



# nami

## National Alliance on Mental Illness

# Virginia

*The Official Newsletter of NAMI Virginia*

*Fall 2010*

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### Calendar

- *Connections Recovery Support Group Facilitator Training*  
March 11-13, 2011
- *In Our Own Voice Presenter Training*  
April 15-17, 2011

### CONTACT US!

NAMI Virginia  
 PO Box 8260  
 Richmond, Virginia 23226  
 Office: (804) 285-8264  
 HelpLine: 1-888-486-8264  
 namiva@comcast.net  
 www.namivirginia.org

## Message from the Director

NAMI Virginia is very grateful to everyone who participated and donated to this year's walk. It was a huge success and, for the first time ever, we not only met our ambitious goal – we exceeded it. Even with this wonderful event, NAMI Virginia is concerned about its ability to meet the needs in our state.

The reality is that it continues to be a challenging time for nonprofits – foundations are funding fewer organizations, government funding is less available, corporations are tightening their belts and individuals are feeling the pinch like everyone else. With foundation giving down and becoming more restrictive, we are relying even more on donations from individuals. In our budget this year, over 35% of the income is from individual donors and people participating in our special events, programs, and convention. NAMI Virginia, like every organization, is working hard to streamline its work and to be as cost-efficient and cost-effective as possible. As we look ahead, knowing that our programs, outreach, and advocacy continue to be needed, we are calling upon our members, friends, and professionals to help us through this difficult time. There are several ways that you can help.

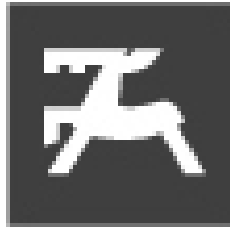
- Become a member if you are not one. Join at [www.nami.org/join](http://www.nami.org/join) or call us for a brochure.

- Make a tax-deductible donation in addition to your membership.
- Go green by renewing your membership online at [www.nami.org/join](http://www.nami.org/join), making a monthly donation out of your checking or savings account, or making a multiyear pledge (See "Donate" tab on our website.)
- Give through your workplace. If you are a state of Virginia employee, you will find us listed under statewide organizations under the Community Health Charities umbrella (Designate #6038.) If you are an employee in the private sector you can designate us in your United Way campaign. Refer to our website for more information.
- Ask a business to become a sponsor for the State Convention or next year's walk.
- Donate office supplies, paper, etc. to NAMI (see wish list on our website).

Sincerely,

*Mira Signer*  
 Executive Director

NAMI Virginia is the state office of NAMI (the National Alliance on Mental Illness). NAMI Virginia was created in 1985 to provide support, education, and advocacy for individuals and families affected by mental illness. It is our mission to promote recovery and improve the quality of life of Virginians with serious mental illness through support, education, and advocacy. NAMI Virginia's 27 local affiliates play an active role providing support, education, and advocacy at the community level.



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become a Fan of  
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### ***Sign up to receive our E-Newsletter!***

The NAMI Virginia E-Newsletter is a great way to keep up with the latest news and events from NAMI Virginia and our partner organizations.

To sign up:  
visit [www.namivirginia.org](http://www.namivirginia.org) and click on the link at the top of the page

## *NAMI Virginia Programs in Review*

We are making a difference for Virginians! To date in 2010 we have reached 373 family members through a family program (*MESA, Family-to-Family, Basics*) and 121 persons living with mental illness through *Peer-to-Peer*. This is an increase since 2009 in which we reached 321 family members and 55 persons living with mental illness. In addition we have increased the number of *Connection*

*Recovery Support Groups* in the state from 12 to 19 in 2010. To date the *In Our Own Voice* program has held 105 presentations reaching 1,765 people. Thank you to everyone who has assisted with a NAMI program! You are making a difference in the lives of those affected by mental illness! Keep up the great work!

