

# The Augusta Azalea

☞ *Mental Health News for the Central Savannah River Area* ☛

*Home of the Bert Yancey Memorial Tournament*

**Published Monthly by NAMI, Augusta, Georgia, Inc.**

[www.nami.org/sites/NAMIAugusta](http://www.nami.org/sites/NAMIAugusta)

**February 2010**

**Our 23<sup>rd</sup> Year**

## **NAMI Augusta**

A nonprofit affiliate of the  
National Alliance on  
Mental Illness  
P.O. Box 3904  
Augusta, GA 30914-3904  
(706) 733-8838  
[namiaugusta@gmail.com](mailto:namiaugusta@gmail.com)



**NAMI**  
National Alliance on Mental Illness

# Augusta

Presents

## **Sandra Mobley, PhD**

Assistant Professor  
Department of Obstetrics and Gynecology  
Clinical Assistant Professor, Department of Health  
Environments and Systems  
Medical College of Georgia  
Director, Enterprise Community Healthy Start Initiative

*Discussing*

## **Childbirth and Mental Health Including Postpartum Depression**

**Plus**

## **Exercise and Mental Health**

Followed by  
**"Ask the Nurse"**

**7:00 pm, Thursday, February 4, 2009**  
**Reid Memorial Presbyterian Church**  
**2261 Walton Way, Augusta, Georgia**  
*Free and open to the public*

*Dedicated to  
improving the lives of  
all persons affected by  
severe mental illnesses*

### **Board of Directors**

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Bert Yancey  
Memorial Tournament*

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Lynn Tyson, *M.D.*  
Charlotte Watkins

## **FREE mental health events and services, February 2010**

**NEW – Family Support Group – NAMI** Augusta is now preparing to launch a support group with trained facilitators for family members of persons with mental illness. To reserve your place please leave a message at 706-733-8838.

**Augusta NAMI Connection** (peer support group for adults with mental illness living in the community) now meets **the first and third Tuesdays of the month**, 6:00-7:30 pm. Friendship Community Center, 1720 Central Ave., Augusta, GA. Step-down house residents no longer attend this group. Contact Gareth Fenley, 706-721-0162.

**Pathways to Recovery support group with the Forensic Step-down House** meets the **second and fourth Tuesdays of the month**, 6:00-7:30 pm. Sponsored by NAMI Augusta. Location: Friendship Community Center, 1720 Central Ave., Augusta, GA. Contact Gareth Fenley, 706-721-0162.

**Thomson NAMI Connection support group** meets every Monday, 10:00-11:30 am. Sponsored by NAMI Augusta. Location: Springfield Baptist Church, 523 Martin Luther King St., Thomson, GA. Contact Mrs. Wiley at 706-595-6252 or cell 706-595-4299.

**NAMI Augusta** presents educational speakers on the first Thursday of the month (except April) at 7:00 pm at Reid Memorial Presbyterian Church, 2261 Walton Way, Augusta, GA. NAMI Augusta's office phone number is 706-733-8838.

**NAMI Aiken** meets the fourth Thursday of the month at 7:00 pm, First Baptist Church, 120 Chesterfield St. South (back entrance), Aiken, SC. Contact Leslie, (803) 270-5221.

**Augusta Area Survivors of Suicide (SOS)** offers grief support for friends and families of suicide victims. Meets on fourth Sunday each month, 3:00-5:00 pm. For location or just to talk, call Laraine and Al Yarbrough, 706-863-6785.

**Women Supporting Women.** Group for women with depression, bipolar disorder, and

other mood disorders. Second and fourth Mondays, 7:30-9:00 pm at Friendship Community Center, 1720 Central Ave., Augusta, GA. For information, call Kathy Ringel, 706-736-4339.

**Depression & Bipolar Support Alliance (DBSA)** support group meets every 3rd Wednesday of each month at 6 pm. First Baptist Church, Augusta, 3500 Walton Way Extension, Walton Building, Room 105. For information, call Dan Cook, 706-722-0010.

***Dozens more contacts for meetings and service providers are online in our "Local Resource Directory" at [www.nami.org/sites/NAMIAugusta](http://www.nami.org/sites/NAMIAugusta)***



### ***Making the call for help***

**NAMI National - [www.nami.org](http://www.nami.org)  
1-800-950-NAMI (6264)**

**NAMI Georgia - [www.namiga.org](http://www.namiga.org)  
1-800-728-1052**

**Peer Support "Warm Line" at  
1-888-945-1414**

The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day.

