



Dear NAMI-Huntsville Members & Supporters,

It has been a great 2017 year and NAMI-Huntsville is striving to make 2018 an even better year, but to do this we need your continued help with volunteerism and donations! Recall how NAMI-Huntsville has helped you, we were able to provide that help with a flow of volunteers and donations that made it possible for the volunteers to get the training they needed to give you exceptional guidance not only by their personal experience but with their gained skills too.

There are some volunteer positions that are needing to be filled such as Basics Instructors, Social Media Relations Specialist, and a Mental Health Court Advocate. If you are a member you can serve on a committee as well. If your dedication excels we may recognize you at our Annual Volunteer Appreciation Event. As for donations, they can range from \$1.00 to more. It doesn't matter the amount because every dollar counts to allow us to be able to use the tools to make us prevalent in our community and to be able to provide services for the demand. You will be recognized for your donations made annually in our newsletter. Bronze (\$250 or less), Silver (up to \$500), Gold (up to \$750), and Platinum (up to \$1000 or more) are the categories you may fall in so that we can show the community and YOU how much you are valued!

On another note, on the next newsletter we will include the NAMI-Huntsville Annual Report for your review on what we have accomplished in 2017. Lastly, if there is anything that we can help you with please give us a call or drop us an email. Since my time with NAMI-Huntsville as Executive Director, 2012, no issue is too great or overwhelming to help you with in your time of need. Never be embarrassed or ashamed of the mental health journey's ups and downs. The journey is all too common more common than one can assume. But when thing is clear to us is that no journey is the same. And that is why we are here for you and yours. With this said, let's make 2018 a successful year for yourself and for NAMI-Huntsville!

Rebecca Lamar

NAMI-Huntsville Executive Director

Calendar of Events

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

January

Tuesday 2nd

7p - Family Support Group
Facilitator Joe Keweza

Tuesday 16th

7p - Education Meeting - Daniel Adamek of Little Orange Fish; before the meeting starts, 2018 board elections will be held

Saturday 27th

YMCA Health Fair on Weatherly Road
Huntsville

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

February

19th

Shift from Broken to Healed Citywide
Conference



The 2017 Family to Family class was held for 12 weeks from September to December. Fourteen participants completed the course. Throughout the course we shared experiences, learned together, and supported each other. Here are comments from some of the class members:

"It's nice to know we are not alone."

"Great course to help you and your family."

"It's no one's fault- no recovery- only rehabilitation."

"Wonderful combination of information and comfort from experienced peers."

-F2F Instructors were Amy Chew & Margaret Craig-



News from NAMI-Alabama

From Interim Executive Director, Wanda Laird

The new Executive Director for the NAMI-Alabama (State Affiliate) is Kelly Emerson. She received a Bachelor of Arts Sociology from Auburn University, Auburn, AL, in 2002. She has worked with the Lighthouse Counseling Center, Inc., in Montgomery, for the past year in the position of Grants Administrator. Kelly joins NAMI Alabama with a broad range of experience in administration, outreach, and advocacy. She enjoys fast-paced and rapidly changing environments, and believes the workday isn't over until the work is complete. In addition to having grant writing experience, Kelly is skilled in event planning and execution.

Wanda Laird will be working with local affiliates as Walk Manager for the NAMIWalks Alabama 2018, which will be held in September at Wynton Blount Cultural Park in Montgomery.

SHIFT FROM BROKEN TO HEALED

Huntsville, Alabama - Citywide Conference

THE SHIFT

NonProfits & Health Expo: FEBRUARY 19, 2018, 9:00 AM TO 3:00PM
Guest Motivational Speaker

This event will take place @
ALABAMA A & M UNIVERSITY
CLYDE FOSTER AUDITORIUM

FREE to Public Health Screenings, Education, and access to many non-profits and community agencies. "Veterans will receive priority service." Receive a powerful spiritual experience through Music, Spoken Word and more...

Job Fair: FEBRUARY 16, 2018, 9:00 AM TO 3:00PM
This event will take place @
CALVARY HILL CENTER - 2900 Fairbanks St, Huntsville, AL 35816

WWW.PATRICIAHALEYMINISTRY.ORG



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MENTAL HEALTH PARITY

Approximately 1 in 5 adults aged 18 or older — 43.6 million Americans — experience a mental illness every year¹

BASIC FACTS

Every **5.8 minutes**
An American dies
by suicide or a
drug overdose²



Half of health plans cover
fewer than

50%

of analyzed drugs, making
the majority of antipsychotic
medications unavailable
to patients³

24.2 million Americans with
mental illness did not receive
mental health services in 2014⁴



21.5 MILLION

Americans have a substance
use disorder⁵



19.2 million Americans
with a substance use disorder
did not receive treatment at a
specialty facility⁶

THE COST

\$467 BILLION

The combined costs of health
care, lost earnings and public
disability payments due to
mental illness and substance
use disorders annually⁷



One third of survey
respondents reported
that they or their family
member had been

denied mental health care on the basis
of medical necessity⁸

The most common reason for not
receiving specialty substance use
treatment was "no health coverage
and could not afford the cost"⁹

¹ <http://www.nami.org/About-NAMI/Publications-Reports/Public-Policy-Reports/A-Long-Road-Ahead/2015-A-Long-Road-Ahead.pdf>

² <http://www.cdc.gov/nchs/fastats/suicide.htm>

³ http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6450a3.htm?s_cid=mm6450a3_w

⁴ <https://www.samhsa.gov/data/sites/default/files/NSDUH-FRR1-2014/NSDUH-FRR1-2014.pdf>

⁵ Ibid

⁶ Ibid

⁷ Ibid

⁸ <https://www.nimh.nih.gov/about/director/2015/mental-health-awareness-month-by-the-numbers.shtml>

⁹ <http://www.nami.org/About-NAMI/Publications-Reports/Public-Policy-Reports/A-Long-Road-Ahead/2015-A-Long-Road-Ahead.pdf>

¹⁰ <https://www.samhsa.gov/data/sites/default/files/NSDUH-DR-FRR3-2014/NSDUH-DR-FRR3-2014/NSDUH-DR-FRR3-2014.htm>

30 YEARS STRONG



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

**Join the American Foundation for Suicide Prevention for their Annual Alabama State Capitol Day on
1/18/2018 from 9a to 2p at 11 S Union Street Montgomery, AL 36130
To register: <https://afsp.org/event/al-state-capitol-day/>**

**The NAMI-Alabama Annual Leadership Training will be held February 16-17, at the Drury Inn & Suites Hotel,
in Montgomery. For more information, go to www.namialabama.org.**

**The 2018 SPEAK Suicide Prevention Conference for School Health Professionals took
place this Friday, January 12
at the Stone Event Center, Campus 805**

Continuing Education Units were provided to nurses and social workers.

It is so good to see our community partner starting off the new year with a conference dedicated to educating our school health professionals on suicide prevention within the school system!

Are you a NAMI-HUNTSVILLE member? If not, consider joining to help support your favorite organization to continue to provide free resources to Northern Alabama.

It is easy to join! 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.

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



G R A S S R O O T S

Official Newsletter of NAMI Huntsville

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2018 BOARD OF DIRECTORS

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Treasurer: Joe Moody

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At Large: Lisa Philippart

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Executive Director: Rebecca Lamar

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