



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 : Summer 2012

Family to Family Education Program

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!

Save the Day

Walk for Recovery

October, 21, 2012

2 pm – 5 pm



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



Who can attend a NAMI Family to Family education program?

Courses are open to **all caregivers** of adults with mental illness. Everyone is a valued participant.

The NAMI Family-to-Family Education Program

A free, 12-week course for family caregivers of individuals with mental illness

- 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

CONTACT US!

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

Tel: 502-588-2008
 namilou@namilouisville.org

Thought for the Day

Recovery is a Journey of Hope

— Fortune Cookie Proverb



NAMI Louisville and the **Veterans Administration** will collaborate to provide Family-to-Family education courses to military members, veterans and their families

Quotes from Family-to-Family Graduates

"The incredible amount of information has benefited me immensely. I recognize my errors across the board and already see a shift to the recognition of difference between the person and the disease."

"Great-Better able to deal with the day to day ups & downs associated with mental illness-Helped me accept my son's illness and to tell other people about his illness,"

"I wish I had taken this course years ago. I can't express how this has impacted my life in such a positive way. I have already started using what I have learned."

We will start a Family to Family class on May 10, 2012. Please contact the office to sign up for the next free class.

Why is Family-to-Family unique?

The course provides insights into, and resolution of, the profound concerns experienced by families, close relatives and friends as they strive to cope with the realities of serious mental illness.

Caregivers not only learn a wide range of information about serious mental illness, they also learn to understand how living with these conditions affects their loved one.

The course teaches the knowledge and skills that family members need to cope more effectively.

You are Not Alone

Despite gains in the treatment and opportunities for recovery, coping with the difficulties that many people encounter in caring for a relative or friend with mental illness can be difficult. The NAMI Family-to-Family Education Program is a 12-week course for families and friends of those living with schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder. Course participants gain vital information, insight and understanding of their loved one that many describe as life-changing.

Family-to-Family provides caregivers with communication and problem-solving techniques, coping mechanisms and the self-care skills needed to deal with their loved one's mental illness as well as its impact on the family.

Schizophrenic son refuses to take meds, get therapy or be helped

Dear Annie: Thirty years ago, our son was diagnosed with schizophrenia. He has been hospitalized more than once, although he believes it was only to "punish" him. In the past few years, he has refused all psychiatric intervention.

"Robert" has lived independently for 18 years. He displays delusional and paranoid behavior. We do not know whether he still takes the antipsychotic medicine that was prescribed 20 years ago.

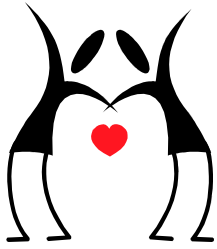
Mental health professionals have given up on him. Robert doesn't seem to fit in anywhere. Living alone only worsens his illness, but he is averse to being told what to do. How do I help him?

Dear Fear: It's terribly sad and stressful, but here is only so much you can do to protect a mentally ill adult who refuses to take medication, get therapy or be helped in any way.

The National Alliance on Mental Illness offers a 12-week Family-to-Family program for those dealing with family members who are mentally ill.

Please contact them at 1-800-950-NAMI (1-800-950-6264) (nami.org).

(The above article was taken from Annie's Mailbox in The Courier-Journal)



Calling all Family-to-Family Teachers We need YOU!!!!!!!

- Demand for F2F is growing.
- F2F need for teachers is greater than ever
- Remember what your F2F class meant to you
- Help NAMI help other families and friends
- Help move the message of HOPE and RECOVERY forward

CONTACT Nami Louisville @ 588-2008

How F2F saved my life: personal testimonial

In 2005, my child was diagnosed with bipolar. This word did not make any sense to me. More importantly how did my child catch it? How do I fix it?

Our desperation turned to panic. Options for treatment were minimal. We were advised to request an MIW (Mental Inquest Warrant) to force her into treatment. I can still feel the heaviness in my heart, that day sitting in court waiting to be called. I was still in denial. Undecided if this was the right thing to do. Trying to figure out how we all got here. Needing to be convinced that this was the only hope she had left; if she was going to have a chance at getting better. Once in treatment my family was denied information. Her calls were angry, yelling her hate for me, for the MIW. She never wanted to see me again. I tell her that I love her and she hangs up on me.

