

With more than 1,200 affiliates, NAMI is America's largest grassroots mental health organization dedicated to improving the lives of all individuals affected by mental illness.



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NAMI Columbus

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Georgia Crisis & Access Line

Single Point of Entry to access mental health, addictive disease and crisis services
24/7/365
1-800-715-4225



Peer Support "Warm Line"

1-888-945-1414 (toll-free)
The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day



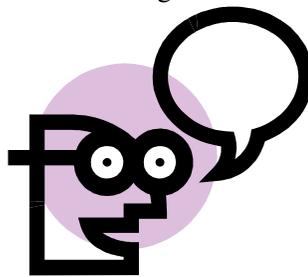
AmericanWork, Inc.
Columbus ACT Team
706-641-9663

Surviving PTSD and TBI
Monday, November 19, 2012
Education Meeting 6:00 PM
CONTACT Training Building – 1520 22nd Street



Army Veteran Brandon Freeman will be our guest speaker at Monday's educational meeting. Brandon served in the army for 20 years. He served in Germany, Korea twice, and spent 8 years in the middle east. He has been married for 21 years and has 3 sons. On his last tour in Baghdad he was wounded in the head causing his left frontal brain to become damaged. This effectively ended his career.

He has suffered from bouts of severe depression, and suicidal tendencies, at one point putting a gun to his head. And then he decided to stand up again. He is the author of "Trigger on" a story of surviving PTSD (Post Traumatic Stress Disorder) and TBI (Traumatic Brain Injury). He made an army video, and wrote a new army manual which helps commanders cope with combat wounded soldiers. He's lectured to practically every Chaplin command the army has. Now he rests at home and does volunteer work and occasionally does some public speaking. We are considering ourselves lucky to be able to hear him at our meeting.



Frankly Speaking

Hello Friends,

As the cool fall breezes weave their way through the pines and the yellow jackets scamper to forage their last meals of the season, I feel the enticing promise of the holiday season looming in the air. But for many of you the holiday season is a difficult time. Some have distressing memories of the season, some have few friends and family to share with, and some just can't bear the ominous arrival of the holidays. Regardless of the reason for your apprehension, you should always remember to lean on your NAMI family in these times. Our Connection and Family and Friends support groups, our base of volunteers, and our members are chock full of big hearts and open minds. The things I have seen our consumers and volunteers do this year to help one another would bring a tear to the eye of even the hardest cynic. So I hope you will feel happier knowing that you're just a phone call away from someone who cares. And always remember.....you are not alone.

Happy Thanksgiving!

Frank Dunford

Frank Dunford, President
NAMI Columbus

Upcoming Events

November 2012	December 2012
04 NAMI GA Walks—Turner Field, Atlanta 05 Mental Health Court Graduation 11-17 Mental Health Wellness Week 17 National Survivors of Suicide Day 19 Monthly Ed Program & Board Election 26-30 Muscogee County Sheriff's Office CIT	No Monthly Education Program 02 NAMI Cols Winter Celebration Party

NEWSFLASH – Beginning at 1:00 pm, Saturday, October 6th, in the Children and Adolescent wing of The Bradley Center, NAMI Columbus began holding a new NAMI Connection Support Group. The new NAMI Connection <18 Recovery Support Group will meet the first Saturday of every month. If it is as successful as we think it will be, it will convert to a weekly meeting as do our other support groups. NAMI Columbus has known for a long time that we needed to offer support and education for people younger than 18. Early intervention, via support, education and advocacy is the key for more people learning to live with their illness and to live as strong and healthy as possible.

REGISTRATION for the 2013 NAMI Education Classes

Family-to-Family is a free 12-week course for caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that caregivers need to cope more effectively.

Peer-to-Peer Education Course is a free ten week–2-1/2 hours per week–experiential education course on the topic of recovery for any person with a mental illness who is interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercises and structured group processes. The diversity of experience among course participants affords for a lively dynamic that moves the course along.

NAMI Basics is a free six-week course for family caregivers of children and adolescents who have either been diagnosed with a serious mental illness / serious disturbance or who are experiencing symptoms but have not yet been diagnosed. This free course is taught by trained NAMI members.

To register, or to obtain more information, please call the NAMI Columbus office at (706) 320-3755 or e-mail us at info@namicols.org. To ensure we will have enough textbooks, the class location for each class will be given at time of registration. Seats are always limited to encourage class bonding, so reserve your seat now.



Monthly Potluck Dinners To Resume in 2013

Our NAMI Family of Families used to enjoy a monthly potluck gathering. Members have asked that we resume our gathering in order to foster more fellowship and fun within our affiliate. At the potluck we would play games, show a movie or just enjoy each other's company and good conversation. The potlucks will resume **every 2nd Saturday at 6:00 pm** at CONTACT, 1520 22ND Street.



So on Saturday, January 12th come and join us. If you want to start trying some recipes that you've seen on the Food Network, this is a good chance to do that. If you cannot supply a food item, please do not let that stop you. There is always enough food brought that feeds a crowd. NAMI Columbus will supply the paper products and drinks.

