

***GWINNETT
COMMUNITY
HELP
BOOK***

*Services for
Families and Friends
of the Mentally Ill*

NAMI Gwinnett
An affiliate of NAMI Georgia and NAMI
(National Alliance on Mental Illness)
This Booklet was compiled and produced by

***NAMI Gwinnett
and
Gwinnett County Staff of
GRN-CSB****

Special Thanks to:

***NAMI-Gwinnett Members
and
GRN - CSB
for their assistance in compiling this Booklet***

Edition 3.0

Revised: May 2006

****(GWINNETT-ROCKDALE-NEWTON
COMMUNITY SERVICE BOARD)***

***IS A CONTRACTOR OF THE STATE OF GEORGIA DEPARTMENT OF
HUMAN RESOURCES TO PROVIDE SERVICES FOR PEOPLE IN NEED
OF TREATMENT FOR MENTAL ILLNESS, DEVELOPMENTAL
DISABILITIES AND ADDICTIVE DISEASES.***

TABLE OF CONTENTS

INTRODUCTION.....	4
GOOD ADVICE FROM NAMI FAMILIES	5
PSYCHIATRIC EMERGENCIES	6
GUIDELINES THAT PROVE HELPFUL	7
RIGHTS AND RESPONSIBILITIES	8
SUPPORT GROUPS AND INFORMATION	10
PROCEDURES FOR PSYCHIATRIC HOSPITALIZATION... 13	
SERVICES PROVIDED BY GRN COMMUNITY SERVICE BOARD.....	14
HOUSING & RESIDENTIAL ASSISTANCE.....	15
FINANCIAL BENEFITS.....	16
Food Stamps	17
HEALTH BENEFITS	18
Medicaid.....	18
Medicare.....	19
Medication Assistance.....	19
ALTERNATIVE SCHOOLS	22
VOCATIONAL ASSISTANCE.....	22
REHABILITATION & RECOVERY SERVICES.....	24
ESTATE PLANNING - WILLS	26
LEGAL ASSISTANCE.....	27
EDUCATIONAL OPPORTUNITIES.....	29
SUGGESTED READING LIST	30
GWINNETT COUNTY PSYCHIATRIC FACILITIES	32
STATE OF GEORGIA RESOURCES.....	37
OTHER HELPFUL RESOURCES	38

INTRODUCTION

YOU ARE NOT ALONE...

Mental Illness is a devastating disease, not only for those who have it, but also for the families and friends who love them. When a family is first confronted with the reality of mental illness, they usually experience shock and bewilderment. Why him/her? Why us? What went wrong? What should I do? Where can I get help?

What comes next is the often confusing search for help and guidance. Though the burdens and discouragement can be overwhelming, many others have also faced these same issues. You are not alone. Your questions, concerns -- as well as your feelings-- have been shared by others. Their combined experiences can serve as a stabilizing influence and can provide you with the support and guidance to make your living less desperate and confused. Help is as close as the nearest NAMI Affiliate. They have prepared this booklet as a Guide to Resources to assist you in securing help for yourself and your mentally ill loved one.

GOOD ADVICE FROM NAMI FAMILIES

- Learn all you can about the illness
- Avoid guilt and placing blame
- Find out about benefits and support systems when things are going well; don't wait for a crisis.
- Learn to recognize warning signs of impending relapse, such as changes in sleeping or eating habits, social withdrawal, and signs of irritability.
- Anticipate troublesome situations. If Aunt Tessie can't handle the relationship, don't have her to dinner with your ill family member present.
- Do not agree with stopping medications because the situation is "cured" or because the medication "makes me feel sick." Refer these decisions to the doctor who prescribed the medication. Settling on the right doctor and the most effective medication is very important and may take time. Don't give up!
- Set reasonable rules and limits and stick to them.
- Do not suggest that the patient "pull himself together." If he/she could, he/she would. Not being able to do this is part of the illness. Remember that his/her suffering and distress are even greater than yours.
- Do not expect and insist that all peculiar habits be corrected at once. Focus on what is accomplished, not on what is *not* accomplished.

- At times people with neuro-biological brain disorders suffer from memory loss or the inability to concentrate. This is frustrating and frightening. Do not insist that the person with mental illness try harder to concentrate; just repeat the information in a nonjudgmental way.
- Do not fall in with delusional thinking. The person with mental illness needs to be able to depend on a person who is objective and aware of what really is happening. On the other hand, do not argue with this type of thinking or try to point out faulty logic.

PSYCHIATRIC EMERGENCIES

Have a plan and put it on paper.

Because mental illness crises are unpredictable and can lead to "out-of-control" behavior, it is critical that the family of the ill member has a plan in place beforehand. This plan should be in writing and all family members should have participated in the development of this plan, including the mentally ill member when he/she feels well. Distribute the plan to the people who may be involved in resolving the crisis. As a minimum, include the following in your plan:

- GRN Community Service Board (Gwinnett County Mental Health) crisis telephone numbers.

