



# NAMI Louisville

**Our Mission:** National Alliance on Mental Illness

*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 : Spring 2012

## 2011 Annual Meeting and Holiday Party

### 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**—We started a Family to Family class on January 11, 2012. Please contact the office to sign up for the next free class

NAMI Louisville held its annual meeting and party on Sunday, December 11th at Christ Lutheran Church.

Everyone had a great time! Our Bylaws were voted on and approved. The 2012 nominees for Board Officers and Board of Directors were also voted and approved by the membership. The 2012 Board Officers and Directors are listed below:

**Board Officers:**  
**George Hersch-President, Bertha Diaz-Story-First Vice President, Donna Scott-Second Vice President, Todd Schiavone-Treasurer, Vacant-Secretary**

### CONTACT US!

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

**At large Board Members: Eric Cecil, Rebekah Cotton, Liz Curtis, Kathy Dobbins, Jean Henry, Ramona Johnson, Clarence Rode, Marsha Wilson**

Thanks to all who made the party a success!!



## Why Join NAMI Louisville?

- We do great things!
- Improve the quality of your life!
- We offer free Family-To-Family Education classes
- We provide NAMI Family and Connection Support Groups
- We support outreach efforts
- We advocate for those who cannot speak for themselves
- We have a social club
- We participate in the Crisis and Intervention Team (CIT) training
- We have a WALK for Recovery
- Newsletter

Your \$35 membership dues are a tax deductible contribution.

Membership will insure you receive our quarterly newsletter as well as other NAMI publications and you will become a part of a family working to improve the quality of life for those affected by mental illness.

We also offer reduced membership for those who qualify. Please contact our office for additional information.

Invoice reminders will be mailed.

## Family to Family Education Class



*"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 family member*

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
- 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

### 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



**Please contact NAMI Louisville at 588-2008 to sign up for the next class or for more information.**

## NAMI Louisville member, Liz Coomes' article was published in the Courier-Journal Readers Forum on 11/28/11

Red Rising

Surely, you have not forgotten that October was Breast Cancer Awareness Month. Pink is the signature color of the cause and still widely displayed around town in the form of the recognizable pink ribbon logos. Celebrating strengths has become the model for many groups' efforts, including those that work to improve the lives of people with the severe and persistent mental illnesses and their color – red – is on the rise.

As one of the 1 in 12 women diagnosed with breast cancer, I applaud the women and men who have helped bring this disease to the forefront. When we make inroads in the treatment of life-threatening disease, such as cancer, we want to celebrate our victory. Two major walks for Breast Cancer occurred in Louisville in October and each raises impressive funds for the cure.

But I want to bring to your attention the accomplishments and needs of the second group. Those 'survivors' who live with a severe and persistent mental illness are becoming more vocal in our community thanks to treatment, medical and social. They celebrate their recovery with walks, conferences, art and talent shows, and a variety of fund-raising events. They believe they are on the threshold of change and that in years to come their reasons to celebrate will grow too. We, their families and friends, join with them in celebration and to raise awareness.

To these survivors, pharmaceutical relief is only the first hurdle in the race to recovery. The other hurdles include finding safe housing, employment, education, access to treatment, reintegration into the community and case management services. Without supports in each of these areas, even those who take medication will find their horizon of recovery very limited.

Walk a mile in the shoes of a person who suffers the darkness of depression, the confusion of schizophrenia, or the mania of bipolar disorder and remember the groups in the Louisville area that work to aid these individuals. They are Bridgehaven, NAMI Louisville, Seven Counties, and Wellspring. Respectively, they offer day programs, education and support for families, mental health services, and supported housing. I invite you to join us in Louisville for Bridgehaven's annual breakfast/fundraiser on Nov 30<sup>th</sup>. Bridgehaven has recently pioneered a program new to Kentucky that was developed and tested in 1997 under a National Mental Health Institute study. This program enhances cognition in those experiencing residual cognitive deficits and other negative symptoms.

Make a contribution to research. Research may find treatment for the most severe and persistent forms of mental illness just as the discovery of the HER2 gene won a great battle in the treatment of the most invasive form of breast cancer. The Brain and Behavior Research Foundation funds research in brain disorders, from autism to schizophrenia.

