



November 2014

FRESH START

Welcome to our family of National Alliance for Mental Illness - NAMI Cobb!

Our group works to be a wealth of information to you the consumer, the family member, the friends and relatives of those dealing with day to day issues of living with a Mental Illness.

Come join us: we are here to help educate, support, and point you to information you might need. If you have ideas or an article that may be of interest for newsletter please pass those on to John Avery, listed below.

NAMI Cobb Leadership Team

President -- Neill Blake
770-427-5353
nhblake@earthlink.net

1st Vice-President – Pam Burton
pamburtonnami@bellsouth.net

2nd Vice-President – Nancy Spetnagel
nspetnagel@gmail.com

Secretary - Sylvia Oliphant
Sao66@yahoo.com

Treasurer and Parliamentarian– Paul Wiser
wim1paul@comcast.net

Past President/Membership Chair
Robert Gray
rjgray49@gmail.com

LT/Newsletter Editor – John Avery
javeryjr56@gmail.com

LT/Website Management Chair: Tim Link
link.tim@comcast.net

NAMI Walk/Communications Chair -
Ashley Burton
ashleyburtonnami@gmail.com

Website: www.namicobb.org
Email: NAMICobb1@gmail.com

Mailing address:

NAMI-Cobb
P.O. Box 999
Kennesaw, GA 30156

Educational Meeting

November 20, 2014

Post-Traumatic Stress Disorder

Guest Speaker:



Eric L. Adams Sr.

Sergeant, Training/Operations Division
Veterans Affairs Police Department

Sgt. Adams serves as the Georgia Crisis Intervention Team Coordinator for the Atlanta VA Police Dept. He coordinates the training within the agency for sworn and non-sworn personnel. He also serves as a guest instructor and role player for many other law enforcement agencies throughout the State of Georgia. Sgt. Adams often instructs the CIT Train the Trainer Course. He has been nominated over several years, and received the coveted "Joey Award" in 2012. He recently received the 2014 CIT Officer of the Year award for outstanding coordination of the Georgia CIT program.

Performed duties as a Military Police Fire Team Leader/Squad Leader, with the 190th Military Police Co. and the 169th Military Police Co. Deployed on numerous occasions with these units in support of contingency operations in the states of Georgia/Rhode Island in response to Civil Disturbance and natural disasters and OCONUS in response to Presidential declaration. Sgt. Adams has deployed to Operation Just Cause in Panama, Operation Iraqi Freedom in Iraq and to numerous calls for service as needed in the United States.

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President's Letter

By the time you read this, the 2014 NAMIWalk will be over. NAMI Cobb has really stepped up to the plate and as of now, we have a team of over 20 walkers as well as some runners who are participating! If you missed out on the fun this year, I encourage you to consider joining us next year. It is our biggest fundraiser and it is also a lot of fun! There is something very powerful about seeing so many people gathered together to raise awareness about mental illness.

The donations from the Walk fund most of our activities for NAMI Cobb, including training facilitators and providing materials for support groups, Family-to-Family classes and our monthly Education Meetings. As of this writing, we are short of our \$6000 goal but the good news is that donations are still coming in!

If you weren't able to participate, would you consider making a donation to our Cobb Stigma Busters team at www.namiwalks.org? Donations are accepted online through December 31, 2014 and a tax receipt is provided. If your employer has a matching funds program, please contact them - that will double the amount you donate to NAMI Cobb!

Please don't forget that we now have two separate support groups meeting each Monday evening from 7:00-8:30 p.m. at First Presbyterian Church. The Connections Recovery support group for individuals with a mental health diagnosis meets in Room 231 and the family Care & Share support group meets in Room 232. If you need support from someone who understands what it is like to live with mental health issues, we urge you to attend our support groups and if you are in a position to offer support and encouragement to others who are experiencing challenges, we also urge you to attend. Together, we stand strong!

I look forward to seeing you all at our upcoming **Education Meeting from on Thursday, November 20th in the Parish Hall at St James Episcopal Church in Marietta.**



This month we will **gather at 6:30 p.m. to enjoy a wonderful potluck dinner** to celebrate the upcoming holiday season before our Educational Meeting. Bring your favorite dish to share and get better acquainted with other members of NAMI Cobb! Then beginning at 7:30 p.m., we will learn more about PTSD from Sergeant Eric Adams.