This is the most important number to call:

8:30 AM - 5 PM	770-962-5544
AFTER HOURS:	770-985-2494
Anytime:	1-800-241-3175

- Name and phone number of his/her therapist
- Medications, type, strengths, Pharmacy, dates began

- each medication, symptoms the medicine is treating
- Medications that haven't worked
- Medications that have worked
- Treatments that have helped in the past. Treatments (if any) that should be avoided. Have your loved one write down what will make him/her feel calmer.
- What people, or actions, make the situation worse?
- In advance, learn how to optimize safety for yourself and your ill loved one – from the therapist and from law enforcement.

The following are examples of actions or problems where you should seek emergency psychiatric help:

- Expressing serious thoughts about attempting suicide.
- Hearing very disturbing voices.
- Experiencing uncontrollable anxiety.
- Feeling uncontrollable anger.
- Exhibiting manic or otherwise bizarre behavior, severe depression, disorientation, or extreme confusion

GUIDELINES THAT PROVE HELPFUL

Don't threaten - the ill person may interpret this as a power play and increase fear or prompt "assaultive" behavior.

Don't shout - If the mentally ill person seems not to be listening, it isn't because he/she is hard of hearing. Other "voices" are probably interfering or predominating.

Don't criticize - It will only make matters worse.

Don't bait the ill person into acting out wild threats; the consequences could be tragic.

RIGHTS AND RESPONSIBILITIES

Psychiatric patients have certain rights and responsibilities which play an essential role in the management of their illness. So do their families. The families' rights and responsibilities play an essential role in managing and coping with the patient at home.

Families have the right...

- Not to be blamed for the illness
- To be free from certain social obligations
- Not to be abused, yelled at -- or hit
- To seek treatment for the ill family member
- To seek information regarding diagnosis, symptoms and treatment for the ill family member

Families have the responsibility of...

- Contributing to the prevention of relapse
- Helping the ill family member get to appointments
- Giving honest feedback to the ill family member
- Tolerating no tyrannical behavior (i.e., allowing the patient all rights and no responsibilities)
- Observing the patient closely; setting limits on behavior
- Learning as much as possible about the illness
- Becoming involved in the patient's treatment and healthy lifestyle
- Communicating honestly and assertively
- Maintaining the family network by meeting the intellectual, spiritual and emotional needs of the well family members.

Patients have a right to...

- Safety, security and decreased stress while ill
- Protection from harm and ridicule
- Protection from hurting oneself
- A safe, secure and comfortable environment (often the hospital) and humane care
- Exemption from social obligations and other responsibilities
- Dignity and freedom from abuse
- Adequate treatment for the illness
- Medication
- Medical treatment as needed
- Social and work skills rehabilitation
- Therapy and counseling
- A realistic placement and/or discharge plan
- Individualized treatment plan
- Information on one's illness, treatment and prognosis
- Hospital orientation
- Education classes
- Informed consent
- Knowledge about when one can expect to get better
- Confidentiality

Patients have the responsibility of...

- Accepting and recognizing the illness
- Not denying the illness
- Learning the warning signs that the illness is returning
- Seeking treatment and cooperating with treatment givers
- Listening to their doctor's advice (and following it)
- Giving open and honest information about symptoms
- Learning as much as possible about the illness and treatment
- Asking questions; listening to the answers
- Attending education classes and trying to learn

- Observing oneself to learn about symptoms

(Source: Dr. Cynthia Bisbee - *Patient Education in Mental Illness.*)

Violation of Rights...

If you believe the rights of a person with mental illness have been violated in the areas of *education, employment, housing or treatment*, contact the Georgia Advocacy Office at 404-885-1234 or 1-800-537-2329. If the person is receiving services through GRN-CSB, contacting the Consumer Rights Representative at 770-339-5090, is one way of facilitating this process.

SUPPORT GROUPS AND INFORMATION

- **NAMI - National Alliance for the Mentally Ill**

National Office 1-800-950-6264
www.nami.org

Georgia Office 770-234-0855
www.namigeorgia.org

Georgia Help Line 1-800-728-1052

Gwinnett County 770-963-2809
770-822-2795
www.nami.org/sites/namigwinnett

Meetings for NAMI Gwinnett:
 First Tuesday of each month 7:30 PM
 Third Tuesday of each month 7:30 PM (for support meetings)
 Lawrenceville Presbyterian Church,
 800 Lawrenceville Hwy NW (Hwy 29)
 Lawrenceville, GA

DO YOU NEED TO TALK TO SOMEONE on a one-to-one basis that has lived with a mentally ill loved one? Call any one of the following NAMI-GWINNETT members:

Daryl M.	770-963-2809
Connie/Ed L.	770-923-0838
Scotty/Marilyn B.	770-564-3094
Claudia H	770-338-0701

- **Laurelwood Emotions Anonymous**
 1-800-848-3649
www.anxiety.org.za
- **Atlanta Emotions Anonymous**
 Meetings at Summit Ridge Hospital,
 250 Scenic Highway at Gwinnett Drive on
 Saturdays at 4:15 PM.
 Call Michael G at 770-717-0749
- **Depression & Bipolar Support Alliance**
 (Call for information on local chapters)
 1-800-826-3632
www.dbsalliance.org
- **Family Education/Support Groups**
 GRN Community Service Board 770-962-5544

