

nami-savannah news

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Savannah, Georgia 31416 Phone: 912-353-7143

January 2014

Calendar Information

NAMI-Savannah Board Meeting

The NAMI-Savannah Board Meeting will be held on Tuesday, January 14, 2014 at 6:00 pm at the Reed House, 1144 Cornell St. **This meeting is for Board Members only.**

Family Support Group

The next meeting will be held on Monday, January 13, 2014 at 6:00 pm at the Reed House. If you have any questions, please contact Lisa Breitberg at (912) 313-3272.

NAMI Connections Support Group

Need to talk to someone who understands? Someone just like you? NAMI Connections Support Group is a weekly recovery support group program for people living with mental illness. It offers a structured group process designed to encourage, support, and empower. NAMI Connections will be held Tuesday, January 7, 2014 at Trinity Lutheran Church, 1239 Mercy Blvd. from 6-8:00 pm. For further information, please contact Jodi Whitaker at (912) 220-3000.

Coastal Behavioral Health Partners Stakeholders Meeting

The stakeholder's meeting will be held Monday, January 27, 2014 at Memorial Health, Main Entrance, Conference Room C, from 3:30-5:00 pm. If you have any questions, please contact VieAnna Mattox at (912) 353-7143.



NAMI Looks Ahead to 35 Years in 2014!

By Courtney Reyers, NAMI Director of Publishing



Next year marks NAMI's 35th anniversary. Recent years have seen landmark changes in health care reform, something NAMI has steadfastly worked toward throughout its history. In 2013, the rollout of the Affordable Care Act (ACA) and Medicaid expansion—which are still underway—were important steps forward for individuals and families affected by mental illness. But there are many more areas of growth and success that can be noted as we step into 2014.

NAMI's signature education program, **NAMI Family-to-Family (F2F)**, was officially declared an evidence-based practice this year, putting a seal of approval on what tens of thousands of families already knew: F2F really helps in learning to understand and cope with mental illness. NAMI also offers other education and support programs; the newest ones are **NAMI Ending the Silence** and **NAMI Homefront**, both launched since Nov. 20, 2013. Another area of tremendous growth has been **NAMI On Campus**. Onset of mental illness often occurs in a person's teens or twenties. Early intervention requires education and awareness as well as communities with resources to provide support to young people in need.

Throughout 2013, NAMI also has been engaged in the National Dialogue on Mental Health that flowed from the Sandy Hook tragedy approximately a year ago. It has included fighting for a broad agenda of initiatives. It also has included efforts to eliminate stigma and building new

partnerships. One outlet that fosters a great sense of community and inspires hope is NAMI's story-sharing hub, **You Are Not Alone**. NAMI members and friends tell us regularly that the personal stories they read submitted by others who have experienced mental illness have helped them immensely. NAMI also offers a **national, toll-free HelpLine, 1 (800) 950-NAMI (6264)** which fields more than 2,000 calls and sends out more than 100 packets of information and brochures each month. It is a critical service, staffed by trained volunteers, for individuals and families seeking information about mental illness and the mental health care system.

NAMI works every day to save lives. From battling stigma to addressing cultural disparities to reaching out to youth and advocating with policymakers, NAMI is there, fighting for and alongside the millions of Americans who face mental illness in their daily lives. For all the progress made in 2013, we know the fight will continue. We also know we depend on the support of NAMI members, friends and readers to sustain our work.

Thank you for your continued help. We look forward to working with you throughout the New Year, as part of a community dedicated to hope and recovery.

Retrieved from: <http://blog.nami.org/2013/12/nami-looks-ahead-to-35-years-in-2014.html>

Board of Directors

Tammy Johnson - Acting President
 Vacant, 1st Vice-President
 Tammy Johnson, 2nd Vice-President
 John Richards, President Ex Officio
 Tracy Boyd - Treasurer
 Lisa Breitberg - Secretary

Board Members

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 Freddie Collins
 Tammy Johnson
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 Julius Hornstein, Ph.D., LCSW
 Arnaldo Correa
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 Warren Sparrow
 Nora Haynes, Legislative Liaison

Consumer Council Board

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 Susan Butara, Member
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JOIN NAMI
 TODAY!!

