

September 2008

Circulation 2500+

Pharmacist Dr. Cathy Epps to speak at Sept. 9 Education Meeting

This program will provide valuable information for all of us who are looking for the right combination of medicines or who have questions about current medications. Cathy Epps, PharmD, is the Pharmacy Manager at Long's Long Term Care Pharmacy, a company that provides pharmaceutical services to Skilled Nursing, Assisted Living, and Residential Care homes throughout South Carolina, coordinating dispensing and consulting services for geriatric care, mental health, and children's care programs.

Dr. Epps is a member of the South Carolina Pharmacy Association, the College of Psychiatric and Neurologic Pharmacists, and the American Society of Consultant Pharmacists. She is an adjunct professor at the USC School of Pharmacy and serves as preceptor for 4th year pharmacy students in their experiential rotations.

Please join us at Trenholm Road United Methodist Church at 6 pm on Sept. 9.

Attention!

Are you receiving more than one copy of *The Brainstorm* each month? Would you prefer to receive *The Brainstorm* only by email? Please call Buddy Wier at 803-776-9548.

President's Letter by Buddy Wier

Have you mentioned to a friend how NAMI has helped you? They may need help too.

Having the trained people prepared to teach NAMI courses is important to our effort to help those struggling with mental illness and their families. Five people have stepped forward to be trained as **Family to Family** teachers. Thank you to Terronda Clarke, Marzi Knight, Marion Muscillo, Holly Walker and Cynthia Wilson.

We urgently need volunteers trained as **Family Support Group** facilitators, **NAMI Connections** facilitators, and as **NAMI BASIC** teachers. Please consider being trained to provide this valuable service. Our plans to expand these services to Lexington and other areas hinge on people to implement the programs. Thank you for considering this. Training will be Dec. 4-5 at White Oak Conference Center.

Please plan to attend the 2008 NAMI South Carolina State Conference Oct. 24-25 in Columbia. Please look over the program on the next page and register to attend. The planning committee has prepared an excellent Friday night and Saturday conference. As a person with mental illness, a family member, or a provider, the array of speakers will give everyone some new ideas and approaches to help people live better and more fulfilling lives.

The conference is a real bargain at \$60 and only \$25 for consumers. Even with that bargain, NAMI Mid-Carolina does not want any of its members to miss the conference because of the cost. Scholarships are available. Contact a board member for a Scholarship Application Form.

Consistently, Educational Programs on medicine seem to generate the most questions. Not only is our September 9th speaker, Cathy Epps, a PhD in Pharmacy, she represents Long's Drug Stores as a NAMIWALKS Sponsor. Long's also fielded one of the largest walk teams for NAMIWALKS 2008. Please join us for what promises to be a timely and informative program.

NAMI SC 2008 Conference: Overcoming Obstacles to Recovery

Conference Guest Speakers

Pete Earley - A former reporter for *The Washington Post*, he is the author of nine nonfiction books and three novels. His book, *CRAZY: A Father's Search Through America's Mental Health Madness*, his attempts to help his college age son, Mike, after he becomes ill with bipolar disorder and is arrested. *CRAZY* was one of two finalists for the Pulitzer Prize in 2007 and has won awards from Mental Health America and the American Psychiatric Association. He is a lifetime member of NAMI and received its Outstanding Media Award for Advocacy in 2007 at its national convention.

Brian Kirkpatrick, M.D. - Dr. Kirkpatrick is Professor and Vice Chair in the Dept. of Psychiatry & Health Behavior at the Medical College of Georgia. He graduated from the University of Texas Medical College at Houston, then completed psychiatry residency, research fellowships, and a master's in epidemiology at the University of North Carolina at Chapel Hill. He served on the faculty of the Maryland Psychiatric Research Center at the University of Maryland before moving to the Medical College of Georgia. Throughout his career, Dr. Kirkpatrick has focused on schizophrenia.