### ***CRISIS HOTLINE***

The 24-hour Georgia Crisis and Access Line, operated by Behavioral Health Link and also sponsored by the state, is

**1-800-715-4225.**

***NAMI Augusta does not provide crisis intervention services, medical services, or legal counsel.***

# NAMI Aiken Offering Free Classes to Family Members

**Family to Family Education Program** is a series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained family member volunteers who know what it is like to have a loved one struggling with one of the brain disorders. Major depression, Bipolar Disorder, Schizophrenia, Obsessive Compulsive Disorder, Borderline Personality Disorder and Co-Occurring Brain Disorders and Addictive Disorders will be addressed. This class starts **February 16, 2010** and will be held at New Covenant Presbyterian Church in Aiken on Tuesday nights from 6 – 8:30 pm. Registration is required. Call 803-270-5221.

**NAMI BASICS** is a series of 6 classes that provides education and support for parents of a child or adolescent living with a mental illness. Course elements include: the trauma of mental illness for the child and the family, the biology of mental illness (getting an accurate diagnosis), the latest research on the medical aspects of the illness and advances in treatment, an overview of treatment options – treatment works, the impact of a child's mental illness on the rest of the family – caregivers and siblings, an overview of the systems involved in caring for children and teens. Registration is required. Please call 803-270-5221 or 803-663-3247. This class will also meet at New Covenant Presbyterian Church in Aiken from 6-8:30 and is scheduled to begin **March 23, 2010**.

## *NAMI Augusta Featured on TV News*



Channel 12 News was "on our side" on Monday, January 18, 2010 as NAMI Augusta celebrated the Martin Luther King, Jr., Holiday with a special reception for Gladys Christian. She drove here from North Carolina just to visit our fair Garden City and learn about the peer support opportunities here. Gladys is

the President of the National Association of Peer Specialists, which has its headquarters in Michigan. At least 45 visitors, including five from Atlanta, were sharing conversation and pot luck at Augusta's Friendship Community Center when the News 12 cameraman surprised us all with a knock at the door. Gladys did us proud with her interview, and NAMI Augusta received publicity for our advocacy and support efforts!

## 2010 NAMI National Convention

### *Celebrating the Fourth In Our Nation's Capital*

What better place to celebrate the Fourth of July than in our nation's capital! Washington's celebration of Independence Day - known locally as A Capitol Fourth -- opens with day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, all this Fourth of July entertainment is free!

NAMI National is planning our 2010 National Convention program to end on the evening of July 3rd (with our annual banquet) which gives you all day on the Fourth to enjoy the sights and sounds of one the country's best celebrations. And, the Hilton's discounted NAMI convention hotel rates of \$155/single and \$165 double (per night) are good through July 6. So, make your travel plans now and join us in Washington, DC!

### Full Conference Registration Fees and Deadlines

#### Member Fees:

- Super Saver rate of \$210 if paid **before** March 1, 2010
- Early Bird rate of \$235 if paid **before** May 31, 2010
- Last minute rate of \$260 if paid **after** May 31, 2010

#### Non-Member Fees

- Super Saver rate of \$260 if paid **before** March 1, 2010
- Early Bird rate of \$285 if paid **before** May 31, 2010
- Last minute rate of \$310 if paid **after** May 31, 2010

#### Consumer Fees

- Consumer Member rate of \$135 if paid **before** May 31, 2010
- Consumer Member rate of \$150 if paid **after** May 31, 2010
- Consumer Non-Member rate of \$175 if paid **before** May 31, 2010
- Consumer Non-Member rate of \$195 if paid **after** May 31, 2010

***Contact us if you are interested in attending the conference! Scholarship fund-raising may be possible.***

# Auburn Professor Seeks True Stories for Mental Health Awareness Play

*By Chris Qualls*

I teach theatre at Auburn University in Alabama and I am developing a play based on true stories about mental illness. Mental illness has affected numerous people in my family and I have a deep personal commitment to this cause. I'm seeking stories (which will remain anonymous) from those who have experienced mental illness firsthand as well as from family and friends of people with mental illness.

This play will focus a spotlight on mental health issues and attempt to reduce stigma, much as "The Laramie Project" and "The Vagina Monologues" have worked to advocate for GLBT rights and women's rights. The play will be available for use as a fund-raising tool for mental health organizations and advocacy groups worldwide. (FYI: Eve Ensler's V-Day organization and "The Vagina Monologues" have raised over \$70 million in the past ten years and educated millions of viewers through the play and its related action organization - who knew?!?).

