



nAMI Mississippi

"Mississippi's Voice on Mental Illness"

A state organization of the National Alliance on Mental Illness . . . Providing research and offering education, support, and advocacy.

State Mental Health Cuts: A National Crisis

State-By-State Data Released



ARLINGTON, Va., March 9, 2011/PRNewswire-USNewswire

Two thirds of states have cut mental health care in the last three years—even though need has increased because of the nation's economic distress and troops returning home from war, according to a report released today by the National Alliance on Mental Illness (NAMI).

Seventeen states managed to increase mental health budgets during the same three years. For 10 of them, the increases totaled four percent or less. Mississippi ranks 10th and has cut 14.7% in our mental health budget over the last three years.

"State mental health cuts are a national crisis," said NAMI Executive Director Michael J. Fitzpatrick. "Some states are trying to hold the line or make progress, but most are cutting deep. This stands in contrast to the intense national concern about the mental health care system following the Arizona tragedy two months ago."

The report can be downloaded at www.nami.org/budgetcuts. State-by-state tables appear in the appendices. A summary of decreases and increases appears below listing the total change in dollars, percentages and rank.

In all states, the budget squeeze is getting worse in part because of the expiration of enhanced federal Medicaid support in June 2011. Oregon, for example, which increased mental health by \$57.4 million over three years, will lose \$156 million because of the expiration.

The report focuses primarily on non-Medicaid mental health services, which are financed with state general funds and provided through state mental health agencies. It is the part of the mental health system that state legislatures have the most control over.

"Cutting mental health means that costs only get shifted to emergency rooms, schools, police, local courts, jails and prisons," Fitzpatrick said. "The taxpayer still pays the bill."

"Mental health cuts mean that clinics, crisis centers and hospitals close. Admissions are frozen. Emergency room visits increase. Where services remain, staff is cut, wait times for appointments are stretched and when people finally are seen, it's for shorter amounts of time."

"Cuts mean people don't get the right help in the right place at the right time. Communities suffer and families break under the strain. Some people end up living on the street or dead."

The report makes five priority recommendations:

- Protect state mental health funding and restore budget cuts, but tie funding to performance.
- Maintain adequate numbers of inpatient beds for psychiatric treatment.

- Invest in research on early detection and intervention in the treatment of serious mental illness in youth and adults.

- Implement mental health screening and assessment programs.
- Support programs designed to educate families, peers and the public about serious mental illness and how to respond to people living with mental illness.

"Decisions need to be made carefully rather than simply cutting for cutting's sake. If done right, the state budget crisis can still be turned into opportunity," said Fitzpatrick.

To view articles on this matter and to view the list of states, go to one of the following websites:

<http://www.nami.org/budgetcuts>

[Http://yourlife.usatoday.com/health/medical/mentalhealth/story/2011/03/States-slash-18-billion-in-mental-health-funds-since-2009-44655196/1](http://yourlife.usatoday.com/health/medical/mentalhealth/story/2011/03/States-slash-18-billion-in-mental-health-funds-since-2009-44655196/1)



NAMI AFFILIATE Development Seminar

NAMI MS is offering a FREE NAMI Affiliate Development Seminar at 1:30 PM, following the NAMI State Conference, the afternoon of April 30th, at the Hilton Hotel in Jackson, MS. This Seminar is for **all** NAMI Members and everyone is encouraged to attend. Ben Staples, *NAMI National Leadership Consultant for the Southern States*, will conduct the seminar.

As a grassroots organization, NAMI derives its strength and delivers most of its services through local affiliates. Affiliate members truly are on the front lines in our battle to improve the quality of life for people and families living with mental illness and to eliminate prejudice and unfair discrimination against them.

Volunteers are the lifeblood of our affiliates; they are the oil that keeps the NAMI machine running. The involvement and inclusion of consumers is very important because all NAMI members offer skills and talents which contribute to our affiliate's growth and success.

All members please come and be with us for this informative, educational seminar, and learn to truly make a difference in our own communities, together, as the NAMI Mississippi Family.

411 Briarwood Drive, Suite 401
Jackson, Mississippi 39206
(601) 899-9058 • (800) 357-0388
Fax: (601) 956-6308
www.namims.org
stateoffice@namims.org

BOARD OF DIRECTORS

President: David McIntyre - *Florence*
davidmcintyre1@windstream.net
Vice President: Patricia Battle - *Meridian*
patannbattle@aol.com
Secretary: Cynthia Undesser - *Brandon*
ccumd@bellsouth.net
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rquinn@cantonms.biz

BOARD MEMBERS

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melissa.difatta@mchscare.org
Chris Marcell - *Gulf Coast*
chris.marcell@hotmail.com
Harriette Mastin - *Vicksburg*
mastin8@juno.com
Julia Nobile - *Indianola*
bnobile@bellsouth.com
Beverly Pettigrew - *Yazoo City*
aglalady@yahoo.com
Randall Williams - *Vicksburg*
ranwilli@att.net