We are all in crisis. Worried what the future holds for our family and most importantly for her. I wait and I pray. Please God. Make her whole again. Please help me find a way to help her and my family. I wait. She relents and allows her doctor to speak to me. He shares her diagnosis and her release date. Insurance benefits are capped after three days of 'treatment'. They send her home to our house. We're all in shock. What do we do? She has her meds. The doctor tells me to let her rest –keep things calm and quiet. My head is exploding with questions –no one gives me answers. We were overwhelmed. No direction. No support and No HOPE! I Google Bipolar. And I cry. She is stable and wants to resume her life and return to work. I drag myself to a bipolar support group meeting. Felt like a fish out of water. Someone there tells me about NAMI's Family to Family classes. I call the office and am giving the class location, date and times. On my drive there, I am debating if this is really what I need. Things are getting better. More denial. I walked into the room. The teachers greet me and introduce the class. I spent the first three classes crying. I am like a deer caught in the headlights. How could there be so many of us in this much pain? The teachers refer to a 1 and 5 number. And explains that the number indicates how many of us will be effected by a mental illness diagnosis.

As the classes progress I found myself sitting straighter. No more crying. I began to listen and hear. Started to believe that I was not alone, that there is hope for Recovery. My shame and embarrassment became determination for advocacy and a commitment to help eradicate the stigma. The NAMI F2F course gave me back my life. I owe my serenity to this program. It has allowed me to be less reactive and more pro active. Our Family support system is stronger. My child's life is getting better. She tells me that we never made her feel like she couldn't achieve her (before the diagnosis) goals and plans. We told her she could and that we would help her figure another way. F2F gave my family the tools of patience, humility, compassion and understanding about mental health issues. I am also a F2F teacher and Support group facilitator. It is my small way of giving back for the great that was given to me. Please consider teaching or becoming a teacher. Together we are stronger.

Anonymous

More Quotes from Family-to Family Graduates

"I thought my wife and I knew just about everything there is to know about the system and the illness. Boy, were we wrong. Without a doubt, this is the best support course I have had the privilege of taking part in, bar none."

"The course gave me hope that it will be okay, that I am not alone and reduced of a lot of shame, guilt and hopelessness. I see my wife now as someone who is ill and not as someone having a character flaw. The course helped me educate my children about their mother's illness and increased my compassion for my wife and others who have mental illness."

A special thank you to Liz Curtis and Anne Heard for teaching the last Family to Family Class. We can't do this without faithful volunteers.

Please submit your stories for sharing or questions that you may have by either e-mail or regular mail.

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

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.

NEW:

Membership renewal dates will be displayed under your address on the front of the newsletter.

We will also be mailing invoices quarterly.



Kroger Card Fundraising

Get a Kroger Card today!!

Remember to recharge your card!

The Kroger card has \$5.00 already loaded to activate it. We require the same amount as payment for the card. The card will be mailed to you.

Did you know that if you add money to your card and use it to purchase prescriptions, groceries, fill your tank, buy flowers, or any Kroger merchandise, NAMI Louisville will receive 4% of that amount?

Contact the office at 588-2008 to purchase yours today!

THANK YOU to everyone who takes the time to participate.

On November 2, 2012, NAMI Louisville hosted its first Sharing Hope outreach at Living Water Fellowship with Pastor Moses Foyah. The congregation located in South Louisville is home to many refugees and members from international countries.

Pastor Foyah opened the event by sharing some of his personal experiences with mental illness. He talked about situations where he had tried to assist someone who was suffering from a mental illness and how we as a community needed to know more information about how to help persons suffering from these illnesses.

