

NAMI Lexington

Black & Williams
Neighborhood Center
Suite 201
498 Georgetown Street
Lexington, KY
40508

Office Hours:
12:00pm-5:00pm

Office # (859) 272-7891

Email Us:
NAMILEX@alltel.net

Visit Our Website:
<http://lexington.nami.org>

Consumer/Family Support Groups:

NAMI Lexington

Adults

1st thru 4th Sundays

Adolescents

2nd Sundays

The Faye Morton
Consumer & Family
Center
Eastern State Hospital
Lexington, KY
2:30pm-4:00pm

NAMI Winchester

1st & 3rd Mondays

Victory Heights
Achievement Center
150 Maryland Avenue
Winchester, KY
7:00pm-8:30pm

Call Deloris Segress at:
(859) 744-6985

NAMI Lincoln/Garrard

3rd Tuesdays

Frontier Rehabilitation
Stanford, KY
5:00pm

Call Debbie Rowe at:
(606) 365-4197

NAMI Richmond

3rd Thursdays
Madison County Library
Richmond, KY
6:30pm-8pm

Call Denise Garza at:
(859) 544-7131

NAMI Lexington

National Alliance on Mental Illness



Valerie R. Mudd, Editor

March/April 2007

\$\$\$\$\$ 1 Billion in HOSPITAL PROJECTS in KY !!!!
\$\$\$\$\$ 600 Million Planned or Underway in LEXINGTON !!!!

"Holy Hospitals !!! Batman!!!! Where's OURS !?!?@#?????"...

A-h-h-h-h-h, the Sunday morning paper; usually one of my favorite, relaxing times. Not so this past Sunday, March 4, 2007. The gleaming audacity of the headline proclaimed, "Hospital Construction Everywhere". What? Could this be true? Everywhere? Really? ... I read on fully expecting to see reference to the hospital project that our organization has been tirelessly pursuing since 2004 in cooperation with Bluegrass Regional Mental Health-Mental Retardation Board, Inc.; the replacement campus for Eastern State Hospital. I scanned, eager to read the long awaited proclamation, my eyes feasting on all the statistics and declarations that, "We are going through a hospital BOOM!" and the recognition that some folks have been enduring "their aging buildings" since 1962 !!!! 1962??? Well, have I got a news bulletin for the folks that just can't fathom treating patients in such dilapidated, out-moded, inadequate facilities - why don't they feast their eyes on this little tidbit... We take our loved ones to and we are treated in a hospital that was constructed in ...are you ready for this...**1822!!! Yes, this is not a misprint, 1822.** The Kentucky General Assembly passed an "Act to Establish a Lunatic Asylum" on December 7 of 1822 and the ten acres of original land and the unfinished Fayette Hospital were purchased. May 1, 1824 the first patient was admitted; **183 years ago.**

I read on, the visions of "much grander, much larger" lobbies, semi-private rooms where family members can sleep (sans, vinyl chairs) and connect to the internet(!), *healing art*, gift shops, *healing art*, coffee shops, *healing art*, boutiques and day spas(!), new technologies; citing, of course, "everyone wants the latest equipment" and "those things factor into size and "you have to have the physical plant to house the services". I love those visions. I support building state-of-the-art facilities. I want everyone in our Commonwealth to have the best care in the best environments we can offer. I want everyone to realize that those things have not occurred for the mentally ill in our Community or the 50 other counties that Eastern State serves, for **185 years.** We want things like HVAC systems that actually work, we want treatment areas that in and of themselves aren't so depressing that you hesitate to leave your loved one there or enter yourself. We want a clean slate, defunct of all the horrors and misguided treatment approaches that have been inhumanely utilized throughout history. We want people who suffer with serious mental illness to have "the best"; just like people that want "the best" heart care, "the best" cancer care, "the best" prenatal and pediatric care, "the best" diabetic care. Where are the 185 year old hospitals that treat those serious illnesses? That's right. There are no 185 year old hospitals for those populations; because they deserve and demand "the best". It would be unthinkable and unimaginable to not offer every nuance that would promote wellness and a return to health. The fact that we do not have the appropriate setting for treating the mentally ill is based on stigma, lack of education and discrimination. What other illness population sees its patients taken to treatment in handcuffs in the back of a police car, because they are **ill**, not criminals. Yes, people with serious mental illness, can be, because of their brain disease, disoriented and difficult...would we tolerate that same treatment for an elderly person who had Alzheimer's disease? A cancer patient with a brain tumor?

Serious mental illnesses are life threatening brain diseases. Repeat after me. Serious mental illnesses are life threatening brain diseases. People with mental illnesses and their families deserve "the best". We deserve state-of-the-art. We deserve the support from the medical Community and the Community-at-large to speak out **with** us and demand that this hospital becomes a priority. It has been "on the drawing board" for two years now; developed in collaboration with Bluegrass MH-MR Board, with input from providers, family members and persons with serious mental illness. We are ready and we are damn tired of waiting for it while the rest of the population receives "the best".

