

nami-savannah news

Email: nami-savannah@namisavannah.org
www.namisavannah.org

NAMI-Savannah, Inc., 7805 Waters Ave., Suite 2B,
Savannah, Georgia 31406
Mail to: NAMI-Savannah, P. O. Box 13731,
Savannah, Georgia 31416 Phone: 912-353-7143

December 2013

Calendar Information

General Meeting

The next NAMI-Savannah Education and Membership meeting will be held on Tuesday, December 10th at 6:00 pm at the Reed House, 1144 Cornell St.

NAMI-Savannah Christmas Celebration

The holiday celebration will also be held on Tuesday, December 10th at the Reed House. **All are welcome to attend!**

Family Support Group

There will be no group meeting for December. The next meeting will be held on Monday, January 13, 2014 at 6:00 pm at the Reed House. If you have any questions, please contact Lisa Breitberg at (912) 313-3272.

NAMI Connections

Talk to someone who understands. Someone just like you. NAMI Connections is a weekly recovery support group program for people living with mental illness. It offers a structured group process designed to encourage, support, and empower.

NAMI Connections is held every Tuesday at the Reed House from 6:00-8:00 pm.



Coastal Behavioral Health Partners Stakeholders Partnership Meeting



NAMI-Savannah, in collaboration with community providers, public officials and consumers resumed the monthly Coastal Behavioral Health Partners Stakeholders Partnership meetings on November 18, 2013.

It has been a while since our last meeting and partners have agreed on the need to come together again to address important issues in the mental health arena. The stakeholders' meetings have been essential to the development of the NAMI Blue Ribbon Task Force, the Opening Doors to Recovery initiative and housing services. Our first meeting started the process of gathering state and local service providers, public officials and community groups to address issues that affect the Savannah community.

John Richards, president of NAMI Savannah presented an overview of what we hope to accomplish in our renewed partnership. The stakeholder's group was created to connect the various partners to work together to address both large policy issues and community service needs. We also had presentations from Georgia DBHDD Region 5 Administrator, Charles Ringling, Gateway BHS Medical Director William Shiver, and June Dipolito, CEO of Pineland CSB.

Our group meets monthly on the fourth Monday of each month from 3:30 -5:00 PM at Memorial Hospital. NAMI-Savannah will send out advance notices and agendas of our meetings.

NAMI-Savannah Christmas Celebration!

NAMI-Savannah will hold its next monthly Education and Membership meeting and Christmas Party on December 10, 2013, at 6:00 p.m. in the Reed-House. Members of Nami-Savannah, members of the Reed House, and the public are cordially invited.

Come out and celebrate this holiday season with us. *Refreshments will be provided.*



YOUR MEMBERSHIP MAKES THIS NEWSLETTER POSSIBLE—BECOME A MEMBER OF NAMI-SAVANNAH TODAY!

"Stir It Up"

Don't miss NAMI-Savannah's monthly 30/60 minute radio show with Jacqueline Awe broadcast on SSU's 90.3 FM the 1st Friday of every month at noon. Topic this month: *Borderline Personality Disorders*.

Peer Support "Warm Line"

1-888-945-1414

The Georgia Mental Health consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day.

Crisis Hotline

1-800-715-4225

The 24-hour Georgia Crisis and Access Line, operated by Behavioral Health Link and sponsored by the state.

The Nation's Voice on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope.

For more information, contact: nami-savannah@namisavannah.org
www.namisavannah.org

PHONE: 912-353-7143
FAX: 912-353-7195

Dedicated to our mission of support, education, and advocacy for all whose lives are touched by serious mental illness.

NAMI-SAVANNAH***Annual Tree Trimming Party at Georgia Regional Hospital***

NAMI-Savannah in coordination with Georgia Regional Hospital, Savannah Volunteer Services, will conduct our annual Tree Trimming Party in celebration of the holiday. Each year, NAMI-Savannah visits our regional hospital and assist the clients in decorating their tree, sing carols, serve refreshments, and provide small gift bags to the patients. Our fellow citizens who are hospitalized at this time of year, look forward to our support and visit. Those who wish to volunteer for this visit, please notify VieAnna Mattox at our office: 912-353-7143.

Thank you, *John Richards, President*

**1st Annual TsuNAMI Tennis Challenge*****"Taking Mental Illness by Storm"***

Saturday, January 18, 2014

@ The Landings Franklin Creek Tennis Center

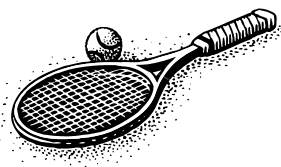
9:00-4:00 p.m.

Please contact Leslie Medinger, for more information

Email: Lesm0211@gmail.com

(912) 598-1621

(912) 665-2250 (cell)



NAMI-Savannah's first annual TsuNAMI Tennis Challenge, will be held to promote our advocacy and raise funds for our many programs for the mentally ill. This event will take place on January 18, 2014. The title of the challenge is *"Taking Mental Illness by Storm"*.

