



## Walking With Shadows

### Banner Elk Presbyterian Support Group

(Meets every second Monday in the Margaret Tate Parlor at the church)

Contact Person: Janet Speer ([speerj@lmc.edu](mailto:speerj@lmc.edu))

### Resources for Caretakers/Friends of Persons with Mental Illness

Local Resources (or locally accessible resources) are marked in yellow (Most all of these provide help even from distances.)

Be sure to see the article in the Huffington Post on the Royal Family's special attention to mental health issues and how to fight the stigmas. <http://projects.huffingtonpost.co.uk/young-minds-matter>

#### **Brant Piper M.Div. MA NCFBPPX**

Available on Mondays (or by arrangement) for sessions at Banner Elk Presbyterian Church  
Mr. Piper is a professional counselor and fees are on a sliding scale. Accepts insurance

#### **Dr. Suzanne McAdams MD**

Neurologist recommended for persons with Alzheimer's. 828 264-7720

#### **Elaine Wittman- MAEd: Licensed Professional Counselor Supervisor, Registered Play Therapist Supervisor, Approved Clinical Supervisor, Nationally Certified Counselor**

Recommended by one of our support group. Web site to her clinic, also recommended, is below.

#### **Pathways Counseling Center**

**Website:** <http://www.pathwayscw.com/>

What they do: Children and adults in holistic therapy; expressive arts, play, life coaching, chronic pain, dream work, EMDR, acupuncture and Chinese medicine.

Also do Christian Counseling. Recommended by one in our support group.

#### **Cynthia Berry ESW**

Recommended by one of our support group. Will have to get contact info

#### **Teen Depression – A Guide for Parents**

**Web site:** [www.helpguide.org/mental/depression\\_teen.htm](http://www.helpguide.org/mental/depression_teen.htm)

**What they do:** A guide for parents (grandparents) with information and resources for several types of disorders and how parents can use these tools to better help their teens.

**Alzheimer's Support Western North Carolina**

**Web site:** <http://www.alz.org/northcarolina>

**What they do:** Many resources on diagnosis, caretaking, support (for all stages), etc.

ARC of NC

**Website:** <http://www.arcnc.org/>

**What they do:** Advocacy for family human rights

**ACA: Adult Children of Alcoholics**

**Web site:** <http://www.adultchildren.org/meetings>

**What they do:** Help adults who have grown up in a house with an alcoholic discover how it has changed their own behavior and how to cope with this.

**Zoc Doc**

**Web Site:** [www.zocdoc.com/therapists-counselors](http://www.zocdoc.com/therapists-counselors)

**What they do:** Search for Mental health service providers. This website is a search engine to help you find a doctor in your area based on insurance provider, location and specialist desired.

**Healthy Place**

**Web site:** [www.healthyplace.com](http://www.healthyplace.com)

**What they do:** One of the largest internet based sites that offer lots of information on a variety of mental illnesses.

<http://www.healthyplace.com/alternative-mental-health/addictions/alternativetreatments-for-addiction/>

Healthyplace.com is one of the largest internet based sites that offer lots of information on a variety of mental illnesses.

**Mary Ellen Copeland: Mental Health Recovery and WRAP**

**Web site:** [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

**What they do:** You will find information on recovery for people with mental illness. There is also information on the Wellness Recovery Action Plan, an effective recovery plan created by Mary Ellen Copeland to ensure long-lasting wellness in your daily life.

**Organization: NAMI**

**Web Site:** <http://namihighcountry.org>

**What They Do:** Welcome to NAMI High Country. NAMI, which stands for National Alliance on Mental Illness, is a National Organization. We are a local chapter that serves Watauga, NC and surrounding counties. If you are a person living with a mental illness, a friend or family member of someone living with a mental illness, a student interested in mental health issues, or a professional working in the mental health field – you have come to the right place!

**Organization: Mental help information and resources Web Site:**

[www.mentallhelp.net](http://www.mentallhelp.net)

**What they do:** A website dedicated to promoting mental health and wellness education and advocacy.

**Organization: Smoky Mountain LME/MCO**

**Website:** <http://www.smokymountaincenter.com>

**What they do:** Will help you with resources and can send you to a good source. Also do crisis care. They can help with advocacy with insurance/Medicare issues, etc

**Organization: American Psychological Association**

**Website:** [www.apa.org](http://www.apa.org)

**What they do:** The largest scientific and professional organization representing psychology in the United States. This site includes information on multiple behavioral health topics. Easy to navigate.

**North Carolina's Child Advocacy Institute Program**

**Website:** [www.ncchild.org](http://www.ncchild.org)

**What they do:** Their mission is to advance public policies that improve the lives of North Carolina's children. The website includes information on current initiatives and resources available to you. A general site, not specific to mental illness but good for advocacy and resources for getting assistance for children.

**The Hopeline**

**Website:** [www.hopeline.com](http://www.hopeline.com)

**What they do:** The Hopeline's focus is suicide prevention, awareness and education. They provide help through crisis hotlines, online crisis chat, and a music outreach tour.

