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May B.A.S.H. makes a splash

NAMI Rome held its first annual B.A.S.H. in Rome to recognize Mental Health Awareness Month in May. The event featured barbeque, awards from the 2017 NAMI Georgia conference in Savannah, and plenty of fellowship among the 130 members of the community who attended. Special guest speakers included State Rep. Katie Dempsey and NAMI Georgia Board Member Bill Carruthers.

NAMIWalks Rome 2017 set

The fourth NAMIWalks Rome is set for Nov. 4. “The annual event month later this year so we won't compete with many activities said NAMIWalks Rome chairman Jim Moore. “The NAMIWalks walk in downtown Rome that starts and finishes at Heritage Park, same location as last two walks. However, route may be altered to exposure,” Moore said. The goal this year is \$60,000, which equates teams/400 walkers. Be on the lookout for incentive prizes that will be through a weekly email blast starting later this summer. You can following link: www.namiwalks.org/rome. Create a personal webpage personal reason (brief) on why you are walking. You can join or create your own team consists of around 10 people, each with a goal of raising \$100). Sponsors make up about 1/3 of the donations. Moore said, “NAMI Rome hopes to raise \$20,000-plus from local and area sponsors.” The Kick Off Event Luncheon will be held on Aug 22, 11:30 a.m.-1:00 p.m. at the Goodwill Career Center in Rome. A great lunch will be prepared by Ray Harris of The Season Event.

The time is now to round up your team for NAMIWalks 2017. Please see website for details.

was moved one in October,” Rome is a 5K which is the gain more to 40 promoted register at the with your picture and your own team. (A typical

Griffin shares story for Mental Health Awareness



NAMI Rome board member Jamie Griffin did an In Our Own Voice (IOOV) presentation to the staff of Hamilton Medical Center in Dalton during Mental Health Awareness Month. During the month of May NAMI Rome continues its efforts to humanize mental illness through community awareness events such as IOOV. Griffin has shared and continues to share her personal story of living a life of triumph with many across Northwest Georgia and beyond. She is a tremendous champion and advocate for NAMI Rome.

NAMI Rome gives back

NAMI Mini Grant
Highland Rivers Health
Gilmer County Peer Support

The Gilmer County Peer Support Program used the NAMI Mini Grant to purchase a DVD player and TV. These items are being used to show mental health related DVDs for discussions. They are also being used for WHAM demonstrations and guided exercises. Below is a picture of the items:



For the 2016 mini-grant cycle, NAMI Rome awarded 10 grants ranging from \$200 to \$500 to organizations across Northwest Georgia. Among the recipients was Highland Rivers Health, Gilmer Co. Peer Support Center. The current 2017 mini-grant cycle ran through June 15. Those interested in applying for a grant for 2018 are urged to submit before the deadline for consideration. The Mini-Grant Application is located on NAMI Rome's website at <http://www.namirome.org> under the "What We Do" "What's New" tab.

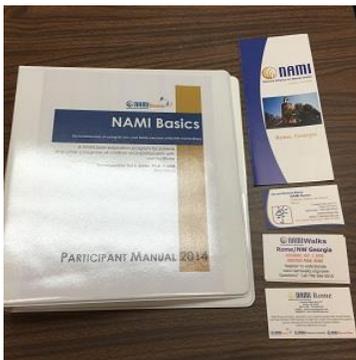
Changes to NAMI membership fees

NAMI announced changes to annual membership dues, which will take effect on July 1. The following is the new structure:

- Household--\$60 (people living under a single roof are considered members with one vote per household)
- Regular--\$40
- Open Door--\$5

Upcoming NAMI classes

NAMI's mission is to help people with mental illness and their families. Support, Education, and Advocacy occur at the grassroots' level across our nation. The following programs are offered at no cost to the attendee. However, there is a cost to the state and local NAMI office/affiliate. These courses build upon each other each week; therefore, we recommend students do their best to attend each week. We shoot for 15 students per class. Please sign up early so we can order books and materials.



Basics—6 week course for adults whose child/adolescent is exhibiting behavioral or emotional issues. It just might be a childhood mental illness—ADHD, OCD, Bipolar, Anxiety to list a few. It's proven that early intervention leads to a much better outcome.



