

SUPPORT | ADVOCACY | EDUCATION

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www.namirome.org | namirome@gmail.com | 706.506.5010

Our New Normal

At this time, it is still uncertain when we will be able to resume our everyday activities. During this difficulty, we want to remind you all that NAMI Rome is here for you, and we will get through this **TOGETHER.**

Because the majority of our activities are hosted at First United Methodist Church, we are following their guidelines for reopening. At this time, we are hosting our regular Monday night support groups, Connections Recovery Group and Family Support Group, utilizing Zoom. *Both* of these groups are held at 6:00pm.

For the Dalton groups, we are following the Mack Gaston Community Center's schedule for reopening and invite those attendees to join us on our Zoom calls for Monday nights.

Please continue to email us at namirome@gmail.com if you are interested in attending so we can send you the information for the call. If you have any questions about utilizing Zoom, please contact Morgan either by email at driskell.morgan@yahoo.com or by phone at 770-891-6674. She will be happy to walk anyone through a short tutorial of the application.

For the educational classes, Peer-to-Peer and Family-to-Family, that were placed on hold in March, we are following guidelines and will let you know as soon as possible when those will resume.

For anyone needing assistance during this difficult time, we encourage you to please reach out! We have two warm lines listed on the last page of this newsletter as well as our contact information is above. Again, NAMI Rome is here for you and understands how difficult it can be navigating this pandemic with or without a mental illness. Please join our support groups and check in with your loved ones. **Our unity makes us stronger.**



Information from our National and State Chapters:

NAMICon 2020

Atlanta • July 15-18

Together Toward Tomorrow

NAMICon 2020 is still on!

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

When: Thursday 7 May 2020, 04:00 PM - 05:30 PM Eastern time

Learn from experts at NAMI and Mental Health America, the nation's leading organizations that provide peer-based support for mental illness recovery, about just how valuable peer support can be times of crisis.

Register today

<https://nami.adobeconnect.com/ate-helping-each-other/event/registration.html>



ANNUAL MEETING



CONNECTION • INSPIRATION • RECOGNITION

When: Saturday 16 May 2020, 02:00 PM Eastern time

NAMI Georgia will be utilizing Zoom to host its annual meeting. Please join us and help represent NAMI Rome.

Register today

<https://bit.ly/AnnualMtgRSVP>

Equity in the Midst of COVID-19



Dr. Dietra Hawkins from One Small Change, Inc. will host a live webinar on Equity in the Midst of COVID-19.

