



Open your mind, mental illness is a brain disorder.

**“ Never apologize for showing feeling. When you do so, you apologize truth.”**

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## **EXECUTIVE DIRECTOR’S REPORT**

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*Isolation - One of the reasons our society has become such a mess is that we’re isolated from each other.*  
- Maggie Kuhn

Being the Executive Director of NAMI Greenville is such a rewarding and challenging task. I have the opportunity to see the fruits of all of our volunteers, educational classes, and support groups.

One common thread that I hear from most everyone is that they are ashamed of what is happening in their lives. We all pretty much have the same base story and feel like no one else has ever experienced what we are going through. Of course, these are legitimate concerns if you have been shunned by your family, friends, lost a job, fired by a mental health professional, kicked out of church. You get the point, right. But the last thing to do is to isolate.

I struggle with this myself. I think I can deal with all of the things on my plate. When in fact, I cannot and God has placed many people in my life to be a support system. For most of us, the biggest journey we will take is the inward one. Unless we know who we are, how can we offer what we have? This, of course, includes self-awareness and self-respect. It is hard to gain these attributes when you are alone.

NAMI Greenville has weekly support groups that are changing people’s lives. Why don’t you come and check it out. Talk to someone who understands and has empathy for what you are going through. One of the

best things about group is when we get to celebrate the victories...someone is approved for disability, gets a new job, medication stabilization, getting rest, going to Florida (a theme in the Caregiver group). It is a safe place to share and be understood. We all need that! When the going gets tough, do not isolate! Reach outside of yourself and get support. It is vital to your mental health and everyone around you.

We are all in this life together. If you do not have a support system, start building one. If you have an unhealthy support system, start weeding out the bad and replace them with healthy loving people who will be honest with you, hold you accountable, and be a true friend! If you have a healthy support system, thank the Lord for that blessing and reach out to someone you can mentor to “get unstuck” and move forward to a healthier standard of living.

Take Care of Yourself!

Kelly A. Troyer  
Executive Director



### **ATTENTION CAREGIVERS!**

Our August and September educational meetings will be Parts Three and Four of our Law Enforcement series. August’s speaker will be Marie Livingston, with the Greenville County Detention Center, and our September speaker will be Cathy Stone, LISW-CP, and a support group volunteer at the Greenville Detention Center.

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# YOU GUYS KEEP US SO BUSY!

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## EDUCATION, SUPPORT, AND NATIONAL RECOGNITION

As you can see from the notices throughout this newsletter, we have three education courses starting in August and September. Consumers, caregivers and mental health providers each have a separate course to address the needs and concerns specific to their group. You need to pre-register by calling the office at 331-3300.

There are also two very good Monthly Education Meetings coming up August 10 and September 14. They comprise the second-half of a four-part series on how the criminal justice system handles a mental health crisis. These meetings are open to the public.

We also have four support groups that meet on an ongoing basis. A summary of those groups is listed below. There is no registration. Simply drop by any time you need to talk or want to share a positive experience or coping skill with others.

*All of the above is free.*

NAMI national just recognized our Connection Support Group at Westminster Presbyterian Church with a "Certificate of Excellence" for "consistent group data reporting, leading to a better understanding of the population served by the NAMI Connection Program." It is nice to have our efforts here in Greenville recognized. All our facilitators for that group deserve a pat on the back and our "thanks:" Kathy Andruzzi, John Bloomquist, Tom Carr, Sandra Ledbetter, Fletcher Mann, Janet Morgan, Sheryl Sparks, and Mark Travaglini.



Fletcher Mann  
Program Director

*On the road to mental health recovery?  
Learn more about diagnoses, treatments,  
coping skills, & relapse prevention.*

Peer-to-Peer Education Course for adult consumers  
making a recovery.

Thursdays 6:30 to 8:30pm  
9 weeks beginning in mid-September  
Augusta Road area

Preregistration required.  
Call the NAMI office at 331-3300

*Starting August 25!!  
What every family needs to know.*

Family-to-Family Education Course  
Tuesdays 6:30-9 p.m.  
August 25 to November 10  
Taylors First Baptist Church  
400 W. Main St., Taylors, SC

Preregistration required.  
Call the NAMI office at 331-3300.

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*CEU's for Mental Health Providers*

NAMI's Provider Education Course  
Starting Tuesday afternoons August 25  
for 10 weekly sessions  
Marshall Pickens Hospital

For pre-registration, call 331-3300 or  
see the AHEC website

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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.

