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NAMI Virginia Membership and Contribution Form

- Membership in the local affiliate, state organization, and NAMI national organizations
- Eligibility to vote in NAMI elections
- Subscription to *The Advocate*, NAMI National's quarterly magazine, and to 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.....	
Total Enclosed	\$ _____

Name (First, Last) _____
 Mailing Address (city, state, zip) _____
 Phone + Area Code _____
 E-mail Address _____
 Check Enclosed (make payable to "NAMI Virginia") Credit Card Payment
 Credit Card Number (MasterCard or Visa only) _____
 3-digit security code _____ Expiration Date (mo/year) _____

Signature _____
Return to: NAMI Virginia: PO Box 8260; Richmond, Virginia 23226. Fax: (804) 285-8464

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 Richmond, Virginia 23226

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National Alliance on Mental Illness

The Official Newsletter of NAMI Virginia

Summer 2008

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Calendar

- **October 4, 2008:** NAMI WALK—Richmond
- **October 2008:** Family-to-Family Teacher Training—location TBD
- **November 2008—** Connection facilitator training, in Fairfax
- **December 2008—Peer-to-Peer** mentor training—Location TBD

CONTACT US!

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namiva@comcast.net
www.namivirginia.org

Message from the Director

In the past year since I began as executive director of NAMI Virginia, we have worked together to accomplish a great deal. Take a look at our just some of our achievements:

- Since October 2007, 355 people have graduated from *Family-to-Family* and *MESA* classes.
- In November 2007, we were selected as the National Institute of Mental Health's Virginia Outreach Partner, enabling us to assist with public awareness efforts (See our Web site for regular *NIMH Updates*).
- In December 2007, we launched *Peer-to-Peer* statewide and have held two mentor trainings — graduating a total of 31 mentors! *Peer-to-Peer* classes are up and running. Read the latest on pg. 7.
- We had a strong presence this year in legislative matters and the public eye. Activities included providing testimony to the legislature, working with stakeholder groups, family and consumer presence and testimony at each of the Regional Budget Hearings, educating legislators on the need for additional funding for community-based services, speaking to the media, and mobilizing supporters so you could make your voices heard. We saw impressive results from our new online advocacy system, which allows advocates to communicate directly with their elected officials on critical matters (sign up at the website...it's free!).
- In 2008 we started a brand-new program, *NAMI Connection Recovery Support* and held the first-ever *NAMI Connection* facili-

tator training in May, graduating 25 people as support group facilitators. Currently there are 8 *Connection* groups in Virginia. Read more about this on pg. 5.

- The Annual State Convention, the first multi-day state convention in several years, was held in Fredericksburg in June and attended by 150 people. I would like to welcome the newly elected board members as well as board members who have been re-elected.

As this newsletter goes to print, we are preparing for the NAMI Walks to be held October 4th, coordinating upcoming trainings, assisting affiliates with implementing programs in their communities, participating in workgroups of the Supreme Court Commission on Mental Health Law Reform, and much, much more. It is a busy time for all involved with NAMI Virginia!

I look forward to another year of working with members, affiliates, partners, and friends for a strong and vibrant organization that accomplishes even more and continues to make a difference. Thanks to those who give their all to be part of the many efforts of NAMI. We truly need your support to help keep our operations and programs running smoothly and to help us grow.

Please consider making a tax-deductible contribution to NAMI Virginia.

Thank you.
 Mira Signer

NAMI Virginia is the Virginia 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 family members affected by mental illness in Virginia. It is our mission to improve the lives of all those who are affected by serious brain disorders and to fight the stigma that surrounds mental illness. NAMI Virginia's 27 local affiliates play an active role providing support, education, and advocacy at the community level.

2008 NAMIWalks Virginia: October 4, 2008

By Farleigh Fitzgerald, NAMI Virginia Walk Manager

"The Walk gives people the opportunity to go into their communities to tell their stories and invite others to become part of an organization that is working to make a difference."

"Why did you become involved in the Walk?" This was one of the first questions someone asked me after I was hired as NAMI Virginia's Walk Manager. Due to my family's experiences with mental illness and the excitement generated within me when I participated in the 2007 NAMI Walk, I felt that the Walk was an excellent opportunity to teach others about mental illness and to tell my story. It was hard to put into words how much it meant to be involved with the Walk but the best way I could explain it was the positive way it brings people together.

