

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

P.O. Box 8581
Columbus, GA 31908
(706) 320-3755
Email: info@NAMICols.org
www.nami.org/sites/NAMIColumbusGA



Board of Directors

- Frank Dunford, President
- Sue Marlowe, Vice President
- Joanne Snider, Secretary
- Tabitha Massey, Treasurer
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- Timothy Vance
- Kristine Walls
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- Steve Scott, Advisor
- David Wallace, Advisor



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

NAMI Columbus

(What do you know about us

and

are you fully using what we offer?)

Monday, February 18, 2013, 6:00 PM

Join us for

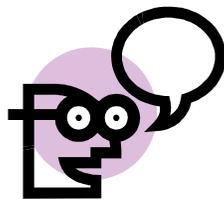
Information/Potluck Dinner

CONTACT Training Building – 1520 22nd Street

NAMI Columbus has a lot of new members and supporters who may not know all of the programs and services that we offer. We have new Board members that many of you have not met yet. Even if you've been involved with NAMI Columbus for quite a while, you may not know about all the new things we've recently added or what we are doing in our community.

We hope you will attend our monthly meeting to catch up on NAMI Columbus and for us to have dinner with each other. Our previous potlucks have always resulted in great food and good company.

Please plan on joining us February 18th at 6:00 p.m. at CONTACT, 1520 22nd Street in Columbus. Bring your favorite recipe for our potluck dinner.



Frankly Speaking

Greetings friends,

Spring will apparently be preceded this year by a brief monsoon season. But while the rain falls, the flowers are budding and the earth is once again preparing to paint a beautiful color portrait of Mother Nature's bounty. Though winter lingers, we are still reminded that promise lies ahead. Promise lies ahead for NAMI Columbus also. We are spreading our wings and taking in new friends who need our services and kinship.

I still marvel at the ability of our group and educational facilitators to keep our consumer base in recovery by lending their abilities to stabilize disorganized and troubled minds. And in that vein, I ask that each consumer to please bring your best to the NAMI Connection groups. It is so important that you all try to respect each other and allow all involved to get the full benefit from what is a tried, proven, peer driven, and life saving forum. We also need to make a concerted effort to encourage newcomers to become facilitators for our support and educational groups. I wish you all a Happy 30th Anniversary, NAMI Columbus!

Thank you all,

Frank Dunford

Frank Dunford, President
NAMI Columbus

Upcoming Events

February 2013	March 2013
04 Mental Health Court Graduation (<i>You are cordially invited to attend at 5 pm at the Columbus Government Center, Plaza Level</i>)	04-08 Muscogee County Sheriff's Office CIT
07 Peer-to-Peer Class Begins (10 wks)	11-17 Brain Awareness Week
18 Monthly Education Program— All About NAMI	18 Monthly Education Program
19 Mental Health Day at the Capitol (Atlanta)	TBD NAMI Basics Begins (6 Weeks)
April 2013	May 2013 – Mental Health Awareness Month
08-12 Columbus Police Department CIT	03-04 NAMI Cols Semi-annual Yard Sale
12-14 Family-to-Family Teacher Training in Atlanta	05-11 Children's MH Awareness Week
15 Monthly Education Program	06 Mental Health Court Graduation (<i>You are cordially invited to attend at 5 pm at the Columbus Government Center, Plaza Level</i>)
21-27 National Volunteer Week	08 Nat'l Children's MH Awareness Day
27 6 th Annual SACVET Stand Down-7:00-3:00 pm	12-18 National Suicide Prevention Week
27-28 NAMI GA Annual Meeting/Recertifications	16 Suicide Prevention Day
	17 Mental WELLNESS Day
	20 Monthly Education Program

SUPPORT GROUP MEETINGS:

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:

- NAMI Connection Recovery Support Group meets at The Bradley Center's Multipurpose Room
- Family/Friend Support Group meets at the CONTACT Training Building, 1520 22nd Street

PRE-REGISTRATION for our next NAMI Basics Education 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 be placed on our waiting list to be notified for our next class.

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. Seats are always limited to encourage class bonding, so reserve your seat now.



