



NAMI *Columbus, Georgia*

The Area's Voice on Mental Illness

The National Alliance on Mental Illness – A powerful non-profit, self-help and advocacy organization

NAMI Columbus, P.O. Box 8581, Columbus, GA 31908 ~~ (706) 320-3755
NAMICols@knology.net ~~ www.namiwww.nami.org/sites/NAMIColumbusGA

Georgia Crisis & Access Line

Single Point of Entry to access mental health, addictive disease and crisis services 24/7
1-800-715-4225



6 more weeks!



Valentine's Day



Monday, February 15, 2010 Education Meeting at 6:00 pm

CONTACT Training Building~~1520 22nd Street

SUICIDE: Learn More, Learn to Help

- What do you know about suicide?
- Why do people think of suicide as an option?
- What are the risk factors that lead people to consider suicide?
- What are the warning signs?
- What would you say to someone who is considering suicide and wants your help?

These are all very important questions to discuss and difficult questions to answer. Unless you learn more about suicide, it can be really hard to understand and know how to help someone.

Why should we learn more about suicide? According to information on the SAMHSA website (<http://mentalhealth.samhsa.gov/suicideprevention/suicidefacts.asp>) although the great majority of people who suffer from a mental illness do not die by suicide, having a mental illness does increase the likelihood of suicide compared to people who do not have one.

- ❖ An estimated 2-15 % of persons who have been diagnosed with major depression die by suicide.
- ❖ An estimated 3-20% of persons who have been diagnosed with bipolar disorder die by suicide.
- ❖ An estimated 6-15% of persons diagnosed with schizophrenia die by suicide and it is the leading cause of premature death. Between 75 and 95% of these individuals are male.
- ❖ Also at high risk are individuals who suffer from depression at the same time as another mental illness.
- ❖ People with personality disorders are approximately three times as likely to die by suicide than those without.
- ❖ People who die by suicide are frequently suffering from undiagnosed, undertreated, or untreated depression.

Come to our February 15 education meeting and listen to **John Adams of Columbus' Pastoral Institute** discuss this very important subject. John is well known in the mental health community and has been a strong advocate for suicide prevention. He is a very popular presenter with law enforcement every time he presents the suicide module for our CIT (Crisis Intervention Team) classes.

We are also fortunate to have two of our NAMI Columbus members who are willing to share their experience regarding suicide. Remember! What you know could save a life.

Letter from Your President

Hello! I'm just completing my first month as president of NAMI Columbus and, while I knew somewhere inside me that this might happen, I'm finding myself overwhelmed. What I didn't know was how many people would step up and volunteer or ask how they could help. Thank you so much. So, in addition to feeling overwhelmed sometimes, I am also very encouraged a lot of times. What a great place to find myself in as I look towards the future.

My goal as your president is this: 2010: The Year of the Volunteer. If a lot of people do a few things, we'll all feel better about NAMI Columbus and about ourselves. But people need to know a couple of things to make it easier for them to volunteer.

- People need to know specifically what they are being asked to do, how often and for how long, and what skills are needed. That is why your board is working on putting together volunteer position descriptions for our regular activities.
- People also need to know that if they volunteer, and their life circumstances change, they can step back and take care of their life. We'll find someone else to step in. Then, when things are better, you can come back and sign-up as a volunteer.
- People need to know that there are some things they could volunteer to do right now and they would be working with one or more people who already know what to do who would mentor/coach them. For example, we need:
 1. People who would be willing to attend Mental Health Court and talk with consumers going through the court system and/or their family members about NAMI. I've been doing this the last couple of months. It's easy to talk about NAMI Columbus and give out a flyer about our support group meetings. It's also very rewarding to bring hope to some people who are in a very difficult situation. Someone would be with you to help you learn what to do.
 2. People to bring refreshments to our monthly education program (third Monday of each month). We have about four or five people who do this on a regular basis but I'd love to see a few more who would volunteer to do this and give some of our regulars a break. Even if you couldn't attend the meeting, you could drop off a "goody."
 3. People to come to our support group meetings (both family and NAMI Connection for consumers) when things are going well in their lives. You can be so much support for others who are new to NAMI and/or are in crisis. You've been there...you can help others.

If you might be interested in helping with #1 or #2 above, please call the NAMI Columbus office (706) 320-3755 and leave a message or send an email to my attention at NAMICols@knology.net.

I have talked with so many people who say that when they are in the midst of difficulty managing their own illness, or helping someone they love navigate the mental health system, there is little time for anything else. And when things are better, it is a time when people want to rest up and take care of things they may have had to put on hold. So I understand that not everyone can volunteer or can only volunteer occasionally. That's okay. If we all help each other, we can do this.

