



NAMI
National Alliance on Mental Illness

Huntsville

STATE COMBINED
CAMPAIGN #031495



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

Sept & Oct 2018

NAMI Huntsville Executive Director's Corner

Hello NAMI Huntsville Family!

Summer is ending and so many things are taking place as we close out the year. Being advocates for mental health is a big responsibility and is a year long task. Coming together as members, volunteers, supporters, and donors allows us to be known as NAMI Huntsville advocates and affords us the group dynamic that we as a mental health organization so dearly need in order to be successful in making mental health a common conversation. Slowly, we are making the stigma on mental illness be less and less negatively impactful on those living with a mental illness and for their friends and families. The board of directors would like to thank each one of you for your dedication and hope that you continue to help us finish this year out with a bang!

However, we sincerely need your donations to keep us afloat. On top of going to events to do presentations, participating in health fairs, having a part-time employee, facilitators for support groups, instructors for the Family-to-Family courses all these duties takes time, volunteers, and funds to be able to provide them free to the community. Donations have been extremely low this year so I ask, well WE ask, that you help us end with a successful year by sending in a donation. You are welcome to make your donations monthly or annually! No matter the amount trust it will help. For example, \$5.00 would allow us to purchase much needed office supplies, \$20 or \$40 would afford us a ream of copier paper. What could more do for us? Binders for our Family-to-Family courses, food for our events, and the ability to purchase much needed promotional marketing material!

As the Executive Director, for example, holding a board meeting not able to provide board members with simple bottle waters/refreshments for their time due to funds not able to accommodate this is concerning. On the bright side what makes me proud is that each board members comes from their full day at work ready to discuss, vote, and plan for the organization. I am starting to wonder if they even notice what I notice...which is I can't reward them for their time and dedication. Yet, they come in like work horses and excitedly leave with the next to-dos in hand. Now that's true volunteering but let us not take their time and work for granted. Help me be able to show our appreciation for their time by providing a small thank you whether it is a bottle water or a meal. I can go on with the office volunteers who come in and do the work for the day just to show their part of advocating. And what about those that conduct the NAMI Huntsville programs who on a weekly/monthly basis hold the support groups. Last but not least, YOU! Your support no matter the form it comes in we as an organization should be able to show our appreciation to you.

Like a body, you are our heart and can't work without you. We have the parts to do the work you want us to do but we need you just the same as you need us. So I ask, will you consider making monthly or annual donations? Imagine if each of our followers on Facebook (877) and those on our email distribution list (364) were to give \$5.00 a month that would equate to \$6,205 a month. That could be \$74, 460 a year! We could hold so many advocating events, NAMI programs, and of course Thank You events honoring YOU! What is our current annual budget you ask? We have been swimming between \$30,000 - \$40,000 annually over the last few years and a big chunk of this is the part-time salary which doesn't leave us much room to expand our services without making sacrifices. Let's revive our "body" and get mental health on the map. We can do this together!!

Rebecca Lamar

Calendar of Events

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

September

Tuesday 4th

7p - Family Support Group
Facilitators: Elizabeth Springfield & Rebecca Lamar

Tuesday 11th

6p - SPEAK Suicide Awareness & Prevention Parent Town Hall

Tuesday 18th

7p - Education Meeting - Topic TBA

Friday 28th

Huntsville Hospital Psychiatric Conference

Every 1st & 3rd Tuesday

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

Every Wednesday

530p Connection Support Group
Facilitator: Nick Snead

October

Saturday 6th

9a-12p - Honoring Mental Illness Awareness Week (MIAW)
NAMIWalks at Morris Elementary which will include the NAMI Huntsville **Volunteer Appreciation** and **Memorial Dedication** events.

Support NAMI-HUNTSVILLE by making a donation

No matter how big or small your donation is we need your financial support to keep support groups and programs available and free to the public. There's three ways to send your donation either by mailing your check/money order to the NAMI Huntsville office, at our website at www.namihuntsville.org, and on our Facebook page!

No More Dirty, Inc. in partnership with Productions by Danita Jones presents:
THE COLOR OF GREEN

"THE COLOR OF GREEN" (written and directed by Danita Jones) specifically deals with Mental Health in the minority community and the stigma and silence that surrounds it. This production aims to educate and inform individuals in a unique way. Through dance, spoken word, and poignant scenes, "THE COLOR OF GREEN" spotlights depression, schizophrenia, bi-polar disorder, borderline personality disorder, and PTSD as it relates to American veterans, and postpartum depression/psychosis. All subjects are carefully and tastefully presented to the backdrop of beautiful music, hauntingly accurate metaphors, and brilliant acting.



