NAMI Columbus
National Alliance on Mental Illness
Our Area's Voice on Mental Illness
January, 2012

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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Board of Directors
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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

Bipolar Disorder

(What do you <u>really</u> know about it?)

Monday, January 16, 2012

Education Meeting 6:00 PM

CONTACT Training Building – 1520 22nd Street

For our January monthly meeting, Ms. Kibby Taylor, MSW, LCSW, will be our guest speaker. Kibby is the Director of Family Counseling at the Family Center of Columbus. She is also one of our most popular presenters for our CIT (Crisis Intervention Team) classes. Officers that take our course always rate her highly on their evaluations. She presents our module on "Mood Disorders", which includes Bipolar Disorder and Depression (unipolar). She has a great ability to incorporate humor and practical examples to illustrate her point(s).

Kibby will also tell us a little about the services that The Family Counseling Center offers to the public. NAMI Facilitators for both the family group and the NAMI Connection support group frequently refer participants to the Family Counseling Center. As many of us learn, getting a diagnosis and possibly medicine is just the beginning for people on the road to recovery. Counseling helps us learn to deal with the stressors of life and of living with a chronic illness.

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

At our November 21st monthly meeting we held our annual election for the NAMI Columbus Board of Directors. Members of NAMI Columbus who were present voted to elect the following additional board members: Charles Clark, Frank Dunford and Timothy Vance. These new board members have joined the existing board: Joshua Bell, Ursula King, Sue Marlowe and Kristine Walls.

The entire Board of Directors held a special meeting on December 4th and elected the new executive officers for NAMI Columbus. If you will look on the banner to your left, you will see the results of that election.

On page 2 of this newsletter is a letter to you from our newly elected President, Mr. Frank Dunford. On behalf of the NAMI Columbus Board of Directors and Advisors, when you read Frank's letter we think you'll know why we are so very excited at the possibilities we have for our affiliate for 2012 and beyond.

We wish us all a very HAPPY NEW YEAR!

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Greetings,

My name is Frank Dunford, and I am very happy to be the newly elected president of NAMI Columbus.

Approximately 18 months ago, I attended a CIT class and was truly impressed with the information and training that was given. After many years of contact with consumers, I finally saw mental illness in its true light, and I realized that the world needs to be educated like I was. Since then I have taken measures to do just that: from creating a corporate CIT class to developing an 8 hour mental illness awareness and de-escalation class which soon will be taught in as many corporations, churches or any institution that desire to be enlightened about one of the most prevalent, yet misunderstood afflictions in the world.

My two main goals will be 1) to get the proper knowledge to the public about mental illness so that we can remove the stigma associated with it, and 2) to generate more funds to facilitate NAMI programs, training, and to make the lives of consumers richer and more fulfilling.

Another goal is to have more events involving consumers such as rallies, recognition banquets, or other events that will raise awareness, generate contributions, and give consumers a chance to play an active and positive role in improving their own lives.

We are also hoping to be able to have some recreational outings and events for consumers just for fun relationship building. I can't think of anything more therapeutic than just going on a picnic, or to some outdoor event and just have fun. So we are open to suggestions and will accept and greatly appreciate any assistance that we can acquire from any of you to facilitate any of these activities.

One of the aspects of being on the board of NAMI Columbus that is so exciting is that we have a very intelligent and motivated board comprised of hard-working professionals from different sectors of the work spectrum. I am extremely fortunate to be surrounded by compassionate, understanding individuals that understand compromise, but don't compromise their heart-felt principles and vision for our future at NAMI Columbus.

On a personal note, I want to thank everyone for the warm welcome I have received as a board membe. I am looking forward to rewarding each of you by helping to make the future of NAMI Columbus bright, successful and a shining example of what a board with such an awesome responsibility should be.

Looking forward,

Frank Dunford

How do we pay for our Signature Programs?

