

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

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

Board of Directors

- Sue Knight, President
- Shawn Robinson, 1st Vice President
- Joshua Bell, 2nd Vice President
- Vacant, Secretary
- Ursula King, Treasurer
- Sue Marlowe
- Kristine Walls
- Amy Zabel
- Vacant Position

- Perry Alexander, Advisor
- Buddy Coiner, Advisor
- Doris Keene, Advisor
- Steve Scott, 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

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

COVERED DISH

&

DIGGIN' IN THE DIRT

Monday, August 15, 2011

Education Meeting 6:00 PM

CONTACT Training Building – 1520 22nd Street

We are planning a covered dish supper for all NAMI members and supporters. Please bring your favorite potluck dish and join us for a care and share. During the last portion of the meeting we will hear from Jennifer Davidson with the UGA Cooperative Extension Service. She will be speaking about their partnership with New Horizons Community Service Board and the Diggin' in the Dirt Project.



Can you help NAMI Columbus and go online to NAMI Georgia (www.namiga.org) and form or join a walk team? We depend on the annual NAMI Georgia Walks for the bulk of our yearly operating expenses. The only way we can continue to offer our education and support programs for free is if everyone participates in the Walk and helps us raise FUNDS and AWARENESS. If you write a compelling story online, you might be able to win one of the prizes that NAMI Georgia awards.

We want the Walk to go viral and the best way to do that is if each team is comprised of over 51% non NAMI members. We need to quit "preaching to the choir" and reach people who might otherwise not know what NAMI stands for and the work we do.

If you think your employer might be willing to be one of the sponsors for the Walk and would like to see their logo on the backs of hundreds of walkers wearing a Walk t-shirt, please approach them and ask. NAMI Columbus will be able to split the sponsorship money with NAMI Georgia.

Won't you help us help others by being a sponsor, team captain or a walker on a team? When you sign up, be sure to make NAMI Columbus the beneficiary of your walk proceeds.

The Walk will be October 1st at Candler Park in Atlanta, or as an alternate in Waycross Georgia. Be there (or be square!).

NAMI Georgia Walk 2011
Candler Park
McLendon Ave
Atlanta, GA 30307
Check In: 10:00 AM

Bridging the Gap NAMI Fun Day
Waycross College Fitness Trail
2001 S Georgia Pkwy W
Waycross, GA 31503
Check In: 9:00 AM

At the present time NAMI Columbus has the following teams registered online: **Columbus Winners** (team captain Sue Knight); **Firewalkers** (team captain Sherri Carmack); **Jordan's Journey** (team captain Karyn Jordan); **Psychewhisperers** (team captain Frank Dunford); and **The SueNAMIs** (team captain Sue Marlowe).

Upcoming Events

August 2011	September 2011
01 Mental Health Court Graduation 15 Monthly Education Program 08-12 Muscogee County Sheriff's Office CIT	04-10 Suicide Prevention Week 06 F2F – Week 1 (Ends 11-18) 08 Stop a Suicide Today Day 10 World Suicide Prevention Day 12-14 International CIT Conv.- Va Beach, VA 18 P2P – Week 1 (Ends 11-20) 19 Monthly Education Program
October 2011	November 2011
01 NAMI Georgia Walks (Atlanta & Waycross) 2-8 MIAW (MI Awareness Week) 10-14 Columbus Police Dept. CIT 17 Monthly Education Program 22 Make a Difference Day 29 NAMI Cols Semi-annual Yard Sale TBD Georgia CIT Awards Banquet	07 Mental Health Court Graduation 13-19 Mental Health Wellness Week 19 National Survivors of Suicide Day 14-18 Muscogee County Sheriff's Office CIT 21 Monthly Ed Program & Board Election

Support Groups

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

Meeting Locations:

- 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



REGISTRATION NOW OPEN for Family-to-Family and Peer-to-Peer classes

Family-to-Family is a free 12-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. The Family-to-Family class will begin on **Tuesday nights, September 6th**, from 6:30 to 9:00 pm.

Peer-to-Peer Education Course is a free ten week – 2-1/2 hours per week – experiential education course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercises and structured group processes. The diversity of experience among course participants affords for a lively dynamic that moves the course along. The Peer-to-Peer class will begin on **Sunday afternoons, September 18th**, from 1:00 to 3:30 pm.

To register, or to obtain more information, please call the NAMI Columbus office at (706) 320-3755 or e-mail us at info@namicols.org. To ensure we will have enough textbooks, the class location for each class will be given at time of registration.

NAMI Basics is a free six-week course for family caregivers of children and adolescents who have either been diagnosed with a serious mental illness / serious disturbance or who are experiencing symptoms but have not yet been diagnosed. This free course is taught by trained NAMI members. The next Basics class will begin in **January, 2012**.





GOT STUFF?

This is just a reminder that our next indoor yard sale will be here before you know it. Start putting your “stuff” aside that you’ll want to donate for our next sale. Twice a year (the last 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 have a good number of clothes that are donated for sale. 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, consumers are able to come “shop” for free. It is heartwarming to watch their excitement when they find a good deal.



NAMI Columbus Board Vacancies

The “key” to a great affiliate is a good working board. Would you like to be a part of the solution and help NAMI Columbus move forward? At the present time we have two vacancies on our Board. If you are interested in serving on our board and filling one of the two seats, please call the NAMI Columbus office and leave us a message.



Crisis Intervention Team Graduation

On July 29th another group of Columbus Police Department, Muscogee County Sheriff’s Office and Veterans Administration personnel graduated from the week-long NAMI CIT class. We are fast approaching the BIG number of 500 trained.

If you want to be a part of this exciting training, contact us at cit@namicols.org.



David Letterman opens up about depression

Technorati—Late-night TV host David Letterman knows depression is no laughing matter. In a rare interview which aired again recently, Letterman told interviewer Barbara Walters that he recognizes the difference among sadness, the blues, depression, and clinical depression because he’s lived it.

Walters asked Letterman, host of CBS’ Late Show With David Letterman, whether he’s taking medication for depression. He responded that he gets “medicinal help,” though he didn’t identify what type of antidepressant he’s taking. He also told Walters that severe depression is “horrifying.”

“I know what depression is. Depression is a black hole,” Letterman said.

During Letterman’s interview with Walters, the 63-year-old comedian talked primarily about his open-heart surgery in 2000. After the surgery, he said, “I would find myself busting into tears and sobbing uncontrollably with joy.”

Appearing in 2010 on Live with Regis and Kelly, Letterman said the sex scandal surrounding his workplace affairs had triggered depression. At the time, Letterman said he was putting the pieces of his life back together.





Columbus

P.O. Box 8581
Columbus, GA 31908
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Our Area's Voice on Mental Illness



Support Our Support (Groups)

NAMI Columbus offers three Signature Education Classes and 2 Support Groups. Many people find their way to the 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 many 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.



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).