The Walk gives people the opportunity to go into their communities to tell their stories and invite others to become part of an organization that is working to make a difference. It helps people bring their experiences out of silence and into the open. In that way it raises awareness and helps to reduce stigma of mental illness. I feel that anyone who struggles with mental illness, whether personally or with those they love, can often be left feeling very isolated. Last year my family was dealing with its own mental health crisis. I'm sure many can relate to how we were feeling — frustrated, tired, and alone. I went to the Walk with friends and my brother and sister, thus making up a small Walk team. I remember looking around in awe at the hundreds of people in their colorful t-shirts, at dogs dressed up in costumes, at kids getting their faces painted and at people laughing, talking, and experiencing the powerful feeling of all these people gathered together for mental illness awareness and also hope.

The Walk is a critical fundraising effort for NAMI Virginia and the grassroots affiliates. It supports our various

programs such as *Peer-to-Peer*, *Family-to-Family*, *MESA*, and *In Our Own Voice*. Walkers raise funds through letter-writing to friends and family or with a simple online system that we have set up. Business sponsorships are another way to fundraise. (Your gym, bank, hair salon, auto repair, bakery, employer, etc. are all potential Walk sponsors!) Knowing that 1 in 5 families are affected by mental illness helps when you discuss the Walk with others because chances are, they have been affected in some way through a family member, friend, or their own experience.

The Walk is a fun and worthwhile day — with food, music and entertainment, face painting, spending time with friends and family, and a beautiful park setting for all to enjoy.

To register for the Walk please go to: www.namivirginia.org and follow the NAMI Walk link.

2008 NAMI Walk Information

- The 2008 Walk is Saturday, October 4 at Innsbrook (near Richmond). Check in is at 9:30 am and the Walk will begin at 10:30 am.
- Contact the Walk Manager with any questions or to get involved.
- There are many opportunities to volunteer. Contact the Walk Manager for more information.
- There is a state and national contest for the best team t-shirt this year!
- The money raised from the Walk funds NAMI Virginia's programs such as *Peer-to-Peer*, *In Our Own Voice*, *Family-to-Family*, and other operations of NAMI Virginia and our affiliates.

Save the Date!

The 2008 NAMI Virginia Walk is Saturday, October 4th at 9:30 am.

Contact the Walk Manager with any questions or to get involved:

NAMI Virginia
Walk Manager
Farleigh Fitzgerald at
ffitzgerald@nami.org or
(804) 658-9868, or visit
www.namivirginia.org

Peer-to-Peer Recovery Education Program

Peer-to-Peer has just completed in June another successful mentor training in Richmond. Nineteen new mentors graduated at the training. NAMI Virginia was pleased to add four new affiliates to the *Peer-to-Peer* list.

Affiliates represented at the training were Central Virginia, Hampton/Newport News, Virginia Beach, Northern Virginia, Winchester, Western Tidewater, and Rappahannock.

NAMI Virginia is already planning another mentor training for the Fall/Winter. Interested candidates should contact Liz Sussan, Program Coordinator at (804) 285-8264 or LSussan@nami.org

We would like to recognize DMHMRSAS for their support of this program.

Peer-to-Peer is a 9-week unique, experiential learning program for people with any serious mental illness, who are interested in establishing and maintaining their wellness and recovery.

Upcoming Peer-to-Peer Classes

Central Virginia

Start date: September 9, 2008
Contact information: NAMI Central Virginia at (804) 285-1749 or namicva@aol.com

Winchester

Contact information: NAMI Winchester at namiwinchester@live.com or (540) 533-1832.

Hampton/Newport News

Contact Cheryl DeHaven at (757)788-0028 and dehaven@hnnscsb.org for more information.

Northern Virginia

Contact Joan Avila at joan.avila36@gmail.com or (703) 525-

0686 for more information.

Rappahannock

Contact information: Valerie Pastore at irisheyz51@yahoo.com or NAMI Rappahannock at (540) 899-2719.

Virginia Beach

Contact NAMI Virginia Beach at (757) 499-2041 or chwood4421@yahoo.com

Western-Tidewater

Contact Carol Evans at carolevans5@verizon.net or (757) 562-2988

Blue Ridge/Charlottesville

Contact Myra Anderson at (434) 202-0640 or liberatedchick2000@yahoo.com



2008 Annual State Convention — Learning, Connecting, and Growing

About 150 people attended the 2008 Annual State Convention held in Fredericksburg from June 6-7. Attendees traveled from all over Virginia to attend the event... Richmond, Danville, Arlington, Fairfax, Alexandria, Virginia Beach, Williamsburg, Roanoke, South Boston, Harrisonburg... You name it! There were people from local NAMI affiliates, community services boards, partner organizations, the Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS), and even college students.

