

NAMI Lexington

Office Address:

498 Georgetown
Street, Suite 201
Lexington, KY
40508

Office Hours:

12:00pm-5:00pm

Office Phone:

(859) 272-7891

Email:

NAMILEX@alltel.net

Website:

[http://
lexington.nami.org](http://lexington.nami.org)

Consumer/Family Support Groups:

NAMI Lexington

Every Sunday

The Faye Morton
Consumer & Family
Center
Eastern State Hospital
677 West 4th Street
Lexington, KY
2:30pm-4:00pm

NAMI Winchester

1st & 3rd Mondays

Victory Heights
Achievement Center
150 Maryland Avenue
Winchester, KY
7:00pm-8:30pm
(859) 744-6985

NAMI Lincoln/ Garrard

3rd Tuesdays

Frontier Rehabilitation
Stanford, KY
5:00pm
(606)365-4197



NAMI Lexington

National Alliance on Mental Illness



Cheerful Fall!



Valerie R. Mudd, Editor

September/October 2008

Mental Illness Awareness Week October 5-12, 2008

~Featuring~

Mental Health for the Commonwealth

~We GOTTA NEW Attitude~

*New Governor. New Administration. New Initiatives. New Hospital.
New Revenue. New Outcomes. New Hope.*

New Responsibility. New Accountability. New Attitude. This reflects the way NAMI Lexington is choosing to approach mental health challenges here in our Commonwealth. There is an old adage which says; "if you do what you've always done...you get what you always got"...Dr. Phil would say, "how's that workin' for you?" Most of us would agree we are not where we would like to be in regards to our mental health system. We have, for years, blamed the problem on a myriad of things: bureaucracy, lack of funding, lack of research, lack of funding, lack of understanding (stigma), lack of funding – you get my drift. These are all valid issues but there is one place we haven't looked to place responsibility and that is -In the mirror at our own APATHY. Those of us who are personally impacted by mental health issues have kicked and screamed and cried and gnashed our teeth for years over the disgrace of it all and for the most part we have not personally done a damn thing about it. We have been content to outsource our personal responsibility to "others", i.e., elected officials, lobbyists, mental health organizations, etc.; with the emphatic demand that "someone" do something.

Let this Mental Illness Awareness Week serve as a wake up call, a gut check, if you will. Do you know who "someone" is??? Do you know how things are working for us? Well, we obviously know what isn't working... we know that what we have been doing for the past twenty plus years has not garnered the positive results and change that we need. We shouldn't be facing flat (deficit) funding for our community mental health centers for the past 13 plus years, we shouldn't have ever had to endure a 185 year old psychiatric hospital and we shouldn't be saying the same old things and getting the same old response in Frankfort every General Assembly. You see, we can not expect anyone to passionately and dedicatedly trumpet our cause FOR us...we must become an active, engaged participant in the system; teach the system how to work WITH us!! The change we envision will only occur when we are able to clearly and collaboratively articulate it. We need to stop outsourcing our personal power. We need to take it upon ourselves if we want things to change. We own our pain, our grief and our stories; it is OUR responsibility to actively work for change, to get engaged, to get out and be heard and to vote. We must write the letters, make the calls, make a stink. WE, not "someone"...

This doesn't mean we don't try to work with elected officials, advocacy groups and others - it means we don't expect to be able to remain on the sidelines watching the game, then leave, crying, when we lose. We can no longer afford to lose. Folks are actually being denied mental health services in some counties. We must stop accepting "there is no money" as an excuse...HMMMM, guess it is time to elect some folks that will find ways to generate new revenue; oh yeah, that will require that we register and vote and pay attention to what candidates stand for...that will require that we become active, accountable and responsible.

If we want NEW then we must stop settling for the same OLD - problems, tactics and strategies. Remember YOU put the I in A-C-T-I-O-N!!!! – Down but not out, Kelly G

Outreach Report - September-October
Yolonda K. Clay, M.S. Outreach Coordinator

- **August 9—Family to Family Teacher Refresher**—This refresher update was being hosted by NAMI Louisville. Madonna and Ray Chancellor attended on behalf of NAMI Lexington.
- **August 16-17 Woodland Arts Fair**-was a wonderful event!
- **August 18—Governor's Minority Empowerment Conference**, Lexington Center. Lisa Miller, Teddi Smith-Rubbilard, and Yolonda K. Clay attended and had a wonderful time at the event.
- **September 4—KY Suicide Prevention Group Brochure and Film**—Yondi Clay was interviewed along with other survivors of suicide and/or family members affected by suicide. The project can be viewed on the Kentucky Suicide Prevention website. **"Let's Talk: Kentuckians Affected by Suicide, End the Silence."** The video debuted at the Capital Plaza Hotel Ballroom, 405 Wilkinson Blvd., Frankfort. Several members of NAMI Lexington attended. Check out the new website: www.kentuckysuicideprevention.org to see clips of the video and view the brochure.
- **September 5—BRIDGES Peer to Peer Class** is being co-taught by Yondi Clay, William Messer and Cynthia Readus at the Greenhouse TRP, Jessamine Counseling, from 9-noon for 10 weeks. Consumers who are interested in participating need to contact Yondi at journey2joymin@yahoo.com or 859-272-7891.
- **September 6-- Roots & Heritage Festival**—was a tremendous success!!! We had an opportunity to distribute over 1400 books and materials from Eli Lilly in both English and Spanish on Mental Health. We also gave out pill containers. We want to thank everyone for their help. Destin Strauss for designing our new shirts and Gina Burns for all her talent in pulling this together. Her MAC DIVA Spirit Dolls are for sale on her website. Check out: www.picturetrail.com/ggburns for more information.
- **September 7-13--Suicide Prevention Week**—QPR Training will be offered during this week—details are available on the website. On Tuesday morning, Sept. 9, Jennifer Dishman and Yondi Clay presented an IOOV at Kentucky State University for a Freshman Class Assembly. Brandon Reed, the Class President will be contacting us for further information on forming a NAMI Walk team for Oct. 11.

