

With more than 1,100 affiliates nationwide, **NAMI** is America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.



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Columbus, GA 31908
(706) 320-3755**

**Email: info@NAMICols.org ~
www.nami.org/sites/NAMIColumbusGA**



Board of Directors

- Vacant, President**
- Kristine Walls, Vice President**
- Doris Keene, Secretary**
- Vacant, Treasurer**
- Sue Knight**
- Mimi Marlowe**
- Sue Marlowe**
- Linda Peters**
- Steve Scott**
- Amy Zabel**

- Perry Alexander, Advisor**
- Buddy Coiner, Advisor**
- David Wallace, Advisor**



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

Unlisted: A Story of Schizophrenia &

NAMI Columbus Election of Board Members

Monday, November 15, 2010

Monthly Meeting 6:00 PM

CONTACT Training Building – 1520 22nd Street

A film “with a fascinating perspective is Delaney Ruston’s *Unlisted*, which is (about) one woman’s look at her father who has schizophrenia. The documentary follows her as she reconnects with him and deals with her daughterly obligations.”

This documentary debuted at the NAMI National Convention last July and received an overwhelmingly good response. It is airing on PBS stations across the country at the present time.



As stated in our NAMI Columbus Bylaws, November is the month we elect new board members. A number of our present board members have asked to step down from the Board as they have served far longer than they originally thought they would. We will have up to 5 vacant positions. We have received 4 interested responses and 2 more are considering the possibility of running. This is a vast difference from our early days where we had to “hog tie” people in order to have a full slate of officers (LOL). Board positions are for three year periods.

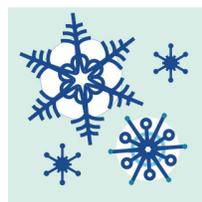
Doris Keene, Mimi Marlowe, Linda Peters and Steve Scott will be stepping down. Will you be stepping up?



NAMI Columbus Annual Winter Celebration

Sunday, December 5, 2010

5:00 – 7:00 pm



Your invitation is on Page 3

NAMI's Partnership with the VA: Bringing Family-to-Family to Veterans' Families

Filling a Need

Posttraumatic Stress Disorder (PTSD). Stigma. A greater risk of suicide. In addition to the pressures of readjusting to civilian life, America's veterans face many mental health challenges. Too often, their family members are left with few supports to help them understand and cope with their loved one's mental illness. NAMI's Family-to-Family educational program has stepped in to help. A partnership between NAMI and the Veterans Administration is bringing the free, 12-week course to families of veterans across the country. The three-year agreement was recently renewed because ["there was such a positive response to a previous session that families asked for more," according to the VA.](#)



Military Culture

The course brings NAMI's message of hope and empowerment to VA locations, reaching military families on their own turf and focusing on their issues. Char Cate, a veteran of the Air Force who went on to work as a civil servant in the Army, knows about military culture. She is also familiar with mental illness—one of her family members lives with bipolar disorder. She thinks that the military places an emphasis on being strong, which can make it hard for people to ask for help. "If you have PTSD you can't suck it up and move on, which is what the culture says you should do. That's like asking someone with a broken leg to run a relay." She adds that some families are hesitant to discuss a loved one's mental illness "because they don't want anyone to feel sorry for them," but that they feel comfortable talking within the class's accepting atmosphere.

And yet military values like bravery, a sense of mission and loyalty to one's comrades can all act as strengths for veterans living with mental illness. "I loved being in the military; I'd join up tomorrow if I could," says Samuel Hargrove, who spent much of his life in the Army and National Guard. Being forced to retire due to mental and physical problems meant the loss of a way of life, but he's found a renewed sense of purpose as a NAMI advocate and spokesperson for veterans' issues. He hopes to use NAMI programs like In Our Own Voice reach others who "hide their mental illness behind a mask" as he once did out of fear that he would lose his rank or comrades' respect.

Spreading the Word

For advocates accustomed to the broader health system and its challenges, the VA can present a whole new set of rules to learn. Everything from security to get into the building to the protocol for setting up a group can be unfamiliar, often varying from location to location.

Instructors use a variety of methods for outreach, including setting up veterans' tables at a NAMIWalk, displays in hospitals and giving mental health professionals flyers about the program.

Extending NAMI's Reach

"It's happened in my last three groups that a student has brought back a family member or a friend whose family is touched by mental illness. That shows you that the program is successful," says instructor Sheila Boone, state Family-to-Family trainer for NAMI Michigan. She also said participants bring home materials and leave them on the kitchen table, often to find the other members of the family reading them.

Given the many families of veterans affected by mental health issues ([an estimated 12-20 percent of veterans are returning with PTSD](#)), there are many more families in need of NAMI. "The Department of Defense needs people with our experience to be in there to be liaisons between the military and programs out there to help," says Char. "I tell military bases that they don't have to develop anything—NAMI has these programs all ready to go."





Our NAMI meeting for December is a
“Winter Celebration”

Date: Sunday, December 5, 2010

Time: 5:00 to 7:00 p.m.