- **Georgia Childhood Bi-polar Foundation**
 Meetings at Hillside Hospital in Atlanta are held on Saturday (1 per month) at 10:00 AM.
 Contact Terry Brown at 770-446-8581
- **Georgia Mental Health Consumer Network**
 Delois Scott, Executive Director: 404-687-9487
- **Georgia Parent Support Group**
 For parents and family members of emotionally disturbed and behaviorally different children.
 Call Vernal Garrett at 404-363-8941
- **Georgia Parent Support Network**
 (For parents of children and adolescents with mental illness)
 404-758-4500
www.gahsc.org/directory/116.html
- **SAFE - Support Meeting for People who suffer from a Brain Disorder**
 Meetings at Lawrenceville Presbyterian Church
 800 Lawrenceville Hwy, Lawrenceville
 Friday at 8:00 PM. For information, contact any one of the following:

Wayne T.	404-457-0908
Sam R.	770-381-5498
Jennifer G.	770-921-1961
- **Support Meeting for Family and Friends of People who suffer from a Brain Disorder**
 Meetings at Lawrenceville Presbyterian Church
 800 Lawrenceville Hwy, Lawrenceville
 Friday at 8:00 PM.
 Call Eric or Lori 770-822-2795

PROCEDURES FOR PSYCHIATRIC HOSPITALIZATION

VOLUNTARY HOSPITALIZATION - The mentally ill person may be brought to the GRN-CSB Outpatient Mental Health Centers at Lawrenceville during daytime hours, to their counselor or therapist, or to a local emergency room. In any of those settings, a mental health professional will evaluate the person. If the illness is severe enough at that point in time, the mental health professional may recommend hospitalization. In situations where the person is willing to go to the hospital, a family member or friend usually provides transportation.

INVOLUNTARY HOSPITALIZATION - There may be times when the person with mental illness is experiencing severe symptoms but is unwilling to seek help. There are two ways to have someone hospitalized against their will.

The first way is for family or friends to try to get help for him/her by initiating a Lay Affidavit. This document is designed for concerned parties to request that the mentally ill person be picked up and brought in for evaluation by Sheriff's deputies. To do this, two adults who have observed the mentally ill person within the past 48 hours go to Gwinnett County Justice Administration Building at 75 Langley Drive in Lawrenceville. They would complete a Lay Affidavit form obtained from the Probate Court. The court designee would review the form, ask some clarifying questions, and either approve or deny the request. If approved, Sheriff's deputies bring the person to the nearest GRN-CSB Outpatient Center. If the person is unable to locate the mentally ill person until after 3:30 PM, the patient is taken to the Emergency Room at Gwinnett Medical

Center or Eastside Hospital. At any of those locations, an evaluation is completed. The physician will determine if the mentally ill person presently poses a substantial risk to self or others or if he/she is unable to care for self. Then, a form is completed that allows for the person to be involuntarily transported to a Psychiatric Hospital.

The second way occurs when the ill person is willing to come to an Outpatient Center, but refuses to go to a Psychiatric Hospital. There, a qualified mental health professional may decide that the person's current condition constitutes a substantial risk of immediate harm to self or others, or the inability to care for self. A form can then be signed that allows for the person to be involuntarily transported to a Psychiatric Hospital for further evaluation and possible admission.

SERVICES PROVIDED BY GRN COMMUNITY SERVICE BOARD

Mental Health, Developmental Disability, and Addictive Diseases Services are provided to children, adolescents, adults, and older adults. These may include:

- Medical/psychiatric assessment
- Medication administration
- Individual, family, group counseling
- Crisis stabilization
- Outreach support and intervention including home, community and schools
- Dual diagnosis groups
- Family education and training
- Psychosocial rehabilitation programs
- Community residential placements
- Supported employment

Administrative Offices and Consumer Services are located at:

175 Gwinnett Drive
Lawrenceville, GA 30045
Phone: 770-339-5071

Access to Care:
(8:30 – 5:00) 770-962-5544
(Anytime) 1-800-241-3175

The Outpatient Service Centers are located at:

Lawrenceville Center 175 Gwinnett Drive, Lawrenceville, GA 30045

Norcross Center 5030 Georgia Belle Court, Norcross, GA 30093

* Initial assessment services occur at the Lawrenceville Center

HOUSING & RESIDENTIAL ASSISTANCE

Information, referrals and assistance can be obtained through the following agencies:

- Buford Housing Authority
Corner of Hutchins & Church Streets
Buford, GA.
Phone: 770-945-5212
- Georgia Department of Human Affairs
Section 8 Housing Assistance
Phone: 404-679-4840 www.dea.state.ga.us
- GRN Community Service Board
Residential Services
As part of a treatment care plan, residential options will be explored.

- Lawrenceville Housing Authority
502 Glenedge Drive
Lawrenceville, GA 30045
Phone: 770-963-4900
- Norcross Housing Authority
(Office is open part-time – call first)
19 Garner Street
Norcross, GA
Phone: 770-448-3668

FINANCIAL BENEFITS

Mental illness is a serious neurobiological condition that very often leads to an inability to successfully support oneself in gainful employment. Consequently, the illness may qualify as a disability and the ill person may be eligible for cash benefits from the Social Security Administration (SSA). There are two kinds of cash benefits available: Social Security Disability (SSDI) and Supplemental Security Income (SSI).

