

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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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

IOOV

Monday, April 15, 2013

Education Meeting 6:00 PM

CONTACT Training Building – 1520 22nd Street

No, IOOV is not a Roman numeral. In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. In 2010 and 2012 NAMI Columbus sent consumer members to NAMI Georgia to be trained as presenters, and earlier this year two more were trained. Our two newest consumer members would like to share the presentation with you for this month's education program.

IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

IOOV presentations are given to every new employee training at WCGRH as well as to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups. NAMI Georgia has now incorporated IOOV into all CIT (Crisis Intervention Team) training classes for law enforcement. All presentations are always offered free of charge. NAMI Columbus has joined forces with West Central Georgia Regional Hospital to deliver an IOOV presentation for all new hospital employee trainings.

The goals of IOOV are to meet the need for consumer-run initiatives, to set a standard for quality education about mental illness from those who have been there, to offer genuine work opportunities, to encourage self-confidence and self-esteem in presenters, and to focus on recovery and the message of hope.

Anyone familiar with mental illness knows that recovery is not a singular event, but a multi-dimensional, multi-linear journey characterized more by the mindset of the one taking it than by his or her condition at any given moment along the way.

Understanding recovery as having several dimensions makes its uneven course easier to accept. Much as we don't blame the cancer patient for developing invasive tumors, we can't condemn a consumer whose symptoms overtake his or her best efforts to manage the illness.

Anyone interested in seeing a presentation may request that one be given in their area by calling the NAMI Columbus Office at (706) 320-3755. Leave a message for Stephen Akinduro, the NAMI Columbus IOOV Coordinator.

Upcoming Events

April 2013	May 2013 – Mental Health Awareness Month
08-12 Columbus Police Department CIT	05-11 Children's MH Awareness Week
12-14 Family-to-Family Teacher Training in Atlanta	06 Mental Health Court Graduation (<i>You are cordially invited to attend at 5 pm at the Columbus Government Center, Plaza Level</i>)
15 Monthly Education Program	08 Nat'l Children's MH Awareness Day
21-27 National Volunteer Week	12-18 National Suicide Prevention Week
27 6 th Annual SACVET Stand Down-7:00-3:00 pm	16 Suicide Prevention Day
27-28 NAMI GA Annual Meeting/Recertifications	17 Mental WELLNESS Day
	20 Monthly Education Program

REGISTRATION is always open for the 2013 NAMI Education Classes

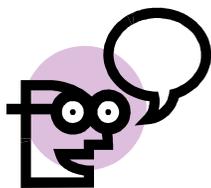
Family-to-Family is a free 12-week course for caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that caregivers need to cope more effectively. The next Family-to-Family class will begin **Thursday evening, September 5th**. Call our NAMI Columbus Office and leave a message that you'd like to register for this class.

Lisa Dixon, M.D. at the University of Maryland School of Medicine conducted an evaluation of the Family-to-Family course. Her results showed that "course participants gained a greater understanding of mental illness, coped much better, worried less, and felt newly empowered to advocate for better treatment and services for their relative. Many family members described the impact of taking this course as life changing".

Peer-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 a 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 next Peer-to-Peer class will begin **Thursday evening, June 6th**. Call our NAMI Columbus Office and leave a message that you'd like to register for this 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 start date for the first class for 2013 has not yet been set, but you CAN pre-register and place yourself on our waiting list for our next class. When we have enough people registered, we will announce a start date.

To register, or to obtain more information, please call the NAMI Columbus office at (706) 320-3755 or e-mail us at info@namicolos.org. To ensure we will have enough textbooks, the class location for each class will be given at time of registration. Seats are always limited to encourage class bonding, so reserve your seat now.



Hello all,

Frankly Speaking

Spring has sprung and the stain of winter has faded into a brilliant palette of colors. As the wind playfully billows the scenery, we feel it's different courses as it surges all around us. It is a beautiful time of year, but not all things are beautiful all of the time. It seems that there are some tumultuous winds blowing at NAMI Georgia. A small faction of members have created a harmful atmosphere that threatens the harmony that was once a very fine organization with a solid base of operations. This faction has stooped to creating propaganda that undermines the efforts of the hard working staff and ultimately, all of us. The ballots for the NAMI Georgia elections will be coming to you soon. The negative faction has put forward write-in candidates, and "grass roots" candidates for this upcoming election. NAMI Columbus hopes you will join us and adopt our position on this election and trust our judgment as we have been keeping our finger on the pulse of the situation. There will be write-in and/or grass roots candidates on the ballot. We urge all of our members to elect from the "Slate Eight" or registered candidates only to ensure that NAMI Georgia does not take a turn for the worse. Please feel free to email NAMI Georgia at namigeorgia@namiga.org or myself fdunford@namicolos.org for details if you're still not sure. Don't let this news spoil your feelings about NAMI Columbus. We are strong and moving forward with greater momentum every day. We have the faith and support of all of you to thank for our bounty and motivation.

Happy Spring!

Frank Dunford

Frank Dunford, President
NAMI Columbus

Have you visited NAMI.ORG recently?

Every month we will either print an article of interest that has appeared on the NAMI National website OR like this month, links to some articles that we think you might be interested in. We hope you will be interested in the website so you'll go there and see the site for yourself. They have been doing a wonderful job.

[Insomnia Linked with Increased Thoughts of Suicide, Study Finds](#)

A recent study discovers the connection between insomnia and increased thoughts of suicide. Findings may change the way doctors treat persons living with insomnia in the future.

[Travelling through the Dark Wood of Depression](#)

Between 2005 and 2007, David Blistein faced a depression that took him through his own inferno, but ultimately a transformation. NAMI spoke with him about his experiences and new memoir.

[After An Arrest: Understanding the Courts](#)

The criminal justice system is difficult to navigate. NAMI recently spoke with an expert to provide insight.

[White House BRAIN Initiative Calls for \\$100 Million for Scientific Advancement](#)

President Obama unveiled a bold new plan to increase our understanding of the human brain.

[Bringing 'Killer Bread' and Inspiration to a Community](#)

Dave Dahl had been to prison four times but decided to turn his life around and rejoined, and rejuvenated, the family bread business.

[Iris the Dragon Helps Kids Cope with Mental Illness](#)

The children's book series helps kids all across North America understand and cope with their mental illness while fighting stigma and promoting awareness.



Change and Save the Date/Gather Your Stuff!



This is a reminder that our next indoor yard sale will be **8am-2pm, Friday June 7th and 8am-noon, Saturday June 8th**. Usually our semi-annual spring yard sale is held the last weekend in April. But because the NAMI Georgia Annual meeting will be held that weekend, (and many of our volunteers need to attend in order to be recertified) and there was a conflict with booking our room at CONTACT, we've changed the date for our spring sale. On **Thursday, June 7th between 10am to 6 pm**, you can drop your "gently used" stuff off at CONTACT (1520 22ND St.).

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, *June 7th*) 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.

This is the **11th year** for our semi-annual indoor yard sale. Please help us to make it a success.



NAMI Volunteers Recertification Opportunity. We hope everyone is planning on attending the NAMI Georgia Annual Conference and Membership Meeting on Saturday, April 28th. NAMI Georgia has planned a number of workshops all day that should be of interest to all. On Sunday, April 29th NAMI Georgia is offering a tune-up or recertification for all NAMI Georgia Signature Programs. So if you are a NAMI volunteer for 2 years or longer and haven't been re-certified, you need to go online NOW and sign up. NAMI Georgia will pay for you (with a roommate) motel stay on Saturday night if you don't live in the Atlanta area.



Columbus

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