During the convention, participants attended various workshops ranging from housing to children and adolescents' mental health to Crisis Intervention Teams (CIT's) to a legislative panel with Delegate Phil Hamilton and Senator Edd Houck, and more. Dr. James Reinhard, Commissioner of DMHMRSAS provided an overview of the changes made to mental health law by the 2008 General Assembly session and spent time answering questions from the audience.

Pete Earley, renowned author of *CRAZY: A Father's Search Through America's Mental Health Madness* spoke about his family's experience with mental illness

and the challenges they faced obtaining treatment and navigating Virginia's mental health system. Earley, a veritable expert on mental illness and criminal justice issues due to his investigative work on the matter as well as his family's personal experiences, spoke passionately about shortcomings in the mental health system and what we as advocates can do to make a difference.

Dr. Xavier Amador, well-known author, speaker, and clinical psychologist, was another highlight of the convention. Dr. Amador discussed practical strategies of the LEAP™ approach (Listen-Empathize-Agree-Partner) he created for helping families, professionals, and consumers communicate effectively with each other. Dr. Amador kept the audience engaged through role-plays, interactive exercises, and Q & A from participants.

The Joshua S. Collins Award, given in memory of the son of NAMI Virginia board member, Kathy Harkey, was awarded to the Treatment Advocacy Center in Arlington, Virginia and to Trudy Harsh of the Brain Foundation in Centerville, Virginia.

Thanks to everyone who attended. We look forward to next year's Convention...date and location to be announced.



Commissioner Reinhard provided an overview of the mental health law changes.



Joy Cipriano from the Hampton-Newport News CSB gave a housing presentation.



Convention attendees at the luncheon



Rachel Shaw (l) of NAMI Hampton/Newport News and Farleigh Fitzgerald (r), NAMI Virginia Walk Manager



Attendees listening intently to Pete Earley.



Delegate Phil Hamilton and Senator Edd Houck during the legislative panel



The best health care is often the kind you never see.

Most families in America are dealing with a health issue of one kind or another.

So we have an idea. Let's find new ways to help.

Last year, Lilly stepped up to help more than 400,000 people get the medicines they need with our patient assistance programs. Lilly has also worked with leading diabetes and mental health organizations in the country to create disease management programs. And we created LillyTrials.com, so patients and physicians could see the results of our clinical trials. Providing answers is what Lilly has done since 1876.

Because when it comes to health care, maybe it's time that we talk about people, not illnesses.

Meaningful change isn't easy. It demands a deeper commitment. But we can find answers together. And to that we say, count us in.



Amber Main



Patricia Vaughn

In Our Own Voice Spotlight

On July 16, 2008 **Patricia Vaughn** and **Amber Main** traveled to Longwood University to represent the NAMI Virginia *In Our Own Voice* program at the School Health and Education Partnership Conference. Patricia and Amber became trained presenters in March and were selected to present *In Our Own Voice* to this conference of educators, administrators, and school health professionals.

Patricia is a long-time volunteer with NAMI Central Virginia. She is trained in *Family-to-Family*, *Peer-to-Peer*, and *In Our Own Voice*. She teaches grades 4-6 at Faith Life Academy and has the opportunity to interact with educators and the public everyday. Patricia facilitates a support group and is planning her first *Peer-to-Peer* class to start in September.

Amber recently became involved with NAMI Hampton/Newport News as a student at Hampton University — and she really dug right in! Amber was recently profiled on the MTV show ‘Real Life’ and shared her story about living with mental illness and the challenges she has faced as a college student.

In Our Own Voice is a unique public education program sponsored by NAMI. Trained presenters share their personal stories about living with mental illness and achieving recovery. Presentations are offered to the community free of charge and help further the NAMI goals of education and awareness.

For more information about *In Our Own Voice* visit our website at www.namivirginia.org or contact Liz Sussan, Program Coordinator at (804) 285-8264 or LSussan@nami.org.

Mental Health Law Changes Go Into Effect

The 2008 Virginia General Assembly brought about many changes to Virginia’s mental health laws, which went into effect on July 1, 2008. Some of the changes include:

- revising the criteria for involuntary commitment,
- requiring community services boards to participate in commitment hearings,
- extending the time of emergency custody orders for one two-hour period if good cause exists, and
- clarifying the procedures for mandatory outpatient treatment orders.

