

May 2009

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Anxiety and Related Sleep Disorders to be Topic of May 12 Education Meeting

Dr. Tom Uhde, Chair of the Institute of Psychiatry at the Medical University of South Carolina, will be the speaker for the May education meeting. Please join us Tuesday, May 12, at 6 pm in the Parlor of Trenholm Road United Methodist Church. Dr. Uhde will speak about the prevalence of anxiety and related sleep disorders and will take questions from the audience.

Helpful Information about Borderline Personality Disorder

Dr. Stephanie Berg gave an excellent presentation on Borderline Personality Disorder (BPD) at the April Education meeting. BPD is also known as Emotional Intensity Disorder. Dr. Berg explained the symptoms of the illness and the types of treatment available. She recommended additional reading for those who are interested.

For those who have BPD, two books should be helpful:

- *I Love You, Don't Leave Me*, by Kreisman and Straus
- *Sometimes I Act Crazy*, by Kreisman and Straus

Families and friends of someone with BPD should read:

- *Stop Walking on Eggshells*, by Mason and Kreger
- *The Essential Family Guide to BPD*, by Kreger

Second Annual NAMIWalks a Success!

By Buddy Wier



Over forty years ago when I was a pilot in Vietnam, this quote impressed me. "The reason why birds can fly and we can't is simply that they have perfect faith, for to have faith is to have wings."(J.M. Barrie) The clipping I cut from the newspaper so long

ago still resides on my wall in a frame with a photograph of the plane I flew.

Six months ago, work began in earnest for NAMIWalks for the Mind of America 2009. Does it take faith to embark on bringing this large and important event to the Midlands? Is faith a little about what makes NAMI and NAMIWalks successful?

It amazes me how frequently and consistently people newly associated with NAMI and also decade-long members praise the quality of NAMI's programs and say how the programs have helped them and their family. This is what gives one faith in NAMI and the conviction NAMI and its services are worthy of broadcasting to our community.

Thank you to the NAMIWalks committee for a very successful 2009 walk. Chairman Eileen Schell and her committee should be very proud of what the walk itself gives to our community in raising awareness about mental illness. Thank you to everyone who helped make our NAMIWalk the largest mental health event in the state!

One may tend to think the walk's effect is limited to only the 1100 walkers who attend the walk. Think again.... How many people did each of these walkers contact? 10 each? Maybe 25?

(continued on page 3)



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Sleep is Essential

A good night's sleep is as important to your health as diet and exercise. So if you're having trouble sleeping, it is important to talk to your doctor. One thing people with insomnia have in common is that their sleeplessness has a negative impact on their ability to function during the day. Some of the most common daytime symptoms of insomnia include fatigue, difficulty concentrating, and irritability.

Here are some "sleep stealers" that can rob you of a good night's rest. Keep a "sleep diary" so that, together, you and your doctor can determine if your sleeplessness is, in fact, insomnia.

- Alcohol
- Caffeine

- Bedroom that is too hot/too cold/too noisy/too bright
- Hormonal shifts
- Pain
- Depression
- Nicotine
- Exercising too close to bedtime
- Shift work
- Bed partner with sleep problems
- Arthritis
- Asthma
- Side effects from medications
- Going to bed and getting up at different times
- Stress

Once you figure out what's causing you to sleep poorly, you can take some action to help bring sweet dreams:

- Create a routine—try to go to bed and wake up at the same time each night during the week and on weekends.
- Live healthy days—eat a balanced diet, don't eat too close to bedtime, try not to smoke or drink alcohol at night, don't drink too much of anything before bed, avoid caffeine within six hours of bedtime
- Try exercising in the morning or afternoon hours (at least four hours before bedtime)
- Avoid long naps during the day
- Take a long, warm bath before bedtime.
- Try listening to recordings made especially to help promote sleep.
- Don't take over-the-counter sleeping pills, unless your doctor says it's okay.
- Eat foods rich in the amino acid L-tryptophan. Eating foods with carbohydrates, such as cereal, breads and fruits may also help.