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## DINING FOR NAMI

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The 2009 Dining for NAMI is on the horizon. It will be held at Thornblade Club on Friday, October, 23<sup>rd</sup>. Kimberly Fields and Beverly Kellett will be our Event Advisors this year. Dorit Reichental and Lynn Terry are co-chairing the event along with an awesome committee of NAMI Friends. This year we will celebrate recovery, resilience, & resting in hope.

We are in the process of soliciting silent/live auction items and gathering hosts for the tables. If you are interested in helping out in any way, call the office at 331-3300.

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### Support Groups

#### Every Monday at 6:15pm

- Caregivers Support Group
- Connection Support Group

Westminster Presbyterian Church  
2310 Augusta Street, Greenville SC

#### Second Mondays at 6:15pm

- Parents Support Group
- Teen Support Group

Westminster Presbyterian Church

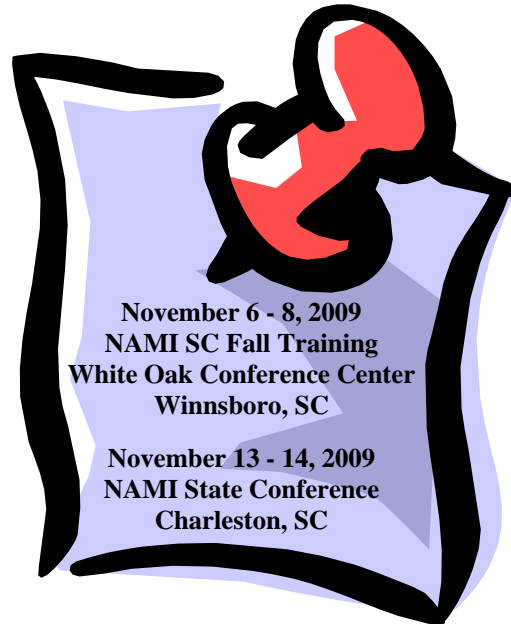
#### 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at 6:30pm

- Connection Support Group

First Presbyterian Church  
200 W. Washington St., Greenville, SC

When attending one of NAMI Greenville's support groups, please take time to fully complete the sign-in sheet. Print your information and include your entire mailing address, e-mail, and contact number. This information stays exclusively with NAMI Greenville and is vital for obtaining funding so we can continue our mission.

## SAVE THE DATE



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## BOARD OF DIRECTORS

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# NAMI Greenville

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

## **NAMI Monthly Support Groups**

### **Every Monday at 6:15 p.m.**

Connection & Caregivers Support Groups  
Westminster Presbyterian Church  
2310 Augusta Road, Greenville, SC.

### **2nd & 4th Wednesday at 6:30 p.m.**

Connection Support Group  
First Presbyterian Church  
200 W. Washington St., Greenville, SC.

**Educational Meetings** are held on the second Monday of each month, at 7:30 p.m. at Westminster Presbyterian.

## Calendar of Events

<b>August 3</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>August 10</b>	All Support Groups <b>Educational Meeting, 7:30 p.m. Guest Speaker: Marie Livingston, Manager, Mental Health Division, Greenville County Detention Center.</b>	6:15 p.m.	Westminster Presbyterian Church
<b>August 12</b>	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
<b>August 17</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>August 18</b>	NAMI Connection Support Group	6 p.m.	St. Matthew's Episcopal Church Spartanburg
<b>August 24</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>August 26</b>	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
<b>August 31</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>August 31</b>	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
<b>September 7</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>September 9</b>	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
<b>September 14</b>	All Support Groups <b>Educational Meeting, 7:30 p.m. Guest Speaker: Cathy Stone, LISW-CP, Volunteer Support Group Facilitator, Greenville County Detention Center.</b>	6:15 p.m.	Westminster Presbyterian Church
<b>September 15</b>	NAMI Connection Support Group	6 p.m.	St. Matthew's Episcopal Church Spartanburg
<b>September 16</b>	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
<b>September 21</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>September 28</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>September 28</b>	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
<b>October 5</b>	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
<b>October 12</b>	All Support Groups <b>Educational Meeting, 7:30 p.m. Guest Speaker: TBA.</b>	6:15 p.m.	Westminster Presbyterian Church