STAFF

Tonya Tate, *Executive Director*
ttate@namims.org
Christy Bradshaw, *Administrative Assistant*
cbradshaw@namims.org
Sandra Caron, *Coordinator of Consumer Education*
scaron@namims.org
Ann Jensen, *Coordinator of Family & Provider Education*
ajensen@namims.org
Sonya Young-Taylor, *Coordinator of Parental Education*
syoung-taylor@namims.org
Kevin Jones, *Development Coordinator*
kjones@namims.org

NAMI Mississippi's Mission

NAMI Mississippi, a state organization of the National Alliance on Mental Illness, is a non-profit, advocacy organization partially funded by the Mississippi Department of Mental Health. NAMI groups at the local affiliate, state, and national levels share one common goal: To improve the quality of life of persons living with serious mental illness and their families. We work to accomplish our mission through mutual support, education, advocacy, and research.

The NAMI Mississippi newsletter is funded by donations from members and partners and is published to inform, educate, and strengthen the community of individuals and families affected by serious mental illness. The articles and opinions within are not necessarily those of the NAMI Mississippi organization. Content is not intended to endorse any political candidate, viewpoint, treatment, or medication.

A Letter From the Executive Director



For those of you who I haven't had the pleasure of meeting, I am Tonya Tate. I have been the Executive Director of NAMI Mississippi for the past eight months. I am extremely excited for this opportunity to serve as your Executive Director.

NAMI-MS is in the midst of very challenging times. Presently, NAMI-MS has to do much more than we have ever done with much less than we have ever had. The entire country has undergone massive budget cuts and NAMI-MS is no different. Funding is difficult to acquire in these trying times, but we promise to press forward. These challenges that NAMI-MS faces bring with them new opportunities. This is an opportunity to grow our membership, find new sources for donations, and put every effort into growing our Walk beyond anything we have seen before. These tasks are not easy, but with everyone working together we can take on these challenges by taking advantage of our opportunities.

NAMI-MS has the challenge to use our Gulf Coast affiliate to help other organizations provide disaster recovery. We are able to accept this challenge due to funding received through a grant from British Petroleum. NAMI-MS will meet this challenge by training and developing teachers and mentors in the area as well as offering all of our programs to the Gulf Coast region and surrounding counties.

You can now find NAMI-MS on Facebook! If you have a Facebook account, login and type NAMI Mississippi in the search box and you'll find us there! Please visit our page to help us remove the stigma on mental illness. Join our network of friends as we try to effect positive change.

As Executive Director I have seen the importance of those of you who help us do what we do. Thanks to all of our members, past walk participants, donors, fund raisers, sponsors, and friends. Thank you all and I look forward to working with all you. This year is a year of opportunity; let's take advantage of each and every opportunity presented!

Tonya Tate,
Executive Director

Letter from the President of the Board

During the past six months we faced financial disaster; but thanks to the diligent work of our staff, this has been temporarily averted. Mental health delivery issues have made news headlines because of budget cuts and the concept to localized delivery of mental health services. Other legislative changes are being discussed as well and we hope these discussions will not lead to more changes. We still face many challenges and opportunities in 2011.

New funding sources must be developed. A grant from British Petroleum keeps NAMI services active and challenges us to provide increased training and education to individuals affected by the oil spill. New directions for service delivery are being implemented and NAMI will be in the forefront to deliver care to consumers and family members. Provider education is an essential part of where we need to go. The challenges are before us and we need your help.

Let's have a great year.

David McIntyre, *Board President*



GIESSNER RETIRES

Long time NAMI Volunteer, Annette Giessner, announced last July that she would be joining her husband in retirement. Annette has been a part of the NAMI Mississippi family since the mid 1990s, and has served as President of the State Board of Directors for the past twelve years. Her steadfast and unwavering support for NAMI is unsurpassed, and during Annette's time as President of the Board, additional affiliates were started and educational and support programs were added and conducted throughout the state.

In addition to Annette's roll as President of the Board she has also served as the facilitator of the Family Support Group in the Central Mississippi area, the Capital Area Family Support Group that still meets at seven o'clock every second Thursday night at St. Dominic's Hospital in St. Catherine's Room. Annette had been facilitating the group alone since the death of her Co-Facilitator, Emily Hodo. Jerry McCarver is now facilitator of the Support Group.

THE NEW MEMBERS OF THE NAMI MS TEAM

Sandra Caron, Coordinator of Consumer Programs

Sandra is our past Southern Regional Coordinator and a consumer of mental health services herself. Since becoming a NAMI Mississippi member, Sandra has become a Connections facilitator and advanced to become a State Trainer for the Connections program. She is also a Peer to Peer Mentor and *In Our Own Voice* Presenter. Sandra is passionate about all of the consumer programs.

