



National Alliance on Mental Illness

NAMI

Huntsville

STATE COMBINED
CAMPAIGN #031495



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

May/June 2018

NAMI Huntsville President's Corner for May & June 2018

Dear NAMI Huntsville Supporters,

Fire and ice. It is a great way to start an article with the two extremes of nature. But the two words I have to use are time and money. Time relates to volunteering and of course everyone understands the need for money.

The National Alliance on Mental Illness (NAMI) advocates for improving the lives of those with mental illness through education of family member who are the de facto care givers. Between those doctor appointments which can be up to six months apart, the family deals with the situation day in and day out. NAMI

Huntsville is starting the process for our next Family to Family (F2F) course where family members can learn not only about what their family members are going through but how to take care of themselves and cope with daily life under their circumstances. The stages of mental illness start with denial, both by the family and ill family member. Then there is seeking help followed by treatment and recovery. The final stage is advocating encouraging others to address mental health in our society. Helping other families by volunteering to become a F2F teacher advances the strength of the community we live in. Yes, it requires a commitment of time, both to be trained and present the classes. The compassion to help others is the fire of your life.

Not enough time to be a F2F teacher? You may consider becoming a Family Support Group (FSG) facilitator. After training, a few hours a month would be your commitment. If you can't volunteer for scheduled meetings you can still help out around the office, represent NAMI at a civic function, and help with the NAMI Walks or a NAMI event.

Although our services to families are free, NAMI-Huntsville operations have costs involved. We depend on local money. Money is the other need, the ice to keep it going. Fire and ice, time and money, nature and society, these are the forces that sustain us and make us move forward.

Joe Keweza

NAMI Huntsville President

Calendar of Events

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

May

Tuesday 1st

7p - Family Support Group
Facilitator Joe Keweza

Tuesday 15th

7p - Education Meeting - In honor of National Mental Health Month, we will have a NAMI In Our Own Voice Presentation

Wednesday 16th

Stepping Up Day of Action
www.StepUpTogether.org

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

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 free to the public. There's two ways to send your donation, either by mailing your check/money order to the NAMI Huntsville office or at our website at www.namihuntsville.org.

Sharing the Success from the Veterans Summit & Biergarten



The **2018 Veterans Community Health Summit & Stand Down** was such a spectacular way to give back to our veterans by providing resources and an opportunity to show them that the community does care about their well-being. NAMI Huntsville was invited to have a booth along with the Alabama Non-Violent Offenders, Huntsville Career Center, Disabled American Veterans, Huntsville Vet Center, Devine Expressions Family Dentistry, and Saint Luke Christian Church to name some of the 30 vendors that participated. There were plenty of refreshments provided for everyone. There were speakers that spoke from the heart of their tough times and how they were able to overcome obstacles that kept them from living a meaningful life. Doctor David Ferguson (pictured above) of Fox Army Health Center's Department of Behavioral Health presented on Post Traumatic Stress Disorder and demonstrated how the symptoms of PTSD is experienced by those diagnosis with it and shared some of the coping mechanisms one could use to decrease stress levels. Board members Nikita Turner and Evette Brooks Lockett, and Executive Director Rebecca Lamar were present to participate in this important and first Veterans Summit. We like to thank Donell Pelt of the North Alabama Veterans Advisory Council, Mitchell Williams VA Liaison, and Audrey Ransom for coordinating the summit and for inviting NAMI Huntsville to attend.

The objective of the Stand Down were met::

Identify homeless individuals

To educate and provide access to essential services

To promote PTSD awareness and success strategies used by our "Champions"

Effective follow up to begin changing lives (Mitchell Williams)

Because the objectives were met a second summit is in the works due to this success!



