



NAMI

Huntsville

National Alliance on Mental Illness

STATE COMBINED
CAMPAIGN #031495



Grassroots- Official Newsletter of the National Alliance on Mental Illness - Huntsville, Alabama

Mar/Apr 2018

NAMI-Huntsville March & April 2018 President's Corner

NAMI-Huntsville (NAMI-H) struggled financially through 2017. Thanks to all who participated in the NAMI Walk which helped financially and to increase community awareness that we are here. We will participate in this venue again in 2018.

Since October 2016 NAMI-H has been part of the Madison County Jail Aversion Program. The goal is to reduce the rotating door of the mentally ill through our local jail system. NAMI-H is part of the North Alabama Mental Health Coalition (NAMHC) which brings together representation from Wellstone, Crisis Services, Order of Saint Vincent DePaul, Madison County Sheriff Department, Huntsville Police Department, Madison City Police Department, Huntsville Hospital, mental health providers to name a few.

In April 2017, NAMI-Alabama in conjunction with Auburn University with local support from NAMI-H provided NAMI's signature Crisis Intervention Training (CIT) course to 40 regional law enforcement personnel. Graduates received a bronze pin in the shape of Alabama to wear on their uniforms. Our NAMI-H office has received two letters from law enforcement citing incidents that the CIT training was credited with providing a positive outcome for both those living with mental illness and law enforcement.

Please thank the officers you may see wearing those pins for caring to help our community. The current status of the effort is that two mental health workers have been hired to work with jailed persons to become stable on their treatments and follow up after release.

The NAMI-H education meeting in February (2018) hosted Daniel Adamak of LittleOrangeFish.org. Daniel's mission is "Foster greater public understanding on the roles, value and current state of mental health care. Bring greater visibility to available resources that support behavioral, emotional and mental health care needs. Grow and strengthen the mental health care community and Ensure immediate access to essential support and treatment."

One thing he said during the meeting was that as a community there is a need for Mental Wellness efforts as well as mental health. Wellness, as with mental health, is hard to talk about due to stigma. Someday, society will realize that the incidence of mental illness is on the rise and that wellness may slow or reduce the trend. It is time to treat both the symptoms and the causes of mental illness.

Joseph T. Keweza

Calendar of Events

All meetings are held in the United Way Building
Unless Otherwise Announced

March

Tuesday 6th

7p - Family Support Group
Facilitator Joe Keweza

Tuesday 20th

7p - Education Meeting - In honor of Brain Injury Month, Dianne Pierson of the Alabama Head Injury Foundation will do a presentation on the correlation between head injuries and mental illness

Every 1st & 3rd Tuesday

6p Connection Support Group at Windscape Apts Community Room
2220 Windscape Drive in Athens
Facilitators: Mark Prescott & Steve Pendergrass

Every 2nd & 4th Tuesday

6p Connection Support Group at 600 Governors Dr SW 35801 Rm 252
Facilitators: Teresa Hardin & John Boulton

Every 1st & 3rd Tuesday

6p Connection Support Group at 446 Jeff Rd NW 35806 The Hub Meeting Rm
Facilitators: Teresa Hardin & John Boulton

Every Wednesday

530p Connection Support Group
Facilitator: Nick Snead

Are you a NAMI-HUNTSVILLE member?

Consider joining to help support your favorite mental health organization! Just fill out the form on the last page and mail it in along with your membership fee and/or donation to the NAMIH office. Or go to www.namihuntsville.org and click JOIN.

Events we are participating in and we invite you to join us!

SEASON BEGINS MARCH 15

Join Us! Biergarten STEIN & DINE Thursdays March through October



Visit the U.S. Space & Rocket Center Saturn V Hall on Thursdays from 4:30 - 7:30 p.m., beginning March 15, for the German Biergarten, featuring authentic German cuisine.

Enjoy the festive atmosphere, local craft beers, imported and domestic beers and delicious wines from the German region.

Family-friendly, rain or shine! Dog are welcome outside on the Apollo Terrace and in Apollo Courtyard!

U.S. Space & Rocket Center

We are proud to feature and share a portion of the proceeds with a selected local charity each week!

