staff, especially those long-term employees who may be close but not quite there in meeting significant retirement guidelines, or those who are used to the way things are managed and don't want a change. However, as a not for profit, Monarch will be able to do things that an LME, cannot do. We will be able to provide not only crisis services, but also long-term outpatient therapy. We will be able to provide a new service, Assertive Engagement. Sometimes both children and adults experiencing mental health symptoms struggle to trust the service system that is designed to help them. Monarch's Transition and Engagement Professionals team up with Peer Support Specialists to meet with people while they are hospitalized, develop a relationship, create a crisis plan, and help people move successfully back into the community. We help the individual maneuver the service system and even attend the first appointment with the individual and their new provider. We have found that this program stops the revolving door of the emergency room, and are delighted we will be able to now provide this service in Greensboro; as we already provide it in other counties.

So why should Monarch grow? Aren't we big enough? Our philosophy is this: If there is a community with high quality services and we are asked to come in and provide those specific services, we turn that opportunity down. Why go where we aren't needed?

On the other hand, if no one is going to be running a service (such as the Bellemeade Center), or an evidence-based service is not available in the community, or we can make a huge difference (like supporting Companions on the Journey so they can continue their good work), then we are there for you. We want citizens of North Carolina to have excellent services across the state. What we care most about is YOU!

Dr. Peggy S. Terhune, Ph.D.



Reaching Dreams



Donna Roth attends the Monarch Creative Arts and Community Center in Southern Pines and is a resident of a Monarch group home in Moore County.

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Reaching Dreams

is the official agency 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.

EDITOR

Peggy S. Terhune, Ph.D.

CEO, Monarch

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Natasha A. Suber

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ONTHECOVER



Photo credit: Becky Vanderveen

Editor's note: Because this issue of Reaching Dreams contains Monarch's Annual Report and Honor Roll of Donors, the people and staff from the day program at the new Monarch Creative Arts and Community Center in Southern Pines, which officially opened in February, extend a big and heartfelt "thank you" to the donors and friends who continuously support Monarch.



Seventeen years later,
Monarch continues
delivering smiles

Project Cupid



Jean Stroupe, of Richfield, could hardly contain her excitement when Blake Martin,

Monarch's chief development officer, rang her doorbell and presented her with a cuddly bear and sweet treats.

"Thank you, thank you!" Stroupe said through a huge radiant smile. Her gift was courtesy of Ashton, 13, Tucker, 7, and Audrey Blake, 5, siblings who now live in Virginia, but still remember their long-time friend and former babysitter in Stanly County on Valentine's Day.

Stroupe's smile is one of hundreds that Monarch staff, people supported and volunteers across North Carolina saw when they delivered approximately 800 Project Cupid gifts, which contained a plush brown bear, a gourmet muffin, hot chocolate, chocolate candy and a personalized card.

Monarch people supported and gift recipients were all smiles during Project Cupid. Pictured (L-R) 1 Lucas Ledford, of Mt. Gilead, assembles gifts, 2 Shannon Lisk, of Albemarle surprised to be recipient, 3 Melvin Burton, of Jones County, 4 Laura Shumate, of New Bern, and 5 Fran Stroupe, gift recipient of Stanly County.

The 17-year Stanly County tradition, organized the last eight years by Jackie McGowen, executive assistant, has expanded to other areas where Monarch provides services, including Anson, Craven, Hoke, Mecklenburg, Montgomery, Moore, Richmond and Scotland counties.

What makes Project Cupid truly unique is that Monarch supported individuals help prepare and assemble the gifts and many assist with delivery, which are all vital components of the process.



Toby Karnes, a Monarch direct support professional at Monarch's Stanly Industrial Services in Albemarle, assists Mary Grace Thompson, of Albemarle, and Mark Hinson, of Oakboro, with assembly of gifts for Project Cupid.

RESEARCH STUDY

MONARCH SELECTED TO PARTICIPATE IN NATIONAL NUTRITION STUDY

Monarch has been selected to participate in a national nutrition program for adults with intellectual and developmental disabilities (I/DD) living in the group home setting.

Conducted by Dr. Kathleen Humphries, Ph.D., nutrition program director at the University of Montana’s Disability and Health program, the Materials supporting Education and Nutrition for Adults with Intellectual and Developmental Disabilities (MENU-AIDDs) health research is being conducted to investigate whether diet affects their most frequently reported

secondary conditions, such as fatigue, weight problems, diabetes, cardiovascular disease, nutrient deficits and digestive issues.