Film lovers will want to mark your calendars for the mental health documentary, "*Voices*," at the Cinefest Film Theater, 66 Courtland Street Atlanta 30303, at 2:15 p.m. on Sunday, November 9th. Admission is \$6.25. It sounds like a good one!

Neill Blake, President NAMI Cobb

Update: We exceeded our NAMIWalks goal thanks to many donors and an extremely generous sponsorship gift from Aqua-Rama Pool and Spa in Marietta!! NAMI Cobb rocks!

NAMI Cobb Activities

Our educational meeting this month features Sgt. Eric Adams from the Veterans Affairs Police Department, who talk about the various aspects of Post-Traumatic Stress Disorder.

NAMI Connections Support Group

Our **NAMI Connections Support Group** for persons with a mental health diagnosis continues to meet **every Monday** from 7:00-8:30 p.m. in Room 231 at First Presbyterian Church located at 189 Church Street in Marietta. We have a good core group of people who are committed to living in wellness - please come join us! Contact Ashley Burton at [404-936-3887](tel:404-936-3887) for more information.

FAMILY CARE AND SHARE SUPPORT GROUP HAS A NEW LOCATION

Our **Family Care and Share Support Group** meets **every Monday** for family members and caregivers for someone with a mental health diagnosis. The group meets Mondays 7:00-8:30 p.m. in Room 232 at 1st Presbyterian Church, 189 Church St in Marietta. If your family member is in crisis, come to receive support from others and if your family member is doing well, come to give your support! Contact Greg Ausham at [330-801-0328](tel:330-801-0328), Susie Allen at [770-565-4335](tel:770-565-4335) or Sylvia Oliphant at [678-471-5907](tel:678-471-5907) for more information.

November Educational Meeting is also Potluck Dinner Night



As part of the November Education Meeting on November 20, we will share in a potluck dinner. We will meet to eat at 6:30 at St. James Episcopal Church in Marietta with the regular meeting beginning as usual at 7:30. Please plan to come and bring a dish to share - veggies, meat, dessert, dip/chips, or whatever suits your fancy. Drinks, plates, plastic ware and napkins will be provided. Hope to see you there!!

REMEMBER: There will be no NAMI Cobb Education Meeting in December. Weekly Support Groups will continue to meet except for Monday, Dec 29th, when the church is closed. Enjoy your holidays!

PTSD vs. Combat-Related PTSD

Posted on October 23, 2014 by [Harry Croft, M.D.](#)

This blog is specifically geared toward [combat-related posttraumatic stress disorder \(PTSD\)](#), however, there are many people outside of this situation who also suffer from PTSD. This blog is not meant to suggest that this significant group of people doesn't exist. Here is some information about PTSD in multiple populations.

Causes of PTSD

Of course, being in or around combat can cause PTSD, but any trauma (a frightening event), particularly those that are life-threatening, can also cause PTSD. For example, a person might suffer from PTSD after:

- Child sexual abuse
- An assault such as a physical or sexual assault
- Living through a disaster, such as a major earthquake
- An event where you thought your life or the life of another was in danger

Trauma in Everyday Life

Trauma itself is not rare, and just like not all veterans suffer from combat PTSD, not all non-veterans who experiences a trauma suffer from PTSD either. In fact:

- Approximately 60% of men will experience a trauma at some time in their lives.
 - Approximately 50% of women will experience a trauma at some point in their lives.
- In spite of these high numbers, only about 7-8% of the population will suffer from PTSD at some point in their lives. Women are more likely to develop PTSD than men.

Number of Veterans who Suffer from Combat PTSD

While 7-8% of the general population (including veterans) will experience PTSD at some point in their lives:

- Between 11-20% of those who served in Operation Iraqi Freedom and Enduring Freedom experience PTSD in a given year.
 - About 12% of those who served in desert storm experience PTSD in a given year.
 - It is estimated that about 30% of Vietnam Veterans have had PTSD in their lifetimes.
- It's also important to remember that other non-combat-related traumas, such as sexual assault do happen in the military. In fact, among veterans who use Veteran Administration healthcare, approximately:
- 23% of women report sexual assault in the military
 - 55% of women and 38% of men experienced sexual harassment in the military

Treating PTSD vs. Combat-Related PTSD

Most [PTSD treatments](#) are developed for the population at large and few are dedicated towards combat-related PTSD specifically.

That said, we do know that general treatments for PTSD work for many people no matter what the cause of their PTSD.

So while there are specific challenges faced by those with combat-related PTSD, we know that all people with PTSD can get [PTSD treatment](#) and recover.

