



National Alliance on Mental Illness

Columbus

Our Area's Voice on Mental Illness

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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Columbus, GA 31908
(706) 320-3755



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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

"K-9s for Kids"

Frances McGowin, Presenter

Monthly Education Meeting
4411 Rosemont Drive, Columbus
Monday, August 18, 2014
6:00 P.M.

K-9s for Kids is a program of Easter Seals Alabama. Frances McGowin is the director and founder of this wonderful organization that trains and provides service dogs for children with disabilities. Frances has a special place in her heart for these children. She has witnessed miracles many times over with kids far exceeding their therapeutic goals when working with these dogs at various therapy centers.

Come and join us as Frances shares about this very unique program. It will be informative and moving to hear firsthand about the rewards that service dogs are giving our children with disabilities. Frances believes they are all heroes! NAMI does, too! See you on the 18th!

If you are able, please bring a refreshment for our goodies table!



Frankly Speaking



Dear family,

The balmy, sun drenched landscape is alive with denizens of summer and for those that live the natural life, shelter from the sweltering heat is an elusive asylum. Breezes are in high demand and overcast skies offer the only solace that one will not be melted into the scenery. Many of our members are enjoying the summertime and some are struggling to enjoy life at all. It's my sincere hopes that many of us will reach out to our peers to remind them that they are not alone and that the door is always open. Recently we have had some success with connecting consumers who have suffered from anxiety that prevents them from attending our programs. Sometimes it takes some gentle handling and confidence building to get consumers to the point where they can participate in NAMI activities. I want to thank Wayne Pruski for being a part of this effort to bring hope to people who might otherwise never get a chance to know what our consumers have to offer in the way of companionship and group wisdom here at NAMI Columbus. In light of my educational effort last Monday, I want to clearly spell out what changes are going to happen at NAMI Columbus to anyone who was not there, or may have received only partial information. My term as president of this fine organization comes to an end in December. I will not be seeking the presidency again. Please let it be understood clearly that I will not be hooking my boat up to the RV and driving off into the sunset for three main reasons:

1. I don't have a boat.
2. I don't have an RV.
3. I love you guys too much.

So listen to this; I will remain with NAMI Columbus as long as you all will tolerate me. I will continue to work exactly as I have. Nothing about that is going to change. But we as a board will ask for someone in NAMI to take the president's position and I really hope it will be a consumer. At some point nominations will come to pass and we'll begin the process of launching a new President. This position will not carry near the responsibilities that I have assumed for the last 2 1/2 years. It will be a position of honor and public service as the president will make appearances and be the face of our organization. This person will need to have a vast knowledge of NAMI and all of the signature programs we provide. But we will not set them up to fail. This position will be tailored to fit the consumer who earns it. As a board, we will make sure that our new president can succeed to be the best representative we can all be proud of. And as members we'll ask you to support our new president in every way you can. I'm hoping you will all agree that having a consumer as president will go a long way towards destroying the stigma that we all loathe so much. So far the only thing written in stone is that I will cease to be president. Everything else is to be worked out among the executive board and you the members.

Looking forward,

Frank

Frank Dunford, President

Upcoming Events

August 2014	September 2014
4 Mental Health Court Graduation 7 MCSD Students Report to Classes for 2014-2015 13 LOGAN'S ROADHOUSE 4-10 pm – 20% of receipts donated to NAMI Columbus – SEE YOU THERE! 14 NAMI's Hill Day Webinar Series – Legislative Priorities 18 Monthly Educational Meeting CHECK OUT OUR NEWLY UPDATED NAMI WEBSITE! SAME ADDRESS - NEW LOOK! Thanks to SURREY STREETER, our wonderfully talented volunteer who has been working on the site. WE APPRECIATE YOU!	03 – 06 NAMI National Convention – Washington, DC 10 World Suicide Prevention Day 15 Monthly Educational Meeting 20 Peace of Mind Conference – Tyler, TX SEPTEMBER IS NATIONAL RECOVERY MONTH! CELEBRATE PROGRESS IN RECOVERY FOR YOU AND YOUR LOVED ONES!

“Open” Support Groups:

Every Monday night, 6-7:30 pm

Family/Friend and NAMI Connection Recovery Support Groups

Both meet at New Horizons CSB, 4411 Rosemont Drive

Every Saturday 1-2:30 pm

NAMI Connection Recovery Support Group

Meets at The Bradley Center's Multipurpose Room

HEAR YE, HEAR YE!

BEACH VOLLEYBALL GAMES PLANNED AT LAKEBOTTOM!

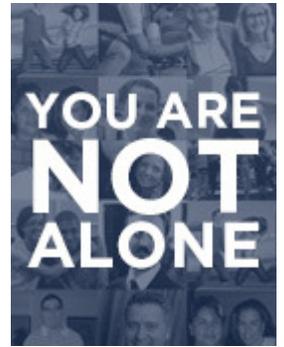
Calling all Connection support group members! Get ready for some fun! We are planning a beach volleyball game once a month after our Saturday support group meetings. Be looking for the dates to come. Thanks to Tim Monagan for the great idea!