Humphries created MENU-AIDDs to investigate the nutrition among adults with I/DD in group homes with the goal to reduce (or prevent) nutrition-related secondary health conditions, by improving menus and food served in the homes in a cost-effective method, to ensure residents are satisfied with the meals. The study objective is to maintain weight control and to improve the overall quality of life and health.



The program creates a food environment that encourages residents to make informed choices for their own nutritional health – providing choice is also a Monarch philosophy. So far, the program has been introduced to approximately 150 group homes, reaching more than 900 people with I/DD across the country.

SERVING OUR COMMUNITIES: MONARCH VOLUNTEERS GIVE MORE THAN JUST TIME

People supported contribute nearly half a million dollars in time and talent

Tereista Romano, a person supported in New Bern, didn’t just sing the Christmas carols during her group’s service activity for the residents at Carebridge Assisted Living, she surprised everyone with her colorful and creative performance of “Santa Claus is Coming to Town.”

“The entertainment by Monarch was refreshing to my residents,” said Judy Tune, Carebridge activities director. “They were giving it their all – and performed in the finest of ability and did over 100 percent with pride and enthusiasm. We are all looking forward to their next visit soon.”

Romano and hundreds of people supported by Monarch made a tremendous impact on numerous people and communities statewide through volunteerism. People have distributed water and meals to victims stranded by the hurricane, sponsored a blood drive and donated blood, planted seedlings at public state parks, collected and served food for the homeless in soup kitchens, worked with master gardeners to beautify senior centers and bought toys for



Above: Monarch Beach Club members pose roadside on a stretch of the highway they have adopted to clean. Pictured (L-R) are: Christine Mroz, Shane Michael, Charles Cutting, Billy Wickens, Ward Mongold, Caroline Parks, Beth Johnson, and Dorothy Patton.

Partnership for Kids to name a few. During 2011, the people supported volunteered 24,757 hours – an economic impact of \$465,431.60, according to the Independent Sector North Carolina which equates one service hour is valued at \$18.80.

“We are extremely excited about the opportunity to give back to the communities where we live and work,” said Eileen Bress, Monarch’s community coordinator who also organizes Monarch’s Community Life Improvement Committee (CLIC), a group that encourages the people supported to become involved in their communities.

“These tremendous volunteer initiatives make meaningful connections in the lives of the people we serve during the volunteer activities, and especially, for the people we support, which ultimately builds self esteem and recognizes and celebrates individuality.”



GOOD WORKS

During 2011, the people supported volunteered 24,757 hours – an economic impact of \$465,431.60.

Sandra Meads, who participates in the program at Monarch’s River City Achievement Center in Pasquotank County, served as a bell ringer for the Salvation Army.

WHITE HOUSE VISIT

Terhune, Arc Leaders Return From White House With Support For People with Disabilities

In February, Dr. Peggy Terhune, Monarch CEO and executive director of the Arc of Stanly County, was among 150 Arc leaders nationwide who met with a variety of senior White House officials during a Community Leaders Briefing. The session at the White House, held just for The Arc, included an unannounced visit from President Barack Obama, who shared his commitment to people with disabilities and advocates saying, "I've got your back."

This surprise appearance by President Obama was the highlight of the day for many attendees, along with the opportunity to interact with high-level government officials about how they can support people with intellectual or developmental disabilities (I/DD). Many of the speakers, including President Obama, referenced the impact advocates made during budget negotiations to protect Medicaid, and encouraged The Arc and others to continue these efforts.



President Obama tells disability community "I've Got Your Back."

Terhune asked federal officials to review North Carolina's use of Free Appropriate Public Education (FAPE), which under Section 504

regulation requires school districts to provide FAPE to each qualified student with a disability, who is in the school district's jurisdiction, in the least restrictive environment possible, regardless of the nature or severity of the disability. Terhune wants to ensure students with disabilities are effectively integrated into regular educational classroom settings.

"For me, this occasion was the opportunity of a lifetime – and a very real chance to speak on behalf of the people we support with disabilities," Terhune said. "We were so glad to be invited to the White House among all these important policymakers that we almost didn't even dare to think the President would spend time with us, knowing that he was dealing with wars and budgets and Congress, and everything else. But he did, and he spoke with real conviction and understanding about the needs that people with disabilities face."

CELEBRATING ANNUAL BLACK HISTORY MONTH PERFORMANCE IS ANNUAL FAVORITE

For more than a decade, the people supported in Lumberton have not only entertained, but inspired audiences through extraordinary performances during Monarch's Black History Month program held in the auditorium at Robeson Community College (RCC).

