



Reaching Dreams

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

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STRAIGHT FROM PEGGY



Monarch continues to grow. And grow. And grow. Why?

We know that part of it is because we listen to people. Our excellent staff are caring, compassionate, and knowledgeable. And our agency is ethical, honest and transparent. But it's all happening very quickly.

In the past four to five months, we have begun behavioral health outpatient services, psychiatric services, med management, and group services in Columbus, Robeson, Scotland, Nash, Wilson, Wake, Gaston, Lincoln and Cleveland counties. That's a lot of growth in a very short period of time.

We believe the reason we are being chosen is because we are offering something no one else is offering – Open Access. A person who has never been seen before can walk into any site without an appointment. They can see a therapist, a psychiatrist, and receive a prescription for medications. They can also be in group services the very next day.

Most agencies don't work this way. At other places, most people can walk in to see a therapist to be assessed. If the person is not in immediate crisis, they are given an appointment to come back in a month or two. If the person is in crisis, most agencies will either have the person see the agency psychiatrist or send the person to the emergency department.

We don't see that as meeting people's needs. Monarch was concerned that although people might not be in crisis at the time of the first visit, without psychiatric assessment and possible medication or immediate therapy, the situation might turn into a crisis. So we went into a different direction. And people like it. Across Monarch in our Behavioral Health offices, we have tripled the number of people we see in any given day.

In addition, we are working to reduce those very expensive emergency department visits if they are not needed. We are tracking data by people who walk in, and what we have learned is that about 27 percent of all the people walking in would have gone to the emergency department if they could not see a psychiatrist that day. This is a huge accomplishment. Emergency department use (and the expense related to this) is reaching crisis proportions in almost every state. Monarch is piloting a successful model of "diversion," keeping people out. We know that people are more likely to get better the sooner they get treatment. Our new program is a win-win for everyone!

Our developmental disabilities services are also growing. In response to and compliance with the Department of Justice's supported employment model, we have been awarded the opportunity to assist all people who have mental illness or substance abuse issues with finding jobs, despite any previous inability to secure employment or whether or not they are seeking treatment. We believe a job can help everything else fall into place.

We were also asked to take three group homes in Johnston County recently. People supported, families, and the staff we have hired all seem to approve of the changes we have made.

So at the end of the day, why is Monarch growing? Because we listen to what people want, and try our hardest to get it for them. Because our staff are the greatest! And because we are needed. And that meets our mission!

Peggy S. Terhune, Ph.D.
Monarch CEO

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.



Lighthouse Club Bell Choir meets Raleigh Ringers

Several members from the Monarch Lighthouse Club Bell Choir in Currituck traveled to Raleigh as the guests of the Raleigh Ringers, a professional bell choir, during a recent performance. At the end of the concert, the Monarch choir was invited up on stage to meet the Raleigh Ringers. It was an exciting exchange between the two bell choirs. Dave Harris, conductor and director of the Raleigh Ringers, thanked the group for attending and said he looked forward to hearing the Lighthouse Club Bell Choir perform.

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SHIANNE JACKSON **FOR PRESIDENT**

Letter from President Barack Obama inspires young man to run for an elected position

SHIANNE JACKSON, 22, who is a resident of one of Monarch's homes and attends the agency's Vocational Opportunities in the Community day program both located in Asheboro, recently received a letter signed by The President of the United States Barack Obama.

During a conversation with Charles Townsend, a developmental specialist at Monarch, Jackson asked several questions about how specific parts of the federal government work and how the White House operates. Jackson was unhappy with the information he found on the Internet when researching these topics, so Townsend suggested he write a letter to the White House administration to learn more. Jackson did just that – and he received a response.

"I was surprised and excited to get a letter back from the President and the White House. All my questions were answered," Jackson said through a huge grin while showing the letter which is now framed and displayed in his room.

Jackson was so inspired by the letter from President Obama that he decided to run for both the president and vice president positions of the Kiwanis Aktion Club, a service leadership program sponsored by Kiwanis International for adults with intellectual and developmental disabilities. Although Jackson lost this election by a small margin, he already plans to run again. Next year, he will hone his campaign strategy and run for only one office to avoid splitting the votes cast for him. ●



N.C. Secretary of Health and Human Services visits Monarch

DR. PEGGY TERHUNE, joined by Monarch's chief clinical officer Daniel Brown and Blake Martin, chief development officer, met with N.C. Secretary of Health and Human Services Aldona Wos during a recent meeting at Monarch's Bellmeade Center in Greensboro to discuss current issues that impact the health and human services industry.



Secretary Wos

Dr. Terhune discussed Monarch's Open Access model with the Secretary and explained how in just a few weeks the model's implementation has decreased wait times for people in need of immediate assistance in Monarch's behavioral health outpatient offices. Open Access has also reduced the number of visits to Emergency Departments. Monarch is having incredible success with the service and is seeing positive diversion in every one of the 14 sites where the agency offers the walk-in service.

Among other discussion topics, Monarch officials also shared its launch of Mental Health First Aid (MHFA) in Stanly County. Secretary Wos took the plan for MHFA back to her staff and began working with Monarch staff to devise a strategy to implement MHFA in all of North Carolina's public schools. She felt strongly about the positive impact the program could have if it was part of the Governor's effort to improve safety in our schools.

"An opportunity to meet one-on-one with the Secretary of Health and Human Services is rare because of the demanding schedule that the position requires," said Dr. Terhune. "We were honored that Secretary Wos took time to meet with us at Monarch and discuss how the system changes and challenges impact providers." ●

MONARCH, MCC PARTNER TO OFFER CERTIFICATE PROGRAM IN DEVELOPMENTAL DISABILITIES

MONARCH IS PARTNERING with Montgomery Community College (MCC) to offer a Certificate Program in Developmental Disabilities.

The new concentration within the college's human services curriculum focuses on the work with individuals with intellectual and developmental disabilities. The certificate program is available online to anyone statewide working in the human services field and who want to enhance their skills and industry expertise. The certificate can be earned in two semesters and courses within this certificate program can be used toward a completion of an associate's degree.

