



# nami

# Virginia

## National Alliance on Mental Illness

*The Official Newsletter of NAMI Virginia*

*1st Quarter 2011*

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### Calendar

- *Basics* Training  
March 25-27th
- *In Our Own Voice*  
Training April 16-17th
- Family to Family Training  
May 20-22
- NAMIWalks Kick Off  
Luncheon August 11th
- NAMI Virginia/CIT  
Convention  
September 11-12

### CONTACT US!

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### Message from the Director

I wanted to share updates with you about NAMI's work over the past year. In 2010 NAMI affiliates in Virginia reached 375 people through *Family-to-Family*, *MESA*, and the newly-launched *Basics* program. For anyone who has participated in these programs, you know what a "life saver" they can be – the support, resources, and information gained are invaluable. And, through *Peer-to-Peer* we reached 121 persons in recovery from mental illness. *Peer-to-Peer* is a unique experiential learning program for people living with a mental illness who want to establish and maintain wellness and recovery. This peer-taught course focuses on crisis prevention, mindfulness techniques, stress reduction, advance directives, and obtaining support.

Stigma reduction...we are all concerned about this. How do you educate people and bust myths and stereotypes of mental illness? *In Our Own Voice* is a powerful outreach program doing just that. *In Our Own Voice* presenters reached 2,284 people in 2010! The presenters give college students, health care workers, medical students, CSB staff, and every day citizens an interactive workshop about the realities, challenges, and hopes and dreams experienced by people with mental illness.

Also in exciting news – we are thrilled to announce an exciting partnership with CIT (Crisis Intervention Teams). This year we are teaming up with CIT International and Virginia CIT to hold a two-day joint conference! So please "Save the Date" for September 11 and 12 and stay tuned for more information.

Supporting these programs takes hard work and resources. Like most nonprofits we are mindful of our ability to meet the needs in our state. The reality is that it continues to be a challenging time for nonprofits – foundations are tight

ening their belts and individuals are feeling the pinch like everyone else. With foundation giving down and becoming more restrictive, we are relying even more on donations from individuals. NAMI Virginia, like every organization, is working hard to streamline its work and to be as cost-efficient and cost-effective as possible. As we look ahead, knowing that our programs, outreach, and advocacy continue to be needed, we are calling upon our members, friends, and professionals to help us through this difficult time. There are several ways that you can help:

- Ensure that your membership is up-to-date. Join at [www.nami.org/join](http://www.nami.org/join) or call our office. Membership helps our voice and the work we do to be the strongest it can be!
- Make a tax-deductible donation in addition to your membership.
- Go green by renewing your membership online at [www.nami.org/join](http://www.nami.org/join), making a monthly donation out of your checking or savings account, or making a multiyear pledge (Click on the "Donate Now" link at [www.namivirginia.org](http://www.namivirginia.org))
- Give through your workplace. If you are a state of Virginia employee, you will find us listed under statewide organizations under the Community Health Charities umbrella (Designate #6038.) If you are an employee in the private sector you can designate us in your United Way campaign. Refer to our website for more information.
- Ask a business to become a sponsor for the 2011 NAMIWalks
- Donate office supplies, paper, etc. to NAMI (see wish list on our website).

Sincerely,  
Mira Signer  
Executive Director

NAMI Virginia is the state office of NAMI (the National Alliance on Mental Illness). NAMI Virginia was created in 1985 to provide support, education, and advocacy for individuals and families affected by mental illness. It is our mission to promote recovery and improve the quality of life of Virginians with serious mental illness through support, education, and advocacy. NAMI Virginia's 27 local affiliates play an active role providing support, education, and advocacy at the community level.



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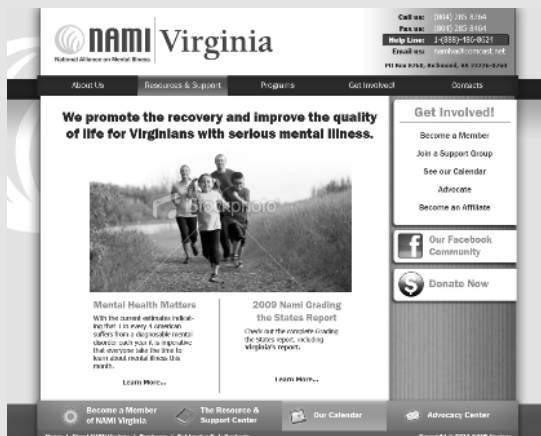
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NAMI Virginia is on  
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## NAMI Virginia has a new website!



