



NAMI Louisville

National Alliance on Mental Illness - Louisville, KY
Louisville's Voice on Mental Illness

Support Groups for those who care about someone with a brain disorder

Support Groups (Jefferson Co.)

Date: 2nd Wednesday
Place: Sts. Mary & Elizabeth Hosp.
1250 Bluegrass Ave.
Kyle Pratt Community Room
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 Taylorsville Road
Time: 7:00 p.m.

Date: 4th Sunday
Place: Christ Lutheran Church
9212 Taylorsville Road
Time: 2:30 p.m.

Support Group for Parents of Children and Adolescents

Date: 3rd Thursday
Place: Our Lady of Peace

NO MEETING THIS MONTH

Support Group (Oldham County)

Date: 2nd Tuesday
Place: LaGrange Community Ctr.
307 W. Jefferson
Time: 6:30 p.m.

Volunteer "Meet and Greet" **Saturday, August 2, 1:00-3:00 p.m.** **NAMI Louisville Office**

If you are currently a volunteer or if you have an interest in finding out more about any of our volunteer opportunities, drop by the office for our next "Meet and Greet."

Our Family to Family classes and Support Groups are a big part of NAMI Louisville but our volunteers do much more!

Did you know

. . . That our Social Club volunteers provide a 'get together' each month where individuals with a mental illness can socialize with a comfortable, accepting group. We have dinners, parties, picnics and outings to places like the Louisville Science Center & IMAX.

. . . That our Speakers' Bureau volunteers give presentations about NAMI to nursing students, church groups, hospital employees and other venues.

. . . That we have volunteers who work information booths at area health fairs in schools, churches, offices and the KY State Fair.

. . . That we have volunteers who come to the office each month to copy, fold and label our monthly newsletters and deliver them to the post office. Our newsletter reaches approximately 1,500 people. All members are welcome to submit items for the newsletter.

The NAMI Louisville *Board of Directors* meets the *first Monday* of the month at Seven Counties Services, 3717 Taylorsville Road, 7:00 p.m. This meeting is open to all NAMI Louisville members.

For information about NAMI call 502-245-5287

email: namilouisville@netzero.net or

mail@namilouisville.org

website: www.namilouisville.org



Friends,

As most of you know, NAMI Louisville is a grass-roots, volunteer organization. Currently, we have two part time employees and both of us choose to volunteer outside of work hours. Volunteers are the backbone of NAMI Louisville.

Our Board of Directors, all of our teachers and support group facilitators, our hospital and prison outreach and our Consumer Social Club would not exist without the dedicated individuals volunteering each month to reach out and help others in need. As our organization grows, we need more and more individuals to help spread NAMI's message that **"mental illnesses are medical conditions. Treatment is necessary and recovery is possible."**

Think back to the first conversation you had when introduced to NAMI. Was it a phone call? A support group meeting? Were you in crisis? How did you feel afterward? How would you like to do the same for someone else? We know that at least one in five Americans will be affected by a mental illness. With all the budget cuts to social service agencies, more than ever before, we need to support and advocate on behalf of individuals and families facing the challenges that mental illness can bring.

If you do not belong to one of our volunteer teams, call the office and see what volunteer jobs are available. Whether you have two hours a month to share, or two hours a year, we want to include you and empower you. Helping people through challenging times can be very empowering! Try to stop by the office on Saturday, August 2, between 1-3:00 and talk to a couple of our volunteers. They will answer any questions you have about our programs.

A phrase in some of our literature sums it up perfectly. **"We have chosen not to let an unfortunate situation devastate us, but deepen and broaden us in ways never before imaginable. We care and we understand."** We really do!

Tammy Haysley

What the Board Did . . .

President Bob McFadden reported that booklets for the Louisville Police Department's Crisis Intervention Team (CIT) had been printed and distributed to police officers. McFadden said that many people have joined NAMI as a result of the success of the CIT program.

The six board members who attended the NAMI national conference in Orlando in June reported on their experiences. Board member Bertha Diaz-Story attended several sessions on NAMI's multicultural initiatives, including one session conducted in Spanish.

Board member Liz Curtis reported on successful CIT programs that were presented at the convention. Curtis also talked about a session which linked mental illness to increased risk of physical illnesses which leads to lower life expectancy of persons with mental illness.

McFadden reported that the Barth Foundation had made a \$1,000 donation to NAMI Louisville and that Bristol-Myers Squibb had contributed \$1,000 to the Fall Walk.

Board Member James T.R. Jones reported on his efforts to bring nationally renowned speaker Elyn Saks to Louisville for an October speaking engagement. Saks is a tenured law professor at the University of Southern California and has written and spoken extensively about the challenges of having schizophrenia and maintaining her career. Saks will speak at the University of Louisville on Oct. 26, 2008.

Board Members Curtis and Carol Hicks discussed the need for more volunteers.

The Board voted to sign on to Sheila Schuster's op-ed piece opposing cuts in the Kentucky state budget intended to help persons with mental illness. Bridgehaven, Wellspring, Seven Counties Services and others have already signed on as supporters of Schuster's piece.

