President’s Message

By Sheila Josilevich, NCMS Alliance President

Alliance! Well, here we go with the first of our three issues of the Tarheel Tandem for 2016-17, and I do hope that you enjoy the articles and gain some insight into what local Alliances are doing around the State of North Carolina. My mantra for my year as President is “All Alliances are Local!” And as your State alliance, we will do all we can assist you.

In this edition, you will find the names and contacts of board members who can help your Alliance with questions on fundraising, finances, nonprofit organizations, bylaws, setting up scholarships, and grants. Please take advantage of the skills your board has to offer.

I do hope that our members will also take advantage of the opportunity State has made to assist you in covering the registration fee for attending the NAMI Conference in Raleigh, October 7-8. Please see link on page 2. Once again, NCMS Alliance will be partnering with NAMI in its work to educate and advocate for those with mental health problems.

The State Alliance will be collaborating with the NCMS as it holds its board meetings regionally across state. Local Medical Societies and Alliances will have the opportunity to take part in meetings and enjoy meet and greet mixers after the meeting. We will be sending out a calendar of these events to all our membership.

And finally, bear with me as I thank my local chapter of the Alliance for the outstanding annual meeting they hosted this spring. The Onslow County Medical Society Alliance stepped up to the plate and organized a terrific annual meeting, luncheon and evening social! How on earth they got the weather to cooperate I will never know!
Opioid Abuse is an Epidemic in America

By Kirby Sheridan

I was excited and honored to attend my first AMA Alliance Annual meeting in Chicago in June as the President-Elect of the North Carolina Medical Society Alliance. With the theme “Focus on the Future”, the meeting moved quickly with stimulating lectures, workshops and discussions, as well as opportunities to meet Alliance members from all over the country. What topped all of my experiences at the annual meeting, however, was the introduction of the AMAA’s Opioid Abuse Awareness Program with a lecture and subsequent discussion that opened the meeting on the first day. The keynote speaker was Sam Quinones, award winning journalist and author, who discussed the current abuse of prescription painkillers and heroin in this country had reached such proportions. It is a public health crisis made worse by the fact that there is a stigma surrounding the problem. People of all walks of life are dying from accidental overdoses of painkillers or heroin—which is cheaper and easier to get—or a mix of the two. Yet, until recently, few people were talking about it. How do we fix this problem?

We start by educating ourselves, and then our communities about it. We end the stigma and talk about it. After all, we are members of our local, state and national Alliances, in large part, to improve the health of our communities. We can begin to understand and address this problem by utilizing the new Opioid Abuse Awareness Program materials developed and introduced by the AMAA this year. These materials include a DVD, a brochure and an informational card that raise awareness of the opioid abuse epidemic, reduce the stigma surrounding it and give us strategies for preventing it.

The AMAA’s Opioid Abuse Awareness materials will be available to order in the next few weeks. Please watch the AMAA website or the NCMSA website for more information. You may also find information about the AMAA’s new Health Initiative in the Summer 2016 edition of “Alliance in Motion”. Look into these resources and make this the subject of a program at your local Alliance gathering. Help lower the opioid abuse epidemic in America, starting in your own community.

NAMI Conference Invitation

The NC Medical Society Alliance would like to extend an invitation to NCMS Alliance members to attend the annual statewide conference of National Alliance on Mental Illness (NAMI) North Carolina. The conference will be held at the Sheraton Capital Center Hotel, Raleigh, NC, October 7-8, 2016.

The NCMS Alliance will reimburse the conference registration fees for up to nine people to attend. Funds are limited and this offer is on a first come first serve basis. Register today to secure your spot!

Upon registering, please submit a copy of the registration receipt to NCMSA tsteadman@ncmsalliance.org or by mail to NCMS Alliance, 1500 Sunday Drive, Suite 102, Raleigh, NC 27607 and a reimbursement form will be provided to the attendee to be submitted to NCMSA after attendance at the conference.

This is a wonderful opportunity to learn so much more about mental health issues not only here in NC but across the country.

For more information and to register, please visit: http://naminc.org/2016-annual-conference/

Please feel free to contact me for more information.

Tracy Steadman
NCMS Alliance Executive Director
(919) 573-1316

National Alliance on Mental Illness North Carolina
Love and Caring Cards Artwork Contest

By Marilu Thordsen

The North Carolina Medical Society Alliance once again is proud to return the Love and Caring Cards. Last year we had great participation from alliance members and their families resulting in some beautiful drawings and pictures. Four winners were selected including the two cards seen at right. This year we will be accepting the entries from **November 1, 2016 through January 31, 2017**. We will still be accepting entries from you or members of your immediate family with original artwork of a picture or drawing.

You will find the guidelines for submission [HERE](#). If you have any questions or need more information, please contact Marilu Thordsen at (253) 278-8726 or mjthordsen@yahoo.com.