What could be better than an evening of dining on brats, schnitzel, and sauerkraut, listening to an oompah band, and looking up at the Saturn V rocket? How about all of that AND a percentage of the proceeds going to NAMI Huntsville! On April 12, NAMI Huntsville had the distinct honor of being selected as the charity of the week at the Stein and Dine Biergarten in the Davidson Center at the U. S. Space and Rocket Center. With plenty of volunteers, our display table was filled with information available to hundreds of guests, most of whom had never heard of NAMI. The highlight of the evening was the appearance of Woody & Peggy DeLeuil, essential members of the group that founded NAMI Huntsville in the mid-80's! This type of outreach has become an important part of NAMI Huntsville's continuing desire to connect with our community.

By Lisa Philippart, LPC & NAMI -H Board Member



Pictured left to right: Lisa Philippart, Wood & Peggy DeLeuil, and Evette Brooks Lockett (Board Member)

Pictured left to right: Juli Langford (Board Member) & Evette Brooks Lockett; Not pictured: Eric Mellen & Beth Jackson



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!

Volunteer of the Month April 2018

Eric Mellen has been volunteering with NAMI Huntsville for a couple of years. During this time he took a break and then returned with a high level of motivation to help in any way. Currently his position is office staff volunteer. In this position he learn about the programs NAMI Huntsville offers along with our history and mission. With this he gave a presentation on April 5, 2018 at The National Children Advocacy Center during their Lunch & Learn about the programs and services we provide to the community to an audience the consisted of The Department of Human Resources, CPS Investigators, NOVA Therapists, and Law Enforcement Investigators. Because of his preparation in giving an informational presentation and his dedicated work in the office, Eric Mellen is April's Volunteer of the Month! Thank you, Eric!



United Way of Madison County Conducts a Needs Assessment

Every so often, the United Way conducts a needs assessment. The needs assessments serve as an anchor in determining what is important in our community and how they may allocate resources and or attention required to mitigate concerns as a result of the assessment. Our local United Way of Madison County conducted this assessment in a controlled environment in which facilitated the free flow of information and allowed for open and frank discussion.

The United Way conducted several focus groups with service provider to include community leaders. One of the 4 Pillars of NAMI is to Advocate by promoting common-sense solution to solve our nation's mental health care crisis and this needs assessment by our local United Way provided the perfect venue for NAMI to voice our concerns and short comings of the current health care crisis as it relates to mental illness. I think we can all agree, with Madison County being the fastest growing County in the State, we can only expect a few more problems to ride that wave of growth!! NAMI Huntsville needs to be on the cutting edge to ensure the ever-changing needs of our community is being met now and in the distant future. It remains to be seen what will bubble up as Madison Counties top priorities, but you can rest assured that NAMI Huntsville is speaking up on the behalf of those that need and deserve to have assess to the help they need in spite of diminishing funding that has occurred on recent years!

Joe Moody
NAMI Huntsville Board of Directors since 2015
Currently serves as it's Treasurer.

No More Dirty, Inc. in partnership with Productions by Danita Jones present: *The live preview of "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.

Saturday, May 26, 2018 at 8p | The Spot, 5045 Memorial Pkwy., NW, Suite B, Hsv, AL 35810 | \$20.00 per person [available at eventbrite.com or www.nomoredirty.org]



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



There's a virus spreading across America.

It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives.

What virus are we talking about?

It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote.

Your voice can spread the cure.

Join NAMI, the National Alliance on Mental Illness.
Together we can **#CureStigma**

Get tested at **CureStigma.org**

MENTAL HEALTH COURT GIVES AN OPTION FOR A SECOND CHANCE

By Pat Long, NAMI Huntsville Mental Health Court Advocate

In Madison County, the court system operates a special program that works to correct mental health issues for non-violent criminals. There are 32 people in Madison County's Mental Health Court who are working to get their lives back on track. But, it's not easy. They're accountable to a judge and a Wellstone social worker who goes to their home every week and checks on them and their family.

Judge Patty Demos runs the mental health court. She meets with the participants on the first and third Fridays of each month, and that's not the only requirement. They must appear before the judge to discuss how they're doing with getting to their appointments, since mental health counseling and treatment is part of the program. They must also submit to drug tests on the order of the judge and take any prescribed medications.