NAMI - Huntsville has been selected as the featured charity in the U. S. Space & Rocket Center's 6th Annual German Biergarten Stein & Dine on Thursday, April 12, 2018. We will have a table there with brochures on mental illnesses and the services we provide. Plus, it will be a perfect time for you to bring your family and friends for great food and drinks in a great atmosphere, while meeting us too! Also, you are welcome to renew your membership and make a donation during your visit!



SpeakLife: I Am Greatness Inc.
presents:

Mental Health Awareness Event

Date:
April 14, 2018

Time:
12pm - 3pm

Location:
Clyde Foster Multipurpose Room
(AAMU's New School of Business)

Topics:
Low Self-Esteem
Abuse Stress
Disabilities
Social Issues
Depression



Contact Info: Phone: (256) 631-5410
Email: speaklifeiamgreatness@gmail.com



VETERANS COMMUNITY HEALTH SUMMIT AND STAND DOWN



Fort Jackson Armory
2499 Johnson Road
Huntsville, Alabama 35805

Thursday, April 26, 2018
8:30 A.M. - 10:30 A.M. (Stand Down)
10:30 A.M. - 1:00 P.M. (Summit)



Hosted by the North Alabama Veterans Advisory Council (NAVAC)



REPRESENTATIVES FROM THE FOLLOWING ORGANIZATIONS WILL BE IN ATTENDANCE:

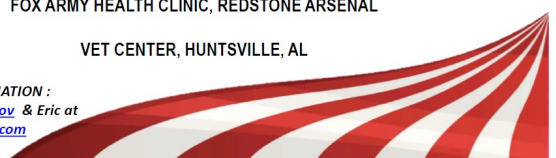
NORTH ALABAMA VETERAN ADVISORY COUNCIL (NAVAC)

A Consumer-Advocate Liaison Council for the Huntsville VA and Birmingham VA Medical Center

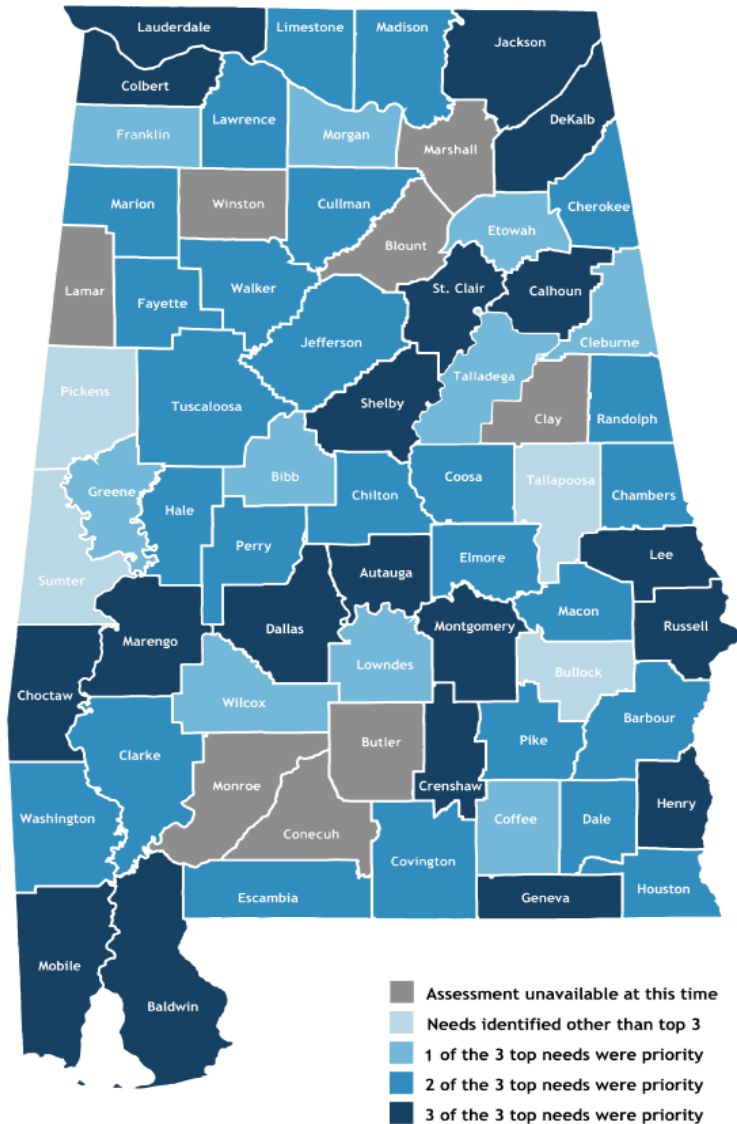
FOX ARMY HEALTH CLINIC, REDSTONE ARSENAL

