



Open your mind, mental illness is a brain disorder.



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EXECUTIVE DIRECTOR'S REPORT

"It takes a lot of courage to show your dreams to someone else."

Erma Bombeck

I've had many dreams in my life. Some have been shattered, some have been a huge surprise, but most have just worked out differently than I had planned.

I have been in my position as the Executive Director for 5 years now, and involved with NAMI for over 10. When I was growing up, I never imagined that I would have the opportunity / challenge of mental illness as such a huge part of my life. I honestly thought I would be called to be a missionary in a foreign land and to minister to the poor, sick, and needy. Little did I know that the poor, sick, and needy would be in Greenville, SC.

My job is unexplainable. I get to see so many different things and experience a range of emotions that most people could never imagine.

In the last year alone, I have known a child who jumped to his death from an ambulance while being transferred to a psychiatric hospital, grieved with a family whose son's life ended while being served involuntary commitment papers, suffered the loss a friend who committed suicide, seen our mental health system crushed under the weight of demand and budget cuts, and watched as people were sent to jail rather than the hospital for treatment.

On a personal note, I really believed at one time that if I tried hard enough, sought out the best physicians in the

country, had enough faith in God, etc., that my child would be healed from his illness. During most of his 17 years of life, I thought I could change "the dream." I've had to realize that my dreams will always be changing, because life is full of change.

Erma Bombeck said that it takes courage to share your dreams. Well, here is my courage and my dream: One of my greatest joys is teaching others to help themselves and other people. When I see someone who has received treatment, gotten a new job, finally been awarded disability benefits, found a home, and come out of isolation, it fills my heart with gladness. Grass-roots is simply that - planting seeds and watching them grow.

Now, what I have ultimately learned is to lower my expectations from the story I thought my life would be and accept it for what it is. This has brought peace and an understanding about humanity that I never would have learned otherwise.

Be courageous, share your dreams, and let them mold your life into what it is intended to be. Never be unwilling to accept the "new normal" that your life has become.

With a humble heart,

Kelly A. Troyer
Executive Director

NAMI Greenville would like to extend our deepest gratitude to the **Trinity Lutheran Church Foundation** for the approval of a \$10,000 Grant to help provide Crisis Intervention Training in our community.

NOTICE to NAMI GREENVILLE Members

Annual Business Meeting
Hear the good news about all Greenville has done this year
Elect new Directors

Westminster Presbyterian Church
Monday March 14th, 2011 7:30pm
Please mark your calendar to attend!

PROGRAM DIRECTOR'S REPORT



For Parents of school-age children

NAMI Basics is a free, six-session course for parents and primary caregivers of children and adolescents (up to 21 years of age) living with mental illness. The program provides information concerning diagnosis and symptoms, as well as school issues and support.

- Tuesday and Thursday nights for 3 weeks beginning February 22.
- Augusta Street area of Greenville, SC
- Taught by trained NAMI family members who have children with mental illness

The course is free, but pre-registration is required. Call the office at (864) 331-3300 or Cindy Troyer at (864) 201-3598.

NAMI Greenville's 2011 Family-to-Family Education Course

is a series of 12 classes for families of persons with psychiatric disorders. The course balances basic education about the disorders along with skill training, self-care, emotional support and empowerment. For 1st degree adult relatives only (parents, spouse/significant other, sibling or adult child).

Registration for the 2011 Family-to-Family Education Course has begun. Call the NAMI Greenville office if you are interested in this course:

- In Taylors on Tuesdays 6:30pm to 9:00pm beginning March 1st.

The course is free, but pre-registration is required.

Call (864) 331-3300 to sign-up

In Our Own Voice presentations are being very well-received. Two consumers tell their personal stories of recovery from "Dark Days" to "Successes, Hopes, and Dreams." Audience participation and discussion are encouraged, and a brief video with a variety of stories accompanies the presentation. By broadening people's knowledge of mental illness, we replace misunderstanding, fear, and judgment with insight, awareness, and acceptance.

If you know of an organization or church that would like to hear this presentation, please call us here in the office. We can tailor it to last 60 to 90 minutes.

MORE SUPPORT!

Don't forget that we have a support group that is open to both consumers and caregivers. It meets at 6:30pm on the 2nd and 4th Thursdays of each month at First Presbyterian Church, 200 W. Washington Street at the corner of Richardson Street, in downtown Greenville. Ask the security guard how to get to the meeting room on the third floor.

FUN TIME WAS HAD BY ALL

Our December 13 Holiday Party was wonderful! Westminster Presbyterian Church put us in the Pavilion with all its decorations, open space, and amenities. Everyone had a fun time and brought lots of great food. We thank you and all the board members for attending and contributing the terrific gifts.

