



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

P.O. Box 8581
Columbus, GA 31908
(706) 320-3755 (leave a message)
Website: www.namicols.org
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Board of Directors:

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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

Dinner and a Movie

Outside/In - A Good Meal and Inside/Out - a Great Movie

At Our Monthly

Education Meeting

Lutheran Church of the Redeemer,
4700 Armour Road, Cols., GA 31904
February 15, 2016 – 6:00 P.M.

What can be better than dinner and a movie? A pot-luck dinner with food brought by NAMI Columbus members/friends to see the movie *Inside Out*, that's what. We think all of you know what a pot-luck dinner is all about and how good it can be. But what do you know about *Inside Out*?

Inside Out is a 2015 comedy-drama adventure film produced by Pixar Animation Studios. The film was directed and co-written by Pete Docter who began developing it in 2009 after noticing changes in his daughter's personality as she grew older. The film's producers consulted numerous psychologists, including Dacher Keltner from the University of California, Berkeley, who helped revise the story by emphasizing the neuropsychological findings that human emotions are mirrored in interpersonal relationships and can be significantly moderated by them.

Rotten Tomatoes, a popular movie review site, gave it a 98% on their tomatometer and their critic consensus said it was inventive, gorgeously animated and powerfully moving. It also had a 90% audience score.

Pixar released the following summary: "Growing up can be a bumpy road, and it's no exception for Riley, a hockey-loving 11 year old who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions: Joy (Amy Poehler), Fear (Bill Hader), Anger (Lewis Black), Disgust (Mindy Kaling) and Sadness (Phyllis Smith). The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life. As Riley and her emotions struggle to adjust to a new life in San Francisco, turmoil ensues in Headquarters. Although Joy, Riley's main and most important emotion, tries to keep things positive, the emotions conflict on how best to navigate a new city, house, and school."

Come join us for our meeting (February 15, 6:00 at our Monday night's location, Lutheran Church of the Redeemer, 4700 Armour Road, Columbus, GA.) to see a delightful movie about the mind and emotions that govern our lives. This movie is suitable for all ages, so bring all your family members.

Somehow church potlucks always work out and so will ours. So we are not going to tell you what to bring (if you are able). If everyone brings what they can in the way of entrées, casseroles, desserts, side dishes or appetizers, it will all work out. (Funny how that happens!)

Upcoming Events

(Below are chances for you to get involved)

February 2016	March 2016
01 Mental Health Court Graduation (You are cordially invited to attend at 5 pm at the Columbus Government Center, Plaza Level. Please come support and congratulate the hard work of our latest graduates.)	TBD Family-to-Family Education Class Begins
02 Keeping Our Schools & Community SAFE Forum. 6:30-8:30pm, CSU, University Hall Auditorium	14-20 Brain Awareness Week
15 Inside Out — Dinner and a Movie	21 Monthly Education Program
27-28 NAMI Georgia IOOV (In Our Own Voice) Presenter Training	11-13 NAMI Georgia Family-to-Family Teacher Training
	12-13 NAMI Georgia Connection Recovery Support Group Facilitator Training
	18-20 Peer-to-Peer Mentor Training
	21-22 Georgia CIT Conference—Go to namiga.org for more information and registration

“Open” Support Groups:

Every Monday night, 6-7:30 pm

Family/Friend and NAMI Connection Recovery Support Groups

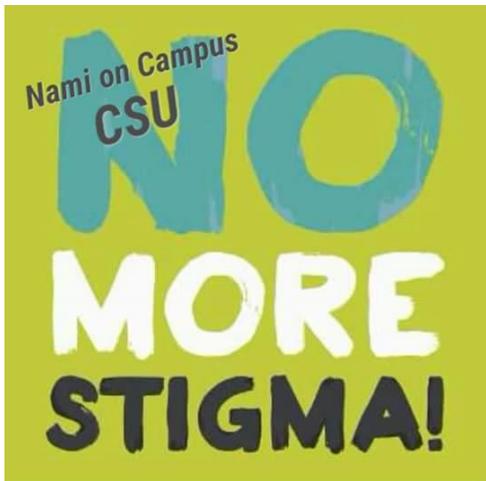
Both groups meet at Lutheran Church of the Redeemer, 4700 Armour Rd.

