

NAMI Rome, 3 Central Plaza, Box 317 Rome, GA 30161
www.namirome.org namirome@gmail.com 706.506.5010

Mental health awareness

July: Looking Back at National Minority Mental Health Awareness Month



Dr. Stephanie Davidson speaks at the July educational meeting

Did you know?

- Many African Americans are misdiagnosed or simply do not receive mental health services because of their color.
- Many Latinos don't seek treatment because of cultural beliefs or just plain fear.

NAMI encourages diversity and NAMI Rome would like to reach all populations and encourages dialog among all ethnic groups in our community. We need catalysts!

September: National Suicide Prevention Awareness Month

Rocks For Hope

Remembering and Stopping

Thursday, September 27th
5:30 – 7:30
Heritage Park

September is suicide awareness and prevention month. You are invited to write an encouraging message on a rock, hear two uplifting stories of hope, and take part in a candlelight vigil as the sun sets.

#BeThe1To

Mental health advocates are well aware of the connection between mental illness and suicide. 90% of individuals who take their lives have a mental illness. There is an alarming number of children and youth that die by suicide. Even more alarming is that most exhibit warning signs that often go unheeded. While there have been more intervention efforts in recent years, clearly more needs to be done to reverse the trend.

There are 2 things you can do to increase awareness.

1. Attend **Rocks for Hope** on Sept 27 at Heritage Park (see flyer).
2. Tell others about QPR (Question, Persuade, Refer), a 1 ½ hour class that teaches how to recognize signs and talk to the person who is contemplating suicide. NAMI Rome has 2 teachers who are willing to teach QPR to church, civic, school, groups.

September: National Recovery Month

Many people living with a mental illness have turned to alcohol and other substances to dissipate the effects of their particular mental illness. Addiction to opioids has become a national concern. Turning off access may help but one must ponder why a person uses an illegal drug.

This is quoted from SAMHSA's website: "National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life." SAMHSA identifies the connection between a mental disorder and substance use disorder; however, many people do not see the connection. Therefore, education is needed. Mental health advocates, you are encouraged to attend recovery awareness events. Together, our voices can be heard. Here is an upcoming event:



Community Recovery Celebration

September 29, 2018

Heritage Park 7 Shorter Ave, Rome, GA 30165
Rain or Shine

10:00am-12:00pm

Guest Speakers, Recovery Support/Information, Live Music, Bouncy House, Face Painting, T-Shirts (while supplies last), Goody Bags, Food Truck (@ Individual cost)

In Partnership with:



October 7-13, Mental Illness Awareness Week



The logo to the left is used throughout 2018 to promote awareness. Just think, what if mental illness was considered a real illness alongside of cancer, diabetes, and heart disease?

National Day of Prayer for Mental Illness Recovery and Understanding and Candlelight Ceremony will be held on Tuesday, October 9th from 7:00-8:00 pm at Second Avenue United Methodist Church, 801 E. Second Ave., Rome. NAMI Rome has sponsored this event for many years and looks forward to partnering with Second Ave. UMC to make it really special.

Advocating for change

Document conversations/meetings

Over the years I have taken phone calls from hundreds of people—mostly parents—who were at their wits end because of not being able to navigate the mental health system to get help for their loved ones. I typically asked the “W” questions; who, what, where, and when--sort of like Sgt. Friday in Dragnet. You guessed it, more often than not the person did not get the specifics when they talked to the provider. You must have facts “just the facts ma’am” to convince decision makers to enact changes. One class in the NAMI Basics course emphasizes the need to document conversations and even provides a handout to jot down the “W” answers. I encourage you to get a notebook and document, document, document. *Bonnie Moore*

“Stepping Up Initiative” adopted in Floyd County



We all know or have heard of people being jailed mainly for their mental illness--denial, lack of access to services, or refusing to take their prescribed medications. Newsflash—county officials realize this too, but often lack the data to make needed changes so as to stop the revolving door. Enter the Stepping Up Initiative.

Stepping Up a nationwide program to educate county commissioners of the above problem and take action to reduce the numbers. The first step is to define the “numbers.” Stepping Up is a data tracking initiative. As Bonnie stated above, hard data and facts are needed to make changes. NAMI Rome members Carrie Edge and Bonnie Moore made a presentation to the Floyd County Commission, which resulted in the County adopting Stepping Up.



(Left) Sgt. Carrie Edge (standing) briefs commissioners on the Stepping Up Initiative on July 24 and approved the resolution at the August 14 Board of Commissioners meeting (right).

Bonnie Moore meets the governor



Bonnie Moore recently spoke with Governor Deal about mental health initiatives in Georgia. Representative Katie Dempsey, Mrs. Deal, Bonnie, and Governor Deal are shown in the picture to the left. “Helping people with mental illness has long been my passion. It didn’t come overnight, but after years of trial and error, I became more comfortable in telling our state leaders about the shortages and needs of people living with mental illness,” said Bonnie.

How can I learn how to advocate?

It may seem a tall task to be able to convince commissioners to adopt a nationwide program, or even talking to state representatives or the governor. Not as hard as it may appear if you have the tools.

You may ask, “Where can I get these tools?” Great question, here’s the answer.



NAMI Smarts is a mental health advocacy educational program that NAMI developed a few years ago. Many of us have taken one or more modules. Click on the logo to get a sense of the modules that are available at no charge. Bonnie and Jim Moore are local teachers as well as state trainers. There’s a train-the-trainer class in Atlanta on Oct. 12-13 and NAMI Rome would like to see someone volunteer to become a NAMI Rome teacher. Let us tell you more about it. [Email NAMI Rome](#) and we’ll tell you about the criteria to become a teacher.