Sandra states, "Advancing consumer educational opportunities is vital for the health and well being of consumers. Recovery is possible and through educational courses such as Peer to Peer, we gain insight into our illness. Our *In Our Own Voice* program itself, points out that consumers can and do recover and move on to independent and productive lives. Through the support of the Connection group support program, we, as consumers, are able to help each other through our own lived experiences. I look forward to working with the leadership of NAMI Mississippi and staff members as we promote the causes of NAMI."

Sonja Young-Taylor, Coordinator of Parental Education

Please extend a NAMI MS welcome to Sonja Young-Taylor, our new *Coordinator of Parental Education*. Sonja's focus is on supporting and educating parents and caregivers throughout the state through the NAMI Basics Program.

Sonja is pursuing a degree in Mass Communications specializing in Public Relations. She comes to NAMI from Jackson State University. Sonja is native of Jackson, Mississippi, residing in Madison and has a 12 year old son Will, with Down Syndrome. Will is highly functional, loving and

energetic. Will attends Madison Middle School and loves watching movies and listening to music. He also enjoys spending time with his grandparents Charles and LaVerne Gentry.

Sonja is passionate about informing and providing support to parents and children dealing with mental illness. "It's extremely rewarding to have the opportunity to provide an ear as well as information to parents facing the numerous challenges parents face daily". "Even more importantly, is that the assistance being provided is not only material from a manual but real life experiences". At the end of the day, I know I've made a difference in someone's life, and that's priceless".

Welcome to our team Sonja!

Christy Bradshaw, Administrative Assistant

We are excited to welcome Christy Bradshaw as the new *Administrative Assistant* in our office. Christy will be responsible for general office coordination.

Christy has an Associates Degree from Hinds Jr. College in Marketing and over 20 years of office experience. Christy's background and wonderful organizational skills will be a welcomed asset to our office. She will work directly with the *Executive Director*, Tonya Tate.

Christy is married to James Bradshaw and they have four boys and two little grandchildren. She was raised in Jackson and now lives in Madison, MS.

Christy is also the current Vice-President of the NAMI Cental MS Affiliate and is involved in all aspects of the Affiliate's work in Central MS. Please join us in welcoming her to our team.



NAMI MS BOARD OF DIRECTORS:
 Harriette Mastin - *Vicksburg Rep.*,
 Chris Marcell - *MS Gulf Coast Rep.*,
 Beverly Pettigrew - *Yazoo City Rep.*,
 Melissa DiFatta - *Member At-Large*,
 Randall Williams - *Member At-Large*,
 David McIntyre, Pres. - *Member At-Large*,
 Patricia Battle, Vice President -
Member-At-Large,
 Ricky Quinn, Treasurer - *Central MS Rep.*,
 Julia Nobile - *Member At-Large*,
 Not Pictured:
 Cynthia Undesser, Secretary -
Member At-Large

**It's
 ELECTION
 TIME AGAIN**

Calling all Members of NAMI Mississippi! It is that time of year for nominating candidates for the position of at-large board members of the 2011 NAMI Mississippi Board of Directors!

According to the NAMI MS By-laws, a candidate for the board must be a dues-paying family member or consumer. Professionals who are not family members or consumers may serve on the board, but no more than 30 % of the board may be made up of this category.

You may use the form below to nominate, but obtain permission from the individual before you nominate him/her. Choose someone who has the necessary skills and abilities to be a working board member and who will be committed to taking on responsibilities within the organization.

Candidates for nomination must be: NAMI MS members in good standing (dues paid), willing to attend quarterly (or sometimes monthly) meetings in Jackson, willing to participate on board committees, support and engage in fund-raising, oversee resources, select/support/evaluate the executive director, monitor the organization's programs and services, and support and advance the mission of the organization. The term of office is three years beginning July 1, 2011, to June 30, 2014.

Deadline for receiving nominations is April 30, 2011. Nominees will then be contacted by the Nominating Committee. A ballot with the names of the nominees will be prepared and mailed out to you for your vote by May 30, 2011. [NAMI MS Board of Directors Nominating Committee: Harriette Mastin & Beverly Pettigrew; for questions, email mastin8@juno.com or call 601-630-9470]

NAMI MISSISSIPPI BOARD OF DIRECTORS NOMINATION FORM

Mail to: NAMI MS Nominating Committee, H. Mastin & B. Pettigrew, 11880 Hwy. 61 South, Vicksburg, MS 39180

Deadline for receiving is April 30, 2011

I, _____, a dues-paying member in good standing of NAMI Mississippi, do

Nominate _____, also a dues-paying member in good standing of NAMI MS, as a candidate for a position of at-large member of the NAMI MS Board of Directors. He/She has agreed to serve if elected and has the necessary qualifications as noted in the above description to be a dedicated and active Board member. This nominee may be

contacted via this address: _____

_____ and phone number: H. _____

Week.# _____; Cell#: _____; Email: _____

Please attach a paragraph of introduction telling why you believe that this person would be a good choice; what this person has done in the past to advance understanding of mental illness or to improve services for mental illness; what skills or interests he/she will bring to the board; and what interest area or need for system improvement he/she would like NAMI MS to address.