Go to nami.org and
 be sure to select
 NAMI-Savannah!

New Year Brings in New Opportunities!



The current president of NAMI-Savannah, John Richards, has completed his service and will be stepping down to his new position of President Ex Officio for one year while still serving on the board as an advisor without a vote. He will complete this transition at the called board meeting of January 14, 2014, in which he will provide the Presidents' Annual Report to the board and membership at large. Also, the new and returning board members will be inducted for 2014.

We want to thank John for his year of service as President and look forward to working with him in his new role.

NAMI-Savannah Accomplishments in 2013

Below are a few of NAMI-Savannah's accomplishments in 2013:

1. Established a Consumer Council as a viable support and voice for our survivor members.
2. Facilitated multiple class training sessions for the Georgia's Crisis Intervention Team (CIT) with our law enforcement partners. We have now trained, with other affiliates in Region 5, over 100 law enforcement officers who are members of our communities.
3. Provided Family Support Groups and facilitated Consumer Support Groups.
4. Trained 10 members of our survivor group in the NAMI Peer-to-Peer Program with a formal graduation and presentation of certificates.
5. Resumed our Coastal Behavioral Health Partners Stakeholders meetings to address the needs of our citizens who are dealing with brain diseases and require coordinated mental health services.
6. Continued our support of the ICCD Clubhouse (Reed-House) with individual donations of funds and material.
7. Served on the Gateway Community Service Board.
8. Served on the Fidelity Committee for ACT Team.
9. Supported and participated in Mental Health Court and presents graduates with gift certificates.
10. Participated and offered resources at the VA standown for homeless veterans.
11. Hired a new Office Manager to support the NAMI-Savannah office, President and Board Members, survivors, and the community.

NAMI-Savannah served over 200 survivors and family members, with behavioral health concerns: via the telephone, office walk-ins, personal visitations, warm support, and training programs. We look forward to being of service in 2014!

2014 NAMI-Savannah Legislative Priorities

NAMI-Savannah's legislative priorities for 2014, will be:

1. Pass Psychiatric Advanced Directive Bill HB 205.
2. Georgia Transport Law 37-3-42--Any peace officer may take any person to a physician or directly to an emergency receiving facility for an examination, if the person is committing a penal offense **and*** the officer has probable cause for believing that the person is mentally ill and in need of **involuntary treatment**. Change Transport Law: **and*** to ***or**.
3. Continue funding for research in Georgia Department of Corrections on **Opening Doors to Recovery** (ODR) project and fund Peer Community Navigation Specialist in Region 5 CSBs.
4. Provide DBHDD/Medicaid enrollment assistance for the Reed House.



MENTAL ILLNESS FACTS AND NUMBERS*

☞ One in four adults, approximately 61.5 million Americans, experience mental illness in a given year.

☞ One in 17, about 13.6 million, live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.

☞ Approximately 20% of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13%.

☞ Approximately 1.1% of American adults, about 2.6 million people, live with schizophrenia.

☞ Approximately 2.6 % of American adults, 6.1 million people, live with bipolar disorder.

☞ Approximately 6.7% of American adults, about 14.8 million people, live with major depression.

☞ Approximately 18.1% of American adults, about 42 million people, live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias.

*From www.nami.org



HealthCare.gov



Coming up this Month!



First Annual TsuNAMI Tennis Challenge "Taking Mental Illness by Storm"

Saturday, January 18, 2014
The Landing Club on Skidaway Island
Franklin Creek Tennis Center
9:00 a.m. - 4:00 p.m.



