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## 2018 Off To a Good Start

### January's education meeting—becoming self aware

It takes more than taking meds to live in recovery from a mental illness. NAMI believes on taking care of yourself and surrounding yourself with caring people. The biopsychosocial model approach to wellness typically includes:

1. A medication regimen (psychiatric care)
2. Individual and or group therapy (also known as talk therapy)
3. A stable living environment (diet, exercise, and a meaningful day)



#### **What are they doing?**



**LEFT:** Monica Burge (pointing) and her mother Teresa led the group (and four willing volunteers) through an exercise demonstrating how important all of our senses are in daily living.

**ABOVE:** The instructions were to identify the object by using only the senses of smell and touch. “No peeking please!”

## February's education meeting—where we have been



Bonnie Moore, NAMI Rome President, recognizes Dr. Varshney as a Star Walker



Avery King represents his parents Angie and Evan King as they were recognized for their volunteer work as NAMIWalk Star Walker and board member/support group facilitator respectively



Bonnie Moore presented NAMI Rome mugs (left) and certificates of achievement to volunteer leaders at the February education meeting. “We simply could not perform our mission without our dedicated volunteers who teach NAMI classes, facilitate the support groups, give In Our Own Voice presentations, govern our board of directors, and raise donations for the NAMIWalk,” she said.



Jim Moore recaps 2017 accomplishments at NAMI Rome's annual meeting in February

## Peer-to-Peer and Family-to-Family classes underway



NAMI's signature education programs kicked off in February. These nationally recognized courses are designed to help people with mental illness and their families. P2P teachers Jamie Griffin and Charlotte Jones come out on Sunday afternoons and bring the message of hope in the student's road to recovery. “We like to get the point across that they're not alone in this journey,” said Jamie.



Nancy Gross and Bonnie Moore are co-teaching another F2F class at the same time (but in the other half of the NAMI trailer). “It’s always great to see those ‘AH-HA’ moments when they understand that it’s not their fault. Another take home from F2F is they are not expected to know what no one has told you. Let that sink in. So many of us harbor guilt, which we must let go,” said Bonnie.

**Peer-to-Peer** and **Family-to-Family** are offered at no charge to the student. “They’re chocked full of golden nuggets that are better mined when the student attends all or most of the classes,” said Jim Moore, program coordinator. P2P is a 10 session course and F2F is 12 sessions. Contact NAMI Rome at 706-506-5010 or email [namiomega@gmail.com](mailto:namiomega@gmail.com) for information and registration.

## NAMI Educates

### NAMI Basics—help for parents of children/youth

Early identification and treatment is well-known to be extremely helpful to people living with a mental illness. Realizing this, NAMI created NAMI Basics (a spinoff of Family-to-Family), add drills down to the needs of young folks who are experiencing emotional or behavioral issues which are unsettling to their parents/caregivers. Last summer we had a couple of false starts—we announced the start date, recruited people to attend, but never got enough to commit. Never saying die, we will offer it again this spring/summer. Basics is a 6-session course for parents and caregivers that may be presented in 6 straight weekends or even 2 per weekend. Those of you who benefitted from F2F or P2P talk up NAMI Basics.



### NAMI In Our Own Voice—telling it like it is in 1 hour



IOOV is a great presentation that can be delivered to just about any audience. For years it has been a moving and often emotional part of Crisis Intervention Team training, the 40-hour course for law enforcement. Termed the Consumer Perspective block, the officers learn first-hand from someone who is living with a mental illness. They hear stories about

the dark days and the road to recovery. It's often a turning point in CIT. IOOV can be presented to your church, business, school, etc.; let us know and we can set one up. We'd also like to train additional presenters so as to extend our outreach.

## NAMI Ending the Silence—increasing awareness in schools



Stigma is a big road block to seeking help and often getting treatment. Let's nip it when it typically starts—in youth. Ignorance precipitates stigma. Education erases stigma. Ending the Silence is a 1-hour presentation that helps middle and high school students understand more about mental illness. Two people deliver the presentation: one person delivers the power point presentation and the other, someone 30 or under, who tells his/her story of what it was like living with a mental illness while in school. ETS is being modified with an online training option. Stay tuned.

## NAMI Supports

### NAMI Connection and Family Support Group—safe places to share



NAMI Rome has been offering two support groups for years. Many people have formed strong relationships with members in their groups and believe the 1 ½ hours spent is well worth it. Both groups are peer facilitated by trained volunteers. There's a recurring need for additional facilitators. We really want to restart the support groups in Dalton, but need to identify and train facilitators from the area. Perhaps that's you or someone you know. Contact NAMI Rome at 706-506-5010 or email [namirome@gmail.com](mailto:namirome@gmail.com).