Coordinated by Pat McMillan, Monarch program manager, and Betty Brockington, RCC COMP education instructor, people and staff have shared renditions of the soul-steering "I Have a Dream" speech by Martin Luther King Jr., performed portrayals of other important African-American icons, sang tributes by well-known artists and narrated important moments in Black history.



Pictured clockwise (from L-R) are: Neil Sealey, who portrayed Dr. Martin Luther King Jr. and Adam Collins, who modeled his African attire during the fashion show portion of the program. Sealey and Collins attend Monarch's Southeastern Industrial Center in Lumberton. Individuals and staff from VOHC performed a rendition of Michael Jackson's "Thriller." They (L-R) are: Shonda Bridges, Anita Jacobs, CAP worker, Melissa Gabian, Vernon Morrison, VOC ED Instructor, DeMario Loston, COMP education instructor, and Demesia Bridges.



Renderings by Architect John Lucas.

Community gardens can enhance a neighborhood and make it beautiful, but the real beauty is how a garden can bring people together. Two Monarch gardens are taking shape in two of Monarch service areas – and they both aim to do just that.

Christy Shaver, a regional director for Monarch's Piedmont area, and the team in Albemarle are working with funds granted by the United Way of Stanly County to develop the Monarch Ability Garden Integrating Community and Land (M.A.G.I.C.A.L.) on Greenwood Street – a short walk from the Monarch's Stanly Industrial Services facility. Shaver said the project's purpose is not only to bridge the gap between people with and without disabilities, but to also connect people of all ages and cultures.

Shaver and others said the initiative is designed to build partnerships among many organizations, churches, schools, clubs, and residents in a way that benefits the greater community. The garden, which organizers say will create an attractive entry into the community, will also serve another important role.

"We really want this project to provide a supplemental food supply with nutritious alternatives to all community members," Shaver explained. "Some of the food will be passed on to the homeless shelter, the elderly, the domestic violence shelter, and so on. We want it to become a place where people can go for a walk, have lunch, or just visit with nature or friends."

More than 200 miles east in New Bern, a similar "magical" garden is taking shape on Health Drive. With grants from the N.C. Community Foundation and the CarolinaEast Foundation, and support from numerous partner agencies and volunteers, including a construction drawing created by architect John Lucas, the M.A.G.I.C.A.L. Garden in Craven County is designed to have a similar appeal as its counterpart in Albemarle.

Eileen Bress, Monarch's community coordinator, is leading the project. Bress and other local organizers envision the garden, which is a three-phase initiative, will provide therapeutic and life skills for people supported in Monarch programs through accessible gardening for all abilities and expanded community interaction through the creation and development of the garden.

Bress said over-reaching goals are to provide fresh produce to Monarch program participants and the public and to provide education and health awareness through existing partnerships with agencies such as the Craven County Health Department, N.C. State University's Cooperative Extension Service and the CarolinaEast Health System. Volunteers and local gardeners will also share their knowledge and culture with the people supported. Expansion of the garden will provide the surrounding economically depressed areas the benefit of growing affordable produce. Organizers say the garden will remain financially sustainable through the utilization of volunteers, donations and sales of excess produce on site and to the New Bern Farmer's Market.

Mental illness: Stigma of SILENCE

The National Institute of Mental Health reports that one in four adults – more than 57 million Americans – experience a mental health disorder in a given year, making it among the leading causes of ill-health and disabilities worldwide. If so many people are impacted, why does the stigma associated with these disorders still exist?

Medicine and therapy for mental illnesses – bipolar disorder, post-traumatic stress disorder, schizophrenia and depression – have made considerable progress, but the social stigma or stereotype associated with these illnesses remains largely intact. Families are reluctant to discuss it, and media and movie portrayals that perpetuate myths about the mentally ill still reign.

People with mental illness face a double-edged sword. Individuals are not only forced to contend with serious, disruptive symptoms, but they also have to deal with the shame, which can be as distressing as the symptoms, says Dr. Robert McHale, M.D., M.S., Monarch's medical director.

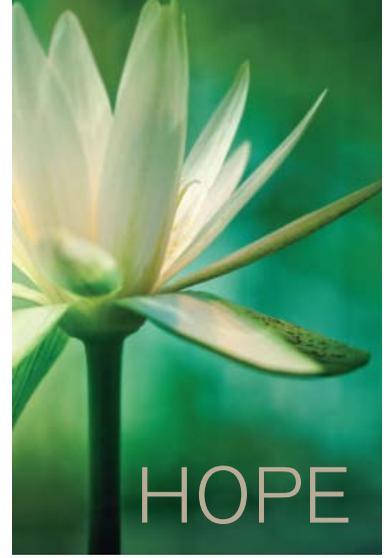


Dr. Robert McHale

“Sadly, mental illness is still largely shrouded in stereotypes and misunderstanding,” explained Dr. McHale, an award-winning psychiatrist, who works with people of all ages with mental illness

and substance abuse. “The stigma often leads to discrimination.”

