

## SUPPORT | ADVOCACY | EDUCATION

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### Where are we going? A note from your board...

NAMI Rome is happy to introduce Alli Mitchell, Morgan Driskell and Linda Blankenship to the NAMI Rome board of directors. We heard and appreciate your recent feedback from the January meeting. Your feedback combined with our attendance to NAMI Georgia's Leadership Training is shaping our goals for 2020. We recognize that the support groups are valued, and we will continue to offer these groups in Rome and Dalton in 2020. We have identified the pillars of Support, Advocacy and Education as our primary emphasis in 2020. As we develop and produce programming for these pillars, we will additionally focus on Recovery.

Recovery is the theme of this bimonthly newsletter. Alli is picture below presenting on this topic at the February Education Meeting. We want to focus less on clinical diagnoses and more on how we as an organization can become a center of recovery for those living with mental illness, their families and friends. Becoming a recovery-based organization starts with recognizing that every individual is unique and experiences trauma differently. We want to offer hope for our affiliate and community, and this hope is birthed from empathy. While treatment and medication are crucial in living with mental illness, it is not the most important aspect of what our community needs. The most important aspect is EACH OTHER, and as we work to support and educate each other, the adherence to treatment will be more achievable. This is our foundation for Recovery.

NAMI Georgia has a Recovery Council that has a monthly conference the 4th Thursday of each month at 7:30 pm. Call-In Number: 1-712-432-1549 Call-In Code: 5 4 6 5 #



# NAMI Rome Musings



NAMI Rome, as a member of Healing Hearts (the Floyd County Commission on Suicide), co-hosted with Northwest Georgia RESA an event, Care & Aware, for mostly school counselors for suicide prevention and awareness. The event was held at Georgia Highlands College on January 31st. More than 100 people attended, and positive feedback was received throughout the day.

Pictured to the left are members of Healing Hearts working check in. Pictured to the right is Dr. Donald Green, president of GHC, welcoming everyone to the event.



## Yes, we can advocate!

NAMI Smarts is one of NAMI's signature programs that builds confidence and ability to write and tell your personal story in a way to convince policy makers on a particular issue. There are several two-hour modules. Some are general and others address specific issues or events. On January 18 we offered the advocacy day module, which was used to prepare the attendees for Mental Health Day at the Capitol on February 7. Attendees are shown in the picture.



## Mental Health Day At the Capitol



Johnna, Tiffany, Jim & Bonnie pictured in front of the capitol building.



Jim & Bonnie pictured with members of Highland River's peer support group that attended Mental Health Day at the Capitol.

NAMI Rome had quite the presence at this year's Mental Health Day at the Capitol on February 7<sup>th</sup>. Community members were able to speak with legislators on policy that matters most for mental health. Specifically, we are seeking insurance parity in the state of Georgia through the PEACH Act. This act would ensure that mental health and substance use disorder benefits would be on par with medical and surgical benefits. We will continue to ensure coverage for our community members in 2020!

## SUPPORT



While Peer-to-Peer and Family-to-Family provide essential education about mental illnesses and ways to cope and live in recovery, NAMI's support groups dole out heaps of empathy, understanding, and practical information in a safe and confidential environment.

We are excited to announce to startup of Dalton's Connection group, which is being facilitated by Maura Kalafut and Blair Lavelle.

**Rome Groups**  
Mondays  
(except 4th Monday)  
6:00-7:30 pm  
1st UMC  
202 E. 3rd Ave.

**Dalton Groups**  
2nd and 4th Thursday  
6:00-7:30 pm  
Mack Gaston  
Community Center  
218 N. Fredrick St.



Finding help or support is easier if you upload the my GCAL app to your smart phone. It's free—simply download from Google play or App Store. You'll gain access to the services offered on GCAL. Don't know what they are? Click here for a very short video.  
<https://youtu.be/Q9VE47f7WYg>



Georgia Mental Health Consumer Network offers a wide array of services for people living with a mental illness.

**PEER2PEER Warm Line, 888-945-1414**

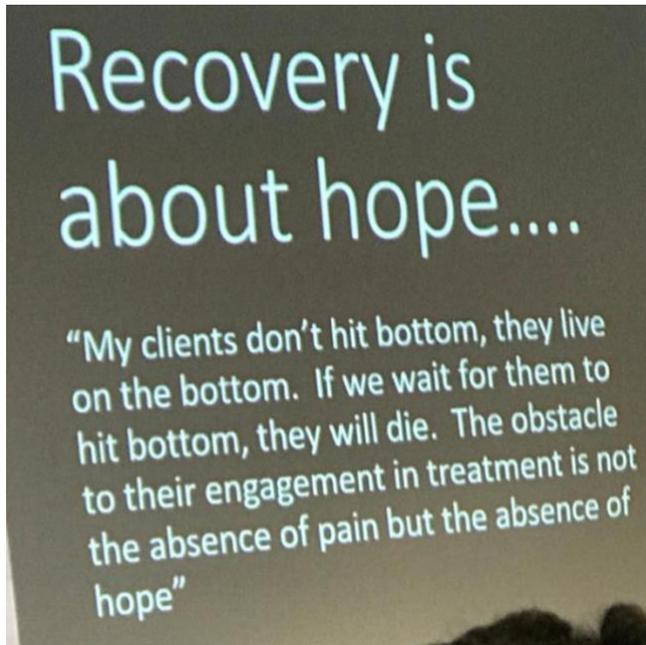
24 service manned by a Certified Peer Specialist who provides peer support and assistance.