We recently received a reminder from Eric Spencer (our NAMI Georgia Executive Director) and Jean Dervan (our NAMI Georgia Program Director) about the wonderful collaboration NAMI has with the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD). Their message, in part, was: *Dear Volunteers: NAMI's Signature Programs have made a significant impact on our organization. Your hard work and dedication in implementing these programs at the local level is the principle reason our organization is so successful. We are very grateful for your service.*

We are also very grateful to DBHDD. They provide a significant portion of the funding that allows us to offer the following programs across our state at no cost to you and the participants: NAMI Connection Recovery Support Group, Family Support Group, Peer-to-Peer Education Class, Family-to-Family Education Class, and In Our Own Voice. Without the generous sponsorship from DBHDD and the funds we raise from the NAMI Georgia Walks, we would not be able to offer these programs.

It would be too cost prohibitive to offer these educational programs unless they were free. Face it, would you have been willing to pay ahead of time over $200.00 to take the Family-to-Family or Peer-to-Peer class? Probably not. We don't realize how valuable the class is to us until after we graduate. So the next time you remember something valuable that you learned from one of our Signature Programs, remember that it didn't happen because of magic. It happened because DBHDD was willing to donate, people were willing to form a team for our Walk and/or volunteers were willing to be trained to teach or present material to you.

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Upcoming Events

January 2012	February 2012
06-08 Family-to-Family Teacher Training in Atlanta 16 Monthly Education Program 16-20 Columbus Police Department CIT 19 Family-to-Family Class Begins (12 weeks) 26 Homeless Employment Expo (ODCH)	02 Peer-to-Peer Class Begins (10 weeks) 06 Mental Health Court Graduation 20 Monthly Education Program TBD NAMI Basics Begins (6 Weeks)
March 2012	**April 2012**
12-16 Brain Awareness Week 19-23 Muscogee County Sheriff's Office CIT 19 Monthly Education Program	15-21 National Volunteer Week 16-20 Columbus Police Department CIT 16 Monthly Education Program 27-28 NAMI Cols Semi-annual Yard Sale 28 5th Annual SACVET Stand Down

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 (Last Call)
for Family-to-Family Spring Class

Family-to-Family is a free 12-week course for caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that caregivers need to cope more effectively. The Family-to-Family class will begin **January 19, 2012.** Why should you take the class? Keep on reading.

NAMI's Family Education "Significantly" Improves Coping with Mental Illness

ARLINGTON, Va., June 14, 2011 /PRNewswire-USNewswire -- NAMI's Family-to-Family Education program "significantly" improves coping and problem-solving abilities of family members of individuals living with mental illness, according to a landmark study published in the current issue of Psychiatric Services, a journal of the American Psychiatric Association.

Family-to-Family is a free 12-week self-help course offered by NAMI in which trained instructors who have family members living with mental illness teach coping and supportive skills to other persons with family members diagnosed with major depression, bipolar disorder, schizophrenia or other conditions.

Led by Lisa B. Dixon, M.D., M.P.H., of the University of Maryland School of Medicine, the study found that the NAMI classes increase knowledge about mental illness and "empowerment within the family, the service system and the community."

NAMI's Family-to-Family program offers "concrete practical benefits" and demonstrates the value of free, community-based self-help programs as a "complement" to professional mental health services, the study noted. The classes combine an instructional curriculum with a support group environment.

"NAMI has long had confidence in Family-to-Family as a signature education program," said NAMI Executive Director Michael J. Fitzpatrick. "The study reinforces the position of family advocates. It is a signal to the medical profession." "Doctors and other mental health care workers are often unable to provide enough support to family members, even though families often play a critical role in the treatment and recovery of loved ones."

The study results coincided with the 20th anniversary of NAMI's Family-to-Family program. An estimated 250,000 family members have taken the classes nationwide to date.

Funded by the National Institute of Mental Health (NIMH), the study evaluated the effectiveness of classes in five counties in the culturally diverse Greater Washington, D.C. and Baltimore area, involving 318 participants recruited between 2006 and 2009.

To register for our class which begins January 19th
call (706) 320-3755 or e-mail info@namicols.org.

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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 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. There will be a training in the spring for facilitators. If you are willing to train for either support group, 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).