Visit us at: [www.namivirginia.org](http://www.namivirginia.org)

## Save the Date for the NAMI Virginia/Virginia CIT Convention!

*We are teaming up with the CIT-International Conference to hold a two day joint conference!*

Sunday, September 11 (approx. 10–7) and Monday, September 12, 2011 (approx 9-5)  
Doubletree Hotel and Virginia Beach Conference Center, Virginia Beach



- Join us for this excellent opportunity to collaborate and learn from each other on how to build and develop CIT (Crisis Intervention Teams) in your community!
- Outstanding speakers, workshops, learning opportunities, and networking
- Communities with and without existing CIT programs can benefit from this Convention!
- NAMI Virginia's traditional Convention activities will be held on the 11th (includes luncheon, awards, exhibit area and resources, membership meeting, and workshops).
- Stay tuned for information about scholarships, registration, and how you can get involved!

Contact Stephany Melton, NAMI VA Convention Coordinator, at [smelton@namivirginia.org](mailto:smelton@namivirginia.org) or (804) 285-8264 for more information or questions and visit [www.namivirginia.org](http://www.namivirginia.org).



National Alliance on Mental Illness of Virginia

Saturday, October 9th  
Innsbrook

For more information please visit  
[www.nami.org/namiwalks/VA](http://www.nami.org/namiwalks/VA)

**Interested in planning for this year's Walk?**

Contact:

Farleigh Fitzgerald  
NAMIVirginia Walk Manager  
[ffitzgerald@namivirginia.org](mailto:ffitzgerald@namivirginia.org)



## NAMI Virginia Program's— Changing Lives and Offering Hope

*“The presentation reminded me that everyone has different ways to cope, but the key is that there are ways to cope, and you can live successfully with a mental illness.”*

NAMI Virginia Programs continue to improve the lives of those touched by mental illness. With the start of 2011 NAMI Virginia and our dedicated network of program volunteers are excited to continue to our work throughout the Commonwealth. These programs are making a difference in the way people view, manage and treat mental illness. A young audience member at an *In Our Own Voice* presentation commented, “The presentation reminded me that everyone has different ways to cope, but the key is that there are ways to cope, and you can live successfully with a mental illness.” These presentations serve to encourage hope and recovery as two audience members shared after listen to a presentation, I was “so full of hope, I am inspired by their success” and “it makes me realize, that I, too, can succeed.”

NAMI educational courses go a long way towards empowering individuals towards advocacy and action. After completing a fall 2010 *Family-to-Family* course a graduate shared that she is now “a better parent and advocate for [her] child. I feel less isolated and more empowered.” Another *Family-to-Family* graduate described the course like “a lighthouse in the storm.” Our *Peer-to-Peer* course has been just as life changing for graduates. One graduate reflected that the course had helped her “connect with her illness and manage it as part of the whole with her spirit, mind, body and soul”.

NAMI Support Groups also play an important

role in supporting individuals touched by mental illness. As one *Connections* group member shared, “I like knowing I can get things out that are bothering me and I know I’m surrounded by friends.” Another shared that what he appreciated most was the “immeasurable supportive and welcomed environment offered to anyone with a mental illness.” Similarly, family support groups provide support and inspiration. One member shared that she “loves the information and insights shared by others. Hearing other’s stories makes me feel less alone.” Another appreciated the opportunity to help others as he himself had been helped, “we’re all in the same boat, but we are all in a different places in our own journey, so someone can always help someone else.”

Thank you to the many teachers, mentors, and presenters who have given time, energy, compassion, and heart to a NAMI program. You are making a difference, and together we will continue to change the lives of those affected by mental illness!

Upcoming opportunities to get involved and pay forward the help you received through a NAMI program are right around the corner. Consider championing an established program in your community or becoming a trained facilitator yourself. All trainings are free to participants thanks to a grant from DBHDS. To learn more contact Sarah Eisenman at [seisenman@namivirginia.org](mailto:seisenman@namivirginia.org) or 804-285-8264 x203.