Monarch staff members were instrumental in the development of the program. Melissa Hall, a Monarch regional director, and Kimberly Knotts, quality management project coordinator at Monarch, were instrumental in the development of the program; and Amanda Nicholson, quality management coordinator at Monarch, is the program's instructor. The agency will provide not only instruction, but clinical experiences for students enrolled in the program.



The Arc, Monarch and community partners host important health screenings for people with disabilities

THE CENTERS FOR DISEASE CONTROL (CDC) has identified that although people with Intellectual and Developmental Disabilities (I/DD) are connected to long-term services and supports like help with day-to-day functioning, housing or employment coaching, the reality is that many individuals with I/DD lack a medical home or receive routine, preventative care.

Based on this information, the CDC chose The Arc as a partner for a three-year cooperative agreement to collect data to understand and improve the unique health challenges of individuals with I/DD. The Arc of North Carolina is one of five chapters nationwide chosen to participate in HealthMeet®, a project of The Arc funded by a million dollar cooperative agreement with the Centers for Disease Control and Prevention, and the National Center on Birth Defects and Developmental Disabilities.

People of all ages in this population receive fewer routine checkups, fewer immunizations, less mental health care, less oral health care and fewer opportunities for physical activity than other Americans. In addition to barriers to health, this population is routinely excluded from health surveillance data, thus making it difficult to document unmet needs and work to create solutions. HealthMeet® will also provide training and education for individuals, their families, direct service professionals, medical providers, and medical students and will raise public awareness of health issues that impact people with intellectual disabilities across the country.

Through this project, The Arc of North Carolina will have the opportunity to pilot local health screenings, provide assistance with health care navigation and lead health promotion activities for people with I/DD across the state. This project will assist in improving health literacy, correct preventable health disparities, and empower individuals with I/DD to become better and more informed partners in their overall health.

This summer, Monarch in partnership with The Outer Banks Hospital, Surf Pediatrics and many dedicated volunteers, helped to host HealthMeet® at the Dare County Center in Manteo. Screenings were scheduled for individuals with I/DD ages 16 and up. ●



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**MENTAL
HEALTH
FIRST AID**

MONARCH TO OFFER MENTAL HEALTH FIRST AID PROGRAM THIS FALL

National training to assist people experiencing mental health emergencies

THE BOARD OF TRUSTEES of the Stanly Community Foundation has awarded a \$1,500 grant to Monarch to support a Mental Health First Aid (MHFA) Program, which will start in Stanly County Schools this fall.

According to The National Alliance on Mental Health (NAMI), 1 in 4 adults and 1 in 5 youth experience mental illness in a given year. The 8-hour program will give participants a 5-step action plan to use in crisis situations involving individuals with mental illness or substance abuse disorders.

Monarch is partnering with Mental Health First Aid (MHFA) USA to bring an incredible community service to people in our area. MHFA reduces stigma and increases the understanding that mental illness is real, common and treatable. MHFA gives participants an overview of substance use disorders and mental illness such as depression, anxiety, trauma, psychosis, eating disorders and self-injury. They will also be introduced to the risk factors and warning signs of these illnesses. Participants will be able to connect individuals demonstrating these signs with appropriate professional care and resources.

“Just as CPR training helps a layperson with no medical or clinical training assist someone who is suffering a heart attack, MHFA training can equip a person to assist someone experiencing a mental health crisis, such as contemplating suicide or inflicting harm on others,” explained Allison Wilson, clinical operations director at Monarch. “In both situations, the goal is to help support an individual until appropriate professional help arrives.”

ABOUT THE STANLY COUNTY COMMUNITY FOUNDATION

The Stanly County Community Foundation was created in 1999 to benefit a broad range of existing and future charitable needs throughout Stanly County. It is a part of a family of funds that make up Foundation For The Carolinas. Since 1999, \$314,443 has been distributed by the Stanly County Community Foundation. This award is a part of \$29,270 distributed in 2013.

Monarch launched its Mental Health First Aid training during a special day-long event on Friday, Oct. 18 at Cardinal Innovations Healthcare Solutions, 4855 Milestone Ave., Kannapolis. The agency will begin its training in Stanly County Schools later this fall and will expand in January 2014 to several locations throughout Stanly County for anyone interested in learning to administer MHFA.

To learn more about Monarch’s Mental Health First Aid program, please contact Blake Martin at (704) 986-1584 or blake.martin@monarchnc.org.

TWO MONARCH DAY PROGRAMS RECEIVE TOP VOLUNTEER HONORS

Monarch's Health Drive program in New Bern and Vocational Opportunities in the Community (VOC) in Asheboro, which both provide daytime activities, support and services to people with intellectual and developmental disabilities, earned top honors statewide and locally for their commitment to service.

Volunteers from Health Drive spend hundreds of selfless hours annually delivering Meals on Wheels to seniors, tidying and setting up the sanctuary at Temple Baptist Church in preparation for weekly services, and sorting clothes at Religious Community Services – among many other efforts throughout their community to assist neighbors in need.

For their service and commitment of time, accomplishments, community impact and enhancement of the lives of others, the volunteers at Monarch's Health Drive program earned the 2013 Governor's Volunteer Service Award for Craven County. They are among several Monarch programs that received this coveted statewide award, which honors the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service.

In Randolph County, the dedicated volunteers from the day program received the Volunteer of the Year Award from Asheboro Senior Center. Last year, the group dedicated more than 300 volunteer hours to Meals on Wheels.