For statistic references, please see the [Veterans Administration PTSD site](#).

You can also connect with Dr. Harry Croft on his [website](#), [Google+](#), [Facebook](#), [LinkedIn](#) and [Twitter](#).

Voices

Directed by Gary Tsai & Hiroshi Hara

What happens when one doesn't even have the ability to reason, due to schizophrenia? **Voices** tells the compelling personal stories of three individuals living with psychotic mental illness. By highlighting the human aspects of psychosis, while also addressing the controversial issue of violence and untreated severe mental illness, **Voices** captures the extraordinary and nuanced back-story to experiences that few others understand, and offers a uniquely intimate, honest and raw glimpse of lives which are frequently confined to the shadows of society.

International Freethought Film Festival

Voices will be screening on Sunday, Nov 9, 2014; 2:15pm - 4pm

Cinefest Film Theater (66 Courtland St SE, Atlanta, GA 30303)

Tickets \$6.25 each; purchase by visiting www.freethoughtfilmfest.org

The producer and co-director, Gary Tsai, is an emergency room psychiatrist in California, the son of a mother with schizophrenia and a member of NAMI.

VOICES ends the silence

Path-breaking new documentary features severely mentally ill telling their own stories

(Los Angeles, CA) In footage that is by turns deeply compelling and heart-wrenching, Gary Tsai and Hiroshi Hara's debut and award-winning documentary film, **Voices**, offers stories of three severely mentally ill individuals – as told by themselves and their families.

Voices gently illuminates the real-life ambiguities and unanswered questions that can be especially trying in the lives of the people directly affected by serious mental illness. Tsai believes increasingly sophisticated audiences are ready for these stories. "With national attention on mental health due to highly publicized incidents involving people with *untreated* illness, and greater societal understanding that mental health issues are as significant and important as physical health issues, I really felt the time was right for these complex narratives," says Tsai, who is an emergency room psychiatric physician, whose commentary has been published in the Op-Ed pages of the *San Francisco Chronicle* and *The New York Times*.

Voices presents three individuals' stories with nuance and without expert interpretation, because, Tsai says, "What I see in the emergency room and what I know personally doesn't show up in the media. This movie is not about experts 'explaining'. **Voices** is about real stories, told by real people and their families."

"Too often stories of people living with severe mental illness are either over-simplified or sensationalized in the media," says Tsai.

"But on the screen, you can see the complexities in the stories of Thomas, Sharon and Aaron. The film shows the ambiguities are real, and seldom are 'answers' clear."

Tsai is also personally connected to these stories because his own mother has schizophrenia. "I think if others had the view I have, that it's complex— my mom can sometimes be the kindest person in the world and at other times scary— it would really increase compassion and understanding."

Voices has screened at the American Psychiatric Association, Institute on Psychiatric Services, and is set to screen at film festivals around the country in September. More information about the film can be found at: www.VoicesDocumentary.com

"Deeply personal, human... *Voices* puts a face on an issue that is silent, deep, and hidden, but all too real.

Evelyn Lundberg Stratton; Retired Justice of the Supreme Court of Ohio, and founder of the Supreme Court of Ohio Advisory Committee on Mental Illness and the Courts.



Crisis Intervention Team International Annual Conference

By John Avery, NAMI Cobb Board Member and CIT Coordinator/Facilitator

I started planning this trip two years ago when I found out the CIT International Conference would be held in Monterey County, California where I lived for 32 years. I enjoyed a career with the Salinas Police Department and retired as a Sergeant in September 2009 after over 24 years of service. I had the opportunity to receive training for the Crisis Intervention Team while assigned duties as a School Resource Officer working with the youth of Salinas in an educational setting. I also volunteered time with the Salinas Police Activities League, again working with the youth of Salinas in a recreational and educational setting, where I later served as a Board Member and short stint as Interim Executive Director. After I retired I returned to my “roots” and moved to Georgia where I could be closer to my family.

I met various members of the NAMI Cobb Board and found a place to continue volunteer service. I’ve attended and facilitated Crisis Intervention Team training here in Georgia and have confidence in a program that bridges the gap between law enforcement, behavioral health services and the advocacy services that NAMI brings to the members of our community. I’m a firm believer in education and the need to keep up with current events and topics as it relates to the mental health community and Crisis Intervention Teams. One of these resources is the annual CIT International Conference.

