

## August 2008

Circulation 2500+

### Dr. Monica McConnell to speak at August Education meeting

With the new school year beginning, we are fortunate to have Dr. Monica McConnell speak on school age children's emotional/mental issues.

Dr. Monica McDonnell is a licensed clinical psychologist who received her Master's and PhD in clinical psychology from the University of Virginia in Charlottesville. Her graduate research focused primarily on children's responses to stressful life events, particularly divorce and remarriage. Dr. McConnell completed her pre-doctoral internship at William S. Hall Psychiatric Institute in Columbia. Following her internship, she began working as an outpatient therapist at Columbia Area Mental Health Center where she has worked for the last eight and a half years. She is currently the Director of Child, Adolescent, and Family Services. In addition, Dr. McConnell maintains a small private practice where she provides therapy and psychological assessment to children and adults.

### Mental Health America of SC Heroes in the Fight Dinner September 25

Heroes in the Fight is a recognition partnership program that celebrates dignity, courage, hope, and recovery in the ongoing treatment of persons mental illness. Now is the time to nominate a hero you know in the following categories:

- Individual Psychiatrist
- Individual Allied Health Professional
- Individual Community Supporter
- Individual Media Professional
- Treatment Team

To obtain information about nominating a hero, contact MHASC at 779-5363.

### President's Letter By Buddy Wier

It has been pleasant to receive e-mails after the July Educational program praising the presentations made by members Carol Rudder, Britni Hartis, Fred Riddle, Peggy Lindsey, Jack Balling, Eileen Schell, and Bill Lindsey recapping programs they attended at the NAMI National Convention. Thanks to each of you for the insights you shared.

Since the last meeting, the Richland Kiwanis Club and also Palmetto Ambulance have invited NAMI to speak to their members and employees respectively about NAMI. We are grateful to the Kiwanis for giving \$500 and saying they want to be involved in the 2009 NAMIWALKS. After providing EMS services at the walk, Palmetto Ambulance wanted to learn about NAMI. Being EMS first responders, they were interested in ideas about how to communicate with citizens in a mental health crisis. NAMI's CIT training card, "Communicating with Someone who has a Psychiatric Illness," provided the information. Cards were also supplied to Palmetto's Greenville and Orangeburg personnel.

The outreach and courses NAMI offers depend on training our members to teach and facilitate. Training will be offered for Family to Family teachers, NAMI Connection facilitators, Support Group facilitators, and NAMI Basics teachers. Terronda Clarke, Marzi Knight, and Marion Muscillo have committed for Family to Family training. Would you consider being trained to help others through these excellent NAMI programs?

Finishing touches have been put on NAMIWALKS 2008 by submitting the final financial report and mailing thank you letters to over 1,000 individual donors. Think about the awareness raised by the walk. If 826 people who walked each mentioned mental illness to 10 people, then over 8,000 people's awareness was increased. We know that some walkers wrote letters to over 100 people, so the actual count swells to numbers that are pleasant to imagine.

These are exciting happenings for NAMI Mid-Carolina, especially when one realizes I have only touched on a few events. Please join with us to help those with mental illness and their families.



*National Conference attendees spoke of the event at the July Education meeting (l-r: Bill Lindsey, Peggy Lindsey, Fred Riddle, Carol Rudder, Jack Balling, and Eileen Schell).*

## Wellness: The Importance of Maintaining Good Physical Health

“Wellness is a mind and body thing. I don’t think you can separate them. If I’m doing well mentally but going to a lot of doctors for other ailments because I’m 60 pounds overweight, that’s not wellness.”

Jane- 43, has bipolar disorder

## Metabolic Syndrome

Metabolic Syndrome is identified by a group of risk factors common in heart disease and diabetes. Someone with three or more of the following symptoms is at high risk for metabolic syndrome:

- Obesity that is centered in the abdomen
- High triglycerides and LDL (bad cholesterol)
- Low levels of HDL (good cholesterol)
- High blood pressure (130/85 or higher)
- High glucose levels
- Insulin resistance

The good news is by consulting with your doctor and making small changes in your lifestyle, you can slow down or reverse the symptoms of this syndrome.

- Watch your weight
- Improve your diet
- Increase your exercise
- Work with your doctor to monitor glucose levels and blood pressure

## Healthy Recipe- Sue’s Fruit Smoothie

Servings Size: 8 ounces Servings: 2

### Ingredients

- 6 Strawberries
- 1 Whole Banana
- ¾ Cup Blueberries
- 6 Ice Cubes
- ½ Cup Orange/Strawberry Juice or Orange Juice

Wash strawberries and cut off stems. Peel banana and cut in slices. Wash blueberries, and remove any stems. Put all the ingredients in blender, put lid on, and blend until fluffy. Contains 106 calories per serving.

## A Life in Balance

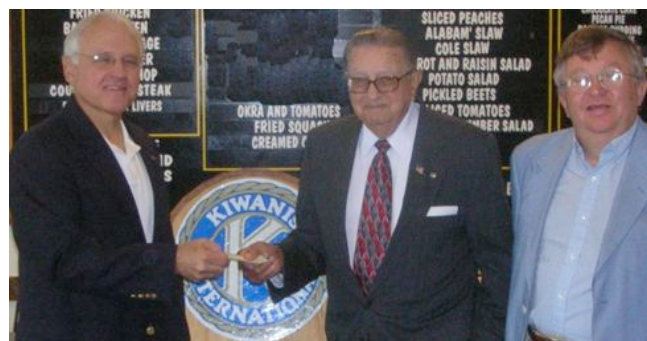
Balance is one of the most important things to remember when you make decisions about your diet, exercise, work and social activities. Too much of anything—even things that are good for you—is not healthy. But when you have each of these things in balance—in the right amounts for you—you will be better able to manage your life and your recovery.