NAMI RETURNS TO THE HEARTLAND FOR ITS 2011 CONVENTION

The Midwest--where NAMI originally coalesced as an organization--continues to be a vital source of new ideas, new energy and new hope for families living with mental illness. Our 2011 convention will feature:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other on how to make change on the local level.
- Inspiration, innovation and an exhilarating four days in one of America's great cities.

Full Convention Registration Rates

		MEMBER	NON-MEMBER
Early Bird	(deadline 5/31/11)	\$235	\$285
Last Minute	(after 5/31/11)	\$250	\$310
Consumer	(deadline 5/31/11)	\$135	\$175
Consumer	(after 5/31/11)	\$150	\$185

Go to <http://www.nami.org/convention> for more information.

Make your plans now to attend this life-changing event: July 6-9 at the Chicago Hilton!

All Mississippi consumers are urged to participate in an Arts and Crafts Contest to be showcased at our State Conference, April 29 and 30. Submit your entries, poetry, basket weaving, pottery, sculptures, paintings, drawings . . . , to the NAMI MS Office by April 22. For information contact Christy Bradshaw, Administrative Assistant, at the NAMI MS Office.



NAMI MISSISSIPPI and MS PEER LEADERSHIP NETWORK 2011 STATE CONFERENCE Friday & Saturday, April 29 & 30 Hilton Hotel, Jackson, MS

“Building Community Partnerships,” the 2011 NAMI MS State Conference, has been designed to improve the lives of all those affected by mental illness through advocating the building a base of support within local communities. This support base of community stakeholders will help us educate the general public and promote better services, research, and heightened awareness.

On Friday, the conference features presentations by Benjamin Staples, *NAMI National Regional Leadership Consultant for the Southern United States*; Wendy Mahoney, *Executive Director of Mississippi Families As Allies For Children's Mental Health*; W. Wes Johnson, Ph.D., *Professor, Department of Criminal Justice, University of Southern Mississippi*; and Angela Ladner, *Executive Director of the Mississippi Psychiatric Association*.

Saturday morning Clarence Jordan, *NAMI National Board of Directors 2007-2013*, will speak on **Resiliency: Transforming Communities One Life at a Time**. Then take your choice of two workshop sessions: 1: **Rights of Mental Health Service “Consumers”** by Ann Maclaine, *Executive Director of Mississippi Disability Rights*; 2: **Why & How to Build Community Partnerships** by David Foster, *Central MS Regional Director of MS Children's Home Services*.

Register by April 15th and stay for our Awards Luncheon. Keynote Speaker, Rose Delaney, *Executive Director of the Florida Peer Network, Inc.*, will deliver a powerful story for consumers and family members.

Following the conference, NAMI MS is offering a **FREE NAMI Affiliate Development Seminar** starting at 1:30 PM. This Seminar is for *all* NAMI Members and everyone is encouraged to attend. Ben Staples, *NAMI National Leadership Consultant for the Southern States*, will conduct the seminar.

Registration begins at 7:00 AM on Friday and the conference starts at 9:00 AM. Please make plans to join us. For more information contact Kevin Jones, *Development Coordinator*, at (601) 899-0388 / 1-800-357-0388 or kjones@namims.org.

AREA HOTEL RATES		
Hilton Hotel	601-957-2800	\$99.00/night/room
Quality Inn	601-956-6203	\$59.99/night/room
Redroof Inn	601-956-7707	\$49.99/night/room



Friday & Saturday, April 29 & 30
Hilton Hotel, Jackson, MS

**NAMI MS and MS PEER LEADERSHIP NETWORK
2011 STATE CONFERENCE AGENDA**

FRIDAY, April 29

7:00 - 10:00 AM **Conference Registration Open**

9:00 - 9:30 AM **General Session:**
Welcome **Tonya Tate**, Executive Director, NAMI MS
Sandra Caron, MS Peer Leadership Network
Harvey Johnson, Mayor, City of Jackson

9:30 - 10:30 AM **Speaker:**
NAMI Standards of Excellence **Ben Staples**, Leadership Specialist, NAMI National

10:30 - 10:45 AM **Break**

10:45 - 11:45 AM **Speaker:**
Mental Health Resources for Children and Adolescents **Wendy Mahoney**
Executive Director, Mississippi Families As Allies For Children's Mental Health

11:45 - 12 NOON **Scavenger Hunt!**

12 NOON - 1 PM **Lunch on your own**

1:15 - 1:30 PM **Door Prizes!**

1:30 - 2:30 PM **Speaker:**
Mental Health in MS: Reform or Rhetoric? A review of the 2011 Legislative Session
. **Angela Ladner**, Executive Director, MS Psychiatric Association