~ Kelly Gunning, Executive Director



**** Check Out  NAMI Lexington's Website ****

<http://lexington.nami.org>



**For the Most Up-to-Date Information
About
ALL THINGS NAMI!**

Buttons At the Top of the Page:

- **Calendar:** Dates, Places and Times of Upcoming Activities. Updated Almost Everyday.
- **Contact Us:** Office Staff Contact Information.
- **Discussion Groups:** Talk with other NAMI Members, Ask Questions, Voice Concerns.
- **Search:** Search the NAMI National Website.

A Few Examples of Left Side Buttons:

- **Homepage:** Our Mission Statement and Support Group Meetings.
- **What's New:** The Latest Happenings in Our Organization.
- **Programs:** Information about Our Signature Programs.
- **Newsletters:** The Most Recent Newsletter and Back Issues.
- **NAMIWALKS:** Photos, Documents and Results From Our NAMIWALK!
- **If You Are In Crisis:** Suicide Help Line & Bluegrass Mental Health Crisis Line.
- **How to Contact Your Legislators:** KY General Assembly Information.
- **NAMI Lexington Leadership Blog:** News & Thoughts From Our NAMI Lexington Leadership.
- **Volunteer Opportunities:** Lots of Ways YOU Can Get Involved!
- **Resources:** Information on Medications, Descriptions of Specific Mental Illnesses, Books To Check Out.
- **Membership:** Printable NAMI Membership Form. Join Today!

There's Always Something New & Exciting Happening at:

 **NAMI Lexington**

So Start Surfin'!



Help Is Just a Click Away!

Printing of this news-
letter provided by
Professional Bank
Couriers

**** Support Group Reminder ****

Just a reminder that NAMI Lexington and surrounding affiliates offer support groups for Consumers, Adolescents & Family Members. NAMI Lexington has a support group Every Sunday except the 5th Sunday from **2:30pm-4:00pm at The Faye Morton Consumer & Family Center on the campus of Eastern State Hospital**. We encourage everyone to attend these groups. When you get a chance to talk to other people who are going through similar situations with mental illness, believe me, it is SO helpful. Many folks who are now in leadership positions at NAMI started out in support groups and continue to attend them regularly. By the way, Consumers, Ella Hunter will be facilitating support groups occasionally again. She missed you all and couldn't stay away! Welcome back, Ella!

And They're Off!!

Mark your calendars now!
NAMI Lexington will be hosting our
4th Annual Kentucky Derby Party!

Saturday, May 5th, 2007

The Faye Morton Consumer & Family Center
Time TBA

Great food from the **Saute' Café**, fun and
fellowship. Come Join Us!

Oh, & Ladies, don't forget your Derby hats!

Membership

Our membership is growing! **We have 184 NAMI Lexington dues paying Members**, but we always need more! The more members we have, the more we are respected with legislators in Frankfort. With your membership dues you will receive the NAMI Lexington Newsletter, NAMI KY Newsletter and NAMI National publications. Along with endless support, education and advocacy opportunities.

Super Easy Ways to Contribute to NAMI !

Kroger Cards!

Purchase a \$5 Kroger Gift Card from us, then reload it and use it for purchases at Kroger (groceries, pharmacy, gas) and NAMI gets **4%** of the amount you spend. Then every so often we get a little check in the mail! Let's Go Krogering!

Joy told me that we just
received a check for:
\$325.83!

Buy For Charity

Buy For Charity(www.buyforcharity.com) is an online shopping portal dedicated to raising money for charitable organizations of all types. Simply stated, you visit Buy For Charity, select NAMI Lexington, and then begin your shopping experience at one of **over 350 stores** on their site (you can find just about anything you could possibly need at these stores). When you link to a store's homepage through Buy For Charity and subsequently make a purchase, up to **35%** of your purchase will go to benefit NAMI Lexington.

NAMI National Convention

The NAMI National Convention will be held June 20-24, 2007 in San Diego, CA. This is a great opportunity for education and to meet other NAMI members from across the nation. If you would like to attend, a limited number of scholarships will be available.

If you are interested, contact our office (859) 272-7891.

NAMI Family-to-Family Education Course!

NAMI Lexington will be having another Family-to-Family Class in late Spring 2007. These classes educate family members & friends about mental illness. They are life-changing! If you would like to attend this FREE 12-week course, please call our office.

NAMI Lexington (KY), Inc.
498 Georgetown Street Suite 201
Lexington, KY 40508

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RETURN SERVICE REQUESTED

Together We Can Make A Difference

By joining NAMI Lexington, you also become a member of NAMI Kentucky and NAMI National. Please return this membership dues/donation form with your check to:

NAMI Lexington (KY), 498 Georgetown Street Suite 201, Lexington, KY 40508

MEMBERSHIP DUES

CHECK ONE:

_____ Student-\$10.00 _____ Individual-\$20.00 _____ Family-\$35.00
_____ Professional-\$50 _____ Organization-\$100.00 _____ Corporate-\$250.00
_____ Open Door-Those With limited means/fixed income are invited to join at a reduced rate (minimum of \$3.00)

If you change your address, please let us know so that we may change your information in our database.

NAME(S) _____

MAILING ADDRESS _____

CITY, STATE & ZIP CODE _____

TELEPHONE _____ E-MAIL ADDRESS _____ DATE _____

DONATIONS

If you wish to make a donation, please list the amount here and make check or money order payable to NAMI Lexington and send it to the address listed above.

Amount of Donation \$ _____