In Our Own Voice Presentations are now being done on the Inpatient Unit at the Ridge on Saturday afternoons twice a month! As well as once a month on the third Tuesday at the Outpatient Program for the Ridge. Presentations have been given by Lisa Miller, Jackie Frazier, Yondi Clay, Jennifer Dishman, Phillip Rowe, Kathy Schneider, and Harold Jarboe.

Membership

Your membership & donations help NAMI Lexington to:

- Support Consumers & Family Members through support groups and community resources.
- Provide a bi-monthly newsletter to more than 1,500 families and professionals.
- Provide FREE NAMI Family-to-Family 12 Week Education Classes
- Provide a resource center and lending library
- Expand our Multicultural Outreach
- Advocacy to improve the lives of people living with mental illnesses
- Public awareness and educational activities



Go Paperless! Save the Trees! Go Green!

If you would like to receive all your correspondence from us via email, just call our office at (859) 272-7891 or email Angelina at nami.angelina@windstream.net.

Don't forget to log on to <http://lexington.nami.org> for the latest information about NAMI Lexington!



October 11, 2008 12:00pm
The Beautiful Kentucky Horse Park

NAMIWALKS Kick Off

On **Friday, August 8, 2008**, NAMI Lexington and Bluegrass Regional MH/MR Board hosted our annual Kick Off event for the Walk. We had approximately **250** people in attendance!! We were entertained by The Bats musical group, had awesome food by the Saute' Café and tons of fun! Phill Gunning, our Walk Manager gave a presentation about getting fired up about the Walk. So Walk on and get pumped up! Remember **Saturday, October 11th!!**

Get Your NAMIWALKS Teams Online!

The NAMIWALK is quickly approaching on **Saturday, October 11, 2008!** Do you have your Walk team registered online yet? If you have any questions as to how to get your team online you may contact Phill Gunning, our Walk Manager, at (859) 539-1918 or email him at namiwalks@alltel.net or you may contact Valerie Mudd, webmaster, at blind.justice@insightbb.com. Either of them will be glad to assist you in the registration process.

Mark your Calendar!!

The **4th Annual NAMI Lexington Invitational Walk** is fast approaching!! Most of you know the date well – October 11th, 12noon at the Kentucky Horse Park. See <http://lexington.nami.org> for more information!

Team Captains are busy Team Building... setting team goals, identifying potential prospects, motivating team members to help, creating team t-shirts and communicating often.

Team Packets are still available - If you do not have a team captain's folder, please let me know and I will send one to you....they have very helpful information in them such as:

- Tips on building your team
- Step by step instructions for registering online
- A guide to writing a fundraising letter

Posters that you can put up in local businesses or at your workplace!

Online fundraising is:

- An easy and quick way for Walkers to get the word out about the Walk
- A great way to ask for money without having to do a face-to-face ask
- Easy for donors because they can respond immediately with a credit card as opposed to getting their check-book or handling cash

The best way to touch as many people as possible, in the fastest way possible, and get the best results possible!

Please become familiar with all our sponsors and supporters and thank them at every opportunity – see <http://nami.org/namiwalks/ky/lexington> for more information.

Volunteers - we need you!

While recruiting Team members, if you come across someone that would like to help out, but can't walk, please ask them if they would like to volunteer on Walk day. It takes nearly 50 Volunteers to setup and run the Walk site. This is a great opportunity for someone to be involved that might not otherwise be able to.

Email – namiwalks@alltel.net

Phone – 859-272-7891

NAMIWALKS MILE MARKERS

Bonnie Cook, Executive Director of the Kentucky Psychiatric Medical Association (KPMA), has “stepped up” to be the Mile Marker Chair! Rob Love, President of NAMI Winchester, has agreed to help her sell mile markers. Mile markers are **\$250** a piece. They are signs posted along the Walk route that have your name or your business name on them. They say that you support our NAMIWALK. Our mile markers provide an opportunity for psychiatrists, therapists, local businesses or individuals to support our Walk. If you are interested in purchasing a mile marker or you know someone who would like to purchase one,

Contact Bonnie at (502) 695-4843 or Rob at (859) 280-3577.

NAMI Lexington (KY), Inc.

498 Georgetown Street Suite 201

Lexington, KY 40508

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RETURN SERVICE REQUESTED

Together We Can Make A Difference

By joining NAMI Lexington, you also become a member of NAMI Kentucky and NAMI National. Please return this membership dues/donation form with your check to:

NAMI Lexington (KY), 498 Georgetown Street Suite 201, Lexington, KY 40508

MEMBERSHIP DUES

CHECK ONE:

_____ Student-\$10.00

_____ Individual-\$20.00

_____ Family-\$35.00

_____ Professional-\$50

_____ Organization-\$100.00

_____ Corporate-\$250.00

_____ Open Door-Those With limited means/fixed income are invited to join at a reduced rate (minimum of \$3.00)

If you change your address, please let us know so that we may change your information in our database.

NAME(S)_____

MAILING ADDRESS_____

CITY, STATE & ZIP CODE_____

TELEPHONE_____ E-MAIL ADDRESS_____ DATE_____

DONATIONS

If you wish to make a donation, please list the amount here and make check or money order payable to NAMI Lexington and send it to the address listed above.

Amount of Donation \$_____

You may also make a donation ONLINE only with a Visa or MasterCard ! <http://lexington.nami.org> under Membership.