

NAMI **Navigator**

The Official Newsletter of NAMI Hampton/ **Newport News**

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NAMI Walk 2009 a Great Success!

ter than any of the previous walks. There was a new bond that will strengthen in the future." nice weather and a fun time was had by all. Hundreds of walkers showed up to help make one dog, to make up the NAMI Hampton/ this year's walk successful. This year's event Newport News Visionaries team. catered to the whole family, including the Barker from the CIT team joined us and there canine members.

giveaways, clowns and face painting, a ca- goal. Donations will continue to be accepted terer, snacks and drinks for walkers and their through the end of November. dogs, therapy dogs, and other interesting

cited I was to be there. I wanted to ride the NAMI Hampton/Newport News. bus, but was afraid that there would not be enough room...I was most impressed with the event and this year the organizers really went support I got from people from the past... out of their way to provide a fun and safe day. some even complimented the design I created We want to thank Farleigh Fitzgerald of for our shirt. My first walking experience NAMI Virginia and Rachel Shaw, the walk was like chaos theory's butterfly effect in my chairperson, for all their hard work. All the little life. This NAMI Walk led me to write walkers were talking about how they were to people asking for their participation. One already looking forward to next year's walk. fundraising event led to contact with people Thanks for a great time, NAMI Virginia! from many different types of relationships

This year's NAMI Walk seemed to be bet-from the past, in the present, and to those with

Nick was joined by 16 other walkers, and may be a CIT walk team next year. We are Besides the walk itself, there were prize currently at 75% of our \$5,000 fundraising

Four of our walkers raised over \$500 each booths. There was also a T-shirt contest and many of our walkers raised over \$100 which NAMI Hampton/Newport News won each. Bob Williams is currently our fundraisthanks to the designer, Nick Sullivan. Nick ing leader at \$745. Some walkers are holding and his fianceé, Jessica, walked for the first Pampered Chef and Lia Sophia Jewelry partime this year. Jessica said, "that the walk ties to raise money for the walk. Some of the was inspirational. All those people from employees at the Hampton/Newport News around the state together for a cause, and the Community Service Board are designating VCU pep band played for us! It was an eye NAMI Hampton/Newport News as their United Way recipient and others are encour-When asked about his experience with the aged to do the same. We do not currently walk, Nick said: "You can imagine how ex- have a United Way number so just write in

The NAMI Walk has always been a fun

Contact Us:

President: Bob Williams (757) 503-0743 or robert.g.williams-1@nasa.gov Check out our calendar of events on Page 4 of this newsletter!

National Alliance on Mental Illness

Media Opportunity

Producers are looking for 18 to 25 year-olds living in the continental US who have been diagnosed with a mental illness and are willing to share their personal experiences with a television audience.

spected documentary series, are developing a including the effect the illness has had on their new documentary series that focuses specifi- relationships with family and friends, side ef-

living in the continental US who have been di- on in their academic and/or professional lives. agnosed with a mental illness and are willing to share their personal experiences with a televi- send your name, phone number and a brief desion audience.

MTV expects to start filming this fall and a less) camera crew would follow participants going (mentalillness@mtvn.com). about their daily life over the course of two to three months.

Participants should be comfortable sharing

The producers of MTV's True Life, a re- the ups and downs of living with their illness, cally on young adults living with mental illness. fects from medications, therapy and other ways Producers are looking for 18 to 25 year-olds to manage their illness and challenges they take

> If you would like to be considered, please scription of your experiences (250 words or t o MTVv i a e-mail

> MTV producers will decide which candidates will be selected for the series.

Riverside Behavioral Health Center will be holding an event called "Raising Community Awareness on Mental Illness." Riverside will be spotlighting NAMI at this event.

Raising Community Awareness

Awareness on Mental Illness." Riverside will vention Team will also be available at the event. be spotlighting NAMI at this event.

presentation featuring Casey Gilbert, a social ganizational Excellence. This center is located worker, and Benetta Johnson, a military veteran. at 12420 Warwick Boulevard, Building 6, New-Delegate Phil Hamilton will be making a guest port News, VA, 23606. The event will be held appearance at the event. Riverside will be offer- on Wednesday, October 21, from 5:30 to 7:30 ing free depression screenings from 5 PM to 8 PM. Registration and refreshments start at 5:30 PM. There will also be information about all of PM. This will be an excellent educational opthe NAMI education programs: Family-to-portunity for members of the community. Family, NAMI Basics, Peer-to-Peer, NAMI

Riverside Behavioral Health Center will be Connections, NAMI On Campus, and In Our holding an event called "Raising Community Own Voice. Information about the Crisis Inter-

This event will be held at the Riverside Con-There will be a NAMI In Our Own Voice ference Center at the Riverside Center for Or-

NAMI Walk 2009





National Alliance on Mental Illness

From the Desk of Bob Williams

popping for our affiliate lately.

