June/July 2010

Open your mind, mental illness is a brain disorder.

NAMI Greenville

National Alliance on Mental Illness

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"The problems that exist in the world today cannot be solved by the level of thinking that created them."
- Albert Einstein

Executive Director's Report

Once you read the first paragraph, or two of our cover story, you might think it sounds familiar, and, you would be right. This is actually a letter many of us received in the mail along with a NAMI Membership Form. If you are not a NAMI member, please make plans to become one and if you are already a member, make sure your dues are up-to-date.

As you already know, NAMI is the nation's largest mental health advocacy organization representing adults and children living with mental illness and their families. From its inception in 1979, NAMI has been dedicated to improving the lives of individuals and families affected by mental illness.

For three decades, loyal supporters, like you, have established NAMI as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in NAMI's mission have produced profound changes. NAMI's greatest strength is...our members and leaders. We are the families, friends and individuals that serve to strengthen communities across the country.

The good news is that President Obama is proposing $1.5 billion for basic scientific and clinical research at the National Institute of Mental Health. This is a $51 million increase...and is in line with the overall 3.2% increase proposed across...institutes and centers at the National Institute of Health (NIH).

The bad news is that the gap between research and practice in mental health is wide and longstanding. While significant research advancements have been made in developing effective treatments and services...interventions continually fail to reach those persons...who need them most.

The National Institute of Mental Health (NIMH) has invested in research to develop effective treatments for many mental illnesses. Unfortunately, this research and related scientific advances have not changed the way services are delivered to the overwhelming majority of adults and children with mental illness and their families. Research shows that early access to effective treatment lessens the long-term disability that worsens with untreated or ineffectively treated mental illness.

NAMI...is working to close the research to practice gap. Consumers and Families represent a key conduit between research advancements and implementation in practice. Consumer demand for effective treatments and informed families asking the right questions about the availability of effective interventions is essential and promises to move the mark in the availability of research-based treatment.

The power of a united voice, advocating for change, cannot be underestimated. Together, we will continue to push to close this serious disconnect between information released by the research community and those who could benefit most from advancements in science when it comes to treating mental illness.

We must strengthen the NIMH services' research portfolio to invest federal research dollars into determining which interventions are most effective for particular individuals living with mental illness. They must personalize medicine and undertake research to figure out why individual practitioners and public agencies fail to deliver services we know work.

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THANK YOU!!
...to all who participated in this year's NAMI Walks for the Mind of America 2010. NAMI Greenville wants to say "Thanks" to all the sponsors, in-kind donors, fire department, celebrity guests, Beach Bob, service dogs, our beautiful upstate beauty queens, Hands-on-Greenville, and most of all our Walk Teams!

NAMI Greenville, North Executive Plaza, Suite L, 2320 East North Street, Greenville, SC 29607
Phone: (864) 331-3300 Fax: (864) 331-0483 E-Mail: INFO@NAMIGREENVILLESC.ORG

NAMI Happenings

NAMI Greenville was well represented in recent statewide training. Cindy Troyer and Nancy Johnson taught new presenters for *Parents and Teachers As Allies*, which helps teachers and counselors identify children early who are at risk for a mental illness.

Muriel Hill-Rowley, Sandra Ledbetter, Fletcher Mann, and Ann Trimnal were certified as presenters for *In Our Own Voice*, a one-hour presentation made to churches, civic groups, schools, and other organizations about illness and recovery. John Bloomquist and Raj Gavurla were previously trained and have made excellent presentations.

If you know of any schools or groups that could benefit from either of these presentations, please call our office at 331-3300.

NAMI SC Annual State Training
November 11-14, 2010 at White Oak Conference Center, Winnsboro, SC. Call Fletcher if you have an interest in applying for training.

2010 NAMI National Convention

Plan your summer 2010 vacation now! NAMI National will have its annual convention in Washington, DC from June 30 to July 3 to coincide with the Fourth of July celebration in our nation's capitol. The convention will end on the evening of the third so that families can join in on all the Independence Day festivities.

"A Capitol Fourth" includes day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, it's ALL FREE!

Convention registration fees are reasonable, especially with member and early bird discounts. And, the Hilton's discounted NAMI convention hotel rates of $155/single and $165 double are good through July 6. So, make your travel plans now and join us in Washington, DC! See www.nami.org to register or for more information.

Starting August 24, 2010!!
Family-to-Family class in Taylors.