New and Renewing Members

Chelly & Murk Alexander	John S Blatnik
Silvia Bloch	Sloan Christian
Ralph Coleman	Cynthia Hendrix
Shirley Knight	Major Billy Ray Langley
Grace Lovell	Lucy E. Maxwell
Roberta McCain	Angela Monts
Gloria Prevost	Nora & Robert Rice
Roberta & A.D. Sale	Eileen & Gordon Schell
Candace True	Susan & Robert Turnbull
Lois & Charles Waggoner	Josephine B. Walker

General Donations

Grace Lovell Susan & Robert Turnbull

In Memory of Alex Wier (through 4/15/09)

Frances & Phillip Levin Margaret & Jack Means
Sandra Nieves Eileen & Gordon Schell

President's Letter (continued)

How many people now know more through notices in church bulletins or from the pulpit or through the over 50 sponsors? Maybe it was from the radio ads that ran for two months on Magic 98.5 and WIS 1320, the TV PSA on four stations, the seven newspaper ads, the electronic billboards, or the TV and radio program appearances, including a 30-minute radio program interviewing NAMI members about NAMI, the Walk, and mental illness. The number is huge!

NAMIWalks is a grand success! Fortunately, the success of the walk carries over to NAMI Mid-Carolina being able to expand its service to the community. Congratulations again and thank you to all whose effort makes NAMI successful and reinforces our faith.

What do I do if I Need Help?

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Worried? Seeing these symptoms in yourself or someone else?

See your family physician or a psychiatrist.

No doctor but need attention?

Visit your local Mental Health Center.

Columbia Area Mental Health Center (CAMHC) serves Richland & Fairfield Counties

- Adult Emergency Services in Richland County, 10 Medical Park (across from Palmetto Health Emergency Room), 898-8888
 - Children, Adolescent and Family Services, 2715 Colonial Drive, 898-4777
 - Fairfield Clinic Adult and Children Services, 737-3039
 - General information, 898-4800
- All programs at CAMHC promote family inclusion.

Lexington County Mental Health

- Main adult intake for new clients is Emergency Services, 130 North Hospital Drive, West Columbia, 739-8606
- Child, Adolescent and Family Services, 305 Palmetto Park Blvd., Lexington, 359-7206
- Lexington Adult Services Clinic, 301-A Palmetto Park Blvd., Lexington, 359-3545
- Gaston Adult Clinic, 3965 Fish Hatchery Road, Gaston, 755-2261
- Batesburg Adult Clinic, 120 West Church Street, Suite A, Batesburg, 532-8414.

After hours, go to the nearest hospital emergency room. Call 911 if the situation necessitates.

If the person needing treatment "lacks sufficient insight or capacity to make responsible decisions with respect to his treatment", the professionals at your local mental health center can help. South Carolina has an excellent judicial commitment law.

Seek Support and Education. NAMI Mid-Carolina offers many speakers, support, and educational programs that are free and open to the public. The goal is to expand the dates, times, and locations, so check our website for the latest information on speakers and programs.

www.nami.org/sites/midcarolina

Return Service Requested

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

Mondays 5/4, 5/11, 5/18
6 pm NAMI Connections,
Bridges Clubhouse,
2015 Commerce Dr. Cayce

Tuesdays 5/5, 5/19, 5/26
6 pm NAMI Connections and
Family Support Group, Trenholm
Road United Methodist Church
(TRUMC), 3401 Trenholm Rd.

Wednesdays, 5/6, 5/13, 5/20, 5/27
3 pm NAMI Connections
Dorn VA Bldg 106, Room A-237

Thursdays 5/7, 5/14, 5/21, 5/28
6 pm NAMI Connections and
Family Support Group, TRUMC

Tuesday 5/12
6 pm, Education Meeting, TRUMC
(see story page 1)

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

Nov. 14-15, NAMI State
Conference, Charleston

 **NAMI** In Our Own Voice
National Alliance on Mental Illness

One of the most difficult issues faced by people who are mentally ill is the public perception associated with their diseases. This perception arises out of the public's unawareness of the hope that new medicines and therapeutic practices provide.

To inform a wider audience of all this, NAMI Mid-Carolina provides *In Our Own Voice* (IOOV), a program in which persons with a history of mental illness tell their stories to varied audiences.

The presentation begins with the dark days when the person first became aware of his or her illness, progressing through acceptance of the illness. It then proceeds to the treatments and therapies he or she underwent and the coping strategies the person developed along the way. It concludes with triumphs, hopes, and dreams. An *In Our Own Voice* presentation offers its audience an understanding, not just of the diseases themselves, but also of the nature of the people who possess the diseases. Coupled with a message of hope, the presentation can help minimize or eliminate stigma.

If you are new to NAMI and would like to hear a presentation or if you would like to schedule a presentation for a group, please contact Michael Stockdell. He can be reached at 803-661-9990 or stockdellm@gmail.com.