I also teach the ASIST (Applied Suicide Intervention and Skills Training) Program working closely with a military chaplain and Executive Director of the Armed Forces Mission. Chaplain Kenneth Koon works closely with the military and has been called upon to assist with interventions involving military members in Fayette County, GA.

I was also aware that NAMI had started a FaithNet Outreach Program to provide information and training to the faith community and make them more aware of the mental health issues facing our country and how spiritual guidance and assistance can play a big part of a consumer and family’s recovery. This made me think that a collaboration between behavioral health, the faith community and law enforcement might be a good thing. This led to the workshop idea “Have FAITH in your CIT Program”. The workshop proposal was submitted and accepted by CIT International and we put together a 1 ½ hour presentation for the conference.

As the workshop coordinator I would be responsible for organizing the workshop and laying the groundwork on why the faith community would be both an asset and a resource to law enforcement agencies when dealing with those who are in crisis. NAMI Cobb President, Neill Blake, is the NAMI Georgia Faith Outreach Coordinator and has previous experience delivering the program in Georgia. She became a member of the workshop team and presented an overview of the NAMI Georgia program to conference attendees. Chaplain Koon was scheduled to give a short overview of the military chaplains program and how they can assist law enforcement agencies when encountering a veteran in crisis and resources that may be available to assist military, veterans and their families. Sr. Chaplain Ken Schlenker, Executive Director of the National Center for Chaplain Development and Training in San Juan Capistrano, California, would present training protocols for those members of the faith community who would be interested in working with a law enforcement agency and CIT teams.

A week before the conference I received notification from Chaplain Koon that he had received orders and would not be able to attend the conference. We made some adjustments to our presentation and were able to replace Chaplain Koon with Sylvia Oliphant, NAMI Cobb Secretary and mental health advocate who would share her story of a successful intervention involving a CIT officer.

This conference was well attended with over 900 attendees from all over the United States, Canada and other countries. These attendees included members of law enforcement, the behavioral health communities, consumer advocacy groups, consumers and family members. The NAMI Georgia CIT Coordinator Pat Strode was present and newly elected NAMI Georgia Board member Bill Carruthers was in attendance. Out of the 97 listed workshops, three of those were given by attendees from Georgia. Bill Carruthers gave a presentation “Recovery on Fire: Catalyst for My Journey to Recovery” and the Atlanta Police Department gave a presentation “Crisis Intervention/HOPE Team”. It was a time for sharing, caring, networking and learning. Our workshop group not only presented but were able to participate and attend other workshops during our time there. There appeared to be a lot of workshops dealing with military members and veterans in crisis and how to deal with them.

Our workshop team can attest to the saying “Have FAITH in Your CIT Program”. When Chaplain Koon could not go I had asked if anyone else was interested in attending. Sylvia Oliphant indicated she would like to go. A series of events took place that allowed her the opportunity. Her employer gave her the time, a member of NAMI Cobb arranged her airfare, an acquaintance of my wife (who still works in California) donated a two-bedroom condominium in Monterey for use while we were there and we were able to transfer Chaplain Koon’s registration to her name. All of this occurred in the week prior to the conference and everything fell into place nicely.

Faith works in mysterious ways and during the last workshop on the last day of the conference, Sylvia received a phone call from an acquaintance back in Atlanta describing a crisis situation that started in Georgia. Her son had disappeared from the University of Georgia campus, could not be located and through a credit card notification was able to locate her son, in crisis, in Washington, DC. Sylvia was in a workshop that was being facilitated by the 2014 CIT International Officer of the Year, Scott Davis, who was very familiar with the Washington DC area and CIT program. He was able to take a few minutes from the workshop, speak with Sylvia with instructions about what steps to take and Sylvia was able to convey that information to the acquaintance back in Atlanta. The acquaintance followed the instructions and very shortly thereafter called Sylvia to tell her that the CIT team dispatched had located her son and was taking him to a local facility for services. All of this took place within the hour and half workshop that Sylvia was attending and the acquaintance was making arrangements to travel to the DC area to meet up with her son. A successful intervention resulted that started in Georgia, made its way to Monterey, CA, back to Georgia, then up to Washington, DC where the person in crisis was located and taken to the appropriate facility for treatment. Sylvia has submitted her story as well.