- **SSDI** is based on the disabled person's work record. Your local Social Security Office will aid in determining one's eligibility for SSDI. The disabled person, who has not worked, may be entitled to RSDI based on a parent's work history.
- **SSI** is based on the ill person's financial need and your eligibility is determined through an interview process by the SSA

Both benefits are handled through the SSA. Apply at any Social Security Office or by calling 1-800-772-1213. The office hours are 7:00 a.m. to 7 p.m. and the best time to call is close to the beginning hour or close to closing hour.

SOCIAL SECURITY FIELD OFFICE-CRESCENT CENTER

100 Crescent Center Parkway
Tucker, GA 30084
Phone: 770-934-1320

LOCAL SSA OFFICE

4365 Shackelford Rd.
Norcross, GA 30093
Phone: 1-800-772-1213
Open 8:30 AM – 3:30 PM (Monday through Friday)

INFORMATION TO SECURE BENEFITS:

There are many office locations - when you call the 1-800 number they will ask for your zip code and assign you to an office based on zip code. You don't have to go to that location but once you are assigned a representative of the SSA, you will need to work with that person and office. You will be assigned a person who will be working with you and sending all the paperwork that you will need to complete and return. Make sure to make a copy of your complete paperwork in case they lose it or if you need to talk to your representative at the SSA office, you will be looking at the same information. On your copy it would be beneficial to write the date you mailed the information and each time you talk to the representative using your copy.

This program will take several months to fill all the papers and have it reviewed by the SSA panel to make a decision if you qualify for these benefits. BE PATIENT AND ON TOP OF IT. It is best to work by phone appointments and only go into the office when you need to.

Food Stamps

The food stamp program is a Federal program designed to help families with low income buy the food they need to

maintain good health. Your income level determines eligibility. To apply for Food Stamps go to the nearest Gwinnett County Department of Family and Children Services (DFCS) Office located at:

Lawrenceville Office – One Justice Square,
446 W. Crogan St, Lawrenceville, GA 30045
Phone: 678-518-5500

Buford Office - 275 Sawnee Ave, Suite 3001, Buford, GA 30518 Phone: 770-614-2500

Norcross Office - 5030 Georgia Belle Court, Suite 2066, Norcross, GA 30093 Phone: 770-638-5790

HEALTH BENEFITS

Medicaid

Medicaid is a medical assistance program, funded by both the federal and state governments. The county's Department of Family & Children's Service (DFCS) operate it in each county. The Lawrenceville Office is located at: 446 W. Crogan St., Lawrenceville 30045 (Phone: 678-518-5500).

For people with a disabling mental illness, it is probably the most important resource for both mental health care and medical services. For those who qualify, it pays for doctor's services, lab fees, clinics, medical equipment, emergency dental care and medical transportation. Apply first at Social Security for a disability decision if you are under age 65. To find out if you are eligible for Medicaid, and the information needed, contact your local DFCS office.

Medicare

Medicare is a federal insurance program that helps pay hospital and medical bills for eligible people and prescription drugs.

It is for almost everybody 65 or older, regardless of income, as well as disabled people under 65 who have been entitled to Social Security Disability Insurance (SSDI) for 24 months. If you have received SSDI benefits for a total of 24 months, you are eligible to enroll in Medicare. Part A of Medicare (hospital insurance) covers inpatient hospital care, skilled nursing facility care, home health care, and hospice care. Part B (medical insurance) covers doctors' services, outpatient hospital services, and some other services. When you become eligible for Medicare, you will receive Part A automatically. To receive Part B of Medicare, you must enroll in the program and pay a monthly charge that is deducted from your Social Security benefit. Medicare Part D provides prescription drug benefits for those on Medicare and/or Medicaid. To enroll, contact Medicare (1-800-633-4227). Low income persons may qualify for "extra help" to reduce your cost. When accepted you must select a drug plan provider that meets your needs. Pharmacies offer help in this selection.

Medication Assistance

The following Pharmaceutical Companies offers free medications to low-income families. They require a doctor's consent and proof of the person's financial status. Depending on what your insurance covers, you may be able to apply. A few companies even allow family incomes as high as \$40,000 annually (offset by expenses, of course).

Abbott Laboratories

Depakote 1-800-222-6885

AstraZeneca Foundation

Seroquel, Elavil 1-800-424-3727

Boehringer Ingelheim Pharmaceuticals, Inc.

Serentil 1-800-566-8317

Bristol-Myers Squibb & Otsuka American

Abilify 1-800-736-0003

Ciba Pharmaceuticals

Ludiomil 1-800-257-3273

Eli Lilly and Company

Cymbalta, Prozac,
Symbyax, Zyprexa 1-800-488-2133

Forest Pharmaceuticals, Inc.

Celexa 1-800-851-0758

Glaxo SmithKline Wellcome Inc.