Vice President George Hersch announced that the Newcomers Club of Louisville has selected NAMI Louisville as the charity it wishes to sponsor in the coming year. Hersch, Jones, and Executive Director Tony Baize will make a presentation at one of the Newcomers Club's upcoming meetings.

Wedtro.com Bridal Expo III

8/10/08, 1-4 p.m.

Gingerwoods

7611 Rose Island Road, Prospect, \$5/door

The Wedtro.com Bridal Expo III, in association with Dillard's and Louisville Bride, is bringing their bridal show to the new Gingerwoods Event Hall. Visit quality wedding vendors eager to assist in your wedding planning process. See the latest in bridal fashions. Register for door prizes including a 3 night, 4 day getaway to Chicago's Whitehall Hotel. For more information go to www.wedtro.com. All door proceeds benefit the Louisville Affiliate of the **National Alliance on Mental Illness.**

Hospital Outreach Volunteers

We need family members to help with hospital outreach at the following locations: Central State (Wednesday 9:00 a.m.), Our Lady of Peace (Thursday 7:00 p.m.) and University Hospital (Sunday 1:00 p.m.) This entails being available to hand out NAMI brochures and other information to family members when they visit their loved ones at the hospital. Please call the office (245-5287) if you are interested in one of these jobs. It would require 1 - 2 hours per month. (Substitutes are also needed.) Training is provided.

Family to Family Support Groups

NAMI Louisville has five support groups, each meeting monthly. The meetings are small, informal groups whose purpose is to support each other in dealing with some of the challenges that face people who love individuals with a mental illness. Like so many life experiences, it's hard for people to understand what families are going through unless they've "walked in their shoes." You don't need to register for any of the support groups—just show up. The time and location of each group is always on page 1 of this newsletter.

"The ultimate expression of generosity is not in giving of what you have, but in giving of who you are."

Anonymous

Thank You Letter

The consumers and the volunteers had a great time last Sunday for the Italian dinner. The hors d'oeuvres that were served before were great. For salads members and volunteers had two types of salad, lettuce and fruit. They could have French bread, and ravioli, spaghetti which Jean H. helped to serve and lasagna which Jill M. brought. For dessert members could have biscotti and sherbet. A good time was had by all. Volunteers Larry C., Joe S., Anne J., and others worked very hard to see all had a great time. Some of the regular consumers were there, but I've only been in March and this month, so it's hard to know who's new and who's been coming so far this year. We had either 21 or 22 consumers. I did go around and get names of consumers and volunteers that came.

Your friend,
Melanie S.

Family to Family Teacher Refresher Training

If you are a trained Family to Family teacher and feel like a one-day refresher training would be helpful, call and register for the **August 9th** training. (10:00 a.m.—4:00 p.m.)

NAMI Louisville is a non-profit organization, open to anyone who subscribes to our mission.

Individual/Family Membership Dues \$ 35.00 1-year or \$140 5-years

Professional Membership \$100.00 1-year or \$400 5-years

Business/Corporation Memberships Available

New member _____ Renewal _____

Contributions are welcome \$ _____

Total Amount Enclosed \$ _____

Name _____

Address _____

City _____ ST _____ Zip _____

Telephone #'s _____

E-mail address _____

Interested in volunteering _____

Please mail your check to:



Membership includes the NAMI Kentucky and NAMI National Publications/Newsletters, mailed quarterly.

Return Service Requested



NAMI CONNECTION Recovery Support Groups are led by individuals who are in recovery themselves. NAMI Kentucky trains consumers of mental health services to facilitate these support groups. For information call the NAMI Kentucky office—502-245-5284.

First Street Support Group

Date: Mondays

Place: Seven Counties Services
758 S. First Street

Time: 12:00—1:00 p.m.

St. Matthews Support Group

Date: Tuesdays

Place: Beargrass Christian Church
4100 Shelbyville Rd, Rm 201

Time: 1:00—2:00 p.m.

Depression-Bipolar Support Alliance (DBSA)

Date: Tuesdays

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

August 1-3—F2F Support Group Facilitator Training, Louisville

August 2—Volunteer Meet and Greet, NAMI Office, 1-3 p.m.

August 9—F2F Teacher Refresher Course—Bridgehaven, 10 a.m.-4 p.m.

August 22-23—Family to Family Teacher Training, Louisville

September 13—NAMI Louisville Walk, Waterfront Park

October 26—Elyn Saks Program, University of Louisville

Social Club

"Mexican Fiesta"

August 17th, 2-4 p.m.,
Bridgehaven, 950 S. First Street.

Bipolar and Depression Support Group

Meets every other Sunday from 6-7 pm at the Urban Government Office building, 810 Barret Avenue. For information call **Joanne at 897-9717.**

**NAMI Louisville
Board of Directors—2008
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Bob McFadden, President
George Hersch, Vice-President
Joan Perkins, Secretary
Mike Ahrens, OLOP, Treasurer

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