



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.,

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.

Seven Counties Services First Annual Celebrate Recovery! Conference

Friday, March 7 at Masterson's
11:00 a.m. to 4:00 p.m.

This event is for providers, consumers and family members to celebrate the role each plays in creating a recovery environment throughout Louisville and surrounding counties. It features some local voices of recovery along with special guests,

Drs. Frederick and Penelope Frese.

The cost is \$40 per person.

For more information on this event call Seven Counties Services at 589-8926.

International Women's Day Celebration

March 8, 1:00-5:00 p.m.

Americana Community Center, 4801 Southside Drive

Celebrate Women's Contributions to our community and around the world! This event is free and open to the public.

For more information call 213-2364.

Due to inclement weather the February 11 meeting was rescheduled for March 10. See details below.

Reception and Education Meeting

When: Monday, March 10, 7:00 p.m. reception, 7:30 program

Where: Beargrass Christian Church
4100 Shelbyville Road, Room

Speaker: Howard Bracco, Ph.D.
President & CEO, Seven Counties Services

Topic: *Designing Systems of Care: Integrating Central State Hospital and Seven Counties Services into a System of Care*



1 in 5

For information about NAMI call 502-245-5287

email: namilouisville@netzero.net

www.namilouisville.org

March, 2008 Volume 9 Issue 3

These may not be the worst of times, but in terms of financial support for mental health treatment they are certainly not the best of times. Sitting in the hearing room on February 20 before Chairman Jimmie Lee and members of the Kentucky House Budget Review Subcommittee was a harrowing experience. Now, Chairman Lee is a staunch supporter for all health care in our state. He and the committee listened carefully and sympathetically to pleas ranging from care for abused and neglected children to care for the elderly and infirm. Members of NAMI from all over the state testified before the committee about funding for mental health care in light of the state budget crisis.

The subcommittee pledged to consider every budget request in detail. Across-the-board cuts affect different agencies in different ways but it is difficult, maybe even impossible to decide which category of our ill citizens should have their funding maintained when that maintenance takes funds away from other categories. Chairman Lee said that he has read more than two hundred requests and can honestly say that he did not see even one that does not deserve support. The committee is well aware of the need for continued health care for all people in our state and will do its best to ensure that treatment.

We gave a clear message to the committee:

Treatment works when it gets to the Consumer!

This theme was repeated in a letter in the Courier Journal on 2/24/08 by former NAMI Kentucky board member Monica Henderson. Our story told of a university student who graduated with top honors, graduated from law school second in class, worked in prestigious firms, reached as far as the US Court of Appeals, and is currently at the top of the academic legal profession with a national reputation in social law. What has that got to do with mental health? Well, that student (have you recognized him yet?) suffered for twenty eight years from bipolar disorder, had five hospitalizations and numerous changes of medication, but his treatment kept him going to the top of his profession. Professor Jim Jones is now a member of the Board of Directors of NAMI Louisville, sounding out that clear message. In his words, now published across the United States: *I want to demonstrate that those with mental illness can have full and satisfying professional and personal lives, and they need and should not endure stigma or doubt as to their ability to perform their personal or employment duties.*

Three years ago NAMI set a goal of recovery and transformation:

**“NAMI: On the Frontier of Recovery.
Transforming the Mental Health System
of America”**

(continued next column)

Why have we not yet achieved that goal? The reason lies partly in our silence in the face of stigma. Ask yourself: *when was the last time you told someone that you are a member of NAMI? Are you a member of NAMI? When was the last time you contacted your legislative representatives? When was the last time you wrote to a newspaper in support of mental health treatment?* We are the people who represent the one in five who suffer the trauma and challenges of mental illness. We are the people who must raise our voices, and we are the people who must not lose hope or allow our family members to lose hope. Join the fight!

Sincerely,
Bob McFadden

What the Board did . . .

Tom Brown has retired from the board citing family responsibilities. He will continue to help our mission as needed.

The board discussed a radio advertising campaign for NAMI Louisville. We cannot afford such a campaign at this time so deferred consideration of the project. The president read a letter from Senator Mitch McConnell congratulating NAMI Louisville on its successful September, 2007 *Walk For Recovery*. He then distributed a packet of information on the Governor’s proposed budget, including contact information for Kentucky policy-makers and the House Budget Review Subcommittee meeting schedule.