These Monarch volunteers are among the hundreds of people with disabilities supported by the agency from the mountains to the coast who gave their talent, energy and time in 2012-2013 – exactly 35,228.38 hours of their time – to serve others. Their efforts yielded an economic impact of \$672,509.77, according to the Independent Sector, a national organization that estimates the current value of volunteer time for North Carolina at \$19.09 per service hour. ●

BB&T VOLUNTEERS HELP REVITALIZE DAY PROGRAMS IN LAURINBURG, LUMBERTON

Employees from BB&T Operations in Lumberton have teamed up with Monarch to put smiles on the faces of the people with intellectual and developmental disabilities who attend Monarch's day programs at Southeastern Industrial Center (SEIC) in Lumberton and Scotland Enterprises in Laurinburg.

Bank employees spent several days and hours per week to revitalize both sites through BB&T's Lighthouse Project, a company-wide community service initiative that allows BB&T employees to give back to their local communities. Volunteers made several cosmetic updates that included painting, new flooring, organizing rooms and furnishing new equipment.

"Throughout the years, staff from BB&T in Lumberton have donated Christmas bags to the people we support at SEIC. We have always been grateful for their generosity," said Danny Wilson, Monarch program director. "When we were contacted by them most recently about the BB&T Lighthouse Project, we were blown away by their tremendous kindness and offer to help touch up and revitalize our facility. The positive impact to the building, the staff and people who attend our day programs is priceless. We are grateful for their bighearted efforts."

The volunteers shared similar sentiments about their service work at Monarch and how the project has, in turn, positively impacted them.



"The pleasure was all ours," shared Kimberly Wilkins, a Lumberton-based BB&T employee who worked among the volunteers at Monarch. "We wanted to work with Monarch because of the great work they do and we are proud to team up with them and help in any way we can. I think, I can safely say, we all had a great time. We are grateful to work for such a great company that allows us time to go out and participate in our communities." ●



Hadley Bryan, a freshman at N.C. State University, has volunteered at Monarch's Beach Club of Dare County for more than four years. She plans a career as a primary care physician and wants to serve people with disabilities.

Pictured left: Gracie Quidley, who attends Monarch's Beach Club of Dare, a day program in Manteo, is pictured with Hadley Bryan, a Monarch volunteer. Merry Ann Liverman, a lead developmental specialist, said of Bryan: "Hadley was an amazing volunteer the past four years. She taught us about using iPads and helped Gracie in so many ways to use the iPad, effective communication skills, and exercise. She was willing to work with anyone in the Beach Club. She was so young when she started with us, but she knew what she wanted to do and gave her all – never asking us for anything."

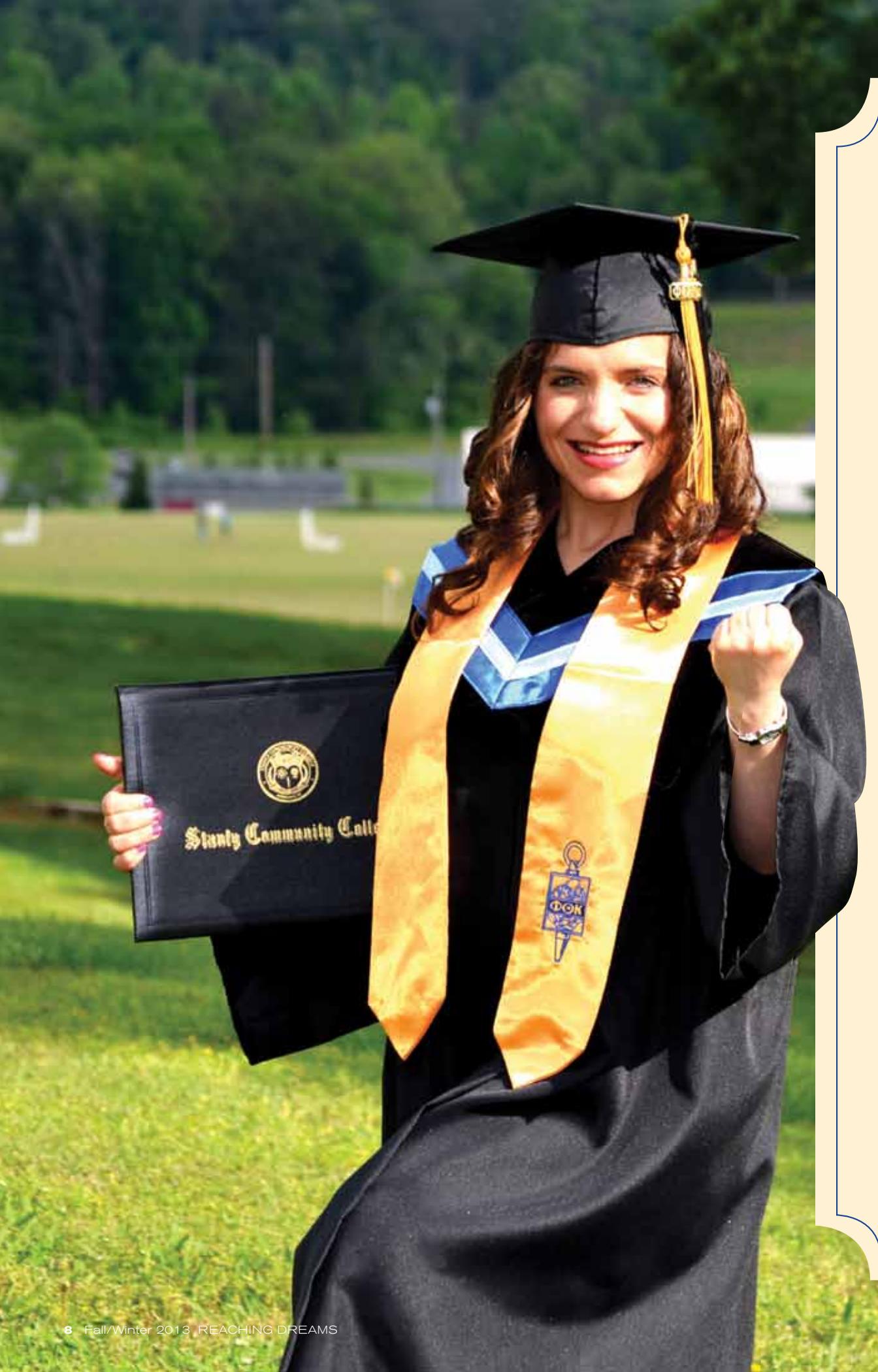
A Meaningful Experience by Hadley Bryan: **A LETTER FROM A MONARCH VOLUNTEER**

My five years of volunteering with Monarch are truly indescribable.