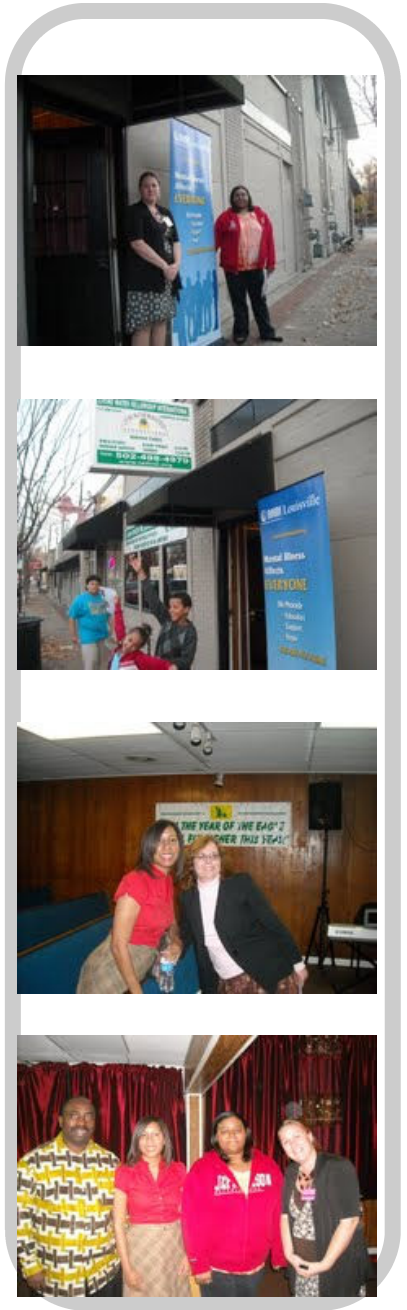
Audrey Jones, a member of the Kentucky Protection and Advocacy Advisory Council told how she had struggled with post traumatic stress disorder and how she survived. She was courageous to get up and share these intimate experiences and to open the floor for the congregation to ask questions and to discuss community resources for persons who are in crisis.

Toya Northington, a family member of a person with a mental illness also told her story and led the congregation in a discussion about how to help a friend or family member who is suffering from mental illness. Toya had recently completed the NAMI Family to Family 12 week course and was advocating for others to have access to this training and to more information and resources if and when there is a crisis.

After the presentation, the congregation asked questions and engaged in discussions concerning persons they knew were currently struggling. The room began to come alive as members shared their own memories of someone they knew. It was so ideal that Audrey had shared her personal story that night as one woman from the congregation knew of someone who had been a refugee from war in another country and was likely suffering from post traumatic stress disorder and in need of help.

In this small room a big thing began to happen. The stigma of mental illness was made powerless as each person who was present shared a story or asked a question about what to do for someone if you thought they were in a mental health crisis.

Sharing Hope is a program which is designed to help NAMI Louisville members spread the valuable information and resources available through NAMI to the African American community in Louisville through faith based congregations. We are in discussions now with members of other churches hoping to schedule this one evening event. If you or someone you know is interested in this program please contact Rebekah Cotton at [502-564-2967](tel:502-564-2967) or NAMI Louisville at 502-588-2008. We want to Share Hope!



Hispanic/Latino Outreach Grants

NAMI National recently awarded NAMI Louisville a Sharing Hope Latino grant. We have also been awarded a William E. Barth Foundation grant. Both grants will be used for improving the quality of life in the Louisville Hispanic/ Latino Community. NAMI Louisville is appreciative of these grants and looks forward to implementing our plans.

ACO POSITION STATEMENT

If given a choice, where would you live? In your own home? In a “community” setting with friends and family? Persons with disabilities such as severe and persistent mental illness have the right to make similar choices. The right of all individuals, regardless of their disability, to live in the least restrictive community setting is clearly established in federal law and in court rulings.

What are the Key Principles of Community Integration? These principles apply across all disabilities, but the focus of ACO is on individuals with severe and persistent mental illness (SPMI).

- Individuals with SPMI should have the opportunity and choices to live like people without disabilities. They should have the opportunity to be employed, to have a place to call home and to be engaged in the community of their choice with family and friends.
- Individuals with SPMI should have control over their own day, including which job, educational or leisure activities they choose to pursue.
- Individuals with SPMI should have control over where and how they live, including the opportunity to live in their own home. Living situations that require conformity to a collective schedule or that restrict personal activities limit the right to make choices.

Housing with Supports:

Virtually all individuals with SPMI can live in their own home with supports. Like people without disabilities, they should be able to decide where they live, with whom they live, when and what they eat, who visits and when, and how they spend their day.

To this end, individuals with SPMI should have access to housing other than personal care homes, group homes or other congregate arrangements, or multi-unit buildings and complexes that are primarily designed for people with disabilities.

Informed Choice:

Individuals with SPMI should have the opportunity to make informed choices. They must have full and accurate information on an ongoing basis about their options, including what services and financial supports are available in integrated community settings.

Public Funding:

Government funding for services should support implementation of these principles. Currently, public funding has a bias toward congregate living with few supports, severely limiting individual choice and creating barriers to integrated living in the community.

