



NAMI
National Alliance on Mental Illness

Charleston Area

MARCH, 2017

www.namicharlestonarea.org

<http://www.facebook.com/namicharleston>

Meetings and Events Schedule

First Tuesday of the Month

Support: 6:00 PM March 7th.

Consumer and family member support groups meet. (Fellowship Hall beside the church)

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

First Thursday of the Month

Support: 6:00 PM March 9th.

Family Support Group: Nursery Room 11

Connections: Nursery Room 12

Seacoast Church
750 Long Point Road, Mt. Pleasant

Enter from Long Point Road

2ND and 4TH Wednesday of the Month

NAMI Connection Support: 1:30 PM
March 8th and March 22th.

For those people in recovery with mental illness.

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

NAMI Board Meeting

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

Second Monday of the Month

Support: 6:00 PM-7:15 PM March 13th.

Consumer and family member support groups meet.

Seacoast Church (West Ashley)
2049 Savannah Hwy, Suite H, Charleston

The receptionist inside the main entrance
will direct you to the proper room.

Education 7:30 PM – 8:30 PM

The educational speaker will be a
representative from Vocational Rehabilitation

Third Monday of the Month

Support: 6:00 PM March 20th.

Consumer and family member support groups meet.

Bethany United Methodist Church
118 West Third South Street, Summerville

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

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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

FOURTH THURSDAY OF THE MONTH

NAMI Connections Support Group
March 23rd: 3:00-4:00pm

Berkeley Mental Health Center
403 Stoney Landing Rd.
Moncks Corner, SC 29461

MYRTLE BEACH AREA FAMILY SUPPORT GROUP

First Thursday of the Month

Family Support: March 2nd 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)

NAMI SOUTH CAROLINA SUPPORT GROUP VOLUNTEERS

Reported Data for 2016:

Our Connections Support Group: 3,853 attendees at 512 support group meetings.

Our Family Support Group: 1,808 attendees at 253 support group meetings.

So, a reported 5,661 people came to one of the 765 support groups that were held across the state in 2016.

I am so proud of all of you and the work you are doing. You are making a difference in the lives of individuals living with a mental illness and their families.

Again, thank you for all you do!

Betsey O'Brien, Director of Educational Programs, NAMI South Carolina

WINTER FAMILY TO FAMILY CLASS

NAMI Charleston Area just finished the Winter 2017 Family to Family class on Feb. 23. Twelve sessions were held at the MUSC Institute of Psychiatry. The class was taught by Jane Wright and Sharon Diamond and attended by 10 participants. All 10 attendees (family members of individuals living with mental illness) completed the course and earned certificates.

SPRING FAMILY TO FAMILY CLASS

NAMI Charleston Area will be offering a Spring 2017 Family to Family course in the Park Circle area of North Charleston beginning in late March. **(See Flyer on Page 6)**. For more information please contact Pam Frost at (614) 570-6109 or by email at <mailto:pfrost7lds@gmail.com>.

NAMI BASICS EDUCATION PROGRAM **VOLUNTEERS NEEDED**

NAMI South Carolina will be hosting a NAMI Basics Teacher Training the weekend of **April 21-23rd** at White Oak Conference Center. The training starts at 4:00 pm on Friday and ends at 10:30 am on Sunday morning.

NAMI Basics helps families deal with the trauma of mental health conditions in their children. The NAMI Basics curriculum is considered a Best Practice. The course is six sessions (15 hours) and is a peer directed education program developed specifically for parents and other family caregivers of children and adolescents who have been diagnosed with a mental health condition or who is experiencing symptoms but have not yet been diagnosed.

The course is taught by trained NAMI Basics teachers who have lived similar experiences. The course elements include: the trauma of mental illness for the child and the family; the biology of mental illness and getting an accurate diagnosis; the latest research on the medical aspects of the illness and advances in treatment; an overview of the treatment options for children and adolescents; the impact of a child's mental illness on the rest of the family; an overview of the systems involved in caring for children and teens; the importance of record keeping; parenting skills and role playing; having a crisis plan; and importance of self care for the parent or caregiver.

For those interested:
Please call Eric at 843-872-5080 or e-mail at <mailto:footsiemd@yahoo.com>

BASICS TEACHER TRAINING WEEKEND **SCHEDULE**

FRIDAY APRIL 21st

4:00 pm : Welcome & Introductions –

ideally a representative from the State NAMI organization or local affiliate will be there to welcome trainees, and briefly review the plans for the NAMI Basics Program in the state

Then trainer & participants will introduce themselves

4:15 pm Overview of NAMI Programs for Young Families

How did NAMI Basics come about?

How was it developed?

What else is available, or going to be available for this population in addition to NAMI Basics?

