

July 2009



Open your mind, mental illness is a brain disorder.



In this issue:

Good Information
Page 2
Notes From NAMI
Page 3
Support Groups
Back Page

**“The best way out is always through.”
- Robert Frost**

EXECUTIVE DIRECTOR'S REPORT

Courage

This is the art of courage: to see things as they are and still believe that the victory lies not with those who avoid the bad, but those who taste, in living awareness, every drop of good.
- Victoria Lincoln

It takes so much courage to face mental illness every day. We have to accept reality and see and experience the many good things that happen to us. It is so easy to focus only on the negativity. Is the glass half full or half empty?

I was talking to someone a few weeks ago who had a major crisis happen in their life. Their whole world has been turned upside down. We discussed how it really puts things into perspective. How is it that one event can take away all of our false sense of security? The kid's soccer game, what to eat, and what you are going to wear is put on the back burner and suddenly you are in the... get up, get dressed, now what, is next mode. All of these circumstances apply to everyone. Just think, if when some of these life experiences happen that you had to change your medication, not be able to go to work, explain to everyone around you why you can't function, know what to say...but can't put it into words to get it out of your mouth, etc.

Perspective is key in dealing with these things. Hold onto your support system, take care of yourself, pray or meditate, let go of resentments, let someone be there for you, & most importantly do something for someone else. Learn how to relax and look for the

good (or the lesson) that you can take from all situations to be a better person.

Of all of the people that I talk with, one of the biggest misperceptions is that consumer's of mental health ask to be sick. Remember, it is a biologically based brain disorder. No one asks for mental illness and we all have hope for a cure one day. In the last 15-20 years, there have been vast strides made with new medication and research, but we will not stop advocating until a cure is found.

In the future, I am expecting that the chronically mentally ill will no longer be the bearer of jokes on the news, stigmatized with crime and poverty, & we will not be labeled as "those people". We will have access to the same quality of healthcare as all other Americans and have an acceptance from others that we are all a part of the same community. I told a family member in recent days, 1 in 4 in the US has a diagnosable mental illness, so the reality is; this illness impacts all of society.

Keep up the fight, be courageous, stand up for yourself and others, do not let others steal your joy!

Looking for a brighter future,

Kelly A. Troyer
Executive Director

NAMI Greenville would like to thank Probate Court Judge Deborah Faulkner for sharing their time, advice and some very good information with us at last month's educational meeting.

ATTENTION CAREGIVERS!

Our August educational meeting will be Part Three of a Four Part series on Law Enforcement: What caregivers need to know in order to help themselves and their loved ones in crisis.

NAMI Greenville, North Executive Plaza, Suite L, 2320 East North Street, Greenville, SC 29607
Phone: (864) 331-3300 Fax: (864) 331-0483 E-Mail: INFO@NAMIGREENVILLESC.ORG

INFORMATION I'M GLAD TO GET

I am not a person who signs-up for every email newsletter or alert that comes along. However, I appreciate the ones that I receive from NAMI's national office.

When you join NAMI, you can go to www.nami.org to set up your personal account. There are several features there that I have found very important to me both individually and as Program Director.

(1) "My Subscriptions" allows you to pick from a vast array of email newsletters you can receive regularly. I have signed up for several of those newsletters, but I have never been sent an overwhelming number. And all of them have been relevant to me.

(2) "My NAMI Update" allows you to receive email alerts of new articles posted to the NAMI website that are related to your specific interests. Use "My Preferences" to indicate your interests in the categories of:

- Illnesses
- Medications
- Treatment Options
- Related Issues
- Advocacy Issues

Recent articles included "Ask the Psychiatric Pharmacist" about medication side effects, new developments in the fields of depression and bipolar, and coping on the job.

(3) "Friday Facts" comes by email every Friday afternoon with facts concerning a number of mental health issues.

(4) "NAMI FaithNet Newsletter" arrives once per month by email reporting on the efforts of the faith community to lift up those struggling with mental illness.

The latest "NAMI Update" was particularly important to me as Program Director. Of the inmates in our detention centers and prisons, 15% of males and 31% of females are diagnosed with serious mental illness. When incarcerated, even for minor crimes, any social service benefits they receive (SSI, SSDI, Medicaid, Medicare, Food Stamps, etc.) are either suspended or terminated. Upon release, they must reapply for benefits in a time-consuming and complex process. They often go without medications, food, or income. Consequently, they turn to the streets, and then wind up in jail again. Believe me – it is happening here in Greenville.

The proposed Recidivism Reduction Act in the US House of Representatives would simplify and speed up the process of restoring benefits pending a more complete review of the individual's continued eligibility. A phone call or email to your House member could make this happen.