Historical Context:

In the late 1960's, the federal Community Mental Health Act spurred the development of community-based services for individuals with SPMI, many of whom were discharged in very large numbers from psychiatric hospitals. One of the important pieces missing in the deinstitutionalization movement was the development of appropriate housing in the community for these individuals. Personal care homes were initially established in 1974, and the numbers of individuals placed there grew steadily, largely because there were only limited services and supports available in the community. Many individuals discharged from hospitals were placed outside of their home communities and later re-institutionalized. With the advent of additional systems of care, and more research-informed knowledge about effective community-based supports and services, some of these individuals have now

moved into an integrated community setting. Additional resources are needed to move our system of care to one that is more person-centered, provides opportunities for community integration and supported employment and is supportive of individual choice.

Kentucky is on the brink of establishing a new program in Medicaid which takes a positive step in the direction of creating more opportunities for community integration for individuals with SPMI. These individuals, who currently have limited choices and few services, will have more community-based supports and services available to them...and Kentucky will move toward achieving greater community integration.

NAMI Louisville supports this position. This has been presented to the legislators. Please show your support by contacting your legislator.

Contact Information for Kentucky Policy-Makers

To Find Out Who Your Elected Officials Are:

Call **1-888-VOTE-SMART (1-888-868-3762)** or log on to www.vote-smart.org and enter your home address and zip code.

To Contact State Legislators in Frankfort:

To Leave a Message for Legislators, Call: 1-800-372-7181

(Can also be used to leave a message for an entire House or Senate Committee or for every legislator in the House or Senate).
Legislators' Email and Fax Numbers in Frankfort can be found on the LRC website, <http://lrc.ky.gov>

To Contact State Legislators at Home:

Legislators' home addresses and phone numbers are available on the website, <http://www.lrc.ky.gov>, or from the LRC Public Information Office in the Capitol Annex; phone: 502-564-8100, ext. 517.

To Contact the Governor:

To call: 502-564-2611 (*no toll-free number*) **TDD:** 502-564-9551

To write: Governor's Office, 700 Capitol Avenue, Suite 100, Frankfort, KY 40601

To fax: Fax 502-564-2517

To email: <http://governor.ky.gov>: click on "Contact" to left of his picture

To Contact Federal Legislators or To Contact Other KY Executive Branch Officials:

Kentucky Government Website: <http://www.kentucky.gov>

(From this site, you can click on "Government" and locate federal legislators or connect to the Kentucky state phone directory and all Kentucky cabinet home pages.)

To Track State Legislation:

Legislative Calendar Line: **1-800-633-9650**

(Daily recording of committee meeting schedules and bills on committee agendas)

Bill Status Line: **1-866-887-9016**

(Provides latest status of each bill each day; line is open 8-4:30)

Legislative Website: <http://www.lrc.ky.gov>

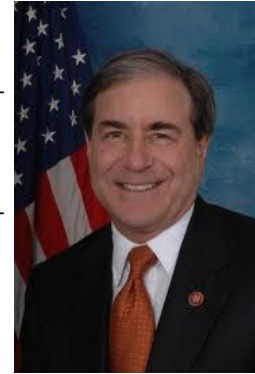
(This site has district maps, names and home addresses of all legislators; also, proposed bills, bill status, reference materials, Kentucky Revised Statutes and Kentucky Administrative Regulations.)

Past Events

NAMI Louisville was invited to attend a Social Action Shabbath at Temple held on Feb. 24, 2012. Sara Robinson submitted the following:

Representative John Yarmuth shared with the community the workings of our government and the most important message that individuals joining together is the most effective method of making a difference. After the service, during the "oneg" (which is a time to mingle and enjoy an array of desserts) many non profit agencies had displays of their organizations...including Gilda's Club, National Alliance for Mental Illness, Maryhurst, West End School & the Red Cross, just to name a few. It was a very informative evening. Learning and sharing what makes our community, our non profit world, so important in the lives of so many.

NAMI Louisville wants to thank Ms. Robinson for inviting NAMI and we look forward to future collaborations.



John Yarmouth
U.S. Representative

History of NAMI Louisville

Did you know that NAMI Louisville was founded in 1979?????

Please allow us to pay tribute to those of you who started our affiliate.

We are looking for stories, pictures, and names for articles in our Newsletter.