Dr. McHale believes education and open discussions – not silence – are essential to debunking myths about the mentally ill. He explains it this way: When we view the brain



as an organ, like any other organ of the body (i.e. heart, muscle, lungs), we can better discuss the illnesses that impact the brain and reduce the stigma.

“A better understanding of the brain, which is the affected organ in this case, makes its treatment easier to accept. We don’t blame the heart patient for cardiovascular disease, which can be treated, so we shouldn’t condemn the person with mental illness who is equally ill. Both must seek treatment, medication and support for their injuries whether it’s the heart or the brain,” Dr. McHale said. “If both get the help needed, both can function well.”

Treatment can also reduce negative effects of the disorder, such as substance abuse, suicide, unemployment and incarceration, which when avoided, could help to further diminish the stigma – and that’s good news.

There is more good news. Recent studies reveal the stigma surrounding mental illness is lessening and the general public accepts the use of antidepressants more now than before, says Dr. David Mrazek, M.D., chair of the Department of Psychiatry and Psychology in the College of Medicine at the Mayo Clinic. Dr. Mrazek believes it’s because most antidepressants are now being prescribed by general practitioners and family physicians. Therefore, lower insurance coverage costs may result when a person is seen by a primary care provider versus a specialty physician like a psychiatrist.

The stigma [of mental illness] often leads to discrimination, hopelessness and depression. – Dr. Robert McHale

Monarch’s Crisis Center is being recognized as a leader for its use of expanded practices that help people struggling with mental illnesses. Recently, Monarch’s Crisis Center in Lumberton, led by Kim Basnight, RN, director of nursing, and Dr. Randall Purdy, M.D., J.D., the center’s psychiatrist, saw an influx of hospitalists and physicians, who visited Monarch seeking a better understanding of how to help people who are dually diagnosed with medical and mental health issues. Basnight said Monarch is becoming a place of collaboration and learning across disciplines to improve the practice standards for the treatment of individuals with mental illness.

Mental illnesses are serious medical conditions. They are not related to a person’s character or intelligence. Stigma erodes confidence that mental disorders are real, treatable health conditions. Society has allowed stigma to construct attitudinal, structural and financial barriers that prevent effective treatment and recovery. Collectively, we can help to eliminate the obstacles so people with mental illness no longer suffer in silence.

■ *May is Mental Health Awareness Month. Take this time to educate yourself and others about this very important topic.*

STAFF SPOTLIGHT

Dr. Peggy Terhune,

Monarch CEO, has been appointed to serve on the DHHS Waiver Advisory Committee (DWAC). The

DWAC Committee is an advisory body that provides input and consultation for implementation and operational phases of the 1915 b/c Medicaid waivers and ongoing Medicaid managed care and Local Management Entity (LME) operations oversight and the group is made up of designated provider representatives, county commissioners, agency staff who work with people with I/DD, mental illness and substance abuse challenges and LMEs and Managed Care Organization (MCO) members.



Andy Basinger,

a 20-year information technology and security leader with extensive experience in leading mission-critical objectives, recently joined Monarch as its chief information officer. Basinger will set the overall direction for technology through strategic planning and evaluation. He will provide leadership, planning and management for all areas of information technology strategy, development and implementation.



Keely Brooks, a developmental specialist in Asheboro, appeared in the HBO documentary "Raising Renee," which shares the story of a young woman with I/DD who lived in Greensboro with her mom, and how her life changed when her mom died.



Monarch's Chief Clinical Director **Daniel Brown, MSW, LCSW**, was recently named a voting member of the Provider LME Leadership Forum (PLLFF),

a statewide group of representatives from private providers, LMEs, and state division leadership. The group reviews proposed and existing policies and provides input and advice to the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services and the Division of Medical Assistance at the state level.

As a result of Monarch's latest expansion into Guilford County, two staff members' roles have also broadened. **Kim Basnight, RN**, former operations director in Lumberton, will become Monarch's statewide director of nursing (DON). Similar to a DON in a hospital setting, Basnight will supervise all nursing practices and administratively supervise all the physicians, while also leading Monarch's Integrative Care. **Ben Millsap, MSW, LCSW, LCAS, CCS**, former regional clinical director, has been named clinical director and will remain in a supervisory role over all the clinical program directors and will now be responsible for Monarch's clinical policy decisions.



