



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
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

**The Question: What is CIT?
The Answer: You may need to come to the meeting.**

**At Our Monthly
Education Meeting**

Lutheran Church of the Redeemer,
4700 Armour Road, Cols., GA 31904
May 16, 2016 – 6:00 P.M.

Here's a short quiz. Don't peek and look at the answers.

1. What does CIT stand for?
2. Does NAMI Columbus participate in CIT training?
3. How did CIT begin?
4. How long is the training?
5. What is covered in the training?
6. How can CIT help NAMI Columbus members?

If you don't know all the answers to these questions, then you probably need to come to the May Monthly Education Program because CIT is one of the most valuable programs conducted by NAMI Georgia in conjunction with law enforcement. When it comes to interactions with law enforcement, everyone needs to be able to help others in our NAMI family and in the community.

Knowing about CIT will help you do this.

During this program, you will:

- Hear about someone's first-hand experience with law enforcement before there was a CIT program,
- See and hear some re-enactments of actual CIT-type situations,
- Learn what to do when you call 911 for help, and
- Learn what to do when CIT officers arrive at the scene.

Major Sam Cochran, the founder of CIT, says "CIT is more than just training; it's changing hearts and minds."

So please join us and learn about CIT...one of the best things to come to the mental health system in a long, long time.

Come and join us to increase your knowledge and get your questions answered at our monthly meeting at 6:00 pm on May 16, 2016 at our Monday night's location, Lutheran Church of the Redeemer, 4700 Armour Road, Columbus, GA. We all could benefit from increased knowledge on what services families have at their disposal in Columbus.

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

Find answers to the quiz questions on page 5 of this newsletter.

Upcoming Events

(Below are chances for you to get involved)

May 2016—Mental Health Month		June 2016—Mental Health Month	
9-13	CIT in Columbus—Hosted by Columbus Police Department	20	Monthly Education Program—
16	Monthly Education Program—Crisis Intervention Team (CIT) what IS it?		
 <p>Every Saturday, 9am-noon, is Market Days, 1000 block of Broadway, downtown Columbus. Come be a part of the fun and help erase stigma.</p>		<p>Every Saturday, 9am-noon, is Market Days, 1000 block of Broadway, downtown Columbus. Come be a part of the fun and help erase stigma.</p>	

“Open” Support Groups:

Every Monday night, 6-7:30 pm

Family/Friend and NAMI Connection Recovery Support Groups

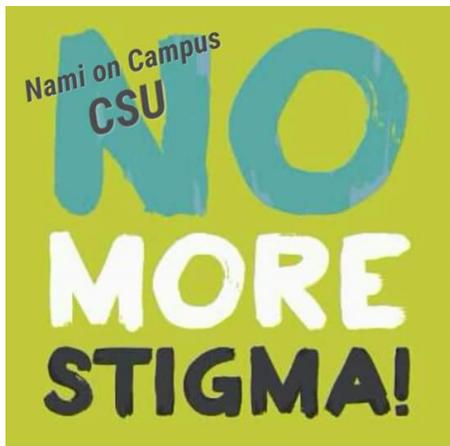
Both groups meet at Lutheran Church of the Redeemer, 4700 Armour Rd.

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

Mental Health Awareness Month



NAMI Georgia Lights Up Green

The NAMI Georgia office awning lights are shining green during Mental Health Awareness Month. Go Green outside your business or residence to show your support for individuals and families affected by mental illness.



Breathe Easy with NAMI Air

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

(For Android or iPhone)





National Alliance on Mental Illness

October 8, 2016

Location details coming soon!

The NAMI Walks Georgia 2016 website is live! Check it out by visiting namiwalks.org/georgia and register today. **NOTE!** Please do not use the 2015 NAMI Walks app located for download in your mobile app store. Our new 2016 website no longer requires a mobile app, the site is mobile responsive and works fully on any browser or device. Mark your calendars for the following upcoming Walk meetings—spread the word for participants wanting to learn more about creating and leading a successful Walk Team!

