

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
Class Registration for 2012	2
End of Year Donations	2
NAMI Columbus Yard Sale	3
CIT Graduation – 526 Trained!	3
S.O.S. Groups	4

**NAMI Columbus**  
P.O. Box 8581  
Columbus, GA 31908  
(706) 320-3755

Email: [info@NAMICols.org](mailto:info@NAMICols.org)  
[www.nami.org/sites/NAMIColumbusGA](http://www.nami.org/sites/NAMIColumbusGA)

**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

## The Dangers of Stigma

**Monday, October 19, 2011**

**Education Meeting 6:00 PM**

**CONTACT Training Building – 1520 22<sup>nd</sup> Street**

Yolanda Stephen will be our guest speaker in October, addressing "the dangers of stigma" in regard to mental illness.

Yolanda Stephen is a Georgia native and former flight attendant. In addition to writing and speaking to youth and women's groups, sharing her story of betrayal and renewed faith, she also creates training and marketing materials for a Fortune 500 company.

When Ms. Stephen got married, she could not have envisioned some of the challenges she was about to face with the love of her life. Little did she know that his poor mental health and emotional issues were about to take her down a rollercoaster ride that would rattle her whole world. Yolanda is brutally honest in her account of her marriage to her husband in her recently published memoir, "The Upside of the Down Low - A pastor's wife's memoir." [www.upsidebook.com](http://www.upsidebook.com). It is a riveting page turner which addresses the issues she had to deal with in her marriage . . . depression, financial woes, lies, sexual infidelity, sexuality and suicide. It is also a story of her resilience in the face of incredible challenges.

Her book serves as a cautionary tale and highlights some of the dangers of ignoring serious emotional issues and not getting help for mental illness. It also deals with the huge stigma that exists when it comes to mental illness and homosexuality, a stigma that's exponentially higher in the black community.



Did you see **Mel Gibson** on October 1<sup>st</sup> at the NAMI Georgia Walks in Atlanta? Well, we didn't either, but we DID see approximately 900 other people there! The weather was perfect, the speakers (Congressman John Lewis among others) were energizing, and the camaraderie was enthusiastic. If you didn't get to go, you missed a great time.

## Upcoming Events

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 28-29 NAMI Cols Semi-annual Yard Sale	07 Mental Health Court Graduation 08 Disability Fair, Columbus State University 08-10 Georgia CIT Awards Banquet-St.Simons Island 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
December 2011	January 2012
<b>No Monthly Education Program</b> 04 NAMI Cols Winter Celebration Party 05-09 Corporate CIT Class	16 Monthly Education Program 16-20 Columbus Police Dept. CIT
<b>Support Groups</b> <b>Every Monday night, 6-7:30 pm</b> Family/Friend <u>and</u> NAMI Connection Recovery Support Groups <b>Every Saturday 1-2:30 pm</b> NAMI Connection Recovery Support Group <b>Meeting Locations:</b> <ul style="list-style-type: none"> <li>NAMI Connection Recovery Support Groups meets at The Bradley Center's Multipurpose Room (use 22<sup>nd</sup> Street Parking Lot)</li> <li>Family/Friend Support Group meets at the CONTACT Training Building, 1520 22nd Street</li> </ul>	



## REGISTRATION (Waiting List) for Family-to-Family, Peer-to-Peer and Basics classes

**F**amily-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 in **January, 2012**

**P**eer-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 in **January, 2012**

**N**AMI 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 will begin in **January, 2012**

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](mailto:info@namicols.org). To ensure we will have enough textbooks, the class location for each class will be given at time of registration. Room is limited so call or e-mail quickly.



All education, presentation and support programs NAMI Columbus offers is FREE for all. . . but we all know that these things cost money. We are dependent on donations to keep offering our services for free to our community. Are you able to help us defray costs by making a donation? We are a 501(c)3 tax deductible organization. As you consider your year-end charitable donations, please keep us in mind.



# GOT STUFF?

This is just a reminder that our next indoor yard sale will be THIS MONTH. On Thursday, October 27<sup>th</sup> you can drop your “gently used” stuff off at CONTACT (1520 22<sup>ND</sup> St.) between the hours of 9 am to 6 pm.

**The newspaper ad will read:**

NAMI Columbus - Semi-annual Yard Sale  
Friday 10/28 9am - 6pm  
Saturday 10/29 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, October 27<sup>th</sup>) 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 6:00pm); Friday morning or Saturday morning.



## Another Crisis Intervention Team Graduation — 526 Trained in Columbus!



On October 14th another week-long class graduated from CIT (Crisis Intervention Team) training. The class was comprised of employees from the Columbus Police Department, Muscogee County Sheriff’s Office and the Columbus Parole Office. With this graduation we now have trained 526 law enforcement personnel in our area.

If you want to be a part of this exciting training, contact us at [cit@namicols.org](mailto:cit@namicols.org). NAMI members are welcome

to take (or audit) the class along with the officers. We need chefs, bakers, role players and hosts and hostesses for these week long classes. Come be a part of the team.

We want to also point out that professionals from The Muscogee County Jail, New Horizons CSB, Family Counseling of Columbus, Americanwork, Inc., The Bradley Center and West Central Georgia Regional Hospital also take part in this training by presenting subject matter to the classes. Everyone involved donates their time to exceptional for this class. Many times the officers tell us that it is the best training they have ever taken.



# Columbus

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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" please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Sharing a message of recovery gives many the hope they are searching for. 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](http://www.nami.org/join) (\$35.00 by credit card).