

# 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

**October 2013**

## *Calendar Information*

### General Meeting

The NAMI Savannah general meeting will take place Tuesday, October 8, 2013 at 6:00pm at Reed House, Cornell St. Guest Speaker: Andy Mannich, GRHS Administrator.

### Peer to Peer Group

Peer to Peer will have its graduation ceremony on October 8, 2013 @ 6:00pm at Reed House, Cornell St. Please come and congratulate the graduates.

### Family Support Group

The meetings are held the LAST Wednesday of EVERY month. The dates will be: Oct 30 and Nov. 27 2013 @ 6:00pm at Reed House, Cornell St. If you have any questions, please contact Lisa Breitberg @ (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 which offers a structured group process designed to encourage, support and empower.

NAMI Connections will be held every Tuesday at Reed House, 1144 Cornell Street, from 6-8:00pm.



## ***Congratulations to New CIT Officers!***



*CIT Graduates from Savannah-Chatham Metropolitan Police, Airport Security, Probation*

On September 16- 20, 2013, NAMI -Savannah held the last CIT training for the year. Fifteen new CIT officers graduated. Thank you to all of our professional instructors and for Recovery Place, American Work, Reed House and Georgia Regional for providing site visits. It truly takes a community to provide this outstanding training.

## ***Meet Sergeant Hiram Rivera***



*Sgt. Hiram Rivera instructs new CIT trainees*

While we do miss trainer Dorothy Cave, we are so grateful to have Sgt. Hiram Rivera to step up to the plate attend train the trainer and take over as lead trainer and law enforcement coordinator.

(cont'd on page 2).



**SAVANNAH-CHATHAM POLICE**  
CHIEF WILLIE C. LOVETT

**"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.

**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**

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

**1-800-715-4225**

**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.

Email:

[namisavannah@bellsouth.net](mailto:namisavannah@bellsouth.net)

Website: [namisavannah.org](http://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*****Meet Sergeant Hiram Rivera (cont'd)***

**Q: Where are you from?**

**A:** Both of my parents are Puerto Rican but I was born in Frankfurt, Germany. I have lived in a variety of locations: Kentucky, Arizona, New York, North Carolina, South Carolina, Florida and Georgia.

**Q: How long have you been in Savannah?**

**A:** I moved to Savannah in 1992

**Q: Tell us about your family?**

**A:** My wife was born and raised in Savannah and is a teacher at a local Montessori School. We have two beautiful girls ages 11 and 5. In addition to our daughters we have two Huskies, a cat, two ferrets, a bearded dragon and ball python.

**Q: How long have you been a police officer?**

**A:** I have been a police officer with the Savannah Chatham Metropolitan Police Department for 13 years.

**Q: Why did you decide to be a CIT trainer?**

**A:** I am very passionate about improving our (the police) ability to communicate efficiently and effectively in such a way where we are improving the quality of life or at a minimum, improving the quality of service that we provide the citizens we serve; to include the mentally ill and those in crisis.

**Q: What do you like most about being a CIT trainer?**

**A:** One of the most enjoyable things about being a CIT trainer is observing the increasing confidence in the students faces as they apply de-escalation techniques to the various crisis scenarios throughout the course. The best part is knowing that each and every class certifies and empowers our sworn officers with the resources and skills to make a positive difference in the lives of the mentally ill and their families.

***Georgia Regional Hospital Administrator,  
H. Andy Mannich  
Guest Speaker on October 8, 2013***

The Georgia Regional Hospital Administrator, H. Andy Mannich, will be our guest speaker for the October 8, 2013, Education/Membership meeting of NAMI Savannah to be held at 6:00 pm in the Reed-House. He will be showing a presentation of plans for the homeless citizens with mental illness.



The CIT International Conference will be held in Hartford, CT., October 14-16, 2013. Our board member, Bill Carruthers and Savannah member at large, Camden Pace, will be presenting their program to the combined international audience on their experiences with mental illness and law enforcement, as survivors, and the importance of the CIT Program in society.



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 Stuart Bass, Member



JOIN NAMI  
 TODAY!!

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

**WHERE WILL YOU BE ON OCTOBER 26?**

We hope you'll be with us at **NAMI Beaufort County's 8th Annual NAMI Walk!** Join us this year by **forming a team** with colleagues or family and friends, **joining a team, volunteering** and/or **donating** to the Walk to further NAMI's programs of education, support, outreach and advocacy. Visit our Walk website at [NAMIWalks.org/BeaufortCounty](http://NAMIWalks.org/BeaufortCounty) or call NAMI at (843) 681-2200 to learn how to get involved. Together we can work to improve the lives of those affected by mental illness and truly change minds, one step at a time!



In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

**MIAW coincides with the National Day of Prayer for Mental Illness Recovery and Understanding (Oct. 8) and National Depression Screening Day (Oct. 10.)**

Join Nami-Savannah's efforts to raise awareness of mental illness and educate the community about the importance of mental health throughout the week AND beyond by calling *VieAnna Mattox* at (912) 353-7143.

