



NAMI-VERMONT UPDATE

National Alliance on Mental Illness of Vermont

May
2009

NAMI-Vermont Family Support Group Meetings

Bennington Family Support Group meeting – 2nd Wednesday of the month at 6:30 pm at 316 Dewey St. Contact Clare at 802-824-3909 for more information.

Brattleboro Family Support Group meeting – 1st Thursday of the month at 7 pm at the 1st Congregational Church, 880 Western, Ave., W. Brattleboro. Contact Laurine at 603-256-8176 for more information.

Burlington Family Support Group meeting – 2nd & 4th Tuesdays of the month at 7 pm at Howard Center for Human Services on the corner of Pine & Flynn Ave. Contact Jim & Pat at 802-872-9561 for more information.

Central Vermont Family Support Group meeting – 4th Monday of the month at 7 pm in room 3 at the Central Vermont Hospital in Berlin. Contact Roberta at 802-223-3376 for more information.

Manchester / Londonderry Family Support Group meeting – 1st Monday of the month at 6 pm at the South Londonderry Library. Contact Ann at 802-297-0199 for more information.

Middlebury Family Support Group meeting – 3rd Thursday of the month at 7 pm at CSAC at 109 Catamount Park in conf. room 137, Exchange St. in Middlebury. Contact Caryn at 802-388-9669 for more information.

Morrisville/Stowe Family Support Group meeting – 2nd Thursday of the month at 7:00 pm at the Crosby Center on Brooklyn St. behind the Holy Cross Church in Morrisville. Contact Ed or Gail at (802) 253-7707 for more information.

Randolph Family Support Group meeting – 1st Monday of the month at 6 pm at Gifford Medical Center. Contact Rosie at 802-763-8030 for more information.

Rutland Family Support Group meeting – 3rd Monday of the month at 7 pm at the Trinity Church on West St. in Rutland. Contact Joan at 802-773-7004 for more information.

Springfield Family Support Group meeting – 3rd Wednesday of the month at 6:30 pm at the new HCRS building at 390 River Street in North Springfield. Contact Sandy at 802-875-3036 for more information.

St. Johnsbury Family Support Group meeting – 1st Monday of the month at 6 pm at the North Congregational Church. Contact Sid at 802-626-3707 for more information.

White River Jct. Family Support Group meeting – Last Monday of the month at 6:00 pm at the VA Medical Center, WRJ, Building 31 room G-82, enter by the VA police sign. Contact Rosie at 802-763-8030 for more information.



NAMI-Vermont
162 South Main Street
Waterbury, VT 05676
(800) 639-6480
namivt@myfairpoint.net
www.namivt.org

**PLEASE NOTE OUR NEW
E-MAIL ADDRESS!**

May Office Hours

Office hours are 7:00 am—5:00 pm Monday—Friday unless otherwise posted.

Upcoming Office Closings

- May 25th in observance of Memorial Day

NAMI-VT Classes

Family-to-Family

Spring Family-to-Family Classes are currently underway in Burlington, Rutland & Brattleboro. Fall classes TBD

Provider Education

The spring Provider Ed class will be held May 8, May 15, May 22, May 29 & June 5 in St. Albans

Mental Illness in the Family

- Springfield Saturday May 30
- St. Johnsbury Saturday June 6

For more information on any of our classes or workshops, or to put your name on our interest form contact the NAMI-Vermont office at (800) 639-6480

NAMI-Vermont Connection Meetings

Consumer Support Group Meetings

NAMI-Vermont is excited to announce the startup of NAMI Connection Recovery Support Groups in Vermont!

A NAMI Connection Recovery Support Group is an alliance of individuals who have in common the experience of living with mental illness. It provides a place to share experiences and use them as learning opportunities for themselves and others. Connection groups are a safe space to confront the challenges that all consumers face, regardless of diagnosis: low self-esteem; social isolation; dual diagnosis; stigma and discrimination; etc.

