



Greenville South Carolina

NAMI WALKS TO STRIKE OUT STIGMA!

In Memory of Doug Stevens 1932 to 2010, a long time NAMI supporter

Saturday June 18th
Fluor Field
Downtown Greenville
Check-in 3:00pm
5K Walk 4:00pm

Parking

Park at County Square, 301 University Ridge, then take the shuttle or walk to the Main Street entrance of Fluor Field, 947 S. Main St.

Individual and Team Sign-Up

Click on Full Details and Registration at www.NamiGreenvilleSC.org. Choose from Form Team, Join Team, Walk as an Individual, Donate to Our Walk, Sponsor Our Walk. You will be guided through the process. You can set up a Walker page, promote your walk to friends, recruit team members, raise funds online, and more.

If you have any questions, or need a Walker brochure, call Elaine Hester, Walk Manager, (864) 517-5336 or Lucy Blackburn, Assistant Walk Manager, (864) 848-4620.

Our mission

Your efforts bring awareness to others about the need for accessible quality mental healthcare. So, come Walk with us on June 18th. It will be a memorable day filled with fun. You will be supporting a wonderful organization that does so much in education, support, and advocacy for an overlooked, underserved community.

Help us **HIT A HOME RUN FOR NAMI!!!**

NAMI's biggest awareness and fundraising event! Advance registration at NAMI Greenville's website, www.NamiGreenvilleSC.org.

Donations and Prizes

Register, donate any amount, and then raise money from family and friends for NAMI's outstanding support, education, and advocacy programs. All donations are tax deductible and stay in Greenville.

Raise \$100 or more and receive a *NAMI Walks* t-shirt.

We will give away 300 tickets for the Greenville Drive baseball game at 7:00 pm to the Team Captains and Members who raise the most money as of Friday June 10. NAMI will be featured on the big screen during the 7th inning stretch.

Fun

Face painting, Bounce House, playground, craft kits, fire engine and Greenville Recreation pool passes for the children! Massages, comedy by Café and Then Some, coupons to Sticky Fingers and Liquid Highway for the adults.

The Route

Angela Rodriguez of WYFF4 News will cut the ribbon at 4pm. We will parade around the baseball field and then walk through downtown and along the Swamp Rabbit Trail and return to the stadium. View walk route map on our website.

Pets

Only Service and Therapy Dogs are allowed on Fluor Field, but your pets are welcome to join the rest of the Walk. Please make arrangements for someone to wait outside with your pet, if you bring one, until the Walk begins.



John Mauldin is ready for fun at the ball park!

INFORMATION & NEWS

Mental Illness, An Illness like any Other **What you need to know about mental illness**

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD) and borderline personality disorder. It is common for a person to have more than one mental illness diagnosis. The good news is that recovery is possible.

Mental illness can affect persons of any age, race, religion or socioeconomic status. The World Health Organization has reported that 4 of the 10 leading causes of disability in the US and other developed countries are mental illnesses. They affect family members and society in general.

Mental illness is not the result of personal weakness, lack of moral character, or poor upbringing. It often co-occurs with substance abuse. This can complicate getting a good treatment plan, so substance abuse needs to be addressed in a comprehensive and coordinated way if it is an issue.

Most importantly, mental illness is treatable. Most people diagnosed with serious mental illness can experience relief from symptoms with comprehensive treatment including therapy, medication, peer support, and supported employment.

Meaningful work, volunteer or school roles, supportive relationships, diet, exercise, and sleep contribute to overall wellness.

South Carolina's Mental Health Budget Cuts are the 2nd largest in the Nation

Over the past two years, South Carolina has made the 2nd largest cuts (by percentage) to mental health services of any state in the USA. Those of you who are NAMI members can read more details on the nature, significance, and consequences of these cuts on pages 6 and 7 of the *Advocate*.

PS: As of this writing, our state is on course for additional cuts for the coming year. Likewise, we are on course for a mental health disaster.

Let your state representatives know how this affects you. Call to their attention that each dollar cut from the state budget means that we lose an additional 3 federal dollars.

Overall costs rise and health treatment costs shift to hospitals, detention centers, homeless shelters and law enforcement.



Kelly Troyer and Harriet Van Hale happily display the check from GWG's host as Fletcher Mann looks on.

NAMI Greenville would like to extend our deepest gratitude to

Greenville Women Giving (GWG)

for a **\$43,742** grant for Crisis Intervention Training over the next 2 years.