Natasha A. Suber

recently joined Monarch as director of marketing and communications. A 14-year communications veteran and

former reporter, Suber is responsible for the development and implementation of a strategic marketing and communications program designed to raise awareness and the visibility of Monarch's people and programs internally and externally. Suber is also managing editor of Reaching Dreams.



English Albertson,

regional director of Monarch's coastal area, was appointed to the EastPointe LME Provider Council and will serve as

a subcommittee chair for the North Carolina Providers Council Conference Committee and on the membership committee. She is also a conference committee member for N.C. Tide, an organization that provides information to the state, LMEs and providers in an effort to improve performance in all areas and at all levels.

Staff, person supported earn top awards from Arc of Craven County

Three from Monarch received top honors from The Arc of Craven County for their extraordinary service, advocacy and hard work during the organization's annual awards banquet and ceremony held in New Bern this past March.

Employee of the Year

Anthony Blount, who lives at the Pamlico County Group Home in Grantsboro, received the Employee of the Year Award. For two years, Blount has worked at the Easter Seals UCP of North Carolina and Virginia to keep the New Bern office and common areas tidy. Brenda Jones, who works with Blount, described him in her nomination

letter as a "very hardworking and dedicated employee. Anthony is very well liked by his co-workers."

Professional of the Year

Each day, **Erma Brault**, a site supervisor at the day program on Health Drive in New Bern, works to identify opportunities for the people supported to give back to their communities through various service projects and helps to them to find employment opportunities. For her hard work, Brault earned this year's Professional of the Year Award. Jamie Watson, a Monarch developmental specialist who nominated Brault, describes her co-worker as an advocate

for the people Monarch supports who is also known for "being a good leader... and going over and beyond with a positive attitude." Brault has been a Monarch employee since 2009.

Caregiver of the Year

Lessie Hill, a Monarch employee since 2004, is a developmental specialist at the Jones County Group Home in Trenton. Hill has diligently worked with Monarch people for the past eight years, but has served as an advocate and provided quality service within the industry for more than 25 years, according to Robert Lovett, an operations manager at Monarch, who nominated Hill.

Monarch hosts rallies to educate and halt the use of “R-word”



Rallies are part of observance of National Developmental Disabilities Awareness Month



The familiar childhood adage “Sticks and Stones” was designed to teach us “words will never hurt me.” But truthfully, words like “retard” or “retarded” do hurt, and are extremely offensive to the more than 200 million people worldwide with disabilities as well as the people who love and support them.

To discourage the use of the word known as the “R-word,” Monarch joined other organizations and individuals nationwide, in an initiative called “Spread the Word to End the Word,” created in partnership with Special Olympics, Best Buddies and people with and without disabilities. The campaign takes a stand against a word that has gained popularity in culture, found a place in common language and seems to be accepted by most, despite the fact that its use, casual or otherwise, is hurtful.

For the second year, Monarch hosted rallies from the Sandhills to the Coast in an effort to educate the community and raise awareness. Monarch’s Spread the Word to End the Word events aligned with National Developmental Disabilities Awareness Month, which is always observed in March. In 1987, President Ronald Reagan issued a proclamation to bring attention to, provide understanding, encouragement and opportunities to help persons with developmental disabilities to lead productive and fulfilling lives. President Barack Obama reinforced this charge when he signed Rosa’s Law in 2010, removing outdated and derogatory terminology that appeared in earlier federal legislation.



Monarch sponsored “Spread the Word to End the Word” rallies from the Sandhills to the Outer Banks to discourage the use of the “R-word.” Top: Monarch’s Ricky Cagle and Tim Morris thanked individuals who signed the petition to end the use of the word at Montgomery Community College in Troy. Below: Erma Brault and Bryan Merritt (both far right), of Monarch, organized an event at the Christ Episcopal Church in downtown New Bern, where more than 100 people pledged to end their use of the “r-word.”