2:30 - 2:45 PM **Break**

2:45 - 3:45 PM **Speaker:**
Criminalization of Mental Illness; Crisis & Opportunity for the MS Justice & Mental Health Systems
. **W. Wes Johnson**, Ph.D., Professor, USM

3:45 - 4:00 PM **Conference Wrap-Up** **Tonya Tate**, Executive Director, NAMI MS

SATURDAY, April 30

9:00 - 9:15 AM **General Session:**
Welcome **Tonya Tate**, Executive Director, NAMI MS

9:15 - 10:15 AM **Resiliency: Transforming Communities One Life at a Time**
. **Clarence Jordan**, NAMI National Board of Directors

10:15 - 10:30 AM **Break**

10:30 - 12:00 NOON **Workshop Sessions:**
1: *Rights of Mental Health Service "Consumers"* **Ann Maclaine**, Executive Director
Mississippi Disability Rights
2: *Why & How to Build Community Partnerships* . . **David Foster**, Central MS Regional Director
Mississippi Children's Home Services

12:00 - 1:30 PM **Luncheon**
Keynote Speaker **Rose Delaney**, Executive Director
Florida Peer Network, Inc.

1:30 PM **Conference Adjourned** **Tonya Tate**, Executive Director, NAMI MS

1:30 - 4:00 PM **Affiliate Development Seminar** **Ben Staples**, Leadership Specialist, NAMI National

NAMI MISSISSIPPI

THE NATIONAL ALLIANCE ON MENTAL ILLNESS

PRESENTS THE 2011

NAMI MS and MS PEER LEADERSHIP NETWORK STATE CONFERENCE



Friday & Saturday, April 29 & 30

Hilton Hotel, Jackson, MS

PRESENTERS



BENJAMIN STAPLES
Regional Leadership Consultant
for the South Eastern United States,
NAMI National



W. WES JOHNSON, Ph.D.
Professor,
Department of Criminal Justice,
University of Southern Mississippi



WENDY MAHONEY
Executive Director,
MS Families As Allies
For Children's Mental Health



CLARENCE JORDAN
Board of Directors
2007-2013,
NAMI National



ANGELA A. LADNER
Executive Director,
Mississippi Psychiatric
Association



ROSE DELANEY
Executive Director,
Florida Peer Network, Inc.

CONFERENCE REGISTRATION INFORMATION

Application has been submitted through the Department of Mental health for 6.5 credit hours. Number of hours to be announced. Continuing education is a separate registration which is required at the beginning of the conference. See page 8 for disciplines applied for.

- Registration Fee for Consumers & Students: \$20.00
- Registration Fee for NAMI members: \$40.00
- Registration Fee for the general public: \$50.00
- Registration Fee for professionals: \$100.00

Please use a separate form for each person. You must pre-register by **April 15, 2011** to attend the luncheon on Saturday. Refunds will only be made if notice of cancellation is received by **April 15, 2011**. Registration at the door does not guarantee lunch.



2011  NAMI MS and MS PEER LEADERSHIP NETWORK STATE CONFERENCE April 29 & 30

NAME: _____

TITLE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____

e-MAIL: _____

The Hilton Hotel meets ADA requirements. Please use a separate form for each person attending. Make checks payable to **NAMI Mississippi**, and mail to:

NAMI Mississippi
411 Briarwood Dr., Ste 401
Jackson, MS 39206-3058

Check here if you will be attending the luncheon on Saturday. Must register before 4/15/11.

REGISTRATION FEE ENCLOSED: _____

UPCOMING EVENTS

APRIL

9 Board Meeting
29 - 30 State Conference, Jackson, MS

MAY - Mental Health Awareness Month

3 Children's Mental Health Day
13 - 15 Peer to Peer Training, Gulfport, MS
7, 14, 21 BASIC Class, Jackson, MS

JULY - Minority Mental Health Awareness Month

6 - 9 NAMI National Conference, Chicago, IL

SEPTEMBER

16 - 18 NAMI Board of Director Training

OCTOBER

3 - 8 Mental Illness Awareness Week

NOVEMBER

4 Candlelight Vigil, South steps of the Capitol, Jackson, MS
5 NAMI Walks, Winner's Circle Park, Flowood, MS



Plan Now To Walk with us in 2011

When: November 5, 2011

Location: Winner's Circle Park, Flowood, MS

Time: 10:00 AM Registration begins at 9:00

November 4, 2011, 7:00pm

Candlelight Vigil

*On the steps of the State Capitol
Downtown Jackson*

Walk Honorary Champion

Kathy Denton

*Director of Public Relations
Mississippi State Hospital*

Go to www.namims.org and form your walk team & take donations online! The first 20 team captains to register online for the 2011 NAMI Walk will be entered into our *Tasty New Year Drawing* to win a \$30 Applebee's Gift Card. The drawing will be held during the state conference luncheon April 30th, 2011. For more information on how to become a team captain please contact Kevin Jones, *Development Coordinator*, at (601) 899-9058.

