



# NAMI Louisville

National Alliance on Mental Illness

## Our Mission:

*NAMI Louisville is dedicated to educating family members, professionals, and the general public to dispel myths and misperceptions about mental illness. Our programs and services are aimed toward eradicating the stigma of mental illness, enhancing the hope of recovery, and improving the quality of life for those whose lives are affected by serious mental illness..*

Volume : Winter 2011

## 2011 Walk For Recovery

### Family Support Groups

**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.

**You are not alone!**



### F 2 F Classes

**Family to Family education class**—contact the office to sign up for the next free class.

The NAMI Louisville Walk for Recovery was held on Sunday October 9, 2011 at Harbor Lawn on a Picture Perfect Day. We had approximately 400 people participate in our 2.4 mile walk. NAMI Kentucky's Executive Director, Cathy Epperson and her husband, Greg, were among them. The Hon. Susan Gibson, J.D. spoke on Louisville's New Mental Health Court. Al Japely, a recent Family to Family graduate, spoke on the educational benefits on this class and how it supported him in a time of need. After the walk, we enjoyed the box lunches provided by Morrison and beverages by John Conti Gourmet Coffee. The day was topped off with the drawing of raffle tickets. Congratulations to Nancy Doctor who was the grand prize winner of the iPad 2.

### CIT Officer of the Year



Congratulations to Officer Trinity Tillman, this year's CIT Officer of the Year Award recipient. NAMI Louisville appreciates the commitment and dedication from all CIT officers.

### CONTACT US!

NAMI Louisville  
 914 E. Broadway  
 Suite # 150  
 Louisville, KY 40204  
 Tel: 502-588-2008  
[namilou@namilouisville.org](mailto:namilou@namilouisville.org)

**MANY THANKS** to all the Walk volunteers. We couldn't have done it without you!

**WALK PICTURES****Why Support the NAMI Walk?**

We do great things. NAMI Louisville is helping people in Jefferson Co. and surrounding areas. **Our programs are free** and available to anyone. These programs help offer free community based education classes, support outreach efforts to raise awareness, and fight stigma. They provide hope, compassion, and better understanding of serious and persistent mental illnesses. NAMI programs provide support through shared experience and guiding principles that give hope. NAMI advocates for those who cannot speak up for themselves.

Supporting NAMI Louisville is important, because mental health programs, local mental health clinics, and many services have been cut or not available.

Supporting the Walk For Recovery makes NAMI Programs possible.

We want to thank all of the Sponsors, Walk Teams, Volunteers and Walkers.

**Kroger Card Fundraising*****Get a Kroger Card today!!***

The designated Kroger card has \$5.00 already loaded to activate the card. We request a \$5.00 to reimburse NAMI Contact the office at 588-2008 and

**we can mail a card to you.**

Did you know that if you put \$100 on your NAMI gift Card and use your Kroger Gift Card to purchase prescriptions at Kroger, we will receive 4% of that amount? 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!**

## NAMI-Louisville Joins Community Partners to Present Mental Illness Awareness Week Event at the Speed Museum

NAMI-Louisville, Wellspring, Bridgehaven, and Seven Counties Services hosted a night of **Art, Music & Advocacy** at the Speed Art Museum on Friday, October 7<sup>th</sup>.

We had a wonderful time. If you were one of the more than 500 people who joined us for some, or all, of the evening, you know that it was a great evening. The Speed Museum allowed us to hang a consumer art show in the beautiful Sculpture Court where we also hosted a lovely reception with delicious fare. The art was amazing and everyone seemed to have a wonderful time.

*The ambiance before hand allowed people to mix and celebrate.  
Joan Perkins*

*Our storytellers knocked it out of the park. If you missed it, I'm afraid you missed something very special.  
Kathy Dobbins*



Immediately following the art show, we hosted a panel discussion on **“Mental Illness & Recovery” - Past challenges, Today’s Victories and Tomorrow’s Hope**, in the Speed Auditorium. They talked about the impact mental illness has on those with a diagnosis, their families, and the reality of recovery for consumers and their families. The panel also made clear, the importance of educating the greater community about mental illness as a means of reducing stigma and discrimination and promoting recovery. WHAS 11 Anchorwoman, Renee Murphy, was our moderator, Sadiqa Reynolds, Chief of Community Building in Mayor Fischer’s administration; Eric Cecil, case manager and published author; and NAMI-Louisville and NAMI-KY Board Member, Bertha Diaz-Story, comprised our outstanding panel. We are so grateful to each of them for their courage and willingness to tackle this very important and very personal subject. Words cannot convey the power and dignity of our conversationalists. They were simply outstanding as was Renee Murphy’s mastery of the subject and perceptive approach to each speaker. It was quite a night!