Team Captain Meeting
May 21, 1:00pm
NAMI Georgia State Office

NAMI Walks Kick-Off Breakfast
August 26, 8:30am
Location TBD

Team Captain Meeting
July 16, 1:00pm
NAMI Georgia State Office

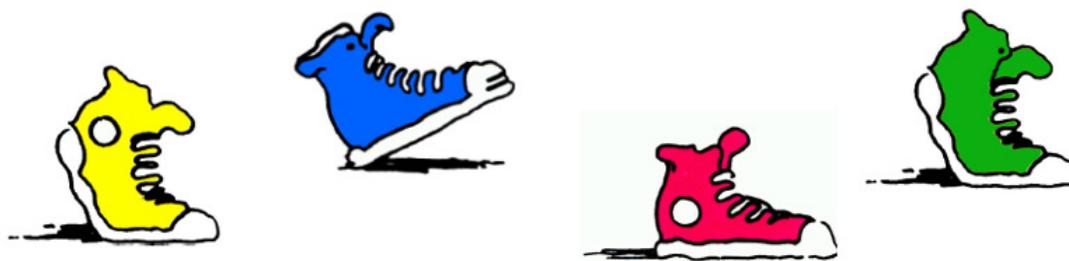
Team Captain Meeting
September 17, 1:00pm
NAMI Georgia State Office

For any questions, please contact our Walk Manager at: namiwalks@namiga.org
Walk Phone Line: 770-234-0856
Walk Email: namiwalks@namiga.org

Mark your calendars for other NAMI Walks happening in Georgia this fall:

October 1, 2016 - NAMI Walks NWGA (Rome) NAMIWalksNWGA.
October 15, 2016 - NAMI Walks SWGA (Moultrie) NAMIWalksSWGA

ready... Set... GO!



Changing Minds... One Step at a Time



It is with deep sadness that we need to announce the death of a NAMI Columbus member. Missy Fuller, only 58 years old, died on Thursday, May 5th. Many facilitators and members will recall Missy from when she attended the NAMI Family and Friend Support Group. We ask that you remember Missy and her family in your thoughts and prayers.

5 Things You Must Do to Stay Positive

Written by [Dani DiPirro](#)

On a daily basis, we're not inundated with positive images, thoughts, and ideas. In fact, quite the opposite is true. In mainstream media, negativity is the norm. Just watch the nightly news and look to see how many stories have a positive theme. Negativity is an attention-grabber. Worry and fear keep people tuned in. With negativity swirling around us, it's no wonder that so many of us gravitate toward it, filling our minds with doubt and stress. The truth is: negativity gets you nowhere. The key to making progress in life—in your career, in your relationships, in your personal development—is to stay positive. Staying positive is difficult—and even more difficult is determining how to stay positive with the onslaught of articles and books offering advice for how to be happier. Here are five things you must do if you want to live a positive life:



1. Stop doing the things that make you unhappy.

This is number one on the list for a reason. Too often we spend time and energy doing things that make us unhappy and too often we don't make the connection between what causes our unhappiness. Look at your life carefully. Are you doing anything that makes you unhappy? When you find yourself at your lowest points, is there anything you can pinpoint that has caused the low point to occur? Often there are patterns that we just don't admit to. Take an extra close look at any alcohol or drug use because these are too often the cause of serious unhappiness and negativity.

2. Surround yourself with people who bring you up.

Just like you must look at the actions your taking and choose not to do things that cause you unhappiness, you must also choose not to be around people that cause you to be unhappy. Sadly, too many people surround themselves with individuals that don't bring them up. If you find that people in your life are bringing you down — yes, even family members or significant others — you have to find a way to separate yourself from them. If you want to live a truly positive life, you must be surrounded by positive influences.

3. Revise the way you look at the world around you.

When going from a negative outlook to a positive one, I really had to spend time thinking about the way I was looking at things. The way you see the world around you is a choice. You can choose to look for the good or you can choose not to. It's completely and entirely up to you. Once I realized this, I understood that it didn't make much sense to focus on the bad things in life. Sure, I had to acknowledge them, but I certainly didn't need to dwell on them. Change your point of view and your whole life will change too.

