



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.

NO MEETING THIS MONTH

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

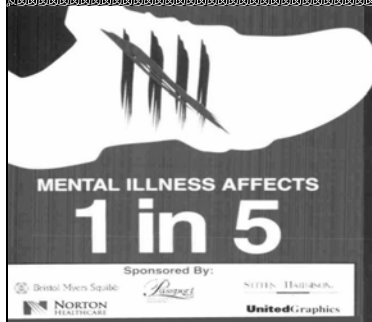
Attention: NAMI Louisville Members and Friends

What: *Walk Rally!* & Information Meeting

When: September 8, 7:00 p.m.

**Where: Beargrass Christian Church,
4100 Shelbysville Road, Room 207**

Why: *Walk* and other Upcoming Events



NAMIWalks for the Mind of America

Sept. 13, Registration 9 a.m., Walk 11 a.m.
Waterfront Park, Harbor Lawn

Louisville Affiliate of the
National Alliance on
Mental Illness (NAMI)

Call 502-245-5287 www.namilouisville.org

Information Tables—Music—Speakers—Food—Raffle

We have some wonderful items donated for our raffle!

**Raffle tickets sold only on September 12 in the NAMI
Louisville Office and September 13 at the Walk.**

Raffle tickets: \$1 each or 6 for \$5

Grand Prize: 42" Plasma HD TV valued at \$1,000

(Donated by Philips)

Bats Game Tickets (4)

Churchill Downs Box (6 seats) for Fall Meet

Fritz' Salon for Men Gift Certificate (\$50)

Tailgating Grill (\$100)

Handmade Quilt

Louisville Slugger Museum Gift Passes (4)

The NAMI Louisville *Board of Directors* meets the *first Monday* of the month (*first Tuesday in September*) 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

September, 2008 Volume 9 Issue 9

Greetings, Friends,

Well, September is here at last – *Walk* month! September 13, that is! Register at 9, *Walk* starts 11 a.m. at the Waterfront’s Harbor Lawn. Come for exercise, food and fun. Buy a raffle ticket for \$1 and win a 42 inch plasma TV; buy six for \$5 and increase your chances. There are many more prizes too. We have a great day planned, and more days for next month.

We must all energize ourselves, our community and our legislators to address the problem of cuts in service, denial of service and curtailment of programs for the one of five families in the nation that are affected by the ravages of severe mental illness. Only bold and concerted action – especially budget action – will alleviate the situation.

If you are not a member already, become one now. You know what NAMI is and what it does. It is the largest organization in the United States that advocates for mental health issues. It provides advocacy, education and support services to citizens with mental illness and their families. This year we must increase our advocacy for action. Only publicity and voters can achieve this aim. With your help NAMI will provide the publicity and the votes, but publicity costs money. In addition to the *Walk* in September we have two more exciting events scheduled for October; plan to join us for both. See next month’s *Newsletter* for details of times, etc.

Mental Illness Awareness Week, October 6 at Actors’ Theater, 5:30 p.m. show, 7:30 talk: Jefferson County Circuit Court Judge Susan Gibson endured a family tragedy during a mental illness crisis in 2006. University of Louisville law Professor Jim Jones recently acknowledged publicly that he has battled bipolar disorder for most of his adult life. Judge Gibson and Professor Jones will share their personal stories of how mental illness affects them and their families. Their presentation will be accompanied by an art show that will feature art by consumers. This event is co-sponsored by Bridgehaven and Wellspring.

Elyn Saks Lecture, October 26, 2008 at UofL’s Strickler Hall, 7:30 p.m.: Professor Saks is a law professor whose courageous and powerful book, *The Center Cannot Hold: My Journey Through Madness*, has been featured on TIME’s list of the ten best nonfiction books in 2007. It is one of the most powerful books on mental illness ever written by a consumer. Professor Saks will tell her personal story of a life lived with schizophrenia. This event is co-sponsored by the Brandeis School of Law.

Again, please help by donating to NAMI. We thank you in advance and will thank you again!

Bob McFadden

A Dream Is a Wish Your Heart Makes

NAMI’s 2008 Annual Convention themed: *Tomorrowland Today Making Recovery Real* is a reminder that Tomorrowland cannot come soon enough, the tomorrow where mental illness is eradicated.

As a member of the NAMI Louisville board, I joined 1,800 people in Orlando to take part in this conference. *Tears* ago, I heard the story of David J. Block, and wondered how I could have not known about the National Alliance on Mental Illness-an organization where there is real help for real problems.

