



OUR VOICE

The Official Newsletter of NAMI Winchester Affiliate

September 2009



OUR VISION

To eliminate the stigma of mental illness in Winchester City and the counties of Frederick, Warren, Page, Shenandoah and Clarke.

OUR MISSION

To provide support, education and advocacy for individuals, their families and others who are affected by mental illness.

CONTACT US!

NAMI Winchester
P.O. Box 4550
Winchester, VA 22604
540 533-1832

email:

namiwinchester@live.com

website:

www.namiwinchester.org



540 667-0145

CRISIS CARE

Winchester Medical Center
24 hr assessment and referral
1 800 786-2673

Northwestern Community Services

540 635-4804

SPANISH LANGUAGE F2F

Coming to Winchester

I am happy to announce that NAMI Winchester plans to organize a Spanish language Family-to-Family (F2F) class for next spring 2010. A recent presentation for Latino Connection (a Winchester-based coalition working on issues concerning the area's Latino population) prompted much discussion and interest. NAMI's F2F program is a free, 12-week course that helps family members and caretakers of those who suffer from severe mental illness to better understand and support their loved ones. The NAMI trained instructors are volunteers who know from their personal experience what it is like to have a family member or friend with a brain disorder. For more information about our efforts in organizing a F2F class en Espanol, please call Steve Smith at 540 533-1832. More info can be accessed at www.nami.org or 888-999-6264.

Tengo el placer de anunciar que la Alianza Nacional de Enfermedades Mentales en Winchester esta organizando una serie de clases llamada De Familia a Familia calendarizadas para la primavera de 2010. Una presentación reciente de la agrupación local "Latino Connection" resultó en mucho interés. El programa F2F es una serie de doce clases semanales, gratuitas, que ayudan a los familiares y cuidadores a entender y ofrecer apoyo a sus seres queridos con trastornos mentales, cuidándose también a si mismos. Los instructores, entrenados por NAMI, son voluntarios que saben por experiencia propia lo que es tener un familiar o amigo con trastornos cerebrales. Para más información sobre la clase, por favor póngase en contacto con Steve Smith al número 540 533-1832 o www.nami.org.

NAMI Winchester 5 K WALK-A-THON for Mental Illness Recovery

Our first annual fundraiser was a huge success!!!

THANKS to everyone who donated their time and efforts.

**The goal of the WALK was to raise both money and awareness
for the needs in our community. . .**

2009 Supporters

GOLD

Northwestern Community Services Board
Valley Health

SILVER

Jim and Shelda Longerbeam
Miller Honda VW Suzuki
National Counseling Group, Inc
Route 37 Self Storage
Valley Proteins

BRONZE

Bank of Clarke Co, Sharen Gromling, Harriet Helmlly, Kee Construction Services, Link Realty Services, Lions Club Stephens City, Jan Lorber, Martins Grocery, Miller Hardware, Bill & Lois Miller, Minda McCabe LCSW, Piedmont Medical Lab, Ron & Anne Shickle, Bonnie Shultz, Wiseman Assoc.

EATING DISORDERS: THE ROAD TO RECOVERY

★ ★ ★ ★

Crisis Intervention Team (CIT) training will occur in our local area for the 1st time this Fall, sponsored by NWCS.

★ ★ ★ ★

46% of all Americans will experience a mental illness or substance use disorder during their lifetime.

★ ★ ★ ★

One in four Americans experience mental illness each year.

★ ★ ★ ★

Mental health and substance use conditions cause more burden of disease than any other health condition – twice as much as cardiac disease.

★ ★ ★ ★

Nearly 33 % of those who have been deployed to Iraq and Afghanistan will experience mental health issues.

(Excerpts taken from healthyplace.com)

The road to recovery is often a long and frustrating one but it can also be a time of great hope and great relief. Some probably have thought on and off about trying to “quit” their eating disorder. As one begins this process she may experience a wide range of emotions, fear, impatience or frustration on the one hand, and determination, confidence and empowerment on the other. Deep down a person may have known for a long time that he needed to stop bingeing and purging or starving himself. But maybe some are too afraid they would get really fat or that something the eating disorder gives you would be too much to lose. Perhaps some have tried so many times before and their efforts only lasted a day or a

few hours, and they may have been afraid they could never really beat it. Or maybe they do not know how to begin a recovery process. The most important thing is that they have decided to try to make some changes in their life. Ultimately they are choosing to get back their physical and emotional health. One may feel like she is on an emotional roller coaster. Be aware that one is not instantaneously going to feel healthy and energetic. It will take time. But getting one’s health and life back is worth a person’s time and patience. Most people find it helpful to see a mental health professional to assist in this healing process. People shouldn’t have to do it alone. Individual and/or group therapy, medical monitoring, psychiatric medication and nutritional counseling are some of the most common elements of treatment or intervention.