STATEMENT of FINANCIAL POSITION

Year Ended June 30, 2011

ASSETS**Current Assets**

Residents' Cash	\$337,552
Accounts Receivable, Net of Allowance for Doubtful Accounts	\$6,081,275
Inventory	\$7,608
Prepaid Expense	\$202,110

Total Current Assets **\$6,628,545**

Property and Equipment

Land and Land Improvements	\$234,487
Buildings and Improvements	\$3,685,456
Equipment	\$2,240,107
Furniture and Fixtures	\$211,288
Vehicles	\$2,896,681

\$9,268,019

Less Accumulated Depreciation **-\$5,393,049**

Net Property and Equipment **\$3,874,970**

Investments **\$1,419,213**

Total Assets **\$11,922,728**

LIABILITIES AND NET ASSETS**Current Liabilities**

Note Payable, Bank	\$131,345
Current Installments of Long-Term Debt	\$85,868
Current Installments of Capital Lease Obligations	\$209,950
Accounts Payable and Accrued Expenses	\$3,778,652
Residents' Cash Liability	\$337,802

Total Current Liabilities **\$4,543,617**

Long-Term Liabilities

Long-Term Debt	\$664,179
Capital Lease Obligations	\$584,887

Total Long-Term Liabilities **\$1,249,066**

Total Liabilities **\$5,792,683**

Net Assets

Unrestricted	\$6,057,509
Temporarily Restricted	\$72,536

Total Net Assets **\$6,130,045**

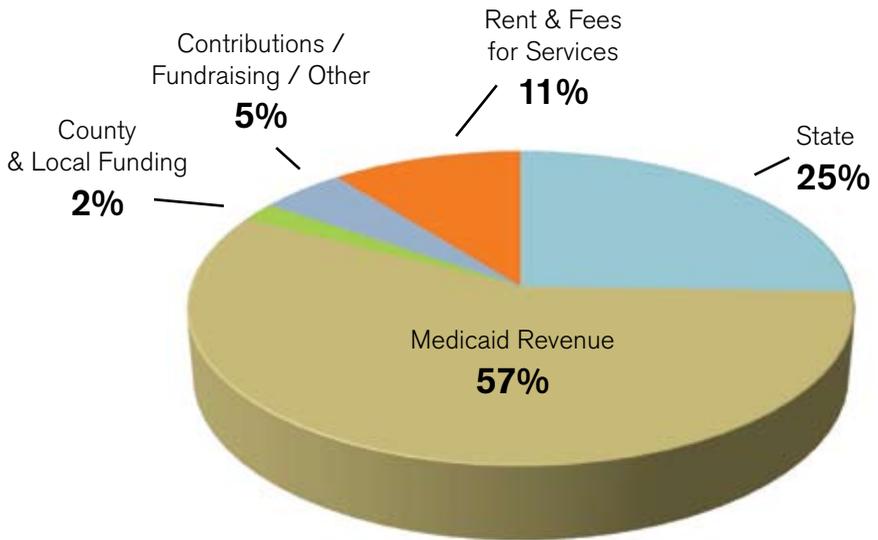
Total Liabilities and Net Assets **\$11,922,728**

Statement of Operations Net Assets
 (Excluding Insurance and Investment Funds)
Year Ended June 30, 2011



REVENUE

State Funding	\$13,179,522
Medicaid Revenue	\$29,571,777
County and Local Funding	\$1,020,529
Contributions/Fundraising/Other	\$2,448,797
Rent and Fees for Service	\$5,485,764
TOTAL REVENUE	\$51,706,389



- State
- Medicaid Revenue
- County & Local Funding
- Contributions / Fundraising / Other
- Rent & Fees for Services

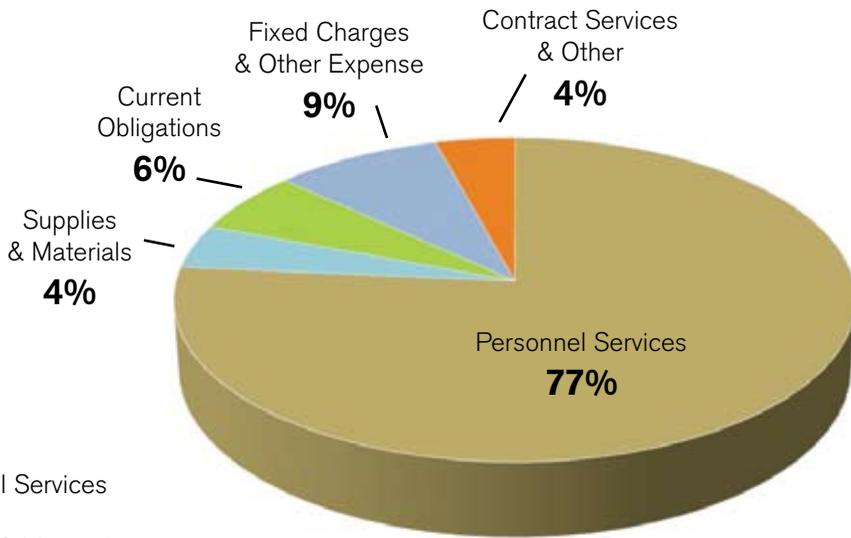
Statement of Operations Net Assets
 (Excluding Insurance and Investment Funds)
 Year Ended June 30, 2011