The people I worked with taught me more about myself than I could have ever dreamed and most of them never had to speak a word to have such a dramatic effect on me. When I began volunteering the summer before ninth grade, my mission was to help the community. I had no idea I would become part of a beautiful, unique community that I longed to spend more and more time with.

My time at Monarch fulfilled more than a service requirement for a school club. It filled my heart with joy and my soul with purpose. Almost everyone I share my story of volunteering with remarks that it takes a "special person" to work with those with different needs than what we consider the norm. I simply smile and reply, "You don't have to be special. You just have to care."

As I enter North Carolina State University as a freshman majoring in human biology, I have dreams of going to medical school to become a primary care physician for special needs patients. I'm ecstatic to take the first steps toward doing more to help the community in which I've become so intricately involved. However, moving to Raleigh makes this summer the last opportunity I had to spend my usual time with the Beach Club of Dare. This summer's goodbye was all the more bittersweet, but I know the staff that welcomed and accepted my help and the people I supported through the years will forever be in my heart and fuel for my passion.



Lindsey Colavito

doesn't allow scars to define her

Following a life-altering surgery, young woman pursues dream of higher education

"I WAS AT THE TOP OF MY CLASS before my surgery. When I went back to school, I wasn't. It was tough. I felt like everyone was looking at me because of the scar on my head."

Lindsey Colavito, 28, was a member of the Beta Club and cheerleading squad, before she suffered a brain tumor at age 13. After undergoing a major surgery, Colavito was left with no short term memory.

"I went through rehabilitation, speech therapy and physical therapy. I couldn't have done it without the support of friends, family, Monarch staff and doctors," Colavito said.

Despite tremendous adversities, Colavito has successfully worked to put the scars behind her and hasn't allowed them or her struggles to define her or her life. Many of the academic achievements that once came easily to Colavito years earlier are more difficult since her surgery. She has worked hard to pursue her goal of higher education. This past May, Colavito earned a second associate degree in business from Stanly Community College (SCC). She earned her first degree in Early Childhood Education at SCC three years earlier.

She credits much of her accomplishments to the assistance she received from Monarch staff, especially Maria Morales, a lead developmental specialist at Monarch. Colavito resides in one of Monarch's residential homes and has been supported one-on-one by Morales for the past three years. Monarch was one of two places that would accommodate Colavito's conditions.

"Lindsey is a bright individual and has accomplished a lot in the past three years," Morales said. "She is a hard worker and always tries her best to please everyone and make sure her job is done correctly. There is such a great improvement today from three years ago. She's come a long way."

Colavito graduated from Stanly Community College with Phi Theta Kappa honors and was a member of the Honor Society. She has worked for Monarch and volunteered with Stanly County Kids Academy in the New Beginnings Day Care. She is currently volunteering with special education preschool children and looking for a full time job.

"I love working with children. I always have," Colavito said. "The children will help determine our future and I like the idea of being part of that important process."

Colavito plans to continue her pursuit of higher education. After gaining workplace experience, her goal is to earn a bachelor's degree from Pfeiffer University or UNC-Charlotte.

"I have struggled. I just keep enduring. The accomplishments and rewards in the end are why I was determined to pursue my goals," explained Colavito, who shared advice for others who are facing any adversity. "Never give up. Keep pursuing your dream."

Colavito is proof the scars can heal. ●

Written by Katherine Deeck, a communications major at Pfeiffer University, who is an intern in Monarch's Marketing and Communications Office.

Photos by John Westbrook



Lee Psychosocial Rehabilitation hosts National Night Out

Free community event to heighten crime-prevention awareness in Lee County

MORE THAN 200 PEOPLE joined Monarch and several Lee County organizations during a community-wide event to raise awareness about crime prevention and highlight some of the area's important resources, including Monarch's services during National Night Out (NNO).

NNO is a nationwide annual event designed to strengthen communities by encouraging neighborhoods to engage in stronger relationships with each other and with their local law enforcement officers. The Sanford event included free food, drinks and various drawings for prizes such as free haircuts, yogurt and giveaways from Chick-fil-A. The county's first responders displayed a fire truck and a police mobile unit. Entertainment for the event included music, dance performances and games.

The Chatham Council Outreach provided free on-site HIV and other testing. The city asked that everyone bring a canned food donation to support Christians United Outreach Center (CUOC).

"While this one night is not an answer to crime, drugs and violence, this event represents the kind of energy, togetherness and determination to help make neighborhoods a safer place all year," explained Michelle Ibrahim, lead behavioral specialist at Monarch who was instrumental in planning the event. "We are grateful for all the community support and how everyone has come together to make this event successful."

NNO began in 1984 by the National Association of Town Watch (NATW). It currently involves more than 37 million people and 15,000 communities from all 50 states, U.S. territories, Canadian cities, and military bases worldwide.



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Like to see people reach their dreams?

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STRUGGLE & RECOVERY in Mental Illness

By *Tarik Kiley*



STRUGGLE: DENIAL

I was ill and in denial from 1997-2002. In 1997, I was attending UNC-Charlotte and was hospitalized for the first time. After hospitalization, I returned to UNC-Charlotte and was prescribed Haldol. I took the medication and when I started to feel better, I stopped taking it. This is the most important factor in denial: If you believe that you are not ill, then you will not take your medication regularly. It is important for families to understand they must provide their mentally ill loved one with the positive reinforcement necessary to keep them on their medication. When your loved one is in denial, they may be unable to understand they are ill. Therefore, they need help, encouragement and support in assisting them to take their medication regularly.