Thank you all for being a part of the NAMI Columbus family.

~ Mimi Marlowe, President



*2010: Year of
the Volunteer*



- Using Goodsearch (www.goodsearch.com) as your search engine. Someone (or more) has been using Goodsearch. The amount raised in January 2010 was almost twice as much as most months in 2009. We also want to remind you to do online shopping through Goodsearch. A percentage of your purchase will be credited to the account of NAMI Columbus. It's an easy way to make money while you're going about your daily business.
- Calling the NAMI Columbus office (706-320-3755) if you have items to donate to the yard sale we're going to have in April. The more items we have to sell, the more money we have to achieve our goals for NAMI Columbus...goals of support, education, advocacy, and research.
- Letting us know when you can help with one of our projects or activities. Making calls, helping set up/break down at monthly meetings, bringing refreshments, etc. all help us get things done in an easy and quick way.

Thank You
Thank You . . .

- For all the holiday gifts our NAMI Columbus members brought for the patients at West Central Hospital in December. You really brightened up their holiday and gave some joy to many people who might have had none.

- To Sue Marlowe, Tim & Amy Zabel, Kristine Walls and Stephen Akinduro who helped deliver gifts to the patients on Christmas Eve. It is always heart-warming to see the happiness brought to the patients.
- Linda Peters and Ursula King for manning the NAMI table at the Homeless Resource Fair held January 27 at Open Door Community House. A lot of people received information about NAMI that will help them manage their illness. Several have already signed up for the Peer-to-Peer class beginning Sunday, February 7. Talk about good timing.
- And speaking of Peer-to-Peer, many, many thanks to Kristine Walls who has stepped up and volunteered to be the Peer-to-Peer coordinator for NAMI Columbus. She has spent a lot of time talking with potential class participants. As a result the class will have people who are really interested and ready to continue work on their recovery.
- to Jacquelyn Grandy and her grandmother for the help they give us each month with our newsletter. We deliver the copy hot off the press. Then they fold, tape, label and stamp approximately 100 newsletters to our members who don't have email service. Then we get a call to come pick them up and we mail them. It's hard to say how valuable this volunteer work is to us. So for all of you who receive their newsletter by U.S. mail, please thank Jacquelyn when you see her.



The NAMI FaithNet Family-to-Family Class scheduled to begin February 9th has been re-scheduled for a March start date. The class will still be held at Wynnton United Methodist Church. Stay tuned for more information. There are still a few seats open for this class. To register please call the NAMI Columbus Office at 706-320-3755 and leave a message.

THE



TO RECOVERY

NAMI Columbus C.A.R.E.S.

Consumers Achieving Recovery thru Education & Support

Staying Well When You Have A Mental Health Condition

When you have a mental health condition, you may not realize how important your overall health is to your recovery. Having poor overall health can get in the way and make recovery harder. Finding ways to take care of your health can aid your recovery and help you feel better. Here are some things you can do.

Connect With Others

Spending time with positive, loving people you care about and trust can ease stress, help your mood and improve the way you feel overall. They may be family members, close friends, members of a support group or a counselor at the local drop-in center. Many communities even have warm lines you can call to talk to someone.

Advocate For Yourself

You deserve good health care. All too often, people with mental illnesses develop other health conditions, such as heart disease and diabetes, because their health is overlooked. If your doctor is not asking about your overall health, let him know that it's important to you and essential to your recovery.

Get The Care You Need

Get routine check-ups and visit your doctor when you're not feeling well. It may be due to your medicine or a symptom of your mental illness. But it could also be a different health problem.

Plan Your Sleep Schedule

Sleep can affect your mood and your body and is important to your recovery. Not getting the right amount of sleep can make day-to-day functioning and recovery harder. For tips on how to sleep better, contact the National Sleep Foundation at 202-347-3471 or visit www.sleepfoundation.org.

Watch What You Eat

Sometimes, medicine can cause you to gain weight. Other times, eating unhealthy foods can cause weight gain. Foods high in calories and saturated or "bad" fats can raise your blood pressure and cholesterol. This can increase your chances of gaining weight and having other health problems, like heart disease and diabetes. Here are some shortcuts you can take to healthy eating.

- If fresh vegetables are too costly, buy frozen vegetables. They can cost less and last a long time in your freezer.
- If you eat at fast food restaurants, many now offer healthy foods such as salads or grilled chicken.
- Talk to your doctor to learn more about how to have a healthy diet.

