Classes planned for early 2013
For more details, visit NAMI-Rome website or call Bonnie Moore at 706.232.4607 or e mail jmbm71@bellsouth.net

Where do I turn to get help? My loved one doesn't believe he has a mental illness! Why me? How can I afford to pay the hospital bills? What's the difference between a psychologist and a psychiatrist?

He forgets to turn in his homework and when I get on to him, he throws a fit. Where did he learn such foul language? It wasn't the least bit funny when he threw his pet rabbit into the lake! Is this a stage and if so when will it end?

Basics, a 6-week course, explores the minds of children and adolescents and offers parents and caregivers up-to-date information on many childhood behavioral problems ranging from AD/HD to early onset Bipolar disorder. You'll learn about these disorders, medication, self-help, and ways to help your child cope better. It is offered at no charge.

Peer-to-Peer is led by your peers. They've been there and can offer empathy and help. This 10-week course is based on recovery. You'll learn about mental illness and ways to cope.
The November 26th Education/Membership meeting was presented by Georgia Highlands nursing students on relaxation techniques.

Left to right: Kandy Gibbs, Keona Gaines, Sara Garner, Susan Harberson, Hannah Friel, Cassi Green, Rebecca Yangoren

NAMI Georgia presented Bonnie and Jim Moore the 2012 Cindy Burr Award for outstanding support of the Georgia CIT Program.

Thank you to our Outgoing NAMI Board Members

Special thanks to Linda Langley and Peggy Reiners for their contributions of time and energy to our Board. Off the Board, but not out of our lives – hope to see you both often.

Special welcome to two new Board Members, Frances Helton and Nancy Gross and one returning member, Jim Moore.

Your 2013 NAMI Rome Board of Directors:

Jim Moore, President
Joyce VanLeuven, Vice President
Jearel Helton, Treasurer
John Reiners, Secretary

Frances Helton
Bonnie Moore
Marta Turner
Todd VanLueven
Nancy Gross
Family members and individuals with a mental illness who are in a good place and really don’t need to attend a support group can give back to those of us who need to see glasses that are half full. We urge you to attend and help others.

**Family Support Group – Monday Nights**

The family support group that listens. This group is open to family and friends who have a real need to learn the ins and outs of mental illness because they deal with a person with mental illness in their life. It meets the same time as NAMI Connection, but in a different room.

First United Methodist Church  
202 E 3rd Ave, Rome  
Mondays, 6 – 7:30pm  
*Entrance door faces East 2nd Street*

**NAMI Connection – Monday Nights**

Join others who have similar concerns. You'll not only get help, you'll give help. NAMI Rome holds a weekly support group for individuals with mental illnesses.

First United Methodist Church  
202 E 3rd Ave, Rome  
Mondays, 6 – 7:30pm  
*Entrance door faces East 2nd Street*

You don’t have to be a NAMI member to attend. For a complete description of all the programs NAMI Rome offers – visit our website

NAMI Rome Programs

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We have a new Facebook page - visit us today and we hope you will "like" us for yourself and your friends. [http://www.facebook.com/namiromegeorgia](http://www.facebook.com/namiromegeorgia)
Newtown Tragedy:  
Push for Mental Health Reform

By Mike Fitzpatrick, NAMI  
Executive Director

It’s almost a week now since 20 children and six adults were killed at Sandy Hook Elementary School in Newtown, Conn. America’s hearts are still broken. Although news reports have gotten many facts wrong over the last week, it seems clear now that the young man responsible for the tragedy had lived with a form of mental illness since childhood. The tragedy has resulted in an enormous push for the country to make a sustained effort to provide real solutions to our mental health crisis, as well as gun control. The test is whether Congress, state legislatures and the country as a whole are serious enough to face up to the challenge.

It’s not a new challenge. NAMI has been fighting on the mental health care front for many years, with victories and defeats. What’s tragic is that it has taken a horrible tragedy to wake others up. This past week, NAMI has been working 24/7 to stoke the momentum. We have given close to 100 interviews to national and regional media outlets. We are talking with Senators and Members of Congress about legislation in the coming New Year. NAMI State Organizations and NAMI Affiliates have circulated press releases and other information to their own networks.

Again, it shouldn’t have taken a national tragedy to get this far, especially when we consider how many personal tragedies Americans affected by mental illness experience every year.

Start contacting Congress and state legislators now.

Keep the pressure on. Tell them they need to step up to ensuring mental healthcare.

They need to make the availability of screening, early intervention, treatment, services and supports a national priority.

Family education and support must also be part of mental health care. Too many families don’t fully understand the nature of mental illness, what to do if they are concerned about a child and how to cope.

President Obama has pledged to use “whatever power this office holds to engage my fellow citizens, from law enforcement to mental health professionals to parents and educators, in an effort to prevent more tragedies.”

NAMI represents individuals who actually live with mental illness.

We represent parents and other kinds of family members. We have a long track record working with law enforcement, educators and mental health professionals.

We’re ready to work with the President.

Is the rest of the country?

Talk with your friends and neighbors. Ask them to help.

To view entire article and see other valuable links from NAMI’s website, click here.
Craig Griffin will attend IOOV training in a few weeks and will join Jamie in the presentations.

DID YOU KNOW?

- In the US, the annual economic, indirect cost of mental illness is estimated to be **$79 billion**. Most of that amount reflects the loss of productivity as a result of illnesses.
- **70%** of youth in juvenile justice systems have at least one mental disorder.
- Anxiety disorders affect about 18.7% of American adults. Anxiety disorders frequently co-occur with depression or addiction disorders.
- Major depressive disorder affects 6.7% of American adults.
- 24% of state prisoners and 21% of local jail prisoners have a recent history of a mental health disorder.
- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.
- 20% of active duty military personnel have experienced symptoms of PTSD, depression or other mental health issue.

The facts listed above come from NAMI National published information. Visit [www.nami.org](http://www.nami.org) for much more information.

Check out the latest Family-to-Family class—all smiles! NAMI Rome thanks Joyce and Bruce VanLeuven for again sharing their knowledge and love.
MEET AND EAT !!
January 28, 2013

The January Education/Membership meeting, will be a dinner and BINGO with prizes.

We hope you will join us for a couple of hours of fun and friendship.

A great way to start out the New Year.

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 - the Nation’s Voice on Mental Illness - with more than 230,000 members, NAMI is the leading grassroots advocacy organization solely dedicated to improving the lives of persons with mental illness including schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder and anxiety disorders.

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 helps NAMI with its work improving the lives of persons with mental illness.
Membership into NAMI Rome automatically enrolls you in NAMI Georgia and NAMI

Regular Member $35.00
Open Door Member $3.00

To Join On line - [click here]
or
Print out a [Membership Form] and mail or bring to a meeting with cash or check