NAMI-Savannah's first annual [TsuNAMI Tennis Challenge](#), will be held to promote our advocacy and raise funds for our many programs for the mentally ill. This event will take place on January 18, 2014. The title of the challenge is "[Taking Mental Illness by Storm](#)". We solicit our sponsors and the public to support our efforts to educate and inform our community by reducing the 'STIGNORANCE' about brain diseases.

For more information, please contact Leslie Medinger at:

Lesmo211@gmail.com

(912) 598-1621; (912) 665-2250 (cell)

MANY THANKS TO OUR CORPORATE AND COURT SPONSORS!

Corporate Sponsors:

- ☞ THE Tennis Shop
- ☞ Chatham Orthopedic Associates, PA
- ☞ David Burr
- ☞ Doug Smith, D.D.S
- ☞ Georgia Eye Institute of the Southeast, LLC
- ☞ The Reed House
- ☞ Don Heyel & Co
- ☞ Seacrest Partners, Inc
- ☞ Carrier
- ☞ Jay Selcow

Court Sponsors:

- ☞ Jane Nangle in Memory of Jack Nangle
- ☞ Celeste Demere – Colonial Oil
- ☞ Bob Jarmen
- ☞ Yates-Astro
- ☞ Daniel G Breitberg Dentistry
- ☞ Hogans' Marina



Coastal Behavioral Health Partners Stakeholders Meeting



The next meeting of the Coastal Behavioral Health Partners (the former "stakeholders committee") is scheduled for 3:30 p.m. on Monday January 27, 2014 in Conference Room C at Memorial Health (go in through the Main lobby, turn right through the snack bar and look for the NAMI signs).

The meeting brings together stakeholders such as service providers, professionals, public officials and consumer groups to address behavioral health issues in the Savannah area. This committee has been instrumental in bringing partners together to solve community problems and has worked to develop the *Report of the Blue Ribbon Task Force* and support NAMI-Savannah's *Opening Doors to Recovery* initiative.

In November, the committee held a planning session to identify specific topics and issues for upcoming meeting agendas. Members identified a wide range of issues including housing, the effect of changes in health care laws, upcoming legislation and further opportunities to collaborate. In order to make sure that we hear from all of our partners, NAMI will be sending out a questionnaire to everyone on the stakeholder's mailing list to add to our suggested topics and agenda items. Please plan to join us on the 27th.



Has Your NAMI-Savannah Membership Expired?

Renew Your Membership
Now!

Visit NAMI.org and click-on
[NAMI Members](#) and
Sign in or create an account
TODAY!



Connect. It matters.
Friendship. It matters.
Ask the question. It matters.
Support. It matters.
Compassion. It matters.
Listen. It matters.
Family.



CIT International is dedicated to promoting and supporting collaborative efforts to create and sustain more effective interactions among law enforcement officers, mental health providers, individuals with mental illness and their families and communities.

To learn more, visit Georgia Bureau of Investigation web-site at www.ganet.org/gbi/cit or call NAMI-Savannah at (912) 353-7143.

Joint Study Committee on Mental Health Access Formed also Hears About Open Door Recovery (ODR)

By Nora Lott Haynes, NAMI-Savannah Legislative Liaison

During the 2013 Legislative Session, a **Joint Study Committee on Mental Health Access** was formed because of the recent tragedies that have taken the lives of many innocent people. These acts of violence have occurred in schools and communities and caused increased concerns for the safety of our children. Individuals who have mental illnesses committed many of these tragedies; and a variety of factors that may contributed to these individuals not receiving adequate treatment includes stigma, limited public resources and workforce challenges, and limited awareness of available services.

The state mental health system has historically been based around institutions and is now transitioning to a community-based model that must maintain adequate funding and other resources to ensure easy access for individuals in need. A significant number of the individuals incarcerated in our jails and prisons have untreated mental illnesses that are exacerbated by their abuse of drugs, the effect of prescription drugs, their failure to take prescribed medication, or a combination of such. The courts have undertaken efforts to deal with this situation through the HELP courts.

