



National Alliance on Mental Illness

Columbus

Our Area's Voice on Mental Illness

With more than 1,200 affiliates, NAMI is America's largest grassroots mental health organization dedicated to improving the lives of all individuals affected by mental illness.



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NAMI Columbus
P.O. Box 8581
Columbus, GA 31908
(706) 320-3755



Board of Directors

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Georgia Crisis & Access Line
Single Point of Entry to access
mental health, addictive disease
and crisis services 24/7/365
1-800-715-4225



Peer Support "Warm Line"
1-888-945-1414 (toll-free)
The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day



AmericanWork, Inc.
Columbus ACT Team
706-641-9663

"Mindfulness-Based Stress Reduction"

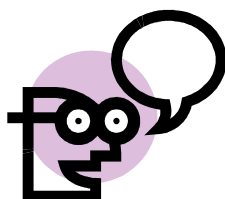
Elizabeth "Sky" Mapps, Presenter

Monthly Education Meeting
4411 Rosemont Drive, Columbus
Monday, March 17th, 2014
6:00 P.M.

Elizabeth "Sky" Mapps has studied criminal justice at Columbus State University. She is also a nationally certified massage therapist. In addition, she has studied as a Zen priest under Hogen and Chozen Bays at Great Vow Zen Monastery in Clatskanie, Oregon for three years.

She will be presenting mindfulness-based stress reduction, a model that uses the tools of awareness to dissolve stress. This model can be used in any setting, for any age group, and under any time constraints. Come and join us for this refreshing presentation that will ease stress-related symptoms for all of us!

If you are able, please bring goodies for the refreshment table.



Frankly Speaking

Greetings NAMI family,

Spring is peeking through the clouds as the earth wakes up from an icy and white winter that Mother Nature has generously provided to our area. The budding flowers and the singing thrushes promise us all that warmth and bounty are indeed at hand. At NAMI Columbus, we have achieved much promise for our future in the way of volunteers who will feather the nest of progress and bring forward our endeavors to rid the world of stigma once and for all.

Our new vice president, Amy Zabel, will be heading up projects that will scatter the seed of our influence into the local schools, sprouting programs that include IOOV, NAMI Basics, and the new signature NAMI program "Ending the Silence", which is due to launch in June. But our first goal is to gain better and more diverse facilitator representation at our public support groups before we can forge ahead with these exciting new initiatives.

Doris Keene has agreed to be our secretary and was handily voted into office because nobody does it better than she. Our new treasurer, Vanessa Ridgley, brings both experience and motivation as an accountant from a local corporation. This team will give us strong roots on which to stand.

We are also grateful to have Laura Book and Amanda Morris who will be spearheading our newest project "Poetry SLAMS" (*Students Living Amidst Mental Stigmas*) which will take place at the River Center for the Performing Arts in the Studio Theater on April 11 @7:30PM. We will be challenging high school and college students to compose poetry based on their research into mental disorders, their personal experiences and other associated material.

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Consumers are also invited to participate as well! The poems will be read at the SLAMS event and our great friend Natalie Fultz from WLTZ will serve as our emcee. It promises to be a great evening of entertainment, and an imaginative way to create relationships between NAMI and the educational realm in Muscogee County. Tickets will be available soon. Until then, enjoy the change of the season and be sure to reach out to our new volunteers, consumers and family members to say hello. The colorful blooms of our developing organization will be unable to blossom into full beauty without them – and **YOU!**

Respectfully,

Frank Dunford
 (a.k.a. King Kong)
 President
 NAMI Columbus



Upcoming Events

March 2014	April 2014
10-16 Brain Awareness Week 13 Family-to-Family Education Class Begins 17 Monthly Education Program NEW EMAIL ADDRESSES – PLEASE NOTE!! fdunford@namicolsinc.org azabel@namicolsinc.org info4@namicolsinc.org news@namicolsinc.org	11 “Poetry SLAMS” event and monthly meeting <i>Pen your poetry now! Come one, come all!</i> 21 NO Regular Monthly Meeting 23 Peer-to-Peer Education Class ends 26-27 Annual Conference/Program Tune-ups (held in Atlanta, GA) TBD NAMI Basics Education Class begins (6 wks)

“Open” Support Groups:

Every Monday night, 6-7:30 pm
 Family/Friend and NAMI Connection Recovery Support Groups
Both meet at New Horizons CSB, 4411 Rosemont Drive

Every Saturday 1-2:30 pm
 NAMI Connection Recovery Support Group
Meets at The Bradley Center’s Multipurpose Room

HEAR YE, HEAR YE!
You are cordially invited to attend the next
FAMILY-to-FAMILY
Education Class beginning March 13th!