Susan J. Hardesty, M.D. - Dr. Hardesty is the Vice Chair for Clinical Services for the Department of Psychiatry and Behavioral Medicine and the Medical Director for the Mental Health Service Line at the Medical University of South Carolina. Dr. Hardesty trained at the University of North Carolina at Chapel Hill and has been at MUSC for 18 years, first in residency, then as faculty. Her practice interests are Forensic and Community Psychiatry, focusing on innovative care models in the hospital setting. She is currently involved in research on and clinical implementation of trauma-informed care and the creation of healing environments in the psychiatric hospital.

Conference Schedule

Friday, October 24, 6 pm
3401 Trenholm Rd. – Columbia, SC

Awards Ceremony and Jane Pauley Broadcast on Depression with Doc's BBQ Buffet dinner. Trenholm Road United Methodist Church, RSVP to (803) 733-9592.

Saturday, October 25
Embassy Suites, 200 Stoneridge Dr.
Columbia, SC

7:30- 8:30 am Donor Breakfast (by invitation)
8:00-10:00 am Registration
9:00- 9:30 am Welcome and Business Meeting
Walt Owens, President, NAMI SC
Bill Lindsey, Executive Director, NAMI SC
John Magill- Director, SCDMH

10:45-11:45 am Break Out Sessions

- **AOD101/Co-occurring Disorders**
- James M. Wilson, NCACII, MRC
- **Pediatric Behavioral Health: How to Use Collaboration to Help Your Child Overcome Obstacles at Home and at School**
- Betsy C. Grier, PhD, NCSP, Pediatric School Psychologist, Private Practice
- Patty Quattlebaum, MSP, CCC-SLP, Speech-Language Pathologist, USC School of Medicine Dept. of Pediatrics
- Shelly Holstrum, M.D., Developmental Pediatrician, USC School of Medicine, Department of Pediatrics
- **Reintegrating Veterans**
- Rep. James Smith on PTSD, Substance Abuse and his personal experiences in Afghanistan
- **Ask the Doctor**
- Dr. Bob Bank, Director, Columbia Area Mental Health Center

11:45 am -1:00 pm Lunch and Speaker

Pete Earley- Author of *CRAZY: A Father's Search Through America's Mental Health Madness*

1:00-2:00 pm Break Out Sessions

- **Growing NAMI Affiliates**
- Kelly Troyer and Buddy Wier. Session includes discussion of NAMI programs, NAMIWALKS, branding, etc. Affiliate Presidents are encouraged to attend.
- **Ask the Doctor**
- Dr. Bob Bank, Director, Columbia Area Mental Health Center
- **Exploring Communication Difficulties with your Mental Health Provider**
- Judy Hassam- NAMI AOP
- **Family to Family**
- Michelle Ready and Betty Jane Crandall, Hall of Fame Family-to-Family teachers and state trainers
- **State Board of Directors meeting**
- **Consumer Council meeting**
- **Veterans Council meeting**

2:00-3:00 pm Session

- **Negative Symptoms: Obstacles to Recovery in Psychotic Disorders**
- Dr. Brian Kirkpatrick. Professor and Vice Chair, Dept. of Psychiatry & Health Behavior. Medical College of Georgia

3:00-3:15 pm Break

3:15-4:15 pm Session

- **Healing Environments in Promoting Recovery**
- Susan Hardesty, M.D., Vice Chair, Department of Psychiatry and Behavioral Medicine, Medical University of South Carolina

For hotel room reservations, call Embassy Suites, (803) 252-8700 and reference "National Alliance on Mental Illness." Each room is a suite with two beds and a pullout sofa. Room rate is \$124 for Oct. 24, 2008. Special room rate cut off date is Oct. 3, 2008.

A registration form for the conference is at the top of the next page. Please clip it out and return the completed form with your check or credit card information.

Sign Up Today!

