

***You're Invited!***  
***In Our Own Voice Presentation***  
***Wednesday, January 24 at 11:30 at CCC***  
***In their new Resource room***  
***at 141 Health Center Dr B, Boone, NC 28607.***  
***Coffee and Cookies!***

Community Care Clinic is pleased to announce L.A. Nicholson and NAMINC (National Alliance on Mental Illness North Carolina- Boone) presenting In Our Own Voice with Pamela Thomas co-presenting on Wednesday, January 24 at 11:30 in their new Resource room at 141 Health Center Dr B, Boone, NC 28607.

**CHANGING HEARTS AND  
MINDS  
ONE VOICE AT A TIME**

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L.A. will talk about her personal experience with Generalized Anxiety Disorder starting at the age of 41. All are welcome.

Bring your lunch. Coffee and cookies will be available. Free copies of L.A.'s books and journals will be available.

NAMINC (National Alliance on Mental Illness North Carolina) In Our Own Voice presentations change attitudes, assumptions, and ideas about people with mental health conditions. NAMI's free presentations provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition. L.A.'s non-fiction book begins in the morning when she receives the call that forever changed her life. Additional hardships such as infertility, layoffs, a cross-country move, and divorce followed, leading to the day she took a razor blade to her throat. Her memoir chronicles her battle with

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an insidious mental illness, her experiences in two psychiatric wards, and how she fought her way back to health. During this six-year journey, L.A. learned a great deal about the nature of mental disorders and the availability of effective treatment.

L.A. became a certified "In Our Own Voice" presenter for the National Alliance on Mental Illness to raise public understanding of why we must stop distinguishing "mental"

and "physical" health. The body functions as a whole. The U.S. Surgeon General estimates that one in five Americans suffers from a mental illness in any given year -- everyone knows someone. L.A. knows the despair of hitting bottom, and she knows the absolute necessity of hope.

This IOOV presentation is part of a more considerable collaborative effort to facilitate Transition to Community Living (TCL) criteria-eligible people and others in transition. At the CCC Grand opening in the spring of 2024, people can be referred or selected to undergo a process of discovery. This grant will help identify those who are eligible and offer others resources for growth. SAMSHA and NCDHHS have funded this grant. A limited supply of FREE prepaid gas cards, life supplies, books, and journals will be available. Four Resource Specialists will be hired and paid a stipend of \$250 for approximately \$25/hr for ten hours of work. Resource Advocates must be reliable and trustworthy — references are required. Resource Advocates will teach life skills classes or assist clients in accessing resources. Resource Advocates will be on a flexible schedule and expected to submit reports. Assignments will be based on Resource Advocates' skill set and career development goals.

The collaborative will provide training in the eight dimensions of wellness, transition to community living, and community inclusion,

etc. The local NAMI affiliate, NAMI High Country, supports these efforts.

The Community Care Clinic is a free clinic that provides healthcare to low-income, uninsured individuals in our community. Through their integrated care model, patients have access to high-quality services, including primary care, behavioral health, disease management, active follow-up, and continuity of care.

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI envisions a cross-cultural community in the High Country where compassion and understanding exist for everyone. We aim to make the High Country a safer space for those experiencing mental illness by ending the stigma associated with it. NAMI wants to ensure that those who need help have access to affordable care and support. We are here to facilitate recovery and resiliency for families and individuals and ultimately empower those who join us to be able to serve their community.