To enter mental health court, a defense attorney submits an application for their client. The person does have to plead guilty, and a person must have a disorder that's treatable. If the mental health court participant successfully completes the program, typically after about a year, their case is dismissed.

Participants don't have to pay for the program, but there are costs involved. They do have to pay for their medications, and for their counseling and treatment at Wellstone, or private providers. Those in the program must pay restitution too. But, Judge Demos is confident in the program. She's seen it set people free. "Hopefully by the end of that year, they're actually a part of a community," Judge Demos explained. "They're stabilized with their medications, and they're ready to proceed on with life and not be back in the criminal system again."

NAMI Huntsville involvement in the Mental Health Court is a new outreach for the organization. As the mental health advocate for NAMI-H, my presence at the court has been very well received. Judge Demos or the court's bailiff often ask me to specifically counsel family members of court participants, as they are typically distraught and overwhelmed by the process. I provide information on NAMI and other resources to the participants as the opportunity presents itself. NAMI's involvement in the Mental Health Court process is still in its early stages and will surely continue to evolve as time goes on. Please look for any updates in this newsletter or at NAMI-H board meetings.

AKA & NAMI

By Brenda Taylor-Moody

Epsilon Gamma Omega Chapter of Alpha Kappa Sorority Incorporated

has been a great **(DID I SAY GREAT!)** partner for NAMI Huntsville. Over that last 3 years they have sponsored fundraisers, information forums and fun activities to promote mental health and NAMI-H. Though the national partnership between the AKA's and NAMI is coming to an end, we hope the local chapter continues the incredible journey we have been on. Their efforts to inform the community about mental health has been nothing short of a miracle for NAMI-H.

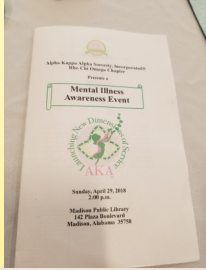
On March 18, 2018 the AKA's honored NAMI-H with a Community Partnership Service award during their 110th Founder's Day Celebration. Joe Moody (NAMI-H Treasurer) and I attended the event at First Baptist Missionary Church. The theme; Service, Sisterhood and Scholarship: A Legacy of Excellence afforded us the pleasure of hearing AKA's International President, Dr. Dorothy Buckhanan as she spoke of the challenges that we face and the need to help each other attain our goals while serving those in need. We were in great company! Other non-profits who were honored; James A. Lane Boys & Girls Teen Club, Operation Green Team, Rose of Sharon, NACEE and Mr. Paul Branch. Afterwards, light refreshments were served.

Saturday, April 21 presented another opportunity for NAMI-H. The AKA's hosted a community forum on mental health at Alabama A&M University. I was honored to be one of four panelist invited for the information/ Q&A session; along with Huntsville police officer Johnny Hollingsworth, Wellstone's Tammy Leeth and Crisis Services' Victoria Chittem. The moderator was Denise Chandler. Despite this event having been cancelled from the previous week, the turnout was better than we could have expected. Some of the topics discussed were Crisis Intervention Training (CIT), Mental Health Court, signs that might be mental illness with children & the resources that are available in Huntsville (211). I assumed I would be mainly answering questions about NAMI-H services but after introducing myself and giving a little background about my life living with depression and anxiety, the questions just kept coming. The hour went so quickly that I ended up staying to answer questions after the Q&A ended. Nakita Turner (NAMI-H At Large) and her beautiful daughter manned our table; distributing information to all interested. Joe Moody was there to lend a hand wherever needed.

We look forward to future opportunities to work with the AKA's serving our community. Thank you to all who serve to bring mental health awareness and community resources to the forefront in Huntsville.



