

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.



Inside This Issue

Upcoming Events Calendar	2
Our Spring Yard Sale	2
Assertive Community Treatment	3
S.O.S. Groups	4



NAMI Columbus

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www.nami.org/sites/NAMIColumbusGA



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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



Columbus ACT Team

706-225-2301

Neurostar TMS Therapy

Monday, April 16, 2012

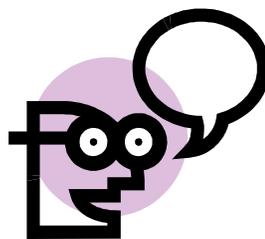
Education Meeting 6:00 PM

CONTACT Training Building – 1520 22nd Street

More than 4 million patients do not receive adequate benefit from antidepressants. If you feel like your depression still has too much control over your life, or the life of a loved one, it may be time to consider a new direction. NeuroStar TMS (Transcranial Magnetic Stimulation) Therapy[®] is bringing new hope every day to people who have not benefited from prior antidepressant medication. NeuroStar TMS Therapy is indicated for the treatment of Major Depressive Disorder in adult patients who have failed to achieve satisfactory improvement from one prior antidepressant medication at or above the minimal effective dose and duration in the current episode.

The Bradley Center is pleased to be the first in our area to offer this exciting new treatment. Janna O'Loughlin, LPC, will be presenting information and answering questions about Neurostar TMS Therapy at our monthly educational meeting..

Please plan on joining us on April 16th at 6:00 p.m. at CONTACT, 1520 22nd Street in Columbus. Light refreshments will be served.



Frankly Speaking

Hello everyone,

I hope you all have all been enjoying spring as much as I have. Things are going very well at NAMI Columbus. Even though we're running low on funds, we are exceeding expectations in volunteer dedication and excellence in facilitating our support groups. And we do have many! So next time you attend one of our groups, make sure you tell your facilitators how much they mean to you. And we need more volunteers to help ease the burden on our team and to build our fundraising power. Either way I am very proud of our coverage of Columbus and the broad spectrum of services we have to offer. Also thanks to those who have renewed their NAMI memberships and remained true to our cause. We have a Facebook page now! So look for NAMI Columbus in the Facebook search engine and join us. We are on Twitter too! See you next month!

Frank Dunford
President, NAMI Columbus

April 2012	May 2012 – Mental Health Awareness Month
15-21 National Volunteer Week 16 Monthly Education Program 27-28 NAMI Cols Semi-annual Yard Sale 28 5 th Annual SACVET Stand Down	No Local Education Program (NAMI Ga Meeting) 01 Eleventh Annual New Horizons Benefit 06-12 Children's MH Awareness Week 07 Mental Health Court Graduation 09 Nat'l Children's MH Awareness Day 19-20 NAMI GA Annual Meeting
June 2012	July 2012
TBD Peer-to-Peer Class Begins (10 weeks) 18 Monthly Education Program 27-30 NAMI National Convention, Seattle TBD Candlelight Walk WCGRH, 9pm	16 Monthly Education Program 16-20 Columbus Police Dept. CIT TBD NAMI Basics Begins (6 weeks)
Support Groups Every Monday night, 6-7:30 pm Family/Friend <u>and</u> NAMI Connection Recovery Support Groups Every Saturday 1-2:30 pm NAMI Connection Recovery Support Group Meeting Locations: <ul style="list-style-type: none"> 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 	

Reminder:

Have you made your reservation with NAMI Georgia to attend our state's annual meeting? NAMI Columbus will be kicking the meeting off with a presentation on "How We Went To Jail". Many other affiliates want to do what we are doing.



GOT STUFF?

This is just a reminder that our next indoor yard sale will be THIS MONTH. On Thursday, April 26th you can drop your "gently used" stuff off at CONTACT (1520 22ND St.) between the hours of 9 am to 5 pm.

The newspaper ad will read:

NAMI Columbus - Semi-annual Yard Sale
 Friday 04/27 9am - 3pm
 Saturday 04/28 8am - noon
 Contact Bldg. behind The Bradley Center (1520 22nd Street)
 Large selection and reasonable prices

Twice a year (the last Friday/ Saturday in April and October) we hold an indoor yard sale. The money we raise from the yard sale helps fund our education and support programs. Many people now put the yard sale in their yearly calendars and have come to expect it. We always need clothes donated. We are especially looking for large sizes and men's clothing. Furniture always sells well. Do you have an old sofa or dresser that you really don't need? Let someone else get some good use out of it. When the yard sale is over on Saturday, consumers are able to come "shop" for free. It is heartwarming to watch their excitement when they find a good deal.

