



Open your mind, mental illness is a brain disorder.

The best thing about the future is that it only comes one day at a time.
— Abraham Lincoln

EXECUTIVE DIRECTOR'S REPORT

Treat a man as he is, he will remain so. Treat a man the way he can be and ought to be, and he will become as he can be and should be.

- Goethe

Where is the bar?

I was at a cross country meet a few weeks ago where my son Alex ran his first competition. I was one proud Mama. This has been a desire for him for a long time. Until this fall, he has only been able to participate in Special Olympics. He has persevered, tried out multiple times, and actually made the JV team.

He has wanted to compete in many different sports, but year after year when we would get his sports physical, the physician would never pass him for contact sports. This was a huge disappointment every time.

When I arrived at Milliken, there were hundreds of athletes there. I had to look hard to find Alex and barely made it to the starting line before his race started. His coach was in Alex's face telling him what most coaches would say...

"Son, you can do this; you have been training all summer for this; pace yourself; keep your eye on someone and follow them. I am proud of you."

Most parents in attendance were excited to see their children compete, but little did they know what obstacles Alex has overcome to run a 5K. I wanted to get on

the bullhorn and tell everyone. "Do you know what this child has been through? Look at him now!" Over the many years of his treatment, I have often lowered my expectations for Alex. There have been many times of sorrow and grief that overwhelmed me. As caregivers, or people ourselves affected my mental illness, we all have times when we do not accomplish what we had set out to do. But it sure does make it sweeter when we exceed our goals.

Some of the perplexing question's are:

How do I know what to expect of myself or my loved one?

Can I or my loved one work?

*Full-time, part-time, or not at all
Can he or she live independently?*

Is this a symptom of the illness or a controlled behavior?

I have wrestled with all of the above and have come to one conclusion - the bar is always moving. It is a target that I cannot predict. So, I have learned that I am not in control of this thing called mental illness. I am thankful for what it continues to teach me and, wherever the bar is set, I will accept it and move forward.

Kelly A. Troyer
Executive Director

ATTENTION CAREGIVERS!

Our thanks go out to Marie Livingston and Cathy Stone for giving of their time to speak at our August and September Educational Meetings.

Our speaker for October 12 will be Leslie Warren from SC Vocational Rehab and on November 9, our speaker will be Sally Bissada from Gateway House .

Both of these ladies have been very helpful to NAMI Greenville and our members.

PLEASE SEND CHOCOLATE!

Tuesday, August 18, 2009

It is 2 p.m. and already it's been an eight-chocolate day! That's how many of those little bite-size pieces of chocolate I've **had** to eat in order to calm down. I know my doctor's office is going to read this and want to skin me alive, but I had to do it. The power walk I went on led me to the candy aisle of Walgreen's. Back at the office, Kelly and I tore open three bags of chocolate. Candy wrappers were flying!

The phone has been ringing off the hook. Support groups and education courses are filled to capacity. Calls are coming from all directions. And not just from Greenville. And not just from South Carolina. I received a call from a doctor in Florida seeking our help for a patient moving to the area. A few days earlier, we had several calls from a family in Seattle looking for a loved one who was lost and homeless. Everyone is in crisis! And they have turned to NAMI for help. Wow! What a compliment. But what a burden.

Yes, we've heard it time again, "you can't solve everyone's problems; you can't save the world." We preach that message every day. But it's hard to live it when people are in need and you have information and support to give that they've been unable to find anywhere else. Call us hypocrites, if you like. We promise to do better. In the meantime, please send chocolate.

STATE PROVIDER ED. TRAINING

NAMI SC will be having a Provider Education Training Event, January 15 - 17, 2009 in Columbia. This training is designed to provide a subjective view of consumer and family experiences with serious mental illness to staff of public agencies.

It's been several years since Provider State Training has been conducted so NAMI SC is calling for individuals who will keep this program available to the front line staff that work with us and those we love.

To sign-up for the training, or for more information, you can email Betsey O'Brien, at the state office, at betseyob@comporium.net.

Friday, September 18, 2009

For several weeks now, I have been increasingly aware that the days are growing shorter. I have started looking at my calendar with some anxiety. Daylight Savings Time ends on November 1, and we "fall back" to Eastern Standard Time.

All my life, sunlight or the lack of it has affected my mood and performance. I love the sunshine and sink into depression in the late fall and winter as the days grow shorter. Modern medicine has given it a name – Seasonal Affective Disorder or SAD.