I was in denial for five years. I was hospitalized repeatedly from 1997-2002 and even ended up homeless in 1998. Every time I was hospitalized, I was placed on forced meds, and every time I got out of the hospital and was feeling better, I stopped taking my meds. As a result, I relapsed in my schizophrenia repeatedly.

STRUGGLE: FINDING THE RIGHT MEDICATION

A lot of medications did not work for me. I was prescribed a number of medications that all had either no effect or a negative effect on me. The medications not only did not work, but they impaired my functioning. I could not function on a normal level socially, on these medications. They turned me into so much of a zombie that I could not even read a book or interact with others normally. In 2002, my psychiatrist, introduced me to a medication called Clozaril. This medicine was the right one for me. After about two weeks of taking it, I returned to normal functioning. But this time, I continued taking the medication and stopped denying my illness. Since then, I have recovered and have been well since 2002.

STRUGGLE: STIGMA

For me, the worst part of mental illness was the stigma that I felt from others. When I became ill, many were not equipped to deal with my situation. Also, popular culture does not

I am a mental health consumer. I want you to know that I have been struggling with schizophrenia since 1997. I had not one struggle, but four struggles with mental illness. I have been in recovery since 2002.

— **TARIK KILEY**

STRUGGLE & RECOVERY

represent people with mental illness in a positive light. Many might remember the movie "Psycho." Norman Bates was portrayed as a violent character, but most people with schizophrenia that I know are not violent at all. The fact the public is now wary of giving mentally ill people gun permits only encourages the popular view that people with mental illness are violent.

Even today, I am reluctant to tell other people that I have schizophrenia so that they do not think that I am "psycho/Norman Bates." When I went to get my driver's license renewed, I told the North Carolina Department of Motor Vehicles that I have schizophrenia and now they give a driving test to me every year even though I have no history of car accidents or reckless driving. That is stigma!

STRUGGLE: ROOT CAUSES

In order to overcome mental illness, each individual must understand what caused his or her mental illness. This is a highly personal journey and each case is uniquely different.

For me, I believe that my illness was caused by emotional distress and neglect from family. Every person is an expert on themselves and because of this "expertise of the self," people can find the root causes of their distress while looking inward.

RECOVERY: LOVE

The most potent, fundamental aspect of recovery is being loved and morally supported. When I felt love from others it helped me to achieve a positive state of mind. That positive state of mind that comes from being loved is essential to recovery from mental illness. That love could also be called compassion.

In the year 2000, I was not functioning well, but still had an overriding desire to get well. I believed if I could overcome social isolation and get more involved in the community, then I would be able to return to normal. Because I am interested in politics, I attended a meeting of the North Mecklenburg Democratic Party where I met N.C. State House Representative Beverly Earle. At the time, I did not know the immense role she would play in my recovery.

Rep. Earle was a very compassionate person. From the time that I reached out to her until the present, she has been my biggest advocate. Without her love and compassion, I would still be sick today. I remember she even answered my phone calls at 3 a.m. when I was hallucinating and hearing voices. That kind of unconditional love is essential to recovery. Rep. Earle was able to see past my negative behavior and realized my potential to develop as a human being. She believed in me so I could believe in myself. She invested in me so I could invest in myself. Now, I can invest in others.

RECOVERY: EMPOWERMENT

My relationship with Rep. Earle, her compassion, her love and her understanding led me to empowerment. She took me as I was, and built me back up from despair to hope. She made the goals that I set for myself seem realistic, and encouraged me every step of the recovery process. In addition to feeling empowered, a person needs someone to support them or to become a mentor. As a mentor, Rep. Earle offered realistic appraisal of my ambitions and provided the necessary support needed for me to achieve my goals.

RECOVERY: INSPIRATION

In order to overcome obstacles, one needs a model to follow. The model can be a philosophy. It can be a person who embodies a philosophy or it can simply be an ideal that one aspires to. I was inspired by a true story, the movie, "A Beautiful Mind." In this movie John Nash is a professor at a prestigious university who is diagnosed with schizophrenia. The part of the movie that inspired me was he overcomes mental illness and earns a Nobel Prize. When I saw that a scholar such as John Nash overcame mental illness, then I knew I could do the same. As a result, I developed coping techniques.

RECOVERY: THOUGHT ORGANIZATION

I truly believe an organized mind is a free and well mind. If you organize your thoughts then you will facilitate your travel on the road to recovery. Organizing your mind means organizing the language that your mind uses into a coherent, consolidated form.

“Even today, I am reluctant to tell other people that I have schizophrenia so that they do not think that I am “psycho/Norman Bates.” When I went to get my driver’s license renewed, I told the North Carolina Department of Motor Vehicles that I have schizophrenia and now they give a driving test to me every year even though I have no history of car accidents or reckless driving. That is stigma!”

— TARIK KILEY

The way I have accomplished this is through writing. I keep a journal of my thoughts and constantly appraise the logic of my reasoning and the rationality of my actions through self-reflection and writing. This is my way to whip schizophrenia.

RECOVERY: OWNERSHIP OF ONE'S MIND

The most inspirational thought that I have learned from the movie “A Beautiful Mind” is that each individual is autonomous and owns their mind. The voices do not own your mind. The hallucinations do not own your mind. You own your mind. You are in control of your mind. This was essential for my recovery. This is self-control. Persons who develop a strong sense of self-control are well on their way to recovery.

RECOVERY: SELF-GOVERNMENT/AUTONOMY

Mentally ill people must become as self-governing as possible to overcome illness. Families must encourage autonomy for their mentally ill loved ones. Self-government includes the ability to make day-to-day decisions that affect one’s well-being. It includes hygiene, setting and meeting goals, and even small things such as running your own errands.

FREEDOM AND RATIONALITY

Some of the most creative people that I know are mentally ill. I do not think that they should be shunned or stigmatized by society. Instead, they should be integrated into society; their creativity should be tapped; as long as they follow the rules of rationality as determined by society, they should be able to exercise their mental freedom.