Fletcher Mann
Program Director

NAMI Support Groups include "Connection" for adults with a diagnosed mental illness; "Caregivers" for adults living with adults with mental illness; "Parents" for parents of school children with mental illness; and "Teens" for teenagers with mental illness.

CHECK OUT OUR NEW WEBSITE AT WWW.NAMIGREENVILLESC.ORG.

PRESS RELEASE FROM NAMI NATIONAL

The Arizona Tragedy and Mental Health Care

NAMI is an organization of individuals and families whose lives have been deeply affected by mental illness.

We share the sadness of other Americans over the Tucson, Arizona tragedy and extend our sympathy to the families of the six individuals who died. We pray for the recovery of U.S. Representative Gabrielle Gifford's and the 13 other persons who were wounded.

When tragedies involving mental illness occur, it is essential to understand the nature of mental illness—and to find out what went wrong.

The U.S. Surgeon General has reported that the likelihood of violence from people with mental illness is low. In fact, "the overall contribution of mental disorders to the total level of violence in society is exceptionally small." Acts of violence are exceptional. They are a sign that something has gone terribly wrong, usually in the mental healthcare system.

Nationwide, the mental health care system is broken. Arizona, like other states, has deeply cut mental health services. Arizona has a broad civil commitment law to require treatment if it is needed; however, the law cannot work if an evaluation is never conducted or mental health services are not available. In specific cases such as this, authorities and the news media should seek to objectively determine every factor that may have contributed to the tragedy—so that we can act on lessons learned.

- Was there a diagnosis?
- What is the full medical history?
- When symptoms were first noticed?
- Did family members receive education about mental illness and support?
- Did the person or family ever seek treatment—only to have it delayed or denied?
- Was the person seen by mental health professionals? By whom? How often?
- Was treatment coordinated among different professionals?
- Was the person prescribed medication? Was it being taken? If not, why not?
- Was substance abuse involved?
- What may have triggered the psychiatric crisis?

A TEACHABLE MOMENT – In your communities, reporters, friends and others may be asking "How did this happen?" and "What can we do to make sure it

doesn't happen here?" This is a teachable moment. You may have opportunities to make the same basic points that we have over the last few weeks:

- Individuals and families should not be afraid to reach out for help when they need it and no one should be afraid to offer help.
- It's not about political rhetoric. It's not about guns. It's mental health care. Most people living with mental illness are not violent. The U.S. Surgeon General has said the likelihood is "exceptionally small." Acts of violence are exceptional - which means something has gone terribly wrong.
- The mental health care system is broken. We need to fix it.
- In the last few years, budget cuts have devastated mental health services in all states - not just Arizona.
- We need to strengthen the system so that people can get the right help at the right time.

The tragedy in Arizona serves to remind us how fragile and important treatment and services for people with serious mental illnesses. These services have been severely eroded in recent years at the same time that demand has increased. With appropriate treatment and supports, people with these mental illnesses can recover their ability to lead independent, productive lives as citizens and taxpayers.

If any good can result from a tragedy such as this it is to increase our understanding of how important our mental health care system of care for people with mental illness, demand accountability and ensure that lives are spared.

Sincerely,
Mike Fitzpatrick
Executive Director
NAMI National

NAMI NATIONAL CONVENTION!

Chicago, July 6-9, 2011

For program and hotel information, see <http://www.nami.org>,

On the left, click on *Inform Yourself*

Select *Upcoming Events*

Select *NAMI's Annual Convention*

MEMBERSHIP

How To Join

It is easy to become a member of NAMI Greenville, SC. By joining together we have a big voice. Join with us to fight the battle against stigma, to educate our community that mental illnesses are brain disorders, and to advocate for better care and treatment for our loved ones.

Mail in this Form or join online at www.nami.org and check Become a Member!

To join and/or donate, complete the form and payment information below, then send to:

NAMI Greenville, SC
2320 E. North St., Ste. L
Greenville, SC 29607-1250

MEMBERSHIP FORM

Name _____

Address _____ Apt.# _____

City _____ State ____ Zip _____-_____

Phone #s (____) _____-_____, (____) _____-_____

E-mail Address _____

Full Membership Dues for Local, State, & National ____ \$35 Individual or Family Affiliate

____ \$5 Consumer, limited income

Sub-total **Membership** Amount \$ _____

DONATION FORM

Help identify mental illness early for the best treatment and the hope of avoiding later tragedies. Support such programs as:

- Parents & Teachers as Allies: 2-hour parent and teacher in-service training to watch for possible signs of illness and get children on the right track.
- NAMI Basics: 15-hour parent education concerning diagnosis, symptoms, school issues, and support.

