



# nami-savannah news

**[namisavannah.org](http://namisavannah.org)  
[namisavannah@bellsouth.net](mailto:namisavannah@bellsouth.net)**

NAMI-Savannah, Inc. is a member of the  
National Alliance on Mental Illness  
7805 Waters Ave., Suite 2B, Savannah, Georgia 31406  
Mail to: NAMI-Savannah, P. O. Box 13731,  
Savannah, Georgia 31416 Phone: 912-353-7143

**November 2013**

## *Calendar Information*

### **General Meeting**

The NAMI-Savannah Education and Membership meeting will be held on Tuesday, November 12th at 6:00 pm at the Reed House, 1144 Cornell St.

### **Family Support Group**

Due to the upcoming holidays, the meetings will be held on Monday, November 25th and December 30th 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 6-8:00 pm.

### **NAMI-Savannah and the Reed House Christmas Celebration**

The holiday celebration will be held on Tuesday, December 10th at the Reed House at 6:00 pm.

### **Coastal Behavioral Health Partners Stakeholders Meeting**

The stakeholder's meeting will be held Monday, November 18, 2013 at Hoskins Center at Memorial Hospital from 3:30-5:00 pm.



## ***Congratulations to NAMI-Savannah Peer-to-Peer Graduates!***



*From left to right: Jodi Whitaker (Peer-to-Peer Facilitator), Gwendolyn Bower, Cheryle Moss, Shandra Wright, Joyce Russell, Dawn Frazer, Tim Wall, and Carey Moss (Peer-to-Peer Facilitator)*

On October 8, 2013, six consumers graduated from NAMI-Savannah's Peer-to-Peer Support Group's 10-week training course! NAMI-Savannah's Peer-to-Peer support group is a unique, experiential learning program for people with mental illness who are interested in establishing and maintaining their wellness and recovery. Please contact Jodi Whitaker at 912-343-7143 if you would like more information about the program.



It's NAMI-Savannah Savings Time - Membership Renewal!  
Visit [NAMI.org](http://NAMI.org) and click-on [NAMI Members](#) and Sign in or create an account TODAY!

**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” is 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, is operated by Behavioral Health Link and sponsored by the state.

**The Nation's Voice on Mental Illness**

With more than 230,000 members, NAMI is the leading grassroots advocacy organization solely dedicated to improving the lives of persons with severe mental illness including schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, and severe anxiety disorders.

**Contact:**

namisavannah@bellsouth.net  
website: 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**

## ***New Georgia Regional Hospital Administrator Discusses Plans About Housing***

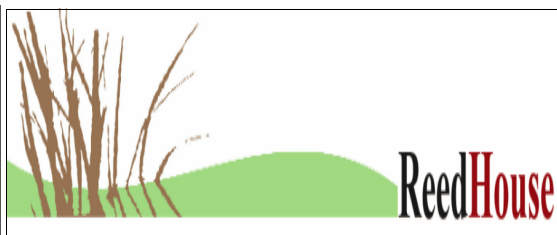
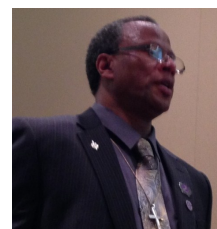


The new GRH Administrator, H. Andy Mannich, was the guest speaker at our Education and Membership meeting held on October 8, 2013. He delivered a presentation highlighting Georgia's plans to provide housing for citizens with mental illness. NAMI-Savannah welcomes Mr. Mannich to Savannah and also as a new NAMI-Savannah member!



Georgia was front and center at the CIT International Conference held in Hartford, Connecticut. Our CIT program was taking a bite out of STIGNORANCE at this year's meeting. NAMI-Savannah member-at-large, Camden Pace and Board Member, Bill Carruthers knocked the ball out of the park on “Recovery - Law

Enforcement: The catalyst for two journeys of Recovery.” Pat Strode (not pictured) received the CIT International Coordinator of the Year Award.



**You are Cordially Invited to a Wine & Cheese Celebration of President J. E. “Jerry” Wilson's Election to “Chairman Emeritus” of Reed House**

***Reservations Requested (912) 777-4108***

**On Wednesday, November 13, 2013 at 5:00 - 7:00 pm  
Mercer Auditorium, Hoskins Center at Memorial Hospital**

Jerry has led the Reed House as the President and Board Chairman from its inception in 2006 to today when it is a rapidly growing critical mission serving people whose lives are challenged by serious mental illness. The community thanks you for your interest in and support of the Reed House. Your gift honoring Jerry will allow them to continue the excellent work that he began.