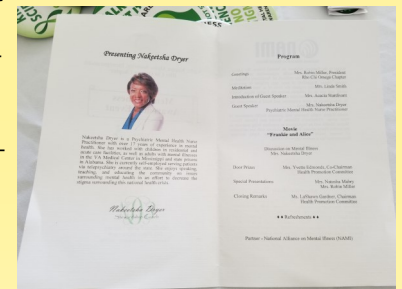
AKA & NAMI



The **Rho Chi Omega** chapter of the AKA hosted a screening of the movie *Frankie & Alice* starring Halle Berry on Sunday April 29, 2018. Lashawn Garner coordinated the event and invited NAMI Huntsville to hold a booth and join them in this mental illness awareness event. It was a beautiful Sunday and a great time to watch a great movie with the sisters of AKA.

Nakeetsha Dryer, Psychiatric Mental Health Nurse Practitioner, gave an impactful speech on making the conversation of mental illness something that we shouldn't be shameful to talk about. She highlighted how the church community could help erase the stigma of mental illness by making the conversation of mental illness just as welcomed as someone sharing that they have a physical illness.

After the screening, Rho Chi Omega presented Nakeetsha and NAMI Huntsville with a certificate demonstrating our partnership! NAMI partnered with AKA with a 2-year agreement and our time together ends at this year's end; however, we sincerely hope that we can keep this partnership going because we are reaching a diverse group of people. Plus it is exciting to work together to erase the stigma on mental illness.



namiWalks

National Alliance on Mental Illness

NAMI Walks Alabama 2018! Stay tuned for details for the Kick-Off Event and how to start your team!
#StigmaFree

The Big Obstacle

By Norma J.

I think I am falling apart. Every morning I wake up wishing I could sleep longer just so I don't have to deal with the day. I lay there convincing myself of all the good that is in my life. But it is never enough to get out the bed hyped up instead I am drained from trying to convince myself that all is well. I go on with my day with every issue that come my way to be a big obstacle. It is only when I am face to face with someone or on the phone with someone is when I wear my mask. This stimulation does keep me from floating off into a deeper darkness, but in the same breath this stimulation overwhelms me. It took so much for me to seek help, to fill my prescription, to accept that I am depressed, and that I need the medication. And now...to call my doctor and say I need more.

A survey was conducted on April 17th during the NAMI-Huntsville board meeting and education session and at the Family Support Group on May 1st. It is not a “scientific” survey but the results are interesting. Each participant was asked to rate each point on a range of zero for poor and five for excellent. If not applicable, then there was no response.

	Survey Question	Ave.
1	Huntsville has enough mental health facilities / providers to serve the local population.	0.8
2	Appointments with professionals are available any time when needed.	1.5
3	If you used Wellstone for treatment how would you rate your experience?	1.0
4	If you used Huntsville Hospital for treatment how would you rate your experience?	2.6
5	If you used Crestwood Hospital for treatment how would you rate your experience?	3.0
6	If you were involved in a police incident how would you rate the actions of the police?	3.5
7	If you were involved with a Mental Health Court how would you rate the outcome?	2.0
8	If you went through the commitment process how do you rate the experience?	1.7
9	Local media outlets cover mental health topics and help reduce stigma.	1.6
10	You can easily talk to friends and neighbors about your family’s mental health issues.	2.4
11	Local employers hire functionally capable mentally ill persons.	1.9
12	Local government funds and / or supports services that help the mentally ill.	0.9
13	If you have used Crisis Services or 211 how would you rate the experience?	2.8
14	If you have graduated from the Family to Family class how would you rate it?	5.0
15	What are the chances you would volunteer at NAMI-Huntsville?	4.8

The last part of the survey was a simple question, considering this is an election year in Alabama.

Question: If you had a chance to talk to an Alabama gubernatorial candidate what would say about mental illness in the state?

“Help erase the stigma, increase funding.”

“Need assisted living and inpatient facilities.”

“Mental illness should be talked about like jobs in Alabama.”

“That mental health should be taken seriously and there should be more resources available. Spreading awareness is very important.”