Learn coping skills for your family as you and your loved one meet the daily challenge of living with mental illness.
 Contact ***Doris Keene*** to register ***NOW!***
[***dfkeene@knology.net***](mailto:dfkeene@knology.net) or 706-392-2944



Exploring Dissociative Identity Disorder on the Big Screen 2010 Los Angeles re-release hits select theaters across the USA!

In *Frankie & Alice*, Halle Berry Portrays Mental Illness with Compassion and Perseverance

By Katrina Gay, National Director of Communications, and **Courtney Reyers**, Director of Publishing, NAMI

In a 2010 film, *Frankie & Alice*, Academy Award-winner Halle Berry plays a '70s-era go-go dancer with dissociative identity disorder (DID) named Frankie—a black woman with two alternative identities: a scared, 7-year-old little girl named Genius and a white, bigoted Southern belle named Alice. With the care and support of a dedicated psychiatrist, Frankie is able to progress on a recovery journey that saves her and helps her reclaim her life.

The film is set to premiere across the country on April 4, 2014. NAMI recently talked with Ms. Berry about her role, the film and her commitment to the project.

Why was this project important to you?

Aside from the role being desirable as an actor—the opportunity to embrace a challenging, complex role—it was important to me because the film helps put light into a dark space. People who live with mental illness often struggle. Others often look down on them or have negative opinions of them. Hopefully, this film will do some good. I am happy that the film is being released in theaters and, eventually, DVD, and hope that it promotes the importance of compassion for others, that it helps to educate the public. In playing Frankie Murdoch, based on the true story of her life, as I grew to understand the condition of DID, and as I acted through Frankie's struggle, I grew as a human being. I would like to inspire that with this film.

You play a character that lives with DID. How did you prepare for this role?

Initially, it was through meeting the real woman that the story is modeled after, Frankie. She was my greatest source of information and inspiration; I wanted to protect her and her story. I wanted to understand and portray her stories of frustration and fear. I felt responsible for making sure that these stories were addressed in the movie. I also did basic reading on DID and mental illness—but most of my understanding and inspiration came from Frankie's life and her story; the personal story is the best source. And finally, Dr. Oz, her doctor, had transcripts as well that spoke to his feelings. I was able to secure some videotapes of health care providers who have worked with and helped people with DID in their recovery. Watching these was very beneficial to helping me ensure that we were incorporating the medical side of the condition into the film, too.

When I recently watched the film, I have to say that parts of the film were difficult for me to watch. Witnessing the scenes where Frankie was self-destructive was hard to see—and yet I couldn't look away. It was very real. What do you want people to take away from the film, and why was it important for you to include these raw moments?

Often, movies are sheer entertainment. This movie was, of course, intended to be entertaining, but it was also designed to help educate and make people aware. We wanted to offer a human perspective to mental illness, to reveal the constant life struggle of mental illness and the devastating impact it can have. I hope that people are enlightened as a result of *Frankie & Alice*, that they learn something. I want people to feel hopeful. Watching the character come to terms with what her illness was and her process and acceptance of that—it was hopeful. Frankie manages to find her journey of recovery, to live her life and to eventually achieve a full life. She will always struggle with her condition, to some degree, for the rest of her life because it is a part of who she is, but she has learned how to deal with it. The end message, therefore, is positive and uplifting. And part of it is this: When we can embrace recovery, there is hope.

Did playing this role change you at all? Did it change the way you see mental illness or your understanding of what individuals dealing with mental illness are going through?

