



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 2008
Annual Convention**

Some topics to be addressed at the convention are:

1. Multicultural Outreach Initiatives
2. Growing Local Affiliates
3. Women and NAMI
4. Plenary: NEW RESEARCH AT NIMH AND NIDA
5. Achieving Cultural diversity
6. CIT: A Model for All Communities
7. Treatment, Not Jail
8. Criminalization of Mental Illness
9. CIT for High Schools and Hospitals
10. Recovery from Serious Mental Illness
11. The VA at WAR
12. ASK THE DOCTOR SESSIONS

Which of these would you like to hear more about? Next month, ask one of our six board members who will be attending the convention!

Family-to-Family Education Course

We are taking reservations for the Tuesday evening class beginning June 3 and for a September class.

Family-to-Family is a free twelve-week course for families and friends of individuals with a mental illness. The course offers current information about brain disorders, such as schizophrenia, bipolar disorder, major depression, panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders. Family-to-Family is taught by trained family members. Please call the office for more information or to register for a class.

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.



1 in 5

For information about NAMI call 502-245-5287

email: namilouisville@netzero.net

www.namilouisville.org

June, 2008 Volume 9 Issue 6

I wrote recently that in terms of financial support for mental health treatment these are not the best of times. They are not, and they are becoming worse. People with severe mental illness are facing cuts in their treatment and in some cases are facing denial of treatment unless they have a payer source. Many are facing homelessness. As cuts continue and legitimate sources of new revenue are ignored, instead of improvement in the quality of life for those who suffer we see deterioration of that quality. It is difficult to maintain hope.

And yet we must maintain hope. There are signs of progress that we need to see and sustain. We need to look for that silver lining and exploit it when we advocate for the dignity of our families. Let me give an example of one lining that shines from a report on a failed treatment, which I denote by FT. The lining is in an article by NAMI national board President Anand Panya, M.D. after he participated in a week-long online forum on the FT. If you would like to read the whole article, go to <http://www.pbs.org/wgbh/amex/> and follow the links. You will recognize the name of the treatment.

Dr. Pandya writes:

“Aside from the discovery of [such a drug; the chemical treatment Thorazine that came into use in the 1950s] there are several other treatments that were developed or refined around the same time and those treatments have also many advantages over FTs. These include Lithium, tricyclic antidepressants, and electro convulsive therapy, as well as the development of psychosocial interventions, such as clubhouses and residential models that empower patients, and cognitive and behavioral therapy. Together, these interventions would likely [still] have displaced FT.”

“In addition, starting in the 1960s, society has seen a revolution in attitudes about the rights of people with mental illness. It is not acceptable (and, of course, it never should have been acceptable) to ignore the preferences of the person with the illness and their family. Nor is it acceptable to engage in such invasive procedures without offering the patient and their family information about the risks, benefits, and alternatives. I believe that these reforms would have reduced the practice of the FT even if we hadn’t developed better treatments. ...”

“When you look back over the course of history, you realize that FTs seem like just a step on a long path. Our modern medications are probably just another step. They are far better than FT, but I believe that someday we will have treatments that are far better still.”

“This does not mean that everything is always getting better. The lives of people with mental illness can and

(continued on next column)

have become much worse at times when society has not been willing to treat all people with dignity.”

So you see, Dr. Pandya has not lost hope. Our family members deserve dignified treatment and we must continue to demand it for them. Like the doctor, we must not lose hope.

Sincerely,

Bob McFadden

Hispanic Latino Coalition 4th Annual Health Fair

**June 14, 8:30 a.m.
4801 Americana Community Center**

**Health screenings provided for:
dental, eye, cholesterol, glucose, and bone density.
Mammography can be scheduled by calling
502-852-2292.**

Exhibits open 2:00 p.m.

Bridgehaven Events

Art & Soul - 50 Years of Healing

June 10, 2008 5:30-9:00 p.m.
Mellwood Art Center
Todd & Karen Blue, Honorary Chairs

Art as a Part of Healing
Gallery Show & Dinner
Keynote Speaker: Joey Pantoliano

Bridgehaven Annual Golf Marathon Challenge

100 holes of golf in One Day!!!!

Monday, June 16, 2008
Oldham County Country Club

Call 585-9469 to find out about playing a FREE day of golf AND helping Bridgehaven all at once!

Find the funny in your life

By Stephen Propst
(excerpt from bp Magazine, part 2)

There isn't anyone who wouldn't benefit from giggling more every day. Here are a few simple hints for increasing the laughter in your life:

1. Discover what tickles your funny bone. Each of us has an individual sense of humor. Once you see what gets you going, look for those "tickle triggers" on a daily basis.
2. Develop a funny file. Collect funny books, movies, cartoons, etc. and whenever you need to laugh, refer to the file.
3. Hang out with funny people. Laughter is infectious. Surround yourself with people who laugh easily and can make you laugh.
4. Laugh at yourself.
5. Find the funny in the ordinary. Most anything—a feeding squirrel, a road sign, or a dog pulling its owner—can inspire laughs. Don't get so caught up with your troubles that you fail to see the humor around you.
6. Go for the next best thing. Sometimes you may be so down in the dumps that you can't even fake a laugh. You can do the next best thing—smile. Need help smiling? Look at yourself in the mirror and vow that at least the person looking back at you will smile.

Remember, when you add more laughter to your life, you improve your mood and your overall health. It's fun. It's free. It's a sure-fire prescription for living happily ever laughter!

 * In Memoriam *
 * Our deepest sympathy goes to Tammy *
 * Haysley on the death of her mother, *
 * Gloria McDonald Mueller, *
 * May 14, 2008. Please keep her family in *
 * your thoughts and prayers. *

Spotlight on a Volunteer

Joan Clark joined the NAMI Louisville board of directors three years ago. Since then she has dedicated many hours to our programs. She is a Family-to-Family teacher with a special gift of giving her classes the best of herself. She also helps with our Social Club. In June she will attend the NAMI National Convention for the first time. It is in Orlando this year and Joan says that Florida is one of her favorite places. Joan is a wonderful musician. She and her husband, Bobby, entertained everyone at the March Social Club Party. Joan is devoted to her husband and their children and grandchildren. She is an asset to this organization.

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:



NAMI Louisville

10510 LaGrange Road, Building 103
Louisville, KY 40223-1228

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
Louisville, KY 40223-1228

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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 Douglass & Bardstown Road)

Time: 7:30-8:30 p.m. (coffee afterwards)

**For more information contact
Mike 635-6142 or Carl 479-9941**

<http://dbsalouisville.org>

UPCOMING EVENTS

June 7—Volunteer Meet and Greet, 1-3 pm, NAMI Lou office

June 10—Bridgheaven's Art & Soul Celebration Dinner, Mellwood Arts Center

June 13-16—NAMI 2008 National Convention, Orlando, FL

June 16—Bridgheaven's annual Golf Scramble

July 18-19—NAMI Kentucky Annual Conference, Mariott East, Louisville

Social Club

The June 15 event will be "*Italian Supper*", 2-4 p.m. at Bridgheaven.

On July 20 we will "*Go Hawaiian*".

Volunteer "Meet and Greet" Saturday, June 7, 1-3 p.m.

Needed: family support group facilitators and family members to help with hospital outreach .

NAMI Louisville Board of Directors—2008 Officers

Bob McFadden, President
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Joan Perkins, Secretary
Mike Ahrens, OLOP, Treasurer

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Kathy Dobbins, Wellspring
Carol Hicks
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Martha Mitchell
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Marsha Wilson, SCS