Perhaps you are like I was four years ago and did not know NAMI was hard at work on issues concerning mental illness. Perhaps this newsletter has reached your hands for the first time. I want to let you know there is help here. The scope of just how much help is available was exposed to me at this conference. There was one message I vowed I would bring home with me: there is real help in this organization.

I heard about the Greenville Prison Outreach Program and the story of a man whose son died while in a correctional facility instead receiving the help he needed. I thought “How many more lives are going to be lost?” Then I remembered how far our affiliate has come in the last four years: The opening of the David J. Block Crisis Stabilization Unit, the CIT program where police are trained on how to deal with persons with mental illness and get them, first, to a hospital.

I heard talks about the latest in scientific discoveries.

I heard Elyn R. Saks speak. Having read her memoir, I am still in awe of the recounting of her life as a person living with schizophrenia. Elyn will be here in October; you will not want to miss her amazing story. Her life is the very definition of hope being lived out.

I heard Joyce Burland, Ph.D, director of NAMI Education and noted author of the Family to Family education course. As a F2F teacher, I received a thank you note from a class participant that said “I am better prepared to face the future with hope and understanding.”

Personally, I anticipated the closing banquet in the Grand Ballroom with Jane Pauley. After reading her book *Skywriting, A Life Out Of The Blue*, which chronicles her life with bipolar, she stood out as a Stigma Busting Pioneer whom I admire.

I met so many inspiring people and left the conference knowing *Tomorrowland Today, Making Recovery Real*, the dreams that you wish can come true.

Joan Clark

Thank You!

Wedtro (www.wedtro.com) chose NAMI Louisville to be the designated charity to receive all door proceeds from the **Bridal Expo III**, held on August 9, 2008. **Wedtro**, thank you for supporting the Louisville Affiliate of the National Alliance on Mental Illness!

**Suicide Prevention Awareness Week
September 7-13**

Suicide is permanent and often preventable.
If you or someone you know is in crisis, help is available.

Call 1-800-273-TALK (8255)

Kentucky Suicide Prevention Group (KSPG)
recently launched a new website. Go to
www.kentuckysuicideprevention.org

Let's Talk . . . End the Silence.

**Are you a caregiver for a relative or spouse with
schizophrenia and diabetes mellitus?**

Faculty at the University of Louisville School of
Nursing are conducting a study to understand your
caregiving experiences. Dr. Peggy El-Mallakh is the
Study Investigator.

To be eligible for this study you need to be: a
relative or spouse of a person with schizophrenia **and**
diabetes mellitus, involved in the care of your relative or
spouse, age 18 or older, and English-speaking.
Answer some questions about diabetes and what you do
to take care of your relative or spouse, and receive \$20.
If selected, take part in up to 2 interviews to talk about
your caregiving experiences, and receive \$15 for each
interview.

Contact Dr. Peggy El-Mallakh at 502-852-8388
or p0elma01@louisville.edu to participate or for more
information about this study, "Family Caregiving for
Individuals with Schizophrenia and Diabetes Mellitus."

Save these dates . . .

Monday, October 6, Actors Theater

Bridgehaven/Wellspring Art Show (5:30 p.m.)
and

"Two Voices, Two Perspectives: Mental Illness, Treatment,
and Recovery" (7:30 p.m.) featuring
Professor James T. R. Jones, Brandeis School of Law
and

Jefferson County Circuit Judge,
The Honorable Susan Schultz Gibson

Sunday, October 26 (7:30 p.m.)

Brandeis School of Law, University of Louisville
partnering with NAMI Louisville
present

Professor Elyn Saks, Gould School of Law
at the University of Southern California
and author of "*The Center Cannot Hold: My Journey
Through Madness*"

Family-to-Family Education Course

This 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. We have a Thursday evening
class starting on September 4 and a Saturday morning
class starting on September 6. Please call the office for
more information or to register for a class.

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 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

September 4—F2F Class begins at
Northeast Christian Church

September 6—F2F Class begins at
Bridgehaven

September 8—Information Meeting, Beargrass Christian Church,
4100 Shelbyville Rd., Room 207, 7:00 pm

September 13—NAMI Louisville Walk, Waterfront Park, Harbor Lawn

October 6—Bridgehaven/Wellspring Art Show and NAMI Louisville Program: Two Voices, Two Perspectives: Mental Illness, Treatment, and Recovery”

October 26, 27—Elyn Saks

Social Club

There will be no meeting this month. Don't miss the Walk!

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

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