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 on Campus at CSU monthly meetings are the first Tuesday of every month in Schuster Building, Room 130. 12:30pm to 1:30pm. There are a number of ways to contact NoC or follow their activities:

<https://columbusstate.collegiatelink.net/organization/nami>

Namicsu@gmail.com

Facebook: nami on campus csu

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.



Breathe Easy with NAMI Air

NAMI Air is a safe, anonymous app to share and air your experiences.

(For Android or iPhone)





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.



Brain Differences Tied to Emotional Tumult in Borderline Illness

By Rick Nauert PhD

A new study probes the brain anomalies that may underlie the emotional upheaval experienced by patients with borderline personality disorder (BPD).

The study appears in the journal *Biological Psychiatry*.

The meta-analysis, or comprehensive review, was performed by Dr. Lars Schulze at Freie Universität Berlin and colleagues at Heidelberg University. The researchers focused on difficulties associated with emotional processing and related functional and structural abnormalities in patients with borderline personality disorder.

Those diagnosed with BPD have problems regulating emotional mood swings. This emotional instability leaves them vulnerable to emotional tumult that puts them at risk for problem behaviors, including self-destructive acts and impulsive aggression.

Investigators pooled functional data from 19 published studies, providing a total of 281 patients with BPD and 293 healthy control subjects. Structural data was available for 10 studies, with a total of 263 patients with BPD and 278 healthy subjects.

Their analyses revealed that during the processing of negative emotions, BPD patients show enhanced activations of the left amygdala along with blunted responses of the dorsolateral prefrontal cortex compared to healthy controls. These brain regions were also found to overlap with abnormalities in gray matter volume.

“Our results highlight brain abnormalities in the amygdala and the dorsolateral prefrontal cortex,” said Schulze.

“The amygdala is known to process emotional arousal and is hyperactive in BPD. The dorsolateral prefrontal cortex, which has a key role in the regulation of emotions, is less active during the processing of negative emotional stimuli in BPD.”



“In order to understand these findings, it might be useful to imagine that the brain was like a car,” explains Dr. John Krystal, Editor of *Biological Psychiatry*.

“The gas pedal for emotion might be the amygdala and the emotional brake might be the dorsolateral prefrontal cortex. The current findings seem to suggest that, in borderline personality disorder, the brain steps on the gas, yet does not as effectively brake emotion.”

Together, these findings support the concept of borderline personality disorder as a disorder of emotion dysregulation.

Investigators believe treatment options that help fine-tune the brain’s “motor” may alleviate some of the distressing clinical symptoms that individuals with BPD experience and grapple with on a daily basis.

Schulze added, “It is my hope that these findings will give an impetus to future neuroimaging studies evaluating different treatment options in BPD, such as psycho- or pharmacotherapy.”

<http://psychcentral.com/news/2016/01/14/brain-differences-tied-to-emotional-tumult-in-borderline-illness/97654.html>



My Six Reality-Check Sayings

By Randy A. Westbrook

Part 2

Manage My Expectations

This can be such a hard reality-check to implement. It's very easy to want certain situations to go our way and when they don't, we can become needlessly frustrated and stressed out. Oftentimes, we actually have little or no control over a situation's outcome. So many variables we cannot control, from other people's actions to the laws of physics, heavily influence the outcomes of events, so I find it vital to Manage My Expectations. A good example is this article you are reading and my expectations for it. My hopes are that my article will be well-received and impactful. In reality, I have no control of how people will react or if this article will be beneficial to anyone. Worrying about it will be counter-productive and will only stress me out. What I do have control over is the time and effort I put into writing this piece. After this article is published, the rest is out of my hands. So, what do I do if I have a negative reception to my writing? Well, part of Managing My Expectations is to prepare as best as possible for different outcomes. If there is indeed a negative reaction to this article, I am preparing myself (and Striving for Self-Compassion) by telling myself I have done the best I can and I have attempted something that I have been wanting to do for quite a while. This won't make everything rosy if the outcome is different than I'd like, but it will soften the impact of any negative results.

Go Slowly

Throughout the day, I sometimes find myself unnecessarily rushing through activities. When I become mindful of this needless rushing, I will tell myself to Go Slowly. Getting myself to slow down can help reduce stress and is a very big component of my daily mindfulness practices. I strive to do this for many of my daily activities, from eating, to showering, to walking, to typing on my laptop. Going Slowly can allow me to enjoy the activity I'm doing (like savoring the food I'm eating) or to not be so self-involved. While I'm walking, I try to be consciously aware of my pace, telling myself I do not have to rush and I will mindfully take notice of what's around me, like the trees, birds, people and the sky. This helps my mind to Go Slowly too. I notice that I do feel better and my irrational thoughts are easier to dispute when I allow myself to Go Slowly and not rush through the day.