GWG provides funding for high impact programs to underserved groups in the community.

We were honored to be chosen by this prominent organization from a long list of applicants.

PREPARING FOR DISASTERS

Members who receive NAMI's magazine *Advocate* should take a look at pages 8 and 9 of the Spring 2011 issue. The article "Preparing for Disasters" asks the question: "Are we prepared for the needs of individuals living with serious mental illness after disasters?"

Those individuals face unique and serious problems when disaster strikes. We have seen this problem during disasters, large and small: Hurricane Katrina; earthquakes, wildfires, and mudslides in Los Angeles; and your own home fire or breakdown on the highway.

"Preparing for Disaster" poses several issues for us to consider and provides a list of items to keep on hand. They can be lifesavers.

The *Advocate* is NAMI's quarterly, print magazine sent to our full dues-paying members. A \$35 membership includes full membership in NAMI at all three levels – national, South Carolina, and Greenville. See the membership and donation form in this newsletter.

NAMI WALK KICK-OFF LUNCH



Special attendees, Jean Stevens, widow of honoree, with her daughter Nancy, made this a poignant event



Walk Managers Elaine Hester and Lucy Blackburn lead the pep rally



Thanks to the generosity of the **Carolina Center for Behavioral Health**, the Kick-Off Luncheon for the 7th annual NAMI Walk was both a moving and a festive event creating excitement about the Walk as well as providing training for Team Captains.

If there are Team Captains who were not able to attend the Luncheon, please contact Elaine Hester, 864-517-5336, to make arrangement to receive your Team Captain packet. With just 2 weeks until Walk Day, it's time to recruit as many walkers as possible and network to receive donations.



Carolina Center staff Stephanie Stephenson & Donna Breimann listen intently to the powerful testimonial of one of our speakers. Untreated mental illness brings tragedy to so many homes.



Kelly Troyer, Executive Director of NAMI Greenville explains what NAMI does for our community and why this Walk is so important

Cravin' Melon at the Handlebar

The Cravin' Melon and Stereo Reform fundraiser at the Handlebar raised \$1,700 for NAMI! Thanks to Paton Blough for organizing this event and to Angela Rodriguez for acting as MC.

During the concert we sold some "Strike Out Stigma" NAMI T-shirts designed by Marie Dunn of redhype ad agency. Some are still available at \$15 each. If you are looking for a great shirt to wear to the Walk, contact Elaine Hester.

SIMPSONVILLE POLICE, CRISIS INTERVENTION TRAINING

Right on the heels of the Greenville Giving Women grant of \$43,724 for Crisis Intervention Training (see other article in this newsletter), we were underway with our program.

Piedmont Mental Health Center, NAMI South Carolina, and NAMI Greenville teamed up to provide this invaluable training for the Simpsonville Police Department. There were 22 officers on May 10 and 24 officers on May 12 who attended the four-hour version of the course.

Almost every officer in the department has now been trained in either the four or forty hour courses. Chief Charles Reece is committed to CIT and expects to have other officers take the full forty-hour course to be offered in October.

Please let Chief Reece and the officers of the Simpsonville PD know how much you appreciate their dedication to a safer, more compassionate approach to mental health crises. It could save a life – your life or that of a loved one.

JOIN NAMI TODAY

MEMBERSHIP OR DONATION

Join the thousands of Americans dedicated to improving the lives of people with mental illness. For just \$35 per year, you become part of the National Alliance on Mental Illness at the national, state, and local levels. Member benefits include NAMI's quarterly magazine *The Advocate*; Greenville's bi-monthly newsletter; member discounts on program materials, books, publications, brochures, videos, and specialty items; convention registration discounts; access to our online member community; and more.

Together we have a big voice! We offer each other support. We educate our community that mental illnesses are brain disorders. We advocate for better care and treatment for ourselves or loved ones.

Together we can "Strike Out Stigma!"

To join and/or donate, complete the form and payment information below, and 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

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

DONATION FORM

Support such programs as:

- In Our Own Voice: a presentation by two people living with mental illness, who share compelling, personal testimonies of facing and overcoming the challenges posed by mental illness.
- Family-to-Family Education Course: a series of 12 classes for families of persons with psychiatric disorders. Learn the basics about the brain, diagnostic criteria, medications, communication skills, problem solving, and self-care.