**7 Cups of Tea**

**Website:** [www.7cupsoftea.com](http://www.7cupsoftea.com)

**What they do:** 7 cups of tea is a way to connect with someone to talk to online. It offers free, anonymous, and confidential conversations with trained active listeners. You can connect with a listener with the click of a button.

**NAMI: National Alliance on Mental Illness: High Country**

**Website:** <http://namihighcountry.org/resources>

**What they do:** Peer to peer counseling, group meetings, resources for help at the local level. They also can provide lawyers for issues dealing with guardianship

**Suicide Prevention Lifeline**

**Website:** <http://www.suicidepreventionlifeline.org>

**What they do:** Suicide Prevention Lifeline is a crisis resource that connects you with a skilled, trained counselor to talk to in your area. You can call 1-800-273-8255 or use their website.

**The Veterans Crisis Line**

**Website:** [veteranscrisisline.net](http://veteranscrisisline.net)

**What they do:** Allows Veterans in crisis, as well as their families and friends, to connect with qualified Department of veterans Affairs responders through toll free hotline, online chat or text.

**The Trevor Project**

**Website:** [www.thetrevorproject.org](http://www.thetrevorproject.org)

**What they do:** Crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people.

**Society for the Prevention of Teen Suicide**

**Website:** [www.sptsusa.org](http://www.sptsusa.org)

**What they do:** Advocacy website for teen suicide and prevention that parents can possibly provide; it also provides outreach information and resources.

**Daymark**

**Website:** [www.daymarkrecovery.org](http://www.daymarkrecovery.org)

**What they do:** Provides resources and services for individuals seeking treatment of

mental illness or substance abuse. **There is one in Boone.** 828.264.8759 After Hours (Crisis Line): 828.264.4357

**The National Eating Disorders Association**

**Website:** [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**What they do:** Help individuals overcome eating disorders by finding a professional to get help. Provides information on programs and support, education and ways to get involved.

**Dual Diagnosis**

**Web Site:** [www.dualdiagnosis.org](http://www.dualdiagnosis.org)

**What they do:** Help with substance abuse and help finding facilities for help. Can be contacted on a confidential phone line for more questions and information 1-877-345-3377

**Easter Seals**

**Web Site:** <http://www.easterseals.com/NCVA/who-we-are/news/nc-start-central-gains.htm>

**What they Do:** Amazed to find that Easter Seals offers help for those with

mental disabilities to find work and, as one of our group says, offered her daughter a bus ride home for visits and supportive living which allows her to go to school and yet be supported with meds, counsel and just general checkups." There is a bus to Boone from Winston, Greensboro, Raleigh and we believe Charlotte

**If you have not found what you need, email Janet Speer and she will research for you.**  
[speerj@lmc.edu](mailto:speerj@lmc.edu)

**Books**

**Troubled Minds and the church's mission** by Amy Simpson. The 2014 Christianity Today Book Award Winner Mental illness is the sort of thing we don't like to talk about. It doesn't reduce nicely to simple solutions and happy outcomes. So instead, too often we reduce people who are mentally ill to caricatures and ghosts, and simply pretend they don't exist. They do exist, however—statistics suggest that one in four people suffer from some kind of mental illness. And then there's their friends and family members, who bear their own scars and anxious thoughts, and who see no safe place to talk. (Our church has copies of this book.)

**Setting Boundaries with Your Adult Children; six steps to Hope and Healing for struggling parents.** – Allison Bottke This important and compassionate new book from the creator of the successful God Allows U-Turns series will help parents and grandparents of the many adult children who continue to make life painful for their loved ones.

Writing from firsthand experience, Allison identifies the lies that kept her, and ultimately her son in bondage—and how she overcame them. Additional real life stories from other parents are woven through the text.

A tough–love book to help readers cope with dysfunctional adult children, *Setting Boundaries® with Your Adult Children* will empower families by offering hope and healing through S.A.N.I.T.Y.—a six–step program to help parents regain control in their homes and in their lives.

- S = STOP Enabling, STOP Blaming Yourself, and STOP the Flow of Money
- A = Assemble a Support Group
- N = Nip Excuses in the Bud
- I = Implement Rules/Boundaries
- T = Trust Your Instincts
- Y = Yield Everything to God

**You are not Alone: Hope for Hurting Parents of Troubled Kids** – Dena Yohe You would go to the ends of the earth for your child. So, if your teenager or young adult is in the midst of crisis due to self-injury, mental illness, depression, bullying, or destructive choices, you probably feel broken, powerless, and isolated.

Dena Yohe wants you to know you are not alone. You are not a bad parent. And you are going to be okay.

Dena has been where you are. In *You Are Not Alone*, she speaks from experience as she offers healthy ways to maintain your other relationships, suggestions for responding to friends who don't understand, and ideas for keeping up your emotional and spiritual well-being when your world feels as if it's crashing down.

It is possible to find purpose in your pain, joy beyond your fear, and hope for every tomorrow.

