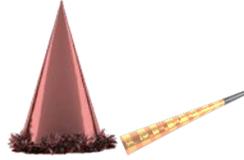




National Alliance on Mental Illness

NAMI Northside Atlanta



Happy New Year!!!



News from Suz and Dave

January 19, 2014

Hi NAMI N'siders,

NAMI Northside Atlanta looks forward to **2014** and working together to improve the lives of people affected by mental illnesses.

We hope that everyone had a peaceful, pleasant and restful holiday season. We hope to see or hear from you on how you might be able to join us in our advocacy efforts. There are opportunities for you to use your talents and **we need your help!**

The Fulton County Commission is scheduled to vote on funding significant cuts to **Grady Hospital** on January 22, 2014. Three NAMI Northside Atlanta Members, **Bill McClung, Dave Lushbaugh and Denise Haynes** testified before the Commission last month, **BUT** all NNA members need to email and call their commissioners: **Fulton County needs Grady – Please let Fulton County Commissioners know.**

<http://www.fultoncountyga.gov/commissioners>

Standards of Excellence, started several years ago by a nationwide NAMI National committee, is well underway. NAMI Northside will be working on their re-affiliation and NAMI Northside Atlanta Board Member extraordinaire, **Joel Cope** is our team leader for this process.

Joan Johnston and I will be starting our new **Family-to-Family class at Peachtree Presbyterian Church on Sunday, February 2nd**. We look forward to continuing our efforts in educating families affected by mental illness.

The Borderline Personality Disorder (BDP) Family Connections course started on January 4th. Family Connections was designed by the National Education Alliance for Borderline Personality Disorder (NEA-BPD) specifically for family members who have a loved one with BPD. The primary purpose of the course is to help family caregivers improve their own quality of life. The class is facilitated by **Dot Keith, Ann and Ed Klaus and Jean and Bill Milkey**.

Please check out our website:

www.naminorthsideatlanta.org to find the dates, times and locations of our **NAMI Northside support groups.**



The Silver Lining Launch Meeting

January 13, 2014

Dear NAMI Northsider and Friends:

On a rainy night in Georgia, 25 of us met to launch The Silver Lining Project. Great enthusiasm and thanks to those participating.

It is most encouraging that we had such active participation from the attendees. Several others who were unable to attend asked to stay informed. The common interests and desire to accomplish more gives us a foundation for this long-term project.

We shared introductions and experiences and discussed several types of organizations and services that we endorse. We would like to see more and better services and a clearer path to them. More information is available on our website.

Go to www.naminorthsideatlanta.org and select Silver Lining information at the top center.

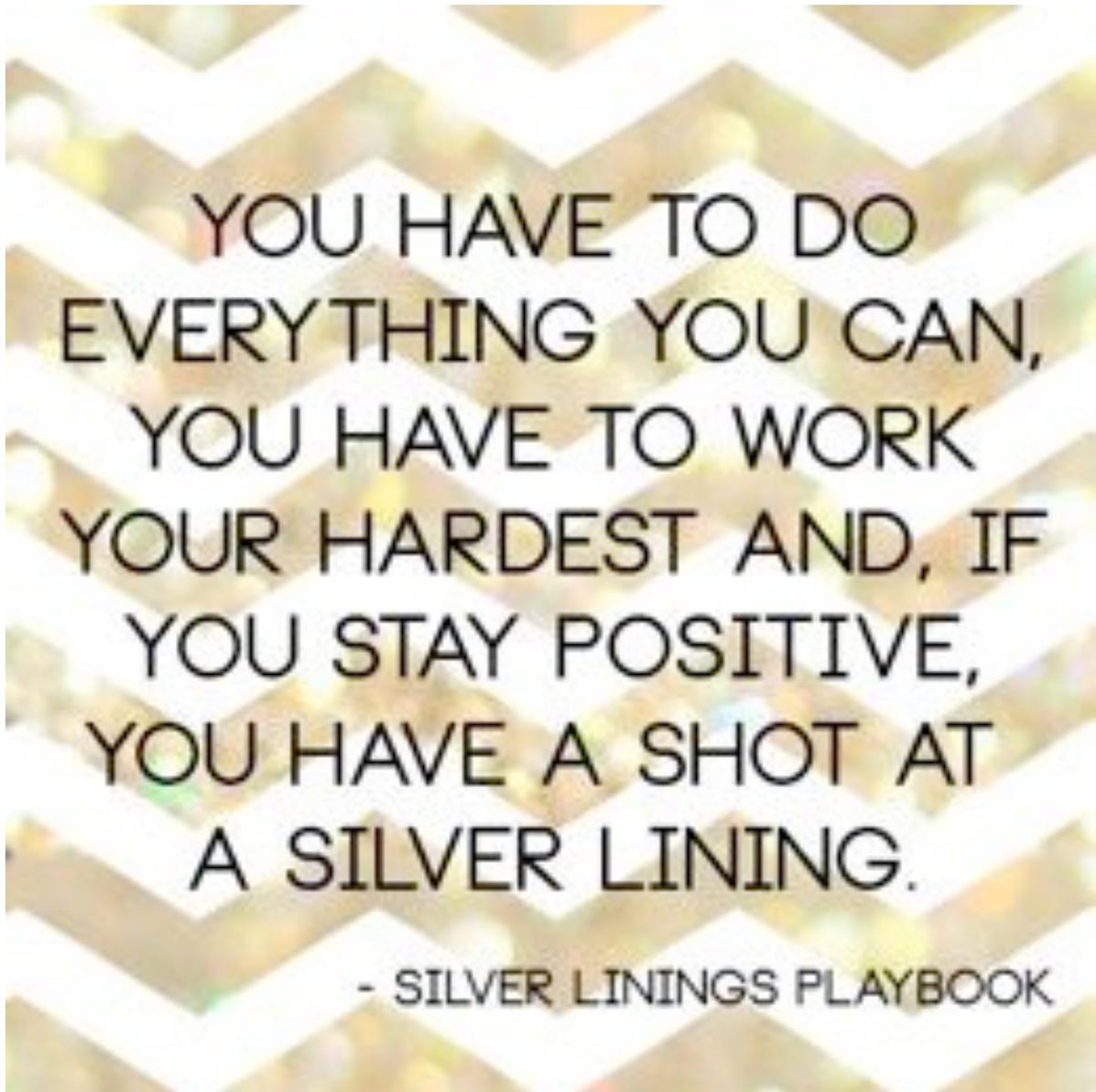
WE NEED AS MUCH HELP AS WE CAN GET!