We need people to sign up to work the day before the sale (Thursday, April 26th) helping to organize and price. We also need people on Friday and Saturday of the sale helping to keep things organized and to help with speeding up the checkout process.



Our indoor yard sale is also a **bake sale**. Can you sign up to bake something (or just give a donation for something instead of actually baking it)?

Please bring your baked goods on Thursday afternoon (noon to 5:00pm); Friday morning or Saturday morning.

This is the 10th year for our semi-annual indoor yard/bake sale. Help us to make it a success.

ACT (Assertive Community Treatment)

Investment Yields Outcomes

Assertive Community Treatment, or ACT, is a highly effective team - based model of providing comprehensive and flexible treatment and support to individuals who live with serious mental illness. ACT is identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based practice that consistently demonstrates positive outcomes and is considered by experts as an essential treatment option.

How does ACT work?

Assertive Community Treatment uses a multidisciplinary team approach to provide intensive services where and when consumers need them—in their homes, at work and in other community settings — 24 hours a day, seven days a week. Teams include peer support specialists and practitioners with expertise in psychiatry, nursing, social work, substance abuse treatment, and employment who work closely together to provide integrated and outreach - oriented services. Team members stay in close contact with consumers to help them recover and to respond quickly with more services and supports if circumstances change. Think of an ACT Team as a “hospital without walls”.

How effective is ACT?

ACT has a proven track record of helping individuals with the greatest needs—and with the most severe illnesses — who have not been helped by other services. ACT clients often have bipolar disorder or schizophrenia and have experienced unemployment, substance abuse, homelessness, or criminal justice system involvement.

Multiple studies show ACT programs reduce hospital days by about 58% compared to case management services — and by about 78% compared to outpatient clinic care.

A review of published results from several forensic ACT programs indicated lower arrests, jail days and hospitalizations. Notable results for one forensic ACT program:

- 85 percent fewer hospital days—saving \$917,000 in one year
- 83 percent reduction in jail days—saving jail costs

Compared to traditional case management programs, high-fidelity ACT programs result in fewer hospitalizations, increased housing stability, and improved quality of life for individuals experiencing serious impairment from mental illness.

What does ACT cost?

While various factors affect local costs, ACT is frequently estimated at \$10,000 to \$15,000 per person per year based on a team of about 10 - 12 people and a 1 to 10 staff - to - consumer ratio. Medication and housing may add additional costs. This cost is far less expensive than hospitalizations and incarcerations. Research studies have shown that assertive community treatment is a cost - effective solution when teams adhere closely to the ACT model and serve individuals at high risk.

State Successes with ACT

- **Oklahoma** reports that in the 12 months prior to admission to their ACT program in FY 2006, 229 consumers had a combined total of 9,583 days of hospital inpatient care and 3,614 days in jail. In the year following, the number of hospital days fell to 2,612 — a 73 percent decrease. Days in jail dropped to 1,314 — a reduction of 64 percent.
- Data for FY 2007 in **Virginia** indicated that consumers used 76 percent fewer state hospital days after ACT enrollment than in an equivalent period before enrollment. Of consumers served by ACT teams, 92 percent had no arrests during the year and 83 percent experienced stable housing situations.
- In **Georgia**, a study of a forensic ACT team revealed a 78 percent decrease in jail days, 53 percent reduction in arrests, and 89 percent drop in hospital days, generating a net cost savings of \$1.114 million dollars in one year.

Because of the D.O.J. Settlement, Georgia's mental health system is undergoing a long needed overhaul. ACT Teams are spreading across Georgia. Enrollment with the ACT Team is voluntary. It can make life so much easier for those dealing with a serious mental illness.

**Anyone can make a referral to the ACT Team
in our area by calling 706-225-2301.**



Columbus

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Our Area's Voice on Mental Illness



Support Our Support (Groups)

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 (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 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, 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).