If you are 18 or older and either have a mental illness or have someone in your family with a mental illness, there's a seat for you in one of the two groups. Generally, no more than 15 people attend. They're held in separate rooms in 1<sup>st</sup> United Methodist Church, 202 E. 3<sup>rd</sup> Ave. in downtown Rome from 6:00-7:30, Mondays, except 4<sup>th</sup> Monday.

# NAMI Rome Happenings

## New board takes office

### OFFICERS:

President	Bonnie Moore
VP	Don Scuvotti
Secretary	Katie Wathen
Treasurer	Joel Pierce

### MEMBERS

Monica Burge  
Carrie Edge  
Jeremy Salter  
Jill Salter  
Dr. Smita Varshney

Your board is considered a working board, which means it performs daily management tasks as well as government. NAMI Rome is a non-profit corporation registered with Georgia. It's also a 501c3 charitable organization. This means that donations are deductible. Also mean NAMI Rome must comply with state and federal statutes. This means that NAMI Rome is busy. To carry out these functions, NAMI Rome uses committees and relies on volunteers to be part of the committees. This is where you come in. Here's a list of committees and their chairpersons:

Advocacy	Jeremy Salter, chairperson
Bylaws	Jill Salter, chairperson
Communication	Monica Burge, chairperson
Hospitality	Joel Pierce, chairperson
Membership	Katie Wathen
Programs	Bonnie Moore, chairperson

Contact NAMI Rome at 706-506-5010 or [namirome@gmail.com](mailto:namirome@gmail.com) for more information about volunteering.

## Meet your board—Katie Wathen



I found NAMI after my daughter attempted suicide in 2015. I was lost and searching for answers to questions about mental health care, conditions, and how to deal with a family member who had a mental illness. I will always remember my first support group meeting, I was so nervous, but I knew I had to get answers for my baby. I stood and asked for help understanding and knowing how to cope for myself, but also, and more importantly, how I could best be an advocate for my daughter.

NAMI truly saved my life. I have become educated on how to not only help her, but to navigate the health care obstacles. I am also a proud advocate for NAMI. I want to reach people who are in as much pain as I was in to help them. Please tell people that you are a proud member of NAMI and, hopefully, you will help save someone else. *Katie lives and works in Fort Payne, AL—that's dedication! As secretary Katie prepares and posts minutes of board meetings. She recently completed training as a support group facilitator.*

## What's a "clubhouse?"



Read about the clubhouse model at [www.clubhouse-intl.org](http://www.clubhouse-intl.org)

A clubhouse is a resource for adults with a mental illness. Members get their lives enriched and empowered. That's putting skin on "support." Don Scuvotti, NAMI Rome VP, is shown with a member of Gateway, a clubhouse in Greenville, SC in a visit where he and others from NAMI Georgia learned about its operation. NAMI Rome has had that dream for years. **More to come**

## NAMI Georgia annual meeting and conference

NAMI Georgia is working hard in this year's conference on April 20-21. Look for a break out session on clubhouses (see article above) and other timely information that's helpful to people with mental illness and their families/friends.

Click [here](#) to see what's being offered and how to register.

## How are we communicating?

**facebook**

- Follow us on **facebook**. We're growing in number of people who like and follow this page. Not too long ago we topped the 500 followers mark. Click on the logo and like us.
- Are you reading the weekly "News and Notes"? We send it to around 1000 on our email list. You can forward it too to people you think would benefit. Feel free to recommend changes to it as well as the bimonthly newsletter.
- Please take time to complete the annual survey, which consists of a few questions and your choice for educational topics for our monthly education meetings.

<https://www.surveymonkey.com/r/BV83GY7>

- You can communicate without saying a word. Wear your words!



Long sleeve: \$15  
Short sleeve: \$10  
Available at educational meetings

## NAMI Rome Info Corner

### NAMI Rome 2018 Board of Directors

President:	Bonnie Moore
Vice President:	Don Scuvotti
Secretary:	Katie Wathen
Treasurer:	Joel Pierce
Members:	Monica Burge Carrie Edge Jeremy Salter Jill Salter 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:

E-Mail [namirome@gmail.com](mailto:namirome@gmail.com)

Phone 706-506-5010

Website

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

Facebook

[www.facebook.com/namiromegeorgia](http://www.facebook.com/namiromegeorgia)

**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

Family Membership	\$60.00
Regular Member	\$40.00
Open Door Member	\$5.00

To Join On line - [click here](#)

or

Print out a [Membership Form](#) and mail or bring to a meeting with cash or check