



Greenville South Carolina

THE THING ABOUT HAVING A MENTAL ILLNESS IS THAT THEREAFTER YOU HAVE IT.

Does this surprise or shock you? Some of us build our lives around the “Leave it to Beaver” Model. For those of you too young to know what that is...well, it is the ideal family life in which life is a piece of cake. If you live right or are a good person, then everything is going to be okay. For instance, I thought my life was going to be a decadent chocolate cake- smooth, beautiful, and good to the last bite. Well as it turns out, it is more like a pineapple upside- down cake. It tastes very good... but it’s upside down.

Mental illness can be like a cake. It usually takes more than a box of mix and a can of icing to “get it right”. And we are in the oven our whole life. As soon as we get the right recipe for recovery, it seems that the oven needs to be replaced.

Mental illness does not always fit into our plan. And the worst thing about it is we simply cannot get the illness or our recovery formed the way we want it. If we do, we cannot expect it to stay that way. It is an ever changing process and adjustment.

Some pertinent ingredients for good mental health:

- 1 whole psychiatrist
- 1 firm, but gentle therapist (any size will do)
- 1-3 specified medications (please refer to 1st ingredient)
- 1 cup of fresh air
- 1 tablespoon of exercise
- 4-6 ounces of deep breathing

Add all of the above, fold in friends, family, and/or other

supportive people, mix gently for the duration of your life, keep the temperature as consistent as possible, turn down the oven if you are feeling over-cooked, and don’t forget to put the cherry on top!

The cake of your choice is strongly affected by the recipe you follow. Keep choosing good ingredients and throw out things that have expiration dates.

And if you don’t cook (or don’t have the time to cook), find a darn good bakery. Place the bakery cake on your finest crystal dish and imitate it until you are able to make it yourself.

See you at the Fresh Market!




Kelly A. Troyer
Executive Director

ASK THE DOCTOR

Dear Doctor, do you have any quick tips for constant suicidal ideation? The person feels trapped and probably should be hospitalized, but that is not an option at this time. The person is compliant with medication and weekly therapy. Thanks for your thoughts on this matter,

Concerned Friend

Dear Concerned Friend,

1. Notify their doctor and therapist asap.
2. Remove items the person might use to harm themselves.
3. Have a family member or friend keep the person company (constant) and check in with them regularly.
4. Find an activity other than staying alone, retreating, or regressing--eg getting out with others.
5. Be ready to take them to the hospital or call 911.

PLEASE REMEMBER NAMI IN YOUR YEAR-END GIVING

Our programs are free, and reach children, parents, other caregivers, consumers, teachers, police officers, EMS, ER personnel, mental health providers, and more.

We don’t have fancy facilities or high overhead. Our funds go to support, education, and advocacy. We operate mostly on the generous donations of individuals, businesses, and charitable foundations. We are a 501(c)(3) non-profit corporation, so those donations are tax-deductible to the extent of the law and they go to work immediately right here in Greenville County.

We thank you for any dollars you can give.

Major Depression

An excerpt from NAMI's *Mental Illness: An Illness Like Any Other*.

A serious medical illness that is much more than temporarily feeling sad or blue, major depression involves disturbances in mood, concentration, sleep, activity, appetite, and social behavior. Unlike typical emotional experiences of sadness, loss or other passing mood states, major depression is a persistent illness that is estimated to affect 15 million American adults (or approximately 7 percent of the U.S. adult population) in a given year. It is the leading cause of disability in the U.S.

Major Depression can occur at any age and people of all cultural and socioeconomic groups experience this illness. Some individuals may have only one episode of depression in a lifetime, but it is not uncommon for people to have recurrent episodes. More than one-half of the people who experience a first episode of depression will have at least one other episode later in life. Some people may have several episodes in the course of a year while others may have ongoing, chronic symptoms.

Because the outward behavior of a person living with depression often seems relatively normal and rarely disrupts the lives of others to the extent of some other serious mental illnesses, major depression is often misdiagnosed or not diagnosed at all. Left untreated, however, major depression can lead to suicide. As devastating as this illness may be it is highly treatable.

Symptoms

To be diagnosed with major depression, a person has to exhibit five or more symptoms below for two weeks or more. Some of the common symptoms of major depression are:

- ◆ Difficulty falling asleep or sleeping excessively.
- ◆ Decreased or increased desire to eat.
- ◆ Inability to pay attention. Making decisions may seem impossible.
- ◆ Loss of energy: Inability to perform normal daily routines. Slowed responses.
- ◆ Loss of interest : Loss of capacity to experience pleasure
- ◆ Low self-esteem: Thoughts of losses or failures, guilt and negative thoughts.
- ◆ Feelings of hopelessness: Belief that nothing will ever improve; thoughts of suicide.