4. Believe you have the ability to change your own life.

This can be a hard one for many people. Over and over again they think or say the worst two words I used to be so familiar with and now dread: "I can't..." The second you let yourself think that way about changing your life, you're setting yourself up for failure. If you don't believe you can change your life, then it's going to be pretty hard to actually do it. Believing in yourself sounds so cliché, but there's a reason that concept has stuck around for so long. Without it, you'll paralyze yourself and living a positive life will be pretty darn impossible.

5. Don't seek happiness outside of yourself in things or people.

One of the things I always used to do was seek happiness outside of myself. If I was feeling unhappy or drowning myself in negativity, I would look outside myself for a solution. But, ultimately, no matter what I turned to, the negativity within me remained. It might be tempting to rely on other people for your happiness or turn to habits like shopping, eating, or drinking to quell your negative state of mind, but, believe me, those outside things never do the trick. You must seek happiness and positivity within yourself. It really is the only way to live a positive life.

It takes a lot of hard to work to live a positive life, especially if you're struggling with negativity. But know this: even if you do one thing on this list, **your life will improve**. And you owe it to yourself to at least give it a try. If you want to live a positive life, do it. There may be obstacles and it may be hard to get from that negative place to a positive one, but, believe me, all of the work will be worth every ounce of effort you put into it because nothing is better than loving the life you're living.

Dani launched PositivelyPresent.com in 2009 when she decided to turn her life around and start focusing on the positive while living in the present moment. Positively Present focuses on living positively in the present moment, and since its launch Dani's personal development site as grown and it continues to touch lives around the world. Dani recently published her first book, Stay Positive: Daily Reminders from Positively Present. To learn more, visit www.StayPositive365.com.

What is Anosognosia?

Anosognosia is the inability to recognize that one has an illness. It is caused by damage to specific parts of the brain, especially the right hemisphere. It affects approximately 50 percent of individuals with schizophrenia and 40 percent of individuals with bipolar disorder. It is the single largest reason why individuals do not take their medications. After all, why would someone take medicine (especially with side effects) if they do not believe they are ill?

To other people, a person's psychiatric symptoms seem so obvious that it's hard to believe the person is not aware he/she is ill. Impaired awareness of illness is the same thing as lack of insight. The term used by neurologists for impaired awareness of illness is anosognosia, which comes from the Greek word for disease (nosos) and knowledge (gnosis). It literally means "to not know a disease."

Anosognosia is different from "denial". Denial is a psychological mechanism which we all use, more or less. Impaired awareness of illness, on the other hand, has a biological basis and is caused by damage to the brain, especially the right brain hemisphere. The specific brain areas which appear to be most involved are the frontal lobe and part of the parietal lobe. Studies reveal that a large percentage of persons with anosognosia improve their awareness with antipsychotic treatment. (From Treatment Advocacy Center website (www.treatmentadvocacycenter.org.)



The answers to the Quiz on p. 1 (How many did you get right?)

1. Crisis Intervention Team
 2. Yes, in a big way.
 3. The Crisis Intervention Team (CIT) program was developed in 1988 in response to a tragic incident in Memphis, TN.
 4. CIT training is a 40-hour program.
 5. Information is too lengthy to put here. Come to the meeting.
- Instead of people with a mental illness going to jail as the first stop, they are more likely to be able to stay where they live or be taken for treatment.



73% of Americans say that a lack of access to mental health care is a major problem.

So, why isn't Congress passing mental health reform to help?

Tell your Senators to pass #MentalHealthReform and fix the mental health system.

1 in 5 Americans have a mental health condition. **With the right care, recovery is possible.** But, most people aren't getting the care they need. In fact, the Kaiser Family Foundation found that 73% of Americans say that a lack of access to mental health care is a major problem. The Mental Health Reform Act of 2016 (S. 2680) will help by:

- ✓ promoting the integration of health and mental health care, so people get care that treats the whole person, not just one condition.
- ✓ Increasing the mental health workforce, so more trained professionals are available to help.
- ✓ Strengthening enforcement of mental health parity, so health plans are held accountable for the coverage people paid for.

S. 2680 will help people get access to the mental health care they desperately need--**but, only if it passes.** **Contact your Federal Senators today.**



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.

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).