The Committee was also formed to study the efforts in treating mentally ill individuals and needs to be undertaken with a focus on examining community infrastructure, crisis services, provision of services across the life span from youth to older adults, geographic gaps and diversity, workforce needs, and

provider network development and accountability. Funding the need to keep dollars within the system is important as we transition away from hospital-based delivery models of treatment and support services.

The Committee is co-chaired by Representative Katie Dempsey and Senator Jesse Stone. Members include: Representatives Pat Gardner, Kevin Tanner, Garry McGiboney-GDE, Jason Bearden-CSB, Sen. Josh McKoon, Curt Thompson, and Judge Stephen Goss.

On December 10, 2013 at the Georgia Department of Corrections offices in Forsyth, the Committee invited NAMI-Savannah to present the results of the research on the Opening Doors to Recovery Project (ODR) Phase I and plans for Phase II which will be in partnership with the Georgia Department of Corrections. The presentation was well received and the Committee asked numerous questions to the NAMI-Savannah panel. ODR was presented by CSB CEO, June DiPolito, researcher Dr. Michael Compton, former ODR Director Nora Lott Haynes, former Professional Community Navigation Specialists Dana Avey-Gateway CSB, Marsha O'Neal-GBI, and Dr. Jim DeGroot-GDC. NAMI-Statesboro President, Bill Coussons and Middle Georgia CSB CEO, Denise Forbes were present as well.

The Committee will make recommendations and present their findings to the Governor and the Legislature in January 2014.



Pictured L to R: Nora Lott Haynes, Former ODR Director; Dr. Michael Compton, Lenox Hill; June DiPolito, Pineland CSB; Dana Avey, Gateway CSB; Marsha O'Neal, GBI and Dr. Jim DeGroot, GDC. Also, present was Denise Forbes, Middle GA CSB and Bill Coussons, NAMI Statesboro



"Stir It Up"

Don't miss NAMI-Savannah's monthly 30/60 minute radio show with Jacqueline Awe broadcast on SSU's 90.3 FM the 1st Friday of every month at noon.

Peer Support "Warm Line"
1-888-945-1414

The Georgia Mental Health consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day.

Georgia Crisis & Access Line - *(A Crisis Has No Schedule)*
1-800-715-4225

The 24-hour Georgia Crisis and Access Line is operated by Behavioral Health Link and sponsored by the state.

The Nation's Voice on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope.

For more information, contact: nami-savannah@namisavannah.org
www.namisavannah.org

PHONE: 912-353-7143
FAX: 912-353-7195

**Men and Mental Health***

"It starts slowly and the only person you're talking to is yourself. You're lost. It's dark, the pain is twenty-four seven... you just want it to end... I'd drink and... I tried to numb my head... but you have to deal with it. It doesn't just go away."

—Patrick McCathern, First Sergeant, U.S. Air Force, Retired

"I lost interest with the kids and doing things that we used to do... they'd ask their mother, 'Why is Daddy not getting up and not wanting to do anything with us?' 'Did we do anything?' They didn't do anything to me. I just didn't want to do anything." - Rene Ruballo, Police Officer

"My daily routine was shot. I didn't have the energy to do anything. I got up because the dog had to be walked and my wife needed to go to work. The day would go by and I didn't know where it went. I wanted to get back to normal. I just wanted to be myself again." - Jimmy Brown, Firefighter

*<http://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>

For more information, please explore the following websites:

- ☞ Depression and Bipolar Alliance • www.dbsalliance.org
- ☞ Families for depression awareness • www.familyaware.org
- ☞ Mental Health America • www.mentalhealthamerica.net
- ☞ NARSAD (The Mental Health Research Association) • www.narsad.org
- ☞ National Alliance on Mental Illness • www.nami.org
- ☞ National Institute of Mental Health • www.nimh.nih.gov

NAMI Signature Recovery Support and Education Programs

Connection Recovery Support Group: NAMI Connection is a free, weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. They offer a relaxed and casual approach to sharing the challenges and successes of coping with mental illness.

