

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](mailto:info@NAMICols.org)  
[www.namicols.org](http://www.namicols.org)



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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

## Summer Educational Series

### June, July & August

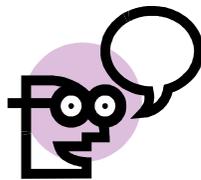
In place of our regular monthly educational meetings, we will have **TWO educational meetings each month at the Columbus Public Library.**

In June we had presenters talking about Depression and Bipolar Disorder. On **Tuesday, July 9<sup>th</sup>** we will hear about **Post Traumatic Stress Disorder** and on **Tuesday, July 23<sup>rd</sup>** we will hear about **Schizophrenia.**

The Summer Educational Series will be twice a month at 6:00 pm in the Auditorium at the Columbus Public Library, located at 3000 Macon Road, Columbus, Ga. 31906.

We hope the Summer Educational Series will clear up myths and misinformation that abound relating to mental health. We are also highlighting the various providers in our area so that people will learn that you do not have to have money or insurance in order to receive treatment.

**Please post** the attached flyer everywhere you can. We need the public to hear about these presentations. The three months of presentations are replacing our usual monthly educational meetings. Support meetings will be held instead every Monday night during the summer. ~~ Sue Marlowe



### Frankly Speaking

Hello family,

Who would have thought that the week of July 4th would be so delightfully cool? Al Gore has some explaining to do, don't you think? I enjoy working on projects when the weather is so nice like this. We are in the midst of several projects at NAMI Columbus. We are trying to get Operation Soldier Support populated with more support group attendees and we have the director of this project, Phil Corbett working in concert with Laura Julian and Robert Langley to expedite the effort. Many thanks are in order for these three Connection facilitators for working hard to make a very worthy venture successful.

We also need help getting the word out about our NAMI <18 support group. Since we're talking about volunteering, I need to take a moment to ask all of our volunteers to be prepared to rise to the occasion in the near future to assist with some of the projects we are involved with. We need a venue for our NAMI yard sale and people to help with it, we need a new venue to hold our CIT classes in, we also need a new venue for our Family and Friends support group because we will no longer be able to utilize the Contact Center due to fees associated with it's use being more than our financial situation can bear. Some of you may know of available places to conduct these programs and we urge you to please help us find them. NAMI Columbus is growing, and with it we must also grow as volunteers in order to keep up with the demands of our successes and needs.

Have a great summer!

*Frank Dunford*

Frank Dunford, President  
NAMI Columbus

## Upcoming Events

July 2013	August 2013
09 Summer Educational Series -PTSD	05 Mental Health Court Graduation <i>(You are cordially invited to attend at 5 pm at the Columbus Government Center, Plaza Level)</i>
15-19 Columbus Police Dept. CIT	06 Summer Educational Series -Personality Disorders
23 Summer Educational Series -Schizophrenia	13 Summer Educational Series -In Our Own Voice
	19-23 Muscogee County Sheriff's Office CIT

## REGISTRATION is always open for the 2013 NAMI Education Classes

**F**amily-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".

**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 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 **Sunday afternoon, October 6th**. Call our NAMI Columbus Office and leave a message that you'd like to register for this class.

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



# We Want (and Need) YOU!

We are very lucky to have a lot of volunteers for NAMI Columbus. But we need even more. The following are just some of the ways you could help NAMI Columbus:

- Train to be a Support Group Facilitator for the Family/Friend group or the NAMI Connection group.
- Train to be a teacher for Family-to-Family, Peer-to-Peer or NAMI Basics classes.
- Write an article for our monthly newsletter.
- Work in our NAMI Office (inside The Bradley Center) ½ day a week.
- Help distribute brochures in area psychiatry offices.
- Help organize our local fundraising activities like team building for the annual NAMI Georgia Walks.
- Take one of the week-long CIT classes held in Columbus and then become active with future CIT classes.
- Help welcome newcomers to our monthly education meeting.
- Help with \_\_\_\_\_ (fill in the blank with whatever you have a passion for).

Call the NAMI Columbus Office at (706) 320-3755 and leave a message telling us your volunteer preference. We need and want you!!

## News & Notes



NAMI Columbus has now begun offering support to our Fort Benning soldiers (with any diagnosis) and their families. The Fort Benning NAMI Connection meets every Tuesday evening at 6:30 pm, Classroom E-101 at McGinnis Wickam Hall, Maneuver Center of Excellence, Fort Benning, Georgia. **Please help us spread the word.**



### JULY 2013 IS:



**National Minority**  
Mental Health Awareness Month  
JULY 2013

In every community  
**1 in 4** adults experience mental health conditions.

LEND YOUR VOICE, MAKE A DIFFERENCE.




NAMI's Family-to-Family class is now included in SAMHSA's National Registry of Evidence-based Programs and Practices

**NREPP**

**NAMI Family-to-Family**  
A 12-session course for family caregivers of adults living with mental illness.

Helping Families Get a Handle on Mental Illness

Spread the word . . . help us find the families that need this valuable class.



### Metro Atlanta NAMIWalks Team Captain Kick Off Luncheon

Thursday, July 25, 2013  
11:30 AM – 1 PM



# 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](http://www.nami.org/join) (\$35.00 by credit card).