*Many thanks to Renee Murphy, the Panelists, and the MIAW committee.*



*We would like to see a good turn out of our membership this year for this year's Annual Membership and Holiday Party. We will be voting for 2012 Board members, Officers, and approval of Bylaws.*

## NAMI Louisville Annual Membership Meeting and Holiday Party

December 11th at Christ Lutheran Church  
9212 Taylorsville Rd.  
Louisville, Ky.

### Annual Membership Meeting

- |         |  |
|---------|--|
| 3:00 pm | Welcome - Sign In  |
| 3:15 pm | George Hersch, current President, will provide an overview of 2011 and present the slate of board members and officers for 2012. |
| 3:30 pm | Vote and presentation of the board and officers  |
| 3:40 pm | Vote and presentation of by-laws   |
| 3:45 pm | Holiday Meal served  |
| 4:15 pm | Drawing for door prizes  |
| 4:45 pm | Clean Up   |

NAMI Louisville is providing a meat entree. Please bring a covered dish, salad, or dessert. If you wish to donate a gift for a door prize, please wrap and mark the gift to let us know if it is for a man or woman.

**VOLUNTEERS:** Anyone wishing to help with set up or clean up, please call the NAMI Louisville office—502-588-2008.

**Slate of Candidates  
for NAMI Louisville Board of Directors and Officers to Be Recommended at the December 11, 2011**

The Nominating Committee is recommending the following candidates to serve as officers of NAMI Louisville in the following capacity: George Hersch, President; Bertha Diaz-Story, First Vice President, Donna Scott, Second Vice President; Secretary; to be determined; Todd Schiavone, Treasurer



from left to right:  
Marsha Wilson,  
Jean Henry,  
Robin Bensinger,  
George Hersch,  
Bertha Diaz-Story,  
Kathy Dobbins,  
Rebekah Cotton,  
Ramon Johnson,  
and Donna Scott.

Missing:  
Todd Schiavone,  
Lia Knable—  
Gutermuth and  
Liz Curtis.

**Marsha Wilson**— Seven Co. Vice Pres. of Services to adults w/severe mental illness. 37 years experience in direct services, prog. develop. and administration. 2011 Board Member.

**Jean Henry**—Director of Addictions and Adult Outpatient Programming at OLOP, family member, F2F teacher. 2011 NAMI Louisville Board Member.

**Robin Bensinger**— Consumer. Diversity Coordinator, KY Can, ESL Teacher, Provider teacher, Peer Support Specialist. 2011 NAMI Louisville Board member.

**George Hersch**—V.P. of materiel management, Norton Healthcare. Family member, Walk Chair. 2011 President of NAMI Louisville.

**Bertha Diaz-Story**—NAMI KY Vice President, Family member, F2F teacher and Support Group Facilitator ,Bi-lingual (Spanish/English).2011 NAMI Louisville, Secretary.

**Kathy Dobbins** — Wellspring E.D., Served as Director of Programs for 28 years, Mental Illness Awareness Week (MIAW) Coordinator. 2011 NAMI Louisville Board member.

**Rebekah Cotton**—Attorney advocate at Protection & Advocacy, Family member, F2F teacher, author of a Criminal Justice System Manual. 2011 NAMI Louisville Board member.

**Ramona Johnson**—President/CEO of Bridgehaven, Chairperson of the Kentucky Mental Health Coalition, Advance Practice Psychiatric Nurse. 2011 NAMI Louisville Board member.

**Donna Scott**— Director of Christ Lutheran Preschool & Kindergarten Prog., Teacher. Family member, Provider teacher, Support Group Facilitator, Social Club Coord. 2011 NAMI Lou. Board member.