VET CENTER, HUNTSVILLE, AL

FOR MORE INFORMATION:
Mitchell.williams@va.gov & Eric at
osdh17@gmail.com



Throughout the year, CPC members review the needs of children and families in their community then report their results in a Needs Assessment. The Needs Assessment serves as a blueprint for the counties, state, and legislators to assign priorities to needs and implement programs and services to provide for the needs. The most recent needs assessment reported the following top 3 needs across the state: (1) *Substance Abuse*; (2) *Family Engagement/Parental Involvement*; and (3) *Mental Health*.



The top 3 needs across the State are identified and ranked below:
 1. Substance Abuse
 2. Parent Involvement and Family Engagement
 3. Mental Health

Counties that identified all three, just two, or only one as priority are designated on the map above.

To view all identified needs for every county visit: www.alcpc.org

Alabama Children's Policy Council

The Alabama Children's Policy Council (CPC) system originated from the Alabama Juvenile Justice Coordinating Councils and is designed to support providers of children's services as they work collaboratively in developing community service plans to address the needs of children ages 0-19 and their families. By creating a CPC in each county, the unique needs of each community can be addressed. At the state level, these local needs become the driving force for children's policies.

SNAPSHOT OF ISSUES RELATED TO TOP 3 NEEDS:

SUBSTANCE ABUSE

Total # of Children Removed From Home Due to Parent Drug Use



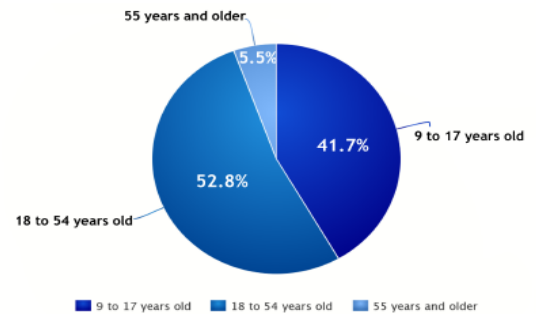
FAMILY ENGAGEMENT

Total # of Children in Foster Care



MENTAL HEALTH

WHAT POPULATION HAS THE GREATEST MENTAL HEALTH NEEDS IN YOUR COUNTY?*



*Total number reflected is based on data from multiple state agencies.

The above is from the Alabama Children's Policy Council's website (<http://www.alcpc.org/informationbycounty>):

Madison County top 3 needs are identified and ranked as:

- 1- Early Care & Education
- 2 - Parental Involvement & Family Engagement
- 3 - Mental Health

For information on other counties please refer to their website.

Basics Instructors Needed:

NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics is offered in a group setting so you can connect with other people face-to-face.

You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. Last year, 99% of participants told us they would recommend the program to other parents.

The course is taught by a trained team with lived experience—they know what you're going through because they've been there. The 6-session program provides critical strategies for taking care of your child and learning the ropes of recovery.

Ending the Silence Presenters Needed:

NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental illness.

NAMI Ending the Silence presentations include a lead presenter who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

WHAT YOUR AUDIENCE WILL GET

- Free of cost to schools and communities
NAMI Ending the Silence for Students: 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. [Research](#) has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help
- **NAMI Ending the Silence for School Staff:** 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families
- **NAMI Ending the Silence for Families:** 1-hour presentation for parents and primary caregivers that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff



Family Support Group Facilitators Needed:

NAMI Family Support Group is a **peer-led support group** for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

NAMI's Support Groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones (18+) of individuals living with mental illness
- Led by family members of individuals living with mental illness
- Meets weekly or monthly
- No specific medical therapy or medication is endorsed or recommended
- Confidential

Starting Off 2018 by Reaching Out

On February 17th, we had 2 of our board members (Lisa P & Beth J) participate in the Downtown Rescue Mission's 3rd Annual Carts4Hearts 5K, and the Shift from Broken to Healed Citywide Conference on February 19th was attended by 2 board members (Lisa P & Joe M) where they held a NAMI-Huntsville booth. This weekend (Saturday, March 10th) we will be participating at the Downtown Huntsville Library's Family Fair. Come visit us at our table and other organizations between 10a to 5p. They will have 2 story times among other activities set up for your family. See you soon!