2 Way\$ to Help NAMI Columbu\$ (Without Breaking a \$weat)!

1 Use "**Goodsearch**" as your search engine and online shopping portal instead of Google. Google doesn't pay NAMI Columbus anything when we use them. Goodsearch does. We want everyone who supports NAMI Columbus to sign up at www.goodsearch.com and enter that you want to help NAMI, then find NAMI Columbus in the drop down list. We will receive a penny for every search that you do. Please make Goodsearch your home page. Also, if you click on "Goodshop" at the top of the Goodsearch page, and then go to your preferred online store, we will receive a percentage of the total that you order. It doesn't add to your price in any way. We've received a yearly check from Goodsearch for quite a few years. We need to make 2013 our best ever year. So – **HAVE YOU GOODSEARCHED FOR US TODAY?**

2 **NewsLeader 9** has announced they need your help honoring nonprofit organizations right here in our area. WTVM's "Give9", in partnership with sponsor Headquarter Nissan, wants to recognize the outstanding local not-for-profit organizations with over \$20,000 in cash awards for 2013.

NAMI Columbus always offers our services for free, but this means we need \$\$\$! Nominate NAMI Columbus today and every day so we can win \$5,000. Go to: <http://www.wtvm.com/category/253848/give-9> and fill out the form on this page to nominate us. (You will be asked for your e-mail address, name, address, and phone number and the nonprofit you want to nominate) Nominations for the first quarter end 3/31/13.

Wouldn't this be a wonderful way to also get some free publicity for NAMI Columbus?

Have you visited NAMI.ORG recently?

The NAMI National website has always been a very useful website where it explained mental illness diagnoses and issues in a very easy to understand manner. Nowadays it is a beautiful and meaningful website as well.



The home page changes frequently and is very attractive. More and more it's highlighting stories that are written by NAMI members across the country and frequently describes the mental illnesses that famous people have had and the impact they have had on the world. So very often people feel their lives are over when they receive a diagnosis of having a mental illness.

NAMI National is emphasizing with their website that **WE ARE NOT ALONE**. Go to www.nami.org and see what's new. As a side note, NAMI Columbus' newest board member, Joanne Snider, is in the process of building a website that WE can be proud of as well. Frank Dunford and Joanne are working together to build an outstanding website for us. Stay tuned!!!



Following is an article that was published on our NAMI National Website

Bradley Cooper Speaks Out in National Dialogue on Mental Illness

By Bob Carolla, NAMI Director of Media Relations

Academy Award nominee Bradley Cooper, star of *Silver Linings Playbook*, didn't know much about mental illness before he made the film.

Since then, the movie has been nominated for five Academy Awards, including every acting category, the first motion picture in over 30 years to earn that distinction. In the process, the movie has become a powerful vehicle for advancing a national dialogue on mental illness (Oscar Award winners will be revealed on Feb.24).

"I was ignorant," Cooper said at a press conference on Feb.1, sponsored by the Center for American Progress in Washington, D.C., in which Andrew Sperling, NAMI's director of federal advocacy participated.

In the movie, Cooper plays a young man living with bipolar disorder, who has lost his job, his house and his marriage. He is released from a state psychiatric hospital and returns home to live with his parents and begin to rebuild his life. His father, played by Robert DeNiro, lives with obsessive-compulsive disorder.

The film reflects family dynamics to which many people can easily relate. Mental disorders seem secondary and gradually fade into the background. Just as one out of every four American



adults lives with mental illness in real life, the movie presents symptoms as just one more part of a family's experience. It does not trivialize them nor make them the butt of jokes in what is nonetheless an often hilarious comedy.

At the press conference, Cooper described the process through which he learned that mental illness is a common thread in many people's lives.

Discussions about the movie's plot and characters set the stage. Revelations of personal connections followed. Matthew Quick, the author of the novel on which the film is based, struggles with depression. The movie's director, David O. Russell, has a son who lives with mental illness.

Cooper learned for the first time that one of his friends lives with bipolar disorder, a fact

he had never known before. After ignorance came empathy, he said. The challenge then was to take action.

"The one thing I can do is raise awareness."

"Don't walk away from people with mental illness. Don't be scared."

U.S. Senator Debbie Stebenow (D-Mich.) who participated in the press conference told of her father's struggle with bipolar disorder in the 1960s, before lithium was found to be a mood stabilizer. "We didn't know," she said. "We didn't understand."

"But today we're at a moment of change."

"Changing attitudes leads to social change," said former U.S. Rep Patrick Kennedy (D-Rhode Island), who lives with bipolar disorder. "It doesn't have to come from government."

One of the lessons of *Silver Lining Playbook* is that "the power of family" is a vital force for transformation—a fact that Sperling noted is reflected in NAMI's Family-to-Family Education program.

Love, acceptance and being embraced by a community are key both to recovery and breaking down barriers of stigma. Looking ahead to the Academy Awards and beyond, let the national dialogue continue.



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 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).