Yes! It is about that time to come and see the full play for yourself. This is one that you don't want to miss! And of course the NAMI Huntsville crew will be there to support in every way possible. So meet us there!

Productions by
Danita Jones

The Color of *Green*

THE SILENCE IS DEADLY. THE STIGMA IS WORSE.

written and directed by: DANITA JONES
Saturday, September. 22nd | 7:15 PM
Doors open at 6:30pm
The New Room
607 Airport Road, Huntsville, Alabama, 35802

TICKETS ON SALE NOW!
[@eventbrite.com](https://www.eventbrite.com)

In partnership with

nomoredirty.org

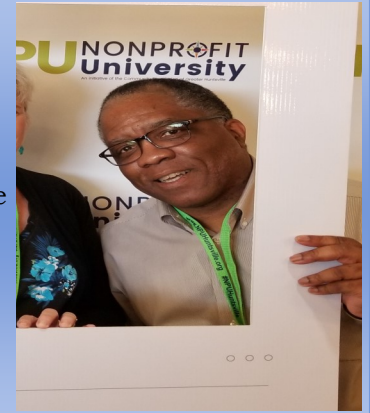
Part of the ticket proceeds will help provide
arts immersion programs to local youth.

Follow us on:
Facebook: [Productions by Danita Jones](https://www.facebook.com/ProductionsbyDanitaJones)
Instagram: [@productionsbydanita](https://www.instagram.com/productionsbydanita)

I HEART SMART ART. COM

Volunteer of the Month July 2018

This guy right here! What a good guy to work with over the years. He came in by his wife's nomination, Brenda Taylor-Moody, and hasn't been a let down since. He has been our treasurer for the past few years and has one more year to go. During his time he has taken the time to navigate his responsibilities ease and learn his tasks in depth, which allowed his performance to excel. It makes one wonder what comes next from him because he has done more than just what his position requires in his time with NAMI Huntsville. Joe Moody we greatly appreciate all you have done since coming on the board and look forward to what else you have to offer your community.



The Great Adventure of the Board of Directors at Shoe Carnival

And so it was on a hot day in September, the NAMI Huntsville Board was determined to get the word out that we have free services and programs to provide the community. They crafted the idea to partner with someone that everyone needed and they came up with a shoe store. Shoe Carnival that is! From 10a- 2p they stood as a strong team in the heat preparing freshly cooked hot dogs and hamburgers to give away to anyone while welcoming donations and sharing info on the NAMI Huntsville mission and its programs! Oh boy! What a job they did and with plenty of fun!. If you missed out on the great adventure, stay tuned because we plan on doing it again! A big thank you to the Shoe Carnival in Huntsville off of Highway 72 for making this great adventure possible!



NAMI Homefront

NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions.

Based on the nationally recognized [NAMI Family-to-Family](#) program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions. Classes are offered online! For more information go to www.nami.org and sign up!

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

- **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.

- 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

Family to Family Instructors Needed:

NAMI Family-to-Family is a 12-week course for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. The instructors will teach students:

- How to manage crises, solve problems and communicate effectively
- How to take care of yourself and manage your stress
- How to develop the confidence and stamina to provide support with compassion
- How to find and use local support and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family



National Alliance on Mental Illness

NAMI Walks Alabama 2018! NAMI Huntsville's local event will be October 6th at Morris Elementary from 9a to 12p. Get your teams ready and raise funds for your local NAMI Chapter. Our local goal this year is \$8,000!

For more info go to our website at www.namihuntsville.org. Together we can make a difference in our community! So far statewide we are a little over \$10,000 away from reaching our state goal of \$75,000!

#StigmaFree

Donation of Art Works to Benefit NAMI Huntsville **By Elizabeth Springfield**

Nona B. Rogers, new member of NAMI Huntsville, has made us a donation of her magnificent, intricate, art work to be sold for fundraising for our organization. Nona B., also known as "B" by friends, was born, raised and educated in Mississippi. She taught school for Madison County Schools for 30 years in gifted and art education. She is a member of Huntsville Art League (HAL) and has works displayed at Lowe Mill. She will be one of 2 presenting artists at the Main library of the Huntsville Madison County Library systems in the months of March and April 2019. She continues to do work with special needs kids.

