

NAMI Lexington

Black & Williams
Neighborhood Center
Suite 201
498 Georgetown Street
Lexington, KY
40508
Office Hours:
12:00pm-5:00pm

Office # (859) 272-7891

Email Us At
NAMILLEX@alltel.net

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

Consumer/Family Support Groups:

1st thru 4th Sundays

Adolescent Support
2nd Sundays

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 Richmond

3rd Thursdays
Madison County Library
Richmond, KY
6:30pm-8pm
(859) 544-7131

 **NAMI Lexington**
National Alliance on Mental Illness



HAPPY NEW YEAR



Valerie R. Mudd, Editor

January/February 2007

Advocate...Activate...Participate

'Tis the season everyone! No... I am not behind in my holiday sentiments, I mean the official start of the legislative session is **February, 6, 2007**. Kicking off **BIG** time for the advocacy Community with the United 874K Coalition legislative breakfast to be held at the Frankfort Convention Center early in the morning (breakfast begins at 8:30!) on Wednesday, February 7th. NAMI Lexington, along with a host of other stakeholder groups, will be helping to sponsor this excellent advocacy event and opportunity for area folks to meet and greet their legislators and gubernatorial candidates for 2008.

We will be assisting Consumers and Family members in attending the event by being an event sponsor and offering a limited number of scholarships. We need to know as soon as possible if folks from our affiliate or Region would like to attend so we can plan, carpool and hopefully bring a lively crew of "active advocates" to the day of events. Participants will also have opportunities to attend the legislative sessions and meet with legislators as they move to session. Prominent issues related to mental health and directly effecting us are; insuring that the legislature stand by it's promise to replace Eastern State Hospital...we have been told over and over in many public forums that this dream will become reality in early '07, well by my check of the calendar, that is either now or right around the corner! Also of significant importance is the bill to be filed by Senator Julie Denton to bring CIT training across the state for all police departments. The entire list of legislative priorities is available on our NAMI website @ <http://lexington.nami.org> - please check out the excellent job that has been done by Sheila Schuster and Valerie Mudd to gather this info into a user-friendly format!

Make those signs, carry pictures, tell your story and please wear RED!! The most important thing is to ...**activate your inner-advocate and participate...** that's right...be part of formulating our future by letting your preferences and concerns be heard and seen! Kelly says, "Don't make me come after you" ... Call 272-7891 for more info!

Always, Kelly G

You Are Invited!
February 4, 2007
Consumer/Family Valentine's Day
Party!
The Faye Morton Consumer &
Family Center
Eastern State Hospital
Basement of the Wendell Building
2:30pm-4:00pm
Food, Fun, Friends!



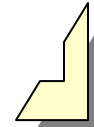
Leadership Academy Level I

The Department of Mental Health & Mental Retardation Services, Division of Mental Health & Substance Abuse, & Bluegrass

Regional Mental Health/Mental Retardation Board are presenting a Level I Leadership Academy for adult consumers of mental health services. The training will be held **February 26, 27, 28 & March 1, 2007**, at the Bluegrass Regional office at 1351

Newtown Pike in the Bluegrass Conference Room. The Academy is designed to teach participants how to develop leadership skills, how to improve organizational and advocacy skills, how to identify and present issues, and how to develop group action plans.

For a registration form and more information call 1-800-374-9146 or (502) 564-4456 or email carol.saylor@ky.gov



WEBSITE UPDATE!

<http://lexington.nami.org>

New Calendar!
New Survey!
New Blog!

What's a Blog?!?

FIND OUT!

Go to
<http://lexington.nami.org>

CALLING ALL GOOD COOKS!

NAMI Lexington collaborating with The Eastern State Hospital Recovery Mall on a cookbook fundraising project for The Recovery & Rehabilitation Program.

We are looking for your favorite recipes, such as **NAMI Chicken Salad & Mama Faye Brownies**. We need to collect them by **March 1st**. Please include your name &

a typed copy of your recipe. Send your submissions to:
 NAMI Lexington
 498 Georgetown Street Suite 201
 Lexington, KY 40508

CIT BILL
INTRODUCED IN
KY SENATE

Senator Julie Denton (R-Lou) is introducing a bill into the General Assembly next month that will require police departments to provide Crisis Intervention Team ("CIT") training across the State. Please call your legislators and ask them to support this bill. The Bill number will be posted on our website <http://lexington.nami.org> when it is released.

FAMILY-TO-FAMILY NEWS

NAMI Lexington Class
 Taught by
 Ray & Madonna Chancellor

NAMI LEXINGTON GRADUATES:
 Bob & Debbie Farinelli,
 JoAnn Strunk,
 Allen Roberts, Jodi Price &
 Ryan Fleming

"LIFE CHANGING!"
"I WANT TO BE A MEMBER!"

NAMI Winchester Class
 Taught by
 Brenda Herrington &
 Deloris Segress

NAMI WINCHESTER GRADUATES:
 Mable Goodrum, Lisa Soto, Linda Klix, Judy Neuman, John Nunan & Betty Hayes Nunan, Nick Bakay & Joyce Bakay, Pam Trimble, Vicki Lee, Lisa Ecton & Christina Lopez

"NOW I UNDERSTAND!"

