



## NAMI Northside Atlanta Member Re-elected To NAMI Board

**NAMI Northside Atlanta Member, Dave Lushbaugh, was re-elected to a second 3-year term to the NAMI National Board of Directors on July 7, 2009 at the NAMI Annual Convention in San Francisco. Below is his candidate election talk.**

From the time my son was diagnosed with schizophrenia, 14 years ago; coordination and connection of the treatment and services he needs, to get in - and stay in recovery, has been frustrating and nearly impossible. Even when available; the services are fragmented and there is little measurement of accountability. Individualized, supportive, empowered plans are needed for early detection, prevention, recovery; and, importantly – validation - to encourage legislative bodies to provide adequate resources for mental health care.

I was researching on the internet and happened upon an article published last year in the *Health Affairs* Journal, entitled "Who you gonna call, getting a handle on mental health care" by: Robert Cunningham, 4-8-08. The title is so simple, yet so appropriate.

The internet article, including evidence based links, is a one page, reaffirmation of the Mental Health Commission Report that was developed several years ago, by over 2,400 mental health stakeholders – including consumers, family members, mental health professionals and academics from all 50 states. They concluded that most mental health funding goes through the federal government and that lack of interdepartmental collaboration causes mental health care fragmentation and failure. I was not adequately familiar with the Commission's Report, for me; the article was like a floodlight; maybe it would be for you too.

The Mental Health Commission Report lists a total of 6 improvement goals; however, it states implementation of goal 6 will significantly facilitate the preceding 5 goals. The 6<sup>th</sup> goal includes: "An integrated information technology and communications infrastructure is critical to achieving the five preceding goals and transforming mental health care in America." (page 79).

Even if treatment and services are adequate today for some consumers, we all know that can change overnight; there must be an equitable, viable, ongoing system for all consumers.

In discussions with a provider friend, who's nationally recognized system interfaces with a very large number of consumers; I encouraged him to consider expanding his system to begin to encompass coordination, connection and accountability. He replied, well maybe, someday,

## Upcoming Events

### Mon., July 27

- ☐ 7:00 p.m. – Reception/ 7:30 p.m. Education - Join us to learn more on suicide prevention from Mary Ann Stark, Suicide Prevention Coalition of Georgia in Room 258\*.

### Sun., August 9

- ☐ NAMI Family Support Group, 4:00-5:30 pm Room 4311\*\*\*.

### Tues., August 11

- ☐ NAMI Support Group, 7:30 pm in Room 355\*\*.

### Wed., August 12

- ☐ NAMI Connections Support Group, 7:30-9:00 pm Room 2405\*\*\*.

### Tues., August 18

- ☐ NAMI Support Group, 7:30 pm in Room 254\*.

### Mon., August 24

- ☐ 7:00 p.m. – Reception/ 7:30 p.m. Hear from Lisa Huber, M.D., a psychiatrist in private practice in Atlanta, who specializes in Children, Adolescent and Adult psychiatry. Room 258\*.

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

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

\*\*\* Peachtree Presbyterian Church, 3434 Roswell Road, Atlanta

## NAMI Walks



**Join us for the annual NAMI Walk on Saturday, October 3, 2009 at Tribble Mill Park in Lawrenceville, GA.** This annual fundraising event supports our NAMI state office in Georgia and our local NAMI Northside Atlanta affiliate.

The funds raised in our walk help support crisis intervention, educating families dealing with serious mental illness, and lobbying efforts at the state and national level. Your support is greatly needed and appreciated.

This year, NAMI Northside Atlanta hopes to raise \$15,000 with the support of our 150 families in our affiliate. If each family raises \$100.00, then our goal is attainable. NAMI continues to do great things in Georgia, and with your fundraising support, we hope to continue our efforts.

We will be updating our web site with a status on the event as well as our fundraising effort. Please visit us online to learn more at [www.naminorthsideatlanta.com](http://www.naminorthsideatlanta.com).

and then, he sarcastically, called me "big plan Dave". That remark stung, for a moment.

However, I remembered a quote from my NAMI Family-To-Family teacher-training manual, in which Eleanor Roosevelt said, "advocates must do what we think we cannot do."

The Mental Health Commission Report concluded that the mental health system is not oriented to the single most important goal of the people it serves - the hope of recovery. "Hope arouses, as nothing else can arouse, a passion for the possible". The Report indicates "Consumers and their families have the most knowledge of what is needed but the least leverage to influence the organization of care." NAMI members, it took us 18 years of advocacy to achieve federal legislative parity. We must also relentlessly advocate for treatment and services defragmentation, this critical requirement too can be achieved and in a fraction of the time.