Compazine, Eskalith,
Wellbutrin, Paxil 1-866-728-4368

Hoechst Marion Roussel, Inc.

Norpramin 1-800-221-4025

Ivax Pharmaceuticals, Inc.

Clozaril 1-800-507-8334

Janssen Pharmaceutica

Risperdal 1-800-652-6227

Knoll Pharmaceutical Company

Isoptin 1-800-524-2474

Lederle Laboratories

Asendin, Loxitane 703-706-5933

Novartis Pharmaceuticals

Clozaril, Mellaril, Tegretol 1-800-277-2254

Ortho-McNeil Pharmaceuticals, Inc.Haldol, Haldol Decanoate
Topamax 1-800-577-3788**Organon**

Remeron 1-800-241-8812

Pfizer Inc.Calan, Geodon,
Navane, Sinequan, Zolof 1-800-707-8990**Roche Laboratories, Inc.**

Klonopin, Valium 1-800-285-4484

Schering Laboratories/Key Pharmaceuticals

Trilafon 1-800-656-9485

Wyeth Pharmaceuticals

Effexor, Surmontil 1-800-568-9938

The drugs listed are by brand names. Several are available in generic form at a much lower cost. Your Pharmacy can tell you if any of your drugs are available as a generic.

Websites:

Directory of Prescription Drug Patient Assistance Programs

www.phrma.org/searchcures/dpdpap/

RxAssist: Accessing Pharmaceutical Patient Assistance programs www.rxassist.org

ALTERNATIVE SCHOOLS

- Eckard School
Alternative High School for troubled youth
E-Tu-Nake (His Other Way – for Boys)
Blakely, GA
E-Ma-Laku (His Values – for Boys)
Suches, GA
<http://www.eckerd.org>

VOCATIONAL ASSISTANCE

“The number one dream of people with mental illness in terms of breaking free from the bonds of their illness, the poverty associated with it, and the embarrassment and stigma of it is to be able to go to work,” Ralph Bilby, Program Director of the International Center for Clubhouse Development. Too often people in recovery face barriers to finding and maintaining a good job -- barriers created by themselves as much as others. Common feelings include:

- A serious lack of confidence
- The fear of recurring episodes of illness
- A sense of being too far behind to catch up
- A stigma regarding mental illness that still exists in the workplace
- Government Regulations, which sometimes create unnecessary obstacles

While these barriers are real, they can be overcome.

IMPORTANT IDEAS FOR FINDING AND MAINTAINING MEANINGFUL EMPLOYMENT:

1. Don't be afraid to try.
2. Find and actively work with a "Rehabilitation Partner".
3. Position yourself for the best chance at getting meaningful work i.e. training, education, or volunteer work.
4. Optimize your health.
5. Develop excellent work habits.
6. Be persistent.
7. Look at your employment search as a long-term learning process.
8. Be willing to trust. *"It's about trust, which must be earned."* (Ralph Bilby)
9. Take it *one step at a time*. Patience is one of your best allies.
10. Recognize--and celebrate--your successes.

AGENCIES WHICH CAN PROVIDE ASSISTANCE AND SUPPORT:

- Georgia Department of Labor
Vocational Rehabilitation Services
2111 Beaver Run Road, Suite 160
Norcross, GA 30071-3340
(770)729-5400 www.dol.state.ga.us
- Georgia Department of Labor
Vocational Rehabilitation Program (Group)
1700 Century Circle, Suite 300
Atlanta, GA 30345
Toll Free:1-866-489-0001 www.dol.state.ga.us

(Persons between the ages of 14 and 64 with any type of disability: who receive SSI, SSDI or both are eligible for services.)

Office of State Coordinator of Vocational Education for Students with Disabilities - Department of Education
Vocational Education Special Needs Unit

- 1752 Twin Towers, East
Atlanta, GA 30334
General Phone Number: 404-657-8324
http://public.doe.k12.ga.us/pea_board.aspx
Current special needs contact: Marcia Strickland at 770-914-9388 or mkstrick@bellsouth.net
- Creative Enterprises, Inc.
Phone: 770-962-3908

A supported work program that offers work training skills and employment placement. Fees for services can be paid through Private Parties or State Vocational Rehabilitation.

Other opportunities through GRN-CSB "Supported Employment" see page 14 for full services at GRN.

REHABILITATION & RECOVERY SERVICES

Since the early 90's the specter of long-term disability in mental illness has been transformed into a vision of recovery. Before then, the medical model assumed that stabilization was the best possible outcome of treatment, and care systems were designed around the goal of maintenance.

Dr. William Anthony, a national leader in psychiatric rehabilitation, claims that the vision of recovery has been stifled by the lack of innovative programs. *“After 25 years of practice and research, and listening to consumers and their families, I am more convinced than ever that recovery from mental illness is possible for many more people than was previously believed.”* We, therefore, should not immediately conclude that our ill relative couldn’t lead a productive life. In spite of the scarcity of effective and appropriate services to move the consumers toward rehabilitation and recovery, the hope and the vision should not be abandoned. Based on a panel discussion of consumers, the “essential ingredients” of rehab programs that lead to recovery are:

- a safe and stable environment
- good medical treatment
- an educated and supportive family
- something to get involved in -- work, community, advocacy
- education about effective management of the illness
- focus on consumer strength and self-determination
- a caring counselor.

