



NAMI - SAVANNAH NEWS

www.nami-savannah.org

February 2010

NAMI-Savannah, Inc. is a member of the National Alliance on Mental Illness
7805 Waters Ave., Suite 2B, Savannah, Georgia 31406
Mail to: NAMI-Savannah P. O. Box 13731 Savannah, Georgia 31406

March 2010 General Meeting

Our next General Meeting will be held on Monday March 1st, 2010 at 6:30pm at Trinity Lutheran Church 12391 Mercy Blvd. (across from St. Joseph's Hospital) We will be having dinner and a movie. Come eat supper with us and enjoy a movie.

Share and Care Group

A Share and Care Group will meet on the third Tuesday of each month at Trinity Lutheran Church 12391 Mercy Blvd. from 6:30-8:00pm. This group will replace the former Family Support Group until a new facilitator is found and trained. The February meeting will be on 15th, 2010.

NAMI Connections

Talk to someone who understands ...someone just like you. NAMI Connections is a recovery support group program for people living with mental illness.

The February NAMI Connections schedule is as follows:

Every Tuesday at Trinity Lutheran Church from 6:30-8:00pm

Every Thursday at Pine Woods Retreat - 1149 Cornell Ave. Suite 3A from 6:30-8:00pm

Every Saturday at Candler Hospital Heart and Lung Building (2nd floor 3rd meeting room) 1:30-3:30pm.

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.



Military and Family Life Consultant Program

*"A growing number of military personnel
And their families are reporting emotional
Problems resulting from deployment stress."*

American Psychological Association

We are aware of the toll repeated deployment is having on the mental health of our military service members and their families. In order to better understand the services available to military family members NAMI-Savannah was happy to welcome Rick Lally, a counselor serving the Hunter and Fort Stewart Military and Family Life Consultant Program, to our February General Meeting. MFLC provides short term, situational, problem-solving counseling services to members of all active and reserve military services. MFLC provides psycho-education to help military service members and their families understand the impact of stress, deployments, family reunions following deployments and the stress of military life. All counselors in the MFLC program are Masters or Ph.D level Licensed Clinical Counselors.

For further information you can reach Rick at Hunter AAF 912-704-9505 or Fort Stewart 912-492-6367.



Eric Spencer Visits NAMI-Savannah

NAMI-Savannah welcomed NAMI-Georgia Executive Director, Eric Spencer, to our February General Meeting and also to our Board of Directors Workshop on January 30th. Eric provided us with the latest plans and goals of NAMI-Georgia and information on how we can better utilize the many support services that NAMI-GA offers our affiliate.

Eric described a new pilot program that NAMI-GA is in the process of implementing with state support. The Community Navigator Specialist Program will train work-

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 severe mental illness including schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder, and severe anxiety disorders.

Website: <http://nami-savannah.org>
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BOARD OF DIRECTORS

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STATEWIDE CRISIS AND ACCESS LINE

1-800-715-4225



technology to make sure that follow-up services for patients are being done and to immediately respond when problems arise preventing adequate support. Eric related that Georgia has never had case workers for newly discharged mentally ill patients from state hospitals in the past. This has led, in many instances, to problems obtaining follow-up services and a feeling of hopelessness on the part of the patients and their families.

The Community Navigator Specialist Program will be piloted in one community to begin with and will be expanded as it's effectiveness is established.

Eric assisted our Board of Directors in assessing NAMI-Savannah's strengths and areas where we need to focus on improvement. Eric related that we are an affiliate that others in Georgia look up to and had positive comments on our many programs. Noting that we all can improve, Eric provided us with a recently created "Roadmap for Affiliates" in Georgia that outlines how we can reach suggested NAMI National goals. It provides measurable ways to tell the effectiveness of our programs and provides suggestions for reaching beyond our current level. The NAMI-Georgia plan for affiliates will require hard work on our part but the benefit will be all Georgia affiliates operating from the same playbook. Our Board of Directors is eager to rise to the challenge NAMI Georgia has set for us and with it's support we will succeed.

Behavioral Health Coordinating Council

By Diane Reeder NAMI-Savannah President

As the family member representative in the state, serving on the Behavioral Health Coordinating Council, I would greatly appreciate your input.

By law the Behavioral Health Coordinating Council consists of various agency commissioners or heads. The Council also includes an adult consumer, a family member and the parent of a child consumer of public behavioral health services. These members are appointed by the governor.

The purpose of the council is to develop solutions to the systemic barriers or problems to the delivery of behavioral health services by making recommendations the implement funding, policy changes, practice changes, and evaluation of specific goals designed to improve services delivery and outcome for individuals serve by the various departments.

