

November 2004

'It does not matter how slowly you go so long as you do not stop.' Confucius

Mark Your Calendars

Wedn., Nov. 10	- 4:00 Spaghetti Dinner	Vistas- 183 Mystic Pl. Sandy Springs
Tuesday, Nov. 16	- 7:30 Support Meeting	Dunwoody United Methodist Church
Monday, Nov. 22	- 7:00 Education Meeting Coping with Holiday Stress	Dr. Vincent Grieco, a well regarded psychologist will speak on how to cope with the stress of the holidays. This will be an interactive discussion for family members care givers and consumers.
Wedn, Dec 1	- Legislative Day	Carter Center, 100 Copenhill Dr 9AM-2PM
Monday, Dec. 13	- 7:00 Holiday Party! Potluck Dinner	Dunwoody United Methodist Church (All consumers and family members invited)
Tuesday, Dec. 21	- 7:30 Support Meeting	Dunwoody United Methodist Church
Tuesday, Jan. 18	- 7:30 Support Meeting	Dunwoody United Methodist Church
Monday, Jan. 24	- 7:00 Education Meeting	Mary Shuman from the GA State Office of Consumer Relations will speak on the Certified Peer Specialist Project.

Location of Dunwoody United Methodist Church

1548 Mt. Vernon Rd. (between Chamblee-Dunwoody and Ashford-Dunwoody Rd) Park at the back of the center enter under the canopy, and follow the signs to the 2nd floor.

Other Important Information

Websites

NAMI Northside www.naminorthside.org

NAMI Georgia www.namigeorgia.org

NAMI Northside Board of Directors

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Vistas Spaghetti Dinner

Vistas in Sandy Springs will be having a Spaghetti Dinner fundraiser On Wednesday, Nov. 10th from 4pm to 7pm. It will be held at the main Vistas building at 183 Mystic Place. The purpose is to generate funds to purchase Holiday gifts for all program members. The charge/donation is \$5 per person. All donations are tax deductible.

For those who are not familiar with Vistas, it is a rehabilitation and treatment program for adults with severe and persistent mental illness. Vistas has an active enrollment of over 130 members. Over 60% of members have schizophrenia or schizoaffective disorder. The program is a part of Northside Behavioral Health Services and was founded in 1980. Vistas offers day treatment (psychosocial rehabilitation model), dual diagnosis services, case management and supervised (apartment) housing. A part time psychiatrist and nurse provide onsite medication evaluation and management. Vistas services are available on a sliding scale to all Fulton County residents.

Legislative Day at the Carter Center – Dec 1st

The Governor's Advisory Council Mental Health, Developmental Disabilities and Addictive Diseases (MHDDAD) invites you to "INVEST IN THE WHOLE PERSON", a legislative education day at the Carter Center, 100 Copenhill Drive, Atlanta, GA, Wednesday, Dec. 1, 2004 from 9:00 am to 2:00 pm.

The purpose of the event is to educate legislators on the issues relevant to the MHDDAD communities respectively. Among other things, legislators will hear from panelists from each of the three service areas. They will also be provided an overview of the Div of MHDDAD, as well as Department of Community Health (DCH) and fiscal information. This is the first event of it's kind, and it is our hope as mental health advocates that legislators will come away knowing the distinctions between Mental illness and developmental disabilities formerly Mental retardation), and realize that although we share some concerns, we have our unique specific issues.

The coalition of sponsors is asking you to call your representatives and personally invite them to the event. You are also invited to join your representatives at the luncheon. Invitations from the Governor's Advisory Council will be mailed to every legislator Nov. 3rd. The more invites a representative gets, the better. Lunch will be provided to all attendees, and attendees will have an opportunity to interface with legislators during lunch.

LET'S PARTY !!!

“Forget Your Troubles, Come on Get Happy....”

Please plan on attending the Holiday Party on Monday Dec. 13th at 7:00 at Dunwoody United Methodist Church. Bring your favorite dish to add to our holiday feast! This annual Holiday Party is always lots of fun, so don't forget to put it on your calendar!

If you can donate a door prize, please notify Roslyn Grossman at 770-396-3248 or rrgrossman@bellsouth.net. Any size gift, gift certificate or service will be appreciated. For example, a TV repairman could provide free labor to fix a TV; a manicurist could provide a free manicure.

A Note from Treasurer Carol Jensen

NAMI membership ensures our voices are heard at local, State and National levels. Please mail Annual Dues of \$30 to: NAMI Northside Atlanta, P.O. Box 244112, Atlanta, GA 30324. **Reminder: Membership dues expire annually on the quarterly date, which coincides with each members, join date (3/31, 6/30, 9/30, 12/31). If you are not sure when your dues expire each year please contact Carol Jensen by email at cjensen501@yahoo.com or by phone at 404-264-1990.**

Update on Crisis Intervention Training (CIT)

Vernon Keenan, Director of Georgia Bureau of Investigation (GBI) has appointed Janet Oliva as a full time person dedicated to implementing CIT statewide.

Hopefully the first training done by the Georgia Public Safety Training Center in Forsyth will begin December 6th. It will be made up of various jurisdictions from the Metro Atlanta area.

DHR, Gwen Skinner, Larry Fricks, the Department of Education, Skyland Trail, Dr. Farrell Braziel, Houston CIT, Flo Giltman and many others are helping develop the curriculum for Georgia.

Seminar on Depression and Bipolar Disease

On October 6th, a *DBSA seminar was presented at the Fox theatre on Depression and Bipolar Disease. While waiting in line to enter the auditorium, there was almost a spiritual mood where total strangers enthusiastically exchanged bits of history with others. After crowds of consumers and their family members and friends poured into the auditorium, there was standing room only.

The program was a huge success. The featured speaker was an effervescent bipolar sufferer, 28-year-old Lizzie Simon. Lizzie told how she was inspired to seek out and interview other bipolar people and to find out how they overcame the limitations of this devastating disease. She left her job as a successful theatre producer in NYC to travel the country and gather information. Her findings from interviewing dozens of people has been published in the book Detour-My Bipolar Road Trip in 4-D.

Also appearing on the program was another dynamic speaker, Dr. Gary Sachs. Dr. Sachs is the director of the Bipolar Clinic and Research Program at Massachusetts General Hospital and is an Associate Professor of Psychiatry at Harvard Medical School. He spoke on the latest research that is being done on bipolar disease.

For more information on bipolar disease, subscriptions are available to the magazine 'bp' by calling 1-888-834-5537 or faxing a request 1-905-994-0304.

*More information on the DBSA (Depression and Bipolar Support Alliance) can be found at www.dbsalliance.org. DBSA is the leading national, patient-directed organization focusing on the most prevalent mental illnesses—depression and bipolar disorder.

