

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 (leave a message)
 Website: www.namicols.org
 E-mail: info4@namicolsinc.org

Board of Directors:

Shelley Reed, Ph.D	President
Molly Jones	1 st VP
Amy Zabel	2 nd VP
Stephen Akinduro	
Tristen Hyatt	
Doris Keene	
Phil Tirado	
Kristine Walls	
Vacancy	

Clay Baum, Advisor
 Buddy Coiner, Advisor
 Paul Morris, Advisor
 David Wallace, Advisor

Georgia Crisis & Access Line

Single Point of Entry to access mental health, addictive disease and crisis services 24/7/365

Adults, Children & Adolescents
 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

Columbus ACT Team

AmericanWork, Inc.
 706-641-9663

Building Towards Wellness Community Coalition (BTWCC)

Guest Speaker:
Dr. Brett Murphy-Dawson

At Our Monthly
Education Meeting

Lutheran Church of the Redeemer,
 4700 Armour Road, Cols., GA 31904
 April 18, 2016 – 6:00 P.M.

Building Towards Wellness Community Coalition (BTWCC) is an outreach effort of Fourth Street Baptist Church that works to create healthier and empowered communities throughout the Columbus, Georgia area. This organization, of which Dr. Dawson is a board member, is invested in the prevention of child sexual abuse, and is a strong advocate of **"Darkness to Light"**. "Darkness to Light" works with adults in communities and youth-serving organizations, providing them with education and tools to prevent, recognize, and react responsibly to child sexual abuse. The primary way they do this is through their award-winning child sexual abuse prevention training, Stewards of Children®.

Stewards of Children is the only evidence-informed, third-party evaluated child sexual abuse prevention training of its kind, and is nationally available in both English and Spanish. It can be taken online, or through a facilitator-led group session. This program is widely applicable and can be administered to community members, schools, sports leagues, faith centers, youth-serving organizations, and state agencies – basically to any adult or organization concerned about the wellbeing of children.

Stewards of Children focuses on adult education because ultimately, it is adults' responsibility to keep children safe. This training approaches the difficult topic of child sexual abuse in a way that is empowering, not fear-focused or depressing. It uses a practical, five-step approach to prevention and response that enables adults to protect the children in their lives and youth serving organizations.

On April 18th, Dr. Dawson will be encouraging NAMI to become a part of this effort to prevent child sexual abuse by having a ***Prevent Now Community Awareness Meeting*** for NAMI members and friends. During this meeting, you will learn the emotional impact of child sexual abuse; the economic impact of child sexual abuse; and what the community of Columbus is doing to prevent child sexual abuse. **Dr. Brett Murphy-Dawson, MD**, is a Board Certified Pediatric and Adult Psychiatrist and Authorized Facilitator of *Darkness to Light*.

If you are able, please bring an item for the refreshment table.

Upcoming Events

(Below are chances for you to get involved)

April 2016		May 2016—Mental Health Month	
18	Monthly Education Program—Dr. Brett Murphy-Dawson, Building Toward Wellness Community Coalition	9-13	CIT in Columbus—Hosted by Columbus Police Department
30	NAMI Georgia Annual Meeting—Mercer University, Atlanta	16	Monthly Education Program—Crisis Intervention Team (CIT) what IS it?



“Open” Support Groups:

Every Monday night, 6-7:30 pm

Family/Friend and NAMI Connection Recovery Support Groups

Both groups meet at Lutheran Church of the Redeemer, 4700 Armour Rd.

Every Saturday 1-2:30 pm

NAMI Connection Recovery Support Group

Meets at The Bradley Center’s Multipurpose Room

(Use 22nd St. Parking Lot for easier access)



NAMI Columbus Election for Treasurer

During the March Education Meeting, an announcement was made that an election for the vacant Treasurer position on the NAMI Columbus Board of Directors will be held at our April Education Meeting on April 18, 2016. Per NAMI Columbus Bylaws, a nominating committee was appointed by the President to select a nominee for this vacant officer position. The nomination put forth by the nominating committee is **Tristen Hyatt**. During the April Education Meeting, an official election for the Treasurer position will be conducted. Per NAMI Columbus Bylaws the general membership votes on new elective officers of the Executive Board. (Since the NAMI Board is allowed to fill vacant board positions other than elective officers of the Executive Board, Tristen had previously been approved by the members of the Board to serve as a non-elective member of the Board of Directors.)

NOTE: Please be prepared to cast your vote for the Treasurer position on April 18, 2016 during our monthly meeting. You must be a current member to vote in this upcoming election, so please ensure your NAMI membership is current.

Following is a biography of the nominee...

