



NAMI Louisville

National Alliance on Mental Illness



Stay Informed! Stay Connected!

The Official Newsletter of NAMI Louisville
Available in print and electronic format

Volume : Summer 2011

Inside this issue:

Summer Event	1
Walk For Recovery	1
Tennis Pro talks on Depression	1
Join NAMI Membership	2
Support Groups for Family	2
Support for Consumers	4

NAMI Newsletter— Don't miss summer events

Hello family members and those living each day with a mental illness,

This is going to be a very active summer for NAMI Louisville. Along with our usual activities of health fairs, we have a new public educational program in June featuring former tennis star Cliff Richey, who has battled major depression most of his life. You won't want to miss this inspiring presentation.

Also make sure to read about the upcoming state conference and national convention that always provides families and individuals living with mental illness with the latest research and helpful information.

I hope this newsletter is of benefit to you.
Cheryl Hunt, Executive Director

Walk For Recovery— Save the Date

Event: Walk for Recovery

DATE: Sunday, Oct 9, 2011

TIME: 2:00 pm Registration

3:00 pm to 5:00 pm Walk

LOCATION: River Front, Harbor Lawn

Web Site Registration:

www.namilouisville.org/walk

What is the NAMI Louisville Walk for Recovery? It is a local mental health awareness and fund raising event.

Why: Our goal: 300+ walkers and raise \$60,000 dollars for NAMI Louisville programs and services

What does the money go for? Donations provide for information, education, support and advocacy for families of and individuals living with a mental illness within our community.

Calendar:

- Family to Family education class— contact the office to sign up for the next class

CONTACT US!

NAMI Louisville
914 E. Broadway
Suite # 150
Louisville, KY 40204

Tel: 502-588-2008
info@namilouisville.org
Web:namilouisville.org

Acing Depression—Public Education with Cliff Richey

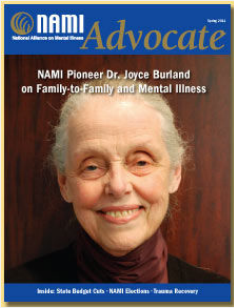
Cliff Richey, a No. 1-ranked tennis player, will discuss his most difficult opponent of his life, depression. This hero of the 1970 championship-winning U.S. Davis Cup team and the winner of the first-ever professional Grand Prix points title, will be the featured speaker at an educational event hosted by NAMI (National Alliance on Mental Illness) Louisville.

In his book *ACING DEPRESSION: A Tennis Champions Toughest Match*, Richey calls depression "the silent tragedy in our culture today" and details his life-long battle with the disease that afflicts approximately 121 million people in the world. Richey co-wrote the book with his oldest daughter Hilaire Richey Kallendorf. Books will be available for \$15.00 at the event with \$5.00 of the proceeds benefiting NAMI Louisville programs and services. A \$15.00 donation at the door entitles guests entrance to the main event, refreshments and book signing with Cliff Richey.

This public event will be held Monday, June 20, 2011 from 6:30 pm to 8:30 p.m. at Christ Lutheran Church, 9212 Taylorsville Road, hosted by NAMI Louisville.

Sponsors making this event possible include The Brook Hospital, Wellstone Regional Hospital and Seven Counties Services. "Acing Depression" is a first-hand account of the life and tennis career of Richey, providing readers with his real-life drama - on and off the tennis court. Richey's depression is a constant theme, from his genetics and family history, to the tensions of his professional tennis career and family life, to his eventual diagnosis and steps to recover from his condition.

You don't want to miss this inspirationally straight forward, honest and personal account of Cliff Richey's experiences with tennis and overcoming major depression.



Current issue now available online with membership

One of the benefits of joining NAMI is you receive the national news magazine

You do not have to be alone. NAMI Support groups are available in the Louisville area.

Annual Membership Drive

Membership has its benefits!

Why join?

- Be a part of the largest national voice on mental illness
- Receive three newsletters, local, state and national news on the latest local events, information, national research, state legislative issues.
- Gain access to exclusive “members only” sections of the NAMI.org Web site and discounts
- Fill out and mail a check to NAMI Louisville
- Pay by credit card or PayPal by going to namilouisville.org, click on “Donations” at the top right, then click at “To become a member....”
- Pay by credit card by going to www.nami.org, click on “Become a Member”, in the upper right corner

2011 NAMI Convention—CHICAGO!

2011 NAMI Convention—CHICAGO! Continues to be a vital source of new ideas, new energy and new hope for families living with mental illness. Our 2011 convention will feature top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.

Make your plans now to attend this life-changing event:

July 6–9 at the Chicago Hilton! Register early and save money.

Go to nami.org for more information and registration online. **Early Bird registration rates – just \$235 – are available for people who register by May 31!**

Continuing Education For Nurses, Social Workers And Counselors

NAMI is accredited to offer continuing education credit to registered nurses, social workers and licensed counselors for attending the 2011 convention. Although the exact number of CEs has not yet been determined, our program typically offer between 16 and 20 credits. The fee for applying for CEs is just \$15.