Resourceful Events

Voter Rights Restoration Clinics

In Huntsville!
Saturday,
March 10, 2018

REVIVE MY VOTE
In 2018

When: Saturday, March 10, 2018 9-11am

North Huntsville Location:

Location: 2448 Shepard Drive NE,
Huntsville, AL 35810



5 Points Location:

Location: United Way, 701 Andrew
Jackson Way NE, Huntsville, AL 35801



Citizens who may have lost their voting rights can:

- ✓ Initiate the process to regain your voting rights
- ✓ Apply to Register to Vote if your conviction is not on the list of moral turpitudes
- ✓ Ask questions!

Sponsored by: North Alabama Voter Rights Restoration Coalition



For more information, email the Tennessee Valley League of Women Voters at govote17@gmail.com or call (256) 829-8416

North Alabama Voter Rights Restoration Coalition

REVIVE MY VOTE
In 2018

Volunteer Training for Voter Rights Restoration Clinics

When: Saturday, March 10, 2018 1:30-3:30pm

**Location: Union Chapel 315 Winchester Rd NE B,
Huntsville, AL 35811**

Learn about :

- ✓ Recent changes to the Alabama Moral Turpitude laws and how it affects Alabama's disenfranchised citizens
- ✓ How to organize, publicize, staff, and support a Voter Rights Restoration Clinic

JOIN the North Alabama Voter Rights Restoration Coalition Today!

For more information, email the Tennessee Valley League of Women Voters at govote17@gmail.com or call (256) 829-8416



Alabama Institute for Recovery

April 16, 17, 18, 2018
Shocco Springs

Warning Steep Hills

Important – Shocco Springs Campus is located in the foothills of the Appalachian Mountains and attending activities at Shocco Springs requires walking up and down hills. Some lodging is located away from the main campus center. Lodging is on a first-come first-serve basis, with the rooms in the main area going to the early registrants. We may not be able to provide lodging near all activities. Transportation to and from events is not provided.

Scholarships

We have a limited number of consumer scholarships available, and we usually run out of rooms and scholarships before the registration deadline. The workshops, plenary sessions, and activities are the foundation of the conference. If you do not intend to participate in the workshops, plenary sessions and other conference activities, we ask that you not register for the conference so that rooms and scholarships can go to those who plan to participate fully in the conference but otherwise will be unable to attend due to lack of scholarships and/or rooms.

March 10, 2018 Deadline for Scholarships

Note to Mental Health Center Staff: If attendees from your facility require monitoring, supervision, or assistance at the conference or with taking their medication, it is important that responsible staff from your facility attend the conference to provide the needed support throughout the entire conference.

Questions? Please call The Office of Peer Programs at: 1-800-832-0952 or 334-242-3456 or email us at: michael.murray@mh.alabama.gov

Smoking Rules: Smoking is restricted to clearly marked areas only. No smoking is allowed in rooms, balconies, near the chapel, or outside of marked smoking areas.

Conference Cost

Full Conference (3 days, 2 nights)	\$90
1 day (no lodging)	\$30
1 day (with lodging)	\$50
Full Conference, no lodging	\$60
Single Room	\$195
(No scholarships available for single rooms)	

Registration

Registration Deadline March 20, 2018
March 10, 2018 Deadline for Scholarships

Scholarships are available to consumers who are unemployed or on disability only. All scholarships require a \$10 non-refundable, non-transferable registration fee.

Name _____
Address _____
City _____ Zip _____
Telephone (____) _____
Email _____

Male Female
Roommate _____
(Roommate will be assigned if one is not indicated.)