Recovering and returning to the world of rationality is an ongoing process. It means overcoming denial, finding the right medications, battling stigma, and finding the root causes of your illness. Once you recognize your problem, and receive the right treatment, then you will be able to move on with your life, and return to the world of rationality.

Tarik Kiley, 37, is a person supported by Monarch in Mecklenburg County. He recently earned a Master of Arts degree in Geography with a concentration in Community Planning from The University of North Carolina at Charlotte. He continues to volunteer, remains very active in his community and serves as a mentor to others who seek recovery.

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Michael Snow
Southern Pines Rotary Club
St. Joseph's Ladies Guild
Standard Office Equipment
Triple S, Inc.
Cynthia Turco
Diana Turner-Forte
United Methodist Women
United Way of Greater High Point
Kathleen Whitfield
Jeff and Jeanette Wilhelm
Mary Willison
June Yates
Annette Young
James and Bobbie Young
Irene Zipper

\$1,000 TO \$2,499

Arc of High Point
Civitan Club of New Bern
Craven County Community Foundation
Roger and Connie Dillard
Foundation for the Carolinas
Don and Susan Haines
Lamb Foundation of NC, Inc.
Morgan Stanley Smith Barney
National Christian Foundation
North Carolina Community Foundation, Inc.
Ted and Margo Rhodes
Stanly County Community Foundation
Trawick and Carol Stubbs
Walmart
Walnut Cove Masonic Lodge #629

\$2,500 TO \$4,999

Fiskars Brands, Inc.
United Way of Stanly County

\$5,000 TO \$9,999

Community Based Alternatives, Inc.
Jeff and Marie Gaskin

\$10,000 TO \$14,999

Joe and Nancy Kling
Bill and Carol Russell
William Knight Russell Family Foundation

\$30,000 AND UP

The Harold H. Bate Foundation, Inc.

thank

MONARCH RECEIVES GRANTS FOR ADAPTIVE TECHNOLOGY TO HELP IMPROVE THE LIVES OF PEOPLE WITH DISABILITIES

Monarch recently received two grants totaling \$5,500 to help fund important technology initiatives. Monarch's Beach Club of Dare received a \$3,000 grant from the Board of Directors of the Outer Banks Community Foundation and was also awarded \$2,500 from the Richard Chapman Cleve Fund, granted by the Craven County Community Foundation, an affiliate of the N.C. Community Foundation.

Both grants will be used to assist individuals with intellectual and developmental disabilities who use adaptive and interactive technology, including iPads, for rehabilitation and to assist with more effective communication. People supported by Monarch with limited mobility will gain confidence when they are able to use devices with simple touch screen features to solve puzzles they would not have been able to solve before because of unsteady hands.

Similarly, adults with disabilities will now have the potential to gain more independence and foster a secure living environment with the use of iPads, which will allow them to set simple reminders such as locking the door, turning off the oven or taking a medication.

"Technology empowers people and gives a new sense of independence and confidence," explained Blake Martin, chief development officer at Monarch. "Our goal is to provide the people we support with the most recent technology to enhance their lives as well as to improve our ability to provide services and treatment."

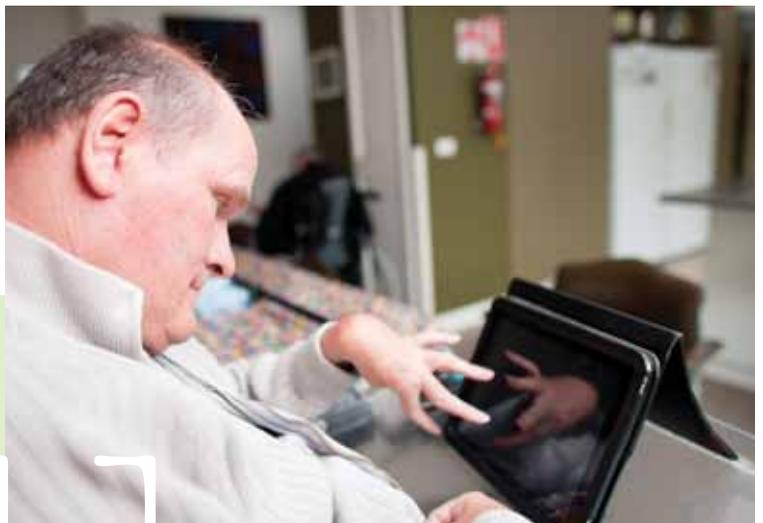
Monarch's highly-trained clinicians and technology staff have researched the latest technological trends that will better assist and help improve the quality of life for people with intellectual and developmental disabilities and mental health challenges. Monarch's Beach Club has received new devices and software apps.

About the Outer Banks Community Foundation

The Outer Banks Community Foundation was organized in 1982 as a public charity to meet local needs in the Outer Banks area not ordinarily within the province of other charitable organizations, religious institutions, or government. The Foundation Board of Directors, composed of leading citizens who serve without compensation, administers all the funds of the Foundation and approves all grants.

About the Craven County Community Foundation

The Craven County Community Foundation, an affiliate of the North Carolina Community Foundation, was established to serve local nonprofit organizations, donors and charitable causes. The mission of the Craven County Community Foundation is to enable people of all means interested in the future of the county to make significant and lasting gifts for the benefit of the community. ●



you

“Monarch administration and staff have given our sister a creative, inclusive, interesting and varied day program. We wanted to show our support and appreciation for Monarch and those attending the program by giving a financial contribution.”

— **Nancy McNiff**, sister of Betsy Brouwers, who is supported at Monarch’s Creative Arts and Community Center in Southern Pines.