Cancer survivors like to say cancer cannot break one's will. The mental illnesses, which can take our wills from us for a time, cannot break them either. As 2011 winds down and 2012 looms large, please remember these groups who work so diligently to improve the lives of the most vulnerable among us. Their chosen color is red and though not as prevalent as pink, we hope it will become so. To see red rise, visit Wellspring's website and click on "red cap video."

Liz Coomes

Louisville, Ky 40241

Liz Coomes, worked for NAMI Ky, and has volunteered for NAMI Louisville, Bridgehaven, and Wellspring.



### 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!**

## What to Do When Someone You Love is Missing

### Persons with Mental Illness Who are Homeless or Missing: A Guide for Families

People with mental illness cannot always communicate their thoughts clearly or understand what others are saying to them. In confusion, some will retreat. Others have grandiose ideas and cannot make sound judgments. Sometimes they leave home or other secure surroundings, and they become homeless or missing. They can be gone for days, weeks, months or years. Often they leave behind distraught families, who are desperate to return their loved ones home or to another safe place.

If you have a missing loved one with serious mental illness, the following steps and information may be helpful:

1. Notify your local police immediately of your missing loved one and provide them with all the information you can. If the person remains missing more than three (3) days, ask the police to place them on the FBI's National Computer (NCIC) list as an "endangered adult". This computer network provides information nationwide. The network will give you a police number to use when searching for your relative.

2. When missing persons with mental illness over age 21 are located, the police and other agencies cannot hold or ask that they be held against their will if they have not committed a crime. No one has the authority to force the person to seek aid or medical care against his or her will unless there is a medical guardianship or court order specifying what action to take when the individual is found.

3. Prepare a one-page flyer which includes a picture of the missing person, along with his or her vital statistics (age, height, weight, hair color, eye color, clothes last seen wearing, last known location, etc.). The following list of groups, agencies, and organizations might be able to help if you contact them:

**A. Local NAMI Affiliates** - Call your local affiliate and ask for a NAMI contact person in the state where the person was last seen. Send a description sheet or flyer to the local NAMI affiliate for circulation at their meetings. Contact information for all local NAMI offices can be found at [www.nami.org/local](http://www.nami.org/local) or by calling 1-800-950-NAMI (6264).

**B. Churches, Synagogues & Other Houses of Worship** - Houses of worship are often used as shelters and soup kitchens. Many homeless individuals contact the church they were affiliated with during their childhood. Ministers, priests, rabbis or other clergy may well recognize adults who were once children of their congregation.

**C. College Campuses** - Colleges and technical schools have lounges and cafeterias. Some of them are considered comfortable hangouts because they offer a place out of the cold or heat, food is available, there is human contact, and anonymity can be found among the crowd. Take a picture of the missing individual to the cafeteria and ask a staff member to help you. There may be a bulletin board where notices can be posted. Students have been known to be mistrustful of parents looking for their kids, so emphasize the nature of your search.

**D. Community Health Centers** - Community health centers often treat people regardless of income or insurance. If your family member is traveling without insurance or cash and needs medical attention, he or she will usually use the local hospital emergency rooms. If the medical attention is not an emergency, he or she may be referred to a local community health center. Community health centers have all kinds of names: free clinics, Health Care for the Homeless, Blue Bus, Health Network, AIDS Center, etc. They usually have community bulletin boards where you can hang the missing person's picture or your flyer.

**E. Creditors** - The person may have relocated and may be making payments on a loan or applying for credit. If possible, get a list of previous creditors.

**F. Hospitals** - Get a list of the public and private psychiatric wards from the local mental health administrator. Emergency room personnel usually remember people who come in from the streets. Be aware that they may not give you any information due to confidentiality laws, but you can notify them that you are a relative of the missing person who is interested in their welfare.

**G. Public Library** - The local library is a comfortable place for many people who are homeless. Many of the homeless shelters are not open during the day so people often use local libraries to stay warm, use the bathrooms, read, hang out, and blend in with everyday life. The janitors know who uses the building for more than just reading.

**H. Mass Transportation Centers** - Bus and train stations are somewhat similar to libraries in comfort and convenience for people who are homeless. Unlike libraries, however, bus and train depots are not as easy to hang out in. The bathrooms aren't as clean and loitering is frowned upon. Airports are the least used unless of course the missing individual has access to airfare.