“Need to target funding to support those dealing with mental issues.”

“Funding and services are desperately needed to treat and support those with mental illness. Doing so will save funding in medical costs and prisons / jails. Invest up front!”

“Services in this area are marginal, at best, especially in low income and the homeless population. The needs are many and state and local resources seem to be allocated to high end construction when there are people whose basic housing and medical needs go unmet. Local non-profits are stepping up to advocate for better care but have to have government as a partner.”

“We need more resources dedicated to mental health needs in the state.”

Mental illness stigma should be less and less. Should be more help for the family in cases where the loved one is in complete denial.”

“It is the most shameful injustice I’ve encountered in my lifetime.”

“That there are not enough candidates to help our patients who are mentally ill!”

Survey conducted by Joe Keweza, President

On Thursday April 5, 2018 NAMI Huntsville gave a presentation at the NCAC (National Children's Advocacy Center) to inform the organization of the programs and services we offer. The NCAC is interested informing their clients on the programs we offer to help them through their hardships. This would allow us to have an increase in programs, while also helping the NACA out in the process. The NCAC handles child sexual and physical abuse cases and provides treatments and resources.

NAMI Huntsville's At Large Board Member Evette Brooks Lockett was present in the Lunch and Learn while I did the presentation. Afterwards, Jana Thomas from the NCAC gave us a tour of their facilities. They do great work there and our continued collaboration will help NAMI Huntsville's mission to spread awareness of mental illness in the community along with aiding NCAC in their objective in helping children.

The Story of the ProBono Project

By Rebecca Lamar, Executive Director

It all started about a year ago, 3 of us from NAMI Huntsville enrolled in the NonProfit University. Our goal was to further educate ourselves so that we can be knowledgeable in running a nonprofit, find additional ways to fulfill our mission, and be better equipped to provide much needed resources to the community. And there it was, the application for the Pro Bono Project, sitting on a table along with other promotional materials. If it wasn't for my observant ways, I wouldn't of noticed it sitting in the back of the room. I applied, submitted, and we were approved!! The Pro Bono Committee contacted us and we have been on the ball since. Megan Nivens and Lori Miller were the main contacts we kept in communication with throughout the year. They did an extensive evaluation of our public relations/marketing behavior and procedures prior to providing us their report that included suggestions on how to become more productive in this section of running a nonprofit. They were also hands on with aiding us in learning new techniques for marketing NAMI Huntsville. The last big task (pictured below) was to give the NAMI Huntsville website a face-lift. We spent hours on a Saturday working from the morning until about 3 in the afternoon. The team involved members from NAMI Huntsville and the ProBono Project Committee along with college students who volunteered their time to design the website. We had serious moments, comical moments, and got enough work done to call it a day. We are still doing some final touch ups but we will be sure to inform you when the new website is ready to go live! We thank the ProBono Project Committee for their hard work and guidance in making us more experienced in marketing NAMI Huntsville!!

What is the ProBono Project? This program helps local non-profit organizations who are seeking assistance in their public relations/marketing outreach efforts. This annual initiative provides voluntary assistance to the selected non-profit requesting additional resources in their communication and outreach efforts, and strives to fuel their economic impact to the North Alabama community. In the past they have granted guidance to The Crisis Services of North Alabama, The Better Business Bureau, ARC of Morgan County, and Still Serving Veterans. What to be next and get the help they gave us? You can find them on Facebook @naprca! Application window is open until May 20th, 2018.



Photos from left to right: 1) Rebecca Lamar, NAMI Huntsville Executive Director & Megan Nivens, ProBono Project Committee Member 2) Taneisha & Mason of UNA Public Relations (PRIDE) 3) Brenda Taylor-Moody, NAMI Huntsville 2nd Vice President; Joe Moody, NAMI Huntsville Treasurer; Taneisha; Rebecca Lamar; Joe Keweza, NAMI Huntsville President; Mason



Giving YOU A Day Of FREE For a Lifetime of Freedom

On October 11, 2018 businesses across the Country will join Freedom Day USA, a national Military Thank You Event designed to show our appreciation for your sacrifices.

