



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.



NAMI Walks Kick-off Luncheon

WHEN: Wednesday, July 23, 12:30-2:00 p.m.

WHERE: Metro United Way, 334 E. Broadway,
Community Meeting Room

WHO: NAMI Louisville Members and Friends

WHY: To make this year's Walk our most successful yet!

Pick up your team packets at the luncheon.

You must make your reservation; seating is limited to the first 100. Call 245-5287.

THE 2008 NAMI KY STATE CONFERENCE

National Alliance on Mental Illness
Kentucky Chapter



JULY 18-19, 2008

LOUISVILLE MARRIOTT EAST
1903 Embassy Square, Louisville
(I-64 at Hurstbourne Lane)

Honored Guest and
July 18th Keynote Dinner Speaker

DR. FRED FRESE

Renown mental health activist,
clinician, author, speaker,
and mental health consumer

All members are encouraged to attend!

For information about NAMI call 502-245-5287

email: namilouisville@netzero.net

www.namilouisville.org

July, 2008 Volume 9 Issue 7

Dear NAMI Louisville friends and supporters:

I come to you this month to ask for your help in making NAMI Louisville grow. Those of you who have known NAMI Louisville for years are familiar with our Fall Walks. These Walks help raise awareness of mental illness, stamp out stigma and raise funds for the NAMI Louisville programs for persons with mental illness and their families.

This year, we have set two ambitious goals: \$100,000 raised and 600 walkers. These numbers represent amounts double to 2007's very successful walk. Raising \$100,000 will allow NAMI Louisville to become a more robust organization and will allow us to expand our programs and services.

So, if you walked with us in the past, we want you back. And, we want you to bring friends. If you have never walked with us in the past, we want you now. And, we want your co-workers. We want your friends, your family, the people at your church, the people you play cards with, the people in your kids' PTA and anyone else who cares about someone affected by mental illness.

You don't have to be a fundraising superstar. Set yourself a realistic goal, and then go out and achieve it.

And, this year, NAMI Louisville has opted in to the national NAMIWalks program, which means walker fundraising is easier than ever. Simply go to our Walk web site – <http://www.nami.org/namiwalks/KY/Louisville> -- create a walk team or a walker page and then use the online tools to ask for support from friends and family.

We have high hopes this year for the Fall Walk. With your help and support, we will meet and exceed our goal. I thank you in advance, and I hope to see you at the Kickoff Luncheon on July 23.

-- Tony

Speakers Scheduled to Present at the NAMI Kentucky State Conference

Friday, July 18, 2008

5:30-6:30 pm Opening conference reception; (Atrium, 2nd floor)

6:30 pm Annual Recognition Banquet
with special guest and keynote speaker

Dr. Fred Frese; (Ballroom, 2nd floor)

Dr. Frese, a psychologist, is a longtime activist on behalf of persons with mental illness. He is a prolific writer, sought-after speaker, and committed board member of several national organizations, including NAMI. While a Marine Corps officer 40 years ago, Dr. Frese was diagnosed with schizophrenia.

Saturday, July 19, 2008

8:00-9:00 am Continental breakfast

9:00-10:00 am

a) KY Dept. of Protection and Advocacy: What does P&A do, how can it help families and consumers? – Jan Powe, PAIMI Program Coordinator

b) Barriers to African-Americans seeking mental health services – Vicki Hines-Martin, Ph.D. RN, Chair, Commission on Diversity & Racial Equality, University of Louisville.

c) KY's community mental health center network: contributing to the good health and economy of the Commonwealth – Steve Shannon, Executive Director, KARP

10-10:15 am Break

10:15-11:15 am

a) Lost expectations: New strategies for families and consumers – Rich Lewine, Ph.D., professor, University of Louisville Dept. of Psychological and Brain Sciences

b) So you want to work: How the KY Dept. of Vocational Rehabilitation can help – Mike Sanders, KY Dept. of Vocational Rehabilitation

11:15 am-12:15 pm

a) Consumer-led Recovery support groups: The NAMI Connection program – Janet Massey and Phillip Winchell, NAMI Connection facilitators

b) Multi-cultural mental health outreach – Bertha Diaz-Story, facilitator of a bi-lingual NAMI support group in Oldham County and former specialist with the KY Dept. of Medicaid

c) NAMI "Hearts and Minds" (healthy body, healthy mind) program – Christine Morris-Black, NAMI Bowling Green

12:15-1:30 pm Lunch – Brief NAMI KY general

membership meeting. Premier of Kentucky documentary "Reality of Recovery" produced by Rita Brooks, KY Leadership Academy; and facilitated discussion.