May 7, 2020 from 12-1pm

Join at the following link: <https://zoom.us/j/462368458>

COVID-19 AND THE RECOVERY COMMUNITY – THE INEVITABLE CRISIS AND HOW WE RESPOND

MENTAL



HEALTH

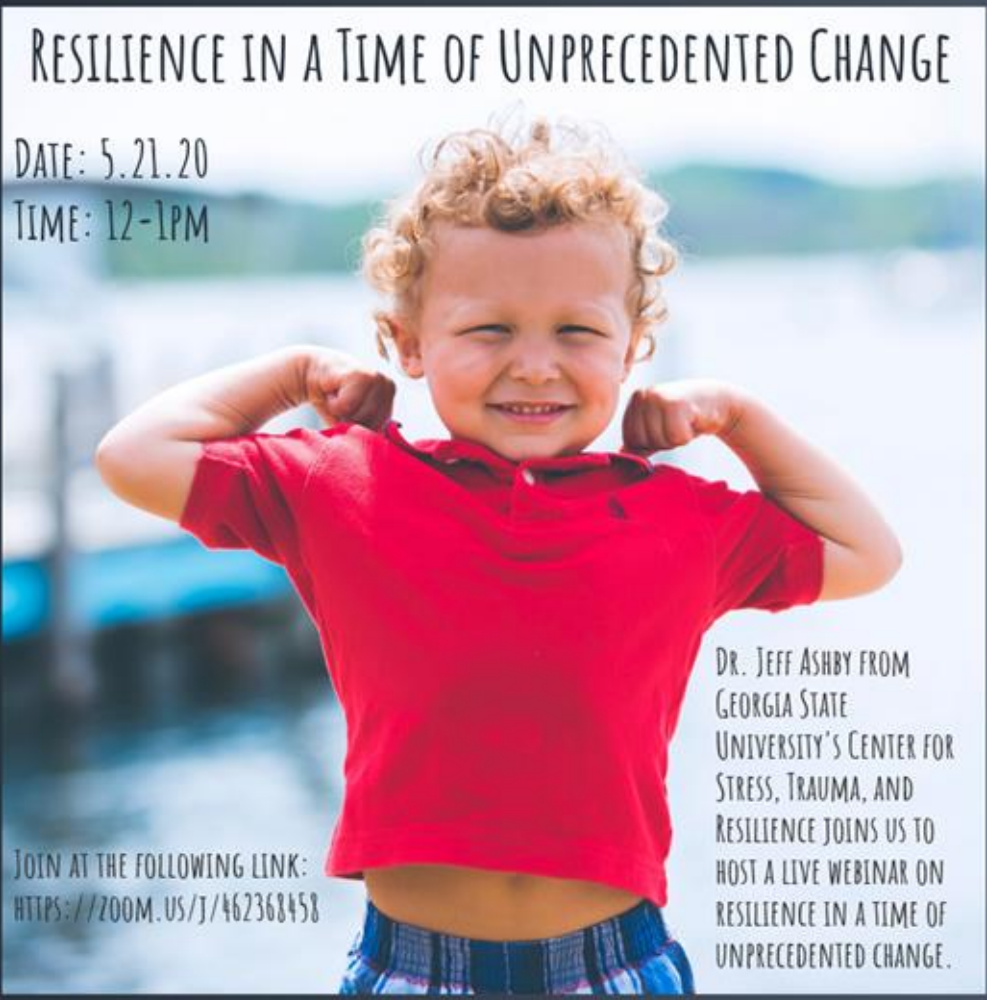
DATE: MAY 14, 2020

TIME: 12-1PM

EXPERT JEFF BREEDLOVE FROM THE GEORGIA COUNCIL ON SUBSTANCE ABUSE JOINS US TO HOST A LIVE WEBINAR ON COVID-19 AND THE RECOVERY COMMUNITY. HE WILL DISCUSS THIS INEVITABLE CRISIS AND HOW WE RESPOND. JOIN AT THE FOLLOWING LINK: [HTTPS://ZOOM.US/J/462368458](https://zoom.us/j/462368458)

RESILIENCE IN A TIME OF UNPRECEDENTED CHANGE

DATE: 5.21.20
TIME: 12-1PM



DR. JEFF ASHBY FROM GEORGIA STATE UNIVERSITY'S CENTER FOR STRESS, TRAUMA, AND RESILIENCE JOINS US TO HOST A LIVE WEBINAR ON RESILIENCE IN A TIME OF UNPRECEDENTED CHANGE.

JOIN AT THE FOLLOWING LINK:
[HTTPS://ZOOM.US/J/462368458](https://zoom.us/j/462368458)



Members will have the opportunity to vote in NAMI state elections for board of directors and bylaws amendment. You should have received instructions about voting by paper or electronic ballot. Mail in ballots must be sent so as to be received by **May 14th**.

Meet the candidates <https://namiga.org/annual-meeting-of-members/>

MAY IS MENTAL HEALTH AWARENESS MONTH!

The Rome Floyd Chamber of Commerce will be hosting a Small Business Action Council on May 12th. This event will feature a discussion of mental illness in the workplace via a Zoom conference. Members of NAMI Rome will facilitate discussion. Check us out!

Register here:

<https://www.romeomega.com/events/details/small-business-action-council-05-12-2020-3501>

Our April Education meeting was initially scheduled for NAMI Rome to hear from candidates for Floyd County Sherriff. We are currently working to host this event virtually and will be in touch soon with more details!



SOCIAL MEDIA CONNECTION

Add a green ribbon to your profile pic and show your support for Mental Health Awareness month!

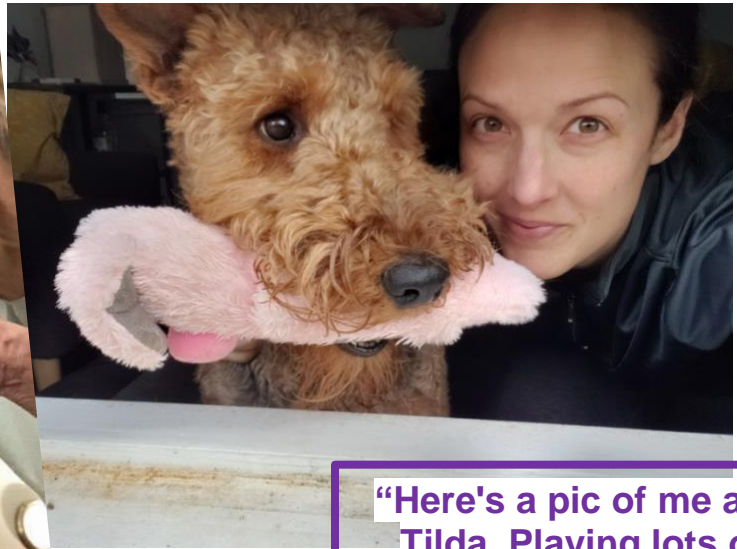
<https://twibbon.com/support/green-ribbon-3>

We want to know how you're doing during COVID-19! Post to NAMI Rome's Facebook, Twitter or Instagram!