Rhonda Van Winkle recently completed training to be a Basics teacher. She's ready to go! Click on the logo to read about Basics. Then, contact Jim Moore at 706-232-4607 or email at namiomega@gmail.com for more information and registration for the fall class.



F2F and P2P classes are scheduled to start in September (Sept. 10 and Sept. 17 respectively). If you or someone you know is interested in taking one of these two courses, contact Jim Moore at 706-232-4706.



IOOV is a one-hour presentation for just about any type of audience. For example, Jamie Griffin recently made a presentation at the Highland Rivers Health Peer Center in Rome. IOOV puts a face to mental illness and emphasizes recovery. Jamie would like to make more presentations. Spread the word.

NAMI's support groups are lifesavers



NAMI's support groups are open to adults with a mental illness (Connection) and adults who have a friend or family member with a mental illness (FSG). They meet in Rome on Mondays from 6-7:30 PM at 1st United Methodist Church, 202 E. 3rd Ave. The Dalton FSG meets on the first Tuesday from 6-7:30 PM at Crosspointe Christian Centre, 2681 Underwood St.

"I was at my wits end when I heard about NAMI. I found a warm and caring group that nodded their heads when I shared my woes. Eureka, they had been at the same place as me!" said a mom of an adult child who was currently in jail. We urge people to come back to the group when they are in a good place. "It offers encouragement to those who aren't in a good place," said Bonnie Moore, a Family Support Group facilitator.

Borderline Personality Disorder

BPD is a mental disorder characterized by unstable moods, behavior, and relationships. A person with BPD may experience intense episodes of anger, depression, and anxiety that may last from only a few hours to days. Some people with BPD have co-occurring mental disorders. The cause of BPD isn't well understood, yet there are more than 3 million US cases a year. Treatment include talk therapy, primarily Dialectical Behavior Therapy, and sometime medications.

There is an upcoming event, "Bridging the Gap"—Ideas and Strategies Early Diagnosis for BPD, on Sat. Sept. 16, 9:00-5:00 at Skyland Trail, 1961 North Druid Hills, Atlanta. There is a fee. Click here to get more details and reserve a seat. [Bridging the Gap Seminar](#)

There are several good books about BPD on the NAMI Rome bookshelf.

- *I Hate You, Don't Leave Me*, by Kriesman and Strauss
- *Stop Walking on Eggshells*, by Mason
- *The Boom Boom Retreat*, by Lewis

Speaking of books, shop on AmazonSmile and .5% of the purchase price of eligible products(not just books) are donated to the charitable organization of your choice, which we believe should be NAMI Rome. Here's how you do it: visit and bookmark <http://www.smile.amazon.com> and select NAMI Rome before beginning shopping. The computer will remember your selection.



CRISIS HOTLINE - 24 hour Georgia Crisis and Access Line, operated by Behavioral Health Link and sponsored by the state:
1-800-715-4225

WARM LINE - 24 hour state-funded, consumer-directed resource for anyone struggling with mental health issues:
1-888-945-1414

NAMI -NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI Rome is your local affiliate of the national organization. Please contact, visit or join us in our effort to erase the stigma surrounding mental illness.

**JOIN NAMI
TODAY!**

Your membership supports NAMI with its work improving the lives of persons with mental illness.

Joining NAMI Rome automatically enrolls you in NAMI Georgia and NAMI.

ANNUAL DUES

Household	\$60.00
Regular	\$40.00
Open Door Member	\$5.00

To Join or Renew
[click here](#)

NAMI Rome Info Corner

NAMI Rome Board of Directors

President:	Bonnie Moore
Vice President:	Ansley Silvers
Secretary:	Katie Wathen
Treasurer:	Joel Pierce
Members:	Monica Burge Jamie Griffin Marta Turner Evan King Dr. Smita Varshney

As a non-profit corporation (501c3), NAMI Rome complies with US and Georgia statutes. Contributions may qualify as a charitable deduction for federal income tax purposes. Donors should consult with their tax advisors or the IRS to determine whether a contribution is deductible. That being said, NAMI Rome is able to accomplish its mission through kind contributions from the community.

NAMI Rome may be contacted at:

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