Continuing Education discipline information:

The educational portion of this activity is presented by NAMI Mississippi through the Mississippi Department of Mental Health, Division of Professional Development. For Continuing education credit a separate registration with the Department of Mental Health is required at the beginning of the conference. **Planning Forms have been submitted for review for continuing education credit.**

The Department of Mental Health, Division of Professional Development is approved as a provider (#DP03004) by the National Association of Social Workers, Mississippi Chapter, (for period of 11/20/09 through 10/17/11). The Division maintains responsibility for the educational program.

The Mississippi Department of Mental Health is an approved provider of continuing nursing education by the Mississippi Nurses Foundation, an accredited approver by the American Nurses Credentialing Center's Commission of Accreditation. (Approved Provider CE 00218# EDI 1907)

The Department of Mental Health, Division of Professional Development is approved by the American Psychological Association to offer continuing education for psychologists. The Department of Mental Health, Division of Professional Development maintains responsibility for the program and its content.

The Department of Mental Health, Division of Professional Development which is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. (Provider #5920).

The Department of Mental Health, Division of Professional Development which is approved by the National Association of Alcohol and Drug Abuse Counselors (NAADAC) to provide continuing education for alcohol and substance abuse counselors. (Provider #00305).

The Mississippi Department of Mental Health, Division of Professional Licensure and Certification which is an approver of continuing education for Certified/Licensed Mental Health Therapists, Certified/Licensed Mental Retardation Therapists, Licensed Mental Health/Mental Retardation Administrators, Case Management, and Addiction Counseling.

Rummage June 4th



Calling all neat freaks, hoarders, and the domestically overwhelmed! You are cordially invited to participate in the first ever NAMI Central MS Rummage Sale, the 4th of June, on the grounds of the Old Madison County Jail Museum in Canton, MS, from 6:00 AM till 12:00 Noon.

We'll do the advertising. We'll prepare the place. You rummage your junk in a park like setting.

So tell your family and friends. There is plenty of time to prepare and learn to let go of your *beloved junk*. Bring your own table and chairs or sell it all right out of your vehicle. All we want is 20% of what you take in.

Don't miss this chance to do something for yourself and NAMI. To reserve your space or volunteer to help the day of the event, contact Ricky Quinn: rquinn@namicentralms.com or 601-859-1804. (*This is his office number. Please leave a message if there is no answer.*)

NAMI Central MS is teaming up with NAMI MS Consumer Education Coordinator, Sandra Caron, to increase the number of *In Our Own Voice* presentations given in our area and we need your help. We need for you to ask your church, club, civic group, association, continuing education program, or any group you know of, to allow us to come and deliver an *In Our Own Voice* presentation. To schedule, or for more information about this vitally important program for your group, contact Sandra Caron: scaron@namims.org, 601-941-6450.

The NAMI Central MS Walk Team web page is up and waiting for all of you to join our team. Or consider forming a Walk Team of your own at work or church and help raise awareness and funds for the Central Affiliate and State organization. Anyone raising \$100.00 or more will receive a NAMI *Walks* T-Shirt.

To join the Central MS Team, form a team of your own, walk as an individual walker or make a secure online donation, go to namicentralms.com and click on NAMI *Walks*.

Please take time to visit namicentralms.com and check out our new calendar. All current support groups, classes, events and meetings are listed.

Our little web site has an average of 400 visitors a month and 100 of them are return users. The busiest time is August through January, encompassing all the major holidays. The most requested information is about Bipolar Disorder followed by information about our Board of Directors, Schizophrenia, *About Mental Illness*, Resource Links, the Calendar, and bringing up the rear, Family Services. We have much work to do people.

Christmas Gift Bag Tradition Continues



Stockings adorn Christmas gift bags.

NAMI Meridian distributed **85 Christmas bags** full of practical and fun items to adults with serious mental illness. We appreciate all those who helped collect donations and purchase items as well as those who helped put everything together.

We received significant donations from agencies outside NAMI, including two dentist and the Meridian Chapter of the Public Relations Association of Mississippi. Antioch Baptist Church again donated gloves for each bag, while a local sporting goods store provided 3 pairs of socks for each bag.

The gift bags, which we have prepared for several years, are our largest outreach of the year.

NAMI FAST FACTS

- One in four adults experiences a mental disorder in any given year. One in seventeen adults has a serious mental illness, such as schizophrenia, major depression or bipolar disorder.
- One in 10 children has a mental health condition that causes significant impairment.
- Half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.
- Despite effective treatment, there are long delays--an average of 10 years--from the onset of mental illness to treatment.
- Mental illnesses are the leading cause of disability in the U.S. and Canada for ages 15-44.
- Suicide is the 3rd leading cause of death for America's youth ages 15-24.
- Overall, we lose one life to suicide every 15.8 minutes. The vast majority have an undiagnosed or untreated mental illness.
- About 20 - 25 percent of jail and prison inmates and youth involved with juvenile justice have a serious mental illness.
- Twenty-six percent of homeless persons have a severe mental illness--over four times the rate of the general population.
- An estimated 131,000 veterans are homeless on any given night. 45 percent of these veterans live with mental illness.
- For people living with serious mental illnesses, life expectancy is 25 years less than that of other Americans.