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

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

Total Amount charged or enclosed \$ _____

Payment with: ___ Check ___ Visa ___ MasterCard Credit Card Security Code ___ ___ ___

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

Signature: _____

Dues and contributions to NAMI Greenville are tax deductible as provided by law. NAMI is a not-for-profit 501 (c) (3) organization. Make checks payable to NAMI Greenville.

PROGRAMS

FINANCIAL REPORT 2010

Total Year Income

Donations	\$6,312
Awareness and Fund Raising	\$121,001
Membership Dues	<u>\$3,168</u>
Total Year Income	\$130,481

NAMI does a lot with very little! The office has only two part-time staff assisted by volunteers who donate 250 hours per month. Another 45 volunteers are in the community teaching, facilitating, and presenting our 12 evidence-based programs at no charge. They offer help and hope to hundreds of people affected by mental illness. Our Board members and many more volunteers give thousands of hours for awareness and fundraising events.

Your membership and generous donation provides instructional and course materials. Show your appreciation and support these life-saving programs today.

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 (parent, grandparent, 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 either of these two offerings:

- ◆ In Simpsonville on Thursdays 6:30pm to 9:00pm, beginning July 14 or as soon as the class fills; and ending September 27, or
 - ◆ In Taylors on Tuesdays 6:30pm to 9:00pm, beginning August 23 and ending November 8.
- Both courses are free, but pre-registration is required.

Call the NAMI office (864) 331-3300 to sign-up!

Upcoming 2nd Monday educational meetings

June 13 Educational Meeting

Our final Walk pep rally and registration before the big event on Saturday, June 18! Added bonus: a short presentation about a new mental health resource.

July 11 Social

Ice cream, watermelon, and comedy social!! And hear about the Walk's success. This is going to be good! Celebrate *Independence* from Mental Illness.

Both events will be held from 7:30pm to 8:30pm just after our 6:15pm support groups at Westminster Presbyterian Church, 2310 Augusta St., Greenville.

THE BENEFIT BANK

Each year \$500 million dollars is left on the table in South Carolina - dollars allocated by the federal government for programs most people don't know exist. The Benefit Bank (TBB) is a powerful tool that connects families and individuals to programs that can move them out of poverty and improve their health. TBB can turn programs on paper to resources in hand.

Call NAMI to find out more about this important "one-stop shop" or to make an appointment with Nancy to find out about the programs you and your family may be eligible for.

From Nancy Richey

NAMI NATIONAL CONVENTION!

Chicago, July 6-9, 2011

Wonderful educational programs and the opportunity to share with others from around the country. Inspiring!

For program and hotel information, see

<http://www.nami.org>

- * On the left, click **Inform Yourself**.
- * Select **Upcoming Events**.
- * Select **NAMI's Annual Convention**.

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.

BOARD OF DIRECTORS – 2011

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NAMI Greenville

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

NAMI Greenville 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 6:00 p.m.

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

Support Groups and Events

June 6	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
June 9	Combined Support Group	6:30 pm	First Presbyterian Church
June 13	All Support Groups	6:15 pm	Westminster Presbyterian Church
	Educational Program:	7:30 pm	
	Walk Pep Rally and New Mental Health Resource		
June 18	NAMI Walk	3:00 pm	Registration
		4:00 pm	Fluor Field Walk
June 20	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
June 23	Combined Support Group	6:30 pm	First Presbyterian Church
June 27	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
June 27	Connection Support Group	6:00 pm	Tri-City Baptist Church, Easley
July 4	Independence Day	NO meeting! Celebrate with friends and family!	
July 6-9	NAMI National Conference	Chicago	see nami.org for details and registration
July 11	All Support Groups	6:15 pm	Westminster Presbyterian Church
	Ice Cream Social	7:30 pm	
	With Walk Report, Slideshow and Stories		
July 14	Combined Support Group	6:30 pm	First Presbyterian Church
July 18	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
July 25	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
July 25	Connection Support Group	6:00 pm	Tri-City Baptist Church, Easley
July 28	Combined Support Group	6:30 pm	First Presbyterian Church
Aug 1	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Aug 8	All Support Groups	6:15 pm	Westminster Presbyterian Church
	Educational Program:	7:30 pm	
	Dr Jeff Smith: Latest Developments in Psychiatric Medications		
Aug 11	Combined Support Group	6:30 pm	First Presbyterian Church

NAMI Greenville, North Executive Plaza, Suite L, 2320 East North Street, Greenville, SC 29607

Phone: (864) 331-3300 Fax: (864) 331-0483 info@NamiGreenvilleSC.org