NAMI Nicholasville
 Taught by
 Yolonda Kelsor & Faye Morton &
 Lisa Miller

NAMI NICHOLASVILLE GRADUATES:
 Jason & Frieda Fleming, Brenda Bailey, Norma Dusenberry, Shirley Bowald, Lisa Miller & Pattie Marcum

"I WANT TO BE AN ADVOCATE!"

FREE Family-to-Family Education Classes for 2007!

NAMI Winchester:
 Begin February 15, 2007
 Call Deloris (859) 744-6985
 Or Call our office
 (859) 272-7891
 for more information.

KROGER CARDS!

Keep using your Kroger cards! Last year we received **\$1,542.60** just by you guys using your Kroger card to shop! It's easy! Just buy a \$5 Kroger card from us, then use & reuse it. We get 4% on everything you buy including gas!

Membership! Legislators always ask us how many members we have. We currently have **165** NAMI Lexington members. We have around **1,000** people on our mailing list. **WE NEED YOU!** Send In Your Membership Renewal Today!

Printing of this newsletter provided by Professional Bank Couriers

SPEAKER COMING TO OUR SUPPORT GROUP

Sunday, March 4, 2007

The Faye Morton Consumer & Family Center

2:30pm-4:00pm

Vondah Vanderhorst, State Hart-Supported Living Coordinator, is coming to speak to consumers AND family members about The State Hart-Supported Living Program. This program provides grants to persons with a disability with a broad category of highly flexible, individualized services which, when combined with natural unpaid or other eligible paid supports provide the necessary assistance for the individual to live in the community. Applications are due no later than April 1, 2007 for possible funding beginning July 1, 2007. Don't miss this opportunity for you or your loved one to receive one of these grants! For more information call our office.

874K COALITION BREAKFAST WITH YOUR LEGISLATORS

Wednesday, February 7, 2007

Frankfort Convention Center

8:30am-10:30am

The 2000 Census data shows 81,136 Kentuckians aged 5 -20 years with a disability; 557,971 between the ages of 21 – 64; and 235,049 over the age of 64. **The total is 874,156!** And this does not include Kentuckians under age 5 or individuals in institutions such as prisons, long term care facilities, etc.).

8:00 a.m. – Assemble in Frankfort Convention Center

8:30 a.m. – Breakfast and dialogue with legislators and policy-makers

9:30 a.m. – Gubernatorial Candidates' Forum Begins

Candidates are questioned about Disabilities Issues -

Health Care, Housing, Transportation, Education, Employment, Rights

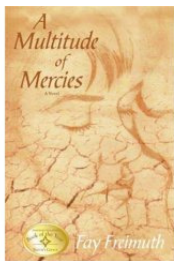
10:20 a.m. – Gubernatorial Candidates' Forum Ends

10:30 a.m. – Advocacy Event Adjourns

We want EVERYONE to come to this very important event. We want NAMI to be well known by all legislators so...

LET YOUR VOICE BE HEARD!
Call Our Office (859) 272-7891 for details.

BOOK OF THE MONTH: *A Multitude of Mercies* by Fay Freimuth



A multitude of mercies is more than just another novel about schizophrenia. The story weaves this tragic mental affliction into the lives and fears of other family members. The book shows that it is not just the schizophrenic herself who suffers, but that the immediate and even the extended family are also challenged for good or ill by this devastating illness.

Throughout the book, we suffer with Nan, the unaffected sister, as she tries to run her household while supporting her sister and entertaining her own fears. Meanwhile, her wacky but wonderful family have their own ways of dealing with this disease and with each other.

MENTAL HEALTH ADVOCATE, BEBE MOORE CAMPBELL DIES AT AGE 56

"Bebe Moore Campbell, 56, a best-selling author who wrote and spoke about racial and social inequalities and mental illness with keen insight into the human condition, died Nov. 27, 2006 of complications of brain cancer at her home in Los Angeles. After the 2003 release of "Sometimes My Mommy Gets Angry," a children's book about a little girl coping with a mentally ill mother, and a 2005 novel, "72 Hour Hold," about a mother struggling to help her 18-year-old daughter who suffers from a bipolar disorder, Ms. Campbell began advocating eliminating the stigma of mental illness." She will be greatly missed by all NAMI mental health advocates.

~ Jennifer Dishman, NAMI Lexington Multicultural Action Committee

Legislative Agenda

New Eastern

State Hospital!

- CIT Bill
- Jail Diversion
- Anti-Bullying
- Medicaid
- Employment
- Housing
- Health Insurance
- Increase Revenue
- Expanded
- Gambling
- Substance Abuse
- Services
- Transportation

General Assembly Dates

February 6th
Regular Session
Begins

February 7th
874K Advocacy
Breakfast

February 8th
Children's
Advocacy Day

February 9th
Last Day for New
Bill Requests

February 16th
Last Day to File
Senate & House
Bills

**March 9th &
12th**
Concurrence
Days

**March 13th-
23rd**
Veto Days
KY GA in Recess

**March 26th &
27th**
Closing Days of
GA Session

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 \$ _____