Causes

A possible chemical dysfunction in the brain, along with genetic factors, may play a role in the development of depression. Life events – such as the loss of a loved one, physical illness, financial or relationship problems and chronic stress - may also trigger depression.

Treatment

Basic types of treatment for depression - medication, psychotherapy, transcranial magnetic stimulation and

electroconvulsive therapy (ECT) - may be used alone or in combination. Peer support and education, as well as attention to health and wellness, are recognized components of most people's treatment plan. Evidence suggests ECT combined with medications is a viable treatment option for some individuals.

Medication: Researchers believe that antidepressants work to correct imbalances in neurotransmitters (chemicals that naturally occur in the body and brain) like serotonin, dopamine and norepinephrine that are thought to play a role in depression. Four groups of antidepressant medications are most often prescribed for depression: tricyclic antidepressants (TCAs), monoamine oxidase inhibitors (MAOIs), selective serotonin reuptake inhibitors (SSRIs) and selective norepinephrine reuptake inhibitors (SNRIs).

Most people respond to treatment with antidepressants, and those with recurring depression may need to continue treatment with medication to prevent further episodes.

Psychotherapy: Research affirms that the best treatment for people with major depression is a combined approach that includes both medication and "talk" therapy. Several types of psychotherapy are effective for depression, including cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT). In general, these two types of therapies are short-term and usually last only 10-20 weeks.

Transcranial magnetic stimulation (TMS) is a noninvasive, novel method using magnetic fields to excite neurons in the brain in the hope of improving chronic depression symptoms. Brain activity can be triggered with minimal discomfort. TMS is a newer brain stimulation method designed to treat depression when standard treatment doesn't work. Get more facts in NAMI's TMS fact sheet, available www.nami.org/tms.

Electroconvulsive therapy (ECT) is a highly effective treatment for severe depression episodes. When the combination of medication and psychotherapy is ineffective or if treatments are too slow to relieve severe symptoms, such as psychosis or thoughts of suicide, ECT may be considered. Recent evidence suggests that ECT, along with medication is a viable treatment strategy for some individuals.

Recovery

With treatment, approximately 80 percent of people living with major depression can return to their usual activities and feelings, usually in weeks or months. As one major National Institute of Mental Health (NIMH)-funded study found, if one medication or therapy does not work, often another will. Treatment success depends on the type of depression, its severity and duration, individual response to treatment, the person's support network and the perseverance of the individual. To learn more about major depression, read NAMI's *Understanding Major Depression and Recovery* brochure, available at www.nami.org.

EVENTS



Greenville Police CIT class



Fletcher accepting award at State Conference 2010

CIT TRAINING

Crisis Intervention Training will be held from Monday through Friday, October 10 -14 at the **Greer Police Department, corner of Poinsett and Main**, (not the new city hall). Police officers and EMS from our area will spend an entire week learning about mental illness and how to deescalate a crisis. We hope you can appreciate the investment our first responders are making to protect the public and cope with mental illness in an effective and respectful manner.

Please show your appreciation and help these officers further their education by serving as a **role-player on Friday, October 14 from 8:00am to 2:30pm**. You can choose a time slot, then pick from a variety of scenarios, watch a reenactment, and then play your part when you feel ready. It is fun and a learning experience for everyone. Email info@namigreenville.org or call 331-3300 to signup. A free lunch is provided from 11:30am-12:30pm if you order ahead.



CIT training class

NAMI SOUTH CAROLINA STATE CONFERENCE, 25TH ANNIVERSARY

NAMI South Carolina will celebrate its 25th Anniversary at the Annual State Conference to be held **Friday-Saturday, October 28-29, Embassy Suites, Columbia**. We want to have a large crowd in attendance for the festivities, fellowship, and education, and we urge you to join us.

A Reception and Awards Ceremony will occur on Friday night. Conference plenary sessions, breakout sessions, and a luncheon with a keynote speaker will be held on Saturday. Past conferences have had excellent speakers on medicines, other therapies, research, consumer rights, etc. With the state capitol, university, medical school, and law school in Columbia, we expect equally good programs this year.

If you, your business or agency would like to be a presenter, sponsor, or exhibitor, please contact Development Director Marsha Clayman at 803-733-9592 or Marsha.Clayman@namisc.org.

Come for the day, one night, or two nights. Conference registration and hotel costs are reasonable. See www.namisc.org for details.