*Includes prayers, exercises, websites, and other helpful resources.*

### **I DON'T HAVE TO MAKE EVERYTHING BETTER Gary and Joy Lundberg**

In their weekly radio show and in their popular workshops, **Gary and Joy Lundberg** have already helped thousands of people and their families to communicate more effectively. Now, the Lundbergs address an all too common dilemma that arises when others expect you to solve their problems for them, showing readers how they can shed the no-win role of "fixer" and empower people to solve their own problems through validation—a simple yet profound communication tool that is essential to any healthy relationship. Refreshingly straightforward, this inspiring and entertaining work is poised to become a classic guide for anyone who wishes to improve relationships with their partner, children, colleagues and friends.

### **UNDERSTANDING AND LIVING WITH PEOPLE WHO ARE MENTALLY ILL: Techniques to Deal with Mental Illness in the Family [James E. Soukup](#)**

Each year 16 to 20 million Americans suffer from major depression. Many more are impaired by anxiety disorders. An estimated 13 percent of the population abuse or are dependent on alcohol and other mood altering drugs. More and more suffer from Alzheimer's. Over 2 million are schizophrenic. Every family may experience mental illness with an emotional impact on all family members. Common responses are feelings of anxiety, guilt, hopelessness, helplessness, depression, shame, codependence, anger and confusion. This book will help family members understand mental illness and how to develop healthy, functional, and appropriate attitudes and responses. Symptoms, treatment approaches, and advice on obtaining help are discussed. Disorders described include alcoholism, Alzheimer's disease, mood disorders, sexual and spouse abuse, rage episodes, obsessive compulsive disorders, anxiety disorders, sexual dysfunction, bulimia and anorexia nervosa, adolescent suicide and depression, and attention deficit disorders. Included are stress management

techniques, codependency, self-help groups, adult children of alcoholics (ACOA) issues, effective parenting techniques, use of psychotropic drugs in treatment, and various types of psychotherapy.

**Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness Paperback – October 18, 2008** by [Matthew S. Stanford](#)

Each day men and women diagnosed with mental disorders are told they need to pray more and turn from their sin. Mental illness is equated with demonic possession, weak faith and generational sin. Why is it that the church has struggled in ministering to those with mental illnesses? As both a church leader and professor of psychology and neuroscience, Michael S. Stanford has seen far too many mentally ill brothers and sisters damaged by well meaning believers who respond to them out of fear or misinformation rather than grace. *Grace for the Afflicted* is written to educate Christians about mental illness from both biblical and scientific perspectives. Stanford presents insights into our physical and spiritual nature and discusses the appropriate role of psychology and psychiatry in the life of the believer. Describing common mental disorders, Stanford asks of each: "What does science say and what does the Bible say about this illness?"

**Ministry With Persons With Mental Illness and Their Families**

by [Robert H. Albers](#)

Those who are afflicted as well as those who are adversely affected by mental illness often live lives of "quiet desperation" without recourse to appropriate assistance. Most caregivers confronted with these illnesses in the work of ministry have had no training or accurate information about mental illnesses, so frequently they do nothing, resulting in further harm and damage. Others may operate out of a theological system that does not adequately account for the nature, severity, or treatment of these illnesses.

In *Ministry with Persons with Mental Illness and Their Families*, psychiatrists and pastoral theologians come together in an interdisciplinary, collaborative effort to ensure accuracy of information concerning the medical dimensions of mental illness, interpret these illnesses from a faith perspective, and make suggestions relative to effective ministry. Readers will learn how science and a faith tradition can not only co-exist but work in tandem to alleviate the pain of the afflicted and affected.

**The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory**

When someone in your family suffers from Alzheimer disease or other related memory loss diseases, both you and your loved one face immense challenges. For over thirty years, this book has been the trusted bible for families affected by dementia disorders. Now completely revised and updated, this guide features the latest information on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements for the person who has dementia when home care is no longer an option.

You'll learn:

- The basic facts about dementia
- How to deal with problems arising in daily care-- meals, exercise, personal hygiene, and safety
- How to cope with an impaired person's false ideas, suspicion, anger, and other mood problems
- How to get outside help from support groups, friends, and agencies
- Financial and legal issues you must address.

Tools discussed in class
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## **SAD (Seasonal Affective Disorder)**

Vitamin D: 30 minutes in the sun is 10,000 units of D. If you are not in the sun or don't drink at least a quart of milk, take 1000 units of D as a supplement and can add more if you tolerate. Be sensitive to days when you are in the sun. (Dana Farber)

Be active. Just because it is rainy, cloudy or cold outside; get moving.

Get outside if you can, even on a cold or cloudy day

Think about full spectrum light. Good site is [gaiam.com](http://gaiam.com)

Open curtains in the morning and make sure you face light when you get up

Set a time for sleeping and try to keep that consistent.

## **Tools for getting through holidays**

Let go of expectations

Try to do something wildly different

Make a pact with yourself to check responses to behavior you have come to expect.

Make love the foundation of your time together.