**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)

Health Insurance  
 Marketplaces are  
 Now Open!



**Enroll Today** [www.healthcare.gov](http://www.healthcare.gov)



### MENTAL ILLNESS FACTS AND NUMBERS\*

- ☞ One in four adults, approximately 61.5 million Americans, experience mental illness in a given year.
- ☞ One in 17, about 13.6 million, live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.
- ☞ Approximately 20% of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13%.
- ☞ Approximately 1.1% of American adults, about 2.6 million people, live with schizophrenia.
- ☞ Approximately 2.6 % of American adults, 6.1 million people, live with bipolar disorder.
- ☞ Approximately 6.7% of American adults, about 14.8 million people, live with major depression.
- ☞ Approximately 18.1% of American adults, about 42 million people, live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias.

\*From [www.nami.org](http://www.nami.org)



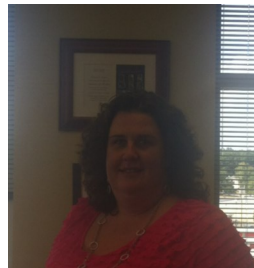
## **Georgia Department of Human Services Division of Family and Children Services (DFCS) "MyCOMPASS"**

On September 16, 2013, Chatham County and all of the Department of Family and Children Services Region 12 began our participation in a new way of providing food stamps, TANF, childcare, and Medicaid benefits to our customers. Through the implementation of technology such as document imaging kiosks, and self-service options like on-demand interviewing, we aim to cut down on the time customers spend at DFCS offices.

Customers can apply for benefits on line by going to <http://www.compass.ga.gov/> and creating a "MyCOMPASS" account. In doing so customers may apply from home, community centers or place of business. If any customer needs a computer or is not computer literate we have computers set up to serve the community and a Navigator (one of our employee's) who will assist. When customers need to send in verifications or other documents they may use scanners at the local DFCS office or they can mail or fax their information.

When customers have applied on-line they may then call (after 72 hours) 1-877-423-4746 and have an on-demand interview with a DFCS employee. Or if the customer has any questions they will receive answers when they call that number.

As we move to the process we call Georgia One it is our goal to ensure customers receive less wait times and better customer service. It is important to note by moving to Georgia One a customer could be interviewed by a DFCS worker from any county in Georgia and their paperwork will be processed in the same manner. In doing so DFCS is maximizing our resources to meet our growing number of customers.



Maureen A. McFadden  
County Director  
Chatham County Department of Family and  
Children Services  
P.O. Box 2566  
Savannah, GA 31402  
(912) 651-2211 - phone  
(912) 652-3531 - fax

## **Say it Forward Campaign!**

**Now - October 10th**

**IN HONOR OF BIPOLAR AWARENESS DAY**

Truth has the power to affect change. IBPF and DBSA invite all to join us by taking a simple step: visit [sayitforwardcampaign](http://sayitforwardcampaign.org), now through October 10th and share the myths and facts of mental illness by email, Facebook, and/or Twitter.



## National Depression Screening Day® October 10, 2013

Take an anonymous depression  
screening at  
[www.HelpYourselfHelpOthers.org](http://www.HelpYourselfHelpOthers.org)



Screening for Mental Health offers National Depression Screening Day programs for the military, colleges and universities, community-based organizations and businesses.

Held annually during Mental Illness Awareness Week in October, National Depression Screening Day (NDS) raises awareness and screens people for depression and related mood and anxiety disorders.

NDS is the nation's oldest voluntary, community-based screening program that provides referral information for treatment. Through the program, more than half a million people each year have been screened for depression since 1991.

### ***Coastal Behavioral Health Partners (CBHP) Stakeholders Meeting***



It's coming back! Coastal Behavioral Health Partners (CBHP) (the former "stakeholders committee") will resume meeting in November.

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 Hodgkin's Center at Memorial Hospital. NAMI-Savannah will be sending out meeting reminders to those on the current stakeholder's 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.



### ***MEETING ANNOUNCEMENT***

Joint meeting of the Clinical Social Work Association of Savannah (CSWA-S) and the Georgia College Counseling Association (GCCA).  
October 23, 2013 at the Hodgkin's Center on the campus of Memorial Hospital. 11:30 until 1:00 p.m. For additional information and to reserve a lunch and CE certificate contact: Pat Mooney at (912) 525-6971 or 401 1900, [pmooney@scad.edu](mailto:pmooney@scad.edu). **Deadline Friday, October 18, 2013.**

### **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

No health without  
mental health



## 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)

**Payment Information:**

☐ Check Enclosed

☐ Cash Enclosed



**Send to:**  
**NAMI-Savannah, Inc.**  
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**Savannah, GA 31406**

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**Phone: 912-353-7143**

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

**Last Name:**

**First Name:**

**Address:**

**Middle:**

**City:**

**Phone:**

**State:**

**Zip:**

**Email:**

☐ Check Enclosed

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**Phone: 912-353-7143**

**❖SUPPORT**

**❖EDUCATION**

**❖ADVOCACY**