

NAMI Lexington

Office Address:
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Street, Suite 201
Lexington, KY
40508

Office Hours:
12:00pm-5:00pm

Office Phone:
(859) 272-7891

Email:
NAMILEX
@windstream.net

Website:
<http://lexington.nami.org>

NAMI Signature Programs

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 Family to Family

NEW Classes begin February 18, 2009

Call to register! (859) 272-7891.

In Our Own Voice

To schedule a presentation, call (859) 272-7891

Visit our website at
www.lexington.nami.org
for more information.



NAMI Lexington

National Alliance on Mental Illness



Valerie R. Mudd, Editor

January/February 2009

Hardship Not Just a Headline

Headlines scream of recession, bailouts, abuse of power, scandal and shameless greed; not to mention, the run of the mill doses of homicide, robbery, child abuse and neglect – you know, general societal implosion; makes you shake your head and wonder. I call it our own little era of Sodom and “Gimme-morrah”. When it comes to solutions we must collectively work to insure we won’t just be getting “morrah-the-same”. Despite unprecedented deficits, bankruptcies, failures, admitted corruption and greed, the disturbing trend in the first round of bailouts was to throw more money in the same direction, at the same situations – to the tune of hundreds of billions so far. We must, as citizens, use our voices and question handing gasoline and matches to the perpetrators who just burned the town down. We must not sanction, by our silence, our leaders to “just hand over the goods”...with no plan for transparency, oversight or accountability. I believe this is exactly what our newly elected president Barack Obama means when he calls our country’s citizenship to “a new era of responsibility”. We must be zealous guardians of our democratic system...a system which requires engagement and commitment on the part of its constituency to thrive and prevail. I would dare say that we have seen the “mouth of the masses” taped over and muffled by the wads of cash strategically lodged in the throat of our system by huge corporate lobbyists and special interests. I would be extremely hard pressed to believe that the direction of our country has been sanctioned, for the previous eight years, by the majority of Americans and I believe, as does our new president that we will not settle for continuing down the path of destruction that we were just seen running from with our clothes on fire. We have plenty of examples from the financial/ethics crisis to serve as road markers and warning signs as we travel a new highway out of Sodom and “Gimme-morrah” toward involvement, responsibility and more importantly; accountability.

Many of the people that we serve and represent through NAMI Lexington, my own family member included, live on \$674.00 a month. In the NAMI national reports, TRIAD and “Shattered Lives” (2003), it was reported that 70% of individuals with SMI lived on less than \$10,000.00 a year, 67% were unemployed for the previous 24 months and that most were living with considerable familial support and counted on Medicaid for their healthcare and for obtaining the medication vital to their recovery. It should be noted that those figures were reported during the economic “Bubble-BOOM” times before many of those “familial supports” (like ours) had been hit hard by the recession with losses of jobs and health insurance. I think therein lies the real tragedy of this whole mess...we represent many folks living in poverty, on little over \$600 a month and we have public officials paying that much for a lap dance at a strip club in one night. Imagine the compounded disillusionment if you are among the unprivileged and you hear of those types of excesses. The top-down thinking that fueled trickledown economics, I believe, also fueled the greed and the detachment from the masses. Trickle-down economics doesn’t work; neither does trickle-down politics – why? **Because the top has no understanding of what the bottom is like.** Where do many of our policy makers think the most significant “savings” will come from in these tough times? Unfortunately, the first mentions for overhaul often come at the expense of our most vulnerable populations. Cuts, Cuts, Cuts. We talk about cuts to education, human services and Medicaid. I say thanks to **Governor Steve Beshear** for taking the bold stance of taking many such cuts off the table in his proposal for dealing with the projected budget shortfall. I am hopeful that if those areas are seen as “off limits” then innovative solutions and alternatives will be more likely to evolve in the process of decision and policy making around the budget. In the initial days of this short session I have, so far, sensed little support for increasing revenue via either the proposed and *voter supported* increase in the cigarette excise tax or the more politically challenged gambling initiatives that have come to light. There have been few reports of idea sharing, inventive solutions or discussion about how to fix things; I know of no panel discussions between officials and constituents about what things we may be willing to collectively sacrifice and what things we won’t. (continued on page 2)

NAMI LEXINGTON - Together We Can Make a Difference!

