

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**



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

Guest Speaker: Scott Goodnight

(Creator of Mental M.A.P.S.)
Monday, February 21, 2011
Education Meeting 6:00 PM
CONTACT Training Building – 1520 22nd Street

Our guest speaker, Scott Goodnight is the creator of Mental M.A.P.S.. For over 20 years Scott has been inspiring others to live a fuller, richer life by challenging them to set goals, by teaching them to break through their greatest fears and by showing them how to step into "The Natural Born Leader" that's in all of us.

Scott will share with us information about his "7th Principle" which basically states that "If you make it your mission to help other people get what they want and need, you will get what you want and need automatically".

But when do we give "too much" and stop taking care of ourselves? Walking this fine line between service and martyrdom is tricky business. Scott will help us sort this quandary out.

Scott will also talk about his organization's 4-year mission to help people overcome fear and procrastination and how to deal with the endless obstacles along the way.

We look forward to seeing you at our meeting. Light refreshments will be served.



Monday, March 21, 2011

Our Education Meeting for March will feature one of NAMI Columbus' favorite speakers: Paul Morris, R.N., Health Services Administrator for the Muscogee County Jail.

Support

NAMI Columbus offers the following National Signature Support Programs at the present time:
one weekly Family Support Group, and
two weekly NAMI Connection Support Groups

Two of NAMI's signature programs are the NAMI Connection and NAMI Family Support groups. Many of our newest members come to us as a result of these well-facilitated groups.

NAMI Georgia envisions the NAMI Connection Recovery Support Groups to be offered at a number of times/days of the week, along the same principle as AA meetings are.

NAMI Columbus wants consumers to be able to attend a support group at various times and locations because crises really don't have a schedule!

In 2011 we hope to initiate a NAMI Connection support group at the following locations: Willow Glen, The Ralston and West Central Georgia Regional Hospital. We're on the move.

NAMI Georgia is planning to hold the next facilitator training in Columbus. The training date will be announced soon.

If you are interested in training for either the family support group or the NAMI Connection support group contact Sue Marlowe at 706-718-5710.

Peer Support "Warm Line" at 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.



Support & Programs



Learn more about the full spectrum of programs and services that NAMI provides across the country for people whose lives have been affected by serious mental illness. Go to www.nami.org to **Find the support you need:**

[State and Local NAMIs](#) NAMI's 1,200 affiliate organizations provide local services, support and other opportunities for consumers and their families.

[Education, Training and Peer Support Center](#) NAMI offers an array of education and training programs and services for consumers, family members, providers and the general public. These include Family-to-Family, Peer-to-Peer, NAMI Support Group, In Our Own Voice and more.

[Consumer Support](#) NAMI empowers and educates mental health consumers to address their issues around care, treatment, services, mutual support and consumer rights.

[Child and Adolescent Action Center](#) Families know all too well that the system is failing children and adolescents with mental illnesses. NAMI created the Child & Adolescent Action Center in response to this crisis, to focus attention on systems reform and to help and support families.

[NAMI on Campus](#) NAMI on Campus is a network of student-led mental health awareness, education, and advocacy groups tailored to the needs of individual college communities.

[Multicultural Action Center](#) The Multicultural Action Center focuses attention on system reform to eliminate disparities in mental health care for diverse communities and cultural competence in treatment and support for all who are affected by serious mental illness.

[Veterans Resource Center](#) NAMI is proud to provide resources for veterans and active duty military members, as well as their families, friends, and advocates.

[Missing Persons Support](#) Resources and support for locating missing persons with mental illness.

[For Providers](#) To help mental health professionals assist consumers and families further, NAMI has created this section of the NAMI Web site especially for you.

[Information Helpline](#) Trained volunteers provide information, referrals, and support to all who have questions about or are affected by serious mental illness. Call 1-800-950-NAMI.

Education

NAMI Columbus offers the following National Signature Education Programs:
Family-to-Family, Peer-to-Peer and In Our Own Voice

FaithNet Family-to-Family Class Began with Record Breaking Registrations

A new faith-based Family-to-Family Class began on Tuesday, February 1st. A record number of people registered for this class--**44 people!** The Reverend Buddy Cooper of St. Paul United Methodist Church made it his mission to do all he could to publicize the class and the public responded. We are hoping that a record number of people from this class will, in turn, want to pay it forward and volunteer to help us in our mission to better the lives of all who are living with mental illness.

Reverend Cooper has also given permission for the our first FaithNet Peer-to-Peer class which will begin in May on Tuesday nights. We are excited about the possibilities for our faith based outreach efforts.

Mimi Marlowe, past President, led NAMI Columbus in 2010 in reaching out to the faith community in our area. The fruit that is blossoming from her efforts is impressive. Thank you Mimi.

NAMI's In Our Own Voice (IOOV) program already very successful

NAMI Columbus now has 4 members who have been trained to present the IOOV program. Presenters have given a presentation to students at Northside High School and consumers at Americanwork, Inc. and New Horizons Community Service Board.

Every Family-to-Family, Peer-to-Peer and CIT (Crisis Intervention Team) class will also now include an IOOV presentation. The presenters are also scheduled for two churches.

We would like every single person to help us book an In Our Own Voice presentation at their workplace, school, community organization or place of worship. The presentation takes, on average, 1-1/2 hours. To book a presentation, please call our NAMI Columbus Office at (706) 320-3755 and leave a message for our IOOV Coordinator, Stephen Akinduro.