Left to right: Nancy McNiff and her sister Betsy Brouwers

SOCIETY OF 1958

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

Mary Cecelia Wood

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

ARC OF STANLY

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

- | | |
|------------------------------|------------------------------------|
| Barbara Arbo | Lydia Morgan |
| Pawnee Barden | Don and Rachel Morrison |
| Jack and Nancy Jean Bauer | Bob and Betty Moser |
| John and Gloria Bowers | Deborah Moses |
| Eric and Ruth Cain | Carol Needy |
| Jeff and Sandra Chance | Robert and Claudia Odom |
| Mattie Cranford | Cynthia Ohlrich |
| Ferrell Crowley | Phillip and Carol Parker |
| Drs. Eddie and Janice Dunlap | Carrie Poplin |
| Ruby Floyd | Virginia Poplin |
| Kevin and Mary Garrison | George and Doris Reynolds |
| Ken and Doris Goodson | Ed and Lynn Shimpock |
| John and Ann Harris | Raymond Skidmore |
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| Larry and Brenda Hinson | Kenneth and Barbara Stoker |
| Wallace and Dolores Howell | Steven and Suzanne Surratt |
| Angela Kirk | Bob and Dr. Peggy Terhune |
| Mike and Gale Kirk | Robert Thomas |
| Rayven and Joan Lambert | Edwin and Elizabeth Walker |
| Myra Lippard | Eston and Jackie West |
| Tony and Martha Lowder | David and Melinda White |
| Taft and Ann McCoy | Jeff and Jeanette Wilhelm |
| Dave and Jackie McGowen | Matt Wilhelm |
| Faye McLawhorn | Voyte and Betty Wilhelm |
| Reggie and Mary Medlin | |

thANK

MONARCH SOCIETY

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

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

BUTTERFLY CIRCLE \$1 TO \$999

These contributors believe that everyone deserves the right to pursue their dreams. Members of this Circle make it possible for dreams to take flight by contributing \$1 to \$999 annually to the Monarch Society.

Ad Image, LLC
Kathy Adolph
Albemarle Hearing Center
Ray Allen
Thomas Allen
Cynthia Allred
Louise Allred
Melissa Archer
Atlantic Coast Engineered
Metals, LLC
Sherry Bailey
Jeff and Angela Barbee
Pawnee Barden
Diane Barrier
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Deborah Biggers
Gary Biles
Melvin Biles
Matt and Adina Blake
Cindy Blot
John and Gloria Bowers
Steve Bowers
Kristi Bradshaw
Sharon Brady
Carroll Braun
Eileen Bress
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Courtney Brown
Gary Brown
Michael Brown
Kelsie Bryant
BT Global Services
Betty Bunker
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Kenny Cagle
Pat Carpenter
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Mark Christenbury
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Nathan Clements
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Bill and Martha Collier
Concord Properties
Troy and Kathy Connell
Converging Technologies
Gail Cooper
Leonard Covington
Damon Cox
Phyllis Cox
Eric and Angela Crisco
Steve Cromer
Mike Crump
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Alexis Davis
Debbie Davis
Gloria Davis
Judy Davis
Rick Dennis
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Garry and Wanda Drake
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Drs. Eddie and Janice Dunlap
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Effie Eakins
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Heather English

Enterprise Rendering
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Foundation for the Carolinas
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Jennifer Frettoloso
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Ken Furr
Patsy Furr
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Phyllis Furr
Calvin and Rebecca Gaddy
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Kevin and Mary Garrison
Howard Garst
Jeff and Marie Gaskin
Tom Gingrich
Jeffrey Gollehon
John and Veronica Greenfield
Melissa Griffin
Guardian Pharmacy Eastern, Inc.
H & K Automotive
Don and Susan Haines
Martha Sue Hall
Paul Hallett
Michael and Angie Harrison
Melanie Hatley
Jerry Hayes
Mary Hayes
Robert and Barbara Hayes
Tammy Helms
Bill Hendrick
Cathy Herrera
Melissa Hill
Amber Hinshaw
Larry and Brenda Hinson
Robin Hinson

MONARCH CELEBRATES THE DAVID KLING COMMUNITY ROOM AT THE MCACC

People supported, staff, community leaders and friends of Monarch gathered to honor the generosity of the Kling family in July at the dedication of the David Kling Community Room located at the Monarch Creative Arts and Community Center (MCACC) in Southern Pines.

The community room is at the heart of the MCACC offering a meeting/ gathering space, a full service kitchen, where people supported engage in learning culinary skills and a spacious bistro area for special dining occasions. At the ribbon cutting and dedication, Joe and Nancy Kling – and their son David – were honored for their generosity and contributions toward the project.

“Nancy and I wanted to provide people who attend MCACC with a place they could be proud of when community members visit the center,” Joe Kling said. “They spend a great deal of time in the community room, where they learn and share together and we felt that it was important to contribute to the project.”

“We like putting money towards making a big impact and that our contributions are going to more immediate results,” the couple said about their donations to Monarch. “We believe in making people with mental disabilities and substance abuse part of society.”

Left to right: Dr. Peggy Terhune, Nancy and Joe Kling, and their son David



thank

Ronnie and Regina Hinson
Lacey Hodge
Jim Hoffman, Jr.
Hogg Family Trust
Home Savings Bank, SSB
Brenda Honeycutt
Cindi Honeycutt
Tereda Horton
Wallace and Dolores Howell
Matthew and Melanie Hudson
Brian Hughes
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David and Elaine McIlquham
Belinda McIntyre