Tristen Hyatt has agreed to serve on the NAMI Columbus Board of Directors and also serve as the Treasurer if elected. She is currently a graduate assistant with Career Counseling at Auburn University. Tristen is also currently working on her Ph.D. in Counselor Education and Supervision and is a Nationally Certified Counselor and a Licensed Associate Professional Counselor in GA. She holds a Master's degree from Troy University in Counseling and Psychology with a focus in Clinical Mental Health Counseling, a Bachelor's degree in Sociology from Columbus State University, and an Associate's degree in Applied Science from Chattahoochee Valley Community. She worked for a community agency counseling center in Columbus, GA for over five years in which she served as a case manager, case worker, crisis counselor, and outpatient therapist. Tristen excels in advocacy, education, and support for consumers.



One conversation can change a life

Maintaining strong connections among family, friends and in your community is one of the best ways to prevent suicide. Supporting NAMI Columbus through a donation today enables you to extend your circle of support and become part of a national movement to end the stigma of mental illness and remove barriers to treatment. One person making a difference can change a life. When we all work together we can change a nation.



Are You a Member of NAMI?

Did you receive a NAMI Georgia Board Member voting ballot in your mailbox last week? If not, you may not be a member of NAMI. You can go online to www.nami.org/join and join or renew your membership. Renewing or joining for the first time will make you a member of NAMI Columbus, NAMI Georgia and NAMI National. Annual memberships cost \$35.00 (or Open Door Memberships are available for \$3.00 for individuals experiencing financial hardship). Every membership we have says to our legislators that you support NAMI's mission and helps our organization to be strong and viable. We invite you to join us at NAMI Columbus and be a part of the solution to ending the stigma surrounding mental illness.



Teacher/Mentor/Facilitator Trainings

Frequent training sessions are held by NAMI Georgia in which new support group leaders or teacher-mentors are trained to lead groups and classes. Training classes are highly-structured, multi-day sessions that require your commitment for success. You can go to the NAMI Georgia website (www.namiga.org) and click the links to find application forms and a calendar showing upcoming training sessions.

To qualify to attend a program leader training, you must:

- Be a current NAMI member,
- Have previously participated in the program for which you are applying, either completing the Peer-to-Peer course or the Family-to-Family course, or attending a support group regularly.
- Submit a written recommendation from a local NAMI Affiliate leader
- Submit the application form for the training session
- Commit to teaching at least two Family-to-Family classes or Peer-to-Peer classes, or becoming a facilitator of a support group, depending on which program you are applying for.

Do you remember how you felt when you first found NAMI? Trained volunteers with NAMI provided the class or support group that helped you. Maybe now is the time to “pay it forward” and train so that others coming after you can find the support or class that helped you.

We are glad to announce that 4 NAMI Columbus members recently were trained as new Peer-to-Peer mentors. Please join us in thanking the following for their willingness to train:

- Clyde Crosby
- Jessica Maehr
- Jenna Plott
- Randy Westbrook

In addition, Clyde Crosby trained as one of our newest NAMI Connection Recovery Support Facilitators. Way to go Clyde!



Executive Director's Message
"I am looking forward to meeting you!"
Hello NAMI Georgia members and newcomers,

I am thrilled to be a part of NAMI Georgia and am looking forward to meeting you at our NAMI Georgia Conference and Annual Meeting on **Saturday, April 30th**. This year's conference theme is "*Be a Georgia Mental Health Hero*" and is packed with a wide variety of exceptional speakers addressing emerging trends, advocacy, recovery and affiliate involvement. I am especially excited to hear from our keynote speaker, Rachel N. Waford, PhD, from the Rollins School of Public Health at Emory University. She will be speaking about "Creating a broader mental health community: Everyone can play a part."

But what I am looking forward to the most is the opportunity to meet you, our hard working NAMI Georgia members, volunteers and involved citizens. You are the individuals and families we at NAMI Georgia are here to support. I encourage you to please bring your needs, ideas and hopes for NAMI Georgia to the meeting and share them with me directly.

I hope you will join me and other NAMI members from across the state to learn more about mental health issues and how they impact us and our community. Thank you for your involvement in NAMI Georgia!

Best,
Kim H. Jones
Executive Director, NAMI Georgia, Inc.

27 Ways to Be an Ally for Someone Who Has a Mental Illness

If you aren't one of the one in four adults – [or approximately 61.5 million Americans](#)– who have a mental illness, chances are you know someone who does. But, supporting a loved one with a mental illness isn't always easy, and it can sometimes be hard to know what to do. The Mighty asked their readers to tell them the best ways to be an ally for someone who has a mental illness. Knowing how to support them could mean so much more than you know.

