

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

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.

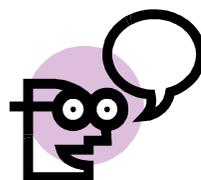
Molly Jones, one of our family/friend support facilitators and a New Horizons CSB employee, was talking with our NAMI Columbus President, Frank Dunford about the possibility of having a public educational series about mental illness. So that's what our dedicated President set out to accomplish!

The series will be every other week at 6:00 pm in the Auditorium at the Columbus Public Library, located at 3000 Macon Road, Columbus, Ga. 31906. The first presentation will be about Major Depression on **June 12th**. The presenter will be **Dr. Benjamin Roy, MD** from **AmericanWork, Inc.** AmericanWork, Inc. is one of the public providers of mental health services in Columbus.

On **June 26th**, we will hear a presentation about Bipolar Disorder. The presenter for that will be **Dr. Kaizad Shroff, MD** from **The Bradley Center**.

We hope the Summer Educational Series will clear up myths and misinformation that abound relating to mental health. We will also be 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 help us spread the word about this series. These three months of presentations will replace our usual monthly educational meetings. Support meetings will be held instead every Monday night during the summer. ~Sue Marlowe



Frankly Speaking

Hi everyone,

I hope each and every one of you are enjoying the great weather and getting out to enjoy yourselves. The warm weather inspires many to get out and do so much more than they would during the winter doldrums. I think we all could benefit greatly from embarking on a regular exercise program while the sap of spring is still rising. According to the Mayo Clinic staff, regular exercise raises the good chemicals in the brain (endorphins) and lowers some of the bad chemicals in the body (immune system chemicals). It also raises the body temperature which has a calming effect and helps reduce anxiety. We all know there are a myriad of other positive impacts exercise has on the body from weight control to lowering blood pressure and blood sugar. The good news is you don't have to kill yourself as if you were training for the Olympics to accomplish these things. You can wash your car or walk around the block. Or maybe you would even enjoy pushing a lawn mower around in my front yard. Anything to get you off the couch and moving around for about 20 minutes can do the trick. While you're at it.....take a friend with you.

Enjoy!

Frank Dunford

Frank Dunford, President
NAMI Columbus

Upcoming Events

June 2013	July 2013
12 Summer Educational Series - Depression	09 Summer Educational Series - PTSD
20 Peer-to-Peer Class Begins (10 wks)	15-19 Columbus Police Dept. CIT
26 Summer Educational Series - Bipolar Disorder	23 Summer Educational Series - Schizophrenia
24-28 Muscogee County Sheriff's Office CIT	
27-30 NAMI National Convention, San Antonio	

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 20th**. 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@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 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!!



Molly Jones' (family facilitator) mother, Nancy Tennyson, has been the President of NAMI Brooks (Quitman, Georgia) for many years. Nancy has also travelled to Columbus many times to attend different NAMI Columbus events. We just received word that Nancy received a plaque honoring her as a member of the NAMI Georgia Hall of Fame. Nancy was one of the original "NAMI Mommies" in Georgia. NAMI Columbus would also like to honor and recognize Nancy for all she has done to advance NAMI and NAMI family members.

Trauma Healing and the Importance of Family and Compassion



By Connee Gorman

From the NAMI National Website

Three years ago I left the corporate world to advocate for individuals living with mental illness. And my decision to "come out" as a person with a mental illness has been essential to my work. Advocating has helped me accomplish things I did not know I was capable of. (A wonderful surprise at the age of 60!) One of those things is becoming a children's book author! I have finished two in a series of five books. My first is focused on bipolar disorder within a family. And my second is about trauma, *I Need Dad and Dad Needs Me* (a loving lesson about posttraumatic stress disorder (PTSD) for families).

In the book, the main character is a little boy named Hank. Hank's dad has returned from Afghanistan and is showing signs of PTSD. Hank starts to notice and has a healthy concern about his Dad. They talk, share their fears and physical reactions and through this they come to understand that healing can happen.

We all know there are an incredible number of men and women in our military who are living with (PTSD) and more will be diagnosed. Speaking realistically it is impossible for all of them to get the proper amount of care and type of care they need. I saw a way I could make a small but important contribution toward trauma healing. Because PTSD affects every family member, I decided to write my book for families: to open up a discussion about how PTSD is affecting them.

The discussion begins about what PTSD means to their family and most importantly taking that giant step toward compassion and support and love needed for traumatic healing.

In fact, it is an example of the goal of one of NAMI's signature programs! The NAMI Family-to-Family education program has proven the importance of a family support system. (I am honored to teach this class that is designed for caregivers of individuals living with severe mental illness.) The 12-week program teaches family members strategies for handling crises and relapses and provides up-to-date information on medications, mental illness and support groups and services within the community.

Shortly before I wrote this book, I also discovered a trauma healing technique called Somatic Experiencing (SE). While forms of talk therapy work for some, for me it only seemed to make me relive my trauma. Somatic Experiencing is a body-awareness approach to trauma. I greatly respect SE because it is compassion based and asks the question "What happened to you?" and not "What is wrong with you?"

My goal is to become a SE facilitator within the next three years and hopefully focus on our veterans. (Yet another way I am surprising myself!)

Memorial Day was one of gratitude to our past and present armed services. But that gratitude must be shown every day. We must show this gratitude by doing everything we can to support these men and women in healing and becoming whole once more.



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.**



Columbus

P.O. Box 8581
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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).