The time change is always particularly stressful for me. It accelerates both the depression I have started sinking into and the anxiety that is building in anticipation of the upcoming holidays and the end of the year.

So, I have started blocking out several days on my calendar for when the time changes so as to avoid overbooking myself with appointments and other work during this difficult transition time. During those days off, I try to get more outdoor exercise to lift my spirits and reset my body's clock. And thank goodness, Monday November 2 is already a holiday - Recreation Day in northern Tasmania – according to my Day-timer. It's what I live by. By the way, where is northern Tasmania?



Fletcher Mann
Program Director

NAMI BASICS COURSE

A NAMI Basics course has been scheduled for Saturdays, October 3, 10 and 17, 2009. This class is for parents of children/adolescents with emotional or behavioral disorders. Please contact Cindy Troyer at 201-3598 to register for this very important class. Pre-registration is required.



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.

IN OTHER NEWS...

DINING FOR NAMI

This year's **Dining for NAMI** is sure to be a fantastic evening! If you have not received an invitation and would like to attend please call the office for further information. Also, we are still accepting silent and live auction items.

We have a special guest who will be making an appearance and Father Patrick from St. Anthony's will be our DJ for the evening.

You will not want to miss out on fun, food, entertainment, & dancing. The event will be held at **Thornblade Club on Friday, October 23rd**.

Come out and support NAMI Greenville!

NAMI AND UNITED WAY

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 on the donation, less a modest administrative fee.

We will appreciate it very much as Kelly and the NAMI staff recently began the time-consuming and lengthy process of applying for United Way sponsorship.

***Mental Illness Awareness Week
is October 4 - 10, 2009.***

***Let's all help promote education
and the elimination of stigma.***

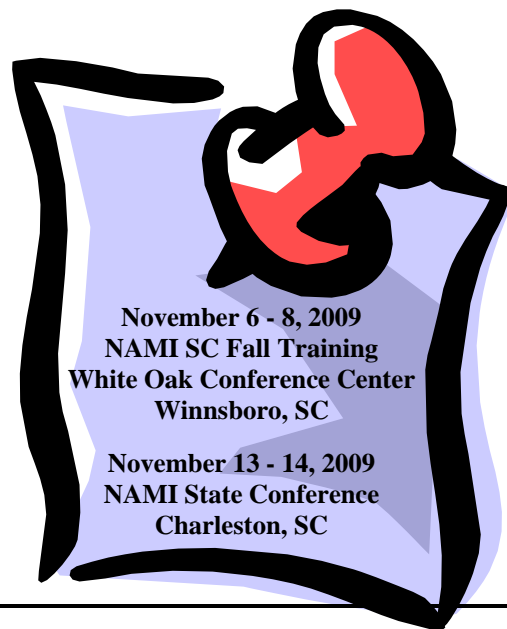
CONGRATULATIONS !

The September issue of *Greenville Business* magazine featured a cover story about our upstate doctors and how they rated among a national group of their peers. The survey, conducted by Best Doctors, Inc. of Boston, MA. and Aiken SC., included information gathered from a database of over 45,000 doctors in more than 40 medical specialties.

NAMI Greenville is proud to report that two of our Board members have been honored by Best Doctors, Inc., for being the best in their field. They are the president of our Board of Directors, **Dr. Jack W. Bonner, III** for his outstanding work in psychiatry, and our Vice President **Dr. Harriet Van Hale** for her outstanding work in the field of Dermatology.

Please be sure to congratulate these two Board members and thank them for all they do for NAMI Greenville.

SAVE THE DATE



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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

October 5	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
October 12	All Support Groups Educational Meeting, 7:30 p.m. Guest Speaker: Leslie Warren, Counselor, SC Vocational Rehab.	6:15 p.m.	Westminster Presbyterian Church
October 14	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
October 19	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
October 20	NAMI Connection Support Group	6 p.m.	St. Matthew's Episcopal Church Spartanburg
October 26	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
October 26	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
October 28	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
November 2	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
November 9	All Support Groups Educational Meeting, 7:30 p.m. Guest Speaker: Sally Bissada from Gateway House.	6:15 p.m.	Westminster Presbyterian Church
November 11	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
November 16	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
November 17	NAMI Connection Support Group	6 p.m.	St. Matthew's Episcopal Church Spartanburg
November 23	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
November 25	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
November 30	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
November 30	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
December 7	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
December 9	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church