Your case manager or primary care physician can help you develop a total care plan that not only nurtures your mental health but also deals with blood pressure, diabetes, healthy weight, exercise and overall good physical health.

Having a “buddy,” someone who has many of the same goals as you, can also be helpful. Some days you just won’t feel like exercising. Other times, a box of cookies may seem like the solution to a particularly stressful day at work. A friend or buddy can help you stick to your diet and exercise program. You can also help them by encouraging them to stay on track if they start to slack off.

Having a buddy can make something that seems difficult a little more pleasant. It’s a great way to start friendships, too.

## Kiwanis Club Signs on as Sponsor for 2009 NAMIWALKS



Richland Kiwanis Club Members Buck Fagan and Ken Connor presented a \$500 donation to Buddy Weir to advance NAMI Mid-Carolina’s programs in the community. The 10-member club sold over \$40,000 of pecans to make this gift and others possible.

## NAMI Mid-Carolina Membership Form

Annual Dues \$30.00

We welcome you as a member. Please let us know if you are not able to pay, as scholarships for membership are available.

Additional contributions are needed and appreciated.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Please make checks payable to NAMI Mid-Carolina and mail to:

NAMI Mid-Carolina  
PO Box 2526  
Columbia, SC 29202

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## Victory in Medicare Reform

Late Tuesday, July 15, 2008, the House and Senate successfully overrode the President's veto of legislation (HR 6331) making critical reforms and improvements to the Medicare program for beneficiaries living with mental illness.

Here are some of the highlights of HR 6331.

- Parity for cost sharing for outpatient mental health services under Part B, gradually moving the current discriminatory 50% requirement down to 20% between 2010 and 2014.
- Statutory authority under Part D drug benefit for the Centers for Medicare and Medicaid Services (CMS) to ensure broad coverage on prescription drug plan formularies for antipsychotics, antidepressants and anticonvulsants
- Removal of the current ban on Part D plans offering coverage for benzodiazepines (a critical tool in treatment for acute mania and bipolar disorder and severe anxiety disorders).
- Changes to eligibility for the Part D Low-Income Subsidy (LIS) program (also known as "Extra Help"). These reforms include an increase in the amount of allowable resources, elimination of barriers to enrollment and the gap.

## New and Renewing Members

Mr. Ralph Coleman  
Mr. and Mrs. John Cooper  
Mr. and Mrs. Richard Deibert  
Ms. Margaret Evans  
Jane Lawther and Don Robinson  
Mr. and Mrs. Swing Meyer  
Ms. Kathryn Orrick  
Mr. and Mrs. Richard Parkinson  
Ms. Melanie A. Parkinson  
Mr. and Mrs. George Poepping  
Mr. and Mrs. Gordon Schell  
Three Rivers Behavioral Health  
Ms. Vesta Haselden  
The Women's Shelter  
Mrs. Christie Duke  
Patricia Cardinale  
Sylvie Golod

## Donations

Mr. and Mrs. John Cooper  
Mr & Mrs. Gordon Schell  
Three Rivers Behavioral Health  
Jennie A. Eadon (In memory of Herman D. Alderman)  
Ms. Genie Eaker (In honor of Josephine Walker)  
Mr. and Mrs. Alan Hatch



You can also view the Brain Storm  
at [www.namimidcarolina.org](http://www.namimidcarolina.org)

**Tuesdays 8/5, 8/19, 8/26**

**6 pm** NAMI Connection and Family Support Group, Trenholm Rd. United Methodist Church (TRUMC), 3401 Trenholm Road

**Thursday 8/7, 8/14, 8/21, 8/28**

**6 pm** NAMI Connection, TRUMC

**Mondays 8/4, 8/11, 8/18, 8/25**

**3 pm** NAMI Connection, Dorn VA Hospital Bldg 106 Room A-237

**Tuesday 8/12 - 6 pm**

Education Meeting, TRUMC

**Monday, 9/8 - 6 pm**

Family to Family course starts. Call 776-4000, ext. 4116 to sign up.

**Sunday 10/19 - 2 pm**

Out of the Darkness Walk, Riverfront Park

**October 24 -25**

NAMI SC Conference, Embassy Suites, Columbia

**December 5 - 7**

NAMI SC Training  
White Oak Conference Center

this month

## Out of the Darkness Suicide Prevention Walk

By John Brown

Join us for a community walk sponsored by the American Foundation for Suicide Prevention and the SC Chapter of AFSP, at Riverfront Park on Sunday, October 19. By walking in the Columbia Walk, you will be joining thousands of people nationwide to raise money for AFSP's vital research and education programs to prevent suicide, fight stigma, increase national awareness about depression and suicide, and assist survivors of suicide. The South Carolina Chapter of AFSP retains 50% of the funds raised. The SC Chapter, in concert with national AFSP, has a number of programs such as one we funded last year that provided the college prevention film, *The Truth about Suicide: Real Stories of Depression in College* sent to all colleges across South Carolina.

I encourage you to form a Walk Team. I have formed "Dan's Team" with the permission of Dan's mother. Dan died by suicide a couple of years ago. I knew him from childhood until his death at age 35. His mother tried to get Dan to go to the mental health center for his depression, but his response was "Mom, if I go there people will think I'm crazy". We walk to overcome the stigma that prevents persons from going for treatment!

**Sunday, October 19, 2008**  
**Riverfront Park**  
**Columbia, SC**

**1:00 Registration**  
**2:00 Walk**  
**3:30 Closing Ceremony**

Register today at [www.OutoftheDarkness.org](http://www.OutoftheDarkness.org)