As promised in its advertising for our 2007 *Walk*, NAMI Louisville is providing support to the CIT program of LMPD. The first step is to provide Officer’s Booklets and the board is considering a proposal for the printing of an adequate supply. In support of Seven Counties’ “Celebrate Recovery” in March (see page 1) members of the board will attend that event and voted to sponsor it. Some members also plan to attend the NAMI National Convention – June 13-16 in Orlando, FLA and the president has applied for some grants for this purpose.

The board approved a new design for our stationery. New letterhead will contain our trade-marked “one-in-five” tally as a watermark in red, white and blue. We will also have business cards with the same design.

Committee Assignments for 2008 include Carol Hicks as coordinator for the Family-to-Family Program, with Bertha Diaz-Story and Martha Mitchell as coordinators for volunteer services. Public Relations, Social Club, Spirit of Peace and Walk Committees generated much discussion and were augmented. The board unanimously approved 2008 Social Club budget. As an experiment, we decided to offer our Education Meetings on a quarterly basis this year in hope of increasing attendance. The first

such meeting was planned for February 11. Unfortunately, bad weather forced cancellation, but it has been rescheduled for March 10 in our usual location, Beargrass Christian Church. The guest speaker is Dr. Howard Bracco, CEO of Seven Counties: his topic is *Designing Systems of Care: Integrating Central State Hospital and Seven Counties Services into a System of Care.*

Bob McFadden

Kroger Rechargeable Gift Cards

Kroger gift cards will be available at the March 10 meeting. The cost is \$5 and the card is already loaded with \$5. You load the amount you choose and reuse the card over and over. Each time you load an amount onto the card NAMI Louisville receives a 4% rebate. During 2007 we received a total of \$2,418 in rebates from Kroger! This is an easy way to help support our organization. So if you are not already using a Kroger gift card (purchased through NAMI Louisville) please do so!

Advocacy

If you are concerned about human services budget cuts send your personal appeal to:

Governor Steve Beshear
700 Capital Avenue, Suite 100
Frankfort, KY 40601
Or call: 502-564-2611

NAMI 2008 Annual Convention in ORLANDO! Friday, June 13 thru Monday, June 16

Improved treatments, new social supports for employment, housing, and a host of other services needed to sustain recovery, significant progress in the realm of criminal justice, widespread education efforts, and a strong and vital consumer movement—these and other innovations are making possible what just a few years ago seemed unattainable for many people living with mental illness—RECOVERY!

Join other NAMI members to celebrate progress, map our course for the near—and long-term future, strategize on how to achieve our goals, water our grassroots, and revel in being a part of the NAMI family. For more information check out the website www.nami.org/convention.

KY Consumer Advocate Network Conference March 31—April 1, 2008 Executive Inn, Louisville

NAMI Louisville will sponsor a limited number of \$20 scholarships to attend this conference. If you are interested in a scholarship to help with expenses for this event, call the NAMI Louisville office for details—245-5287. For any other questions call **KY-CAN** at 245-5281.

Social Club

BE SEEN IN GREEN!

*Don't miss the St. Patrick's Day Party on
Sunday, March 16, 2:00—4:00 p.m.,
at Bridgehaven.*

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

Please mail your check to:

New member _____ Renewal _____

Contributions are welcome \$ _____

Total Amount Enclosed \$ _____

Name _____

Address _____

City _____ ST _____ Zip _____

Telephone #'s _____



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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Next Education Meeting
March 10, 7:00 p.m.

Speaker: **Howard Bracco, Ph.D.**
President & CEO, Seven Counties Services

Topic: **Designing Systems of Care: Integrating
Central State Hospital & Seven Counties
Services into a System of Care**

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

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 p.m. (coffee afterwards)

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

UPCOMING EVENTS

March 7—Seven Counties Services, Celebrate Recovery! (see page 1)

March 10—Education Meeting (see page 1)

March 31 & April 1—KYCAN (KY Consumer Advocate Network) Annual Conference (see page 3)

July—NAMI Kentucky Annual Conference, Louisville

June 13-18—NAMI 2008 National Convention, Orlando, FL

Volunteer Opportunities . . .

Call the office if you are a family member of an individual with a mental illness and you are interested in volunteering at one of our local hospitals for two hours each month.

We are accepting applications for the next training of family support group facilitators.

**NAMI Louisville
Board of Directors—2008
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