Yes, it did. Speaking to Frankie when I was preparing for this role—listening to what she told me—came to understand that there were moments that she felt like she didn't want to be here anymore. This illness had a hold on her; it was so big and large. But underneath it, a deep desire and a true love of self won. This battle within and a realization of her own love and desires to accomplish her dreams helped her to keep fighting. Yes, to keep fighting. And Dr. Oz, her psychiatrist, made her feel worthy. He validated her and reminded her of that character genius in her that was there. Her relationship with her psychiatrist was, for Frankie, instrumental in helping her hold on to keep fighting to manage her condition.

As we discussed at the beginning of this conversation, NAMI is the largest grassroots organization in the country, and we work every day to make sure people living with mental illness get the services and support they need. What do you want other people to know? If you had one thing to say to NAMI members, what would it be?

That we are all worth it. What I found in preparing for this role was that, sadly, most people don't think they are worth it. They don't have strong support systems that remind them that they are worth it. Loving families are a huge help—but not everyone has access to a loving and supportive family. So, if they don't, they need to know that help and support are important and that they are available. We have to help people and assist them in holding on and finding ways to get the support they need.

Throughout your career, have you seen a connection between creativity and mental illness?

I have been curious about that myself, yes. Over the years, I have looked into it. Yes. There is an argument to be made—some say yes, and some say no—that there is a connection between creativity and mental illness, at least in the entertainment industry. It is really hard to say one way or the other, but within my industry, I have come across some of the most complicated individuals who are highly creative who have on some level suffered from some sort of mental illness. There are many things about them that would lend you to believe they have a mental health condition that has impacted their lives and, thus, their creativity. I do believe that as a matter of point, if you have a mental illness you may not be creative and, conversely, if you are creative you may not have a mental illness. But there does often seem to be some connection.

NAMI has a large membership and community. Are there any parting thoughts you'd like to share with them?

My main message is one of hope. As in the movie, the way the movie ends, Frankie found a way to rise above her illness. There were moments when it could have destroyed her life and her will. But in the end, her will to live and survive ultimately won. This is a message for all of us, regardless of our personal struggle, but certainly one that is important for people affected by mental illness. I worked on this for eight years. It has been my passion to bring this to light. I was influenced by my mother, who for 35 years was a psychiatric nurse in the VA. In addition, I have had mental illness and alcohol abuse in my family, and I think that many other people can say the same thing. The stories of mental illness have been a part of my life and have been on my radar for a long time. When the story of Frankie Murdoch came along, it was no surprise to those who know me that I would champion this film. Now, that fight continues: I have worked equally hard so that the film is distributed, is available and gets seen. Finally, the film is coming out! And these important messages—fighting for self, human compassion, hope, understanding—will become part of others' awareness, too.

Halle Berry is an actress, producer, Revlon cosmetics spokesperson and former model. She is the mother of two children, a daughter and son, and the wife of French actor Olivier Martinez. She was the first and, as of 2013, only woman of African-American descent to win an Oscar for Best Actress, receiving the Academy Award® in 2002 for her performance in Monster's Ball. In addition to Frankie & Alice, Ms. Berry can be seen in the Steven Spielberg futuristic thriller series, "Extant," which debuts on the CBS network Wednesday, July 2. NAMI is grateful to Codeblack Films, Lionsgate and Halle Berry for their support of our important movement. For more information, including theater and ticket information, a discussion guide, resources and more, visit NAMI.org/Frankie&Alice, or follow the conversation at #FrankieAndAlice.

What is Mindfulness-Based Stress Reduction?

(from mindfullivingprograms.com)



Dr. Jon Kabat-Zinn developed the Mindfulness Based Stress Reduction (MBSR) program at the University of Massachusetts Medical Center. Since its inception, MBSR has evolved into a common form of complementary medicine addressing a variety of health problems. The National Institutes of Health's National Center for Complementary and Alternative Medicine has provided a number of grants to research the efficacy of the MBSR program in promoting healing (see "Studies" below for information on this research). Completed studies have found that pain-related drug utilization was decreased, and activity levels and feelings of self-esteem increased, for a majority of participants. More information on these studies can be found on the University of Massachusetts Medical School website: **[Center for Mindfulness](#)**