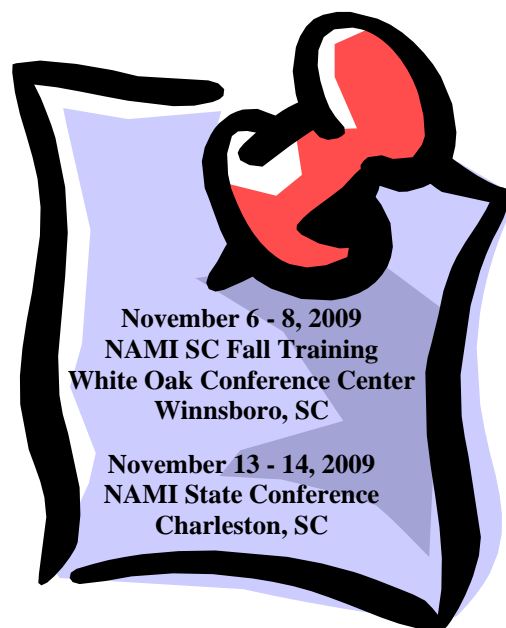
Fletcher Mann
Program Director

Sign up today for Fall Peer-to-Peer class.

NAMI Greenville is organizing a Peer-to-Peer education course for consumers beginning this fall.

Call 331-3300 now to pre-register.

SAVE THE DATE



WE KNOW SOME OF THE NICEST PEOPLE

This is a letter that was received in June 2009 from one person whose life you have impacted:

To NAMI Greenville:

I want to personally thank you for all you have done for me. You are an incredible organization. Mine has been a fascinating, fun, interesting, and wonderful journey with you all. You have pulled me out of my shell- nursed me along from confused and unstable times into the world of real people—I have learned compassion, care, and love for my family and community—I have become a straighter thinker—I have become part of a wonderful city and a competent mother because of your love and care.

NAMI has done wonderful things for me, and I have grown personally. I came to Greenville with a tangled mind and a very poor quality of life, even though I had a wonderful husband and a lovely little baby. I was welcomed at the very first meeting. Through becoming a volunteer at the office, doing simple jobs like putting together newsletters, through getting the award for volunteer of the year, even though I didn't feel like I had given much- eventually becoming a peer- to -peer leader and training at a real conference center- I became so much stronger and more confident. The people that I have met through NAMI have given me great strength, and I feel rewarded to have been able to give back to NAMI.

I look forward to continuing my journey with NAMI, going to connections meetings, and teaching Peer-to-Peer in the fall.

God Bless everyone in the NAMI Community.

-Anonymous

Wow, what a privilege it is for the NAMI Staff and Volunteers to see the “big picture” and people who are living in recovery!

DANNY FORD GOLF CLASSIC

A huge thank you again to Danny and Deborah Ford, Terry Don and Tricia Phillips, Dr. Jeff Martin, Brent Jessup, and all of the participating Clemson Support Staff! NAMI Greenville would not be able to help others without your support. Because of you, many people are able to receive support services free of charge.



DINING FOR NAMI



The kick-off dinner for Dining for NAMI was held at the home of Abe and Dorit Reichental on June 29th. Dorit, along with Lynn Terry are co-chairing this upcoming event. It will be held on Friday, October 23rd, 2009 at Thornblade Club.

We have an awesome committee that is sure to make this the most successful Dining for NAMI thus far. Be on the look-out for some exciting changes for this event. We are going to shake things up a bit!

Call the NAMI Greenville office at 331-3300 for more information and this event and volunteer opportunities.



NAMI Greenville

2320 E. North St., Ste. L, Greenville, SC 29607

NAMI Monthly Support Groups

Every Monday at 6:15 p.m.

Connection & Caregivers Support Groups
Westminster Presbyterian Church
2310 Augusta Road, Greenville, SC.

2nd & 4th Wednesday at 6:30 p.m.

Connection Support Group
First Presbyterian Church
200 W. Washington St., Greenville, SC.

This is NO Educational Meeting in July.

Calendar of Events

July 6	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
July 8	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
July 13	All Support Groups <i>NO Educational Meeting - will resume in August.</i>	6:15 p.m.	Westminster Presbyterian Church
July 20	Connection & Caregivers Group	6:15 p.m.	Westminster Presbyterian Church
July 21	NAMI Connection Support Group	6 p.m.	St. Matthews Episcopal Church Spartanburg
July 22	NAMI Connection Support Group	6:30 p.m.	First Presbyterian Church
July 27	Connection & Caregivers Group	6:15 p.m.	Westminster Presbyterian Church
July 27	NAMI Connection Support Group	6 p.m.	Tri-City Baptist Church, Easley
August 3	Connection & Caregivers Groups	6:15 p.m.	Westminster Presbyterian Church
August 10	All Support Groups Educational Meeting, 7:30 p.m. Guest Speaker: Marie Livingston, Manager, Mental Health Division, Greenville County Detention Center.	6:15 p.m.	Westminster Presbyterian Church

**Beginning in August you will be receiving one NAMI newsletter for every two months.
For example: August - September, October - November, etc.
This is in an effort to be more cost effective.**

BOARD OF DIRECTORS

Jack W. Bonner, III, M.D.
President
Harriet Van Hale, M.D.
Vice President
Terry Gambrell
Treasurer
Leslie Fore
Secretary

John Eldridge
James Hayes, M.D.
Valerie Hesse
Kay Hornaday
John Mauldin
Dorit Reichental
Florence Sparks
Jim West

Jackie Waldrop
Advisor
Kay Ganser
Ex-officio

NAMI Greenville, North Executive Plaza, Suite L, 2320 East North Street, Greenville, SC 29607
Phone: (864) 331-3300 Fax: (864) 331-0483 E-Mail: INFO@NAMIGREENVILLESC.ORG