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**Calendar of Events**

**October 7-8, 2016**
NAMI Conference

**December 1, 2016**
Winter Tarheel Tandem
Article Deadline

**May 7, 2017**
NAMI Walk

**TBD**
NCMSA 94th Annual Meeting

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**Love and Caring Card Acknowledgements**

- **Uma Avva**
  - In honor of NCMS Alliance
  - In honor of GGMSA
  - In honor of Barbara Savage
  - In honor of Diane Swords

- **Lucy Kernodle**
  - In honor of Carey K Anders, MD
  - In honor of Harold Kernodle Jr, MD

- **Sylvia Lewis**
  - In honor of Sheila Josilevich

- **Pansy Mann**
  - In memory of Dr. Charles L Garrett

- **Beth Osbahr**
  - In honor of Gay Bowman

- **Paula Patselas**
  - In memory of Helen E Cherry

- **Diane Popkin**
  - In memory of Karen Leslie Popkin

- **Lee Ann Thomas**
  - In honor of K.V. George Thomas, MD

- **Beverly Wright**
  - In honor of Julie Newman
  - In honor of Racheal Kunesh
  - In honor of Pat Udekwu
  - In honor of Barbara Savage
  - In honor of Gay Bowman
  - In honor of Carolyn Green

- **Anne Yannessa**
  - In honor of Sheila Josilevich
Share Your Programs and Projects

We know that local Alliances in North Carolina are leading efforts to improve the health of citizens in their communities. You are getting together to learn from interesting programs during your meetings. Please share what you are doing so that other Alliances can reap ideas and be inspired by your experiences.

Share your programs and projects with the rest of the state via the North Carolina Medical Society Alliance website or the Tarheel Tandem. Please share photos of events and projects, also. They add to the excitement over your successes and efforts in your communities.

To share what is going on in your Alliance, please email the NCMSA Executive Director, Tracy Steadman, at tsteadman@ncmsalliance.org with photos and a description of your recent activities.

You can send an outline or write an article. We will follow up with you for more details, if needed.

What you do to improve the health of your communities will inspire others so please share.

The North Carolina Medical Society Alliance wishes to thank our 93rd Anniversary Annual Fund Contributors:

Sadie McCain
Julie Newman
Champion
Beverly Wright
Mentor
Uma Avva
Advocate
Lucy Kernodle
Anne Krishnan
Marilu Thordsen
Louise Wilkerson

Friend
Sylvia Lewis
Pansy Mann
Madhur & Nivedita Mittal
Beth Osbahr
Paula Patselas
Jane Patterson
Diane Popkin
Lee Ann Thomas
Mary Tyrey
Anne Yannessa

In closing, please join our Alliance today. Call (919) 573-1316 or email Tracy Steadman, our State Alliance Executive Director tsteadman@ncmsalliance.org or go to our website to join online. Please call me at (704) 213-4171 with any questions.

Our Alliances are blessed to have so many talented and amazing members who give unselfishly of their time and financial resources to help those in need.

Please join/renew your membership today!
The North Carolina Medical Society Alliance Walks with NAMI

The North Carolina Medical Society Alliance is focused on mental health awareness in North Carolina. Since 2015 the NCMSA has made one of its missions to increase awareness among its members of mental health and mental health challenges in North Carolina. As part of that effort, NCMSA members participated in NAMI Walks on May 6, 2016 on the Dorothea Dix campus in Raleigh. We joined more than 1200 people walking to support mental health and fight the stigma attached to mental illness. Our bright green bandanas distinguished our group and added to the fun. Those members who participated could feel the excitement of banding together with others with a similar goal. It was a powerful feeling to walk alongside those receiving mental health services and see their efforts to improve those services and shed the stigma. If you could not join us in May, we hope you will look for details of our plans to walk in 2017.

There is something special about being a part of an effort that is bigger than we, as individuals. If you cannot walk with us in NAMI Walks, be a sponsor and contribute funds online to support NAMI (National Alliance on Mental Illness). Half of what you donate goes back to your individual county’s NAMI affiliate. The other half supports NAMI of North Carolina. Look for details in 2017 about how you can support the NCMSA NAMI Walks team. Let the NCMSA help you make a bigger impact on mental health services in your county. Join us. We make a bigger impact as a group than as individuals in our efforts to improve and expand mental health services in North Carolina.
Snapshots from Wake County’s Tara Farm Picnic sponsored by the Wake County Medical Society and the Wake County Medical Society Alliance

Looking for Programming Ideas?

If your Alliance is looking for a project that will improve the health of the citizens in your area, please think about ways to improve the mental health of your community. Your local NAMI (National Alliance on Mental Illness) representative can share with you the state of mental health services and what the needs are in your area. The NAMI North Carolina website lists the names and contact information of the local NAMI representatives in the state. That website is NAMINC.org.