



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.

Education Meeting

When: May 12, 7 pm

Where: Beargrass Christian Church
4100 Shelbyville Road, Room

Speaker: Introduction by Tony Baize, Executive Director

Topic: The movie 'Canvas' will be shown; discussion afterward

'Canvas' **Portrait of a Family**

'Canvas' was written and directed by Joseph Greco, a NAMI member, inspired by his mother's struggle with schizophrenia. It is authentic in its portrayal, heartbreaking and heartwarming, with touches of humor and a message of hope that both educates and entertains. Marsha Gay Harden & Joe Pantoliano portray the illness and the story accurately, sensitively and without sentimentality. While preparing for their roles, Harden and Pantoliano visited Fountain House in New York City, a professional self-help program operated for and by individuals recovering from mental illnesses. This movie received NAMI's Outstanding Media Award for a Dramatic Motion Picture in 2007 and was shown at last year's national convention.

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!

For more information check out the website www.nami.org/convention.



1 in 5

For information about NAMI call 502-245-5287

email: namilouisville@netzero.net

www.namilouisville.org

May, 2008 Volume 9 Issue 5

Dear friends and supporters of NAMI Louisville:

I am proud to introduce myself as the first executive director of NAMI Louisville. I am honored and humbled to be in this position, and I hope to build NAMI Louisville's capacity to continue and expand the services we offer.

I am gearing up for the fall *Walk* and hope (with tremendous help from George Hersch and the rest of the Board) that we can make it the biggest *Walk* in our region. Our goal this year is to double the money pledged by sponsors and walkers and also double the number of walkers to 800.

I realize the tremendous faith that the Board of Directors for NAMI Louisville has put in me. NAMI Louisville is now one of approximately 50 local affiliates nationwide to hire an executive director. Their doing so represents a progressive vision of hope for where this organization can go, and I am going to do all I can to make that vision materialize.

For those of you who have not yet met me, I spent my entire professional career prior to NAMI Louisville with the Kentucky Fair Housing Council. Initially hired to produce the Council's publications in 1996, I was promoted to Assistant Director in 2001 and Executive Director in 2003. Many of my clients were persons with mental illness and their families, so I come to NAMI Louisville with a good deal of experience in mental health issues.

I am also the son of a woman who lost her battle with bipolar disorder in 1994 and committed suicide. My mother never found the right treatment and support for her illness, and so I am glad there are resources like NAMI Louisville. I hope, if nothing else, that my work with NAMI will touch the lives of persons with mental illness and their families, and that it will prevent tragedies like the one that befell my family nearly 15 years ago.

In the coming weeks and months, many of you are going to be hearing a lot from others and me about the fall *Walk*, but I am also planning several new initiatives. First, the NAMI Louisville website will soon be revamped and redesigned to provide more information about the services NAMI Louisville offers. Second, I hope to start a blog on the web site, where NAMI supporters and others can discuss mental health issues and stay updated on NAMI Louisville's latest actions. Third, I hope to begin a monthly or semi-monthly podcast about mental health issues and some of the movers and shakers in Louisville's mental health community.

In the meantime, I look forward to meeting and working with all of you. This is the beginning of what is surely to be an amazing and interesting journey.

*Kindest regards,
Tony Baize*

What the Board did . . .

The board discussed some bad news and some good news. First the bad news, which you have been seeing and hearing and reading for many weeks: the financial situation for mental health treatment in Kentucky is a dismal one. The budget that the legislature approved will mean cuts in treatment and denial of treatment for many of our most vulnerable citizens. Our advocacy lost the battle this year but the war goes on. We must and will continue to apply pressure to our representatives to convince them that Kentucky needs to return to the leadership in mental health provision that it held in the nineteen seventies. And if that means that we need to increase some taxes then so be it.

Seven Counties Services has proposed that it take over the management of Central State Hospital. This is a very important matter for all who live in this area. While the board has not yet taken a position it is studying the complete SCS proposal and hopes to be able to communicate its thoughts on this issue to you, our members.

Along these lines, the board approved a position statement by the Kentucky Mental Health Coalition on Management of State Psychiatric Hospitals. In particular, the statement contained the following paragraph:

- entities managing the Commonwealth's psychiatric hospitals should have no other agendas except to provide and maintain, at the highest level of quality, the safety net of care, regardless of a patient's ability to pay, and to carry out the mental health programming goals and objectives of the Commonwealth as regards the health, welfare and safety of its citizens.

Now for the good news. The board appointed our first Executive Director, Mr. Tony Baize, who comes to us with extensive administrative experience in civic affairs. See Tony's letter in this issue. We are grateful to Central State Hospital for providing an office and utilities for our new E.D. One of his first duties is to collaborate with the NAMI national *Walk* team. Our *Walk* this year will be sponsored by NAMI national and we plan to have an even more successful *Walk* than last year's *very* successful one. It will be held as before at the Harbor Lawn on the Louisville Waterfront, on the morning of Saturday, September 13. Our membership continues to grow and we look forward to seeing all our members and their friends at the *Walk*. Watch our website www.namilouisville.org for more details as they develop.

Bob McFadden

Find the funny in your life

By Stephen Propst
(excerpt from bp Magazine)

How many times does the average adult laugh per day? The answer, according to the Association for Applied and Therapeutic Humor, is 17. What about a kindergartner? That would be over 300. See the problem? As we grow up, we lose several hundred laughs a day. If we could be more childlike, smiling and laughing more often, we would profoundly impact our mood and overall health.

Incorporating laughter into our daily lives—much like we try to do with exercise—makes sense. If you're willing to take the stairs instead of the elevator, you should consider taking time out to experience something funny. Laughter isn't the answer to all of our problems, but there's a lot more room for it in our lives. As Victor Borge said, "He who laughs, lasts."

In 1964, Norman Cousins, famous writer and editor of the Saturday Review, was given six months to live. He wondered if worry, depression, and anger had contributed to, perhaps even caused, his terminal illness. In his book '*Anatomy of an Illness*' (Bantam, 1981), Cousins describes how he surrounded himself with laughter as a tool for promoting healing. In his words, "Laughter is internal jogging." He fully recovered and went on to live another 20 healthy, happy years.

As Cliff Kuhn, *The Laugh Doctor*, told us during MIAW last October, "Laughter is an excellent prescription for better health. It reduces stress, fights disease, and helps us manage pain. It improves our mental well-being by providing a harmless outlet for pent-up emotions."

(more next month)

In Memoriam

Dan Shaw, Director of Communications at Jewish Hospital and St. Mary's HealthCare, passed away on April 6, 2008. Dan served on the NAMI Louisville Board of Directors from January, 2000 until November, 2007. He was instrumental in implementing and growing the *Spirit of Peace Award Celebration*, in conjunction with Our Lady of Peace. Dan was not only an advocate on behalf of a vulnerable population, but a good friend to many. He is survived by his wife, Denise. He will be missed.

Esperanza . . . a new anxiety and depression magazine launched. Look for the premier issue—Spring 2008 or visit www.hopetocope.com

This issue features skating legend Dorothy Hamill and her lifelong battle with depression.

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 _____

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Name _____

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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.

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*Next Meeting May 12
(See page one for details)*

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 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—Bridgehaven's Art & Soul Celebration Dinner, Mellwood Arts Center

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

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

Social Club

Come to the **picnic** on **May 18**, 2-4 p.m., in Cherokee Park, near Hogan's Fountain. Bring a covered dish, if you can. Meat and drinks will be provided.

The June 15 event will be "*Italian Supper*" at Bridgehaven.

**NAMI Louisville
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