

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

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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

PTSD

(Post Traumatic Stress Disorder)

Guest Speaker: Rev. Dr. Thomas Peavy, Sr.

Monday, March 19, 2012

6:00 PM CONTACT Training Building – 1520 22nd Street

A few years ago Dr. Peavy gave a talk about PTSD at a NAMI monthly meeting and it was very enthusiastically received. We realized at the time, however, that we did not allow enough time because the members wanted to hear even more. Dr. Peavy also teaches our CIT Officers about PTSD and how they can help someone who has it. Our new CIT Officers love him and we're sure you will too.

Many people have heard of post-traumatic stress disorder (PTSD). But what is it *really*? Why are we hearing so much more about it these days? The wars in Iraq and Afghanistan are two of the reasons. Another reason is there is a great deal of research going on today—more than has ever been done before. We are learning that it is very, very real.

Whether people have PTSD from a traumatic event they witnessed or experienced here in the US, or it developed due to many deployments to war, we now know that because of trauma, people's brains have changed. It is a real, bona fide illness. Not a lack of strength. Not a character flaw. We also know that a great many people with mental illness developed it due to untreated traumatic events such as sexual or physical abuse as children.

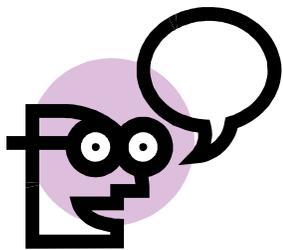
The Anxiety Disorders Association of America notes that an estimated 15 to 30 percent of the 3.5 million men and women who served in Vietnam have suffered from PTSD. In April, 2008 a study conducted by the RAND Corporation estimated 300,000 US Troops are suffering from major depression or PTSD today and 320,000 have suffered traumatic brain injuries. Only half are receiving treatment. Stigma and lack of funding are probably the main reasons why people are not receiving treatment. The RAND Corporation stated "Unless they receive appropriate and effective care for these mental health conditions, there will be long-term consequences for them and for the nation,"

And it isn't just our troops that need treatment for PTSD. Many, many people who have experienced trauma from sexual or physical abuse are not receiving treatment and are experiencing great difficulties in their lives. As a community that cares, we need to begin the conversation about people getting the help they need.

Get some more education with us at our monthly meeting at 6:00 pm on March 19th at CONTACT (1520 22nd Street, Columbus). We all need to know more in order to support our troops when they come back home and those among us needing help.

Upcoming Events

March 2012	April 2012
12-16 Brain Awareness Week 17-18 NAMI Connection/Family Group Facilitator Training 19 Monthly Education Program -- PTSD 19-23 Muscogee County Sheriff's Office CIT 28-30 Georgia CIT Awards Banquet TBD NAMI Basics Begins (6 Weeks)	15-21 National Volunteer Week 16 Monthly Education Program 27-28 NAMI Cols Semi-annual Yard Sale 28 5 th Annual SACVET Stand Down
May 2012 – Mental Health Awareness Month	June 2012
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	TBD Peer-to-Peer Class Begins (10 weeks) 18 Monthly Education Program 27-30 NAMI National Convention, Seattle TBD Candlelight Walk WCGRH, 9pm
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: <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 	



Frankly Speaking

Hello all,

It's been a busy year and it seems to get busier every day. I hope you are all thriving and enjoying Spring. Many things are happening at NAMI Columbus. We are re-applying for our affiliation with NAMI Georgia while they re-apply for their charter with NAMI National. This entails our chapter having to incorporate and provide our own insurance. This will be a great expense, so we're counting on all of our members to find new members and take every opportunity to get donations for your NAMI. Thanks to all who have paid their dues and to all of our volunteers who have given so much of their time.