Burlington Connection Recovery Support Group – Beginning May 21, 2009

The Burlington Connection meeting will be held Every Thursday from 4:00—5:30 at St. Paul's Episcopal Cathedral located at 2 Cherry Street (enter from the parking lot). For more information contact the NAMI-Vermont Office at (800) 639-6480 or e-mail Ann at connectionvt@myfairpoint.net.

Groups will be starting soon in Bennington, Randolph & Washington County.

Other NAMI-Vermont Meetings & Events

Committee Meetings

Walk Committee:

Walk Committee Meeting is scheduled for Tuesday May 12th at 5:30 pm at the NAMI-Vermont office. For more information contact Erin Evarts at (800) 639-6480 or by e-mail at namivtee@myfairpoint.net.

Consumer Council:

The Consumer Council Meeting is scheduled for Wednesday May 13th at 6:00 pm via conference call. For more information contact Bernie Profili at (802) 316-3082 or Susan Egan at (802) 824-4634.

Advocacy Committee:

The Advocacy Committee Meeting is scheduled for Tuesday May 12th from 6:30—8:00 pm via conference call. For more information contact Leah Matteson at (802) 985-4169.

Executive Committee Meeting:

To be determined. For more information contact Larry Lewack at (800) 639-6480.

Finance Committee & Investment Subcommittee Meeting:

To be determined. For more information contact Larry Lewack at (800) 639-6480.

Outreach & Development Committee:

The first meeting of the Outreach & Development Committee is scheduled for the first week in June. If you would be interested in serving on this Committee contact Erin Evarts at (800) 639-6480 or by e-mail at namivtee@verizon.net.

Events

- **2009 Vermont NAMIWalk for the Mind of America:**

The 2009 Vermont NAMIWalk for the Mind of America will be held Saturday May 16. The Walk begins on the State House Lawn in Montpelier. We're looking forward to a record turn out. The event happens rain or shine. Remember: There will be activities for the whole family starting at 9:30 am. Dogs are welcome and after the Walk we invite people to bring a bag lunch and join us for a picnic. The Walk begins at 11:00. For more information contact Erin Evarts at (800) 639-6480 or by e-mail at namivtee@verizon.net or log on to www.nami.org/namiwalks/vt. You can either register online or the day of the walk. We hope to see you there!

- **Family-to-Family & Provider Education Teacher Training:**

Interested in giving back? The annual Family-to-Family & Provider Education Teacher Trainings are scheduled for June 12—June 14, 2009 in Burlington. There is no cost for materials, meals & lodging thanks to a grant from the Vermont Department of Mental Health. All new teachers are paired with an experienced teacher for their first class, providing any needed support. Trained teachers are expected to teach a minimum of one class in their community.

We're looking for family members and consumers interested in joining together to present the Family-to-Family & Provider Education curriculum. The intended audiences are family members & mental health care providers respectively. There is some mileage reimbursement available to Family-to-Family teachers and there is a stipend & mileage reimbursement available for Provider Education Teachers. You do not need to have taken the Family-to-Family class to be trained.

If you're interested in teaching one of these programs, please contact Jennifer Gordon at (800) 639-6480 or by e-mail at namivted@myfairpoint.net for more information.

- **2009 NAMI-Vermont Annual Conference:**

SAVE THE DATE for the 2009 NAMI-Vermont Annual Conference scheduled for Friday November 6–Saturday November 7th at the Capitol Plaza Hotel & Conference Center in Montpelier.

Tentative workshop topics include:

Evaluations & Management of Chronic Insomnia

Where do Personality Traits End & Psychiatric Disorders Begin? An Update on New Research
"The Suicide Epidemic of the Innocents" The re=institutionalization of the Mentally Ill to the Penitentiaries

Guardianship

When & How to Disclose Your Disability?

A Brief Overview of Dialectical Behavioral Therapy

Tentative keynote presentations include:

Neuroplasticity and Gene-environment Interaction, Dr. Jaskanwar Batra

Recovery: One Writer's Journey—Charles Barber, Author & Lecturer in Psychiatry, Yale

Conference brochures to be mailed in late September.