**Todd Schiavone**—Senior Manager w/ Blue&Co. Graduate of UK and the Family to Family program. 2011 treasurer for NAMI Louisville.

**Lia Knabe-Gutermuth**— Family member, F2F teacher and Support Group Facilitator. 2011 NAMI Louisville Board member.

**Liz Curtis**— Family member, F2F teacher and Education Coordinator, Support Group Facilitator and NAMI's CIT liaison. 2011 NAMI Louisville Board member.

*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.*

“Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner.

My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery.”

– Peter Weiden, M.D., author of Breakthroughs in Antipsychotic Medications

## 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?

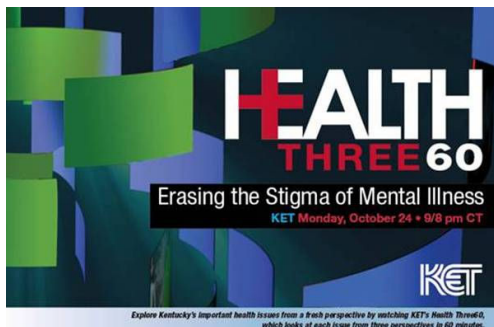
- Up-to-date information about medications, side effects, and medication adherence
- Current research related to the biology of brain disorders and the evidence-based, effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental 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 January or February. Please contact NAMI Louisville at 588-2008 to signup or for more information.

## Upcoming Events—Mark Your Calendars



**Erasing the Stigma of Mental Illness** will air on KETKY: **Thursday, December 8 at 11:00 am EST.**

The show will address the impact stigma has on Kentuckians with severe and persistent mental illnesses such as bipolar disorder, schizophrenia, and major depression. It will also look at the costs in human, economic, and political terms. Consumers, family members, advocates and providers from across Kentucky are featured!

### Advocacy Action Network

Kentucky Mental Health Coalition meeting will be held November 30th at Brooklawn in Louisville 11:30—2:00. They will be finalizing the 2012 Legislative Goals and Priorities so we encourage everyone to attend. If your organization has an advocacy issue for the 2012 General Assembly session and would like support from the KY Mental Health Coalition, please forward the information to Sheila or Christin so it can be discussed on November 30th. They will be sending out a call for RSVPs closer to the meeting date.

For additional information, please contact:

Sheila Schuster  
Christin E. Miller  
Advocacy Action Network  
120 Sears Ave., Suite 2112  
Louisville, KY 40207  
Office: (502) 894-0222  
actionoffice@bellsouth.net

### Bridgehaven's Annual Bridge Builder Breakfast



**Wednesday, November 30 at 8:00 am**  
**Mellwod Arts Center**

Come learn about Bridgehaven and hear inspiring stories of recovery from mental illness. It is a fundraiser for Bridgehaven but there is no charge for the breakfast and whether to make a donation and the amount is a personal decision. If you would like to make a reservation please contact:

**Development Director, Donna Schuster**  
At [dschuster@bridgehaven.org](mailto:dschuster@bridgehaven.org)

### NEW FACE AT NAMI OFFICE

Please welcome Linda Oechsli, who joined NAMI in the middle of September as the new Office Assistant. She has mental illness in her family, has been teaching Family to Family classes since 2003, and is a graduate of the University of Louisville.

*Condolences to Mike Ahrens and his family on the loss of his wife Carol. Mike has been a long time supporter of NAMI Louisville and served on the Board as our Treasurer.*



*Our thoughts and prayers are with you and your family.*

### Executive Director of NAMI Louisville

For those of you that did not know, Cheryl Hunt resigned her position in September 2011.

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

## 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 502-588-2008.

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 Douglass & Bardstown Road)  
**Time:** 7:30-8:30 pm (coffee afterwards)

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

## Social Club 2011 Calendar

Date	Location
November 20	Bridgehaven—2-4 pm
December 11	Annual Membership Meeting & Holiday Party Christ Lutheran Church 9212 Taylorville Rd. 3-5 pm

### 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

#### RECEIVE NEWSLETTER BY E-MAIL

To receive the newsletter by e-mail, please e-mail us at [namilou@namilouisville.org](mailto:namilou@namilouisville.org) and let us know.