



NAMI Louisville

SPRING 2010

Support Groups for family members

*A place where....
...you can draw upon
years of experience in
dealing with the problems
you encounter.
...you can share what you
are going through with
others who understand.
...what is shared stays in
the group.
...you will not be judged.*

Date:

2nd Wednesday

Place: Sts. Mary &
Elizabeth Hosp., 1250
Bluegrass Ave. Bd. Rm,
Assembly Rm.

Time: 7:00 p.m.

Date:

2nd Saturday

Place: First Lutheran
Church, 417 East
Broadway (Door C)

Time: 10:00 a.m.

Date:

3rd Thursday

Place: Christ Lutheran
Church, 9212 Taylors-
ville Rd

Time: 7:00 p.m.

Date:

4th Sunday

Place: Christ Lutheran
Church, 9212 Taylors-
ville Rd

Time: 2:30 p.m.

We Need Help! We Can't Do it Without You!

NAMI Louisville is able to help others because of the generous time and efforts of volunteers. We need to fill the following volunteer roles.

Office Info & Referral Duties include:

- Help take telephone calls. We need volunteers with English speaking skills and volunteers with bilingual skills that include Spanish.
- Become knowledgeable about community services and referral using our resource manual.
- See that callers receive appropriate support materials: brochures and newsletters.
- Time commitment 4 hours a week or month

Family to Family Support Group Facilitators

- Become a trained facilitator and lead a meeting once a month.
- Organize and conduct support group meetings.
- Time commitment is a two hour monthly meeting plus preparation time.

Family to Family Education Facilitators

Become a trained facilitator in our free 12 week education course for family caregivers. Class in-

cludes information on clinical treatment and teaches the knowledge and skills that family members need to cope more effectively.

Time commitment: 12 hour training course and annually conduct a 12 week, 2 1/2 hour program with preparation time.

Office Administration

- Assist with daily activities including data entry, material prep for mailing, etc.
- Time Commitment is one afternoon a week or month

Outreach Volunteer

Visit community psych hospital once a month to distribute NAMI info to family members. Time commitment is 2-3 hours per month.

Fund Development

- Grant Writing
- Membership Coordinator: 5 hours per week managing database and communicating with potential members.
- Walk for Recovery Coordinator

2010 Walk for Recovery

Volunteers needed for Walk Leadership Team.

The NAMI Louisville's Walk for Recovery is an event that helps change how our communities view mental disorders and highlights the importance of education and support programs. The funds it raises help provide vital services upon which our members rely on. Please contact Cheryl Hunt at the office (588-2008) to participate. *You can make a difference in the future of recovery for our loved ones with a mental illness and our community!*

Save the Date!

Sunday, Sept. 12th

The 2010 Walk to Recovery will be held Sunday, afternoon, September 12th on the River Walk, Harbor Lawn section. Stay tuned for more details



Selecting a Psychiatrist

A psychiatrist is a medical physician who specializes in the diagnosis, treatment, and prevention of mental illnesses, including substance abuse and addiction. Psychiatrists are uniquely qualified to assess both the mental and physical aspects of psychological disturbance. Their medical education has given them a full working knowledge of the many causes for a patient's feelings and symptoms. Armed with this understanding, psychiatrists can make a complete, accurate diagnosis and then recommend or provide treatment.

If you need help right away, you should seek immediate treatment from a hospital emergency room.

Where Do I Start?

You can begin with your own physician. Tell your doctor what you are feeling. If, after a thorough physical examination to check whether any other medical illnesses may be contributing to your symptoms, the doctor recommends psychiatric treatment, ask for the names of two or three psychiatrists. You should also request a copy of your medical records for the psychiatrist to examine. Your local medical or psychiatric society, community mental health center, and medical school are also good sources for referrals to psychiatrists. Of course, you might also seek the advice of family, friends, colleagues, or members of your church.

Will My Insurance Pay for Treatment?

Check your health insurance for its coverage of treatment for mental and emotional disorders. All health insurance policies should include nondiscriminatory coverage for mental illness treatment. Unfortunately, many do not. Your health insurance plan should allow you to choose your own psychiatrist, even one who is "outside the plan" (although you probably will have to pay a larger portion of the cost yourself). Another option to consider, if your psychiatrist is not a participating physician in your health plan, is to ask whether he or she would be willing (or is allowed) to join your health plan's panel of physicians. Finally, many employers offer several health care options, and you may be able to switch to coverage that allows for greater flexibility in psychiatric treatment.

