

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

Frankly Speaking	2
Upcoming Events Calendar	3
Hear Ye, Hear Ye	3
CIT Program Moves Forward	4
Parents and Teachers as Allies	5
SOS/Application	6



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



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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



AmericanWork, Inc.
Columbus ACT Team
706-641-9663

"Poetry S.L.A.M.S"

Students Living Amidst Mental Stigmas

1st Annual Event and Monthly Education Meeting

River Center for the Performing Arts

Friday, April 11th, 2014

7:00 P.M.

NAMI Columbus is pleased to announce our first fund raising event for 2014 - - *Poetry S.L.A.M.S!* We are challenging students and consumers to compose poetry based on their perceived, learned, or real life experience regarding stigma or any other topic relevant to mental illness. Some very inspiring and creative poetry submissions will be read at the event.

This event will replace our regular meeting, which is normally on the third Monday. There will be a LIVE band and PRIZES! Tickets are \$10.00 and may be purchased at the RiverCenter box office or at their website: <http://www.rivercenter.org>. All proceeds will benefit NAMI Columbus to continue our mission of support, education, and advocacy. Direct all inquiries to info4@namicolsinc.org. We look forward to seeing you at this special first annual event.



NEW EMAIL ADDRESSES

PLEASE NOTE!!

fdunford@namicolsinc.org to Frank Dunford, President

info4@namicolsinc.org – to request any general information needed from NAMI Columbus

azabel@namicolsinc.org – to Amy Zabel, Vice President

Please do not use any emails with the old designation @namicols.org. Emails to this old domain name are no longer being monitored, so your email will not be read. If you have sent any emails to one of these old email addresses recently, **please re-send them** to one of the new email addresses above.

Our website is still and will remain www.namicols.org until further notice. Please visit our Facebook page at www.facebook.com/nami.columbus.

Frankly Speaking



Hello family,

The warm breezes of spring are gently tapping on the windows and urging us to get outdoors to enjoy relaxing in the sunshine and watching the renewed beauty of the natural palette as the earth is painted with randomly blossoming flowers.

Last month we were so fortunate to have among us Sky Mapps, who brilliantly conducted our educational meeting on Mindfulness Based Stress Reduction. Sky will be opening her MBSR studio, aptly named "Mindfulness Matters" on the 10th of April at 6PM, located at 2206 Camille Dr. Suite 6, Columbus. Classes will be conducted on Thursdays at 6:30PM, and Saturdays at 9:30AM, and 2:30PM. These sessions will be free of charge until further notice. For more information, contact Sky at skyteiko@gmail.com.

On a more somber note, the NAMI Georgia elections are coming up soon and there has been quite a furor going on for some time now. As I reported to you last year, there have been NAMI members from NAMI Savannah, NAMI Rome, and NAMI Northside that have been falsely accusing Eric Spencer, NAMI Georgia's Executive Director, of financial wrongdoings, yet multiple independent audits have yielded no such wrongdoings. I have full faith and trust in Eric as do most of NAMI Georgia members. Recently, the slate for the 2014 board elections has been chosen by the nominating committee, on which I am a member. Some of the same people who are spreading rumors of financial wrongdoing tried their luck at being selected for the NAMI Georgia board slate of candidates. All were rejected as member after member of the committee cited the tumultuous and harmful actions of Susan Kyle, Bonnie Moore, and Kathleen Breen.

One of the acts that disturbed many NAMI members and supporters was the blatant boycotting of the 2013 NAMI Walk by these affiliate leaders. This act has no excuse nor reasonable explanation. It only hurts our consumers. And our consumers will not be used as pawns in a ridiculous plot to overthrow a man who brought NAMI Georgia out of the dark ages. So as your president and NAMI family member, I am asking you to beware of these three names, as some of them may run as "grass roots" candidates. Please refrain from voting for them for the sake of NAMI Georgia and all of us. It's very sad because if you read the applications of these 3 people they come eminently qualified to hold any position NAMI has to offer. It's a shame they chose such a sordid path to follow. The applications are available on request at fdunford@namicolinc.org

Thank you,
Frank Dunford
President
NAMI Columbus

Upcoming Events

April 2014	May 2014
1-30 Alcohol Awareness Month 5 Family Support Group Facilitator Training 11 "Poetry SLAMS" event and monthly meeting <u>Pen your poetry now! Come one, come all!</u> 21 NO Regular Monthly Education Program 23 Peer-to-Peer Education Class ends 26-27 Annual Conference/IOOV Tune Up (Atlanta) TBD NAMI Basics Education Class begins (6 wks)	1-31 Mental Health Month 4-10 Anxiety and Depression Awareness Week 8 National Children's Mental Health Day 19 Monthly Education Program 18-24 Schizophrenia Awareness Week

"Open" Support Groups:

Every Monday night, 6-7:30 pm

Family/Friend and NAMI Connection Recovery Support Groups

Both meet at New Horizons CSB, 4411 Rosemont Drive

Every Saturday 1-2:30 pm

NAMI Connection Recovery Support Group

Meets at The Bradley Center's Multipurpose Room

HEAR YE, HEAR YE!

