



April, 2009

## Bi-Polar Disorder vs. Schizophrenia Do You Know the Difference?

Our next educational meeting, Monday, April 27 at 7:30 P.M. will feature Vincent Grieco, Ph.D. who will speak to us about Bi-polar disorder vs schizophrenia and cover areas such as causes, symptoms & diagnosis, age of onset and abatement, and treatments. Dr. Grieco is a clinical psychologist who has had a local private practice since 1996. He has spoken to NAMI Northside in the past and looks forward to answering your questions after his presentation. Mark your calendars for this important meeting and **bring your family member(s)!** Refreshments at 7:00 P.M., program starts promptly at 7:30 P.M., Dunwoody United Methodist Church, Activities Building, Room 258, 1548 Mt. Vernon Road, Dunwoody.

## NAMI Georgia's Annual Meeting & State Conference

When: Saturday, May 16, 2009  
Time: 8:30-4:00  
Where: Mercer University Administration and Conference Center, 2930 Flowers Road, Atlanta, GA 30341

The conference will feature breakout sessions national best practices, legislative updates, exhibit hall.

Those wishing to attend are encouraged to register early. For more information please call the NAMI Georgia office at 770-234-0855 or write them at [NAMI-GA@nami.org](mailto:NAMI-GA@nami.org). Additional information can be found at [www.namiga.org/annualmeeting](http://www.namiga.org/annualmeeting).

## May is Mental Health Month

The designation of May as Mental Health Month was begun 50 years ago by Mental Health America to raise awareness about mental health conditions and the importance of mental health for all. This year's theme is **Live Your Life Well**- a campaign to provide people with 10 specific, research-based tools that can combat stress and promote health and well-being. For more information go to the **Live Your Life Well** website at <http://www.liveyourlifewell.org>.

## May Meeting Date Changed

Due to this year's Memorial Day holiday falling on the fourth Monday of May our May educational meeting has been re-scheduled to May, 18, 2009—the third Monday.

See the Upcoming Events section for details about the topic.

## New NAMI Northside Atlanta Board of Directors Elected for 2009-2010

At the March, 2009 Educational Meeting the voting membership in attendance elected the following members to the Board of Directors for the term May 1, 2009 to April 30, 2010.

Jerry Bishop, President  
Pat Cone, Vice President  
Donna Wilson, Secretary  
Gary Teller, Treasurer  
Eileen Turner, Marketing & Publicity

## Skyland Trail's Arts in the Garden

Arts in the Garden is an annual event held each May, Mental Health Awareness Month. Open to the public at no admission charge, Arts in the Garden serves as an opportunity to celebrate the talents and abilities of consumers of mental health services. This year's event, to be held May 1, 2009, offers a chance for consumers, family members, mental health professionals and the Atlanta community to gather and network. Attendees experience hands-on workshops, demonstrations, art exhibits, music and dance performances, plants and art sale, silent auction, and mental health education. Skyland Trail clients, as well as community organizations and consumers of mental health services in the Atlanta area have an opportunity to show their creative talents through visual and performing arts.

This event has four major objectives:

- To celebrate the many talents and abilities of consumers of mental health services and provide an opportunity to show their creative talents through visual and performing arts.
- To display and sell consumer artwork.
- To serve as a place for consumers, family members, mental health professionals and the Atlanta community to gather and network.
- To educate the public about mental illness in order to reduce stigma

## NAMI Georgia Announces Upcoming Trainings

NAMI Georgia has set the date of **July 17-19, 2009** for their next trainings. These trainings will be **Family-to-Family Train the Teacher, Family Support Group Facilitator and Connection Facilitator**. A Peer-to-Peer mentor training is possible later in the year.

A brief description and application forms can be found on NAMI Georgia's web site, [www.namiga.org](http://www.namiga.org). A more detailed explanation on these groups is on NAMI National's web site, [www.nami.org](http://www.nami.org).

The training site is **Mercer University in Atlanta**. Lodging for out of towners is the **Quality Inn at Northlake Mall**.

NAMI GA will pay for all food and lodging (based on double occupancy) during the training.

There is a waiting list from the March 20-22 Connection training; it is expected the July class will fill up rapidly.

Applicants need a written recommendation preferably from their affiliate president, support group leader or some other person who understands the requirements.

FSG and Connection applicants should have attended support group meetings on a regular basis for at least 5 months by the time of the training. Under special circumstances, certainly no less than 6 weeks.

Contact Jean Dervan at the NAMI Georgia office, 770-234-0855, if you have any questions.

## Welcome New Members

Frank Bragan  
Paul & Kathryn Byrd  
Suzine Chung  
Martin & Paula Landry  
Toby & Lynna Murphy  
Doug & Linda Radman  
Jim & Janice Reed  
Joe Sanchez  
Johannah Smith  
Sandra Smith  
Geraldyn Stevens  
Kathryn Strickland  
Bubba & Gerry Taratoot  
Ed & Chandra Young

## Upcoming Events

**Tues., April 21<sup>st</sup>**

**7:30 p.m.** – Dunwoody Support Group, Dunwoody United Methodist Church, Room 254\*

**Mon., April 27<sup>th</sup>**

**7:00 p.m.** – Reception/ **7:30 p.m.** Education Meeting. *Bi-polar Disorder vs. Schizophrenia, Dr. Vincent Grieco, Ph.D.* Dunwoody United Methodist Church, Room 258.\*

**Tues., May 5<sup>th</sup>**

**7:30 p.m.** – Alpharetta/Roswell Support Group, Alpharetta First United Methodist Church, Room 355\*\*

**Sat., May 16<sup>th</sup>**

**8:30 a.m.--4:00 p.m.** – NAMI Georgia Annual Meeting, Mercer University, Admin. & Conference Ctr., 2930 Flowers Road, Atlanta, GA 30341

**Mon., May 18<sup>th</sup>**

**7:00 p.m.** – Reception/ **7:30 p.m.** Education Meeting. *Suicide Prevention.* Dunwoody United Methodist Church, Room 258.\*

**Tues., May 19<sup>th</sup>**

**7:30 p.m.** – Dunwoody Support Group, Dunwoody United Methodist Church, Room 254\*

**July 6 –9<sup>th</sup>**

NAMI National Conference, San Francisco Hilton Towers, San Francisco, CA

**July 17 –19<sup>th</sup>**

NAMI Georgia Trainings, Mercer University, Atlanta, GA

\* Dunwoody United Methodist Church, Activities Bldg, 1548 Mt. Vernon Road, Dunwoody

\*\* Alpharetta First United Methodist Church, 69 North Main Street, Alpharetta.

## NAMI Northside Atlanta

NAMI Northside Atlanta is an affiliate of NAMI Georgia and NAMI National. The National Alliance on Mental Illness is a non-profit, grassroots support, education and advocacy organization for families and friends of those with mental illness.

### Contact us:

NAMI Northside Atlanta  
P.O. Box 467985  
Atlanta, GA 31146

[www.naminorthsideatlanta.com](http://www.naminorthsideatlanta.com)



### GA Crisis & Access Line 24/7

1-800-715-4225  
[www.mygcal.com](http://www.mygcal.com)