This was an opportunity for other members of the Leadership Team to receive training that gives them a better perspective on what steps are being taken in other parts of the country that affect the relationship between the mental health community and law enforcement. Innovative programs, collaborations and opportunities to work together fighting against the stigmas of mental illness, mental disorders, are ongoing and thriving. New information to take back to their parts of the country and agencies to provide the best services they can on the roads to recovery.



Our workshop team, Ken Schlenker, Sylvia Oliphant, Neill Blake and John Avery



Networking Night, Beach Party Monterey Beach Hotel



John won the big door prize, an autographed San Francisco Giants jersey which he donated to Salinas PAL

CIT Conference 2014 Monterey, CA

By Sylvia Oliphant, NAMI Cobb Leadership Team



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The CIT conference started with a greeting from friends of John. All of them currently serve the Salinas Police Department. The conference was attended by Police officers from all over the country who shared their skills and ideas. Above is a photo of the 2014 CIT award winners. Each exemplified outstanding character in the last year while two stand out to me.

Consumer of the year, Kontrena McPheter, who, after managing her own schizophrenia began to go around the community and help other consumers.

First Responder of the year Scott Davis pictured with me is a police officer, EMT and CIT trainer from Montgomery County Maryland. While attending Scott's workshop, I received a call from a friend in Atlanta. Her son left school and drove to Washington, D.C. in the middle of a BiPolar crisis. She called me looking for help and Scott intervened. He got the last location and a description of her son, the Washington D.C. crisis team was able to locate him and take him to the ER before I got to the hotel lobby. I'd say Scott should be a candidate for First Responder in 2015.

NAMI Walk 2014

Piedmont Park Atlanta, GA

By Sylvia Oliphant, NAMI Cobb Secretary

The Cobb Stigma Busters Turned Out on a Cold Day for the NAMIWalk!



'Determined' was the word that came to mind when I walked into Piedmont Park and saw all the people who showed up for the NAMI Walk. The NAMI Cobb Stigma Buster team of 25 hardy souls came out on a really cold and windy day to walk for a wonderful cause. Not only did we brave the cold, but our group has exceeded our goal of \$6000,00 and the donations are still coming in. We received a very generous donation and sponsorship from David Blake's employer, Aqua-Rama Pool and Spa, which put us over the goal! If you are near 565 Powder Springs Street in Marietta, please thank them!

As an Advocate, I was grateful for the opportunity to walk side by side with two consumers. They asked questions about advocacy and they thanked me for the passion to help others

Distinguishing themselves in the NAMI Run on a really windy morning were NAMI Cobb members Martin Serrano and Citlaly Serrano, who each finished first overall in the men's and women's divisions, respectively. Sonja and Tim Link were age-group winners, placing first and second for their gender and age group. They didn't stop there; they also did the walk and finished before most of the Cobb Stigma Busters.



Thank you so much for your interest in joining NAMI Cobb Affiliate! Please complete the form below, and mail this with your check made out to NAMI Cobb. (If you wish to pay by credit card, go to www.nami.org and click on "Become a Member". You will start receiving our monthly electronic newsletter within the month. You are also invited to attend our monthly education and support meetings at St. James Episcopal Church in Marietta, 161 Church St. NE, on the third Thursday of each month at 7:30pm (there is a time to look at resources and brochures at 7pm). You are not alone. Come join us.

Yes, I would like to join NAMI Cobb of Georgia!

Date: _____

- ☐ New
☐ Renewal
☐ \$3 Financial Hardship Membership

(Please note there has been a slight increase in membership fees nationally).

_____ Donation (I would like to give an additional donation
to support NAMI-Cobb programming and outreach)

Name(s): _____

Address: _____

Phone: _____

Email: _____

- ☐ I am interested in volunteering. My skill is _____.

Monthly NAMI Cobb General Meeting

November 20, 2014

St. James Episcopal Church
161 Church St, Marietta

6:30 PM Potluck Holiday Dinner

7:30 PM Program

****Please mail this form along with your check to:**

NAMI Cobb, P.O. Box 999
Kennesaw, GA 30156

Thank you for your membership!

NAMI Cobb

P.O. Box 999

Kennesaw, GA 30156

November 2014

*Informing, Educating
and Supporting
people with mental illness
and their families*



NEW LOCATION AND MEETING DAY

Family Care and Share Support Group

For families of those with a mental illness

1st Presbyterian Church
189 Church St
Marietta, GA

MONDAYS Time: 7-8:30 PM

Susie Allen 770-565-4335
Greg Ausham 330-801-0328
Sylvia Oliphant 678-471-5907

TO: