



*News from Suz...*

*December, 2013*

*and Dave!*



## **Meet our new President**

**The recently elected president of NAMI Northside Atlanta is Dave Lushbaugh. Linda is Dave's wife. Dave has been involved with NAMI for 18 years and is a former Northside and NAMI Georgia president and termed off as a 6 year member of the NAMI National Board last year. Dave is retired from Georgia-Pacific and was a member of the Employee Community Services Steering Committee. He was a principal in bringing CIT (Crisis Intervention Training) statewide to Georgia and participated in the first Family-to-Family Train the Trainer class in Georgia in 1998.**

**Dave indicates how impressed he is with the NAMI Northside Atlanta reputation in the community - which is the**



**result of a lot of “hard work and doing the right things” by our present Board of Directors and affiliate members - “there are good things in place to build on”. Dave intends to focus on supporting the Board members and volunteers in their NAMI activities and projects, expanding and retaining membership, having a beneficial relationship for NNA members with Planned Lifetime Assistance Network of Georgia (PLAN) [www.planofgeorgia.org](http://www.planofgeorgia.org) and appropriate information exchange with treatment and service providers to encourage optimal outcomes.**

**As you can see in the picture above, we have already put him to work!**

**We are thrilled to have Dave on board and wish him the very best in his new role as president!**

**It is hard to believe that it has been 3 ½ years! We have accomplished a lot thanks to our wonderful NAMI Northside board and family members. I have been very fortunate to have had a lot of support, encouragement and expertise from such an accomplished and gracious group of people. Thanks for the opportunity to serve as your president. I look forward to working with the new president and board. There are a lot of very exciting things planned!**

**I wish all the very best in the New Year and a pleasant and happy holiday season!**



## **NAMI Northside's Holiday Happening**



**We had such a fun time at our Holiday Happening this year! NAMI Northside was very fortunate to team up with the BDP (Borderline Personality Disorder) Family Connections class for this wonderful gathering.**

**We had a wonderful speaker, Pamela Adkins, one of the leading Social Security Disability attorneys in Atlanta and the country, who spoke to us about important aspects of Supplemental Security Income (SSI), Social Security Disability (SSDI) and Special Needs Trusts for the disabled. Our meal was outstanding thanks to the preparation and talents of our attendees who shared their favorite dishes!**

**A big thank you to Susan Davidson and the BDP Family Connections group and to Bill McClung, Dave Lushbaugh, Judy Berkin, Laura Johnson and everyone who helped make this event possible!**

**See more pictures on our website:  
[www.naminorthsideatlanta.org](http://www.naminorthsideatlanta.org)**

## **NAMI NORTHSIDE'S MENTAL HEALTH FAIR 2013**



### ***COMMENTS FROM ATTENDEES AND EXHIBITORS:***

*“If you missed the NAMI Northside Health Fair you missed a TREAT. Kudos! I was amazed at how organized it was and what a welcome it was for the guests to be guided from a packed parking lot to the event by some of our handsome NAMI NS gentlemen!”*

*It was great to see all the exhibitors--the Atlanta Police Department HOPE Team (first trainees of NAMI GA CIT), Briggs and Assoc., DBHDD, Behavioral Health Link, DeKalb CSB, etc, etc, etc.*

*Congratulations on a wonderful event that is sure to take a bite out of Stignorance!”* **Nora Haynes, former N'sider, now with NAMI Savannah**

*Neitcha, congratulation on a great event. We were very pleased with the response to our Parc Alpharetta ACT exhibit. I only wish that I had more time to visit with all the other exhibitors. Hopefully that will happen next year at the second NAMI Northside Mental Health Fair.*  
**Larry Golsen, Parc Alpharetta ACT**

*Thank you all for having us. What a great day to get the word out about resources to help families and those who are diagnosed with mental illnesses! We appreciate your support of our agency and look forward to providing assistance and community education opportunities down the road! **Kristin Mize, Alyse Group***

*Hi 5's: 5,5,5,5,5!*

**What a great event. Thank you to Neitcha Thomsen, Chairman, Dot Keith, graphic designer and architect and Bill McClung, our visionary and planner. Thanks also to Beth Sanders who coordinated our volunteers and to all of our wonderful volunteers who made this day possible. It was a great success!**

## **14 PRINCIPLES FOR FAMILY MEMBERS ON HOW TO COPE**

- 1 Realize that mental illness is not rare.**
- 2 Learn as much as possible, as soon as possible.**
- 3 Don't blame yourself - it can destroy your chances of coping forever.**
- 4 Seek professional helpers who are effective.**
- 5 Contact a self-help group for families.**  
**[www.naminorthsideatlanta.org](http://www.naminorthsideatlanta.org)**
- 6 Accept that mental illness is complex. Our natural instincts can be an unreliable guide. Relatives need training.**
- 7 Get to know the origins of pressures to which family members are subject.**

**8 Pay special attention to the needs of other members of the family.**

**9 Remember that unlimited, unconditional self-sacrifice on behalf of someone with a mental illness is fatal to effective caring and coping.**

**10 Be aware that spending massive amounts of time with the person who has a mental illness can make matters worse.**

**11 Maintain friendships, activities and hobbies, particularly those that will take you outside the home.**

**12 Set your sights on appropriate independence for your relative and yourself.**

**13 Don't be surprised to find that the ability to change and look at things differently distinguishes relatives who can cope from those who can't.**

**14 Take very good care of yourself.**