

June 2009

Circulation 2500+

Obsessive Compulsive Disorder to be Topic of June 9 Education Meeting

Craig A. Stuck, M.D., Assistant Professor of Clinical Neuropsychiatry at the University of South Carolina School of Medicine, will be the speaker for the June education meeting. Dr. Stuck will speak about Obsessive Compulsive Disorder and will take questions from the audience.

Dr. Stuck is board certified in general psychiatry and in child and adolescent psychiatry. His research involves approaches to promote greater understanding and cooperation between clergy and mental health professionals in caring for people with emotional problems.

What is Obsessive-Compulsive Disorder (OCD)? Obsessions are intrusive, irrational thoughts—unwanted ideas or impulses that repeatedly well up in a person's mind. The person experiences disturbing thoughts, such as "My hands must be contaminated" or "I may have left the gas stove on." On one level, the sufferer knows these obsessive thoughts are irrational. But on another level, he or she fears these thoughts might be true. Trying to avoid such thoughts creates great anxiety. Compulsions are repetitive rituals such as hand washing, counting, checking, hoarding, or arranging. An individual repeats these actions, perhaps feeling momentary relief, but without feeling satisfaction or a sense of completion. People with OCD feel they must perform these compulsive rituals or something bad will happen. Although most people at one time or another experience obsessive thoughts or compulsive behaviors, OCD occurs when an individual experiences obsessions and compulsions for more than an hour each day, in a way that interferes with his or her life. OCD is often described as "a disease of doubt." Sufferers are unable to distinguish between what is possible, what is probable, and what is unlikely to happen. For more information, go to www.nami.org.

Join us for the Education meeting on Tuesday, June 9, at 6 pm in the parlor of Trenholm Road United Methodist Church, 3401 Trenholm Road.

Walk Update



Thank you all again for your part in helping to make the 2009 NAMIWalks for the Mind of America event such a success! More than 1100 people came out on that beautiful April morning, and so far, more than \$90,000 has been raised!

We appreciate ALL those who made a difference via their sponsorship and fundraising efforts. If you didn't make it to the Walk OR have not yet made a donation, it is not too late.

Go to: nami.org/namiwalks/sc/columbia. Under the photo, click on "support a walker" or "general donations."

If you walked and are still collecting donations, please forward them to: PO Box 2526, Columbia, SC 29202. Checks should be made out to NAMIWalks. Be sure to find out whether your employer will match your donation.

Also, don't forget to follow-up with your email distribution list of donors and give them a team and/or walker update. Thank those who have already given, and ask those that haven't yet to do so – there is still time!

The top individual fund-raiser so far is Sloan Christian, one of the Team Captains for the Shandon United Methodist Church team. Sloan has raised \$1,385! Way to go, Sloan! Close behind was Sarah Weaver from the "With a Little Help From My Friends" team. Sarah was the top individual fundraiser for the 2007 Walk.

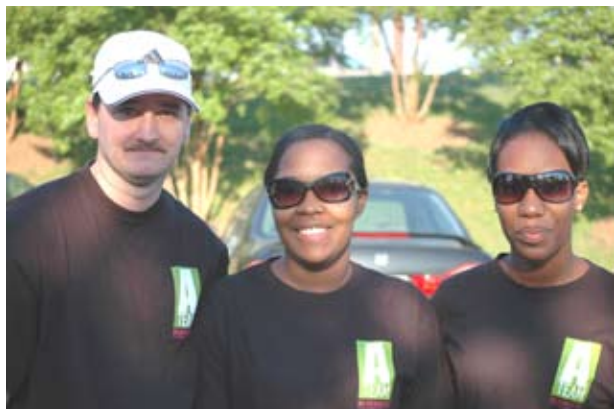
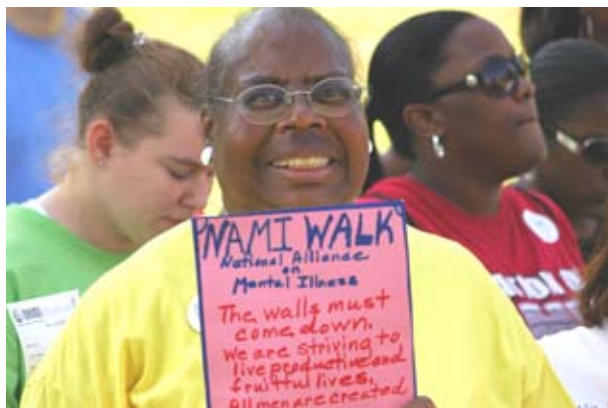
The largest team was Long's Pacers from Long's Pharmacy, the Kickoff Luncheon Sponsor. Congratulations and a huge thank you to Team Captain Angela Monts.

The next largest team was Girls on the Run (GOTR). GOTR is an experiential learning program for 8-12 year old girls that combines training for a 5K running event with life changing, self-esteem enhancing, uplifting warm-ups and workouts that encourage emotional, social, mental, and physical development. They are also a group of highly motivated, energetic girls who desire to give back to the community. You probably saw them in their green t-shirts and bright yellow hats. Their Team Captains and chaperones did a great job, and we appreciated their help with the ribbon cutting!





