

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”

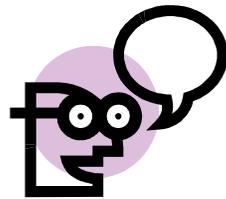
1-888-945-1414 (toll-free)
The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed “warm line” for anyone struggling with mental health issues, 24 hours a day

AmericanWork, Inc.
Columbus ACT Team
706-641-9663

**Transcranial Direct
Current Stimulation (tDCS)**
Monday, March 18, 2013
Education Meeting 6:00 PM
CONTACT Training Building – 1520 22nd Street

James Fugedy, MD will be our guest speaker for our March Educational meeting. Dr. Fugedy provides tDCS for patients suffering from many illnesses including treatment-resistant depression, and the chronic central pain syndromes such as migraine and fibromyalgia. Recent publication of additional studies utilizing tDCS to treat depression and schizophrenia should make this a presentation of particular interest to our members.

As always, light refreshments will be served. If you can bring a dish for our tables, please do so.



Frankly Speaking

Hello everybody,

It looks like warm weather is in the forecast and it's time to crawl out from hibernation. I don't know about you all, but I was really dragging this winter even though I love cold weather. I guess old age is creeping up on me.

I want to mention the names of just some of the people who have continued to excel in their voluntary work despite occasional if not constant and overwhelming adversity. Leigh Voigt, Stephen Akinduro, Veronica Terry, Sherri Carmack, Bonnie Holmes, Clay Baum and the ever irrepressible and hard working Sue Marlowe. I don't mean to lift these folks above anyone else. I can only report what I have personal knowledge of. There should be no shame in struggling or sharing your struggles with others. We must always be aware of one irrefutable fact: only you, the consumers, can rid the world of stigma. I can't do it for you. Neither can politicians, doctors, advocates or any other group. It has to come from the people who live life as a consumer. You are the ones who must show the world that consumers are able to live in recovery much better than the public would believe. Consumers are the backbone of NAMI Columbus. You've convinced me, and I'm hard headed. It's time everyone stepped up to fight the war against ignorance and misinformation.

Please join me in congratulating our newest In Our Own Voice presenters, Katherine Miller, and Phil Corbett.

In closing, I would also encourage each of you to visit our NAMI Columbus Facebook page. It's easy to search for from the Facebook search engine. We have hundreds of friends from around the globe, many of which are NAMI affiliates from various cities nationwide. Please stop by and post something you want to share with us all.

Happy Spring!

Frank Dunford

Frank Dunford, President
NAMI Columbus

Upcoming Events

March 2013	April 2013
04-08 Muscogee County Sheriff's Office CIT	08-12 Columbus Police Department CIT
11-17 Brain Awareness Week	12-14 Family-to-Family Teacher Training in Atlanta
18 Monthly Education Program	15 Monthly Education Program
TBD NAMI Basics Begins (6 Weeks)	21-27 National Volunteer Week
	27 6 th Annual SACVET Stand Down-7:00-3:00 pm
	27-28 NAMI GA Annual Meeting/Recertifications

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.

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?

Every month we will print an article of interest that has appeared on the NAMI National website. 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.

Carrie Fisher's "Bipolar Incident" Shows Progress in Fighting Stigma

By Bob Carolla, NAMI Director of Media Relations

Carrie Fisher is much more than the actress who played Princess Leia in the Star Wars movies.

"I have a chemical imbalance that, in its most extreme state, will lead me to a mental hospital," said actress she said in a television interview in 2001, disclosing that she lives with bipolar disorder.

"I am mentally ill. I can say that. I am not ashamed of that."

"I survived that. I am still surviving it."

The disclosure led to NAMI honoring Fisher with its Purdy Award, presented each year to a person who has made a national contribution toward ending the stigma and discrimination that surrounds mental illness.

Fisher's words are now echoing across more than a decade, after she was hospitalized on Feb. 24, following a bipolar episode during a performance on a Caribbean cruise ship.

There was a brief frenzy in the news media. Fisher had appeared drunk, slurring words and singing off key. But the tone of the news coverage seemed somehow different than that surrounding other celebrity misfortunes.

It seemed to reflecting greater understanding that bipolar disorder is a medical condition.

An ABC News headline called the story a "bipolar incident."

"There was a medical incident related to Carrie Fisher's bipolar disorder. She went to the hospital briefly to adjust her medication and is feeling much better now," said a representative of the actress—who was carefully quoted in news accounts.



Carrie Fisher speaking at the 2012 Comic-Con International in San Diego.
(Photo: Gage Skidmore - Flickr)

Bipolar disorder can be managed, but it can't be cured.

In 2008, Fisher published a humorous memoir *Wishful Drinking* that includes her struggle with mental illness. She then turned it into a stage performance and an HBO documentary.

"Having waited my entire life to get an award for something...I now get awards all the time for being mentally ill, she wrote in the book.

"I'm apparently very good at it... It's better than being bad at being insane, right? How tragic it would be to be runner-up for Bipolar Woman of the Year."

But Fisher has also been deadly serious in raising public awareness about bipolar disorder. She has compared the condition to fighting in Afghanistan.

"In this case the bombs and bullets come from the inside." Besides the pills that a person has to take, "they should issue medals."

If news coverage of Fisher's recent bipolar incident does indeed reflect a more informed shift in tone in the news media, at least part of the credit should go to her contributions to public education.



Save the Date/Gather Your Stuff!



This is a reminder that our next indoor yard sale will be **8am-2pm, Friday May 3rd and 8am-noon, Saturday May 4th**. 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) we've changed the date for our spring sale. On **Thursday, May 2nd 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, *May 2nd*) helping to organize and pricing. 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.



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).