Peer-to-Peer Recovery Curriculum: Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintain their wellness and recovery. Peer-to-Peer consists of ten two-hour units and is taught by a team of two trained "Mentors" and a volunteer support person who are personally experienced at living well with mental illness.

Family Support Group: NAMI Support Groups are open to all adults who have a family member or friend who is living with mental illness, regardless of diagnosis. Please feel welcome to drop by and share your feelings, difficulties, or successes. Everyone is a valued participant. Learn the Principles of Support and effect coping skills.

NAMI Family-to-Family: NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. Family members will gain empathy by understanding the subjective, lived experience of a person with mental illness. Learning in special workshops for problem solving, listening, and communications techniques.

Georgia Crisis Intervention Team (CIT): NAMI Georgia, in cooperation with the GA Bureau of Investigation, the GA Sheriff's Association, the GA Chiefs of Police Association and the Dept. of Behavioral Health, has trained over 3000 laws enforcement officers how to recognize and de-escalate a situation involving someone having a mental health crisis. Our program won the 2009 Civil Rights Award from the International Chiefs of Police Association.



It's NAMI-Savannah Savings Time - Membership Renewal!
Visit NAMI.org and click-on [NAMI Members](#) and
Sign in or create an account TODAY!



NETWORKING PARTNERSHIPS

AmericanWork, Inc.
836 E. 65th St., Ste. 42
Savannah, GA 31405
912-354-5780

Recovery Place
835 E. 65th St., Ste. 102
Savannah, GA 31405
912-355-1440

GA Regional Hospital
1915 Eisenhower Dr.
Savannah, GA 31406
912-356-2011

Assertive Community Treatment Team (ACT)
836 E. 65th St., Ste. 2
Savannah, GA 31405
912-354-4460

The Reed House
1144 Cornell Ave.
Savannah, GA 31406
912-777-4108

Coastal Behavioral Health
633 Stephenson Ave.
Savannah, GA 31405
912-354-3911

No health without
mental health

JOIN NAMI
TODAY!!

Go to nami.org and
be sure to select

Volunteer with NAMI-Savannah!

Please let us know if you are interested in volunteering.
Contact the NAMI-Savannah office at 912-353-7195 or send email to:
vmattox@namisavannah.org
and request a Volunteer Application today!

Coming in February 2014, NAMI-Savannah Volunteer Orientation. If you want to be registered for it, please let us know that too. NOTE: Registration required. Orientations are mandatory.



NAMI-Savannah Christmas Celebration!

NAMI-Savannah held its Christmas Celebration on December 10, 2013 at the Reed-House. These are some pictures taken of the attendees who enjoyed the festivities.



Antoine & Martha



Mrs. Turner & son; and Reed House members

From the staff, Board Members, and advisors of NAMI-Savannah, we wish you a happy and prosperous 2014!

From L to R: John, Lisa, Tracy, Diane, & VieAnna



In Memoriam

In 2013, the NAMI-Savannah lost members of its family. We were saddened to hear of the passing of Connie K. Burger, wife of Ronald Burger, previous President of the Consumer Council Board and Heather Gulick, daughter of Alaine Daniel and granddaughter of Kitty Thigpen.

Our thoughts and prayers are with their family and friends.

The staff and members of NAMI-Savannah and the Reed House would like to thank Dollar General employees at the Apache Ave., Savannah, GA location for their generosity during the holiday season. Dollar General hosted a Toys and Food Drive with donations coming to members of both organizations. Thank you again! You guys are greatly appreciated!



People with Mental Illness Who Enriched Our Lives

Abraham Lincoln

The 16th President of the United States suffered from severe and incapacitating depression.

Vincent Van Gogh

The celebrated artist's suffered from bipolar disorder.

Vivien Leigh

The "Gone with the Wind" star suffered from mental illness.

Herschel Walker

Former running back revealed that he suffered from dissociative identity disorder, also known as multiple personality disorder.