missed a very inspiring day in Richmond this nounce the following people have agreed to past Saturday. I do believe this was one of the come on board: Tina Vick, Newport News City best walks I have ever attended. Attendance Councilwoman; Brad Harbin, president of the was way up and NAMI Hampton/Newport Peninsula Home Builders Association; News was once again at the forefront of the Marianne Sherman, branch manager of Old day's activities. We took first place in the T- Point National Bank; Jim Auer, Hampton police shirt design contest, thanks to the great design CIT Coordinator; Tiffany Sullivan, attorney; that Nick Sullivan provided us. As Walk Chair, and Anne Whitaker, Hampton/Newport News our Walk Captain, Rachel Shaw, got the honor Community Service Board. The new members of cutting the ribbon at the start/finish line to get of our board will start to meet after the first of this year's walk off to a rousing start. A new the new year. This is an amazing group of peolayout was in place for this year's activities at ple and I am sure all of us are looking forward Innsbrook. A lot more seating and tables were to working with them. To be honest with you, I available to enjoy the food items or to just sit do not know of another affiliate in the state that and chat with other participants. This year's DJ has this kind of diversity on their board. had the place rocking with good music. We also had an increase in local business sponsors does not mean we cannot work with individuals from our area. Wayne Harbin Builders came on in the Latino community in our area that are board as a kilometer sponsor. Their office is struggling with ilness mental (mental illness). located at 3630 George Washington Memorial Insight Enterprises and NAMI Hampton/ Highway, Suite D, Yorktown, VA 23693. This Newport News are teaming up to help families is near Harwood Mills. If you have a chance, in the Latino community. Our first endeavor stop by and thank Brad Harbin for their contri- will be to establish a clase de Familia a Familia butions to this year's NAMI Walk. I have other (Family-to-Family class) in Spanish. news about this great company later.

Char Cate has been working the military side out in the near future. of our community. She has given numerous presentations to staff at Fort Monroe and Fort up. Please take the time to vote for the candi-Eustis. Also, we finally have been given the date of your choice that will support mental green light to start a Family-to-Family class at health. We have been passing out literature at the Hampton VA Medical Center. It has taken many of the political forums in the area. I can us over a year to put this program in place at the assure you that all of the candidates know that medical center. Barbara Harling, Char Cate, NAMI Hampton/Newport News is a very active and Evelyn Steward have been the champions organization. If you have a chance to speak to behind the scenes working on this endeavor, any of the candidates, but are wondering what to What a great way to support those that have say, visit the NAMI Virginia web site. There given so much to defend our freedom.

As president, one of my goals has been to review. increase the diversity of our Board of Directors. The current board has done an outstanding job -Bob Williams building our affiliate. I believe that it is time for

Where do I start? Things have been really us to take our affiliate to the next level and to do this we need to have more involvement from If you missed the NAMI Walk, you really our community at large. I am proud to an-

> Habla usted Español? No? Me either. That news about this new program will be coming

> Elections for state representatives are coming are some really good guidelines posted for your

NAMI Hampton/Newport News President

"If you missed the NAMI Walk, you really missed a very inspiring day in Richmond this past Saturday. I do believe this was one of the best walks I have ever attended. Attendance was way up and NAMI Hampton/Newport News was once again at the forefront of the day's activities. We took first place in the T-shirt design context, thanks to the great design that Nick Sullivan provided us. As walk chair, our walk captain, Rachel Shaw, got the honor of cutting the ribbon at the start/finish line to get this year's walk off to a rousing start."

-Bob Williams NAMI Hampton/Newport News President

National Alliance on Mental Illness

Calendar of Events:

Date	Event	Time	Place
MON. 10/19	Business Meeting	6 PM-7:30 PM	100A Medical Drive Hampton, VA 23666
WED. 10/21	Raising Community Awareness on Mental III- ness	5:30 PM-7:30 PM	Riverside Conference Center 12420 Warwick Boulevard, Building 6 Newport News, VA 23606
MON. 11/2	Open Monthly Meeting Speaker: Juan Martinez of Insight Enterprises	6 PM-7:30 PM	100A Medical Drive Hampton, VA 23666
MON. 11/16	Business Meeting	6 PM-7:30 PM	100A Medical Drive Hampton, VA 23666
MON. 12/7	Open Monthly Meeting	6 PM-7:30 PM	100A Medical Drive Hampton, VA, 23666
THU. 12/10	Crisis Intervention Team Training	All Day	300 Medical Drive Hampton, VA 23666
MON. 12/21	Business Meeting	6 PM-7:30 PM	100A Medical Drive Hampton, VA 23666
Every WED.	Family Support Group	6 PM-7:30 PM	500C Medical Drive Hampton, VA 23666
Every MON. & WED.	NAMI Connections Peer Support Group	6 PM-7:30 PM	Riverside Behavioral Health Center 2244 Executive Drive Hampton, VA 23666
1st & 3rd THU.	NAMI Connections Peer Support Group	7 PM-8:30 PM	Denbigh Church of Christ 205 Denbigh Boulevard Newport News, VA 23608
1st & 3rd SAT.	NAMI Connections Peer Support Group	2 PM-3:30 PM	Phoebus Library 1 S. Mallory Street Hampton, VA 23663

http://www.namihptnn.org

Upcoming Facilitator Trainings

October 2009: Family-to-Family Teacher Training (mid-month) November 2009: NAMI Basics Teacher Training December 2009:
Peer-to-Peer Mentor Training (early month)
February 2010:
Connection Support Group Facilitator Training