If you have an idea for NAMI Columbus in the way of events or programs, please don't hesitate to leave a message on our office phone (706) 320-3755 or e-mail us at info@namicols.org.

There's a New "ACT" (Team) in Town!

ACT (Assertive Community Treatment)

Investment Yields Outcomes

Assertive Community Treatment, or ACT, is a highly effective team - based model of providing comprehensive and flexible treatment and support to individuals who live with serious mental illness. ACT is identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based practice that consistently demonstrates positive outcomes and is considered by experts as an essential treatment option.

How does ACT work?

Assertive Community Treatment uses a multidisciplinary team approach to provide intensive services where and when consumers need them—in their homes, at work and in other community settings — 24 hours a day, seven days a week. Teams include peer support specialists and practitioners with expertise in psychiatry, nursing, social work, substance abuse treatment, and employment who work closely together to provide integrated and outreach - oriented services. Team members stay in close contact with consumers to help them recover and to respond quickly with more services and supports if circumstances change. Think of an ACT Team as a "hospital without walls".

How effective is ACT?

ACT has a proven track record of helping individuals with the greatest needs—and with the most severe illnesses — who have not been helped by other services. ACT clients often have bipolar disorder or schizophrenia and have experienced unemployment, substance abuse, homelessness, or criminal justice system involvement.

Multiple studies show ACT programs reduce hospital days by about 58% compared to case management services — and by about 78% compared to outpatient clinic care.

A review of published results from several forensic ACT programs indicated lower arrests, jail days and hospitalizations. Notable results for one forensic ACT program:

- 85 percent fewer hospital days—saving \$917,000 in one year
- 83 percent reduction in jail days—saving jail costs

Compared to traditional case management programs, high-fidelity ACT programs result in fewer hospitalizations, increased housing stability, and improved quality of life for individuals experiencing serious impairment from mental illness.

What does ACT cost?

While various factors affect local costs, ACT is frequently estimated at \$10,000 to \$15,000 per person per year based on a team of about 10 - 12 people and a 1 to 10 staff - to - consumer ratio. Medication and housing may add additional costs. This cost is far less expensive than hospitalizations and incarcerations. Research studies have shown that assertive community treatment is a cost - effective solution when teams adhere closely to the ACT model and serve individuals at high risk.

State Successes with ACT

- **Oklahoma** reports that in the 12 months prior to admission to their ACT program in FY 2006, 229 consumers had a combined total of 9,583 days of hospital inpatient care and 3,614 days in jail. In the year following, the number of hospital days fell to 2,612 — a 73 percent decrease. Days in jail dropped to 1,314 — a reduction of 64 percent.
- Data for FY 2007 in **Virginia** indicated that consumers used 76 percent fewer state hospital days after ACT enrollment than in an equivalent period before enrollment. Of consumers served by ACT teams, 92 percent had no arrests during the year and 83 percent experienced stable housing situations.
- In **Georgia**, a study of a forensic ACT team revealed a 78 percent decrease in jail days, 53 percent reduction in arrests, and 89 percent drop in hospital days, generating a net cost savings of \$1.114 million dollars in one year.

Because of the D.O.J. Settlement, Georgia's mental health system is undergoing a long needed overhaul. ACT Teams are spreading across Georgia. Enrollment with the ACT Team is voluntary. It can make life so much easier for those dealing with a serious mental illness.

Anyone can make a referral to the new
AmericanWork, Inc. Columbus ACT Team
in our area by calling 706-641-9663



Columbus

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Our Area's Voice on Mental Illness

Support Our Support (Groups)



Many people find their way to our classes by first attending a support group. If you are a NAMI Columbus "long timer" (we don't want to call you old), please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Newcomers can use your wisdom and hard-earned experience. Sharing a message of recovery gives the hope they are searching for. Many people tell us that the NAMI motto "**You Are Not Alone**" is the initial feeling they realize at their first meeting. If you are willing to train to be a support group facilitator, let us know!

I want to support NAMI Columbus and NAMI's mission.

✂ Please Cut and Mail ✂

Name _____

Address _____

City _____ State _____ Zip _____

Phone Numbers (do not enter a number if you do not want to be listed in the Membership Directory (members only).

E-Mail (Please include so we can be green and email you our monthly newsletter.)

Please check type of membership desired:

- Individual Membership \$35 Dues
- Professional Membership \$50 Dues
(Individual and Professional Dues are for one year and are tax deductible.)
- \$3 Open Door Membership (low income)
- I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

NAMI National, NAMI Georgia and NAMI Columbus are dedicated to eradicating stigma and improving the lives of persons with mental illnesses thereby also benefiting their friends, family and community. Catch the wave and be a part of change.

NAMI Columbus is one of the largest affiliates in Georgia. We are a 501(c)3 non-profit charitable organization. Dues and donations are tax deductible. Membership includes a subscription to our monthly newsletter, membership directory, and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please make checks payable to:
NAMI Columbus
P.O. Box 8581
Columbus, Georgia 31908

You can also join safely online at www.nami.org/join (\$35.00 by credit card).