NAMI Winchester Board of Directors

- Elected Officers:**
 President – Brooke Taylor
 1st Vice President – Paul Ruffo
 2nd Vice President – Connie Nutter
 Secretary – Fran Ring
 Treasurer – Kathleen Ruffo

- Committee Chairs:**
 Education Director – Bob Stevenson
 New Member Chrnm – Chuck Schoffstall
 Refreshment Chrnm – Tom Ring
 Public Relations Chrnm – Sharen Gromling
 Special Events Chrnm - Cathy Longerbeam
 Librarian/Resource Chrnm – Mary Alice Vann

NAMI Winchester LENDING LIBRARY

We have an interactive mental health mobile library for your use, such as – “An Unquiet Mind” by K. Jamison, “I am Not Sick I Don’t Need Help!” by X. Amador, “I Promised God” by D. Lawrence, “A Beautiful Mind” by S. Nasar, “Crazy: A Father’s Search through America’s MH Madness” by P. Earley. Check it out at our area Support Groups, meetings, and classes.

Business Meetings are every 3rd Monday each month at 7:00PM
 333 W. Cork St (Old Hospital)
 Conference Room #1
 Anyone interested is invited!

NAMI BASICS

NAMI’s new signature education program for parents and other caregivers of children and adolescents with symptoms prior to age 13 living with mental illnesses. Look for more info by the end of 2009 to train mentors at no cost. The curriculum is taught by a team of two. Call us if you are interested. . . 540 533-1832

Check out our NAMI Winchester WEBSITE
www.namiwinchester.org

What is Burnout??

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place. It’s important to deal with burnout right away!

NAMI Experience the Revolution
★ ★ ★ ★ ★ **JOIN TODAY!**

Joining is easy!
www.namiwinchester.org
OR
www.nami.org/JOIN

NAMI Support Groups and Educational Classes! Know of a person qualified to be a mentor/facilitator/teacher?

Contact us
at
540 533-1832
or
namiwinchester@live.com

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1100 affiliates across the country who engage in advocacy, research, support, and education for families, friends, and those living with mental illnesses.

➤ **Approximately 40 % of all homeless veterans live with mental illnesses.**

➤ **Based on numbers from the Centers for Disease Control and Prevention, the VA estimates that 18 veterans a day – or 6500/year - take their own lives.**

➤ **58 million American adults experience a mental health disorder each year.**

Most Students Stressed, Some Depressed

Most college students (85%) report that they feel stressed, and many are at risk for depression - yet many are not receiving mental health support, according to a new AP-mtvU survey. Only a third of surveyed students who reported depressive symptoms of at least moderate intensity had gotten professional help since starting college. More than half of those who had seriously considered suicide in the preceding year had not received any counseling or treatment. Help is available here in our area – individuals do not need to suffer alone!



Connection Support Group is a recovery support group for adults living with mental illness. We offer respect, understanding, encouragement, and hope in a relaxed approach to sharing the challenges and successes of coping with mental illness. Groups meet free of charge and everyone is a valued participant who can share as much or little personal information as they wish!

➤ **EVERY 1st and 3rd MONDAY, 12-1:30 PM, Our Health Center,**
301 N. Cameron, 1st floor Conference Room

AND

➤ **EVERY 2nd and 4th MONDAY, 7-8:30 PM, Old Hospital,**
333 W. Cork St, Conference Room #1

Contact us during HOLIDAYS or INCLEMENT weather prior to attending!

Join NAMI Today!

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Please detach, complete, attach check, and mail to NAMI-Winchester, PO Box 4550 Winchester, VA 22604

For renewal of NAMI dues
 To become a NAMI member



Make check payable to:
NAMI Winchester

IT'S TIME!
We look forward to seeing you!!
Name: _____
Address: _____
City, State, Zip _____
Phone: _____

- Dues are as follows:
(Please Check One)
- Individual/Family \$35
 - Professional \$35
 - Professional Organization... \$100
 - Consumer/limited income... \$3
 - Gift... \$_____

Email: _____



Family/Friends Support Group Meetings

Support Group is available for families, friends, and caregivers of the mentally ill. NAMI Winchester provides one Support Group each month:

➤ **2nd Sunday each month at 2:30**

Support Group meets at the old hospital, 333 W. Cork St. Parking is directly across from entrance #3 on Cork St. After entering the bldg, follow the signs to Conference Rm #1. This meeting is designed to assist individuals who are struggling with the challenges and issues of caring for a mentally ill family member or friend. Help is available, and this is your first step in finding some of the answers.

For more information, call **540 533-1832** or email namiwinchester@live.com
Contact us during HOLIDAYS or INCLEMENT weather prior to attending!

**If you would like to be removed from our mailing list,
please contact us!**

- **Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing.**
- **Mental illnesses are medical conditions.**
- **Mental illnesses are treatable – 70 to 90 percent of individuals have significant reduction of symptoms and improved quality of life.**
- **Stigma** erodes confidence that mental disorders are real and treatable. **It is time to take these barriers down!!**



NAMI Winchester
National Alliance on Mental Illness
PO Box 4550
Winchester, VA 22604