

Consumer Council Conference Call

November 4, 2010

600-7:00pm

On the Call:

Chair: Mike Weaver - Chair (Charlotte), Dan Shaw (Durham), Donna Foreman (Durham), Laura Eckard (Hickory), Dave Rowe (Western- Asheville), Hannah Carroll (Cumberland), Marc Jacques (Wake), Dave Girod (Alamance)

Staff: Gloria Harrison

Minutes from last meeting were approved.

Mike briefly discussed the meeting with President Obama. He didn't get a chance to meet Obama personally. Mike thought that because NAMI National has focused on Recovery & Resiliency and their Strategic Plan that we should discuss our own personal resiliency in recovery.

Personal Recovery Efforts-Struggles/Round Robin

>Dave Rowe – Dave said that he had a tough time this past summer because of a medication change. He was staying active, however. He is walking. He noted that friendship can improve brain chemistry. He said that he feels he has a good support system.

>Dan Shaw is working actively on In Our Own Voice, Peer to Peer, and with Vocational Rehabilitation.

>Marc Jacques said that he feels like a trombone because he slides back and forth so much. Advocacy helps. He gets invigorated by helping others. Recovery is the way to go for him.

>Laura Eckard also recently changed medications. She has spent time lately in CAMBODIA & VIET NAM!
(Go Laura!)

>Donna Foreman has been advocating for others. She is also working on medication changes which are going pretty well so far.

>David Girod totaled his car recently. He needs to find another one. However, he has kept his focus and is still working on Peer to Peer.

>Hannah is struggling with her father who is aging and dealing with illness. She is still trying to help others.

>Mike is working on peer support and recovery classes to transitional housing programs. He is having problems keeping up with everything he feels he needs to do.

The Council discussed a consumer brochure. Gloria will be working on it, based on previous input by the Council. Some discussion of a fund raiser – perhaps in the form of a cook book, took place.

**Submitted by,
Gloria Harrison
Helpline Manager
NAMI NC**