Are you a smoker? Yes No

I would like to be in the Talent Show. Yes No

Disability/Accommodations:

- Wheelchair Accessible Rooms
- American Sign Language

Please Register Me As Follows:

I am a consumer and requesting a consumer scholarship. **Please check appropriate choice below--\$10.**

- Entire Conference-including all activities, all meals and all lodging-- \$90.
- All conference activities, meals, but no lodging--\$60.
- All activities and meals on Monday, but no lodging--\$30.
- All activities and meals on Tuesday, but no lodging--\$30.
- All activities and meals on Monday and lodging Monday night--\$50.
- All activities and meals on Tuesday and lodging Tuesday night--\$50.
- Single Room \$195.

Make Checks payable to: WINGS
Mail to: Alabama Institute for Recovery
c/o Office of Peer Programs
P.O. Box 301410
Montgomery, AL 36130-1410

The NAMI Huntsville Annual Report for 2017

NAMIH Monthly Reports for 2017

Enter Number of Participants for Each Program	January	February	March	April	May	June	July	August	September	October	November	December	Total
Basics	0	0	0	0	0	0	0	0	0	0	0	0	0
Connections	61	58	26	49	45	46	53	33	50	45	44	24	481
Ending the Silence	0	0	0	0	0	0	0	0	0	0	0	0	0
Family to Family	0	0	0	0	0	0	0	0	17	47	64	16	144
In Our Own Voice	0	0	0	17	0	0	0	0	0	0	30	0	47
Parents & Teachers as Allies	0	0	0	0	0	0	0	0	0	0	0	0	0
Peer to Peer	0	0	0	0	0	0	0	0	0	0	0	0	0
Smarts for Advocacy	0	0	0	0	0	0	0	0	0	0	0	0	0
Sharing Hope	0	0	0	0	0	0	0	0	0	0	0	0	0
Family Support Group Meetings	6	7	7	13	9	7	11	10	10	7	3	7	97
Hispanic	0	0	0	0	0	0	0	0	0	0	0	0	0
Vet to Vet	0	0	0	0	0	0	0	0	0	0	0	0	0
CIT				60	0	0	0	0	0	0	0	0	60
Enter Number for Each Statement													
Number of Government Officials Contacted	0	3	2	1189	7000	0	0	0	0	0	0	79	8273
Number of People Served	1280	240	72	161	50	36	52	64	311	111	70	10	2312
Number of Brochures Distributed	0	7	65	296	330	660	1105	243	220	1387	50	0	4291
Number of Phone Calls/Emails Received or Placed	848	939	400	1688	1381	822	2396	1184	2359	883	1663	468	15031
Number of Media Contacted	5	2	6	4	4	2	4	2	5	1	4	1	40
Approximate Number of Audience Reached by Media	940,173	9,151	157,529	305,456	200,000	4500	6,000	17253	300,000	105,000	300,000	4296	2,503,591

Platinum (up to \$1000 or more)

Joe Keweza
Joe Moody
Sherry Thompson
St. Mary of the Visitation Catholic Church
Sebrina A Mayes Allen
Fidelity Brokerage Services LLC

Linda Lou Hardison
Cornelia Turnbow
Kristie McShane
Angie Simmon
Janet Anderson & Roland Anderson
Margaret Craig
Walter Avellaneda
Mona Smith
Wood & Peggy Deleuil
Cletus & Judy Harper
Gayle Baker
Robert Snead

Gold (up to \$750)

AKA - RHO CHI OMEGA
St Thomas Episcopal Church

Silver (up to \$500)

Virginia Warvi
Brenda Taylor-Moody

Bronze (\$250 or less)

Anna Laura
Doyle & Eileen Sessions
Susan Lewis
Juli Langford
Nick Snead
Patricia Hinrichs
Dorothea Schlidt
Rachel Roberts
Cecille B Spina
Lana A Fischer
Lewis Perry
Nadler Robert
David Beason
Huntsville Psychotherapy & Counseling Services via Stephanie Bolton
Mark Prescott
Evette Brooks Lockett
David Barnhart
Patricia Blair
United Methodist Women of First United Methodist Church
Marilyn Neste
Lyle E Hendrick
Alabama Psychological Services Center via Wendy Pope

NAMI-Huntsville thanks each of you for your donation for the 2017 year! We hope to get your continued support for the 2018 year! Let's get the community to be aware that there is help for everyone affected by mental illness.

