



National Alliance on Mental Illness

NAMI

Charleston Area

DECEMBER, 2016

Meetings and Events Schedule

NAMI Board Meeting

Board meeting will be held on
Monday
5th at 6:00 PM @ Seacoast Church

Second Monday of the Month

The second Monday support groups will not meet on Dec. 12th at the Seacoast Church but instead meet before the Annual NAMI Christmas party on Dec. 19th at the Charleston Mental Health Clinic at 6:00 PM.

SUPPORT: December 19th, 6:00 PM

Charleston Mental Health Clinic
2100 Charlie Hall Blvd.



For more information on the NAMI Christmas party please see flyer on page 4.

Every Wednesday at 1:30 PM NAMI Connection Support Group meets

Dec. 7th, Dec. 9th, Dec. 14th, Dec. 21st, and Dec. 28th.

For those people in recovery with mental illness.

Charleston Dorchester Mental Health Center
2100 Charlie Hall Blvd., Charleston



Third Monday of the Month

Support: 6:00 PM Dec. 19th

Consumer and family member support groups meet.

Bethany United Methodist Church
118 West Third South Street, Summerville

First Tuesday of the Month

Support: 6:00 PM Dec. 2nd.

Consumer and family member support groups meet.

Moncks Corner Baptist Church
500 E. Main Street, Moncks Corner

First Thursday of the Month

Support: 6:00 PM Dec. 1st.

Family Support in Trailer #21

Consumer Support in Trailer #22

Seacoast Church
750 Long Point Road, Mount Pleasant
Enter from Egypt Road

Call Eric at 843-872-5080 or e-mail at <mailto:footsiemd@yahoo.com> for more info.

NAMI Charleston Area Newsletter is published monthly By: NAMI Charleston Area, 8112 Saveur Lane, North Charleston, SC 29406 Phone (843) 872-5080.

Comments or suggestions for articles may be Sent to the editor at 1913 Sandcroft Drive 29407 or e-mail at pmjroddy@aol.com.

Website: www.namicharlestonarea.org
Webmaster: Larry Debevec

NAMI Charleston Area Board of Directors

Officers

President	Eric Hansen
Vice President	Jane Wright
Treasurer	Robert Taylor
Secretary	Joan Gaetke

MYRTLE BEACH AREA FAMILY SUPPORT GROUP

First Thursday of the Month

Family Support: Dec. 1st 6-8 PM

Our Lady Star of the Sea Catholic Church

1100 8th Avenue North
North Myrtle Beach, SC 29582

Facilitators: Ken and Karen (843-281-0245)

Our Family Support Group is comprised of adults (caregivers, relatives, friends, etc.) who are concerned about loved ones who suffer from mental illness (i.e., depression, anxiety, psychosis, schizophrenia, etc.). We share ideas and discuss ways and means to help our loved ones and each other.

DORCHESTER CLINIC CUPBOARD

We will be collecting canned goods for the Dorchester Mental Health Clinic food cupboard. Please bring canned goods to the Annual Christmas party. THANK YOU !!!!!!!

NOVEMBER EDUCATION SPEAKER

Lt. Dan Maddock and Lt. Rita Zelinsky spoke to our group on Monday, November 14th. Both are instructors for the NAMI Crisis Intervention Training that is ongoing for the Charleston Sheriff's officers. Lt. Maddock reported that Sheriff Cannon is committed to training the entire force and that approximately 40% have graduated the 40 hour course.

Both officers told the audience how important NAMI Charleston's role is in telling our stories and role playing. As, Lt Maddock stated "police officers do not want to see anyone get hurt".

NAMI members need to support this training by volunteering a few hours to tell your or your family members story or by role playing a written skit to allow the officers to use their newly learned skills. We ask for your help.

If you would be willing to help, please contact Eric at 843 872-5080 or footiesmd@yahoo.com

DEC. CIT TRAINING CANCELLED

CIT Training with the Charleston County Sheriffs' Office was cancelled for December and will resume in February, 2017.

WHAT IS BIPOLAR DISORDER

Bipolar disorder is a treatable illness marked by extreme changes in mood, thought, energy and behavior. Bipolar disorder is also known as manic depression because a person's mood can alternate between the "poles" – mania (highs) and depression (lows). The change in mood can last for hours, days, weeks or months.

What bipolar is not ?

Bipolar disorder is not a character flaw or sign of personal weakness.

Who bipolar disorder affects ?

Bipolar disorder affects more than two million adult Americans. It usually begins in late adolescence, often appearing as depression during the teen year, although it can start in early childhood or later in life.

An equal number of men and women develop this illness. Men tend to begin with manic episodes, women with depressive episodes. Bipolar is found among all ages, races, ethnic groups and social classes.

The illness tends to run in families and appears to have a genetic link. Like depression and other serious illnesses, bipolar disorder can also negatively affect spouses, partners, family members, friends and co-workers.

Symptoms of bipolar disorder ?

Most people who have bipolar disorder talk

about experiencing "highs" and "lows". These swings can be severe, ranging from extreme energy to deep despair. The severity of the mood swings and the way they disrupt normal life activities distinguish bipolar mood episodes from ordinary mood changes.

Symptoms of mania

Increased physical and mental activity and energy

Heightened mood, exaggerated optimism and self-confidence
Excessive irritability, aggressive behavior
Decreased need for sleep without experiencing fatigue
Racing speech, thoughts and flight of ideas

Reckless behavior

Symptoms of depression

Prolonged sadness or unexplained crying spells
Significant changes in appetite and sleep patterns
Irritability, anger, worry, agitation, anxiety
Pessimism, loss of energy, persistent lethargy
Feelings of guilt and worthlessness

Inability to concentrate, indecisiveness
Recurring thoughts of death and suicide

Treatment for bipolar disorder ?

Several therapies exist for bipolar disorder and promising new treatments are currently under investigation. Because bipolar disorder can be difficult to treat, it is highly recommended that you consult a psychiatrist. Treatments may include medication, talk therapy and support groups.



Annual NAMI Charleston Christmas party!

When: Monday, December 19, 2016

Time: Support at 6 pm, dinner at 7 pm

Where: Charleston Mental Health Clinic

2100 Charlie Hall Blvd.

West Ashley

Delicious turkey and ham dinner with all the trimmings

Gifts for all attendees

Please join us!

If possible please bring nonperishable canned foods for the Dorchester clinic cupboard for the needy.



NAMI

National Alliance on Mental Illness

Charleston Area

Application for Membership Includes National, State, and Local Newsletters.

Please make check payable to **NAMI Charleston Area** and mail to the address shown below. **If you prefer you may utilize the secure website at www.nami.org.**

Please check one of the following: Individual/Family \$35.00 Open Door* \$3.00 Donation \$ _____

*Annual membership fee for individual/families/consumers with limited means.

I am a: Family member
 Consumer

Sibling
 Spouse

Parent
 Professional

New Member
 Renewing Member

Name _____ Organization _____

Address _____

City/State/Zip _____

Home Phone (_____) _____ Work Phone (_____) _____

Email Address _____

Enclosed is my check in the amount of \$ _____



NAMI Charleston Area

8112 Saveur Lane
North Charleston, SC 29406
www.namicharlestonarea.org