### **Spring 2011 Trainings**

***Connections  
Recovery Support  
Group Facilitator  
Training***  
March 11-13

***In Our Own Voice  
Presenter  
Training***  
April 15-17

***NAMI Basics,  
Family-to-Family,  
and MESA***  
will be held depending up on interest. If you have a need for trained personnel in these programs please contact Sarah Eisenman at 804-285-8264 x203

*NAMI Virginia trainings are provided free of cost to participants due to generous support from DBHDS*

**Thank you to the *Peer-to-Peer* Mentors and *Family Support Group* graduates who attend the September and October trainings in Richmond this year!**



Family Support Group Graduates



NAMI's newest *Peer-to-Peer* Mentors

**NAMI Virginia is excited to announce 4 new state trainers in 2010!**

***In Our Own Voice***  
Gia Goodrich

***Basics***  
Sheila Mack & Jeri Weeks

***Peer-to-Peer***  
Connie Hollands



National Alliance on Mental Illness of Virginia

*Changing Minds...One Step At A Time...*

On October 9, 2010 approximately 800 individuals from across Virginia came together to show support for those affected by mental illness by participating in NAMI Walks Virginia 2010!

What a great day! Walk participants enjoyed music from our DJ and live performers, dancing, a catered lunch, clowns, kid's activities, a visit from Caring Canines Therapy and Obedience Club, and information and giveaways from vendors.

The Walk is a fundraising effort for NAMI Virginia and its affiliates, supporting programs such as *Peer-to-Peer*, *Family-to-Family*, *MESA*, and *In Our Own Voice*. The Walk also serves as an awareness raising event, giving individuals an opportunity to reach out to their communities and spread

awareness about mental illness and NAMI. "Whenever you get out there to tell people about your illness and recovery, you are doing more than fundraising. You are educating people about mental illness and what NAMI is all about. The more people you contact, the bigger your impact, even if they do not contribute monetarily. But when you touch people's hearts with your story, they will give," said Rachel Shaw of NAMI Hampton/Newport News.

For the first time ever we have reached our fundraising goal! NAMI Virginia would like to extend a very special thank you to: all sponsors, volunteers, participants, the Ball family- our 2010 Family Team Chairmen, and donors who contributed to the success of this year's Walk!



### ***There is still time to support NAMI Walks Virginia!***

We will be accepting donations for this year's walk up until December 8, 2010. You can make a donation online at: [www.nami.org/namiwalks/VA](http://www.nami.org/namiwalks/VA) or by mailing a check to:

NAMI Virginia  
P.O. Box 8260  
Richmond, VA  
23226

Please make checks out to NAMI Virginia and put your affiliate in the memo line.



Photos courtesy of Jennifer Harrington and The Schiffman Photography Company

## NAMIWalks Virginia 2010 Sponsors

### Kick Off Luncheon Sponsor



### Silver Sponsors

### Start/Finish Line Sponsors




The Schiffman  
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### Bronze Sponsors

Bristol-Myers Squibb  
Crossroads Community Services  
Daylight Donuts- Short Pump  
Janssen  
Kiwanis Capital District-  
Division 23 In Honor of Scott P. Zimmerman  
The Campaign For Children's Mental Health

NAMI Winchester  
Psychiatric Society of Virginia  
Rappahannock Area CSB  
Sensei Enterprises  
The Tucker Pavilion at CJW Medical Center  
The US Marines and Families of Kinser Chapel-  
Okinawa, Japan  
Pfizer

### Supporters

Henrico Area Mental Health and  
Developmental Services  
Hydraulic Repair Corporation- Portsmouth  
Inroads  
J. Early Wood Golf Carts  
Jacobs Technology  
Virginia Beach Psychiatric Center  
Mental Health America of Fauquier County  
Middle Peninsula-Northern Neck CSB  
New River Valley Community Services  
Whole Foods Market

Chesterfield CSB  
Colonial CSB  
Cumberland Mountain Community CSB  
Doubletree Hotel- Downtown Richmond  
Fairfax-Falls Church CSB  
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Grace Episcopal Church  
Hallmark Youthcare  
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Rappahannock-Rapidan CSB  
Richmond Behavioral Health Authority  
Richmond Marriot West  
That's Entertainment/  
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Virginia Association of Community  
Service Boards  
Virginia Department of Health