Let Randy Be Randy

This is perhaps my favorite reality-check saying. What Let Randy Be Randy means to me is to permit myself to do the things I enjoy, regardless of my perception of what the opinions of others will be. Let's say I want to go jogging on the Riverwalk, but I'm afraid other people will think look I silly. So what? I will Let Randy Be Randy and go jogging because that is something I enjoy and I know I will receive good benefits from exercising. Or, I am irrationally worried that other people will judge me for being so open about myself with this article. So what? I shall Let Randy Be Randy and complete this goal because I enjoy writing and I love helping other folks who deal with mental illness. See what I mean? Letting Randy Be Randy helps to take away my self-conscious roadblocks and gives me the confidence to both do activities I enjoy and attempt new things I might not otherwise have the guts to try.

In closing, these six reality-check sayings have become very beneficial to the management of my depression and anxiety. These are not perfect solutions, by any means. Some days can be very tough for me to use these coping skills. Overall, though, with consistent practice, I have come to trust in these sayings to help guide my mind through rough situations. Also, I cannot cope with my illness using these sayings alone. It takes educating myself about my illness and recovery, the help of my support system (doctor, therapist, friends, loved ones) and my medications to make managing my depression and anxiety possible. I hope this article has provided you with some insight into helping you to manage your own mental health.

*This concludes Part 2 of My Six Reality-Check Sayings.
Please check out Part 1 in January's NAMI Columbus newsletter.*



Nominations Sought For The NAMI GA Board Election

In April, members of NAMI Georgia will elect five Directors for the Board. We need leaders who are passionate about NAMI's mission to help steward the organization. We're looking for candidates who are professional, ethical, reliable, and even fun! Special skills such as accounting, nonprofit law or information technology are invaluable. Lived experience in dealing with mental illness is also valuable to ensure representation of all voices on the Board. Go to namiga.org/board-election/ for the application and election timeline – applications are due by February 26th.

The Board of Directors is accountable to the members, donors, and community partners of NAMI Georgia. We must ensure that NAMI GA and her statewide affiliates are using responsible, legal, and ethical practices to accomplish the mission of promoting recovery and improving the quality of life for Georgians diagnosed with a major mental illness and their families.

We take our mission and our work seriously, because we know that recovery is possible, and it saves lives, families, and communities from heartbreaking distress. Lend your strength to a mission that matters – namiga.org/board-election/ for the NAMI Georgia Board of Directors today!



NAMI on Campus Holds Forum

On Tuesday, February 2, 2016, the NAMI on Campus (NoC) chapter at Columbus State University (CSU) held a community forum at University Hall. The forum, entitled "*Keeping Our Schools and Community Safe*", brought together people from throughout our metro area to open up a conversation about mental health awareness.

CSU is the first public university in Georgia to establish a NoC chapter. Dee Anderson, president of the the chapter, organized the event. Roslyn Giles of WTVM served as the moderator.



Many difficult questions were posed and answered. All who were in attendance agreed that we have a long way to go in our community regarding mental health awareness, but we vowed to continue the conversation in

their individual spheres of influence.

Education and training were two of the most important issues discussed. Forum participants and attendees also agreed that more education and training throughout our area on a consistent basis in the workplace and in schools will help us all to continue to "punch stigma in the face". The panel dispelled myths and shared a wealth of knowledge with all.

NoC CSU plans on making this an annual event. Congratulations on a job well done!

Amy Zabel
Mental Health Educator
2nd Vice President
NAMI Columbus (GA)
State and National Trainer
NAMI Ending the Silence

The following two services were created to work with young people for whom a face-to-face encounter might be too threatening.

Crisis Text Line was created for younger people whose inclination is to text rather than talk or email. Counselors are trained to text, understand abbreviations and respond to any sort of crisis. Anyone in crisis can text 741741 to text with a trained counselor. Anywhere, anytime. If your cellphone plan is with At&t, T-Mobile, Sprint or Verizon, the texts are free. Charges may apply with other carriers. For more information, visit www.crisistextline.org

There is a similar service on a website: **OK2TALK.ORG** Say anything. It's time we talked about mental health. Share what's on your mind.



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).