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Georgia affiliates exploring clubhouse model

You may ask, "What's a clubhouse model?" Think of it as an opportunity be part of a group of peers who bond together in a friendly and safe environment with the goal of living in recovery and participating as valued and respected members of society. That is empowerment. It's a given there are not enough resources out there. To this end, Don Scuvotti, NAMI Rome VP, has the vision in developing clubhouse around Georgia to include one in Rome.

Gateway House visit



Don and other NAMI affiliate members visited Gateway House in Greenville, SC. They saw firsthand its operation. "You can't tell the staff from the member," said Don. Indeed that's the purpose—working hand-in-hand on meaningful on life-changing skills; thus living in recovery.

Jack Yatsko, Clubhouse International COO, speaks at the NAMI GA annual conference in the clubhouse forum. He is joined by directors of two Georgia clubhouses and leaders of Gateway House. Gateway House serves as a great model and resource for future Georgia clubhouses to follow. Visit <http://gateway-sc.org/> to see all the good things they are doing.

"My vision is that there will one day be Clubhouse in Rome. I envision a vibrant facility that provides people who live with mental illness the encouragement and assistance they need to lead successful lives while being fully engaged in society. It will be a place that honors them and provides them with a strong sense of community, friendship and productivity. In a word, it will elevate their lives!" said Don Scuvotti.



Educational programs

Monthly educational meetings

For 2018 NAMI Rome elected to have monthly educational meetings in lieu of quarterly. We surveyed the membership, which wanted to address the following topics: The 1013 process, childhood mental health, reaching out to the faith community and to minorities, and the SSI/SSDI process (filing for disability income). July is National Minority Mental Health Awareness Month which provides a great opportunity to address minority outreach. The other topics will be addressed during the year. You will find specifics on the topics for monthly educational meetings in our weekly E-news.

Dr. Smita Varshney expressed the importance of maintaining a proper diet and exercise to maximize the effectiveness of medications at the audience **March** meeting. Remember, medications (the biological component of the biopsychosocial model of treatment) must be in balance with the one's psychological and social wellbeing.



Emily Matson (left) and Kay Ann Wetherington (3rd from left) spoke about their candidacy for Floyd County Superior Court judge at the **April** meeting. Importantly, both support the mental health court.

NAMI Signature Programs

Peer-to-Peer and Family-to-Family courses wrapped up in April.



Members of Floyd County Mental Health Court and Highland Rivers Health Women's Outreach Program once again attended **P2P**. Some in the class are shown in the picture.



Although small in numbers, the **F2F** class was very enthusiastic and remarked about how it helped them.

Don Benson (far right) has taken F2F twice and will be trained in June as a teacher.

NAMI's educational programs are peer led, which means they have the life experiences that enable them to teach others. These wonderful volunteers give up countless hours in training, preparing, and presenting the classes. NAMI Rome seeks qualified and willing members to be trained.

NAMI Ending the Silence

National Alliance on Mental Illness

Ending the Silence is a program that NAMI

Rome wishes to offer the community. ETS is a 50-minute presentation for school age teens, teachers, and family members. Sort of like this: Setting: 10th grade health class of 25 students. Two NAMI presenters, a lead person who helps coordinate the presentation and also shows a power point presentation, and a young person who experienced a mental health condition in high school and tells his/her story following the power point. Like all NAMI programs, people interested in making the presentation must be NAMI members and have completed required training, which for ETS consists of a combination of online and face-to-face practice. If interested, contact Jim Moore at 706-232-4607 or email [NAMI Rome](mailto:info@namirome.org).



National Alliance on Mental Illness

Help us make a NAMI Basics class this summer. It's a 6-week course for parents and/or caregivers of children with emotional or behavioral issues.

We tried twice last summer but not enough takers. Read about it at www.nami.org/basics then call 706-232-4607.

NAMI SMARTS for **ADVOCACY**

Telling others to accept your position may not be as difficult as you think. NAMI Smarts is presented in such a friendly and orderly format that makes it easy to prepare your personal story explaining why it's important for a decision maker to act favorably. There are 5 two-hour modules that range from a general module addressing the basics to telling your story to a specific module that advocates for changes in the way medications are administered.

Upcoming events/announcements

May: Mental Health Awareness Month



Have you ever wondered why 50% of the people living with a mental illness do not get treatment? Could it be they live in denial? What about they can't afford the services? Or they can't get an appointment. There are many reason, but another stands in the way. STIGMA! Yes, it's still lurking. Good news, it's 100% curable. Go to www.curestigma.org and take a 5-question test to see if you have stigma.

NAMI Rome plans activities during MHAM.

Jun 27-30: NAMI Annual Convention



New Orleans is the site of the 2018 convention. "Live, learn, and share hope" is this year's theme. See <https://www.nami.org/Convention> for more information and registration procedures. Election of NAMI's board of directions are held in conjunction with the convention. Nine candidates are vying for five slots. NAMI Rome will cast its votes based on its memberships desires. A survey will be sent to current members in June where they will pick their top five choices. The NAMI Rome board will tally results and submit the names of the top five vote getters to NAMI as our affiliate's choices.