The things we want and need to insist our leaders focus on are: **LISTENING, cooperation, ideas and consensus building** to solve this economic crisis. We need to focus on relief in the short run and solutions for the long haul. We need to feel a sense that they "get" the level of suffering involved for the struggling populations in our Commonwealth...do they feel our pain????? Problem is; you have to wonder if the top echelons in our Commonwealth and in our nation are even in proximity to fathom what life is like for the folks depending on these services that have the very real potential for being cut. The truth is folks; it is **OUR** responsibility to make sure they are aware!!

I like to think a new consciousness is dawning with our new president and with our new state administration. The realm of Sodom and "Gimme-Morra" is crumbling. Trickle-down economics and trickle-down politics don't work so well when the gap is so wide and the greed is so great....CUTS...aren't solutions unless they are strategic and agreed upon. Let's do as President Obama advises. Let's "pick ourselves up, dust ourselves off and begin the work of remaking America" and our state. Let's move forward collaboratively both in our thinking and in our actions. Let's embrace a future where we realize that without the voice, talent and touch of our shared humanity we have nothing of any value. If we keep looking back, making the same misguided mistakes and continuing to play the blame game with politics- as- usual; we may turn into pillars of salt, along with our future and that of our Commonwealth. ~KG

Family to Family Class Will Begin In February

NAMI Lexington is pleased to announce that Jeannie Wolfson and KP Gale, our newly trained FTF teachers, will be offering the NAMI Signature Course, Family-to-Family, beginning **Wednesday, February 18th**. The 12 week course will be held from **6:30pm - 9:00pm** at the Community Room located in the Black and Williams Neighborhood Center located at 498 Georgetown Street Lexington, KY 40508. To register for the class, or obtain more information regarding Family to Family please contact Angelina at the NAMI Lexington office at (859) 272-7891 or go to the NAMI Lexington website at <http://lexington.nami.org>.

MAC EVENTS

December 18, 2008, twenty students completed and graduated from the BRIDGES class held at the Greenhouse.

January 7, 2009, Kelly Gunning, Valerie Mudd, and Yolonda Clay participated in a workshop held for staff at the Lexington Fayette County Health Department. We were asked to help the staff with communications issues for persons with mental illness who come to the Health Department for services.

January 7, 2009, Marisol Valles and Karen Cinnamon from the MDEP- Migrant Farm Workers with Disabilities Employment Partnership; UK Human Development Institute would like to partner with us to refer persons who are dealing with mental illness either themselves or as a family member, to our support groups.

January 18, 2009, Martin Luther King, Jr. Communitywide Service at 5:30pm, Central Christian Church, Short Street, Lexington.

January 19, 2009, M.L. King, Jr. Unity Breakfast. This was held at 7:30am at Heritage Hall. Several of the MAC team attended.

January 20, 2009, Inauguration of Barack Obama, 44th President, was held in Washington D.C., but celebrated as a community at the Kentucky Theatre, downtown Lexington, and began at 10:00am.

February 4, 2009, Kentucky Suicide Prevention Group Legislative Day on the Hill.

February 12, 2009, Children's Advocacy Day

Use your Kroger Cards!

Membership

Keep Krogering!

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!



Valentine's Day Party



On Sunday, February 1st from 2:30pm-4:00pm, NAMI Lexington will be hosting its Annual Valentine's Day Party for consumers and family members at **The Faye Morton Consumer and Family Center on the grounds of Eastern State Hospital**. We will have a great time with food and friends. Ella Hunter, "The Queen of All That's Fun", will be there to play games and share some of her wonderful trivia. We're lucky to have Kathy Schneider on hand to assist as well. So come on out and join in the fun!

By the way, we had about **80 people** attend our Annual Christmas Party this year!! We hope you all had a Merry Christmas and we hope you will have a wonderful New Year in 2009!!



NEW EMAIL ADDRESS



NAMI Lexington has a BRAND NEW email address! Our old email address: namilex@alltel.net will now be replaced with our new address which is **namilex@windstream.net**.

Be sure to update your address books. We still welcome all your emails to that new address.

NEW Lexington Board of Directors Officers

At the Annual Christmas Party and General Meeting, we voted and elected new officers for the NAMI Lexington Board of Directors for 2009-2011.