Manage Stress

Everyone has stress. It is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. You can also feel stress when you worry about your job, money, relationships, or a friend or family member who is ill or in crisis. Stress can make you feel run down. It can also cause your mind to race and make it hard to focus on the things you need to do. If you have a mental illness, lots of stress can make you feel worse and make it harder to function. If you are feeling stressed, there are steps you can take to feel better:

- Slow down and take one thing at a time. If you feel like you have too much to do, make a list and work on it one task at a time.

- Know your limits. Let others know them too. If you're overwhelmed at home or work, or with friends, learn how to say "no." It may be hard at first, so practice saying "no" with the people you trust most.
- Practice stress reduction techniques. There are a lot of things you can do to make your life more peaceful and calm. Do something you enjoy, exercise, connect with others or meditate.
- Know your triggers. What causes stress in your life? If you know where stress is coming from, you will be able to manage it better.
- Talk to someone. You don't have to deal with stress on your own. Talking to a trusted friend, family member, support group or counselor can make you feel better. They also may help you figure out how to better manage stress in your life.

Exercise

Along with a healthy diet, exercise can improve your health and well-being. Exercising regularly can increase your self-esteem and confidence; reduce your feelings of stress, anxiety and depression; improve your sleep; and help you maintain a healthy weight.

Find a type of exercise that you enjoy and talk to your doctor. You might enjoy walking, jogging or even dancing. You don't have to go to a gym or spend money to exercise. Here are some things you can start doing now to get active:

- Check out your local community center for free, fun activities.
- Take a short walk around the block with family, friends or coworkers.
- Take the stairs instead of the elevator. Make sure the stairs are well lit.
- Turn on some music and dance.

Do Something You Enjoy

During the week, find time—30 minutes, a couple of hours or whatever you can fit in—to do something you enjoy. Read a book or magazine, go for a walk or spend time with friends. Taking time for yourself to have fun and laugh can help you relax, ease stress and improve the way you feel.

Substance Abuse

If you find yourself drinking or using drugs to cope, it is time to seek help. Although using drugs and alcohol may seem to help you cope, substance abuse can make your symptoms worse, delay your treatment and complicate recovery. It can also cause abuse or addiction problems. To find help now, call 800-662-HELP or visit www.findtreatment.samhsa.gov.

Smoking

If you smoke, talk to your doctor about quitting. Smoking puts you at risk for problems like heart disease and cancer. For more information about quitting, call 800-QUIT-NOW or visit www.becomeanex.org.

Medication Side Effects and You

Probably the most troublesome medication side effect is constipation. Regulating your bowel movements is not a popular topic. For me, I just want it to happen and not have to think about it. However, sluggish intestinal motility is a very common side effect of psychiatric medication. The two things to combat this are fiber and water. You can get fiber from either fiber containing foods or fiber supplements. I use both forms of fiber sources. You can get fiber supplements in the form of psyllium at any pharmacy and it's relatively inexpensive. I get my fiber supplements at Wal-Mart for \$4.00 a bottle.

When shopping for food, think anything non-processed and fresh. If you can't do fresh, get your vegetables and fruits frozen. Fruits and vegetables are your major source of fiber. Whole wheat

bread and oatmeal are also good sources of fiber. Reading the labels is so important. When buying whole wheat bread, make sure the number one ingredient is whole wheat. Also, look for bread without high fructose corn syrup. When buying oatmeal, skip the instant sugar filled ones. Old fashion oatmeal with fruit and a sugar substitute is a delicious morning meal with loads of energy. And lastly, drink lots of water. I personally don't like plain water. I have found that Wal-Mart sells sugar-free flavor packets which make ordinary water taste like a sugary fruity treat. When your intestinal tract is healthy, you will feel much healthier. And when you conquer medication side effects; you'll be more likely to be medication compliant.

~Contributed by Edi Arnst



Please come to our upcoming Mental Health Court graduation ceremony this **Monday, February 8, at 5:00 pm**, at the Government Center (First Floor Conference Room). What people go through to graduate is significant and we want as many people as possible to come acknowledge their accomplishment. They're on the right track and we want our NAMI Columbus family to come and congratulate them.

We would also like to ask for **donations to purchase \$20 Target gift cards** for all graduates. It's just a small way of celebrating the tremendous effort and commitment the graduates have demonstrated. You can mail a check to P.O. Box 8581, Columbus, GA, 31908. Or even better, come to the graduation on Monday and hand deliver the donation. NAMI Columbus members are known for their big hearts so please help us with this.

Easy to give.
Fun to get.