Senator Gene McLaurin
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Carter Rollins
Peggy Roseman
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Sandhills Office Systems, Inc.
Tim Schilling
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Brian Shaff
Shelton Insurance Center, Inc.
Oscar Shelton
Stan Shelton
Jocy Shepard
Margaret Shields
Daniel Sides
Jody Sides
Marjorie Silvernail
Sineath Properties
Susan Sineath
Jennifer Small
Betty Jo Smith
Peggy Smith
R.W. and Peggy Smith
Serenity Smith
Nancy Smoak
Margaret Snyder
South Central Oil Company
Southern Pharmacy Services
Hal and Amy Speer
Denny and Scarlett St. Clair
Manfred Staebler
Stancil Builders, Inc.
Standard Office Equipment
Stanly County Chamber
of Commerce
Stanly Regional Medical
Center
Stifel, Nicolaus & Company, Inc.
Ross Stokes
David Stroud
Tana Stroupe
Trawick and Carol Stubbs
Joe Sumpter
Synergy Coverage Solutions, LLC
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Time Warner Cable, Inc.
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Tyson & Hooks Investments, LLC
Brandy Vanhoy
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The Honorable James Webb
Christy Whitley
Michael Whitlow
Fritz Wiesendanger
Jeff and Jeanette Wilhelm
Voyte and Betty Wilhelm
Leigh Wilkinson
Archie Williams
Shandra Williams
Patricia Wilson
Jennifer Winkler
Steven Yakubik

DREAM MAKER CIRCLE
\$1,000 TO \$2,499

These Circle supporters are committed to underwriting the dreams of the people we support. Getting married, going on a vacation, or putting on a pilot's suit for a day is a dream come true for someone. The Circle members recognize these dreams by contributing \$1,000 to \$2,499 annually to the Monarch Society.

Lee and Mary Burt Allen
Alliance Medical, Inc.
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Foundation
Home Care of the Carolinas
Kerr Drug, Inc.
Leeburt Properties, LLC
Shelly Morgan
Randolph Medical Pharmacy
Steven and Suzanne Surratt
Bob and Dr. Peggy Terhune
United Way of Stanly County

STANLY CIRCLE
\$2,500 TO \$4,999

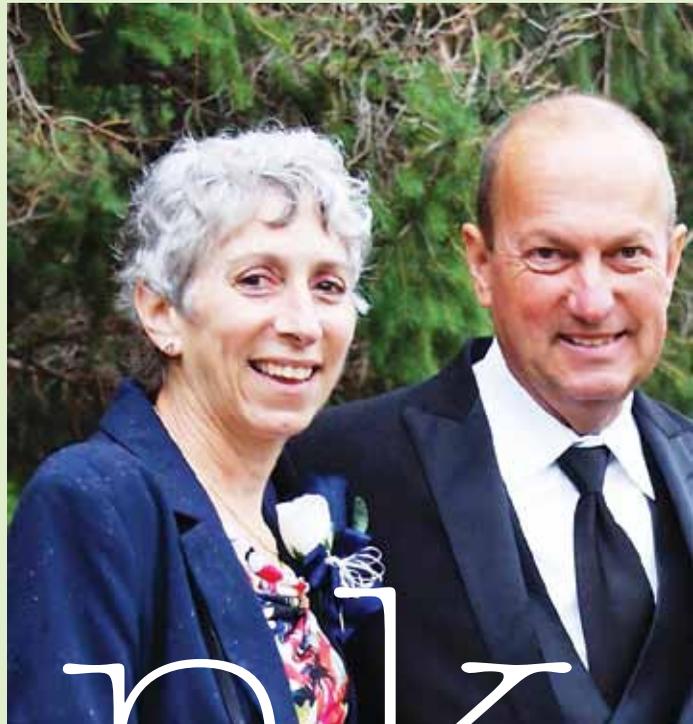
This Circle honors those who have provided sustaining leadership for Monarch throughout our existence. Much like our founders in Stanly County over 50 years ago, these Circle members exhibit unwavering commitment by contributing between \$2,500 and \$4,999 annually to the Monarch Society.

Bank of Stanly
Bear Insurance Service
Enterprise Fleet Management, Inc.
Gardner & Hughes, PLLC
J.T. Russell and Sons, Inc.

FOUNDER'S CIRCLE
\$7,500 AND UP

This Circle gives special acknowledgement to those who make a commitment to Monarch with a contribution of \$7,500 or more annually to the Monarch Society. This Circle gives parents, families, and community members the chance to express their full commitment to the mission and vision.

First Citizens Bank



thank

GIFTS IN KIND

Contributions of goods or services.

Advent Lutheran Church
Balfour Baptist Church
Tara Ballard
BB&T
Bed, Bath & Beyond
Eileen Bress
Daniel and Christy Brown
Alessandro and Kathy Cagiati
Clark Cagle
Kajarra Caldwell
Allen and Misty Campbell
Carolina Mill Works
Gary and Jackie Church
Cox Industries, Inc.
Polk and Kathy Dillon
Eastern Carolina Council
First Presbyterian Church
Fiskars Brands, Inc.
Flowers, Etc.

Foxfire Resort and Golf
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George and Sylvia Hancock
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Jim Kelley
Legacy Golf Links
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Masters Church
Dave and Jackie McGowen
Lori Meads
Moore Area Shag Society
Moore County DSS

Mt. Carmel Baptist Church
Sheryl Ogorek
Judy Oliver
John Rock
Rome Research
Thomas and Mary Ann Roth
Matthew Scott
Lawrence and Vicky Shamberger
Bruce Shattuck
Southside FWB Church
Johny and Barbara Springfield
Mrs. Swanner
Sweet Haven Church
The Carolina
The Country Club of Whispering Pines
The Fresh Market
Trader Construction Company
Tree Man Tree Service
Vulcan Materials

Would **YOU** like to join us this year in helping dreams take flight? For your convenience a reply envelope is included in this issue of *Reaching Dreams*.

If you have any questions or would like more information, please contact Blake Martin at (704) 986-1584.

Gary and Joan Feierstein, of Rockwell, N.C., contributed the first and last gifts in the 2013 fiscal year using Monarch's secure online payment option, which they say is easy and convenient. Joan is an EC teacher in Mooresville and Gary is a teacher assistant and bus driver at Shive Elementary in Rockwell.



YOU



350 Pee Dee Avenue, Suite A
Albemarle, NC 28001

www.MonarchNC.org
(800) 230-7525



An affiliated chapter of The Arc



The Council on Quality and Leadership



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Dream Revolution
Join the Monarch
Dream Team

www.MonarchNC.org

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