Jane Pauley

NBC news broadcaster, since the age of 25, suffered from depression and bipolar illnesses.

Mike Wallace

Legendary journalist suffered from depression.

Paula Deen

Known to TV viewers as a cook unafraid to use staggering amounts of butter on everything, also struggled with anxiety disorders.

Ruth Graham

(Daughter of Ruth and Billy Graham) struggled many years suffering with depression, drugs, and eating disorders.

Diana Princess of Wales

Struggled with bulimia nervosa.



Taken from "Personality Disorders: A Class of Their Own"

NAMI-Savannah presents Savannah Bookmarks!

One of NAMI-Savannah's members is a well known artist who has assisted NAMI over the years with her beautiful artwork. She has graciously donated her paintings in the past to NAMI and now has designed a line of bookmarks to be sold exclusively through our organization. All proceeds are used to support this worthy cause. For more information, please contact NAMI-Savannah at 912-353-7143. If you are interested in placing an order, just complete the form below and sent it along with payment to NAMI-Savannah.

Savannah Bookmarks

Please Order By Number



1

Waving Girl



2

Forsyth Park



3

Savannah Scene #1



4

Savannah Scene #2



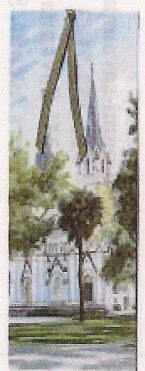
5

Savannah Scene #3



6

Savannah Waterfront



7

St. John's Cathedral



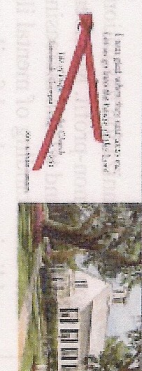
8

Bonaventure Cemetery



9

Tybee Light House



10

Isle Of Hope Methodist



11

Savannah Scene #4



12

Yellow Bluff Ashley Creek

Customer Order Form Date: _____

Name: _____
Address: _____
City, State, Zip: _____
Phone (____) _____

Prices
Wholesale\$ 1.50 each
Retail\$ 2.99 each
Shipping & Handling
Under \$30\$2.95, \$30-\$75\$3.95
\$75 and up\$4.95
1st Wholesale Minimum Order \$50 exclusive of
Shipping & Handling, allow 7-10 days delivery

Bookmark Number	1	2	3	4	5	6	7	8	9	10	11	12	Total Bookmarks	Total Cost
QUANTITY														\$

Yes, I want to join NAMI-Savannah!

MISSION STATEMENT

To provide support, education, advocacy, and research for persons with mental illness and their families.

To promote better quality of care, rights and interests of citizens with mental illness, particularly those who cannot speak for themselves, and to advocate policies at the local, state, and national levels to accomplish these objectives.

To help families and friends of persons with mental illness by providing emotional support, education, and information.



The grassroots logo symbolizes our local community effort to support families



YES, I want to join NAMI-Savannah!

Dues to join NAMI-Savannah are split between local, state, and national offices and members receive information from all three levels. Donations above and beyond membership dues are always welcome to support the local efforts of NAMI-Savannah.

I want to: (please check one)

☐ **join NAMI**

☐ **renew membership for one year**

Dues

_____ \$35 Regular Membership

_____ \$3 Open Door (for low income)



Send to:
NAMI-Savannah, Inc.
P.O. Box 13731
Savannah, GA 31406

namisavannah.org

nami-savannah@namisavannah.org

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

Name:

Address:

City:

State:

Zip:

Phone:

Email:

☐ **Check Enclosed**

NAMI-Savannah, Inc.
7805 Waters Ave., 2B
P. O. Box 13731
Savannah, GA 31406
Phone: 912-353-7143



NAMI @NAMICommunicate

"Put blinders on to those things that conspire to hold you back, especially the ones in your own head." - *Meryl Streep*

SUPPORT

EDUCATION

ADVOCACY