The Initial Visit

When you visit the psychiatrist, the doctor will ask questions about your background, family, habits, and general health and will ask why you think you need treatment. The psychiatrist will want to know when you last had a complete physical examination, may ask to see your medical records, and may ask your permission to consult with your personal physician. The psychiatrist knows how to interpret laboratory results and other findings of the physical examination.

You should feel free to ask questions about fees, appointment flexibility, cancellation policy, and insurance form processing. When you've found a psychiatrist with whom you are comfortable, you've finished the first part of the treatment process. The second part—working together with your psychiatrist to understand and manage your illness—is about to begin.

This article is from the American Psychiatric Association website, www.healthyminds.org

Finding a Psychiatrist:

- 1) *Talk to your doctor*
- 2) *Check with your insurance plan.*
- 3) *Psychiatrist schedules are often booked. You may need to start with another mental health professional such as a therapist or psychologist if you can't find a psychiatrist who is taking new patients*



Send us your e-mail address

NAMI Louisville is making a big push to get you more information online and in real time. To do that, we need your e-mail address.

In the next few months, NAMI Louisville will be purging its mailing list. We also need your e-mail address to keep you updated about NAMI Louisville events. Contact 588-2008. Please also provide us with any address corrections.

NAMI Launches Social Networking Site for Young Adults

NAMI has launched StrengthofUs.org, a new online community where young adults living with mental health concerns can provide mutual support in navigating the unique challenges and opportunities during the critical transition years from ages 18-25. The site also offers support and resources for young adults who have a family mem-

ber or friend affected by a mental health problem.

Developed by young adults, this newly launched Web site consists of a user-driven social networking community where young adults can connect with their peers and share personal stories, creativity and helpful resources by writing and responding to blog entries, engaging in

discussion groups, posting status updates on "the Wire" and sharing videos, photos and other news. The site also offers a variety of resources on issues that young adults have identified as important to them, including relationships, campus life, independent living, family and friends, employment, mental health issues and much more.

Family to Family Class - Sign Up today!

Family-to-Family Support is a free service offered by your Louisville NAMI affiliate, for all individuals who must cope with a family member or friend who has been diagnosed with a serious mental illness. NAMI Louisville Family-to-Family Support is a family-facilitated support group combined with an educational program that will provide you with information on mental illness and will assist you in identifying and developing skills to help

you cope with the many life situations you will face.

Support groups are ongoing and dates and locations can be found on the front of this newsletter.

The educational program is a 12 week program. Classes are scheduled based on sign-up and interest. We are starting to fill up for our second session this year that will start in March or April. **To reserve a seat please contact the NAMI Louisville office at 502-588-2008.**

Family to Family - Facilitator Training!

Would you like to give to others what you gained from attending a Family to Family Class? Become a volunteer facilitator. NAMI Louisville is hosting a train the facilitator course for free to anyone who has taken the Family to Family Education class and wishes to co-facilitate a class.

Training Dates: Saturday and Sunday,

June 5th and 6th—two full days

Location: Our Lady of Peace, Louisville, KY

Cost: Free

Call the office for more information. 588-2008

It is a great way to give to others something that has helped you.

Helpful Hints for Kroger card Users

Kroger card users: Helpful Hints

- 1) Make sure to tell the cashier to load the card before she/he starts checking your groceries.
- 2) Cards expire after two weeks if they are not used. Call the office if you need a new activated card.

Don't Have a Card?

Donating to NAMI Louisville is easy with a Kroger Gift Card. You can shop at Kroger for your groceries, prescriptions and gas using preloaded Kroger gift cards from NAMI Louisville.

Every time you make a purchase with a NAMI Louisville Kroger gift card, NAMI Louisville earns 4% of the total that was added to your card.

If you already shop at Kroger, then donating to NAMI Louisville is as easy as going to the grocery. Even if you shop elsewhere, a Kroger gift card makes a great gift!