Please contact the office at 588-2008 or via email at namilou@namilouisville.org



NAMI Louisville Walk for Recovery
Sunday, October 21, 2012
Harbor Lawn Waterfront Park
2:00 PM–5:00 PM



George Hersch, NAMI Louisville President
Cathy Epperson, NAMI Kentucky Executive Director

The 2012 NAMI National Convention will be held at the Seattle Sheraton Hotel, June 27-30.

The Sheraton is located in the heart of Seattle, an area rich with restaurants, shopping, attractions, and the world famous Pike Place Market.

Our 2012 convention theme, **Think, Learn and Live: Wellness, Resiliency and Recovery**, highlights this year's focus on developing effective programs and resources to increase resiliency and advance recovery.

For questions, please email us at convention@nami.org

The Hispanic/Latino Coalition presents the eighth annual Hispanic/Latino Health Fair

My Community, My Health
(Mi Comunidad, Mi Salud)

Saturday, June 9, 2012
8:30 am to 2:00 pm Health Screenings
8:30 am to Noon Exhibits

Americana Community Center
4801 Southside Drive
Louisville, KY 40214
For directions, call (502) 262-7941

Seven Counties Services
Stand Up! For Recovery 2012
Conference

Friday, July 20th
Hyatt Regency
Louisville, KY

There will also be a performance on Wednesday, July 18th at 7p at the Improv.

Bridgehaven 11th Annual Golf Marathon
100 holes of Golf in One Day!
Monday, June 18th
Oldham County Country Club
Great Day, Golf, Food and Prizes!
No cost to golfer! Call 585-9469 for more info and to sign up!
Added this year: Clubhouse Bridge Tourney for BridgehaVEN

July 28, 2012

NAMI Kentucky State Conference

"SEE US NOT OUR ILLNESS"

Christ Lutheran Church

9212 Taylorville Road

Louisville, KY

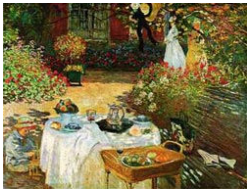
MENTAL ILLNESS AWARENESS EVENT

Artists who lived with a mental illness.

Jackson Pollock
(Bipolar disorder)



Claude Monet
(Clinical Depression)



Pablo Picasso
(Schizophrenia)



Toulouse Lautrec
(Addiction, Depression,
Anxiety, Paranoia)



Speed Museum
August 3, 2012
Art Show and Sale
5 pm-7 pm
The Minds on the Edge film
7 pm

NAMI Louisville joins **Wellspring, Seven Counties Services,** and **Bridgehaven** to present an evening of Art and Advocacy. The Art Show features original work from participants in the Wellspring, Seven Counties Services, and Bridgehaven's art therapy programs. We will also feature The Minds on the Edge film.



MINDS ON THE EDGE was first aired in October, 2009. The program sets up hypothetical situations wrestling with mental illness. Several participants have spoken in Louisville and are well-known to Louisville audiences. Justice of the Supreme Court Stephen Breyer, journalist Pete Earley author of *Crazy*, Dr. Fred Frese, a psychologist with schizophrenia, and Elyn Saks, a law professor with schizophrenia, appear in the scenarios.

There will be a discussion on the film by an expert panel, who will also answer questions from the audience.

Appetizers will be served during the Art Show.



“To live in hearts we leave behind is not to die.”
— Hans Christian Andersen

Our condolences to our NAMI Family & Friends

The family of Marsha Hall Crush, who was a long-time member of NAMI

Kathy Dobbins (Board Member)-mother

Bertha Diaz-Story (Board Member)-mother

Mr. & Mrs. Mark Hasson-son

Jean Henry (Board Member)-brother

George Hersch (Board Member)-parents and sister

The Mooser family- mother (Jodi), son (Bradley)

Joan Perkins (Past Board member)-mother

Michael Todd and Kathleen Solley Rohrman-daughter

Thank you to all who donated to NAMI Louisville

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—502-807-9096 or
Gertrude Sims—502-386-1785

Pyramid House

Date: Tuesdays

Place: 1425 Bluegrass Avenue

Time: 3:30—4:30 pm (dinner afterwards)

Contact: Judy —502-363-2240

Social Club 2012 Calendar

Date	Location
May 20th	Bridgehaven (2 - 4 PM)
June 10th	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)

Depression-Bipolar Support Alliance (DBSA)

Providing support group for Family members and those
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>