July: National Minority Mental Health Awareness Month

Contact NAMI Rome if you would like to help plan an activity or event. [NAMI Rome](#)

Oct 6: NAMIWalks Georgia

NAMI Rome will not be hosting a NAMIWalk in Rome as in the past. Instead it will participate in the Atlanta event on Oct. 6.

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 2nd Ave. United Methodist Church. **SAVE THE DATE**

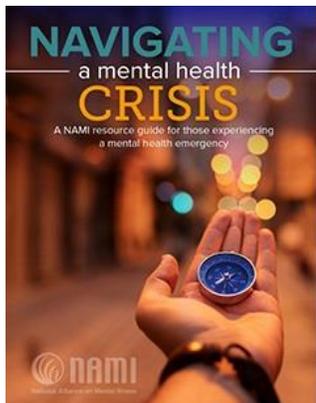
Nov 3: Roam N Rome

Local fundraising event consisting of a walk and picnic. **SAVE THE DATE**

Hot off the press

Crisis planning information

I'm sure we'd all agree with Benjamin Franklin's quote, "an ounce of prevention is worth a pound of cure." NAMI's Peer-to-Peer course emphasizes relapse planning. Therefore, it stands to reason create a plan. We now devote a section on the NAMI Rome website to crisis planning.



NAVIGATING
a mental health
CRISIS
A NAMI resource guide for those experiencing a mental health emergency

Like any other health crisis, it's important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

NAMI
National Alliance on Mental Illness

NAMI Rome recently added a tab to its website that addresses what to do in a crisis situation. First, you need a plan that needs to be assembled before the crisis. Visit www.namirome.org to download the guide, an accompanying crisis plan, and read about what to say in the event you call 911 for an emergency. Click on **WE CAN HELP** then **WHAT TO DO IN A CRISIS**.

Bonnie Moore recognized at annual conference

Melanie Dallas, CEO Highland Rivers Health; Kim Jones, ED NAMI GA, and Bonnie Moore, Pres. NAMI Rome received plaques recognizing them as “Champions of Recovery.”

Bill Carruthers, NAMI GA board member and emcee of the Recovery Symposium is shown presenting the plaque to Bonnie at the NAMI GA annual conference.



NAMI Rome partners with Owens and Owens, CPA firm



Jim Moore (center) presents “Volunteer Hero” certificate and a NAMI Rome mug to Dan Owens (right) for supporting the NAMIWalks Rome event in 2017. The relationship has grown into the firm preparing tax records and a financial review. “We are grateful for Dan and Justin understanding of the NAMI mission and especially supporting us,” said Jim.

Supporting NAMI Rome

There are many ways you can help NAMI Rome, which in turn helps people with mental illness and their families/friends. Examples:

- Attend our support group meetings on Mondays from 6-7:30 at Rome 1st UMC. Attend our monthly educational meetings typically on the 4th Monday from 6-7:30 at Rome 1st UMC.
-  As a grassroots organization, NAMI is made up of mostly volunteers who share the same passion and that passion empowers us to facilitate support group meetings, teach NAMI classes, man a table at an info fair, serve on a board committee, and the list goes on.
- Read our weekly news. We send it out Thursdays to around 1000 people. Less than 20% take a look. We want our communication to be meaningful, timely, and readable. How can we make them better? Submit suggestions, [Click Here](#).

- Like our  page. Join the over 630 who like this page, which continues to grow. Give it a look, like it, and share posts with your friends.
- Speaking of Facebook, did you know you can set up your page to have people donate to your favorite charity? By the way, NAMI Rome is a registered charity. Go to your Facebook page, click on the  (located on top right part of your page), then go to Create Fundraiser and follow directions.
- Do you shop Amazon? If so there's a way to shop at a percentage could go to NAMI Rome. Click  and follow directions. Our account is "Nami Rome, Inc."



- Click  to set up a community rewards account, identify NAMI Rome Inc. as your charity, and scan your Kroger card when shopping.



- Buy a NAMI Rome t-shirt.. \$12 long sleeve, \$8 short sleeve.
- Do you have ideas? We'd love to hear them. Click here [Fundraising Ideas](#) to send an email.

Meet your board—Don Scuvotti



Don's 29 years in business leadership, especially creating and executing plans, fits perfectly with NAMI Rome's vision to expand its programs and outreach. Don was introduced to NAMI in Greenville, SC where he took Family-to-Family so he could better support his now 24 year old son. Don is married to Halei. The family moved to Cedartown in 2016. Don is serving as vice president of NAMI Rome.

"I want to make a positive, tangible difference in the lives of people living with mental illness. I want to play a role in crushing the stigma of mental illness to help both our society and our community see the beauty, intelligence and value that are sometimes "hidden" by the illness. I envision a community that respects, honors and supports our brothers and sisters while supporting their recovery."

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>