*In, November,  
we received a  
call from  
Massachusetts.  
A mother was  
looking for her  
missing son.  
He had gotten  
off the bus in  
Louisville.  
With the help  
of the LMPD,  
and other  
agencies, he  
was located  
and returned  
home safely.*

I. **Free Meal Sites** - Most urban areas have well-organized meal sites. Find one and ask about the others. People use meal sites most often near the end of the month and may travel from site to site. Everyone seems to know the regulars by name and face.

J. **Red Cross** - Check your local phone directory for contact information, or visit [www.redcross.org](http://www.redcross.org).

K. **Salvation Army** - For a small fee the Salvation Army will file a missing person's report in their national computer system. A missing person's report will not be filed for anyone missing less than 3 months. Many Salvation Army locations also have shelters. Call the nearest Salvation Army regional office for further details, or visit [www.salvationarmyusa.org](http://www.salvationarmyusa.org).

In order for the report to be filed, you will need the person's full name, date of birth, and social security number.

L. **Shelters** - There are public and private homeless shelters. Call your local Salvation Army, YWCA, YMCA, or Social Service Agency for a list of shelters in the area. Most shelters maintain a list of those persons who have used the shelter and will usually tell you if your relative is currently living there or not.

M. **Social Security Office** - (Subject to regulatory change) Call your local Social Security Office and ask who in your area is officially contracted as the Third Party Agency. Example: A homeless shelter in Madison, Wisconsin, has a contract with the Social Security Office as a Third Party Query site. The shelter submits computer information on the name, date of birth, and social security number. This information is submitted to the central computer in Green Bay Wisconsin. Information returned includes Social Security and/or SSI information: address of where the last check was sent and when, a payee (if any), the amount of monthly benefit, and more. Visit [www.ssa.gov](http://www.ssa.gov) for more information.

N. **Social Service Agencies** - Someone who is homeless will often be referred to the Social Service Agency for General Assistance (welfare). The local Health and Human Services Office almost always runs these programs. Call an intake worker and ask who you would see if you came to town with no money and no housing. Most public agencies will tell you if your family member has been on assistance. However, your contact person at a homeless shelter may ask the same questions and get more answers.

## What to Do When the Missing Person Is Found

### A. General Information

Services for persons with mental illness vary widely from area to area. Finding appropriate services for the missing individual at a distance will probably be a frustrating experience. Your approach should be tailored to the missing individual's condition and wishes, as well as to the reality of inadequate services in many areas.

Once a police report has been made in your city and the person has been found in another city, the police in the receiving city may be willing to transport the individual to the hospital for evaluation and treatment. They may also have a social service department themselves or provide linkages to other sources of assistance. Some states have interstate pacts between Mental Health Systems which may provide transportation from one system to another. Call and ask your Mental Health Center or state Mental Health office for more information.

### B. Telephone Calls

When accepting a collect call from a missing person you may first want to ask where the call is coming from. This may not be advisable in all cases.

### C. Money

While NAMI does not recommend or endorse the following companies, this information may be helpful when trying to get money to a missing relative.

- Western Union – If a person is out of funds and you feel comfortable sending them money, you may do so through a Western Union Office using a prearranged code. Professionals suggest that you send as little money as possible at a time. This encourages on-going communication. Visit [www.westernunion.com](http://www.westernunion.com).
- ComChek – ComChek, a company of Comdata Network Holdings, Inc., allows people to send money to over 6,000 truck stops throughout the United States. ComChek takes only Visa, MasterCard, or cash at designated locations. In order to pick up money, the person receiving it at the truck stop will need to show identification. The toll-free number for Com Check is 1-800-833-9110. They will be able to answer any other questions you may have about their service. You may also visit [www.gocomchek.com](http://www.gocomchek.com) for locations from which to send money.

### D. Travel

**Airlines:** A pre-paid ticket can be purchased with cash or credit card from your local travel agent, over the internet, by phone, or directly from

the airline counter at the airport. There is a non-refundable service charge. On the ticket you may specify who has the right to a refund (if any) if the ticket is not used, or whether it is exchangeable (in accordance with the rules and regulations set by the airline). Ask your travel agent for details.