SIGN UP NOW FOR THE 2009 VERMONT NAMIWALK :

www.nami.org/namiwalks/vt

or call Erin—(800) 639-6480

Miscellaneous Notes

Submissions for the July edition of "The Vermont Advocate" should be received by Monday June 15th. Send your submissions to namivt1@myfairpoint.net.

NAMI-Vermont Events Calendar

May 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|---|
| | | | | | 1 • Connection Facilitator Training | 2 • Budget Subcommittee Mtg 9:30 am • Connection Facilitator Training |
| 3 • Connection Facilitator Training | 4 • Londonderry Spt Group 7:00 pm • St. Johnsbury Spt Group 6:00 pm • Randolph Spt Group 6:00 pm • Brattleboro F2F | 5 • Rutland F2F | 6 | 7 • Brattleboro Support Group 7:00 pm • Burlington F2F | 8 • St. Albans Provider Ed | 9 |
| 10 | 11 • Brattleboro F2F | 12 • Burlington Support Group 7:00 pm • Advocacy Cmtee Meeting 6:30 pm • Rutland F2F | 13 • Bennington Supt Group 7:00 pm • Consumer Council meeting 6:00 pm | 14 • Morrisville Support Group 7:00 pm • Burlington F2F | 15 • St. Albans Provider Ed | 16 • 2009 Vermont NAMIWalk 9:30 registration 11:00 Walk Begins |
| 17 | 18 • Rutland Support Group 7:00 pm • Brattleboro F2F | 19 • Rutland F2F | 20 • Springfield Support Group 6:30 pm • Finance Cmtee Mtg. 3:30 TBD | 21 • Middlebury Support Group 7:00 pm • Burlington Connection Support Group 4:00-5:30 • Burlington F2F | 22 • St. Albans Provider Ed | 23 |
| 24 | 25 • Central VT Support Group 7:00 pm • White River Jct. Support Group 6:00 pm • Brattleboro F2F • OFFICE CLOSED | 26 • Burlington Support Group 7:00 pm • Rutland F2F | 27 | 28 • Burlington Connection Support Group 4:00-5:30 | 29 • St. Albans Provider Ed | 30 • Springfield Mental Illness in the Family Workshop |

NAMI-Vermont Events Calendar

June 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|--|--|
| | 1 <ul style="list-style-type: none"> Londonderry Spt Group 7:00 pm St. Johnsbury Spt Group 6:00 pm Randolph Spt Group 6:00 pm Brattleboro F2F | 2 <ul style="list-style-type: none"> Rutland F2F | 3 | 4 <ul style="list-style-type: none"> Brattleboro Support Group 7:00 pm Burlington Connection Support Group 4:00-5:30 | 5 <ul style="list-style-type: none"> St. Albans Provider Ed | 6 <ul style="list-style-type: none"> St. Johnsbury Mental Illness in the Family Workshop |
| 7 | 8 <ul style="list-style-type: none"> Brattleboro F2F | 9 <ul style="list-style-type: none"> Burlington Support Group 7:00 pm Advocacy Cmtee Meeting 6:30 pm | 10 <ul style="list-style-type: none"> Bennington Supt Group 6:30 pm Consumer Council meeting 6:00 pm | 11 <ul style="list-style-type: none"> Morrisville Support Group 7:00 pm Burlington Connection Support Group 4:00-5:30 | 12 <ul style="list-style-type: none"> Family-to-Family & Provider Ed Teacher Training | 13 <ul style="list-style-type: none"> Family-to-Family & Provider Ed Teacher Training |
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| 21 | 22 <ul style="list-style-type: none"> Central VT Support Group 7:00 pm | 23 <ul style="list-style-type: none"> Burlington Support Group 7:00 pm | 24 | 25 <ul style="list-style-type: none"> Burlington Connection Support Group 4:00-5:30 | 26 | 27 |
| 28 | 29 <ul style="list-style-type: none"> White River Jct. Support Group 6:00 pm | 30 | | | | |