If you are interested in participating please provide the feedback requested at the end of the meeting to billmatl@bellsouth.net

- Name, email, preferred phone number**
- Particular interests and/or experience**
- General comments and recommendations**

We would like feedback on those areas where you would like to become active. We also need your thoughts on how to communicate. Tentatively, we will meet again on the **2nd Monday in February (Feb 10th) at 7PM**. We will likely have an interim conference call. Also, FYI our regular NAMI North side Education Meeting is on Monday Jan 27th. Basically, we need to know what you want to work on and when and how to communicate. Our Board will help develop a plan based on your input. Thanks again.

Best Regards,
Bill McClung 770-605-0787



Our Speaker This Month is...

Annette Taylor from iResearch Atlanta

Annette will provide an overview of the clinical trials their center is conducting on new treatments for individuals with mental illness. iResearch Atlanta is a multi-specialty clinical research center committed to improving the quality of life for people in the Atlanta area.

<http://www.iresearchatlanta.com/>

Please join us on Monday, January 27th at 7:30 in welcoming Annette.



Below are links to three interviews by Pete Early with NAMI National's new Executive Director, Mary Giliberti.

Pete Earley is a storyteller who has penned 13 books including the *New York Times* bestseller The Hot House and the 2007 Pulitzer Prize finalist Crazy: A Father's Search Through America's Mental Health Madness.

After a 14-year career in journalism, including six years at *The Washington Post*, Pete became a full-time author with a commitment to expose the stories that entertain and surprise.

His honest reporting and compelling writing helped him garner success as one of few authors with "the power to introduce new ideas and give them currency," according to *Washingtonian* magazine.

When Pete's life was turned upside down by the events recounted in his book *Crazy*, he joined the National Alliance of Mental Illness to advocate for strong mental health reform on the public stage.

This new advocacy has taken him to 46 different states and multiple countries around the globe where he delivers speeches

to rally against the troubled mental health systems and for the mentally ill.

New NAMI Director Answers Questions About AOT, Hospitals, & Future of NAMI

<http://www.petearley.com/2014/01/13/new-director-answers-questions-about-aot-hospitals-future-of-nami/>

NAMI Director Talks About Drug Money, Paternalism

<http://www.petearley.com/2014/01/15/nami-director-talks-about-drug-money-paternalism/>

Mary Giliberti, New NAMI Director, Looks Forward

<http://www.petearley.com/2014/01/17/mary-giliberti-new-nami-director-looks-forward/>

An Exciting Opportunity

NAMI Northsider's have been invited to attend the BDP Family Connections February Education Program.

Dr. Noriel Lim, PhD from Emory University School of Medicine's Adolescent DBT Program is the noted guest speaker.

**SATURDAY, FEBRUARY 1ST
FROM 10:00AM TO 12 NOON**

**PEACHTREE PRESBYTERIAN CHURCH IN
BUCKHEAD - ROOM 2309**

BRING: YOUR OWN DRINK OR SNACK

NORIEL LIM, PHD is a licensed clinical psychologist working with children, adolescents and adults in the Child and Adolescent Mood Program (CAMP). Dr. Lim directs the Anxiety Program at CAMP and is involved in CAMP's Adolescent DBT Program. Dr. Lim received his B.A. in psychology and anthropology from the University of California-Berkley. He received an M.A. and Ph.D. in Clinical-Community Psychology from the University of Illinois at Urbana-Champaign. Prior to joining the faculty at Emory, Dr. Lim completed a pre-doctoral internship training in Clinical Child Psychology at Upstate Medical University in Syracuse, NY and a two-year postdoctoral fellowship at Emory University School of Medicine.