We solicit our sponsors and the public to support our efforts to educate and inform our community by reducing the 'STIGNORANCE' about brain diseases.

Mental Health Resources

The following key organizations spread awareness and understanding about anxiety, the treatment of clinical depression, and mental health, in general. If you seek additional information about anxiety and depression treatment for yourself, a child, or loved one, please explore these websites:

- ☞ Child and Adolescent Bipolar Foundations • www.bpkids.org
- ☞ Depression and Bipolar Alliance • www.dbsalliance.org
- ☞ Families for depression awareness • www.familyaware.org
- ☞ Juvenile Bipolar Research Foundation • www.JBRF.com
- ☞ Mental Health America • www.mentalhealthamerica.net
- ☞ NARSAD (The Mental Health Research Association) • www.narsad.org
- ☞ National Alliance on Mental Illness • www.nami.org
- ☞ National Institute of Mental Health • www.nimh.nih.gov



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JOIN NAMI
TODAY!!

Go to nami.org and
be sure to select
NAMI-Savannah!

Final Parity Regulations under Mental Health Care Law are a "Crowning Achievement" in ending Insurance Discrimination: Statement of National Alliance on Mental Illness (NAMI)

NAMI Executive Director Michael J. Fitzpatrick issued the following statement on behalf of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization and a leader in the mental parity movement.

NAMI applauds and thanks President Obama and Secretary of Health & Human Services Kathleen Sebelius for issuing today the final regulations that define parity under federal law, requiring insurers to provide mental health care benefits on the same terms that they cover physical illnesses. The regulations are a crowning achievement. They are the result of a 20-year bipartisan campaign by individuals and families affected by mental illness to end unfair discrimination that led to enactment of the Mental Health Parity and Addiction Equity Act in 2008. They are essential to implementation of what is now the law of the land.

We also thank President George W. Bush and all members of Congress who played a role over the years leading to this moment. All Americans can applaud when our leaders, regardless of party, come together to move the nation forward on issues of this magnitude.

NAMI will prepare a more detailed analysis of the final regulations after close examination. There is still disappointment: the regulations will cover about 85 percent of the nation's population, but gaps in coverage exist. The regulations do not apply to managed care plans through Medicaid or the equally vital Children's Health Insurance Program (CHIP). Some of our most vulnerable people are still being left behind. There is still a challenging road ahead. NAMI will continue working to ensure vigorous implementation and enforcement and to build on a still rapidly evolving, integrated health care system.

SOURCE National Alliance on Mental Illness

The One-Year Anniversary of the Sandy Hook Elementary School Shooting Tragedy



December 14, 2013 will mark the first anniversary of the tragedy at Sandy Hook Elementary School in Newtown, Conn., where

20 children and six adults were killed. Along with other tragedies, it has resulted in profound examination of the nation's mental health system. Whenever such tragedies occur, all Americans are deeply affected. That includes the approximately 60 million adults who live with mental illness. Their reaction and that of their families is much like that of everyone else: feelings of anger and anguish. Most people living with mental illness are not violent, but when violence is a risk, we all want a system that can prevent future tragedies—without stigma or discrimination.

Over the past year, NAMI has engaged in advocacy and worked with news media to focus on a broad range of issues that flowed from the Newtown tragedy. In observance of the first anniversary, there is a special section of the [NAMI.org](http://nami.org) website being offered to policymakers, news media and the general public as a source for revisiting or more closely examining such issues. It also offers a measurement of progress made in honoring the memories of those whose lives were lost and directions for the future.

For more information, please visit:

http://www.nami.org/template.cfm?section=Sandy_Hook_Tragedy_Anniversary

Yes, I want to join NAMI-Savannah!

MISSION STATEMENT

To provide support, education, advocacy, and research for persons with mental illness and their families.

To promote better quality of care, rights and interests of citizens with mental illness, particularly those who cannot speak for themselves, and to advocate policies at the local, state, and national levels to accomplish these objectives.

To help families and friends of persons with mental illness by providing emotional support, education, and information.



The grassroots logo symbolizes our local community effort to support families



YES, I want to join NAMI-Savannah!

Dues to join NAMI-Savannah are split between local, state, and national offices and members receive information from all three levels. Donations above and beyond membership dues are always welcome to support the local efforts of NAMI-Savannah.

I want to: (please check one)

☐ **join NAMI**

☐ **renew membership for one year**

Dues

_____ \$35 Regular Membership

_____ \$3 Open Door (for low income)



Send to:
NAMI-Savannah, Inc.
P.O. Box 13731
Savannah, GA 31406

namisavannah.org

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☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

Last Name:

First Name:

Address:

City:

State: _____ **Zip:** _____ **Phone:** () _____

☐ **Check Enclosed**

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We wish you a Merry Christmas and a Happy New Year!

Nami-Savannah staff, friends, and family! !

SUPPORT

EDUCATION

ADVOCACY