### Kilometer Sponsors

**Acorn Sign and Graphics** Hydraulic Service Company- Portsmouth **Little Five Azalea Farm**  
**In memory of Leroy J Baumgartner and Margaret C Hibbitts** Alexandria CSB **Magellan Health Services**  
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Pete and Patti Earley **Region Ten CSB** Stuart Rolf Muffler and Automotive Service **City Ice** The Fauquier Bank  
Christian Psychotherapy Services- Virginia Beach **Costco Wholesale** District 19 CSB **RapidSign, Inc.- Roanoke**  
**Dr. Leonard Rappaport- Tidewater Eye Centers, Virginia Beach** River City Comprehensive Counseling Services  
The Frieden Agency- Virginia Beach **The Smile Center- Virginia Beach** Woody Hawthorne **Emerson Builders**  
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## GiveRichmond Introduces A New And Easy Way to Support Local Non-Profits

GiveRichmond is a powerful online tool designed to encourage charitable giving within Richmond and Central Virginia— benefitting donors, nonprofits and the community at large. The website provides in-depth information about hundreds of local nonprofits, including comprehensive financial, governance and programmatic details. Best of all, GiveRichmond makes it easy to give!

You can:

**FIND** detailed information about nonprofits

**LEARN** about community issues and needs

**GIVE** to nonprofits through direct credit card giving, charitable giving cards and volunteer opportunities



GIVERICHMOND.ORG

### Give the “gift of charity” for the holidays!

The giving card program as another convenient way to give while helping to support the good work of nonprofits in our area. Giving cards can be obtained through December 31, 2010. The recipient of the charitable giving card may then choose a GiveRichmond charity (such as NAMI Virginia!) to benefit from your generosity (card needs to be used by March 31, 2011.)

**For more information please visit: [www.giverichmond.org](http://www.giverichmond.org)**

GiveRichmond is supported by a collaborative of 14 local partners.

## National Institute of Mental Health (NIMH) Updates

### OVER \$19 MILLION IN PROJECT LAUNCH GRANTS TO HELP PROVIDE BEHAVIORAL HEALTHCARE AND SUPPORT SERVICES TO CHILDREN DURING THEIR FORMATIVE YEARS

SAMHSA is awarding over \$19 million in Project LAUNCH (Linking Actions for Unmet Needs in Children’s Health) grants to tribal and community-based programs over the next five years. Project LAUNCH promotes the wellness of children from birth to eight years of age by addressing the physical, emotional, social, cognitive, and behavioral aspects of their development. Press Release: <http://www.samhsa.gov/newsroom/advisories/1010190720.aspx>

### UP TO \$40 MILLION IN GRANTS TO EXPAND AND STRENGTHEN BEHAVIORAL HEALTH SERVICES TO HELP INDIVIDUALS ACHIEVE RECOVERY AND OBTAIN STABLE HOUSING

SAMHSA announced the award of 23 grants totaling approximately \$40 million over five years to community service organizations across the country that deliver behavioral health services to help people who are homeless or at risk of homelessness because of mental health and substance abuse issues. The services will help these individuals achieve recovery and obtain stable housing. Press Release: <http://www.samhsa.gov/newsroom/advisories/1010151302.aspx>

### MENTAL HEALTH CONSUMERS IN INTERGENERATIONAL DIALOGUE

This report recaps a meeting on enhancing dialogue between mental health consumers and supporters across multiple generations to promote recovery from mental illnesses. It also offers recommendations to encourage collaboration and leadership among consumers of all ages. <http://store.samhsa.gov/product/SMA09-4372>

### LEAVING THE DOOR OPEN: ALTERNATIVES TO SECLUSION AND RESTRAINT (DVD)

This video trains mental health services direct care staff, administrators, and consumers on alternative approaches to seclusion and restraint in the treatment of people with serious mental illness. The video emphasizes the consumer perspective and includes five topical sections. <http://store.samhsa.gov/product/SMA10-4508>

### SUICIDE PREVENTION RESOURCES FOR MILITARY FAMILIES

No warrior or military family is alone. This article provides resources to aid a family during a time of crisis and if they are concerned that a Service member is considering harming or killing him/herself.

<http://www.realwarriors.net/family/support/preventsuicide.php>

## YOUR VOICE IS NEEDED!

### *Opportunity for public comment to the Virginia Health Reform Initiative (VHRI)*

#### **What is the VHRI?**

The VHRI is the appointed body that is tasked with providing recommendations to the Governor and General Assembly for a comprehensive strategy for implementing health reform in Virginia. The VHRI was launched following the enactment of the federal health reform legislation.