Pre-registration required.
Call the NAMI office at 331-3300.

Take Us Along!

Are you going to the doctor this week? Would you be willing to take some NAMI literature with you for the doctor's lobby? We have found many doctors' offices willing to put NAMI literature in their lobbies, especially when it is a patient who asks. Psychiatrists' offices are particularly appreciative of having the material, but general physicians are interested as well. And you reach people who are in need and seeking help. Come to our office or a support group to get a packet.

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

Peer-to-Peer Education Course
for adult consumers serious about recovery.
Tuesdays 6:30 to 8:30 p.m.
10 weeks June 22 to August 24, 2010
Augusta Road area

Pre-registration is required.
Call the NAMI office at 331-3300.

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.

In Other News…

Continued from page 1.

We have many challenges in 2010. NAMI will remain strong, focused and committed to provide support, education and advocacy on behalf of the millions of Americans who live with mental illness.

Without individuals like you, and the support you have provided in the past, NAMI's continued progress and impact on mental illness research and services would not be possible.

That's why I'm turning to you, once again, to help us move forward with these efforts. You will be helping our members who are consumers, families, and friends of people with mental illnesses, such as bipolar disorder, major depressive disorder, schizophrenia, schizoaffective disorder, and other severe and persistent mental illnesses…

Together, we are moving closer to making recovery a possibility for individuals with serious mental illnesses. Thank you for being there for NAMI, so NAMI can be there for others.

Article written by Michael Fitzpatrick. He currently serves as Executive Director of NAMI National in Virginia and has his master's degree in Social Work.

Sympathy

Dorit Reichental on the loss of her sister, Nira Paredes.

John Bloomquist on the loss of his mother.

Myra Bonner on the loss of her mother mother.

Please remember our friends in your prayers.

Dial 211…

...for directory of services from medical services to transportation to animal control to recycling pickup.

Or you can visit them at http://cg.servicept.com/sc211.

NAMI Walks
National Alliance on Mental Illness

Our WALK was a huge success!

Thank you so much for your efforts in the 2010 NAMI Greenville WALK! We had over 900 walkers present, television coverage, wonderful cheerleaders and dancers to greet our guests, massages, Home Depot craft projects and many other fun activities.

We are *so close* to beating our goal!

Fundraising Goal: $60,000

Current Total: $57,946.25
Progress: 97%

Please help us pass our goal by:

- Consider making a(nother) donation on our website www.namigreenvillesc.org, then donations
- Sending one final push email out to your contacts

"You may or may not know that I participated in the 2010 NAMIWalk in Greenville a few weeks ago and I want to thank everyone that has contributed so generously. If you have not yet had a chance to make a donation it's not too late! Please go to our website, www.namigreenvillesc.org, and help NAMI Greenville beat their goal of $60,000! Any amount will be very much appreciated and your help could make the difference!

NAMI SC Annual Convention
October 22-23, 2010

at Embassy Suites in Columbia, SC.
Reception and awards on Friday night.
Convention seminars, luncheon and keynote speaker on Saturday. Come for the day, one night, or two nights. Register at www.namisc.org.

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NAMI Greenville
National Alliance on Mental Illness
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.

Support Groups/Events

June 7	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
June 9	Connection Support Group	6:30 p.m.	First Presbyterian Church
June 14	All Support Groups **Educational Meeting, 7:30 p.m.: Presentation by Safe Harbor.**	6:15 p.m.	Westminster Presbyterian Church
June 15	Connection Support Group	6 p.m.	St. Matthew's Episcopal Church Spartanburg
June 21	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
June 22	Peer-to-Peer Educational Course	6:30 - 8:30 p.m.	Augusta Road area
June 23	Connection Support Group	6:30 p.m.	First Presbyterian Church
June 28	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
June 28	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
June 30	**NAMI National Convention in Washington, DC.**		
July 5	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
July 12	All Support Groups **Educational Meeting, 7:30 p.m.: Pot luck supper, fun & fellowship!**	6:15 p.m.	Westminster Presbyterian Church
July 14	Connection Support Group	6:30 p.m.	First Presbyterian Church
July 19	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
July 20	Connection Support Group	6 p.m.	St. Matthew's Episcopal Church Spartanburg
July 26	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
July 26	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
July 28	Connection Support Group	6:30 p.m.	First Presbyterian Church
August 2	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church