***Renew Membership or Become a Member - Join NAMI-Savannah***

visit [NAMI.org](http://NAMI.org) and click-on [NAMI Members](#) and Sign in or create an account TODAY!





**Board of Directors**

John Richards - President  
 Tracy Boyd - Treasurer  
 Lisa Breitberg - Secretary

**Board Members**

Bill Carruthers  
 Freddie Collins  
 Tammy Johnson  
 Nora Haynes  
 Michael Mack

**Advisors to the Board**

Diane Reeder  
 Mark Baggett  
 Nic D'Alesandro  
 Jane Nangle  
 Cpt. Claire McCluskey  
 Judge Harris Lewis  
 Julius Hornstein, Ph.D., LCSW  
 Arnaldo Correa  
 Stephen Johnson, Ph.D.  
 Warren Sparrow

**Consumer Council Board**

Pat Bray, President  
 Isaiah Glover, Secretary  
 Jodi C. Whitaker, Board  
 Speaker  
 Susan Butara, Member  
 Stuart Bass, Member



JOIN NAMI  
 TODAY!!

Go to [nami.org](http://nami.org) and  
 be sure to select

NAMI-Savannah as  
 Your local affiliate!

**NAMI Beaufort County's 8th Annual NAMI Walk!**

NAMI Savannah participated in the annual 'Walk for the Mind of America' with our sister affiliate, NAMI Beaufort, S.C. on Saturday, October 26, 2013. The walk was well attended and our team was a credit to our state and region. NAMI -

Savannah won an award for the most registered members and was presented a golden walk slipper as an award. In addition, Tracy Boyd, our treasurer won the award for raising the most money during the last week. We are grateful for our good friends in NAMI Beaufort and look forward to walking again with them. At last count they raised over \$64,000 and it appeared that there were many hundreds of participants from across their state and we had members from Statesboro and Vidalia walking with our team representing Georgia.

Great job!!!

*John Richards, President*



*NAMI-Savannah Walk Team at Hilton Head, S.C.*

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

Saturday, January 18, 2014

@ The Landings Franklin Creek Tennis Center

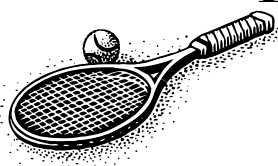
9:00-4:00 p.m.

Please contact Leslie Medinger, for more information

Email: [Lesm0211@gmail.com](mailto:Lesm0211@gmail.com)

(912) 598-1621

(912) 665-2250 (cell)

**Lilly Reintegration Scholarship**

The Lilly Reintegration Scholarship is open to individuals diagnosed with Bipolar Disorder, Schizophrenia, Schizoaffective Disorder or Major Depressive Disorder. For further information, please visit The Center for Reintegration's website: [www.reintegration.com/resources/scholarships/apply.asp](http://www.reintegration.com/resources/scholarships/apply.asp). Deadline for applications is January 31, 2014.

## SOME HIGHLIGHTS OF NAMI'S WORK WITH THE WHITE HOUSE AND CONGRESS\*

☞ 1980 - President Jimmy Carter signs the Mental Health Systems Act of 1980.

☞ 1990 - President George H. W. Bush signs the Americans with Disabilities Act (ADA).

☞ 1996 - President Bill Clinton signs the very first limited mental health parity law: the Mental Health Parity Act (MHPA).

☞ 1999 - The Clinton Administration hosts the first White House Conference on Mental Health.

☞ 2002 - The New Freedom Commission on Mental Health, a committee of mental health experts appointed by President George W. Bush, issues a report with 19 recommendations for improving services for children, youth, and adults living with mental illness.

☞ 2004 - President Bush signs the Mentally Ill Offender Treatment and Crime Reduction Act.

2008 - President Bush signs the Paul Wellstone and Pete Domenici Health Parity and Addictions Equity Act of 2008.

☞ 2011 - President Barack Obama signs the Frank Melville Supportive Housing Investment Act of 2010, which increases federal supportive housing resources for individuals living with mental illness and other disabilities.

\*Retrieved from the NAMI Advocate  
Fall, 2013



## NAMI-SAVANNAH

### Poem by Gwendolyn Bowers Recent Graduate of Peer-to-Peer Support Group



Something's going on in here.  
I'm not sure, what it is.  
Please help me figure this out,  
so once again, I can live.

Live in peace and harmony,  
without all this confusion.

Help me learn new tools and skills,  
so that I can use them.

Use them to clear my mind,  
at a time of cloudiness.  
Use them to help me settle down,  
and comfort some of all this loneliness.

Use them to clear the mind,  
of one being confused.  
Help build hope for a child,  
being misunderstood, confused, and abused.