If you would like to take a NAMI Smarts module, please click on the email link above and let us know you’re interested.

Have you taken a NAMI course?

It takes a commitment

Being a grassroots organization NAMI’s mission is carried out at the local (affiliate) level. People become active in NAMI because of the volunteers who teach a class or facilitate a support group. It’s great to see those who take a class in turn volunteer to be trained to become a teacher. They are the life blood of NAMI. The pool of teachers and facilitators needs to be replenished periodically. Won’t you consider to paying it forward by becoming a teacher/facilitator? We need you.

Family-To-Family and Peer-To-Peer

These two courses form the backbone of NAMI’s signature educational programs. “They’re packed with oodles of valuable information, but I think the real benefit from taking and then teaching Family-

To-Family was the feeling I got from the warmth and sincere appreciation of the other participants. We learned we were not alone,” said Nancy Gross. Family-To-Family and Peer-To-Peer begin September 9 and 16 respectively. It may not be too late to take one of these free courses. Contact NAMI Rome at 706-506-5010 for more information.

NAMI Homefront—available online

Homefront is a spinoff from NAMI F2F and helps family members/friends of veterans who are dealing with mental health issues. NAMI now offers an online class that starts on Oct. 2 and meets weekly for 6 sessions. Learn more at www.nami.org/homefront.

NAMI Ending the Silence

ETS is a 50 minute presentation addressing mental health issues in teenagers. It's designed to present in a school setting. There are 3 modules—students, staff, parents. It has two components: one, a presentation on basic information about mental illness and two, a testimonial from a young adult who experience mental health issues in school. Georgia's Department of Education and NAMI Georgia have partnered to deliver ETS throughout the state. NAMI Georgia is the central point of contact and inquiries about conducting ETS in a school will be directed to them. NAMI Rome wants to deliver ETS to schools in our area but needs young adult volunteers to be trained. Part of the training is done online and practice is done in person in Atlanta on Oct. 26 or Nov. 4, 2018. Contact NAMI Rome at 706-506-5010 for the criteria to be a presenter.

NAMI Rome's annual elections

Board of Directors

NAMI Rome is governed and managed by a 9-person board of directors. Each director serves a 3-year term beginning in January. Yearly, 3 directors rotate off the board, thus NAMI Rome elects 3 members each November. The following directors' terms expire this year: Monica Burge, Bonnie Moore, and Dr. Smita Varshney. Board of Directors application: [NAMI Forms\NAMI Rome Board Application Form 2018.docx](#)

As mentioned above, NAMI Rome is managed by the board. It accomplishes day-to-day operation through committees. We invite NAMI members to join a committee. The following is a list of them: Advocacy, Communications, Hospitality, Membership, and Programs.

Upcoming events/announcements

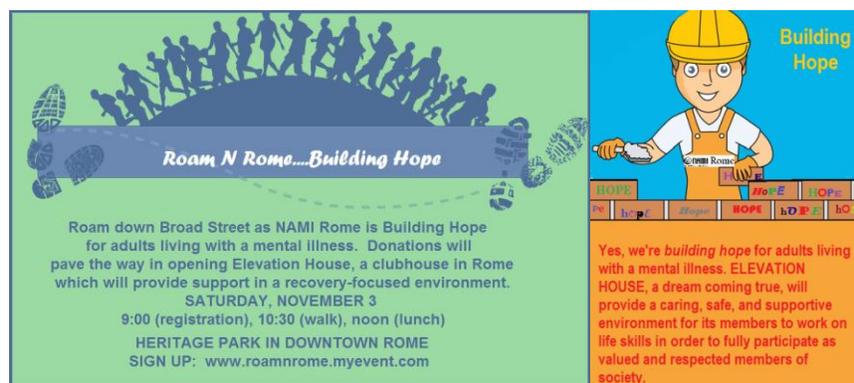
Oct 6: NAMIWalks Georgia

Oct 7-12: Mental Illness Awareness Week

National Day of Prayer for Mental Illness Recovery and Understanding has been a major activity for NAMI Rome. It's been held in a variety of churches in Rome. This year it will be held at 7:00 pm, Oct. 9th at 2nd Ave. United Methodist Church.

Nov 3: *Roam N Rome*

Local fundraising event consisting of a walk and picnic to raise funds for NAMI Rome and Elevation House, a clubhouse in Rome for adults living with a mental illness.



Roam N Rome...Building Hope

Roam down Broad Street as NAMI Rome is Building Hope for adults living with a mental illness. Donations will pave the way in opening Elevation House, a clubhouse in Rome which will provide support in a recovery-focused environment.

SATURDAY, NOVEMBER 3
9:00 (registration), 10:30 (walk), noon (lunch)
HERITAGE PARK IN DOWNTOWN ROME
SIGN UP: www.roamnrome.myevent.com

Building Hope

Yes, we're building hope for adults living with a mental illness. ELEVATION HOUSE, a dream coming true, will provide a caring, safe, and supportive environment for its members to work on life skills in order to fully participate as valued and respected members of society.

www.roamnrome.myevent.com

Click on the above link to register as a participant, team, and/or make a donation.

Meet Your Board of Directors

Dr. Smita Varshney



Dr. Varshney is a psychiatrist who has been practicing in Rome GA for 19 years in outpatient, inpatient, and long term care settings. "I see a great need in the community to provide ongoing support to individuals who are affected by mental illness and their family members as well. NAMI Rome has been efficiently working to meet the needs of community. As a NAMI Rome Board member, I highly respect their work in Northwest Georgia for last 20 plus years. Honestly, NAMI Rome has been a good resource for my patients and their family members."

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
Phone 706-506-5010

Website

www.namirome.org

Facebook

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

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

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