Fletcher, Kelly & Peggy enjoying State Conference 2010

PROGRAMS

UPCOMING 2ND MONDAY EDUCATIONAL MEETINGS

October 10 – We will have South Carolina’s first screening of a **very special documentary, “A Sister’s Call.”** On a personal note, Call Richmond and I graduated together from Greenville High School in 1969. In 1977, Call disappeared, not to be heard from for the next 20 years. After years of searching, his sister Rebecca Schaper found him homeless and suffering from severe paranoid schizophrenia. Over the next 10 years, Rebecca documented the story of her efforts to bring Call back to health, to reunite the family, and to acknowledge and deal with the family secrets of mental illness, suicide, sexual abuse, drug and alcohol addiction, anorexia, and homelessness. It is one of the most powerful mental health documentaries I have seen.

By luck or providence, I spoke to Rainbow House several years ago. I did not recognize Call in the group, but he telephoned his sister about my personal story. The wheels were set in motion. It led to our meeting, filming at NAMI’s 2009 Walk, and planning with producers, directors, distributors, churches, and Probate Court.

Note the change in schedule: we will start our educational meeting at 6:15pm and show the documentary at 6:30pm. A special donor will provide popcorn and soft drinks during the showing. The Richmond and Schaper families will be with us from Greenville and Atlanta to answer questions afterwards. If time permits, we will have brief support groups to deal with emergency situations only.

I hope that you will find this documentary as powerful as I have and **join us at 6:15pm, Monday, October 10 at Westminster Presbyterian Church.**

November 14 - Dr Gergana Dimitrova, Psychiatrist, Carolina Center for Behavioral Health will talk on geriatric psychiatry at our usual 7:30 pm.

Mental Illness Awareness Week is October 2-8, 2011. See pages 3 to 6 for all the activities NAMI Greenville has planned for this week and the rest of the month. Page 2 of last month’s newsletter at www.namigreenville.org/newsletters has a list of other ideas. Check out Sharing Hope or FaithNet on NAMI’s website at www.nami.org for even more ideas. Our community needs to hear from you that mental health is as important to you as physical health.

NAMI SC STATE TRAINING NEEDS FACILITATORS

NAMI South Carolina Annual State Training will be held **Friday-Sunday, November 11-13, 2011** at White Oak Conference Center, Winnsboro, SC. Training will be given on how to facilitate or teach the Caregivers Support Group, Connection Support Group, or the Family-to-Family Education Course. If you have been involved in those programs, then this is an opportunity for great personal rewards as you provide the support and education that we have all needed in our journeys.

Call Fletcher Mann at (864) 331-3300. Space is limited, so call soon. **We especially need caregivers who have been active in that support group.**



NAMI Volunteers at State Facilitator Training 2008

PROVIDER EDUCATION STARTING

This Continuing Education Unit program has been developed for mental health care providers (doctors, nurses, therapists, social workers, etc.). This 5-session course presents a penetrating, subjective view of family and consumer experiences with serious mental illness. It helps providers realize the hardships that families and consumers face and appreciate the courage and persistence it takes to live with and recover from mental illness. **Every Tuesday, October 4 to November 1 from 1:20pm to 4:45pm** at Marshall I. Pickens Hospital Auditorium. Approved by SCDMH and others for 14.5 CEU’s. **Register at www.upstateahec.org**

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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.

SUPPORT NAMI IN YOUR FAVORITE WAY

7TH ANNUAL DINING FOR NAMI

Every Child Counts. Give Them a Chance

Friday October 14th, 2011
6:30 Reception, 7:30 Dinner
Embassy Suites Ballroom

Greenville Police and other first responders will be recognized for their service to our community during the 7th Annual *Dining for NAMI*, at the Embassy Suites Resort on Verdae Blvd.

Chief Terri Wilfong and Officer Stacey Owens will represent the collaboration between law enforcement and NAMI's Crisis Intervention Training. CIT prepares first responders to de-escalate situations involving a person affected by mental illness. So far, more than 100 officers have attended the CIT program, funded by spontaneous and generous contributions of participants at last year's Dining for NAMI Dinner.

This year's fund-a-mission will be "*Every Child Counts... Give Them a Chance*". Children are all too often labeled as "bad kids", when they may have an early onset of mental illness. With therapy and other valuable treatment, their lives are improved. These interventions actually save families from the destruction they face without them.

NAMI has two programs that address this need: *Parents and Teachers as Allies* and *NAMI Basics*. They are offered free of charge to parents, caregivers, teachers, and other professionals who are raising our next generation.