____ \$25 ____ \$50 ____ \$100 ____ \$200 Other \$ _____

Sub-total **Donation** Amount \$ _____

Total Amount charged or enclosed \$ _____

Payment with: ____ Check ____ Visa ____ MasterCard ____ Discover ____ Other

Credit Card # is: _____ Expiration Date: __/__/__

Signature: _____

Your Contribution to NAMI Greenville is tax deductible as provided by law. NAMI is a not-for-profit 501 (C) (3) organization. Make Checks payable to NAMI Greenville.

NAMI Greenville is going GREEN

Members can elect to receive the newsletter by US mail or by email. Non-members will receive the newsletter by US mail for 3 months. After that, you must become a member to receive the newsletter by US mail.

Current and back issues of the newsletter will be available to anyone via our website, www.namigreenvillesc.org.

Call our office or send your email address to newsletter@namigreenvillesc.org. Email addresses are confidential and will not be shared with other organizations.

NAMI WALK, GREENVILLE, JUNE 18, 2011

"Take me out to the ball game"

"Take me out to the ball game,
Take me out with the crowd.
Buy me some peanuts and Cracker Jack,
I don't care if I never get back,
Let me root, root, root for the home team,
If they don't win it's a shame.
For it's one, two, three strikes, you're out,
At the old ball game."



We are so excited to announce that the 2011 NAMI Greenville Walk (drum roll) will be at Fluor Field in the historic West End this year! Yes, home of the Greenville Drive. HURRAY...more visibility, a family affair, and a beautiful location!

The date of the walk is **Saturday, June 18th, 2011**. We will have registration at 3pm and the Walk will begin with a Greenville City Police escort promptly at 4pm. At 5:30pm, we will have a brief post celebration at The 500 Club with water and lemonade.

The Greenville Drive will have a game that evening. Plan to stay and enjoy the game. Before the game, NAMI will have a big shout out to the crowd and get to parade around the field. **YOU WILL BE A WALKING ADVERTISEMENT FOR NAMI**, so wear your NAMI shirts, your team shirts, or wear a royal blue (NAMI color) t-shirt.

In the 7th inning of the game, we will get some "NAMI Time" on the big screen. Stay tuned for more information. ARE YOU EXCITED YET?

Tell all your friends, neighbors, and everyone you know. We have a new location, new and existing sponsors, and plan to "hit it out of the park" this year.

SAVE THE DATE...THE NAMI WALK KICKOFF LUNCHEON WILL BE HELD AT THE 500 CLUB AT FLUOR FIELD ON WEDNESDAY, **April 27th 11:30am -1:00pm**. This luncheon is for Sponsors and anyone interested in being a Team Captain this year.

For more information contact Elaine Hester, Walk Manager at (864) 517-7078, Lucy Blackburn, Co-Manager at (864) 848-4620 or go to our website at www.namigreenvillesc.org

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Greenville

2320 E. North St., Ste. L, Greenville, SC 29607

NAMI Greenville Monthly Support Groups

Connection & Caregivers

Every Monday at 6:15 p.m.

Westminster Presbyterian Church, 2310 Augusta Road

2nd & 4th Thursday at 6:30 p.m.

First Presbyterian Church, 200 W. Washington Street

NAMI Anderson, Oconee, Pickens Monthly Support

Groups

Connection - last Monday at 6 p.m.

Tri-City Baptist Church, 1401 Griffin Mill Road, Easley

Support Groups & Events

January 31	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
January 31	Connection Support Group	6:00 pm	Tri-City Baptist Church, Easley
February 7	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
February 10	Combined Support Group	6:30 pm	First Presbyterian Church
February 14	All Support Groups	6:15 pm	Westminster Presbyterian Church
	Valentine's Day Social	7:30 pm	
	Punch, cookies, cake, games, prizes and fun		
	Come celebrate with us!		
February 21	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
February 24	Combined Support Group	6:30 pm	First Presbyterian Church
February 28	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
February 28	Connection Support Group	6:00 pm	Tri-City Baptist Church, Easley
March 7	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
March 10	Combined Support Group	6:30 pm	First Presbyterian Church
March 14	All Support Groups	6:15 pm	Westminster Presbyterian Church
	Annual Membership Business Meeting, 7:30 pm		
March 21	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
March 24	Combined Support Group	6:30 pm	First Presbyterian Church
March 28	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
March 28	Connection Support Group	6:00 pm	Tri-City Baptist Church, Easley
June 18	NAMI Walk	3:00 pm	Registration Fluor Field