1:30-2:30 pm

a) Social Security disability determination for those with a disabling severe and persistent mental illness – Douglass L. Custis, Office of Disability Adjudication & Review, Social Security Administration

b) Current children/adolescent issues in mental health – Frederick Stocker, M.D., Director, the Bingham Clinic, Division of Child Psychiatry

2:30-3:30 pm

a) "Out of the Shadows" training (adolescent issues) – Linda Block-Coalter, LCSW, school-based therapist, Communicare, Inc.

b) KY Dept. of Corrections Re-integration Project – Kevin Pangburn, Mental Health Director, KY Dept. of Corrections

3:30-3:45 pm Break

3:45-4:45 pm

a) The Partnership for Prescription Assistance: how to get financial help for medications – Charissa Acree, Account Coordinator, Peritus Public Relations

b) Creating Partnerships for Change: Empowering Deaf-Members' Families – Michelle Niehaus, Statewide Coordinator for Deaf Services, KY Department of Mental Health

c) Suicide Prevention Community Collaboration: NAMI Nelson County and the KY Division of Mental Health/

Substance Abuse – Jan Ulrich, Suicide Prevention Marketing Specialist, DMHSA; Tina Rogers, vice president, and Claudia Smith, NAMI Nelson County

5:00 pm Conference ends

Mental Health Myths vs Reality
(excerpt from USA Weekend HealthSmart)

According to the World Health Organization, mental illnesses, including depression, bipolar disorder and schizophrenia, are among the 10 leading causes of disability in the United States and other developed countries, points out Dr. Sergio Aguilar-Gaxiola, chairman of the board of directors of Mental Health America (mentalhealthamerica.com). We asked Aguilar-Gaxiola to give us the myth-busting facts on mental illness.

MYTH: Mental illnesses are only in your mind; they're not real illnesses.

REALITY: Mental illnesses are serious medical conditions, just like cancer or diabetes, that can have a dramatic impact on a person's life.

MYTH: Mental health isn't as important to your well-being as physical health is.

REALITY: Mental health is an integral part of health. When our mental health is poor because of stress or other challenges in our lives, it can weaken the immune system and affect the entire body. We know that chronic stress can play a role in obesity, diabetes hypertension and heart disease.

MYTH: Changing behavior is easy. All it takes is willpower to overcome mental illness.

REALITY: If changing behavior were easy, everyone would find it easy to lose weight and follow healthful habits. Those of us in the mental health field always are looking for ways to help people make behavioral changes so they can live healthy and fulfilling lives. For example, one of the most useful ways to effectively deal with depression is behavioral—exercise, eat a balanced diet, relate to other people and do not get isolated, even when you feel like saying, "What's the use?"

 * NAMI Friends, *
 * Thank you for all the expressions of support *
 * & sympathy during my Mom's illness and *
 * death. The prayers, cards, calls and visits *
 * helped so much during these past months. My *
 * family and I appreciate each kindness. *
 * *
 * Tammy Haysley *

Jim Dailey Honored

Jim Dailey received a standing ovation at the NAMI national convention in June, 2008 as his tenure as First Vice-President expired. Jim has served at the local level as a Board Member and Board President; at the state level as Board Member, Advocacy Director and Executive Director; and at the national level as Board Member, Board Treasurer and First Vice-President. He also received a plaque commemorating his national service. It would not have been large enough to list all his contributions!

Volunteers Needed . . .

Family support group facilitators and family members to help with hospital outreach. Please call the office (245-5287) if you are interested in volunteering for one of these jobs. It would require 1 - 2 hours per month. (Substitutes are also needed.) Training is provided.

Scholarships for NAMI Kentucky Conference

A limited number of partial scholarships (\$20) will be awarded to consumers and volunteers attending the state conference. (To apply for one of these scholarships, your dues must be current.) Call 245-5287 for details.

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.

 **1 in 5 NAMI Louisville**

Louisville's Voice on Mental Illness
10510 LaGrange Road, Bldg. 103
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☆☆ *Have a Safe and Happy* ☆☆
☆☆ *4th of July!* ☆☆
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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

July 18-19—NAMI Kentucky Annual Conference, Marriott East, Louisville
July 23—NAMI Louisville Walk Kick-off Luncheon, 12:30 p.m.
August 1-3—F2F Support Group Facilitator Training, Louisville
August 22-23—Family to Family Teacher Training, Louisville
September 13—NAMI Louisville Walk, Waterfront Park

Social Club
On July 20 don't miss the "Go Hawaiian" event. 2-4:00 pm at Bridgehaven.
On August 19 we will have a "Mexican Fiesta."

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 Officers

Bob McFadden, President
George Hersch, Vice-President
Joan Perkins, Secretary
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