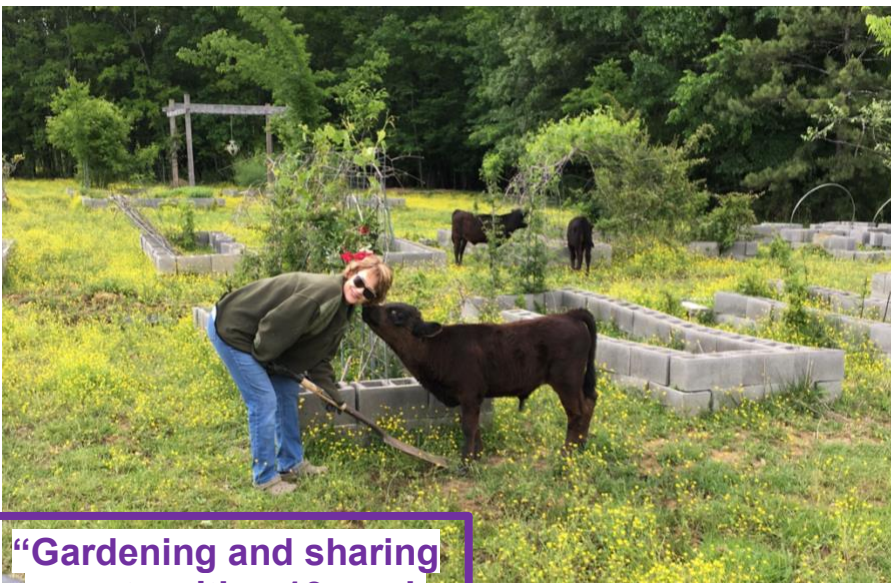
UNITY



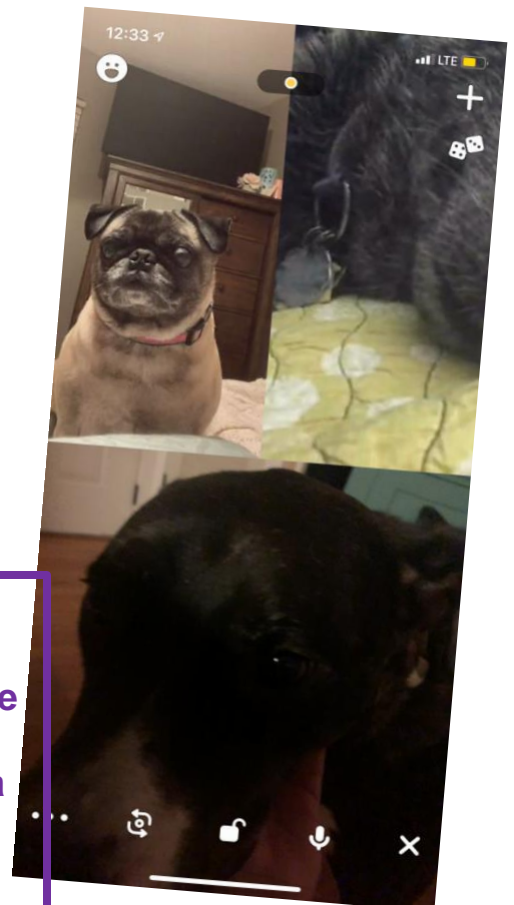
“Bonnie won’t wait until my barber shop reopens. Got me during my daily pandemic nap!” -Jim



“Here’s a pic of me and Tilda. Playing lots of fetch with her squeaky toys, silly hide and seek around the house, and long walks are how we’re getting through and staying giggly :-)”
-Alli



“Gardening and sharing secrets with a 10 week old calf as we shelter in place with 25 cattle, 3 geese, 2 cats, 1 dog and 1 duck.” -Cathy



“My family and I downloaded an app, Houseparty, where we can video chat and play games. Here’s a shot of our dogs all saying ‘Hi’ to their cousins!” -Morgan

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:

E-Mail namirome@gmail.com Phone 706-506-5010

Website

www.namirome.org

Facebook

www.facebook.com/namiromegeorgia

Twitter

www.twitter.com/romenami

Instagram

www.instagram.com/namirome

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.namirome.org/join-nami.html>