



NAMI

National Alliance on Mental Illness

WAAMI MESSENGER

The Official Newsletter of NAMI Virginia, Williamsburg Area

April 2009

Calendar:

April 7:

- Everyone is invited to **SOUPER SUPPER** at 6:00. Complimentary dinner includes soup, salad and dessert.
- Family Support Group at 6:30.
- Consumer Support Group at 7:00.

April 14:

- Everyone is invited to **SOUPER SUPPER** at 6:00. Complimentary dinner includes soup, salad and dessert.
- Family Support Group at 6:30.
- Special Speaker, Maureen Price, from the Vocational Rehabilitation Department at 7:00.
- Social time following the presentation.

April 21:

- Family Support Group at 6:30.

April 28:

- Family Support Group at 6:30.
- Open Board Meeting at 6:30.

CONTACT US!

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Family-to-Family Course

NAMI is the National Alliance on Mental Illness, the biggest grassroots mental health organization dedicated to improving the lives of people with serious mental illness and their families. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all who are affected by these diseases.

The NAMI Family-to-Family educational program is a free 12 week course for the families of individuals with mental illness. The course includes current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, co-occurring brain disorders and addictive disorders. There is up-to-date information given about medications, side effects, and strategies for medication adherence. Also included is current research related to the biology of brain disorders and the most effective and evidence-based treatments to promote recovery.

The course is taught by trained family members. All instruction and course materials are free for class participants. Registration is beginning for the free 12 week *Family-to-Family* Course to be given at St. Stephens Lutheran Church, 612 Jamestown Road. The class will begin on Tuesday May 5 at 6:30 p.m. Classes are held on the second floor from 6:30 to 7:45 p.m. The Family Support Group will meet immediately after the class. Preregistration is required. Please call Connie at 258-2503 to register or contact her at connie89130@netscape.net.

**SPECIAL
SPEAKER
APRIL 14**



Please join us at 7:00 p.m. on April 14, at St. Stephens Lutheran Church, 612 Jamestown Road, for a presentation to NAMI by Maureen Price of the Virginia Department of Rehabilitation Services. She will explain the services they provide. The department helps with identifying financial resources and job placement for people with disabilities. These state resources and Ms. Price's information may not be known to you; so, please come hear her presentation. There will be a question and answer period followed by refreshments.

Consumer Support Group

NAMI Connection Recovery Support Group is a monthly 90-minute support group led by persons who live with mental illness. People can learn from each others' experiences, share coping strategies, and offer each other hope, encouragement and understanding. Please join us at 7:00 p.m. at St. Stephens Lutheran Church, 612 Jamestown Road, on the first Tuesday of each month for the meeting. Come at 6:00, if you care to join us for complimentary soup, salad and dessert.

Family & Friends Support Group

We meet weekly at 6:30 p.m. at St. Stephens Lutheran Church, 612 Jamestown Road, to help you learn more about mental illnesses, develop coping strategies, and find the support you need to help your loved ones. Please join us.

Inside Story Headline

NAMI is the National Alliance on Mental Illness, the biggest grassroots mental health organization dedicated to improving the lives of people with serious mental illness and their families. A nationwide organization founded in 1979, NAMI has become the nation’s voice on mental illness, with affiliates in every state and in more than 1,100 local communities across the country.

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Federal Financial Assistance Policy Change

May 2, 2009

15th ANNUAL 5K RUN FOR MENTAL HEALTH RECOVERY

1 Mile Fun Run/Walk 8AM
5K Run/Walk 8:30 AM

Race day registration and packet pickup starts at 7AM at Eastern State Hospital

Co-sponsored by:
The NAMI - Williamsburg Area & The Colonial Services Board

A Colonial Road Runners Grand Prix Event

All proceeds will benefit education and services for individuals with serious mental illness.

Recovery (of the fiscal variety) is on the way for states to assist people with disabilities. The American Recovery and Reinvestment Act of 2009 (HR 1, H. Rept 111-16), signed by the President on February 17 as Public Law 111-5, provides \$787 billion in spending and tax relief. The law is designed to create and save up to 3.5 million jobs, aid struggling families and stimulate a downward-spiraling economy through investment in various sectors, including health, education and infrastructure over the next two years.

This information from the Mental Health Policy Reporter summarizes some of the law's provisions that will benefit people with mental disabilities and create new advocacy opportunities: for example, to shift state support from institutional services to community integration for people with disabilities. A new federal website, www.Recovery.gov, will show how the funds are being distributed to states, congressional districts and even federal contractors.

Also welcome, although not yet enacted, are two House-passed bills. The aptly numbered H.R. 911 would protect teens in residential treatment facilities from physical, mental and sexual abuse and help parents make informed choices about services for their children. The other is the 2009 Omnibus Budget appropriation, to fund a plethora of programs in the current fiscal year. It would notably increase support for many initiatives of importance to individuals with mental disabilities, including housing and homelessness prevention.

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