Call the office to get your card today! 588-2008

Donating to NAMI Louisville is easy with Kroger gift cards! In March, we received \$259.72 thanks to you who chose use NAMI Louisville Kroger cards. If you haven't used your card for two weeks it may be deactivated. Call the office to get an activated card. 588-2008

Louisville Film Premier
Monday, May 17th 7:00-
9:00 p.m.
The Eifler Theater @
The Clifton Center

\$35 per person Proceeds benefit Bridgehaven. For tickets call 585-9444 or visit w.bridgehaven.org

New Research will include genetics and neuroscience with clinical observation to improve treatment of mental illness

Mental Health Provider Highlight

Bridgehaven

Rehabilitation, Recovery and Community Integration for Adults with Severe and Persistent Mental Illness

Bridgehaven has offered psychiatric rehabilitation and recovery programs for over 50 years. Members can attend a full day program each weekday and a half day on Saturday or less if that is their preference.

Each member is assigned a mental health professional who guides them in developing a program of

recovery and provides individual therapy. While here they can participate in various group therapies designed to help them understand their mental illness and develop the coping skills that will enable them to realize a better quality of life. The greatest benefit, however, is the sense of belonging and acceptance that being part of the Bridgehaven community offers.

Currently the only insurance that will pay for our services is Kentucky Medicaid, however we have secured some grant

funding to provide specific programs.

An example of this is our SUCCESS! smoking cessation program funded by the Legacy Foundation, and our Step to Recovery program for those who are mentally ill with history of homelessness. We have also started a group for younger members under 30 who are transitioning into adult roles and enjoy the company of people their own age. For more information call David Sisk Admissions Coordinator at 585-9444.

To go to Bridgehaven website.

Genes and Circuitry, Not Just Clinical Observation, to Guide Classification for Research

Science Update
 January 28, 2010

NIMH is launching a long-term project aimed at ultimately improving treatment and prevention by studying classification of mental illness, based on genetics and neuroscience in addition to clinical observation. The [Research Domain Criteria \(RDoC\)](#) project is not intended to replace psychiatry's existing diagnostic system for practitioners and will proceed in an independent direction, said Bruce Cuthbert, Ph.D., Director of the NIMH Division of Adult Translational Research, who is directing the effort. By taking a fresh look - without preconceived categories - the project aims to improve the validity of

classification for researchers.

RDoC will create a framework to study basic dimensions of functioning — such as fear or memory. It will encompass multiple levels of analysis, from genes to neural circuits to behaviors — cutting across traditional diagnostic categories.

Strategy 1.4 of the Institute's [Strategic Plan](#) calls for such "new ways of classifying mental disorders based on dimensions of observable behavior and neurobiological measures." Existing classification schemes define disorders mostly on the basis of presenting symptoms and date back to the early 1970s — prior to the neuroscience

and genetics advances of the past four decades.

Since then, increasing evidence has emerged of overlap among the traditional diagnostic categories. People often present with more than one diagnosis. Evidence of [overlapping genetics](#) and implicated brain circuitry across traditional categories is mounting. As with cancers and infectious illnesses, mental illnesses once lumped together as a single disorder are beginning to be understood as multiple illnesses or subtypes that may stem from different causes and require different treatments.

([For more](#) go to the NIMH website for the remainder of this article)

Membership Update—National NAMI Voting

There is still time to make your membership in NAMI Louisville count and make a difference.

Upcoming elections for the national NAMI organization include the selection of board members, possible amendment of bylaws, and consideration of resolutions posed by the membership and will occur at the July 1st, 2010 annual convention.

NAMI affiliates in good standing (those embracing the NAMI mis-

Louisville is an affiliate in good standing with voting rights at the national level

sion, having at least five members, and having fully paid their dues) and state organizations may vote, either by absentee ballot or at the annual NAMI convention.

NAMI state organizations each get one vote in NAMI elections. NAMI affiliates have weighted votes, based on the number of members in the group, as of 90 days prior to the election. The more members your group has, the more votes your group may cast, ranging from one vote for groups of between five and

50 to 10 votes for groups of 800 or more.