Dr. Lim specializes in evidence-based approaches in the treatment of anxiety, depression and emotion dysregulation among children, teens and adults. His research has focused on the mental health and well being of ethnic minority youth, particularly those from immigrant families.

Dr. Lim will discuss research and findings to-date of Emory University's Adolescent DBT program, focusing specifically on:

- 1) The elements of the adolescent DBT program**
- 2) Treatment outcomes on DBT for adolescents**
- 3) The role of care-giver involvement in the treatment of adolescents with emotional dysregulation**

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Legislative Update

A banner image with a green background. On the right side, there is a partial view of a person in a red shirt. The text on the banner reads: "...for the mental health of all Georgians." in a white, sans-serif font.

...for the mental health of all Georgians.

Week of January 13, 2014

This is the first week of the 2014 session, which is the second half of a two-year process. Leadership in both the House and Senate stays the same. It is also an election year, so we are expecting the session to end very quickly - probably by mid-March.

The annual budget for the state of Georgia is over \$20 billion and back up to pre-recession levels. However, that does not take into account inflation and population growth. Governor Nathan Deal gave his State of the State Address to the legislature on Wednesday morning (1/15), primarily focusing on Education funding. Governor Deal opened his speech by saying "The state of our state is excellent." However, we were disappointed that he is still unwilling to expand Medicaid for either health or economic reasons.

The majority of expenditures for mental health, \$5.2 billion, is in the Medicaid Aged, Blind and Disabled medical health services program. Georgia's Department of Behavioral Health and Developmental Disabilities budget is only \$1.2 Billion.

While the majority of new funding for behavioral health is going toward the DOJ Settlement's requirements to improve community behavioral health services, there is a move by advocacy groups and providers to increase funding for the

Georgia Vocational Rehabilitation Agency. They need \$8.2 million in additional state funds to be fully funded.

As always, we will keep you informed throughout the session on the budget process for the Amended FY 2014 and the full FY 2015 budgets. It is expected that the supplemental FY 2014 budget will go to the House floor for a vote by the middle of next week.

In terms of legislation, we will be following all Bills pertaining to behavioral health. Below are a couple that are on our radar now. We will update this list each week with more specifics, Bill numbers, and additional Bills:

- A Bill to provide stronger oversight of the CSBs. The Bill does not impact direct services, but rather looks at Board Governance, consistent audits of CBSs, and putting more public officials on the Boards.
- Gun carrying laws on college campuses and churches will be considered again and will include language about gun permits for people with mental illness. We will be carefully tracking and providing input on this legislation to avoid adding to stigma surrounding mental illness.

TAKE A PROACTIVE STAND!

What's the best way to make your voice heard? Have you been to the Capitol lately? Being there, seeing your legislator in action or speaking with them directly is the best way to advocate on behalf of our public mental health system.

A Vital Role

The role of companion, family member or caregiver has taken on more importance than ever as physicians and treatment specialists attempt to assist millions throughout the world learn

to effectively manage the symptoms of troublesome brain disorders. It is becoming evident that those afflicted with mood disorders stand a much greater probability of treatment success and lasting recovery when they have ongoing support they can rely on. Studies show that people with these illnesses tend to have milder symptoms, fewer episodes and recover more quickly when they have the active support of others. Those playing an ongoing supportive part in a loved one's treatment process are proving to serve a vital role in his or her recovery.

Being an effective companion to someone with a mood disorder can be an extremely large challenge for someone to undertake. It's not unusual for the stress of taking on such an endeavor to result in personal and family strife and interpersonal discord never before experienced straining relationships, emotions, friendships, finances and general peace of mind. Fortunately, many companions, family members and caregivers pick up the knowledge of how best to help a person with an unmanaged mood disorder by acquiring the skills and tools necessary for treating and managing these illnesses. Here is a process that many of them follow:

- Successful caregivers always begin by learning *everything* they can about their loved one's illness. They read about it, visit libraries, watch videos, search the Internet's quality websites, attend lectures, join in family support groups offered by DBSA, NAMI and others, and become thoroughly acquainted with the illness, its symptoms and available treatment.
- They encourage their loved one to get and maintain professional help and stick with a treatment plan that helps him or her manage their symptoms.
- They are good listeners, ask how to help, provide assistance that's appropriate, and help their loved one avoid isolation.
- They are genuinely understanding and compassionate, and provide a loved one with the trust and confidence of being someone who can be relied on during challenging situations, difficult and disappointing setbacks and when confronted with all too prevalent unexpected emergencies.

- They hold to the necessary and helpful habit of practicing patience, realizing that the process of recovery takes time with no “quick fixes” or “permanent cures” on the mood disorder horizon, only “moderate to totally managed symptoms.”

“Moderate to totally managed symptoms“ ... certainly not a bad goal to aim for and to achieve, whether it’s a brain disorder or some other kind of illness.

<http://surfcitypress.org/>