Thank you for supporting the 2nd Annual NAMIWALKS for the Mind of America in Columbia.



Current NAMI Mid-Carolina Programs and Groups

In addition to the monthly Education meeting held the second Tuesday of each month (see story page 1), the following groups and programs are currently being offered by NAMI Mid-Carolina. All events are free and open to the public, though pre-registration is required where noted.

NAMI Connections – Peer led support group for people who have a mental illness.

- Mondays at 6:00 pm, Bridges Clubhouse, 2015 Commerce Dr., Cayce
- Tuesdays at 6:00 pm (except for the second Tuesday of each month), Trenholm Road United Methodist Church (TRUMC), 3401 Trenholm Rd.
- Wednesdays at 3:00 pm, Dorn VA Hospital, Building 106, Room A-237
- Thursdays at 6:00 pm, TRUMC

Family Support Group – Peer led support group for families/friends of someone with a mental illness.

- Tuesdays at 6:00 pm (except for the second Tuesday of each month), TRUMC
- Thursdays at 6:00 pm, TRUMC

Family-to-Family – Peer led educational course for family members, usually offered twice a year. The next course begins in September 2009. Pre-registration is required. Call 803-776-9548 for more information and to sign up.

NAMI Basics – Peer led educational course for parents/caregivers of a child with a diagnosis or symptoms of a mental illness. Pre-registration is required. Call 803-776-9548 for more information.

In Our Own Voice – One-hour presentation by two people who have a mental illness. Offered to churches, civic groups, and other organizations. Call 803-661-9990 to schedule a presentation.

Provider Education – Peer led educational course for mental health professionals, usually offered in conjunction with Columbia Area Mental Health.

New and Renewing Members

David Almeida	Alicia Anderson
Col. Robert Anderson	Marna Bradley
Wyse Cockrell	Linville Davis
Sylvia DeLoach	Sharon DesMarais
Norma Free	Brenda T. Goodwin
Pamela M. Harpootlian	Leslie Wilson Hipp
Helen Baldwin Kingkade	LaShella Kirkland
Kathryn A. Orrick	Nancy Raley
Lavonne Roof	Julie Saunders
Tina M. Scalamogna MD	Mary Lynn Tolleson
Bob Toomey	Mr. & Mrs. Joseph Wojcicki

Donations and Memorials

Russ & Laura Hughes (In memory of Alex Wier)
Robert & Kay Ornelas (In memory of Jane Ann Urganhart)
Gloria Prevost
Barbara Riley
Bob Toomey

Helping People with Mental Illness find Jobs Could Save Federal Government \$368 Million a Year

A national program to help mentally ill people on Social Security disability programs find jobs could spur greater independence while saving the federal government \$368 million annually, according to a study by Robert Drake of Dartmouth Medical School and colleagues in the May-June 2009 issue of *Health Affairs*.

Approximately 27 percent of people who are receiving Social Security Disability Insurance (SSDI) benefits are mentally ill. Surveys show that up to 70 percent of people with mental illnesses want to work. Drake and his coauthors say that a national "supported employment" program would help these people, as well as those with mental illnesses who qualify for the separate Supplemental Security Income (SSI) program, to earn incomes that could total up to \$1.6 billion a year.

Health Affairs is a thematic volume on mental health that is funded by a grant from the MacArthur Foundation. The issue was released at a May 5 briefing in Washington, DC.

"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has."

- Margaret Mead

Return Service Requested

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

Mondays 6/1, 6/8, 6/15, 6/22, 6/29
6 pm NAMI Connections,
Bridges Clubhouse,
2015 Commerce Dr., Cayce

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

Wednesdays, 6/3, 6/10, 6/17, 6/24
3 pm NAMI Connections
Dorn VA Bldg 106, Room A-237

Thursdays 6/4, 6/11, 6/18, 6/25
6 pm NAMI Connections and
Family Support Group, TRUMC

Tuesday 6/9
6 pm, Education Meeting, TRUMC
(see story page 1)

July 6-9, NAMI National
Convention, San Francisco Hilton

Nov. 13-14, NAMI State
Conference, Charleston

this month



Not Just Child's Play

Jennifer Jenkins and her daughter, Sidney, recently volunteered at Sidney's after-school program at Shandon Presbyterian Child Development Center for Children's Mental Health Awareness Week.

Jennifer and Sidney set up a table with information for the children, parents and teachers, and used games to teach about emotions. One was called, "Can You

Match Sidney's Feelings?" In this game, they took pictures of Sidney making different emotional expressions and matched them to the name of the emotion. In the second game, they used letter tiles to spell out as many feeling words as they could in a minute. During both games, they talked about the emotions and healthy ways to manage difficult ones and increase positive emotions, as well as how to communicate how we're feeling and recognizing other's emotional expressions. Sidney also taught the kids several techniques to manage anger and gave out I. C. Hope stickers and bookmarks.

Thank you, Jennifer and Sidney, for this fun educational event!