**Train:** A pre-paid ticket may be purchased from your travel agent or Amtrak counter. There is a non-refundable service charge. This service is not available at all locations. In order to purchase a pre-paid ticket, both the point of origin and local Amtrak counters must be open. An I.D. is necessary for ticket pick-up. I.D. can be any legal document with the name of the traveler on it. Call your local Amtrak office for more details, or visit [www.amtrak.com](http://www.amtrak.com).

**Bus:** A pre-paid ticket may be purchased from your local Greyhound station. There is a non-refundable service charge. This service is not available at all locations. In order to purchase a pre-paid ticket, both the point of origin and the local Greyhound station must be open. I.D. is preferred, but the ticket can be picked up with a prearranged code. Other bus companies may have similar arrangements. Visit [www.greyhound.com](http://www.greyhound.com).

**Travelers' Aid International (TAI):** A TAI office is usually located in a bus or train station. Try to locate the one nearest to you and become familiar with this organization. They can prove to be your best source of help with transportation needs. TAI can sometimes get charity-rate bus tickets (25% off the regular price). Although policy varies from state to state, in many cases it is possible to send a person home at no cost, although this may take a few days. TAI can generally provide for the person's basic needs during this interval.

In addition, TAI can also board your relative on the bus, train or plane (during working hours) and make protective travel arrangements with other TAIs en route.

TAI suggests that when at all possible send very little actual cash. If your relative is currently delusional, he or she may use very poor judgment in spending it or get robbed or "conned" out of the money. If possible, work through a TAI office and deposit money (in your city) or make arrangements with a TAI in the city in which the missing individual finds him/herself. They will disperse the funds to assist in buying food, getting a hotel room or buying a ticket. More information at [www.travelersaid.org](http://www.travelersaid.org), including national health and human services organizations.

## Sharing Hope

*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.*

### 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 congregations 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.**

## Upcoming Events—Mark Your Calendars

### Family –To- Family (F2F) Teacher Training coming April 28-29, 2012

A Free F2F Teacher Training will be held Saturday, April 28th and Sunday April 29th in the Florence, Kentucky area.

Class is limited so complete your application by going online at [www.ky.nami.org](http://www.ky.nami.org).

Applications can also be obtained by calling NAMI Kentucky at 1-800-257-5081.

**Application deadline is March 30, 2012.**

See US, not the Illness...  
NAMI Kentucky 2012  
State Conference  
will be held July 28,  
2012

*Mark your calendars and plan to attend.*

**Bridgehaven's  
Art As a Part of Healing  
Sunday, March 4, 2012  
4:00-7:00 p.m.  
950 S. First Street 40203**

**Wellspring 14th Annual Derby Preview Party  
Tuesday, April 24, 2012  
6:00 to 9:00 pm  
Millionaires Row at Churchill Downs  
\$160 per person**

**To RSVP, call Melissa Kratzer at (502) 753-1457 by  
April 16**

### Support Facilitator Training For Families

A Free Support Facilitator Training For Families has tentatively been scheduled April 2012. More details to follow.

Application is available at [ky.nami.org](http://ky.nami.org) or call 1-800-257-5081.

**Application deadline is March 30, 2012.**

DBSA  
Depression and Bipolar Support Alliance  
St. Paul United Methodist Church  
Meet  
Rebecca Geracitano, M.A. CHt  
Certified Hypnotherapist  
Tuesday, March 6th, 7:30 pm—8:30 pm

For more information, contact Mike Kuhl at 502-635-6142 or email Maureen Fifer-Welch at [fiferwelch@gmail.com](mailto:fiferwelch@gmail.com)

## 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 2012 Calendar

Date	Location
February 19th	Bridgehaven (2 - 4 PM)
March 18th	Bridgehaven (2 - 4 PM)
April 15th	Bridgehaven (2 - 4 PM)
May 20th	Bridgehaven (2 - 4 PM)
June 13th	Hogan's Fountain (2 - 4 PM)
July 15th	Bridgehaven (2 - 4 PM)
August 19th	Bridgehaven (2 - 4 PM)
September 16th	Bridgehaven (2 - 4 PM)
October	Walk (TBA)
November 18th	Bridgehaven (2 - 4 PM)
December 9th	Christ Lutheran Church Annual Meeting and Holiday Party (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

8:30 pm Coffee in Cafeteria after meeting