"B" wants the donation to be made in memory of a recently lost friend. "I recently lost my childhood best friend, Becky Bland McKittrick, and make the donation in her memory. I appreciate the work that NAMI does for people," she explained.

She donated to us 2 originals, valued at \$100 each, and 3 prints, valued at \$25 each, of her pen and ink works. "I take my own photographs and work from my photographs," she said. However, one of the landscapes is an exception to her rule, entitled, "From a Memory Still Water Can Run None the less..." The scene depicts a stream running through a rocky forest. The second original also depicts a landscape with water, entitled, "Lake Ontario September 2017, Westfield, New York." The focal point of the piece is a piece of drift wood washed up on shore standing upright. The angle of the driftwood caught her eye and ours as well. The prints include, "Future Fairy Circle 2017. It's an up close view of a mushroom. "Property for Sale near Taft Tennessee 2018" is a view of an abandoned home place, encircled by a tree lined dirt road and mountain range behind. "From a sketching text Practice using crosshatch," shows us the exposed roots of trees growing out of an embankment.

We are so happy to have Mrs. Rogers as a new member of NAMI Huntsville and so graciously supporting our cause. Thank you so much for your lovely, heartfelt gifts. Please considering purchasing these beautiful, detailed works from NAMI Huntsville as gifts or to add to your private collection.

YOU'RE INVITED

"Parenting in a Challenging World: It is the Screen Age"

Learn how you can help your child navigate social media, bullying and academic stressors before they become serious problems.

SPEAK Parent Town Hall

featuring

Scott Poland, EdD

licensed psychologist and
internationally recognized speaker

Tuesday, September 11 | 6 p.m.

Mark C. Smith Concert Hall, Von Braun Center

**For parents, guardians, caregivers |
FREE admittance**

**\$1,000 will be awarded to the school in
each system with the highest parent attendance.**

SPEAK

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

School Administrators Breakfast Briefing

**School Violence and Youth Suicide:
Lessons from the Front Lines**

featuring

Scott Poland, EdD

Professor, Center for Psychological Studies &
Co-Director, Suicide and Violence Prevention Office
Nova Southeastern University
Fort Lauderdale, Florida

**Wednesday, September 12
7:30 – 9 a.m.**

**Stone Event Center at Campus 805
2620 Clinton Avenue West, Huntsville**


**Principals and vice principals from Huntsville City,
Madison City and Madison County Schools are
invited to attend this important briefing.**

It is essential that school administrators know the incidence of school violence and youth suicide, and be up to date on the best safety and prevention practices. This presentation will review numerous state and national initiatives focused on school safety and the recommendations from a variety of foundations started by parents who lost children in tragic school shootings. Dr. Poland has a wealth of practical experience responding to school shootings and youth suicide, and will share lessons from school tragedies, as well as practical strategies for prevention.

RSVP: donatenow.hhsys.org/SPEAKBreakfastRSVP

Huntsville Hospital Foundation and the SPEAK Task Force will host a free Parent Town Hall meeting, featuring Dr. Poland, on Tuesday evening, September 11 at 6 p.m. at the VBC Mark C. Smith Concert Hall. We would appreciate your assistance in publicizing this event and encouraging your students' parents to attend.

SPEAK

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

Parenting in a Challenging World: It is the Screen Age

By Dr. Scott Poland

Children today live in a very fast paced world and technological world and spend many hours daily on their screens. Many children have also experienced traumatic events. The presenter has over 30 years experience working with children and schools on a daily basis and in the aftermath of many tragedies including Columbine and Parkland. He is a warm and dynamic speaker whose presentations are known for their practicality.

Dr. Poland is committed to the belief that parents play a critical role in safeguarding their children while also building resiliency in them for the inevitable times that they will be challenged. He will share many practical examples of parenting children of all ages. Parents will learn to identify at-risk behaviors and emphasis will be placed on suicide prevention as unfortunately suicide is a leading cause of death for children. Parents will be encouraged to collaborate with schools and community agencies if they identify at risk behaviors for their child.

The World Health Organization has outlined critical factors for safeguarding children and building resiliency and success. These factors and many helpful tips for raising children in today's challenging world will be shared with the audience.

Presenter: Dr. Scott Poland is a Professor at the Center for Psychological Studies and the Co-Director of the Suicide and Violence Prevention Office at Nova Southeastern University in Fort Lauderdale, Florida.