Rehabilitation Services are available at:

- GRN Community Service Board
Mental Health & Addictive Disease Services
175 Gwinnett Drive
Lawrenceville, GA 30045
770-962-5544 OR 1-800-241-3175
www.grncsb.com
- The Atlanta Center for Psychiatric Rehabilitation, Inc.
1924 Clarimont Road, Ste. 30
Decatur, GA 30033-3412
404-321-4992

e-mail: dallison@mindspring.com

- Counseling & Psychiatry of Gwinnett
Snellville: 770-978-4241
This group works on a sliding scale and does not accept Medicare and/or Medicaid coverage
- Skyland Trail
1903 N. Druid Hills Rd.
Atlanta, GA 30319
404-315-8333
- Council on Alcohol and Drugs
6045 Atlantic Boulevard
Norcross, GA 30071
Tel (770) 239-7442
Fax (770) 239-7443
www.livedrugfree.org

ESTATE PLANNING - WILLS

Because many persons suffering from brain disorders receive some type of financial assistance from either the Federal or State Government, monies received by them as a gift or inheritance could jeopardize their entitlement. However, through a properly prepared legal document called a “Special Needs Trust”, their SSI benefits would continue if their necessities were paid from the monies in the Trust.

It is important that you seek the professional help of an attorney experienced in creating such Trusts in order to protect their entitlements.

While NAMI does not endorse any specific attorney to handle your estate planning, we have been participants in a

presentation by Ms. Ruthann P. Lacey on this issue at one of our regular NAMI-Gwinnett educational meetings. If you wish to explore using a legal expert for your needs, you can reach Ms. Lacey at her office, 2296 Henderson Mill Road, Suite 403, Atlanta, GA 30045. Her telephone number is: 770-939-4616, or visit her website at www.elderlaw-lacey.com.

Other options for Estate Planning that protects your disabled loved one from losing their benefits because of inherited monies:

- The Georgia Community Trust
3995 South Cobb Drive
Smyrna, GA 30080
Robert Fink, Executive Director at 770-431-7070
- Plan of Georgia, Inc.
1780 Century Circle, Suite 6
Atlanta, GA 30345
404-634-0094
(Provides solutions for present and future care.)

LEGAL ASSISTANCE

Needing legal advice for the families of the mentally ill presents unique problems and usually requires legal specialists. NAMI-Georgia and the Young Lawyers Division of the State Bar of Georgia have been working to better benefit families who have legal problems relating to the mental illness of a family member. By calling the office of NAMI-Georgia at 770-234-0855 you will be referred to a volunteer attorney who will provide or coordinate an appropriate and helpful consultation or other response to the caller's special inquiry. The response is limited to

coordinating or referral and does not provide an attorney "pro bono" for full-blown legal representation. You may also call William J. DeAngelis at 770-351-9913 (37 Vernon Glen Ct., Atlanta, GA 30338).

ADDITIONAL PROSPECTS FOR LEGAL ASSISTANCE

- Atlanta Legal Aid Society
404-524-5811
www.law.emory.edu/PI/ATLAS
- Atlanta Volunteer Lawyers
404-521-0790
www.arlf.org
- Gwinnett County Probate Court
Justice & Administration Center
75 Langley Dr.
Lawrenceville, GA 30045
770-822-8250
- Alternative Sentencing & Mitigation Institute, Inc.
Yvette Robinson LMSW, Director of Programs
Forensic Social Worker X 103
260 Peachtree St., Suite 1000
Atlanta, GA 30303
404-880-0675
- Gwinnett ProBono
770-822-8599
Legal Assistance in Gwinnett County
Help with: Probate and Consumer Problems
Family Law Matters
Divorce
Limited Custody & Child Support
Landlord & Tenant Assistance

- Office of Mental Health Advocate
404-232-8900
www.gpdsc.com

EDUCATIONAL OPPORTUNITIES

“Knowledge is Power”

Learn as much as you can about your loved one’s illness and find successful ways of coping.

“FAMILY-TO-FAMILY”

A *FREE*, 12-week course for family members, taught by NAMI-trained facilitators and covers the major brain disorders:

- Schizophrenia, SchizoAffective, Major Depression, BiPolar Disorder, Panic Disorder and Obsessive Compulsive Disorder
- Basics about the brain
- Problem Solving Skills
- Medication Review
- Self-Care
- Communication Skills

“VISIONS FOR TOMORROW”

A *FREE*, 8-week course for primary caregivers of children and adolescents with brain disorders such as: ADHD, ADD, PDD/Autism, Tourettes, BiPolar, Depression, Eating Disorders, Anxiety, Obsessive-Compulsive Disorder and early-onset Schizophrenia.

The course material covers:

- Organization of Data and Record keeping,
- Communication,
- Coping and Self-Care Strategies,
- Problem Management,
- Rehab, Recovery and Transition,

- Advocacy,
- Judicial and
- Stigma.