NAMI is in the best advocacy position to make it a priority to support what the mental health commission called critical to transforming mental health care in America. I hope you will review my track record - as a NAMI family member advocate for improvement, current national board member, NAMI Walks and Memphis Model CIT leader, local affiliate president and state president, and then please vote for - you guessed it - "big plan Dave." Thank You.

## Contact Info for DBHDD

We are pleased to send you the Department of Behavioral Health and Developmental Disabilities' (DBHDD) email address for sending comments, compliments, concerns and complaints about DBHDD programs and services.  
DBHDDConstituentServices@dhr.state.ga.us

Please use this email address or the information below to contact DBHDD.

Department of Behavioral Health and  
Developmental Disabilities  
Office of Legislative Affairs & Constituent Services  
2 Peachtree Street, 22nd Floor  
Atlanta, Georgia 30303  
Phone: 404-657-5964  
Fax: 404-657-1137

## NAMI Northside Atlanta Board

**President:** Jerry Bishop  
**Vice President:** Pat Cone  
**Treasurer:** Gary Teller  
**Secretary:** Donna Wilson  
**Marketing & Publicity Chair:** Eileen Turner  
**Members At Large:**  
Susie Kyle  
Bill McClung

Together we make a difference. The Board represents your interests and encourages your active membership and participation. If you have ideas, a special talent or a couple hours a month to volunteer, we want to hear from you. Board meetings are open and are held prior to the Education Meeting at 6 p.m. on the 4<sup>th</sup> Monday of the month. Contact Jerry Bishop, bishopjerryo@bellsouth.net.

## Family-to-Family Education Program

**Free class for family member, partners and friends of individuals with:**

- Major Depression
- Bipolar Disorder (Manic Depression)
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Panic Disorder and Obsessive Compulsive Disorder
- Co-occurring Brain Disorders and Addictive Disorders

This course is 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. Each course is taught by a team of trained NAMI family members; volunteers who know what it's like to have a loved one struggling with one of these brain disorders. **There is no cost to participate in NAMI Family-to-Family Education Program.** Over 115,000 people in U.S., Canada and Mexico have completed this course.

**Classes begin Sunday, September 13, 2009 at Peachtree Presbyterian Church in Buckhead from 3:00 – 5:30 PM.**

For caregivers only. Registration is required. Class size is limited to 25 persons. Call NAMI Georgia to register at (770) 234-0855 or email Susie @ [sekyle8082@gmail.com](mailto:sekyle8082@gmail.com) or Joan @ [joan.1950pt@gmail.com](mailto:joan.1950pt@gmail.com).

## New Support Groups

### NAMI Connections Support Group

A recovery support group, which provides a place that offers respect, understanding, encouragement and hope for people who have a psychiatric diagnosis. The group is led by trained individuals who are in recovery themselves. The group will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday nights each month from 7:30-9:00 pm at Peachtree Presbyterian in room 2405. The first session starts on **Wednesday, August 12<sup>th</sup> from 7:30-9:00 pm in room 2405.**

Peachtree Presbyterian Church  
3434 Roswell Road  
Atlanta, GA 30305

Questions? Contact Rick Hershman at (954) 817-4853 or by email at [hersh4321@yahoo.com](mailto:hersh4321@yahoo.com).

### NAMI Family Support Group

A structured support group for family members, partners and friends of individuals with a psychiatric diagnosis. The group, facilitated by trained family members, encourages full participation in a positive and productive way. The group will meet on the 2<sup>nd</sup> Sunday of every month from 4:00-5:30 pm in room 4311 at Peachtree Presbyterian Church. The first session will be held on **Sunday, August 9<sup>th</sup> from 4:00-5:30 pm in room 4311.**

Peachtree Presbyterian Church  
3434 Roswell Road  
Atlanta, GA 30305

Questions? Contact Susie at (770) 432-4712 or by email at [sekyle8082@gmail.com](mailto:sekyle8082@gmail.com)

## **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 the mentally ill.

### **Contact us:**

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

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**Editor:** Eileen Turner at 678-353-6815 or [Eileen.conway@gmail.com](mailto:Eileen.conway@gmail.com)

## **Welcome New Members**

- Ingalill Atala
- Jon & Pat Bryant
- Vern Herr
- Barbara Leary



**Georgia Crisis & Access Line 24/7**

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