1. "They say mental illness isn't a casserole illness — no one brings over meals. A meal or card after a hospital stay would be nice." — Lori Allen Bernstein
2. "Acknowledging I have a serious problem. Many people brush off depression because 'everyone goes through that.'" — Sharon McKinney
3. "Understand that sometimes I need my space." — Tia Maria
4. "Saying, 'You are important, you are loved.' Sometimes, with mental illness of any kind, it's easy to forget." — Sam Thayer
5. "My anxiety causes me to question my ability to be loved. Verbal reinforcement is a powerful tool." — Murrin Elizabeth Brads
6. "Saying, 'You are not a burden to me.'" — Hope Strickland Russell
7. "You can't fix me. Let me have bad days." — Dayna Walls-Cochran
8. "Saying, 'I cannot claim to know how you are feeling, but I'd like to try to understand. Would you help me?'" — Christine Piltzecker
9. "Saying, 'I love you.' Often I feel unlovable." — Jeni Johnson Brown
10. "Just accept what I say about my brain; your denial of my mental illness only affirms I won't be accepted." — Melanie Segal
11. "Understand it's an illness. It's like having diabetes or asthma." — Melissa Cote
12. "Never, *ever* brush it off or tell us to get over it. That just reinforces what we already think — that we're weak and incapable." — Bekah Paskett
13. "You don't have to 'get it' or 'accept it' to accept me. Compassionate acceptance is the best gift you can offer." — Ross Adams
14. "My husband allows me to just be quiet." — Amber Scott Guerrero
15. "Don't use labels as slang." — Susan Lampton
16. "Just a random text with uplifting and encouraging words is always nice. When they're random, they always seem to come right when needed most." — Chelsea Fleming
17. "Asking, 'How can I help you?'" — Sharon McKinney
18. "Don't offer miracle cures." — Ingrid Senger-Perkins
16. "Listening in a completely non-judgmental manner." — Christine Dahonick
20. "Asking, 'How are you?' and meaning it goes along way." — Laurie Gardiner
21. "Hugs work wonders." — Manda Ree
22. "Accept and love me as I am, not who I used to be or who I could become." — Joyce Drush
23. "When life gets hard, just be there. Don't run in the opposite direction." — Lexie Nooyen
24. "Saying, 'I hear you. I believe you. This is not your fault.'" — Amy Tenberge
25. "Understand my silence or distance is not lack of caring. I'm not trying to make your life difficult, I'm trying to survive." — Nicole Ryan
26. "I already know my anxiety and depression don't have any rhyme or reason, no need to remind me." — Christine Brown
27. "Treat me like a human." — Kate Murphy-Frank

Taken from "The Mighty" Publication— <http://themighty.com/2015/07/27-ways-to-be-an-ally-for-someone-who-has-a-mental-illness/>



GCAL is the 24/7 hotline for accessing mental health services no matter where you live in Georgia. The Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) provides treatment and support services to people with mental illnesses and addictive diseases, and support to people with mental retardation and related developmental disabilities. The division also funds evidenced-based prevention services aimed at reducing substance abuse and related problems. For more information, go to the Georgia DBHDD website.





Congrats to our 2016 CIT Award Recipients!

Faculty of the Year: Gary Butler, Covington, Ga

Recovery Advocate of the Year: **Joshua Bell**, NAMI Savannah
(formerly of NAMI Columbus)

Coordinator of the Year: Lt. Becky Westenberger, Cobb Co. Sheriff's Office

NAMI Advocate of the Year: **Mimi Marlowe**, NAMI Columbus

Role Player of the Year: Investigator Michael Pauley, CSX Railroad- Savannah

Officer of the Year: Sgt. Faye Spaulding, Barrow Co. Sheriff's Office

Leadership Award: Michael Persley, Chief of Police, Albany Police Dept.

Choice Site Visit Location: Perry Wellness Center, Americus, Ga

Gold Partnership Award: View Point Health, Gwinnett-Rockdale-Newton Counties



Be A Georgia Mental Health Hero!

2016 NAMIWalks Georgia

October 8, 2016

The 2016 NAMIWalks Georgia website is live! Check it out by visiting namiwalks.org/georgia and register today! To learn more about registering and creating or joining a team, please join us for a Walk Information Meeting on April 30 (day of NAMI Georgia Annual Meeting). Time & Location: TBD

For any questions, please contact our Walk Manager at:

Walk Phone Line: 770-234-0856

Walk Email: namiwalks@namiga.org

Mark your calendars for the other NAMIWalks happening in Georgia:

October 1, 2016 - NAMIWalks Rome - NWGA (Rome)

October 15, 2016 - NAMIWalks SWGA (Moultrie)

NAMI Columbus is looking for someone to be Captain of the NAMI Columbus walk team(s). We need someone who is willing to be a cheerleader for our affiliate. We could raise a whole year's operating expenses because of someone's willingness to volunteer to head up our NAMI Walks efforts. Is it YOU? Call the NAMI Columbus Office at 706.320.3755 and leave a message that you are that person OR send an e-mail to info4@namicolsinc.org.



The NAMI Columbus Mission

We will use **S**upport, **E**ducation and **A**dvocacy to throw out lifelines of hope and help to families and consumers seeking recovery. Our vision is to create an effective and active affiliate which delivers what consumers of mental health services and families need. We work to build an area where leaders and citizens work well together to create a caring, compassionate and educated public that realizes mental illness is a biological illness and is not a character flaw or due to bad upbringing.





Columbus

P.O. Box 8581
Columbus, GA 31908
(706) 320-3755
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.

✂ 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 (financial hardship)**
- 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).