Please make plans now to attend the

NAMI Georgia Annual Conference

Saturday, April 26, 2013

8:30-4:30

Mercer University Administration & Convention Center

2930 Flowers Rd., Atlanta, Ga. 30341

Visit namiga.org for all the details. See you there!

CIT Program Moves Forward in 2014



The revised GA CIT curriculum will make its debut in July. It features presentations geared toward the adult learner. They are less clinical than the original, and include information more conducive to law enforcement. It also openly addresses the impact of trauma on law enforcement, and includes a questionnaire designed to assess law enforcement agencies' response, and support (or lack thereof) to trauma among their ranks.

Developing the Georgia CIT Youth curriculum is another 2014 initiative. Representatives from the GBI, DJJ and NAMI held a preliminary planning meeting to discuss what the format of the new curriculum, and the inclusion of future stakeholders from key child and adolescent intercept points, i.e., DJJ, Juvenile Court Judges, DBH, and the Governor's Council on Child Development. The curriculum will build on the eight hour McArthur Foundation CITY format adding additional topics like bullying, child sexual trauma, and school safety.

The GA CIT Program hosted two members of the command staff of the Liberia National Police Training Academy at the March 10-14 Atlanta Police Department CIT class. Their visit was a crucial step in assisting them in the development of their own version of CIT. The CIT Liberia initiative started with a CIT workshop last August in Liberia as part of the Carter Center Liberia Mental Health program.

GA CIT will collaborate again with the Police Officers Association of Georgia (POAG) to host the 2014 Conference and Banquet to take place August 25-27.

NAMI GEORGIA LAUNCHES PARENTS AND TEACHERS AS ALLIES In-Service Mental Health Education for School Professionals

NAMI National is delighted to announce the expansion of our Parents and Teachers as Allies in-service mental health education program for school professionals. This two-hour in-service program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

This program responds to the recommendations included in Goal 4 of President Bush's New Freedom Commission report on mental health that calls for schools to play a larger role in the early identification of mental health treatment needs in children and in linking them to appropriate services. Our program is based on NAMI's highly successful Parents and Teachers as Allies (P&TA) publication.

The components of the in-service education program for school professionals include the following:

Welcome and Introductions – an education professional, who is also a family member, welcomes the school professionals and introduces the topics to be covered, often with a personal story.

Early Warning Signs of Mental Illnesses – a facilitator walks the school professionals through the early warning signs of mental illnesses, closely following the P&TA publication.

Family Response – a parent or caregiver of a child with mental illness covers the predictable stages of emotional reactions among family members dealing with the challenges of mental illness and the lived experience of raising a child with a mental illness.

Living with Mental Illness – a mental health consumer that experienced the early onset of mental illness shares a view from the inside, including a discussion about the positive and negative impact that their school experience had on their life.

Group Discussion – a powerful time for sharing experiences and thought-provoking questions

Closing Remarks and Evaluation - This program is designed for teachers, administrators, school health professionals, parents and others in the school community. The program is designed to target schools in urban, suburban, rural, and culturally diverse communities. The toolkit has been developed to be culturally sensitive and a Spanish language version of the Parents & Teachers as Allies publication has been developed.

NAMI has also worked with the University of Maryland on an evaluation component to measure the program's success and to help ensure continuous quality and program improvement.

NAMI Georgia will send our first state reps to the national ETS training in Washington, D.C., this June! This program will be proposed to the MCSD as a possible program for introduction this fall. Congratulations to NAMI Georgia on this landmark outreach to education in Georgia. It is desperately needed, and our students, families, and education professionals deserve it!



Columbus

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Our Area's Voice on Mental Illness



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 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. If you are willing to train to be a support group facilitator, let us know!

I want to support NAMI Columbus and NAMI's mission.

✂ Please Cut and Mail ✂

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 (financial hardship)

I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

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 one of the largest affiliates 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).