**Bartow County Peer Support, Wellness, and Respite Center**

201 North Erwin Street  
Cartersville, GA 30120  
Jennifer Barnett, Director  
Email [jennifer@gmhcn.org](mailto:jennifer@gmhcn.org)  
770-276-2019



Elevation House, located in Rome at 41 Washington Drive, has been in operation since last summer. It believes in long term recovery and peer support. Visit their website, [www.elevationhouse.org](http://www.elevationhouse.org)



Five members of the NAMI Rome board attended NAMI Georgia's Leadership training on Saturday, February 8th.

Pictured to the left is a slide from Dr. Deitra Hawkins' presentation on Recovery. Other sessions your board members attended had topics on the structure of community service boards, how to utilize unique ideas to increase membership and more. The day was very informative, and much of what we learned will be put to good use in our affiliate over the next year!

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## Introduction to Behavioral Health and Addictive Diseases

IBHAD is one or two days long, depending upon the version. It's patterned after the Georgia Crisis Intervention Team 40-hour course and is opened to a wider audience. Professionals and people with lived experience present the curriculum. Shown below are graduates from the January 14-15 class held in Rome. Classes are scheduled by request.



## Winter Classes are In Session!



We're offering two sessions of Peer-to-Peer this winter/spring. One that began on February 9<sup>th</sup>, and the other begins Wednesday, March 4<sup>th</sup>! P2P meets for 8 weeks from 5:30-7:30pm at Living Proof Recovery in Rome.



The shortened Family-to-Family course starts March 1<sup>st</sup> and is thankfully full! It is now 8 weeks in duration.

Please continue to read our biweekly emails to receive information for upcoming classes to be offered later this year!

## Upcoming Courses



is a 6-session course and is offered online. Homefront helps family members of past/present members of our armed services who may experience mental health conditions. Classes begin in April.

**Eastern Daytime: April 6 – May 11**  
Mondays, 10:00 am – 12:00 pm EST (9:00am CST, 8:00am MST, 7:00am PST)

**Eastern Evening: April 6 – May 11**  
Mondays, 6:30 – 8:30 pm EST (5:30pm CST, 4:30pm MST, 3:30pm PST)

**Pacific Evening: April 7 – May 12**  
Tuesdays, 6:30pm – 8:30 pm PST (7:30pm MST, 8:30 pm CST, 9:30 pm EST)

**Central Evening: April 8 – May 13**  
Wednesdays, 6:30 – 8:30 pm CST (5:30pm MST, 4:30pm PST, 7:30pm EST)

Register at this link: [https://nami.org/Find-Support/NAMI-Programs/NAMI-Homefront?utm\\_source=carousel&utm\\_medium=website&utm\\_campaign=homefront](https://nami.org/Find-Support/NAMI-Programs/NAMI-Homefront?utm_source=carousel&utm_medium=website&utm_campaign=homefront)



NAMI Basics is for parents and caregivers of children who experience behavioral or emotional issues. It is 6-sessions, 2.5 hours per session. We held two classes last year, both were attended by caregivers not parents. We would like to hold an in-person class this year specifically for parents.

NAMI now offers Basics on demand; you can take it at home and when your schedule permits. This version may fit your schedule and preference. Learn more at [www.nami.org/basics](http://www.nami.org/basics)

## What's Next?

Please join us this summer for  
NAMICon 2020!

It will be located in Atlanta from July 15<sup>th</sup> to the 18<sup>th</sup>. Right in our own back yard no less! This may be a once in a lifetime opportunity experience.

We are hoping to have a large group attend this conference! There will be workshops hosted that if enough of us attend, we would have members attend each session. More members, more education! We want to bring back as much as possible so that NAMI Rome can continue to grow and sustain in our community!

For information on registration, please follow this [link](#) and feel free to reach out to us should you have any questions or concerns.

Please reach out to Bonnie Moore at 706-506-5010 or by email at [namiomega@gmail.com](mailto:namiomega@gmail.com) to register for upcoming in-person classes.

# NAMICon 2020

## Atlanta • July 15-18

### Together Toward Tomorrow

# NAMI Rome Info Corner

## NAMI Rome 2020 Board of Directors

**President:** Jim Moore

**Vice President:** Alli Mitchell

**Secretary:** Cathy Jacobsen

**Treasurer:** Johnna Allen

**Members:** Don Benson | Jeremy Salter | Jill Salter | Linda Blankenship | Morgan Driskell

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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Website

[www.namiromega.org](http://www.namiromega.org)

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Instagram

[www.instagram.com/namiromega](https://www.instagram.com/namiromega)

**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 Rome 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

Family Membership \$60

Regular Member \$40

Open Door Member \$5

You may join online or by mail/or in person. Visit NAMI Rome website and follow instructions:

<http://www.namiromega.org/join-nami.html>