Call NAMI-GEORGIA 770-234-0855 to find out the dates and location of either of these classes nearest you.

Literature from NAMI-GEORGIA
Call 770-234-0855.

Literature from National Alliance for the Mentally Ill.
Write NAMI, Colonial Place Three, 2107 Wilson Blvd., Suite 300, Arlington, VA 22201-3041 OR Call: 703-524-7600.

A selection of books is available from NAMI-GWINNETT. Our Library is open during a regular NAMI-GWINNETT meeting. (First Tuesday every month, 7:30pm, at the Lawrenceville Presbyterian Church)

GRN-CSB provides on-going education to persons served, as well as their family members on an individualized basis. Areas covered may include:

- Information about the illness,
- Symptoms and biological basics,
- Relapse prevention,
- Medications, and
- Crisis prevention and intervention.

SUGGESTED READING LIST

Knowledge is power. Learn as much as you can about your loved one’s illness and find successful ways of coping.

1. Duke, Patty and Hockman, Gloria-- "A Brilliant Madness - Living with Manic-Depressive Illness." 1992
2. Torrey, E. Fuller, MD. "Surviving Schizophrenia." 1988
3. Walsh, Maryellen. "Schizophrenia: Straight Talk for Families and Friends." 1985
4. Bernheim, Kayla; Lewine, Richard; and Beale, Carolyn. "The Caring Family: Living With Chronic Mental Illness." 1982
5. Kanter, Joel. "Coping Strategies for Families of The Mentally Ill."
6. Berne, Erice, MD. "What Do You Say After You've Said Hello?"
7. Hinckley, Jack & Joann, "Breaking Point."
8. Andreasen, Nancy, MD. "Welcome Silence - Schizophrenia."
9. Van Burne, Abby, "Letters, A Family Affair."
10. Park, Clara Clairborne and Shapiro, Leon, MD. "You Are Not Alone - Understanding."
11. Goodwin, Frederick K. and Jamison, Kay Ref Fifield, "Manic Depressive Illness."
12. Amadour Xavier, PhD. "I Am Not Sick, I Don't Need Help."
13. Temes, Roberta, "Getting Your Life Back Together,

When You Have Schizophrenia."

14. Miklowitz, David J., PhD. "The BiPolar Disorder Survival Guide: What You And Your Family Need To Know."
15. Torrey, Fuller, MD, "Surviving Schizophrenia: A Manual For Families, Consumers and Providers." 3rd Edition
16. Musser, Kim T., PhD. & Gillberg, Christopher, MD, PhD. "The Schizophrenias: A Biological Approach To The Schizophrenia Spectrum Disorders."

All of the books listed above may be purchased from:

The National Alliance on Mental Illness
 Colonial Place Three
 2107 Wilson Blvd., Suite 300
 Arlington, VA 22201-3042
 Phone: (703) 524-7600

Other Resources For Materials:

NAMI (National) 1-800-950-6264

NAMI-GA 1-800-728-1052 / 770-234-0855

NAMI-GWINNETT 770-822-2795

National Mental Health Assn. of GA - 404-227-7175

GRN-CSB 770-963=8141

GWINNETT COUNTY PSYCHIATRIC FACILITIES

FACILITIES IN GWINNETT COUNTY AND THE GREATER METRO AREA THAT PROVIDE BEHAVIORAL MEDICINE ILLNESS TREATMENT

The list is provided as a general guide. It should not be taken as an endorsement of any facility listed. Please check with each facility for the most current information.

- **SUMMIT RIDGE**
250 Scenic Highway
Lawrenceville, GA 30045
678-442-5800 or 678-442-5858
www.gwinnetthealth.org

For general information, ask to speak with an Assessment Counselor

For Assessment Services: 678-442-5856

Services-Adults:

Inpatient psychiatric, detox and geriatric
Partial hospitalization day program (Meets 9 AM – 3 PM)
Evening alcohol and drug program
(Mon., Wed., Thurs. 6 PM-9 PM)
Women’s Program

Services-Adolescents (ages 13-18):

Inpatient and day programs

Services-Children (agents 7-12):

Outpatient day program only

Patients without insurance are referred to the GRN facilities.

- **AUBURN RENAISSANCE CENTER**

Haverty Building
206 Edgewood Avenue
Atlanta, GA 30303
404-616-1800
ARoy@GHS.edu
Contact Person: Beth Boersma

Services:

Community Health Walk In-Day Programs offering vocational training, Psychosocial Rehab Recreational Services for those with Major Axis 1 Diagnosis (i.e., primary schizophrenia, Bipolar Disorder, Major Depression)
Have a Voluntary Program 3 days/week

To Access Services:

Complete Referral forms, or via Psychiatric Emergency Services at Grady Hospital

- **PEACHFORD HOSPITAL**

2151 Peachford Road
Atlanta, GA 30338
770-455-3200/866-897-3224
Fax: 770-454-2362
www.peachfordbhs.com
Free Assessment Service: 770-454-2302
Contact Person: Erica Collins

Services-Child & Adolescent Programs:

- Acute Care
- Partial Hospitalization/Partial Care
- Intensive Outpatient Program
- Outpatient Therapy

Services-Adult Psychiatric Programs:

(Includes: Schizophrenia, Depression, Manic Depressive Disorder and others)

- Acute Inpatient
- Partial Hospitalization
- Intensive Outpatient
- Individual Outpatient Therapy

To access service: 24 hour/7 days per week needs assessment and referral center - FREE assessment. For Appointment: call 770-454-2302

• **EMORY UNIVERSITY HOSPITAL**

Mental health Services

1441 Clifton Road, NE

Atlanta, GA 30322

Access via 404-712-7103 (Inpatient Admissions Dept.)