The next council meeting is Monday February 22nd.

You may reach me at 912-353-7143 or e-mail at namisavannah@bellsouth.net



JOIN US FOR MENTAL HEALTH DAY AT THE CAPITOL

Sponsored by the
Behavioral Health Services Coalition

THURSDAY, MARCH 4, 2010

The Georgia Railroad Freight Depot
Martin Luther King, Jr. Drive at Central Avenue
(near the Coca-Cola Pavilion at Underground Atlanta)

Proposed Program Schedule

8:15 A.M.-9:00 A.M.	Registration
9:00 A.M. - 12:00 P.M.	PROGRAM
12:00 P.M.	Lunch with Legislators and Consumer Art Show

To pre-register, fax this form to the attention of Rheba Smith at 404-758-6833, or email to Rheba at rheba.smith@gpsn.org. In the event you are pre-registering, you will be required to have payment ready when you check in on the day of the event. It is YOUR responsibility to make sure payment is received.

To register and send payment now, please make checks payable to GEORGIA PARENT SUPPORT NETWORK and send to Rheba Smith, GPSN, 1381 Metropolitan Pkwy., Atlanta, GA 30310, or fill out the credit card information below. Credit card payments MUST be accompanied by a day-time phone number. **Please, one person per form.** Rheba can be reached at 404-758-4500 if you have concerns.

_____ Yes! I/we will attend; \$25 registration fee PER PERSON is enclosed.

_____ I/we will attend as a consumer or family member; \$20 registration fee per person is enclosed.

_____ I would like to apply for a consumer/family scholarship (FREE of cost to consumers and family members).

_____ I am enclosing a donation to support Mental Health Day at the Capitol \$_____.

ORGANIZATION NAME _____

INDIVIDUAL'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

CHECK OR CREDIT CARD

NUMBER: _____ EXP. _____

NAME ON CARD: _____

3-DIGIT V-CODE ON BACK: _____

TOTAL AMOUNT TO BE CHARGED: \$ _____

SIGNATURE: _____

Remember To Invite Your State Legislator To Lunch

NAMI-Savannah, Inc
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Federal Department of Justice Files For Relief

Office of Public Affairs
Friday, January 29, 2010
Justice Department Files for Immediate Relief Regarding Conditions in Georgia's Hospitals

WASHINGTON – The Justice Department's Civil Rights Division today announced that it has filed a motion for immediate relief to protect individuals confined in seven state-run psychiatric hospitals in Georgia from the imminent and serious threat of harm to their lives, health and safety. The motion, filed late yesterday, seeks appointment of a monitor who will set binding targets and timetables for reducing the number of residents at the hospitals and expanding appropriate community based services.

A year ago, the state of Georgia and the Justice Department entered into an agreement to ensure that individuals in the hospitals were served in the most appropriate integrated settings and that unlawful conditions in the hospitals were remedied. The agreement was filed in *United States v. Georgia*, and the parties asked U.S. District Judge Charles A. Pannell Jr. to approve the agreement. However, the court has not yet approved the agreement.

The Justice Department has been monitoring conditions in the hospitals and has found that the facilities continue to be dangerous and that hundreds of individuals who could and should be served in the community remain institutionalized and continue to be exposed to dangerous conditions. Georgia continues to fail to serve patients in the most integrated setting appropriate to their needs, and preventable deaths, suicides and assaults continue to occur with alarming frequency in the hospitals.

"States responsible for the care of individuals living in state run facilities have a duty to protect them from harm. Individuals in Georgia's hospitals are being subjected to a widespread pattern of violence and are not being protected from preventable deaths," said Thomas E. Perez, Assistant Attorney General in charge of the Civil Rights Division. "We need quick action to protect these individuals."

The seven hospitals include East Central Regional Hospital, Georgia Regional Hospital at Savannah, Georgia Regional Hospital at Atlanta, Southwestern State Hospital, Central State Hospital, West Central Georgia Regional Hospital and Northwest Georgia Regional Hospital.

City Of Savannah Offers Drug Prescription Discount Card Program

The City of Savannah has a new program to offer savings on prescription drugs to residents who are without health insurance, a traditional benefits plan, or have prescriptions that are not covered by insurance. The card is FREE to all Savannah residents, regardless of age, income or existing health insurance. By using this card you may save an average of 20% off the regular retail price of prescription drugs at participating pharmacies. The Prescription Discount Card is made available to residents by the City of Savannah in collaboration with the National League of Cities (NLC).

Go to www.ci.savannah.ga.us to learn more about this discount plan for City of Savannah residents.