

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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 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

"Disability Resources"

Jay O'Neal, Presenter

Monthly Education Meeting

Monday, June 16, 2014

New Horizons Midtown Recovery Center

4411 Rosemont Drive

6:00 P.M.

This month we are fortunate to have Jay O'Neal as our guest speaker. Jay is the executive director of the Contact Disability Resource Center. At this month's meeting Jay will give us insight into the mission of his organization as well as an overview of how their services directly affect us as members of NAMI.

Please join us for this informative and educational presentation. See you there!

Please bring an item for our refreshment table if you are able.



Frankly Speaking



Greetings NAMI family,

As I write this article, it is the eve of Memorial Day and I am reminded of the sacrifices that many people have made to ensure the freedoms that we realize today. We salute those who have made the ultimate sacrifice, those who offered their all and survived, and those who are at the ready today protecting us all on land, sea, and air. We must also stand by those who they left behind and offer our love and ourselves to their service as a tribute the tremendous losses they have suffered.

Sacrifice comes in many forms and for many reasons. Many of you have sacrificed some of life's treasures to dedicate yourselves to the care of loved ones who have suffered great illness. Some of you have suffered great illness and have had to sacrifice or have had taken from you some of life's greatest pleasures. Add to that the stigma of mental illness, which sacrifices your opportunity to flourish as others who have no such debilitating illness do, and you have the recipe for becoming forgotten, ignored and disenfranchised, second class citizens. Ladies and gentlemen I would like to once again direct your attention to the recipe for ending stigma forever:

1. We have to educate everyone in America about mental illness and its true definition with regard to consumers, family members, and society.
2. Consumers have to step up and take up arms to fight the stigma themselves. No organization, no laws, no government can do this monumental task. It has to come from each of you. It will indeed take a lot of sacrifice and venturing from your comfort zone to accomplish. But in the end, you will be able to say that you fought a war against the most universal object of ignorance, and you won.

People will always believe that consumers are only the people living under the bridge and pushing a shopping cart down the street talking to themselves, or in jails or prisons and mental hospitals until you step forward and tell them otherwise. There's no escaping it.

So we are challenging you all to come up with a slogan that puts consumers at the center of the battle to eliminate stigma. Here's mine: "Only consumers wear the shoes that can stamp out stigma." What's yours?

Frank Dunford
 President, NAMI Columbus

Upcoming Events

June 2014	July 2014
04 Weekly IOOV Presentations at The Bradley Center Begin! 6-8 Training the Trainers in Arlington, VA (NAMI Columbus members will become state trainers for NAMI GA) 16 Monthly Education Meeting	04 Happy Birthday, USA! Celebrate! 07-11 CIT – Columbus Police Department 21 Monthly Education Meeting SUMMER IS THE TIME TO GET BACK INTO A ROUTINE OF ATTENDING SUPPORT GROUPS! WE'LL SEE YOU THERE!

“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

NAMI WALKs are coming on October 4th!
Start forming YOUR team now!

HEAR YE, HEAR YE!

Please respond to Frank's question in this month's "Frankly Speaking". Let's all come up with a slogan to stamp out stigma! Email them to Frank or Amy. We want to hear from you. We always need refreshing slogans for a variety of events to catch the attention of people who need to hear our message loud and clear. Let's put our heads together to STAMP OUT STIGMA!

Thank you!

NAMI Picnic a Rousing Success!

Members of NAMI Columbus gathered together at Idle Hour Park across the river in Phenix City on Saturday, May 31st for an informal time of fun and fellowship to kick off the summer season! Both consumers and family members were seen laughing, talking, embracing, and enjoying each other. Even a few tears were shed. Many of us had not seen some of our fellow members in quite a while, and this was a wonderful opportunity to catch up.

There were also bright and shining new faces, and lots of initial introductions were made followed by great food and conversation. It was so refreshing to see everyone pitching in and helping to pull this off! All of us were working as a family from everything to set up and meal preparation to cleanup. Members were also seen playing games together in friendly competition! Frank spoke briefly and thanked the membership for their participation. He also recognized the many volunteers who passionately serve NAMI on a regular basis.