EXPENSE

Personnel Services	\$40,248,039
Supplies and Materials	\$2,297,851
Current Obligations	\$3,243,698
Fixed Charges and Other Expense	\$4,686,670
Contract Services and Other	\$2,214,088

TOTAL EXPENSE **\$52,690,346**

CHANGE IN NET ASSETS **(\$983,957)**



- Personnel Services
- Supplies & Materials
- Current Obligations
- Fixed Charges & Other Expense
- Contract Services & Other



We would like to say **THANK YOU**

Donors July 1, 2010 to June 30, 2011

Michael Adams
A.P.S. Properties, LLC
Albemarle Hearing Center
Albemarle High School
Albemarle Lions Club
Beth Allison
Debbie Almond
Applebee's
Melissa Archer
Armstrong Grocery
Asheboro Appliance Repair, LLC
Susannah Bales
Bank of Stanly
Jeff and Angela Barbee
BB&T
BDS Enterprises, Inc.
Faye Beane
Bear Insurance
Bed Bath & Beyond
Linda Benner
Adina Blake
Bobby Blanton
Carroll Braun
Keith Bryson
Hazel Byrd
C.D. Smith, Inc.
Robert and Pearl Campbell
Cardinal Graphics, Inc.
Carolina Bagel
Carolina East Medical Center
Elaine Carter
Doug Casavant
Lisa Case
Chatsworth Products, Inc.
Chick-fil-a
Christ Episcopal Church
Christian Foundation of the Triangle
Kimberlee Clark
Classic Enterprises of Locust
CNP Technologies
Kay Cochran
Cole's Comfort Contractors
Bill and Martha Collier
Concord Heating and Air Conditioning, Inc.
Core Solutions, Inc.
Country Care Landscaping
Leonard Covington
Howard Cowan

Why I support Monarch



Supporting Monarch was easy for my husband, Reggie, and me. We were introduced to Monarch several years ago when the organization was still Arc of Stanly. A friend has a family member supported by Monarch and my friend and I had many conversations about the wonderful things being accomplished by this organization. As I learned more and more, I was impressed by their mission, vision and values; and how deeply the staff was committed to accomplishing those goals. I began to meet more and more of the people Monarch serves and I love seeing them live happy and productive lives within their communities. I often hear about their accomplishments – and I marvel at the dedication of so many who truly strive to make a difference in the lives of those served by Monarch. I believe that Monarch does lead the way 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.

- **Mary Medlin**
Monarch board member
Albemarle, N.C.

LIGHTHOUSE CLUB BELL RINGERS SHINE

The Monarch Lighthouse Club in the Outer Banks provides compelling and stimulating daytime activities for adults with intellectual and developmental disabilities. Jackie Church, of Harbinger, N.C. a member of a local church that has a hand bell choir, thought this would be a constructive, out-of-the-ordinary pursuit that her brother Timothy Sutton and his friends at the Club might enjoy. Sutton and fellow bell ringers jumped into a practice routine with gusto.



Amy Dougherty, another church member and friend, was so moved by their enthusiasm, she donated money for the choir to purchase their own bells. The Lighthouse bell ringers have taken their performances on the road, and have played locally at senior centers. They have also received invitations to perform for others who have heard about their talents. Last September, the group traveled to Albemarle and performed during a Monarch-sponsored awards banquet. They were a crowd favorite.

– Renate Macchirole, Community Inclusion Specialist

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Why we support Monarch

Bringing a FAMILY closer TOGETHER

Jeff and Marie Gaskin said they are extremely grateful for the exceptional care and support Monarch has provided for their son, Brian, who has received services at Monarch's Myrtlewood Group Home in Mt. Gilead since March 2011.