Concluding the Annual Report for 2017

With over 2000 volunteer hours submitted in 2017, we participated in the Huntsville Hospital Psychiatric Conference, 2 HOSA presentations at Sparkman High School & Hazel Green High School, the NAMI Alabama NAMIWalks at Blossomwood Elementary, the Jeni Benefit Concert, Mental Health Matters Health Fair hosted by Alpha Kappa Alpha, Speak Life: I am Greatness Inc, CIT Law Enforcement Training, Alpha Kappa Alpha – Epsilon Gamma Omega Line Dancing Fundraising (with advertising on WEUP 1600am & Etv Impact with Kenny Anderson), the Love Fellowship hosted by St. Mark Baptist Church honoring NAMI-Huntsville’s mission for the community, BJ Restaurant & Brewhouse Fundraising Night, Huntsville Hospital Foundation SPEAK Committee (2 NAMI-Huntsville Board of Directors serve on the committee), Tinsel Trail, Huntsville Havoc Mental Health Awareness Game Night, and last but not least on a weekly basis a NAMI-Huntsville representative provided the Crestwood Behavioral Department with information on our programs and services to their patients.

As of today, the NAMI-Huntsville membership consists of 11 household, 31 open door, 9 lapsed open door, 63 active, 63 lapsed memberships. On Facebook we have 815 people who liked our page, and 788 that are following us. To continue showing your support in the NAMI-Huntsville mission please consider renewing your membership if it has lapsed or become a member. Your membership fees (and donations) will take us further in exposing who we are and what we do in addition to allowing us to have the tools needed to do more for the community!

Join us in supporting this suicide prevention event in April 2018

THEATRICAL ON DEMAND™

SUICIDE: THE RIPPLE EFFECT

April 10 at 7:30 pm

AMC CLASSIC HUNTSVILLE 10
1359 OLD MONROVIA RD NW
HUNTSVILLE AL 35806

Reserve Your Tickets
gathr.us/s/22509



SCAN WITH YOUR SMARTPHONE TO RESERVE YOUR TICKETS!

TICKETS MUST BE PURCHASED IN ADVANCE



"A POWERFUL AND IMPACTFUL DOCUMENTARY THAT WILL MOVE YOU TO ACTION"

"THIS FILM WILL SAVE LIVES"

#BE HERE TOMORROW

SUICIDE THE RIPPLE EFFECT

JOIN THE MOVEMENT & HELP SAVE A LIFE
www.SuicideTheRippleEffect.com

THIS SCREENING IS DEDICATED IN LOVING MEMORY OF



AMAZING AARON

SUPPORTING AGENCIES:
BeArmed WARRIORS
CRISIS SERVICES OF NORTH ALABAMA
SPEAK



CRISIS SERVICES OF NORTH ALABAMA

SPEAK

Suicide • Prevention • Empowerment • Awareness • Knowledge
Funded by HUNTSVILLE HOSPITAL FOUNDATION

About the Movie: Suicide: The Ripple Effect

At the age of 19 Kevin Hines wanted to die – he decided to accomplish that by jumping off the iconic Golden Gate Bridge in San Francisco. More than 1600 people have died jumping off the bridge and Hines wanted to be one of those people. However, something happened the second his hands left the rail. He knew he knew he wanted to live and miraculously Hines did.

He has made it his life's mission to advocate for suicide prevention and mental health awareness. Working tirelessly to share his story and most recently completing his documentary "Suicide: The Ripple Effect" – chronicling his journey to fight the stigmas associated with suicide and mental illness. The trailer for the documentary has been making the rounds on social media and has been seen over 100 million times.

Wendy Galloway happened to be one of the people that viewed the trailer for "Suicide: The Ripple Effect". She was drawn to it because she had lost her son Aaron Alexander to suicide at the age of 19. Aaron was a high school graduate from Sparkman High School and was just beginning his career in the military starting with the Army National Guard with the plan of becoming active duty. Instead, on the night of July 10, 2016, Aaron lost his life to suicide. Now Galloway looks for ways to honor her son thru advocacy. She has started working to bring about change to how people talk about suicide.

Galloway created an opportunity to have "Suicide: The Ripple Effect" shown here in Huntsville, AL. The screening will be held April 10th, 2018 at AMC Classic 10 located at 1359 Old Monrovia Rd NW starting at 7:30 PM. Tickets must be purchased at this link <https://gathr.us/screening/22509>. They will not be available at the box office.