Individuals do not vote in NAMI's national elections, but all NAMI members have an opportunity to participate in the election process by helping to decide how your affiliate or state organization will cast its vote. Contact your local and state NAMI leaders for more information about how and when they will be deciding how to cast your vote. Each affiliate and state organization chooses someone to serve as their delegate or proxy. That person will cast the ballot on behalf of the group.

Familia a Familia - Espanol

NAMI Louisville is working to set up a dedicated information and referral phone line for Hispanic callers who need help.

Currently volunteers are needed who are bilingual and interested in helping with outreach to the Hispanic population to provide

important information on how to help loved ones with a mental illness.

Board Secretary Bertha Diaz-Story and Vice President Joan Perkins are approved to teach the Family to Family program in Spanish.

Diaz-Story and Perkins have both taught Family to Family pro-

grams in the past. They plan to organize and recruit attendees with the hopes of starting the first *Familia a Familia* class in Louisville.

According to the U.S. Census, Kentucky's Hispanic population more than tripled between 1990 and 2000. NAMI Louisville wants to meet the needs of this population.

**Bilingual
volunteers
needed to help
provide
important
information to
Hispanic
families in
need.**

Advocacy in Frankfort

Advocacy at the 2010 KY General Assembly session.

There were over 425 folks in attendance on Wednesday at the 874K Coalition Advocacy Event on February 17th and they made an impact! There was press coverage in the Courier-Journal, the Herald-Leader, the Kentucky Enquirer, on the day's KET Legislative Wrap-up, KY Public

Radio, WHAS Radio, WLKY TV...and maybe others!

Attendees made numerous visits with their legislators to "put a face on the problem" and to emphasize the ongoing need for supports and services, even when the state's budget cycle is dim.

We had many attendees present testimony on Wednesday

morning to Rep. Jimmie Lee's Budget Review Subcommittee on Human Resources and their stories were also covered by the media.

Governor Beshear proclaimed February 17th "Disabilities Awareness Day in Kentucky" and presented the proclamation to Mr. Adam McKay from Nelson County who was delighted to receive it and to thank the Governor!

NAMI Louisville

Louisville's Voice on Mental Illness
914 E. Broadway, Suite 150
Louisville, KY 40204

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NAMI CONNECTION Recovery Support Groups are led by individuals who are in recovery. NAMI trains mentally ill persons to facilitate these support groups. For more information on these groups, call NAMI Louisville at 502-245-5287.

Center One—Seven Counties @
Champion Trace

Date: Wednesdays

Place: 4710 Champion's Trace

Time: 2:30—4:00 pm

Contact: Janet Massay—807-9096 and Gertrude Sims

Community Groups

The following group provide support for both family and persons with a mental illness

Depression-Bipolar Support Alliance (DBSA)

Date: Tuesdays & Thursdays

Place: St. Paul's United Methodist Church, 2000 Douglass Blvd. Room 110, (corner of Douglas & Bardstown Road)

Time: 7:30-8:30 pm (coffee afterwards)

For more information contact
Mike 635-6142 or Carl 479-9941
<http://dbsalouisville.org>

Upcoming Events—Social Club

May 16	Bridgehaven
June 20	Hogan's Fountain
July 18	Bridgehaven
August 15	Bridgehaven
September 12	Walk For Recovery
October 17	Bridgehaven
November 21	Bridgehaven
December 12	Holiday party, Christ Lutheran Church

Bridgehaven is at 950 S. 1st Street, Louisville, KY

Social Club provides an atmosphere for consumers and families to feel accepted and meets every third Sunday. Watch our web-site and your mail for upcoming events and locations in 2010.

Bipolar and Depression Support

Meets every other Sunday from 6-7 pm at the Urban Government Office building, 810 Barret Avenue.

2010 Slate of Board Directors

The following board of directors and officers have been approved by membership vote on December 13th, 2009

NAMI Louisville Officers

George Hersch, President
Joan Perkins, Vice-President
Bertha Diaz-Story, Secretary
Mike Ahrens, Treasurer

Members-At-Large

Liz Curtis
Kathy Dobbins
Hon. Susan Schultz Gibson, JD
Carol Hicks
Ramona Johnson, R.N.
Martha Mitchell
Donna Scott
Marsha Wilson
Rick Brown
Pauline Morris