Sincerely,

Frank Dunford

President, NAMI Columbus

Save the Date

The **11th Annual New Horizons Community Service Board Benefit** will be held on **Tuesday, May 1st, 2012**. The Benefit will be raising funds for the Veterans Mental Health Court. This year's special speaker will be Major General Robert B. Brown, Commanding General, Maneuver Center of Excellence at Fort Benning. As in years past, the event will be held in **The Grand Ballroom at the Green Island Country Club and will begin at 6:30pm**

Every year NAMI Columbus has strongly supported this fundraising event as the money raised has always been used for things that NAMI Columbus strongly believes in. This year's proceeds will support veterans that are consumers receiving services from New Horizons. Please see if you can set aside money (\$100.00 per seat) so that NAMI can have a strong presence at a number of tables. If you can see your way to adding to the amount so that we can once again have our name listed as a sponsor of the event, that would be very much appreciated.

Feel confident and enjoy yourself as you help others.

FREE Endorphins Available!

**Family-to-Family Teachers
Peer-to-Peer Mentors
NAMI Basics Teachers
In Our Own Voice Presenters
Family Support Group Facilitators
NAMI Connection Facilitators**

NAMI National and NAMI Georgia provides free trainings for all of the above volunteer positions. If you are interested in becoming a teacher, mentor, facilitator or presenter (or trainer) for any of these nationally recognized programs contact the NAMI Columbus office at our e-mail address: info@namicols.org or call (706) 320-3755. The endorphins (feel good chemicals) you get from doing these things are endless.

There are also other ways you can gather more endorphins by volunteering with NAMI Columbus. You could serve on our hospitality committee, be a meeting greeter, help with our monthly newsletter, help out at our semi-annual indoor yard sale, etc.

REGISTRATION for NAMI Basics Spring Class

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 NAMI Basics class start **date is still to be set**, but if you want to take this class, please register now and we'll put you on the wait list and you'll be contacted when a date IS set.

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. Room in every class is always limited in order to ensure even participation, so call or e-mail quickly.

NAMI Columbus is in Jail (and we don't want to get out)!

As many of you might know, last January NAMI Columbus began holding weekly group meetings inside the Muscogee County Jail. It's been an eye opener for me and a ray of hope for the inmates.

Over eight years ago at one of our monthly meetings we invited Paul Morris from the Muscogee County Jail to come speak to us on how to better support our loved ones who were in jail. Perry Alexander asked family members "how many of you have had involvement with law enforcement or have had your loved one in jail"? Almost every hand went up. We were all shocked as we looked around at ourselves. Up to that point we had no idea that so many of us had experienced the trauma of having police come to our house or had to visit a loved one in jail. That was the night that the idea of forming a mental health court was born.

The Muscogee County Mental Health Court has been a resounding success. It has given a life back to a lot of our members. As more and more of our troops have not received the help they needed from the military, more have been experiencing involvement with the criminal justice system. Judge John Allen saw a need for a Veterans Mental Health Court and made it happen. And now the Veterans Mental Health Court is a resounding success as well.

The Crisis Intervention Team (CIT) training that NAMI has coordinated since 2008 has been a resounding success. We've trained almost 600 officers. CIT training resulted in a reorganization of

mental health inmates in the jail so that they are housed together and CIT trained deputies oversee the area. From that Paul Morris, Chaplain Richardson and NAMI Columbus joined forces to begin holding weekly NAMI Connection groups inside the jail.

If you could see the looks of happiness every week when we arrive in the cell blocks, you would know how badly NAMI has been needed in the jail. Every week, new inmates have been told by other inmates about NAMI and the information and hope we bring, and they are eagerly anticipating our visit. I almost dance out of the jail each night I facilitate. The inmates are so grateful for what we bring. And the main thing we bring is **HOPE**. Prior to our facilitating in the jail they didn't have hope and they believed their lives were over. After all, who would want to hire someone that has the double stigma of mental illness AND felon? After I tell them about the Certified Peer Specialist program and how they CAN be hired as a CPS with that "double whammy", they have hope. Sharing hope with people who are hopeless is a wonderful thing. This is why I tell people that the endorphins I get from volunteering with NAMI is just as good for me as my medicine. I consider it part of my treatment plan. I wouldn't trade these experiences for anything.

If you have a diagnosed mental illness and want to get a good case of endorphins, volunteer to **GO TO JAIL**. It could change your life and other lives (for the better).

~~Sue Marlowe~~



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 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).