At first was ashamed and afraid,  
I was petrified.

Thinking am I all alone,  
with all this hurt and fear inside?  
Then I learned of NAMI,  
and began to learn a new route.  
Now within myself,  
I realize, I was crying out.

Crying out and no one heard,  
not a word I say.  
Could not really express my pain,  
getting worst day by day.

Now I'm learning new tools and skills,  
To deal with my disease.  
NAMI, YES, NAMI, is helping me conquer,  
and live with this in ease.



## CHECK YOUR MOOD!

**Ever feel like you are the only one who is sad in a world of happy people?** When you are feeling down, it may seem like you are alone in your misery. The reality is, depressive disorders affect approximately 18.8 million American adults. However, due to stigma and other factors, fewer than half of those suffering actually seek help. To help those in need, community based organizations nationwide are offering anonymous self-assessments for a variety of concerns that are often misunderstood or misdiagnosed. For additional information, go to [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org).

## 7 Tips to Beat the Holiday Blues\*

1. Be reasonable with your schedule. Do not overwhelm yourself into a state of exhaustion.

2. Decide upon your priorities and stick to them. Organize your time.

3. Remember, no matter what your plans, the holidays do not automatically take away feelings of aloneness, sadness, frustration, anger, and fear.

4. Volunteer to serve holiday dinner at a homeless shelter or volunteer with any number of groups that help underprivileged or hospitalized children during the holidays.

5. If you drink (which is not recommended), do not let the holidays become a reason for over-indulging and hangovers. This will exacerbate your depression and anxiety.

**Contrary to popular opinion, alcohol is a depressant.**



6. Give yourself a break: create time for yourself to do the things YOU love and need to do for your physical and mental wellness: aerobic exercise, yoga, massage, spiritual practices, taking long fast walks or any activity that calms you down and gives you a better perspective on what is important in your life.

7. Most of all, if you find yourself feeling blue just remember: **the choice is always yours.** The sky is partly sunny, the glass is half full, but rejoice in your gratitude for your bounty, health, hope, and your courage to face each day with hope and determination.

\*Retrieved from [www.psychologytoday.com](http://www.psychologytoday.com)

## Coastal Behavioral Health Partners Stakeholders Meeting



This November, NAMI-Savannah will bring together consumers, service providers, and professionals to address behavioral health issues in the Savannah area. This committee has been instrumental in bringing stakeholders together to solve community problems, to develop the *Report of the Blue Ribbon Task Force*, and also support NAMI-Savannah's *Opening Doors to Recovery* initiative.

The next meeting is scheduled for 3:30 p.m. on November 18, 2013, at the Hoskins Center at Memorial Hospital. NAMI-Savannah will be sending out meeting reminders to those on the current stakeholders mailing list and the meeting is open to all. If you would like to receive meeting notices and minutes please call the NAMI-Savannah office at 912-353-7143.

### NETWORKING PARTNERSHIPS

AmericanWork, Inc.  
836 E. 65th St., Ste. 42  
Savannah, GA 31405  
912-354-5780

Recovery Place  
835 E. 65th St., Ste. 102  
Savannah, GA 31405  
912-355-1440

GA Regional Hospital  
1915 Eisenhower Dr.  
Savannah, GA 31406  
912-356-2011

Assertive Community  
Treatment Team (ACT)  
836 E. 65th St., Ste. 2  
Savannah, GA 31405  
912-354-4460

The Reed House  
1144 Cornell Ave.  
Savannah, GA 31406  
912-777-4108



### Has Your NAMI-Savannah Membership Expired?

Renew Your Membership Now!  
Visit [NAMI.org](http://NAMI.org) and click-on **NAMI Members** and  
Sign in or create an account TODAY!

### Mental Health Resources

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

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



No health without  
mental health



We were saddened to hear of the passing of long-time NAMI-Savannah member Connie K. Burger, wife of Ronald Burger, previous President of the Consumer Council Board. Our thoughts and prayers are with Ron and their family and friends.



## 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!

### 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](http://namisavannah.org)**  
**[namisavannah@bellsouth.net](mailto:namisavannah@bellsouth.net)**

**Phone: 912-353-7143**

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

**Name:**

**Address:**

**City:**

**State:**

**Zip:**

**Phone:**

**Email:**

☐ **Check Enclosed**

**NAMI-Savannah, Inc.**  
**7805 Waters Ave., 2B**  
**P. O. Box 13731**  
**Savannah, GA 31406**  
**Phone: 912-353-7143**

**SUPPORT**

**EDUCATION**

**ADVOCACY**