Support Groups for family members

*A place where....
...you can draw upon years of experience
...share with others who understand.
...what is shared stays in the group.*

Date: 2nd Wednesday
Place: Our Lady of Peace,
Time: 6:00 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 Rd
Time: 7:00 p.m.

Date: 4th Sunday
Place: Christ Lutheran Church, 9212 Taylorsville Rd
Time: 2:30 p.m.

There is no cost to attend, no need for reservations and you can drop in on any or all dates available.

You are not alone!

Research News

Children of Deployed Soldiers More Likely to be hospitalized for Psychiatric Condition:

Children of active-duty soldiers may be at greater risk of being hospitalized for a psychiatric illness, according to a new study. Researchers conducted a retrospective cohort study of the health records of kids ages 9 to 17 whose parents were active-duty personnel during 2007 and 2009, and compared that with their parents' deployment records. They found a 10 percent increase in the rate of hospitalization for the children of parents who were deployed compared with children of military personnel who were not deployed. The risk was higher in children with a history of psychiatric problems and among children whose parent had a past psychiatric history. (Medpage Today, 5/18/11)

Emerging research suggests a DNA region on chromosome 3 is related to depression. Two independent studies, one from Washington University School of Medicine in St. Louis and the other from King's College London, identify a DNA region containing up to 90 genes.

Major depression affects approximately 20 percent of people at some point during their lives, and family studies have long suggested that depression risk is influenced by genetics.

"What's remarkable is that both groups found exactly the same region in two separate studies," said senior investigator Pamela A. F. Madden, Ph.D., professor of psychiatry at Washington University.

"These findings are truly exciting," said Jerome Breen, Ph.D., lead author of the King's College London study. "For the first time, we have found a genetic region associated with depression, and what makes the findings striking is the similarity of the results between our studies." Source: Washington University in St. Louis & PsychCentral

Catherine Zeta-Jones commented about her recent bipolar II diagnosis?

"If my revelation of having bipolar II has encouraged one person to seek help then it is worth it."

"There is no need to suffer silently and there is no shame in seeking help"

Upcoming Events

7th Annual Hispanic/Latino Health Fair, Saturday, June 11, 2011

8:30am-2:00pm, Americana Community Center, 4801 Southside Drive

NAMI Lou. needs volunteers to help with the booth / material distribution

Saturday, June 18th, "A Day of Health with AARP" in Louisville.

When Sat., June 18th, 9 to 1pm

Where Kentucky Center for African American Heritage, 1701 West Muhammad Ali Blvd

NAMI Lou. needs volunteers to help with the booth / material distribution

Seven Counties, Fourth Annual Celebrate Recovery Conference

Thursday, July 14th 7-9 pm, Location: Baxter Avenues Theatres, \$10.00 admission
Friday, July 15th, 9:30 am to 3 pm, Annual Champion of Recovery Awards and

speaker Ms.. Victoria Maxwell
Friday, July 15th, "evening", speaker Ms. Victoria Maxwell. time and location still pending

NAMI Kentucky State Conference

Friday, July 29th and Saturday, July 30th

Location: Christ Lutheran Church, 9212

Taylorville Rd., Louisville, KY

Registration fee \$25.00 - Contact NAMI KY

for more info and registration contact NAMI Kentucky directly at:

Email: namiky@bellsouth.net

Phone Number: 1-800-257-5081

**NAMI National Annual Convention
July 6-9 See page 2 for details**

Walk for Recovery - Sunday, October 9th NAMI Louisville. Save the date!

Mental illness affects one in four individuals in America. African Americans are no exception. However, as many studies have highlighted, limited mental illness educational opportunities and high levels of stigma prevent many members of this community from accessing mental health support.

Sharing Hope

An African American Faith-Based Outreach and Education Initiative

Across the nation, congregations of all denominations bring African American families together and provide emotional support to their members. Researchers have found evidence that African Americans seek help from the clergy more frequently than from other professionals. Mental health issues are no exception. When dealing with mental illness, African American families might look for guidance, support, and understanding from their faith community. It is for these reasons that NAMI has developed *Sharing Hope: Understanding Mental Health*.

NAMI Louisville Initiative Goals

- * Build partnership among NAMI Louisville and African American faith communities
- * Increase understanding and awareness of mental health recovery by sharing lived experiences of people with mental illness, family members and faith leaders.
- * Address mental health stigma in the African American community by providing science-based information on mental illness.
- * Foster dialogue in African American con-

gregations about mental illness and how they can provide a caring and supportive environment for individuals with these illnesses and their families.

* Introduce NAMI education and support programs to African American congregations. Sharing Hope materials were designed in do-it-yourself style with modifiable tools and templates electronically disseminated in order to optimize accessibility and applicability to communities across the country.