Mindfulness Based Stress Reduction brings together mindfulness meditation and yoga. Although MBSR is a training with potential benefits for all types of participants, historically, students have suffered from a wide range of chronic disorders and diseases. MBSR is an 8-week intensive training in mindfulness meditation, based on ancient healing practices, which meets on a weekly basis. Mindfulness practice is ideal for cultivating greater awareness of the unity of mind and body, as well as of the ways the unconscious thoughts, feelings, and behaviors can undermine emotional, physical, and spiritual health. The mind is known to be a factor in stress and stress-related disorders, and meditation has been shown to positively effect a range of autonomic physiological processes, such as lowering blood pressure and reducing overall arousal and emotional reactivity. In addition to mindfulness practices, MBSR uses yoga to help reverse the prevalence of disuse atrophy from our culture's largely sedentary lifestyle, especially for those with pain and chronic illnesses. The program brings meditation and yoga together so that the virtues of both can be experienced simultaneously.

The MBSR program started in the Stress Reduction Clinic at the University of Massachusetts Medical Center in 1979 and is now offered in over 200 medical centers, hospitals, and clinics around the world, including some of the leading integrative medical centers such as the Scripps Center for Integrative Medicine, the Duke Center for Integrative Medicine, and the Jefferson-Myrna Brind Center for Integrative Medicine. Many of the MBSR classes are taught by physicians, nurses, social workers, and psychologists, as well as other health professionals who are seeking to reclaim and deepen some of the sacred reciprocity inherent in the doctor-caregiver/patient-client relationship. Their work is based on a need for an active partnership in a participatory medicine, one in which patient/clients take on significant responsibility for doing a certain kind of interior work in order to tap into their own deepest inner resources for learning, growing, healing, and transformation.

Mindfulness-Based Cognitive Therapy (MBCT) is a form of MBSR that includes information about depression as well as cognitive therapy-based exercises linking thinking and its resulting impact on feeling. MBCT demonstrates how participants can best work with these thoughts and feelings when depression threatens to overwhelm them and how to recognize depressive moods that can bring on negative thought patterns.

Mindfulness is a lifetime engagement--not to get somewhere else, but to be where and as we actually are in this very moment, whether the experience is pleasant, unpleasant, or neutral.

Other Resource Links

[Center for Mindfulness](#) : A history of the Mindfulness-Based Stress Reduction Program Studies

[Staying Well: A Clinical Trial of Mindfulness-Based Stress Reduction and Education Groups for HIV](#)

[A Mindfulness Based Approach to HIV Treatment Side Effects](#)

[Massage, Meditation, and Tai Chi for Chronic Lower Back Pain](#)

[Meditation-Based Stress Reduction in Rheumatoid Arthritis](#)

[Mindfulness-Based Art Therapy for Cancer Patients](#)

[Mindfulness Based Stress Reduction for Hot Flashes](#)



Columbus

P.O. Box 8581
Columbus, GA 31908
(706) 320-3755
Our Area's Voice on Mental Illness



Many people find their way to our classes by first attending a support group. If you are a NAMI Columbus "long timer" (we don't want to call you old), please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Newcomers can use your wisdom and hard-earned experience. Sharing a message of recovery gives the hope they are searching for. Many people tell us that the NAMI motto "**You Are Not Alone**" is the initial feeling they realize at their first meeting. If you are willing to train to be a support group facilitator, let us know!

I want to support NAMI Columbus and NAMI's mission.

✂ Please Cut and Mail ✂

Name _____

Address _____

City _____ State _____ Zip _____

Phone Numbers (do not enter a number if you do not want to be listed in the Membership Directory (members only).

E-Mail (Please include so we can be green and email you our monthly newsletter.)

Please check type of membership desired:

Individual Membership \$35 Dues

Professional Membership \$50 Dues
(Individual and Professional Dues are for one year and are tax deductible.)

\$3 Open Door Membership (financial hardship)

I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

NAMI National, NAMI Georgia and NAMI Columbus are dedicated to eradicating stigma and improving the lives of persons with mental illnesses thereby also benefiting their friends, family and community. Catch the wave and be a part of change.

NAMI Columbus is one of the largest affiliates in Georgia. We are a 501(c)3 non-profit charitable organization. Dues and donations are tax deductible. Membership includes a subscription to our monthly newsletter, membership directory, and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please make checks payable to:
NAMI Columbus
P.O. Box 8581
Columbus, Georgia 31908

You can also join safely online at www.nami.org/join (\$35.00 by credit card).