These officers are:

Theresa Walton - President
Jennifer Dishman - Co-Vice Presidents
George Burns - Co-Vice Presidents
Karen Ward - Corresponding Secretary
Ella Hunter - Recording Secretary
Carolyn Colliver - Treasurer

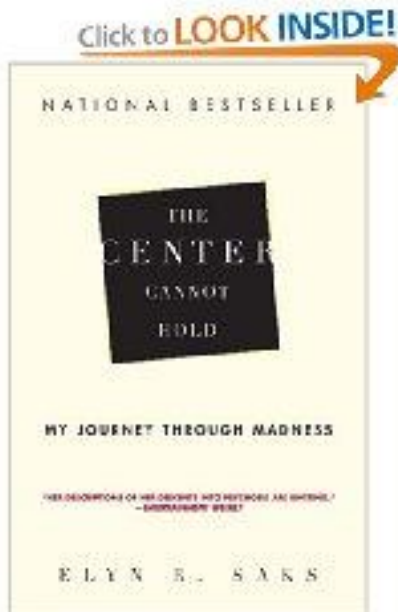
Congratulations to these new officers and thanks to each of you for serving in these leadership roles.

NAMI Lexington would also like to welcome our newest board member, Mark D. Birdwhistell.

United 874K Coalition Advocacy Event in Frankfort

On Thursday, February 5th, members from NAMI Lexington will be attending the 874K Advocacy Event at the Convention Center in Frankfort from 10:00am-1:00pm. The Coalition is pleased to give you a chance to speak to key policy makers about our successes and our many unmet needs. The 874K Coalition is dedicated to seeing the needs of 874,000 Kentuckians are met who are living with a disability.

USE YOUR VOICE!



Book Review – The Center Cannot Hold

The book illustrates that recovery is possible and success could be met even if you are mentally ill. The author Elyn Saks showed signs of mental illness at an early age of eight. She suffered from schizophrenia all throughout her formative years until she finished law at Yale University. She was an obstinate and intelligent young woman who was determined to succeed. She stayed focused in her path..... that she will finish her course work no matter what it takes.

Her delusions with occasional hallucinations never left her completely, but she was strong, was able to “hide” them, put her thoughts aside and remained functional except for a few episodes of deep psychosis. It showed the importance of working with a therapist. She explained that when her

delusions would surface again, her therapist would interpret her delusions, sorted out her thoughts, shoved her violent thoughts and helped her encase her delusions in the closet again.

While in Oxford, England, her treatment was mostly psychoanalytical, while at Yale she had a combination of medication with supportive psychotherapy. As with most mental patients, she would discontinue her medications whenever she felt well. Of course, she had numerous relapses. It took her 15 years to realize that she would be better off if she is on regular antipsychotic medication. While medication and psychotherapy are important, having friends is a powerful steadying force to get going and prevent the feeling of isolationism which is common with our consumers.

She became an advocate for the rights of the mentally ill while working at a halfway house for the homeless mentally ill patients as a student at Yale Law School and throughout her professional life. She stressed that the patients have the right to be told of their treatment plan, should have a say in the decision making and not just be locked up in the isolation room or be tied to a bed until they comply.

Her memoir showed “that the mystery of her is not unfixable, will not have it the rest of her life, will not have her intelligence severely compromised, live in institutions all her life and /or become homeless.”

Written in the first person, the description of her symptoms and thought processes will help us understand our clients from their inner perspective.

“THE CENTER CAN NOT HOLD” is a must read book for any person who is interested in mental health.

Dr. Saks is now married and is a chaired professor at the University Of Southern California Gould School Of Law and an adjunct professor of psychiatry at the University of California, San Diego, School of Medicine. She is also a research associate at the New Center for Psychoanalysis.

By: H.T. Anzures, M.D.

NAMI Lexington is excited to announce that we now have copies of this book available for you to borrow in our office library and resource center!



In Memory Of Marjorie" Midge" O'Brien



Our thoughts are with the family of our 4th NAMI Lexington President, Marjorie “Midge” O’Brien, who recently passed away. She was a great asset to the NAMI Lexington organization. She will be greatly missed.

NAMI Lexington (KY), Inc.

498 Georgetown Street Suite 201

Lexington, KY 40508

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RETURN SERVICE REQUESTED

Use Your Voice!

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.