Place: CONTACT Building, 1520 22nd Street, Columbus



*Please bring potluck food to share.
Snacks, desserts, heavy or light hors d'oeuvres
Beverages and paper goods supplied by
NAMI Columbus
Bring your Family!*

Consider bringing an unwrapped gift for consumers who will not be able to be home with their families for the holidays. (Choose from any of the items on the Gift Suggestion List on page 4.)

DIRECTIONS

From I-185 North or South, take exit # 7 (Manchester Expressway) heading south toward Columbus Go 0.9 miles. Just past St. Francis Hospital on your left, **Turn LEFT** at the light onto Woodruff Road Go 0.8 miles. Cross through Warm Springs Road and at the second light, **Turn RIGHT** onto Cherokee Avenue Go 0.8 miles. **Turn RIGHT** onto 25th St. Go to the third stop sign Go 0.3 miles. **Turn LEFT** onto 17th Avenue Go 0.2 miles. **Turn RIGHT** onto 22ND ST. CONTACT Building will be on your left.





Holiday Gift Suggestion List

Please donate only new items. Do not wrap gifts.
Adult men and women only

Clothing

t-shirts
sweatpants/tops
pajamas/robes
underwear/socks
slippers
tennis shoes
scarves/gloves
caps/hats
pants/jeans

Hygiene items

toothpaste/toothbrushes
shampoo/conditioner
deodorant
baby powder
shaving cream
lotion
shower gel/hair gel
cosmetics (no mirrors)

Other

regular candy/gum
sugar-free candy/gum
stationery/notecards
watches/wallets
batteries (AA/AAA)
movie passes
local community event tickets
handheld electronic games

board games/cards
dvd movies (g & pg)
word puzzle books
sports equipment
new magazines/books
felt tip pens
journals (non-spiral)
cd's & cd players

*all containers should be plastic. Please, no glass or sharp objects.
All products should be alcohol free.

You could also consider making a check out to:

NAMI Columbus
(indicate Consumer Holiday Fund)

ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE

Upcoming NAMI Events

November 2010	December 2010
12 Monthly NAMI Connection Potluck Dinner and Social 5:30 pm 14-20 Mental Health Wellness Week 15 Monthly Education Program: Unlisted a Story of Schizophrenia and Election of NAMI Columbus Board 15-19 Muscogee County Sheriff's Office CIT 20 National Survivors of Suicide Day	No Monthly Education Program 2 Mayor's Motorcade Parade (WCGRH) 5 NAMI Cols Holiday Celebration Party 10 Monthly NAMI Connection Potluck Dinner and Social 5:30 pm 24 Gift distribution at WCGRH 25 Christmas Open House 2:00 pm (bring an appetizer)
January 2011	February 2011
14 Monthly NAMI Connection Potluck Dinner and Social 17 Monthly Education Program and Installation of New Board Members 28-30 NAMI Georgia Training in Atlanta for: Peer-to-Peer; Family-to-Family; and In Our Own Voice 31-2/4 Columbus Police Dept. CIT	11-13 NAMI Georgia Facilitator Training in Waycross for Family and NAMI Connection Support Groups 14 Monthly NAMI Connection Potluck Dinner and Social 21 Monthly Education Program

Support Groups

Every Monday night, 6:00-7:30 pm Family/Friend and NAMI Connection Recovery Support Groups
Every Saturday 1:00-2:30 pm NAMI Connection Recovery Support Group

Meeting Location:

- NAMI Connection Recovery Support Groups meets at The Bradley Center's Multipurpose Room (use 22nd Street Parking Lot)
- Family/Friend Support Group meets at the CONTACT Training Building, 1520 22nd Street

Another Successful NAMI Columbus Yard/Bake Sale



Our October Indoor Yard & Bake Sale was another success for NAMI Columbus. After expenses, **we cleared over \$1,100.00**. NAMI Columbus members need to thank Kristine W and Linda P, our Yard Sale co-chairs, for another successful event.

Thanks also need to go to the following people for their hard work: Sue K, Sue M, Joyce B, Ursula K, Bonnie H, Scott S, Bobby G, Joyce B, Chris E, Stephen E, Lois B, Edi A, Jane M, Sherri C, Gisela P, Kyla W, Kacey W, and Cheyenne S.

We owe special thanks to Donna Cassell at CONTACT. Thanks to CONTACT, we had a wonderful location for our sale and weather never matters because it's indoors. Being able to have your yard sale at CONTACT means we're never rained out. It just shows what a few dedicated people can do when they put their minds, backs, and especially hearts and spirit into a project that will help NAMI Columbus do more good for more people in our com-

munity...people a lot of the world has forgotten to care for as they go about their daily lives.

By the way, for those of you who may not know this, we have a yard/bake sale on the last Saturday of April and October each year. So please be thinking of us when you do your spring or fall cleaning (or whatever time of year you do it). Save your items for us. If you have things to get rid of (especially men's clothes and furniture) and can't hold them until April, please call and we'll try to make arrangements to get them stored somewhere. For more information, just call the NAMI Columbus office at 706-320-3755 or e-mail info@namicolos.org



Columbus

Our 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

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

Please check type of membership desired:

- Do not include my name in the NAMI Columbus phone directory (for members only)
- 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 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 a 501(c)(3) non-profit charitable organization. Dues and donations are tax deductible. Your 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).