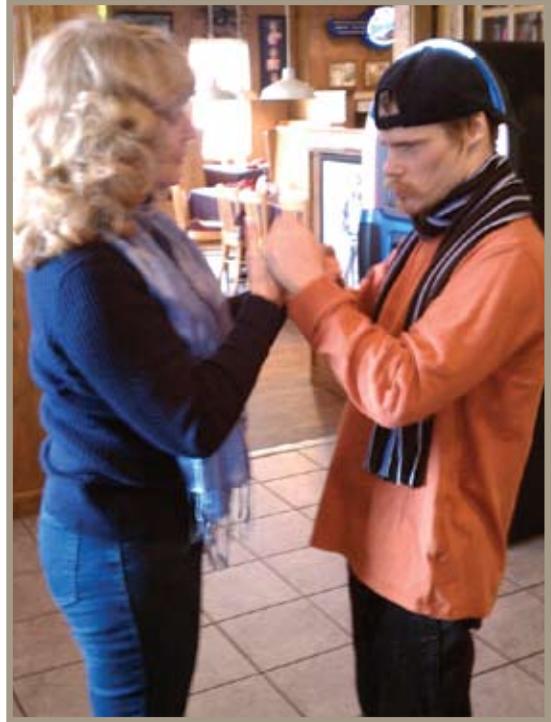
"Brian was born totally blind and profoundly deaf," explained Marie. "His disabilities certainly present unique challenges and often one-on-one assistance is required in his daily care."

Only months earlier had the couple learned about the organization's services and programs, when they scheduled a meeting with Monarch CEO Dr. Peggy Terhune and Jim Kelley, chief operating officer. Despite the level of care needed to support Brian, Marie said the Monarch staff welcomed and embraced their son with open arms. That further confirmed their decision to choose Monarch. A short time later, they moved Brian 350 miles from the group home in Alabama, where he had attended the Helen Keller School, to his current residence in Montgomery County, bringing him closer to his parents near Charlotte.

Physical proximity no longer keeps the Gaskins from spending lots of time with their son. They said they are also very pleased with the extraordinary level of care their son receives, and they credit Monarch staff for their tremendous effort in getting to know Brian and engaging him in various activities that keep him excited about life.

"Because of Brian's sensory deficits, obviously his life requires a lot of attention. Monarch staff has been very receptive to him and learning his special needs," she said. "They have also been very creative with activities for him. He obviously can't sit and watch TV or listen to music. They take him to the park and let him swing, take him to swim and they have developed sensory activities."

(continued next page)



Marie Gaskin (left) uses tactile signing to communicate with her son Brian, who was born totally blind and profoundly deaf.



"Jeff and I truly are blessed to be a part of the Monarch family," Marie said. "We are thankful that our son Brian is a resident at Myrtlewood and the wonderful staff there has taken him under their wings and made not only Brian, but also us feel welcome." - Marie Gaskin

BRINGING A FAMILY CLOSER TOGETHER
(Continued)

As part of getting to know Brian, the direct support professionals are learning to better communicate with him. Brian, who is 28, has never heard his parents' or sisters' voices or seen their faces. But he knows their touch and communicates with them through tactile signing, sign language that involves constant hand touch. It's the same method that Monarch staff is learning to communicate with Brian. His staff are taking sign language classes to hone their skills and to better correspond with people with disabilities.



Brian (center) served as a groomsman in his sister Melanie's wedding. Pictured (L-R) are: Allison Gaskin, Brian's youngest sister, mother Marie, the bride and sister Melanie Gaskin Kirk, groom and brother-in-law Alan Kirk, and father Jeff.

The Gaskins feel good about Brian's future growth and development as a person supported by Monarch. They have also become avid Monarch supporters. Marie is a Monarch volunteer and Jeff now serves on the organization's board.

"The service that Monarch provides not only to individuals, but also to families of the people, is awesome," she exclaimed. "People who require care at Monarch are often a population who is somewhat neglected, but we are grateful for the care Brian receives. We feel like Brian has two families – the Monarch staff and individuals at Myrtlewood, and us, his biological family."

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Thank You

Monarch's **Fourth Annual Dreams Take Flight Golf Tournament** held on April 20 was a huge success. We would like to thank sponsors and participants for their tremendous support and for Helping Dreams Take Flight.

Title



Platinum



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Gold



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MAY is Mental Health Awareness Month

Please take this time to educate yourself and others with these steps to cope with stigma.



Get treatment. Don't let the fear of being labeled with a mental illness prevent you from seeking help. Don't let stigma create self-doubt and shame.

Don't isolate yourself. Reach out to people you trust for support and understanding.

Don't equate yourself with your illness. You are not an illness.

Join a support group. Some local and national groups, such as the National Alliance on Mental Illness (NAMI) offer local programs and Internet resources that help reduce stigma by educating people with mental illness, their family members and the general public.

Get help at school. If you or your child has a mental illness that affects learning, find out what plans and programs might help. If a teacher doesn't know about a student's disability, it can lead to discrimination, barriers to learning and poor grades.

Source: Mayo Clinic

Speak out against stigma.

It can help instill courage in others facing similar challenges and educate the public about mental illness.

For help or more information, call Monarch at (866) 272-7826.