Please join in the fight to stop suicide and open the conversation to end the stigma associated with suicide and mental illness.

-Rocket City Moms-

Amazing Aaron

Aaron Alexander Gorklo was born November 29, 1996 in Denver, Colorado. As a little boy he loved Buzz Lightyear, Bionicles, and his "best game ever" was the Army. As a teenager he struggled with school, not really liking the social structure of a school environment. He was "different" in the way he communicated. Aaron didn't have filters - he told people what he thought whether it was socially acceptable or not. This didn't make Aaron a lot of friends, he had a hard time making and keeping friends and was bullied because of the way he looked at things. Even though Aaron didn't like school, he loved to learn. He loved reading and writing and drawing. He loved history, especially military history. As a young boy, he would play Army and be a soldier for Halloween. As a teenager, he went through a few different phases of what he wanted to do but finally settled on becoming a real soldier instead of just pretending. Aaron had me sign the paper for him to start participating in the recruiting program while still attending high school in Colorado.

Because of life changes we moved to Alabama for Aaron's senior year in high school – he didn't complain – he looked at it as a new adventure and was soon excited to learn that he would be able to participate in the JROTC program. He only got one year of it but he worked hard and graduated high school May 2015. He was signed up and ready to join the Army National Guard after graduation. He left for basic training November 2015 and was so happy to be a part of the military and the brotherhood that is found between the soldiers. Aaron graduated basic training in March 2016 and was stationed with his unit in Cullman, Alabama.

While Aaron was happy to be a soldier he also had struggles – he had many disappointments in his life and the sadness in him finally won. Aaron died by suicide July 10, 2016. Aaron was smart and funny and kind. He was talented and giving and loving. He loved his country even with her flaws and he was proud to be a soldier. Some of his best times were spent at the U.S. Veteran's Memorial in Huntsville, Alabama working with veterans and listening to their stories. He loved his family and would do anything for them. He wanted everyone to be happy but didn't know how to be happy himself. The hole that has been left by his loss will never be filled. We miss him every day.

Wendy Galloway - Aaron's Mother

For more information:

<https://gathr.us/screening/22509> - movie information

<https://www.youtube.com/watch?v=LytKNC405oI&t=8s> - movie trailer

https://youtu.be/Pjro9MZZ_ps - WZYP interview

<http://www.rocketcitynow.com/news/a-mother-who-lost-her-son-to-suicide-is-hoping-to-raise-awareness/951122893> - WZDX Channel 54

<http://whnt.com/2018/02/18/madison-mother-shares-story-of-sons-suicide-to-raise-awareness/> - WHNT Channel 19

<https://www.rocketcitymom.com/event/special-screening-suicide-ripple-effect/> - Rocket City Moms

NAMI-Huntsville Membership/Donation Form



NAMIH dues are paid annually. You may pay by cash or check to NAMI Huntsville. If you prefer to join online go to www.namihuntsville.org.

Please provide your email address in order to receive the newsletter by email.

NAME _____ ADDITIONAL HOUSEHOLD MEMBER _____

ADDRESS: _____ CITY/STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

ADDITIONAL HOUSEHOLD MEMBER EMAIL: _____

\$ 60 Household \$40 Individual \$5.00 Open Door Donation

\$ _____ RENEWAL? _____

Mail check to: NAMIH, 701 Andrew Jackson Way
Huntsville, AL 35801

- ✦ One copy of the Advocate magazine, mailed twice per year
- ✦ Access to members-only areas of the NAMI.org website
- ✦ Discounts on National Convention registration rates
- ✦ Discounts on items in the NAMI Store
- ✦ Your local NAMIH bi-monthly newsletter



GRASSROOTS

Official Newsletter of NAMI Huntsville

Office: 256.534.2628 Email: namihuntsville@gmail.com

Website: www.namihuntsville.org

www.facebook.com/NamiHuntsville

2018 BOARD OF DIRECTORS

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Published bi-monthly.

Distributed free to NAMIH Members and Mental Health Professionals/Organizations.

Information provided in this publication is for educational purposes only and is not intended as medical advice.

Deadline: Email news, announcements, and articles by the 15th of the month. Articles subject to editing for brevity.

