



Charleston Area (SC)

FEBRUARY, 2019

www.namicharlestonarea.org

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

Meetings and Events Schedule

NAMI Board Meeting

Board meeting will be held on Monday
February 4th at 6:00 PM

First Thursday of the Month

Support: 6:00 PM February 7th.

Family Support Group: Nursery Room 11

Connections: Nursery Room 12

Seacoast Church
750 Long Point Road, Mt. Pleasant

Enter from Long Point Road

Second and Fourth Thursday of the Month

NAMI Connections Support Group
February 14th and 28th: 1:30 to 3:00pm

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

Second Monday of the Month

Support: 6:00PM-7:15 PM February 11th

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 7:30-8:30 PM

The education speaker for February is
Brandon Lilenthal, Human Service
Coordinator for Charleston/Dorchester
Mental Peer Support/Vocational Program.

Third Monday of the Month

Support: 6:00 PM February 18th

Consumer and family member support
groups meet.

Bethany United Methodist Church
118 West Third South Street, Summerville

Call Toni at 843-870-6506 or
email info@namicharlestonarea.org for
more info.

NAMI Charleston Area (SC) Newsletter is published monthly by: NAMI Charleston Area (SC), PO Box 2251, Mount Pleasant, SC 29465. Phone (843) 872-5080.

Comments or suggestions for articles may be sent to the editor at pmjroddy@aol.com.
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NAMI Charleston Area (SC) Board of Directors

Officers

President	Toni Smallwood
Vice President	Kelly Troyer
Treasurer	Robert Taylor
Secretary	Joan Gaetke

INSTRUCTIONS FOR LISTENING TO EDUCATIONAL MEETINGS BY CONFERENCE CALL

Education Meetings can be listened via conference call.

To participate dial 515-739-6290 and then the access code 146492#.

BOARD OF DIRECTORS ELECT NEW OFFICERS

The Board of Directors voted for Officers at the Board of Directors meeting on January 7th, 2019. These officers will hold their position for two years and the next election will be held in January 2021.

Board of Directors Officers 2019 to 2021

Toni Smallwood- President
Kelly Troyer- Vice President
Joan Gaetke- Secretary
Robert Taylor- Treasurer

MYRTLE BEACH AREA FAMILY SUPPORT GROUP

First Thursday of the Month

Family Support: February 7th: 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)

AMAZON SMILE

NAMI Charleston AREA will receive a donation when shopping with Amazon Smile and choosing NAMI Charleston Area as your charity of choice.

FAMILY TO FAMILY CLASS

A new Family to Family class will begin March 21st at MUSC Institute of Psychiatry. Please see the flyer on page 6 for more information.

UPCOMING ABLE SC DISABILITY BENEFITS WORKSHOP IN BERKELEY COUNTY

At the workshop, someone from Protection and Advocacy and a Community Work Incentives Coordinator will be giving presentations on the basics of SSI/SSDI and employment, and the myths surrounding these topics. At the vendor fair after, attendees can meet one-on-one with various local organizations to learn more

about their employment supports. Registration is required for **everyone** so they have enough materials. Please see the flyer on page 5 for more information.

THE 2019 CRISIS INTERVENTION TRAINING (CIT) SPRING SCHEDULE

Feb 4th-8th: North Charleston PD
 Feb 18th-22nd: Myrtle Beach PD
 March 4th-8th: Al Cannon Detention Center
 Apr. 29th-May 3rd: Charleston County Sheriff's Office
 May 13th-17th : Charleston PD

If interested in participating in CIT Faces (sharing your story) or Role Playing, please contact Eric Hansen at 843-872-5080 or email info@namicharlestonarea.org for more info.

NAMI SC will be training for the following NAMI Programs April 5th - 7th at White Oak Conference Center, Winnsboro, SC:

NAMI Provider Education Team Member Training – NAMI Provider Education offers 15 hours of in-service training to line staff who work at facilities providing mental health treatment services. The course is designed to expand the participants' compassion for the individuals and their families and to promote a collaborative model of care. Training starts at 9:00 am on Friday, April 5th and is completed by mid-afternoon on Saturday, April 6th (see attached agenda). Team members include

a professional (nurse, therapist, etc.), an individual living with a mental health condition and a family member. Each team will be comprised of this three faceted core, but teams can also consist of two individuals living with mental illness, along with two family members to comprise a five member team.

Peer-to-Peer Leader Training – NAMI Peer-to-Peer course is designed for individuals diagnosed with a mental health condition such as depression, bipolar disorder, schizophrenia, etc. who are interested in achieving and maintaining wellness. The course is taught by trained leaders or peer teachers who have achieved a level of recovery in their own lives and are managing their own conditions. The eight-session course, taught during two hours segments meeting weekly, provides a full approach to recovery, including individual empowerment, family and peer support, relapse prevention, communication skills, and general health. The unique course provides the participants with comprehensive information on mental health conditions. It teaches strategies for personal and interpersonal awareness, coping skills, and self-care strategies. The course format is structured but in a relaxed and confidential setting. Leader Training starts at 9:00 am on Saturday, April 6th and ends at lunch on Sunday, April 7th. This course is taught by two Peer-to-Peer leaders in an affiliate.