This play will likely be a reader's theater piece interweaving first-person stories to create a powerful narrative that hopes to bring comfort to those who live with mental illness, educate those who are not yet touched by it, and provide financial assistance to the mental health medical research and advocacy

movement. Stories may be submitted in a variety of formats: written text, phone call, or audio/video recording.

To encourage frankness and to provide a safe place of expression these stories will remain anonymous. Interviews are currently under way, and I would like to thank all who have participated so far. Your words will inspire others to speak out and bring hope to those in need. If you know of someone who might be interested, please feel free to pass on the information.

I can be contacted at [TheRealStory@live.com](mailto:TheRealStory@live.com) or via phone at 919.619.1939.

Chris Qualls  
Community and Civic Engagement  
Planning Committee  
Multicultural Diversity Commission  
BFA Performance  
Assistant Professor, Theatre  
Auburn University





# AUGUSTA COALITION FOR MENTAL HEALTH ADVOCACY

The Advocacy Committee of Mental Health America of Greater Augusta, Inc.  
1720 Central Avenue Augusta, GA 30904 706.736.6857

Sponsoring and  
Represented  
Organizations:

Area Agency on Aging

AmericanWork, Inc.

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Association

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National Association of  
Social Workers

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Mental Health America  
of Greater Augusta

National Alliance on  
Mental Illness, Augusta

Serenity Behavioral  
Health System

Steppingstones to  
Recovery

## CSRA MENTAL HEALTH ADVOCATE OF THE YEAR AWARD

The *Augusta Coalition for Mental Health Advocacy*, a subcommittee of Mental Health America of Augusta, is inviting members of the general public to submit nominations for the 2010 CSRA Mental Health Advocate of the Year Award. Established in 2008, the Award seeks to recognize those who, through advocacy, philanthropy, education, health care or direct client services, are making a positive difference in improving either the quality of mental health services or quality of life of persons affected by mental illness in the CSRA.

A selection committee comprised of *Coalition* members will review and evaluate submissions. The award will be presented at the **9<sup>th</sup> Annual Augusta Coalition for Mental Health Advocacy Legislative Dinner at the Augusta Country Club on May 13, 2010.**

To be considered for 2010 CSRA Advocate of the Year Award, please supply the following information by no later than **March 13, 2010.**

1. The completed nomination form, including 2 reference contact names (form attached)
2. A minimum of a 1/2 page narrative describing why the candidate would be a worthy recipient of this award

### NOMINATION GUIDELINES

- Do not assume that members of the selection committee are familiar with your nominee. Please provide concrete examples of the candidate's service and/or achievements and take special care to be accurate with facts, names, dates and all other relevant information.
- If submitting supplemental information (e.g., articles, resumes, newspaper clippings), please keep to 5 pages or less.
- No applications should be submitted on behalf of previous honorees and no posthumous nominations accepted.

[Previous Award Recipients:

Phylis Holliday, 2008; Brian & Neita Mulherin, 2009]

**Submit all materials by March 13, 2010 via e-mail to  
cathy@hayesmarine.com or by postal mail to:**

**Cathy Hayes, MA, LPC  
6539 Reservoir Road  
Appling, GA 30802**

If you have questions, please contact Cathy Hayes at 828-773-3308 or by email at [cathy@hayesmarine.com](mailto:cathy@hayesmarine.com).

*Mental health professionals & consumer groups advocating for legislation to support mental health services for Georgians.*

# CSRA Mental Health Advocate of the Year Award

## NOMINATION FORM

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### I. THE NOMINATOR

Name of Nominating Individual or Organization: \_\_\_\_\_

Contact Name (if nominator is an organization): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### II. THE NOMINEE

Name of Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### III. REFERENCE CONTACTS

Reference Name 1: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Reference Name 2: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Nominator Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**NAMI Augusta membership is only \$30 per year. Gifts of any amount are accepted and appreciated. For those with limited income our "Open Door Membership" is \$3 per year.** The mailing label on this page shows when your membership expires, according to our records.

Dues-paid members vote and receive the *NAMI Advocate* national magazine. Please make your checks payable to NAMI Augusta. Send them to:

NAMI Augusta  
PO Box 3904  
Augusta, GA, 30914-3904

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*Your dues and donations help to warm many hearts!*



NAMI Augusta  
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