We anticipate 300 people for this year's evening of fine dining, an abundant silent auction and five live-auction items you won't want to miss! Licensed auctioneer Darron Meares will lead the proceedings; DJ Sam Bigby will provide dinner and dancing music; and WYFF Weekend News Anchor Angela Rodriguez will once again host the evening's festivities.

Just as NAMI's various training programs and opportunities would not be possible without your generous financial gifts, *Dining for NAMI* would not be possible without countless hours of volunteer service by members of the *Dining for NAMI* Committee: Larry Morgan, Susan Cline, Lynn Terry, Elaine Hester, Eli Hamer, Lucy Blackburn, Janet Morgan and Sally Holmes. Thanks to the committee and everyone who has worked so hard to make this year's event the anticipated success.

Designate your United Way giving to NAMI!

Please remember NAMI-Greenville in your United Way giving. We are not a United Way agency, but we are a 501(c)(3) non-profit recognized by the United Way and you can designate your contribution to go to us. Just put "NAMI-Greenville, SC" in the "For" line of your check. You and your company get credit for a contribution, and the United Way passes the donation to us. Help NAMI help others.



Dancing at 2010 Dining for NAMI

Call (864) 331-3300 for this year's tickets
\$35 per person (hors d'oeuvres, dinner & wine)
Cash bar

If you missed it, you missed out!

If you missed our August 8 and September 12 Educational Meetings, then you missed out on two excellent programs. Our thanks go to Dr. Jeff Smith for a very informative talk about treatment options for bipolar disorder. We received numerous compliments from laypeople and professionals about his presentation and handout. He took time to answer many of our questions, and noted how helpful the insight of family members can be to assessing and treating this disorder.

In September, we had our "World Premiere" of two videos from our June 18 Walk. Inspiring interviews filled the first video, followed by Peggy Brock's entertaining slideshow set to music. If she didn't get your photo, then you weren't there for the Walk, and you missed another great event. "Thank you" to *Brock Studio* for the donation of time, effort, and photos.



Are you a parent of a school-age child living with behavioral and emotional disorders?

Basics is a 6-session education program for parents and direct caregivers of children and adolescents living with mental illness. The program provides education concerning diagnosis and symptoms, as well as school issues and support. Classes are 6:30-9:00pm, Tuesdays and Thursdays, October 11-27. Call Cindy Troyer (864) 201-3598 to register.

NAMI Greenville Support Groups

Connection & Caregivers

Separate groups, every Monday at 6:15 pm at Westminster Presbyterian Church, 2310 Augusta Road

Combined group, 2nd & 4th Thursday at 6:30 pm at First Presbyterian Church, 200 W. Washington Street

NAMI Anderson, Oconee, Pickens Support Groups

Visit www.namiaop.org or call 864.882.5131

NAMI Spartanburg Support Groups

Email namispartanburg@yahoo.com or call 864.541.8522

Support Groups and Events

Oct 3	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Oct 4	Provider Education	1:20 pm	MIPH Auditorium
Oct 10	Educational Program: A Sister's Call - "Some Call Him Crazy, I call Him my Brother" Special showing of a documentary on paranoid schizophrenia and homelessness in Greenville	6:15 pm	Westminster Presbyterian Church
Oct 11	Basics Education (parents)	6:30 pm	call Cindy Troyer at 201-3598
Oct 13	Combined Support Group	6:30 pm	First Presbyterian Church
Oct 14	CIT Role Play	8:00 am to 2:30 pm	at Greer Police Department
Oct 14	Dining for NAMI	6:30 pm	Embassy Suites Hotel
Oct 17	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Oct 24	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Oct 27	Combined Support Group	6:30 pm	First Presbyterian Church
Oct 28-29	SC State Conference	evening and day	Columbia SC—see details inside
Oct 31	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Nov 7	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Nov 10	Combined Support Group	6:30 pm	First Presbyterian Church
Nov 11-13	NAMI SC Training	full days	White Oak Conference Center
Nov 14	All Support Groups Educational Program: Dr Gergana Dimitrova, Psychiatrist, Carolina Center for Behavioral Health	6:15 pm 7:30 pm	Westminster Presbyterian Church discussing geriatric psychiatry
Nov 21	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Nov 24	Combined Support Group	6:30 pm	First Presbyterian Church
Nov 28	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Dec 5	Connection & Caregivers Groups	6:15 pm	Westminster Presbyterian Church
Dec 8	Combined Support Group	6:30 pm	First Presbyterian Church
Dec 12	All Support Groups Holiday Party	6:15 pm 7:30 pm	Westminster Presbyterian Church Pot luck, bring a dish to share