He is an internationally recognized expert on youth suicide, school crisis and prevention and has authored five books on these subjects. He previously directed psychological services for a large Texas school system for 24 years and is a past President of the National Association of School Psychologists and a past Prevention Division Director of American Association of Suicidology. He is very dedicated to prevention and has testified about the mental health needs of children before the U.S. Congress on four occasions. He is a founding member of the National Emergency Assistance Team and has personally assisted school communities after 16 school shootings and numerous suicide clusters.

Counselor's Corner for September/October Mindful Reframing by Lisa Philippart LPC

"Realize deeply that the present moment is all you have." Eckhart Tolle

I am always looking for good self-help books for my clients, as supplements to counseling and/or their medications. I recently finished reading Getting Back to Happy by Marc and Angel Chernoff. I love their writings. They are relatable and honest and just generally focus on getting back to common sense type of life skills. In this book, they talk about the importance of mindfulness as a way to ease out of busyness, anxiety, depression, and a whole host of other mentally challenging issues, and back into conscious awareness. Our lives are made up of infinite options, so sometimes we need reminders to help us mindfully reframe our days and to move toward seeing our lives as rich and interesting, instead of overburdened and overwhelmed.

Reminder #1

Reality consists in this moment.... here and now. Health for the mind, body, and spirit is found not in mourning the past, or worrying about the future, but in living in the present moment, mindfully and purposefully. Take time to experience the present moment fully, because no other time and place is where you are right now. True peacefulness can be found in simple awareness.

Reminder #2

Negative thoughts can be harmless. Yep, a negative thought is harmless unless you believe it. Many of us become attached to our thoughts, which means we believe them to be true without proof. Our beliefs are thoughts that we have latched onto, often swirling in our heads for years, which may be preventing us from changing our perspectives. (Take a moment to examine a negative thought that has become ingrained in your self-perception and look at ways you might reconsider it.)

Reminder #3

Do you "be" or "do" anger? Speak and act when you are angry, and you will most likely do or say something you regret. Anger is not a bad thing, in fact, I encourage my clients to feel anger. The hard part is doing something productive about it. Life is too short to spend it being upset and dramatic. Practice experiencing the anger and then either drop it or work toward fixing the cause.

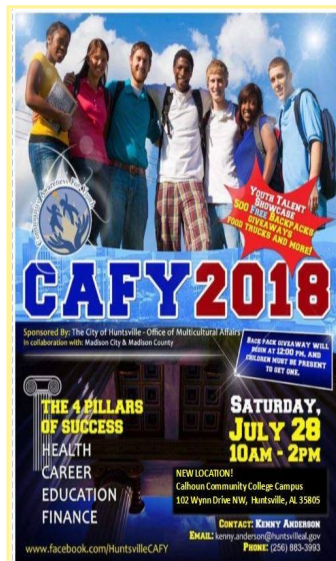
Reminder #4

Take time for inner peace. Are you able to turn away from the world and belong to just yourself, without external validation? You do not need to justify yourself to others. Don't look for anyone else to give you permission to be yourself. Self-validation can lead to being content in the present moment and a better understanding of the world and your place in it.

Reminder #5

This is my favorite. Everything is created twice, first in your mind and then in your life. Our daily battles take place in our heads initially, so if you are defeated by your thoughts, you've already lost. Even if you feel justified in being angry or bitter...don't. Better to channel your energy into thoughts and actions which will actually benefit your life.

What you pay attention to grows. Focus on what matters, and let go of the rest.



The turnout at CAFY 2018 was attended by high school students from across the county and backpacks with school supplies were given away to them. And yes, NAMI Huntsville participated not only by hosting a booth but also by donating a backpack stuffed with school supplies. Such a great turnout and we look forward to next year's CAFY!



NAMI-Huntsville Membership/Donation Form

NAMI Huntsville dues are paid annually. You may pay by cash or check to NAMI Huntsville. If you prefer to join or to donate 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: NAMI Huntsville, 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 NAMI Huntsville bi-monthly newsletter



GRASSROOTS

Official Newsletter of NAMI Huntsville

Office: 256.534.2628 Email: info@namihuntsville.org

Website: www.namihuntsville.org

www.facebook.com/NamiHuntsville

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Published bi-monthly.

Distributed free to NAMI Huntsville 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 first week of the month. Articles subject to editing for brevity.