Clip and Mail this form with check payable to:
NAMI SC

PO Box 1267, Columbia, SC 29202

For more information, please call 1-800-788-5131

Pre-Registration:

Current NAMI members: \$60

Non-NAMI Members: \$95

All Consumers: \$25

If you want to join NAMI,
Pay \$90 package with NAMI
membership and convention
registration

Late Registration (after 9/15/08)

Current NAMI members: \$70

Non-NAMI members: \$105

All Consumers: \$35

If you want to join NAMI,
Pay \$100 package with NAMI
membership and convention
registration

Credit Card: VISA MC AMEX

Credit Card # : _____

Amount to be charged: \$ _____

Signature: _____

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

Email: _____

Nominations needed

The following awards will be presented at this year's NAMI SC Conference, and nominations are currently being accepted. Please send nominations to the NAMI SC office with a brief explanation of why this person or organization deserves the award.

- Solid Gold Member of the Year
- Psychiatrist of the Year
- Stigma Buster of the Year
- Hospital of the Year
- Mental Health Professional of the Year
- Volunteer of the Year
- Best Recovery Member of the Year
- Reporter of the Year
- Media Organization of the Year



Congratulations to Dr. Gariane Gunter, who has been crowned **Mrs. USA**. She will be the emcee at SC NAMI's Annual Conference. Pictured: Blair Young Regional Director of NAMIWALKS, Dr. Gariane Gunter, and Dr. Gunter's daughter, Isabella.

NAMI Mid-Carolina Presents Check to NAMI SC from NAMIWALKS



Pictured (l-r) Walt Owens, President, NAMI SC, Bill Lindsay, Executive Director, NAMI SC, Joel Wier, President, NAMI Mid-Carolina.

New and Renewing Members

Christine R. Adair
John Blatnik
Patricia Cardinale
Joan Douglass
Vicki Grivetti
Hilda Jackson
Grace L. Lowell
Marion W. Moore
Benoni O. Reynolds
Pete Wellens

Betty S. Aude
Donnie Cameron
Dr. Alexander Donald
Sylvie Golod
Patricia Gunn
Kelli Kenison
Rob McCue
Jane Patrick
Carol A. Rudder
Mr. & Mrs. Dwight Williamson

Donations

Helen Spencer
Carol A. Rudder
Rotary Club of Five Points

Sallie Clark
Grace L. Lovell
Richland Kiwanis



You can also view the Brain Storm
at www.namimidcarolina.org

Mondays 9/1, 9/8, 9/15, 9/22
9/29 3 pm NAMI Connections,
Dorn VA Hospital Bldg 106
Room A-237

Tuesdays 9/2, 9/16, 9/23, 9/30
6 pm NAMI Connections and Family
Support Group, Trenholm Rd. United
Methodist Church (TRUMC), 3401
Trenholm Road

Thursday 9/4, 9/11, 9/18, 9/25
6 pm NAMI Connections, TRUMC

Tuesday 9/9 6 pm
Education Meeting, TRUMC

Monday, 9/8 6 pm
Family to Family course starts.
Call 776-4000, ext. 4116 for info.

Sunday 10/19 2 pm
Out of the Darkness Walk,
Riverfront Park

October 24 - 25
NAMI SC Conference, Columbia

December 5 - 7
NAMI SC Training
White Oak Conference Center

this month

Tell Congress: Pass Parity This Year!

When Congress returns to Washington the week of September 8, there will be only three weeks remaining before final adjournment—a critical window to complete long awaited mental illness insurance parity legislation. Congress needs to pass parity before adjourning this year!

Tell Congress to pass parity this year. Talk to your Senator and Representative. The message from NAMI is simple, “Don’t adjourn for the year without passing mental illness insurance parity.”

Reach out to members of Congress while they are home. It is critical for advocates to reach out and press them at every public appearance during this current “district work period.” At local events, remind members of Congress that:

- Mental Illnesses are real.
- Treatment works—if you can get it.
- There is no justification for a health plan to impose limitations or conditions on mental illness treatment that do not apply to other medical conditions.
- There is broad agreement on a compromise version of the mental illness insurance parity bill (S558-HR 1424). Now Congress just needs to finish the job and pass the bill so it can be signed into law this year.
- They should not adjourn for the year without passing mental illness insurance parity.