If interested, please contact Toni Smallwood at toni.smallwood@namicharlestonarea.org or call 843.870.6506 and provide your name, email, and phone number for further information and follow up.

NAMI LOGO GETS NEW LOOK

Some of you may have noticed a slight difference in our affiliate name and logo. To comply with NAMI National guidelines we added (SC) to our current name and changed the color of the logo to all blue, instead of blue and gold.

2018 SUMMARY UPDATE

We have some dedicated and hard-working volunteers in our affiliate! To all of the volunteers, we give them a warm and well-deserved thank you!! Here is what the volunteers have been up to:

Family to Family: Led by our Family to Family Chair, Jane Wright, we held 2 classes that produced 24 graduates.

Basics: Led by our 'Basics' Chair, Kelly Troyer, we offered 1 class that yielded 7 graduates.

Ending the Silence: Led by our 'Ending the Silence' Director, Kelly Troyer, we gave 41 presentations to 7,123 students, parents, and teachers. (This is the highest number in the state of South Carolina! Go Kelly!!)

Crisis Intervention Team training: Led by our CIT Chair, Eric Hansen, we participated in 9 CIT training sessions. Several members shared their personal stories (Faces) and participated in role playing with law enforcement, EMS, and other first responders.

Support Groups: We have eight support groups for our affiliate: 275 people attended 51 meetings for our Connection Recovery Support Groups. 268 people attended 45 meetings for our Family Support Groups.

Thank you to our wonderful facilitators for showing up every month and giving us your time and energy.

WE ARE LOOKING FOR VOLUNTEERS FROM THE MEMBERSHIP TO JOIN OUR WALK COMMITTEE

This January the NAMI Charleston Area (SC) Board of Directors voted to postpone the fundraising walk until later this year. We are excited about the prospect of raising awareness and working toward ending stigma in our community. Look for more information in future newsletters on how you can help us make this walk a success!

If interested, please contact us at Info@namicharlestonarea.org or call 843.870.6506. ***"Alone we can do so little, together we can do so much"*** (Helen Keller)

NAMI LOSES LONGTIME MEMBER AND ADVOCATE

We are saddened by the loss of Tom Troyer, Kelly Troyer's (Vice President, NAMI Charleston Area (SC)) dad. Thomas Lee Troyer, at the age of 71, passed away of heart failure, on January 5, 2019, surrounded by his family, in Charleston, SC. A longtime member and advocate for NAMI, Tom helped with any events or activities when anyone asked him. He volunteered for many NAMI Walks and fundraisers in the Greenville Area to raise mental health awareness and reduce stigma. He was trained in Ending the Silence and helped with presentations to middle and high schools in the Charleston Area to educate students, parents, and teachers to recognize mental health symptoms and get help. He will be greatly missed.



- Are you interested in going to work or increasing your earnings?
- Do you need information on how working will affect your disability benefits? (SSI and SSDI)
- Do you want to connect with local agencies that can assist with finding a job and providing supports?

Please join us for this FREE community event!

Tuesday, February 26, 2019

1:30-3:30 PM

Trident Technical College – Berkeley Campus

1001 S Live Oak Drive

Live Oak Conference Room, #101

Moncks Corner, SC 29461

For more information, e-mail hiresc@able-sc.org

Call 1.800.681.7715 or TTY 864.235.8798

Or follow this [link to the registration page](#)

Accommodation requests must be made by 2/19/2019.

ALL attendees must register in order to ensure we have enough materials available for everyone.



This event is hosted by the SC Disability Employment Coalition, a partnership of more than 40 stakeholders dedicated to addressing employment barriers for people with disabilities. Hire Me SC is a campaign developed by the Coalition to promote a culture of inclusion across the state of South Carolina, one in which employment for every individual, disability or not, is the norm rather than the exception. Hire Me SC is coordinated by Able South Carolina and supported through funding from the Administration for Community Living at the US Department of Health and Human Services. Learn more at <http://www.hiresc.org>

IS YOUR LOVED ONE SUFFERING FROM A MENTAL ILLNESS ?



The National Alliance on Mental Illness (NAMI) understands that depression, schizophrenia, bi-polar illness, and other disorders can challenge families.

FREE HELP IS AVAILABLE: The NAMI *Family to Family* Program

WHAT: A free, 12 week educational course for family members and friends of those with a serious mental illness. The course is instructed by trained NAMI family members.

WHEN: Tuesday evenings, beginning March 5, 2019
6:00pm - 8:30pm Course ends May 21, 2019

WHERE: [MUSC, Institute of Psychiatry](#), 5 North #526 Classroom,
67 President Street in downtown Charleston.

HOW: Contact Sharon Diamond at (843)-530-0854, or by email at sdiamond5255@gmail.com

FREE: [Must pre-register](#). No Registration Fee. A notebook and all materials provided by NAMI.



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Charleston Area (SC)

Application for Membership Includes membership to National NAMI organization, NAMI SC, and NAMI Charleston Area (SC).

Please make check payable to **NAMI Charleston Area (SC)** 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: Household \$60.00 Individual \$40.00 Open Door* \$5.00

*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 _____



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