During the fall of 2010, the Vicksburg Affiliate offered the 12-week Family-to-Family class and 6-week BASICS education class for parents along with the ongoing Family Support Group that meets the first Tuesday evening of each month at 6 p.m. in the Conference Room of the Warren-Yazoo Mental Health Administration Building. Following the BASICS class in December, the parents from that class were invited to participate in a new Vicksburg Community Support Group for parents of children with emotional or other disabilities meeting on the third Tuesday of each month from 5:30 - 7:30 at the First Presbyterian Church Fellowship Hall on Cherry Street. This collaborative group, led by Cheryl Grogan, was organized by MS Families as Allies for Children's Mental Health and provides respite care, food, and activities for the children while the parents are attending the support meeting.

The kickoff meeting of the Vicksburg Community Support Group was held February 15th with guest Pam Dollar, from the MS Parent Training and Information Center (a part of Coalition for Citizens with Disabilities), who spoke on *Special Education: Basic Rights*. We at NAMI Vicksburg are excited to be able to participate in this large and active support group for parents. It is an excellent way to network and let parents and the many other agencies represented in this group know about our NAMI BASICS education program and to put the parents in our BASICS classes in touch with many other resources available in the community.

Also in December, the Advocacy group met to discuss ways of improving mental health treatment for those caught up in the court and prison systems. This discussion was continued in a Family Support Group meeting, March 1st, when the group had a judge speak on the development of a Mental Health Court (similar to a Drug Court). More information needs to be gathered about the process of establishing the Mental Health Court, but the affiliate has taken the first step in learning about it.

With the many advocacy issues that are all around us, NAMI Vicksburg has felt the need to become better organized and stronger in order to be more effective. With that thought in mind, several of the affiliate members met March 8th to determine the sequence of steps that needed to be taken to develop the affiliate into an organization more representative of the community. We feel that by educating the community about the importance of mental health issues and NAMI's role in providing education and support, more people in the area will be interested in supporting the NAMI mission. There is much to be done, but we at NAMI Vicksburg are very excited to be a part of the process!

*“Long-term bullying may cause so much distress for an adolescent that it becomes a contributing factor in a suicide attempt. To learn more about how to address bullying, visit **Stop Bullying Now** at www.stopbullying-now.hrsa.gov.”*

From *What Families Need to Know about Adolescent Depression*.
To order visit www.nami.org/store



The Yazoo City Affiliate just completed another Basics Class. They had ten people to graduate. This class is designed to help parents learn about the different diagnoses in children and how they change as a child gets older. It also helps teach communication skills between parents and a child diagnosed with a mental illness or brain disorder. Pictured are, left to right, guest speakers Cookie White and Deloris Smith, *Director of Special Education for Yazoo County Schools*, and teachers Sheila McGraw, Lashelle Steward, and Beverly Pettigrew.

NAMI Yazoo City sponsors a weekly support group at Warren-Yazoo Mental Health. Anyone interested in attending a attending support group or a Basics Class, please call Lashelle Steward at Warren-Yazoo Mental Health: 662-746-5712.

 **NAMI**
Family-to-Family
Education Program

A Free 12-week course for family members/caregivers of adults with serious mental illness. The course balances education and skill training with self-care, emotional support, and empowerment.

Last year Family-to-Family classes were offered in Oxford and Jackson in the spring and Jackson, Gulfport, and Vicksburg in the fall. We appreciate and thank the dedicated volunteer teachers who taught in these communities! Several were teaching for the first time after attending the teacher training in June at the Eagle Ridge Conference Center in Raymond, MS.

We want Veterans and their family members to know that the Family-to-Family course has the endorsement of the Veterans Health Administration. Along with material on all the other serious mental illnesses, information on PTSD had been included a few years ago as a separate handout. With the latest course updates, information on this illness is included in the curriculum, too.

For this spring, classes are being held in Jackson and Gulfport. Anyone interested in more information and to register for a future class contact Ann Jensen at the NAMI Mississippi office: 1-800-357-0388 / 601-899-9058 or ajensen@namims.org.

NAMI LEGISLATIVE CONFERENCE

Health Care Reform and federal parity provide important opportunities to expand coverage for children and adults who live with mental illness. However, with state budget cuts, vigilant advocacy will be needed to ensure that the needs of people with serious mental illness are adequately addressed.