404-778-5526 (Outpatient Admissions Department)

www.emoryhealthcare.org

Services:

- Inpatient Services - comprehensive evaluative and treatment services with a multi-disciplinary approach
- Outpatient Services -
- Clinical Trial Services - Several on-going research projects relating to mental illness diagnosis. Contact 404-778-5000 for details.
- Medication Evaluation Services - provided by Emory Residents in Psychiatry for a fee of \$35.00. Assist with proper medication evaluation. Call 404-778-5000 for more details.

• **FUQUA CENTER FOR LATE-LIFE DEPRESSION**

Wesley Woods Health Center

1841 Clifton Road, NE

Atlanta, GA 30329

404-728-6302

E-Mail: www.emoryhealthcare.org OR

<http://fuqua.emoryhealthcare.org>

Contact: HELPLINE @404-778-7710

Crisis: 404-712-7103

Services:

- Outpatient - Individual, Group and Family Therapy. Medication Management
- Inpatient - Psychiatric services Partial hospitalization program specifically designed for older adults with mood disorders
- Education and Outreach Services

• **LAURELWOOD**

200 Wisteria Drive

Gainesville, GA 30501

770-531-3800 OR 1-800-848-3649

Contact: Ask for Intake Department

www.nghs.com or e-mail: melissatymchuk@nghs.com

Assessment Services:

8:30 AM - 4:30 PM (Call phone number listed above for free evaluation)

Crisis Situation or After Hours: Must report to Emergency Room (closest Hospital in area is Lanier Park or NE Georgia Medical Center)

Services:

- Adolescent (Ages 12-17)
 - Inpatient Hospitalization
 - Day Partial Hospitalization
 - After School Outpatient Program
 - Aftercare Support
- Adult

Acute Inpatient Hospitalization
Intermittent Inpatient Hospitalization
Day partial Hospitalization
Aftercare Support

• **PROMEDICA, INC.**

3562 Habersham at Northlake, Suite J 200
Tucker, GA 30084
770-492-3330

Services:

- Case Management
- Medication
- Evaluation
- Therapy

• **SKYLAND TRAIL**

1903 North Druid Hills Rd.
Atlanta, GA 30319
404-315-8333

Services:

- Case Management
- Education
- Treatment
- Social Activities
- Therapy
- Support
- Vocational Services

STATE OF GEORGIA RESOURCES

**for Mental Health, Developmental Disabilities &
Addictive Diseases (MHDDAD)**

- Dept. of Human Resources (DHR)

404-656-5680
www.dhr.state.ga.us

- Division of MHDDAD
404-657-2260

DHR and the Division serve Georgia statewide.

- Metro MHDDAD Regional Office
100 Crescent Centre Pkwy, Suite 900
Tucker, GA 30084
770-414-3050
Serves Clayton, Dekalb, Fulton, Gwinnett, Newton, &
Rockdale Counties.

OTHER HELPFUL RESOURCES

- **Bazelon Center for Mental Health Law**
(Located in Washington, DC) www.bazelon.org
- **Carter Center Mental Health Programs**
404-420-5165 www.cartercenter.org
- **Georgia Advocacy Office**
1-800-537-2329 www.thegao.org
- **Georgia Mental Health Advocacy Division**
1-800-676-4432 www.thegao.org
- **Georgia Mental Health Consumer Network**
1-800-297-6146
- **Georgia Parent Support Network**
404-758-4500
www.gpsn.org

- **Georgia Psychiatric Association**
404-298-7100 www.gapsychiatry.org
- **Mental Health Association of Georgia**
404-527-7175 www.nmhag.org
- **Office for Civil Rights**
404-562-6350
www.ed.gov/ocr/complaintintro.html
- **Social Security Administration**
1-800-772-1213 www.ssa.gov

NAMI Gwinnett
PO Box 464053
Lawrenceville, GA 30042-4053

A Support Group for Families and Individuals affected
by Mental Illness

NAMI Gwinnett is a family based support and advocacy organization. We are families and friends of persons with a mental illness. We help families develop skills and knowledge, enabling them to cope more effectively and reduce their own stress. We also strive to improve the quality of life for those having a mental illness. We meet the first Tuesday every month, 7:30pm, at the Lawrenceville Presbyterian Church.

Do you need to talk with someone on a one to one basis that has lived with a mentally ill loved one? Call anyone of the following:

Daryl M. 770-963-2809
John & Lois T. 770-277-5842
Claudia H. 770-338-0701