

*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



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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

***"Mood Management With Essential Oils"***

***Julie Collins, Presenter***

**Monthly Education Meeting**  
**4411 Rosemont Drive, Columbus**  
**Monday, May 19, 2014**  
**6:00 P.M.**

With almost 60 million adults facing depression and anxiety disorders, essential oils can be a great natural solution without harmful side effects. Aromapsychology is quickly becoming more mainstream, and it is helping people resolve some of the more serious emotional and traumatic issues. Smell, almost more than any other sense, has the ability to dredge up memories, change moods, or ease tensions. Your sense of smell is 10,000 times more sensitive than any of your other senses. Smell recognition is immediate and you 'REACT' before you 'THINK'. All other senses are vice versa - You 'THINK' before you 'REACT.'

Join Julie Collins, a local certified health coach, massage therapist, and essential oils educator to learn about nutrition, the Mood Management Matrix, and how to benefit from therapeutic grade essential oils with depression and anxiety disorders. See you there!

If you are able, please bring a refreshment for our goodies table!



**Frankly Speaking**



Greetings family,

I'm assuming by now that everyone is adequately pollinated and ready for some nice warm weather. I'm quite proud of Mother Nature for putting on an excellent winter this year, and I hope she'll be equally generous with some moderate temperatures this summer. Speaking of pride, I am very proud of two very fine volunteers that made our **SLAMS for NAMI** poetry contest a very entertaining event. Laura Book and Amanda Morris worked very diligently to make the event an unforgettable evening.

Despite disappointing ticket sales, we managed to get about 80 in attendance. Thanks to all of the NAMI members who submitted and read their own works. As usual, we could count on some of our steadfast volunteers to save the day. We are planning a similar event in 2015, so you have plenty of time to submit poetry and participate in that show. It will be another great time!

We are looking into having a NAMI picnic really soon. If you are interested in participating by volunteering or finding some discount or free items for the event, please contact us as soon as possible at [info4@namicolinc.org](mailto:info4@namicolinc.org). If you are planning on attending, then let us know also. We are anxiously awaiting to hear from you. Until then, enjoy the springtime!

Springing forward,

Frank

## Upcoming Events

May 2014	June 2014
<p>1-31 Mental Health Month - Theme: "Mind Your Health"</p> <p>5 Mental Health Court Graduation – 5:00 p.m. Government Center – Plaza Level</p> <p>5-9 CIT Training– Columbus Public Safety Building 510 10<sup>th</sup> Street, Columbus</p> <p>8 NAMI's "Hill Day" Webinar Series</p> <p>19 Monthly Education Meeting – 6:00 p.m.</p>	<p>12 NAMI's "Hill Day" Webinar Series</p> <p>16 Monthly Education Meeting – 6:00 p.m.</p> <p style="text-align: center;"><b>ENJOY THE SUNSHINE AND RELAX! IT'S SUMMERTIME, AND THE LIVIN' IS EASY!</b></p>

### "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!*

A NEW PEER-TO-PEER CLASS GRADUATED!

CONGRATULATIONS TO: (L-R)

*Steve Morgan, Eric Pyron, Jenny Parks,  
Judy Lamb, Dawn Marie Smith, Lavette Williams,  
Teresa O'Neal and Wayne Pruski*



## ***Suzanne Goddard Named Solicitor General***

Below is a link to an article that was published in the Columbus Ledger-Enquirer on March 20, 2014. Suzanne Goddard is a friend of NAMI, and attends mental health court each time it is held!

She is a wonderful advocate for consumers, and we are extremely fortunate to have someone like Goddard chosen to serve as our current Solicitor General. Please take time to visit this link and read all about how she is serving our community in so many positive ways.

The next mental health court graduation will be held on May 5<sup>th</sup>, 2014, at the Government Center on the Plaza level. If you have never attended one of these ceremonies, they are quite powerful and uplifting. We hope to see you there!

<http://www.ledger-enquirer.com/2014/03/20/3013430/suzanne-goddard-named-solicitor.html>

### **Akinduro Honored by NAMI Georgia**

Our own Stephen Akinduro received an award at the NAMI Georgia annual meeting held in Atlanta on April 26.

Stephen was honored for his work with the *In Our Own Voice* program. This is one of NAMI's signature programs. Stephen delivers this powerful presentation regularly to many groups around the Columbus area. Eric Spencer, NAMI Georgia's executive director, presented Akinduro with the award as shown in the above photo.



He was honored specifically for his work in this area with veterans. We are proud of Stephen for representing NAMI Columbus well. Congratulations, and keep spreading the word through this amazing NAMI program!

## NAMI “SLAMS” A SLAM DUNK!

The first annual SLAMS for NAMI (Students Living Amidst Mental Stigmas) event was held on Friday, April 11, 2014. Original poetry was read by friends and volunteers of NAMI. The live band added a wonderful touch and provided great entertainment for all in attendance.

It was an emotionally charged evening as consumers and friends shared what life is like for consumers and family members who deal with mental illnesses. Around 80 people attended, and the audience remained riveted for almost 2 hours enjoying a beautiful and memorable evening dedicated to personal feelings and experiences.

The poetry slam was well received by all, and we plan to make this an annual event. We hope to involve even more high school and college students in 2015. NAMI Columbus wishes to thank all of our wonderful sponsors for supporting us in this new endeavor. We also want to thank Laura Book and Amanda Morris for their dedication to planning such a creative and entertaining occasion.

The intimacy of the Studio Theatre environment at RiverCenter made it even more meaningful! Congratulations to everyone for an incredible experience as hearts were joined together in sharing and bearing souls with amazing writing and reading talents beyond what we could have possibly envisioned.

SLAMS will be an annual event to be greatly anticipated, so don't wait. Get those creative juices flowing and start your new poems now to add to our current collection. Perhaps next year's event can be a sellout crowd! Congratulations again to all who planned, penned, prepared and participated. We owe this great success all to you. A SLAM DUNK, indeed, in true NAMI style!

# May Is Mental Health Month

By Mary Giliberti, J.D., NAMI Executive Director

NAMI works every day to raise awareness and educate the public about mental illness. The month of May is a time when we can join forces to make a bigger statement by observing Mental Health Month. Each year NAMI provides support, educates the public and advocates for equal care for the millions of Americans affected by illness—and each year the movement grows stronger. In 2013, President Obama proclaimed May as National Mental Health Awareness Month and brought the issue of mental health to the forefront of our thoughts.

We encourage you to speak up and step out this month—whether that's on your own or with NAMI. We recently created a Mental Health Month resource hub online that provides ideas and activities, links to NAMI activities such as our Green Light Initiative, an opportunity to share your personal story and other ways to "go green."

In addition, Children's Mental Health Awareness Week is May 4-10. May 8 marks Children's Mental Health Awareness Day. NAMI has created resources around this important topic, including presentations and fact sheets on early identification, warning signs and statistics on mental health in youth. NAMI also offers Ending the Silence, an in-school, lived-experience presentation on mental health for high school students, as well as NAMI On Campus, a college-based club that supports students' mental health. We also offer an online community for youth and young adults, StrengthofUs.org, where individuals can connect with peers online.

Highlighting mental health issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of the 60 million Americans affected by mental illness. Together as a nation, we need to be the champions of new ideas, education and supports that improve both treatment and life outcomes for everyone who lives with mental illness. May is a time when we can embrace and advance this bold vision for the sake of our loved ones, ourselves and the one in four adults and one in 10 children affected by mental illness every year in the United States.



# Columbus

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**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.

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!!!)

*✂ Please Cut and Mail ✂*

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](http://www.nami.org/join) (\$35.00 by credit card).