NAMI is working on developing a coordinated state advocacy network in each state. As part of this project, NAMI's state policy team organized a Legislative Conference held on November 11- 14, 2010 in Arlington, VA bringing together state advocacy teams from around the country. Tonya Tate and Ann Jensen represented NAMI Mississippi. The conference agenda included speakers addressing the changing role of Medicaid, private insurance, state mental health, and the changing landscape for mental health care. Workshops were held and materials provided to help each team with identifying an advocacy issue in their state, developing partnerships with other stakeholders, and educating its grassroots members so they, too, can advocate to make a difference.

Membership Form

Join the thousands of Americans dedicated to improving the lives of people with mental illness. When you join NAMI you become a part of NAMI at the national, state, and local levels. Member benefits include *The Advocate*, member discounts, convention registration discounts, access to our online member community, and more.

Annual Memberships

- New Membership Renewal
- Individual/Family Membership.....\$25.00
- Professional Membership.....\$40.00
- Corporate Membership.....\$250.00
- Open Door Membership.....\$3.00

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

(Your e-Mail address is very important because it helps us keep you informed and keeps our costs down.)

Please send the completed application with checks made payable to :

NAMI Mississippi
411 Briarwood Dr., Ste 401
Jackson, MS 39206-3058

All dues and contributions are tax-deductible.

Membership Fee _____

Tax-Deductible Donation _____

Total Enclosed _____

WHAT YOUR SUPPORT DOES FOR NAMI . . .

Every program offered by NAMI is free to the public. Here are a few of the ways your contribution will support NAMI's mission:

- \$10 Pays for informational materials on mental illness
- \$50 Pays for one person to attend one of NAMI's education classes
- \$100 Trains one support group facilitator who will offer life-changing support
- \$250 Funds advertising for one month that will raise awareness of NAMI's important resources
- \$1000 Funds two state trainers to train teachers to become teachers for Family-to-Family or Basic classes

NAMI Mississippi Affiliate & Support Group Contacts

NAMI CENTRAL MISSISSIPPI: namicentralms.com

Contact: Ricky Quinn - 601-859-1804, president@namicentralms.com

Capital Area Family Support Group

Meets the 2nd Thursday of each month at 7:00 p.m.

St. Dominic Hospital, Lower Level, St. Catherine Room

Jackson Consumer Support Group

Tuesdays at 2:00 p.m., NAMI MS Office, 411 Briarwood Dr., Suite 401

MS State Hospital/Community Services

Connection Consumer Support Group

For information: 601-899-9058, stateoffice@namims.org

CORINTH: Contact: Sherry Dalton - 662-808-5921, sherry_dalton@bellsouth.net

Corinth Consumer Support Group

For information: 601-899-9058, stateoffice@namims.org

NAMI GULF COAST: Contact: Chris Marcell - 228-233-9294,

chris.marcell@hotmail.com

Gulfport Family Support Group

Contact Mike Fullilove - 228 343-9098

Ocean Springs Family Support Group

Contact Janice Simpson - 228-497-5635 or 228-826-3600

Gautier Connection Consumer Support Group

Fridays 6:30 - 8:00 p.m., Gautier Library, 2100 Library Lane

Gulfport Connection Consumer Support Group

Thursdays 6:30 - 8:00 p.m.

Gulfport Memorial Hospital, Classroom 6, 4500 13th Street

NAMI MERIDIAN: Contact: Pace Cooke Emmons at 601-483-4821

Meridian Connection Consumer Support Group

Meets Tuesdays 6:00-7:30 p.m., College Park United Methodist Church

OXFORD:

Oxford Family Support Group

Contact Emily Hatch Fox at 662-801-8700

2nd & 4th Saturdays at 10 a.m.

North MS Regional Center, Administration Bldg., Hwy 7 South

Oxford Connection Consumer Support Group

Sundays 3:30-5:00 p.m., Baptist Memorial Hospital Magnolia Room

SOUTHHAVEN: Contact 601-899-9058 / 800-357-0388

Southaven Connection Consumer Support Group

Meets the 1st Friday of each month from 10:00-11:30 a.m.

Goodman Oaks Church of Christ

NAMI VICKSBURG: Contact Harriette Mastin - 601-630-9470

Vicksburg Family Support Group

Meets the 1st Tuesday of each month at 6 p.m.

Warren-Yazoo Mental Health Conference Room

Vicksburg Connections Consumer Support Group

To be announced.

NAMI YAZOO CITY: Contact Beverly Pettigrew: 662-571-3902 or Lashelle Steward: 662-746-5712

Yazoo City Parent & Family Support Group

Meets Thursdays from 6 - 7:30 p.m.

Warren-Yazoo Mental Health Clinic

Other consumer groups:

Recovery, Inc. Self Help Consumer Group: Jackson - Thursdays 7:00 p.m.

Brandon - Wednesdays 10:00 a.m.

Bridges: Hattiesburg - Mondays 4 p.m.

For specific meeting locations and additional information, please call the contact person or the NAMI Mississippi office at 1-800-357-0388