#### **Six task forces have been formed under the VHRI to focus on specific areas including:**

1. Medicaid reform (including the need for coordination for care for all participants);
2. Delivery system reform (including management of chronic diseases);
3. Health insurance regulations (looking at statutory changes needed to implement the national health care reform legislation mandates);
4. Workforce (examining capacity and education issues);
5. Health information technology; and
6. Purchasers' perspective (assessing employers' interests as health insurance purchasers).

#### **Why should the public – YOU – comment?**

In light of federal health care reform and expected changes in the near future, the VHRI is holding meetings until the end of the year, and likely beyond that, to study many issues pertaining to the health care system, including mental health and make recommendations. *It is critical that they hear from the public regarding their concerns and suggestions for how to better improve the health care system, including for people with mental illness.* It is important for them to hear what you value in a health care system and what it needs to look like to be helpful, meaningful, and supportive of people with mental illness. You are the experts! You've seen it all and they need to hear from you.

#### **Guidance/Suggestions for your Comments:**

1. Submit your emailed comments, explaining what you value in a health care system, and what you want it to look like, focusing on mental health. Focus on what works or what could work for people with mental illness. Explain what is not working.

2. Be as specific as you can. Look at the six task forces. Based on your experiences, focus your recommendations on one or two of the task force areas, if possible. For example, what needs to be improved in the area of workforce? What about improvements and changes to Medicaid? What needs to be better about the health care delivery system – does it need to be better coordinated or more comprehensive? Don't worry about being an "expert" in these areas. Talk about your experiences and what you know.

3. **Strike a balance.** You want to strike the right balance between telling the stories you have experienced, and offering suggestions for what could be better. Hard as it can be with the frustrations and difficulties we have experienced, find the right balance. It's not the time only to criticize and pull heart strings, you need to be constructive and helpful.

4. **Be aware of your language.** "Consumer" is a word that not everyone understands outside of the mental health world. Instead of "consumer" say "person with mental illness" or "person who has utilized mental health services", or something along those lines. Also be aware of acronyms you are using that others may not be aware of.

5. **Keep your comments to about one page.** Address your comments "To the Members of the VHRI" and include your name, address, phone, and email in case they would like to get in touch with you

6. **Email Address** for public comments: [vhri@governor.virginia.gov](mailto:vhri@governor.virginia.gov). Put "Public Comments" in the subject line. If you do not have email call (804) 786-7765 to provide your comments.

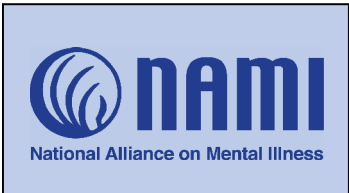
7. **Tell others.** Encourage others who care about creating a more effective mental health system to also submit comments.

8. **Deadline to submit comments.** There's no actual deadline but the sooner the better. The VHRI will hold their last meeting of the year in mid-December.

9. **For Additional Information and Resources:** go to the "What's New" section and check out the Health Care Resources.

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PO Box 8260  
Richmond, Virginia 23226

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**National Alliance on Mental Illness of Virginia**

**Join or Contribute to NAMI Virginia TODAY!**

**NAMI Virginia Membership and Contribution Form**

- Membership in the local affiliate, state organization, and NAMI national organizations
- Eligibility to vote in NAMI elections
- A subscription to *The Advocate* – NAMI National’s quarterly magazine, and state/local publications
- Member discounts on brochures, videos, promotional items, and registration at the NAMI National annual convention
- Satisfaction knowing that you are an official part of the largest grassroots mental health organization in the country!

<input type="checkbox"/> Individual/Family .....	\$35
<input type="checkbox"/> Professional .....	35
<input type="checkbox"/> Professional Organization.....	100
<input type="checkbox"/> Open Door Member (for people w/ limited income).....	3
<input type="checkbox"/> Additional tax-deductible contribution.....	_____
<b>Total Enclosed .....</b>	<b>\$ _____</b>

Name (First, Last) \_\_\_\_\_  
Mailing Address (city, state, zip) \_\_\_\_\_  
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Check Enclosed (make payable to “NAMI Virginia”) \_\_\_\_\_ Credit Card Payment  
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