4:45 pm Introduction NAMI Basics & Technical Notes

Explain Operating Policies and program fidelity

Review set up of the Teaching Manual

Review & discuss each section of the Technical section and corresponding forms, including the evaluation process and it's importance

The Heart of Teaching and the Peer Education Model

6:00 pm DINNER

7:00 pm Stories

SATURDAY APRIL 22nd:**7:30 – 8:15** BREAKFAST**8:30 am** Class 1**10:00 am** BREAK**10:15 am** Class 2**12:00 pm** LUNCH**1:00 pm** Class 3**2:45 pm** BREAK**3:00 pm** Class 4**4:15 pm** Class 5 – Part 1**5:30 pm** DINNER**7:00 pm** Class 5 – Part 2**SUNDAY APRIL 23rd****7:30 – 8:15** BREAKFAST**8:30 am** Class 6**9:30 am** **Outreach & Marketing** – How do we fill classes?**10:00 am** **Review of training weekend**

Final questions and answers.

Participants share their thoughts on the training weekend and their personal plans for teaching NAMI Basics (timeline, location, etc.)

Training evaluation and certificates

10:30 am **Class Photo and Adjourn****NAMI EDUCATION PROGRAM ENDING THE SILENCE**

On Jan. 24, 2017 a NAMI program, Ending the Silence, was presented to students at Ashley Ridge H.S., Summerville. During 5 Assembly periods, 1,486 students were presented with information designed to raise awareness, encourage early identification and intervention and give a face to mental illness.

Betsey O'Brien and Melanie Odom, NAMI SC, with Maria Beth Smith and Lloyd Hale, NAMI Charleston Area were the presenters.

The program was hosted by the high school's HOSA (Health Occupations Students of America) chapter. Each student received a NAMI Ending the Silence information card and a program evaluation. The overall evaluation was extremely positive.

MARCH WOMAN'S DAY ARTICLE

My name is Liz Youngs. My husband Steve and I are members of NAMI Charleston Area and Charleston area residents. We've lived here nearly 25 years.

We have one son, Jackson, age 28, and has schizoaffective-bipolar. Jackson for most of his young life was a flourishing, happy and healthy young man until around the age of 18 he started to change. We noticed signs of odd thinking, withdrawing to his room, spending less time with friends and school, and an overall gradual change in his behavior.

Through trial and error, many close calls and long nights, many inpatient stays, ER visits and more – Jackson is doing well right now. His story and our journey is now published in the March issue of Woman's Day Magazine, page 58. Please pick up

a copy, or the article can be found online here: <http://www.womansday.com/life/inspirational-stories/a57753/what-its-like-to-have-a-schizophrenic-child/>

NAMI CHARLESTON AREA SEEKING VOLUNTEERS WITH EXPERIENCE WRITING GRANTS

If anyone with grant writing experience would like to assist NAMI Charleston Area in applying for grants, please call Eric at 843-872-5080 or e-mail at <mailto:footsiemd@yahoo.com>.

96 Faces Yield Nothing that Helps

Circa 1990's the ubiquitous poster in the mental health community was a group photo asking the viewer to pick out the mentally ill.

The answer then and now, is all have mental health needs. They have discerned the disorder or condition and have to deal with it - Pogo paraphrase.

We fight Stigma by succeeding, not by flagging it as some sort of entitlement.

Our brain and our mind are never in complete sync, except by error or happenstance. Everybody had a little, a lot, vaguely textbook, emerging, situational, recovering, ... mental condition.

Use friends, family, professionals; listen and do not fight advice. We become teachers, spouses, parents, police and firefighters, pastors, WalMart greeter AND THEN, we tell others we are mental strugglers, just like anyone else.

The biggest thing supporting the "Stigma" Is that we are expected to fail, relapse, drink or smoke, and such - Don't, then brag > you can do it too.

Custer just kept charging.
Patton studied his enemy.
Mark Twain saw the inner humor and praised it.
Robert Frost missed some of the paths, but got us to see.

Randy McIntosh, Mt. Pleasant SC - a son, a brother, a man, a husband, an employee/employer, veteran, a grandfather, a friend, Episcopalian and Methodist (second wife), an uncle - the point is be concerned about what you may have failed @, but realize there is quite a lot to succeed @.

IS YOUR LOVED ONE SUFFERING FROM A MENTAL HEALTH ISSUE?



Depression, schizophrenia, bi-polar illness, and other disorders can challenge families.

FREE HELP IS AVAILABLE **with *Family to Family!***

- WHAT:** A free 12-week educational course for *family and friends* of those with serious mental illness. The course is taught by trained NAMI family members.
- WHEN:** Wednesday evenings, March 29, 2017 - June 14, 2017 from 6:00 PM – 8:30 PM.
- WHERE:** [Felix C Davis Community Center](#)
[4800 Park Circle North Charleston, SC](#)
- HOW:** Contact Pam Frost at (614) 570-6109
or by email at pfrost7lds@gmail.com
- FREE:** **Must pre-register.** No Registration Fee. A notebook and all materials provided by NAMI.



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 Sibling Parent New Member
 Consumer Spouse Professional Renewing Member

Name _____ Organization _____

Address _____

City/State/Zip _____

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

Email Address _____

Enclosed is my check in the amount of \$ _____



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