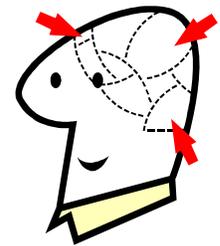
Shop All New GiftCards >



Get Your Taxes Done for Free:

VITA (Volunteer Income Tax Assistance) provides FREE tax preparation for individuals earning less than \$49,000 a year
Primary Community Site is The **Goodwill Industries of the Southern Rivers** Admin Office (Behind Longhorn Steakhouse off Macon Road in Columbus) 2607 Cross Country Drive, Columbus, GA 31906, 706-324-4366

TELL US WHAT'S ON YOUR MIND: It's hard for the NAMI Columbus program committee to know what topics our members are most interested in hearing about at our monthly education meetings. If there is something you would like to know more about, please email us at NAMICols@knology.net or call (706-320-3755) and leave a message, If you'd leave your name, we can get back to you to make sure we know exactly what you want. The more we know about your needs, the better we can meet them.



\$25 registration fee PER PERSON
\$20 registration fee per family/consumer
Or apply for a consumer/family scholarship for free attendance

Call 404-758-4500 for more

Mental Health Day at the Capitol

Sponsored by the Behavioral Health Services Coalition
Thursday, March 4, 2010

Remember To Invite Your State Legislator To Lunch

The Georgia Railroad Freight Depot
Martin Luther King, Jr. Drive at Central Avenue
(near the Coca-Cola Pavilion at Underground Atlanta)

Proposed Program Schedule:

8:15 A.M.-9:00 A.M. Registration

9:00 A.M. - 12:00 P.M. PROGRAM

12:00 P.M. Lunch with Legislators and Consumer Art

NAMI Columbus 2010 Event Calendar

As Of February 3, 2010

February 2010	March 2010
7 Peer-To-Peer Week 1 (Ends 4-11) 8 Mental Health Court Graduation 15 Monthly Education Program	TBD Faithnet F2F 4 Mental Health Day at the Capitol 15 Monthly Education Program 8-12 Muscogee County Sheriff's Ofc - CIT 15-19 Brain Awareness Week
April 2010	May 2010 – Mental Health Awareness Month
12-16 Columbus Police Dept. CIT 17 SACVET Stand Down (Veterans) 19 Monthly Education Program 24 NAMI Cols Semi-annual Yard Sale	2-8 Children's MH Awareness Week 6 National Children's MH Awareness Day 10 Mental Health Court Graduation 15 NAMI GA Annual Meeting 17 Monthly Education Program
June 2010	July 2010
1-3 National CIT Conf., San Antonio 14-18 Muscogee County Sheriff's Office CIT 21 Monthly Education Program 29-30 NAMI National Convention, Wash. DC	TBA NAMI GA Walk Kickoff Luncheon 1-4 NAMI National Convention, Wash. DC 12-16 Columbus Police Dept. CIT 19 Monthly Education Program
August 2010	September 2010
9 Mental Health Court Graduation 16 Monthly Education Program 23-27 Muscogee County Sheriff's Office CIT	9 F2F – Week 1 (Ends 11-18) 12 P2P – Week 1 (Ends 11-14) 20 Monthly Education Program
October 2010	November 2010
2 NAMI GA Walk (Date to be confirmed) 3-9 MIAW (MI Awareness Week) 4-8 Columbus Police Dept. CIT 18 Monthly Education Program 30 NAMI Cols Semi-annual Yard Sale TBD Georgia CIT Awards Banquet	8 Mental Health Court Graduation 14-20 Mental Health Wellness Week 15 Monthly Education Program 15-19 Muscogee County Sheriff's Office CIT 20 National Survivors of Suicide Day
December 2010	January 2011
No Monthly Education Program 5 NAMI Cols Holiday Celebration Party	TBA NAMI GA Affiliate Leadership Seminar 17 Monthly Education Program

Every Monday night, 6—7:30 pm Family/Friend and NAMI Connection Recovery Support Groups
Every Saturday 1—2:30 pm NAMI Connection Recovery Support Group
 NAMI Connection Recovery Support Groups meet at The Bradley Center's Multipurpose Room (use the 22nd Street Parking Lot)
 Family/Friend Support Group meets at the CONTACT Training Building, 1520 22nd Street



Columbus

The Area's Voice on Mental Illness

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

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 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 the largest affiliate 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, (501(c)3) and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please check type of membership desired:

- Individual Membership \$30 Dues
- Professional Membership \$50 Dues
(Individual and Professional Dues are for one year and are tax deductible.)
- \$3 Open Door Membership (low income)
- I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

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).