Free Materials

* A practical guide for successful implementation, outreach and educational programming for African American congregations

* A 60-minute interactive presentation focusing primarily on personal reflections of the presentation team (including an individual with mental illness, family member and a faith leader) and a discussion-based activity with the companion booklet, *A Family Guide to Mental Health: What You Need to Know*

The Sharing Hope materials are available free of charge.

Contact NAMI Louisville at 502-588-2008 for more information or to request a presentation for your faith community.

Family to Family Education Class

The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses.

- The course is taught by trained family members
- All instruction and course materials are free to class participants

What does the course include?

- Up-to-date information about medications, side effects, and medication adherence
- Current research related to the biology of brain disorders and the evidence-based, effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Special workshops for problem solving, listening, and communications

- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives to improve and expand services

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."

A new class is being planned for startup in August or September. Please contact NAMI Louisville at 588-2008 to sign up or for more information.

Community Conversation with Commissioner Hall—notes from a family member

I attended the “1915(i) State Amendment” Community Conversation hosted by NAMI Kentucky in Louisville. Commissioner Hall and Department of Mental Health Services gave a power point presentation and opened the floor for comments.

The power point presentation explained how a State Amendment of this kind would give the state more federal dollars to provide mental health services in the community and what kind of services might be made available. It was stated that for every 30% KY invested there would be 70% more in federal money to fund these services but that we would have to let go of the “control of the money”- as it would be “earmarked” for mental health services in the community.

Present at the meeting were reps from NAMI Louisville, NAMI Ky, Seven Counties, Providers (private and group) and quite a few family members and individuals living with a mental illness.

The commissioner explained the proposal. There were complaints expressed concerning current services /lack thereof...there was discussion concerning the PCH institutionalization approach in KY and how it is not “in the community.” He also explained how KY incarcerates and institutionalizes more than any other state in the US. He invited guests to comment and ask questions- stating repeatedly that in KY the only way to get things done is through a grass roots approach.

People said they wanted substance abuse treatment to be a part of the package as well as help for kids in transition and supported housing.

I asked specifically what the barriers were to the 1915(i) waiver becoming a reality- Hall said that people in KY are resistant to change- and that he did not want to make a proposal for such an amendment only to get it shot down....there was not really an answer to the question although I gathered from different comments throughout the evening that the real barrier is that the Comp Care system holds a monopoly on services and funding in KY- and that with this new State Amendment, any providers who wished to be certified in the program could provide services and be paid through the waiver. In essence competition would make for more options.

There was a lot of discussion about “money following the person” Myself and three others asked specifically what we could do as interested community members to see the “1915(i) State Amendment” become a reality- and the only answer which was given – was to “speak out”- and “keep conversing” and “democracy”...

Rebekah Cotton, family member and NAMI Louisville board member

(A copy of an explanation of the 1915i waiver can be found on the website, namilouisville.org)

Kroger Card Fundraising

Raise money for 2011: Get a Kroger Card today!!

Do you shop at Kroger? If yes, then you can support NAMI by using a designated Kroger card from NAMI Louisville. Contact the office at 588-2008.

Did you know that if you put \$ 100 on your NAMI gift Card and fill your gas tank with it, NAMI Louisville will get \$4? If you use your Kroger Gift Card to purchase prescriptions at Kroger, we will receive 4% of that amount, too! You can use your card to purchase groceries, fill your tank, buy prescriptions, buy flowers... you get the idea.

**THANK YOU to everyone who takes the time to participate.
Get your card today!**

Support Groups for Consumers

NAMI CONNECTION Recovery Support Groups are led by individuals who are in recovery. NAMI trains mentally ill persons to facilitate these support groups. For more information on these groups, call NAMI Louisville at 502-245-5287.

Center One—Seven Counties @ Champion Trace
Date: Wednesdays
Place: 4710 Champion's Trace
Time: 3:00—4:30 pm
Contact: Janet Massay—807-9096

Depression-Bipolar Support Alliance (DBSA)

Providing support group for Family members and individuals with a mental illness

Date: Tuesdays & Thursdays

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>

NAMI Louisville

Louisville's Voice on Mental Illness
914 E. Broadway, Suite 150
Louisville, KY 40204

Social Club 2011 Calendar

Date	Location	2:00 to 4:00 pm
June 12	Family Picnic—	Bridgehaven
July 17	Bridgehaven	
August 21	Bridgehaven	
September 18	Bridgehaven	
October 9	Walk for Recovery—	Riverfront
November 20	Bridgehaven	
December 11	Annual Membership Meeting & Holiday Party -	Christ Lutheran Church

New Indiana Support Group

Depression and Bipolar Support Alliance meets Monday nights at 7:30 pm at Clark Memorial Hospital in Jeffersonville, Indiana in Room 1941 Hallway 1 North

7:00 pm is Tai Chi in same room as DBSA meeting with Barbara Shannon from Hope Fitness for half hour

8:30 pm Coffee in Cafeteria after meeting

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LOUISVILLE, KY.
PERMIT NO. 1458