The mood was one of excitement and anticipation. Our members know that we are fighting an uphill battle in so many ways, but we were feeling hopeful as our conversations moved to the progress of NAMI's signature programs across the hurting community we serve. Stigma will not win no matter how tough the fight. We will refuse to back down! By spending time with each other in this informal environment, it was very easy to see that the pain that brought us together has resulted in hope for our futures both individually and collectively.

The weather even cooperated with us! In addition to the great shade provided by the covered pavilion, there was a refreshing breeze that kept us cool for the greater part of the event. Many thanks go to Aubrey Dean, who graciously volunteered to head this up by contacting the membership and organizing all of the details. She did an amazing job!

NAMI Columbus has indeed found another event that will become something that we look forward to each year. It was a time of reflection as well as recreation. We want to sincerely thank all of you who made this time a memorable one. For those of you who could not be with us, we MISSED YOU! You were definitely in our thoughts. Many of these great memories were captured on camera, and will eventually be posted to our newly redesigned website in the not too distant future. Check it out to see yourself in **celebration mode**. A great time was had by all! Mark your calendar for next year - - most likely the last Saturday in May. We will see YOU again then!

NAMI = Needs Active Members Immediately!

Isn't it entertaining to try to create new words and phrases for familiar acronyms? The one above certainly could be applied to our organization, couldn't it? We do need you, and we need you now!

Summer is the perfect time to relax and reflect on life's blessings. Our blessings definitely include NAMI. As you are enjoying your travels, the beach, the lake and the pool, please consider the many volunteer opportunities that are available through NAMI Columbus. We have something that would fit you to a "T", and probably better than your swimsuit!

As you reflect, think about what NAMI has done for you. A small amount of each person's time multiplied by everyone reading this newsletter could move us in a direction we could never imagine. There is still so much to be done! Someone once said that the most important things that you do in life are the things you do for others. What are you doing for others? Helping others has been shown to boost mood.

Many of us have let our memberships lapse without even knowing it. There are two ways to join. Please look at the form on the last page to see how. Your active membership helps us work continuously towards our overall mission of support, education, advocacy and recovery.

Are you wondering how can you help? If you are not sure where to start, visit our website and email one of the addresses listed, or call the number on page 1 of this document! We will be happy to help you begin to experience the healing that can only be accomplished by helping others who are hurting. Let's end stigma together – once and for all!

When was the last time you attended a consumer or family support group? We need your presence as well as your input. Group wisdom flourishes even more as the size of the group grows! We need each other's valuable experience to help us on our own paths to healing and recovery. One of our basic principles is that we find strength in sharing experiences. Come and share yours!

NAMI needs active members now? That includes you! We will see you soon as we work together to eradicate stigma and guide each other towards health and healing.

NAMI Statement: The Santa Barbara Tragedy; What Can Communities and Families Do?

ARLINGTON, Va., May 27, 2014

***Mary Giliberti, Executive Director of the National Alliance on Mental Illness
(NAMI) has issued the following statement
about the May 23 tragedy in Santa Barbara:***

"NAMI shares the sadness of other Americans over the Santa Barbara tragedy and extends our sympathy to the families of all who were killed or wounded. NAMI is an organization of individual and families affected by mental illness and we also recognize the pain experienced by the family of Elliot Rodger, who was responsible for the tragedy.

Clear facts in tragedies often emerge slowly. It is especially important not to speculate about diagnoses through the news media or rush to judgment about what went wrong. However, it does seem clear that Mr. Rodger received some mental health treatment and at least one welfare check by police.

When tragedies occur, it often is because something in the mental health care system went terribly wrong. It is important to closely examine each case and determine what contributed to the tragedy. In this case, police officers served as first responders and were required to make determinations that should have been made by mental health professionals. This is often the case in communities across the country, but no matter how compassionate or well-trained police officers are, they are not mental health professionals. It is not fair to place them in that role.

Families and communities want to know how to prevent future tragedies. Basic steps include:

Fill the gaps in our community mental health care systems. That includes the creation and promotion of crisis services and partnerships between mental health professionals and all first responders.

Improve communications between mental health professionals, individuals receiving care, and their families. Mental health privacy is important, but health care privacy laws should not stand in the way of coordinated information and action in a crisis.

Talk about it—within families as well as with teachers, clergy, students and community leaders. Encourage conversation about mental health, about what we are experiencing and what we can do to help. By doing so, we create and promote the space for open and honest dialogue that saves lives."



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).