FUNDRAISING PLANNING IN THE WORKS

We are on the waiting list to set up a table and tent area at Market Days each Saturday morning in uptown Columbus! We need items to sell, so let's put our heads together to think of things that are effective money makers. We need talented members who are crafty, and anyone else who has creativity to make items that we can use to generate much needed funds for NAMI. Please email info4@namicolsinc.org if you wish to volunteer or have some creative ideas! We want to make some serious money AND do some serious stigma busting on Saturdays. Let's get this party started!

What is Mental Illness?

Important Facts from NAMI



Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible. Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups and other community services can also be components of a treatment plan and that assist with recovery. The availability of transportation, diet, exercise, sleep, friends and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.

Here are some important facts about mental illness and recovery:

* Mental illnesses are serious medical illnesses. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence. Mental illness falls along a continuum of severity. Even though mental illness is widespread in the population, the main burden of illness is concentrated in a much smaller proportion—about 6 percent, or 1 in 17 Americans—who live with a serious mental illness. The National Institute of Mental Health reports that One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year.

*The U.S. Surgeon General reports that 10 percent of children and adolescents in the United States suffer from serious emotional and mental disorders that cause significant functional impairment in their day-to-day lives at home, in school and with peers.

*The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.

*Mental illness usually strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.

*Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.

*The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.

*With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process.

*Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.

*Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.

VOLUNTEERING AND ITS SURPRISING BENEFITS HELPING YOURSELF WHILE HELPING OTHERS

(If you've been thinking about volunteering with NAMI, this article is for YOU! We need everyone to make our voices stronger!)

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health. Learn more about the many benefits of volunteering and find tips on getting started as a volunteer.

Volunteering connects you to others

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering helps you make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Volunteering increases your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

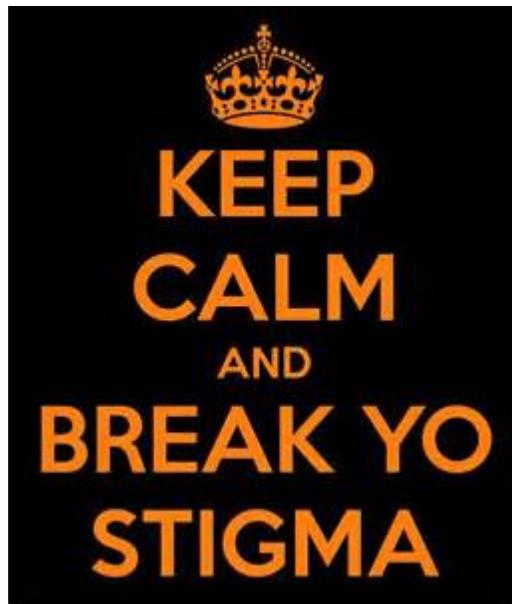
- Volunteering increases self-confidence. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- Volunteering combats depression. Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.
- Volunteering helps you stay physically healthy. Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

For complete article, visit helpguide.org

STIGMA AND MENTAL ILLNESS

There are legions of people who have been touched by stigma some time in their lives. Stigma kills. It is unhealthy for the person who is coping with it. It is a negative label to identify someone. People with mental illnesses such as bipolar disorder, schizophrenia, or obsessive compulsive disorder suffer from a measurable amount of stigma. It is believed if you have a mental illness you may be violent, a killer, or even a sex offender. This is not always true.

It doesn't necessarily you have a mental those things. People illness, or the above commit crimes that claim no mental is not true that all are criminals. The for many of the persist about people



mean that because illness you are any of without a mental mentioned disorders are horrendous and illness. So the myth mentally ill people media is responsible ideations that with mental illnesses.

When the news broadcasts that a person charged with murder is found mentally ill, it casts a powerful negative stereotype that embraces millions of people and inflicts a heavy stigma. Television characters are often portrayed as hostile, dangerous and unpredictable if the character is written as one with a mental illness.

This very stigma discourages families that have bipolar, schizophrenia or OCD from getting the help they so desperately need. For the fear of being persecuted, discriminated and stereotyped against they continue to hide in shame. Stigma is about disrespect. Comedians often make fun of people with mental illnesses, using their disability as joke.

Approximately 23 percent of the US population suffer from a mental illness and half of those never get the help they need because of the stigma of mental illness. Today, most people can lead productive lives within their communities thanks to a variety of support, programs, family and/or medications. NAMI is here to get the word out! Eradicating stigma is our mission!



Columbus

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Our Area's Voice on Mental Illness



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.

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 (financial hardship)**
- I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

✂ Please Cut and Mail ✂

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).