Our previous newsletter (available on our website at www.namivirginia.org) highlighted additional changes. You can also find a detailed legislative summary on the Department of Mental Health, Mental Retardation, and Substance Abuse Services’ (DMHMRSAS) Web site. (Go to “2008 Mental Health Law Reform”).

DMHMRSAS has provided several re-

sources to assist families, consumers, and providers with understanding the new laws (*the items listed can also be found on the NAMI Virginia website*):

- Mental Health Law Web site: <http://www.dmhmrsas.virginia.gov/OMH-MHReform.htm>
- Frequently Asked Questions
- A way to submit your own questions
- Copies of presentations from recent trainings related to the implementation of the new laws

The Supreme Court Commission on Mental Health Law Reform, of which NAMI Virginia and other stakeholders are a part, continues to meet to address remaining issues. The Commission will be working over the next several months to study the issues and develop recommendations that will be considered by the Virginia General Assembly in the 2009 session and beyond. Please stay tuned to the Web site, e-mail updates, and newsletters for more information as it becomes available.

NAMI Connection Recovery Support Groups: Program Update

The NAMI *Connection Recovery Support Group* program is off to an outstanding start in Virginia. In May, NAMI Virginia and NAMI National conducted the first *Connection* facilitator training and graduated 25 support group facilitators.

NAMI Virginia now has *Connection* trained facilitators in the following affiliates: Hampton/Newport News, Virginia Beach, Williamsburg, Blue Ridge, Winchester, Roanoke, Northern Virginia, and Danville. There are now 8 *Connection* groups meeting regularly (*see list below for meetings*).

NAMI *Connection* groups are peer-run support groups for people living with mental illness in which people

learn from each other’s experiences, share coping strategies, and offer each other encouragement and understanding. Groups are free and confidential and offer a relaxed atmosphere within which participants can share and gain understanding, encouragement, and hope.

NAMI Virginia is currently planning the second NAMI *Connection* facilitator training for Fall 2008. For more information about the *Connection Recovery Support Group* program or if you are interested in becoming a trained facilitator, contact Liz Sussan, Program Coordinator at (804) 285-8264 or LSussan@nami.org

We would like to recognize DMHMRSAS for their support of this program.

Connection Recovery Support Groups in Virginia

Staunton: at Western State Hospital; currently not open to the public

Hampton

Wednesdays at 6:00 PM

Location:

Riverside Behavioral Health Center
2244 Executive Center
Hampton, VA 23666

Contacts: Riverside Behavioral Health Center
(757) 827-1004

Newport News

1st and 3rd Thursdays at 7:00 PM

Location:

Denbigh Church of Christ
205 Denbigh Blvd
Newport News, VA 23608

Contact: Ben Barker

(757) 850-2279

pawpawgrandma9@verizon.net

Charlottesville

*Every 2nd and 4th Tuesday of the month.
7pm-8:30pm*

location: Charlottesville Friends Meeting House, 1104 Forest Street, Charlottesville

Contact: NAMI Blue Ridge
(434) 296-2519

cwillenamiconnection@yahoo.com

Virginia Beach

Location and time TBD, coming soon
Starting August 5th—every Tuesday
4-5:30 pm

Pembroke Three, Suite 140
289 Independence Blvd
Virginia Beach, VA 23462

Contact: NAMI Virginia Beach at
(757) 499-2041

namiconnectionvabch@cox.net

Falls Church

Mondays at 7:00 PM

Location: Sunrise of Falls Church
330 N. Washington St
Falls Church, VA 22046

Contact: Marshall Epstein
(703) 516-7975

marshall@nami.org

Winchester

*First and third Monday of every month
12—1:30 pm*

Location: first-floor conference room at Our Health complex: 301 N. Cameron St. in Winchester

Second and fourth Monday of every month

7-8:30 pm in Conference Room No. 1 at 333 W. Cork St., Winchester

Contact: Cathy Longerbeam
(540) 533-1832 or

namiwinchester@live.com

Williamsburg

1st Tuesdays at 7:00 PM

Location: St. Stephen Lutheran Church
612 Jamestown Road
Williamsburg, VA 23185

Contact: Steve Uzelac
(757) 220-8535

connection@namiwilliamsburgarea.org