NAMI's Peer-to-Peer Class Began January 6th

The current Peer-to-Peer class is being held at Willow Glen (a supported housing apartment complex). Willow Glen is a 28 unit complex and is the result of a partnership between New Horizons CSB and The Columbus Housing Authority. The class is comprised of residents of Willow Glen and other NAMI members and supporters. This class is the first collaboration between New Horizons and NAMI Columbus.



20 New CIT Officers!

On February 4th 20 public safety employees graduated and became the newest CIT officers in our area. We now have almost 400 public safety personnel trained in Crisis Intervention Team de-escalation skills. The 400 includes 203 Columbus Police Department and 92 Muscogee County Sheriff's Office employees. After the training, their focus becomes getting people treatment whenever possible instead of jail or to keep consumers from returning to jail. NAMI families and consumer members, if you should need assistance from anyone in the criminal justice system, ask if there is a CIT officer available.

Advocacy

NAMI Columbus members have advocated for some very good programs in Georgia and in Columbus. The Muscogee Mental Health Court, and Crisis Intervention Team (CIT) training are just two of the programs that have come into existence in our area because of advocacy.

On February 7th, NAMI Columbus hosted another heartwarming graduation ceremony for Mental Health Court Graduates. Inez Donald and Bonnie Holmes addressed the graduates about getting involved with NAMI Columbus in order to help themselves stay in recovery. Mental Health Court graduates have gone over and above what the State or Superior Court Judges mandated for them to do. The graduation is a celebration of what they have accomplished.

The next graduation is scheduled for May 2nd, 5:00 pm at the Columbus Consolidated Government Center, Plaza Level. Please mark your calendar and attend.



Bonnie Holmes addressing the new graduates



Massive Cuts Loom for Federal Mental Health and Housing Programs

Contact your U.S. House member today and voice your opposition to proposed FY 2011 cuts to mental health services, research, special education and supportive housing for children, adults and veterans living with mental illness.

HR 1 Continuing Resolution (PROPOSED) Federal Budget Cuts for FY 2011:

--Mental Health Services

The House bill slashes \$200 million from the Substance Abuse and Mental Health Services Administration (SAMHSA), a 5.5 percent cut below the agency's FY 2008 funding level.

--Research

Cuts \$86 million (7 percent) from research on mental illness at the National Institute of Mental Health (NIMH), reducing funding to \$1.404 billion.

--Special Education

A \$557 million reduction to special education funding.

--Housing

Reduces HUD Section 811 program by 70 percent--from \$300 million in FY 2010 to \$90.36 million. It also proposes the elimination of HUD-VASH vouchers and could leave 10,000 homeless veterans without housing. The buzz phrase "Support Our Troops" means when they come home too! This proposed cut to VA funding will nullify the federal action plan to end veteran homelessness by 2015.

TAKE ACTION:

All Federal Senate and House offices can be reached by calling 202-224-3121 (not a toll free call), or send a message to your U.S. House member by going to:

<http://capwiz.com/nami/issues/alert/?alertid=28497501&PROCESS=Take+Action>

Upcoming NAMI Events

February 2011	March 2011
1 FaithNet F2F – Week 1 (Ends 4-26 6:30-9:00) 07 Mental Health Court Graduation 11 NAMI Connection Potluck 11-13 Facilitator Training in Waycross 12 Teacher/Mentor Tune Up 21 Monthly Education Program	7-11 Muscogee County Sheriff's Ofc.- CIT 11 NAMI Connection Potluck 14-18 Brain Awareness Week 21 Monthly Education Program
April 2011	May 2011 – Mental Health Awareness Mo.
5-8 Columbus Police Dept. CIT 08 NAMI Connection Potluck 18 Monthly Education Program 30 NAMI Cols Semi-annual Yard Sale 30 4 th Annual SACVET Stand Down	No Monthly Education Program 01 P2P—Week 1 (Ends Week of 7-3) 01-07 Children's MH Awareness Week 02 Mental Health Court Graduation 03 Nat'l Children's MH Awareness Day 13 NAMI Connection Potluck 16-20 Muscogee County Sheriff's Office CIT 21 NAMI GA Annual Meeting TBD NAMI GA Walk Kickoff Luncheon TBD WCGRH Candlelight Walk

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 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

We would like your help with the following:

- **CIT Classes** We need our NAMI chefs to provide a meal (or portion of a meal) for Mon-Thurs. for the following weeks that we have CIT Classes scheduled:
March 7-11; April 5-8. May 16-20
 Please call Sue Marlowe at 706-718-5710 if you can help with any of these lunches.
- **4th Annual SACVET Stand Down, Saturday, April 30th** from 7:00 am to 4:00 pm. It will be held at the Columbus Convention & Trade Center (801 Front Avenue, Columbus). NAMI participates in this community effort to provide supportive services to homeless veterans and veterans in need for one full day. We need at least two people to help "man" (or woman) our table. Can you help do this?
- **Candlelight Walk at West Central Georgia Regional Hospital** (Date TBA), May is Mental Health Month and we would like to begin an annual candlelight walk on the campus of WCGRH to kick off our community's involvement with the Annual NAMI Georgia Walk. Please call the NAMI Columbus office at 706-320-3755 and leave a message letting us know you'd like to help us plan this event.



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 (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).