Free Adult & Child Cleanings, Tooth-Colored Fillings, Extractions and Root Canals

7278 Highway 72, Madison, AL 35758

***Please call to reserve
your appointment times**

256-837-1200



There may be more local businesses participating in Freedom Day USA, to view other offers in your area, please visit our website:

www.FreedomDayUSA.org

A Sold Out Screening of the Ripple Effect: Bringing Suicide Awareness to the Community

immediately responded asking to meet with her to get her story in person. When the day came to meet her, I saw a woman...a mother still broken from a fresh wound of losing her son to suicide in July 2016 but was driven to bring awareness to suicide. A mother determined to bring suicide awareness because of her experience losing her son. Her story hit home but I didn't share this with her because I was focused on her and the drive she carried with a wound so fresh. She wasn't going to let the emotional pain keep her from informing the community that suicide and the effects can happen to anyone. She wanted to let people know that suicide is preventable. She wanted to let people know that suicide affects everyone no matter your background. She wanted to share this story so that it doesn't happen to you. She did this to educate us.

I was sold on her objective. I knew that I would be there to support her in her project. All projects have a strong affect on me but this one stood out because as a teenager I attempted suicide twice and continue on with the patterns of behaviors that would lead me to death but all it did was provide me unimaginable hangovers, damaged vehicles, and hospital bills. I was that teenager that was ready to go. I was that teenager that didn't smile unless I was consumed with the King of Beers and his girl Tequila. I thought that past would never be visited until I met Wendy. We sat in my office and discuss the logistics of the movie screening while I was mentally traveling in my mind to my past attempts with suicide. Hearing her speak and feeling the passion she had with this movie screening, I couldn't help but to be proud of this mother's bravery to speak on suicide.

Needless to say, the day of the screening I find out that it was sold out! I was happy for Wendy! I was truly happy for her! Once, I arrived at the theater and saw her she seemed preoccupied with coordinating the event but at the same time you can see how she was driven by Aaron. She is a mother who has accepted what happen to Aaron but is still broken by her lost and knows the journey continues. She knows a message must be shared. And she shared it with us! Wendy, we thank you for your work and the strong drive you have to expose the why of suicide and the effects it has on loved ones. The most powerful army are ones that make themselves known and because of you I shared my fight with suicide attempts. You have a voice and you made it known that you have a concern from the experience of a lost. Trust and believe that Aaron is saying, "That's my mom!"



For those that was not at the screening, the movie is a documentary on suicide attempts made at the well-known Golden Gate Bridge. The bridge is known world wide as a tourist attraction but has a hidden secret. Many have committed suicide there, and this is where Kevin Hines (at 19 yo) attempted suicide but he survived the fall with severe injuries and had a long recovery time. After healing he made it his mission to bring awareness to suicide and takes us on his journey. He provided statistics and stories from others who were affected by a loved one's suicide.

The BeArded Warriors, North Alabama EMDRIA Regional Network, Survivors Outreach Services, Crisis Services of North Alabama, SPEAK Committee, NAMI Huntsville, Wendy Galloway, and other organizations that were present thank each of you for joining us for the movie screening of Suicide: The Ripple Effect. You helped us get the word out on suicide awareness by your attendance alone.

Rebecca Lamar
Executive Director

Hope a sonnet by Eric Mellen

There is a hope that's reverent
in the time when we most need.
It isn't that much different
than the hope that comes as seed.
To plant the seed is not enough
We must also watch it grow.
So when it's in its fullest fluff
it's ripened to overflow.
When this hope is hidden
as a tool to use in desperate need.
We have a great fall and then unbidden
out then comes what was just seed.
Even when we're broken down
hope can bring a loving sound.

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

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