## *Small Words, Powerful Stories*

Martha Pillow from NAMI Roanoke shares how *In Our Own Voice* has changed her life and others'



Christina O'Keefe and Martha Pillow presenting at the 2010 NAMI Virginia State Convention

*"You never know when someone is listening to the words you speak, how your words are going to affect another human being. To actually change someone's life with something as small as words—that's powerful!"*

Stories like these can serve as an inspiration to us all. If you have your own stories to share please email [ffitzgerald@namivirginia.org](mailto:ffitzgerald@namivirginia.org)

He had been sitting in the back of the room and he asked Chris and me the same question several times, as if to be sure he understood us correctly: Were we mentally ill when we were in school and when we were working?

We were at the Veteran's Hospital giving our usual *In Our Own Voice* presentation. We were answering questions during a discussion at the end of the program. The man had seemed amazed when we answered that, yes, we were mentally ill when we were in school and when we were working. However, I recall that he seemed to be finally satisfied with the answer. We went on with the issues in question.

I would have forgotten this man if I hadn't gone to our regular NAMI meeting that same month. The leader of the group of veterans attended the meeting, also, and I spoke to her.

She said to me, "Remember that guy in the group who asked you and Chris if you had a mental illness while you worked and went to school?"

And he asked you several times?"

I thought a minute.

"Yes," I answered. "I remember him."

"Well, he even came to me after y'all left and asked me again if he understood you right. I told him he did."

She smiled and continued. "He's been sick a long time and has never held down a job. But he told me y'all inspired him. He told me, 'If they can do it, I can do it!' and the next day he went out and got a job at the Goodwill. He's still working there and doing quite well."

You seldom see the effect *In Our Own Voice* has on others. Words are small but powerful things that can take on a life of their own. I've always known and loved words for that.

Our words, our stories, are powerful. As Emily Dickinson wrote more eloquently than I:

A word is dead  
When it is said  
Some say.  
I say it just  
Begins to live  
That day.

*The key to our success rests in people like you,  
who embody the spirit of greatness  
by saying, "Yes I can, and so can you!"  
Thanks for your inspiring dedication  
and tremendous example to the world. ~anonymous*

NAMI was founded by individuals wanting to help their peers and we have kept that focus throughout the years. Thank you all for everything that you do! Many of you have struggled, lost your way, succeeded, relapsed, and come out the stronger. Your accomplishments are due in no small part to the many helping hands in your own lives and so many of you have taken that lesson to heart and dedicate yourself to helping others get to where you are. Never forget the importance of those who helped you, or risk forgetting the impact your efforts have on those around you.

Together we make a difference, one person at a time!

***From all of us at NAMI Virginia, Thank you!***

## The Children's Mental Health Resource Center in Richmond is Now Open!

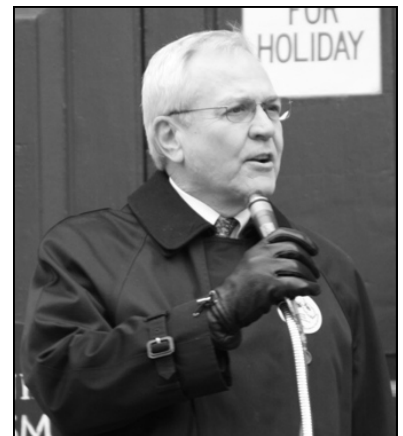
The Child Mental Health Resource Center (CMHRC) is designed to assist and support families with children that have mental health needs, to understand what their children need, and to effectively navigate the child mental health system. CMHRC will also provide support for the entire family needed to cope with the stress associated with this situation and will provide a venue for these families and other key stake holders to come together to promote improvement in child mental health service delivery system. Specific goals of the CMHRC are:

- To provide a central resource for families to learn about child mental health and effective approaches to preventing and treating these disorders.
- To offer to families who have just found out about their child's problems a place to obtain support and guidance from other families who are veterans of the system.
- To enhance public awareness and understanding of child mental health issues and the need to improve policy and services.
- To provide a convening place for family support and for advocacy groups and others interested in improving mental health services for children and adolescents.
- To provide technical assistance to individuals and organizations who want to increase their understanding and competence in the field of child mental health.
- To serve as a clearinghouse for individuals and organizations wishing to find speakers, consultants, and other information resources pertaining to child/adolescent mental health.

To contact the CMHRC: (804) 447-2124 email: [info@mentalhealth4kids.org](mailto:info@mentalhealth4kids.org)

### Annual Coalition Rally

*Advocates from Across Virginia Gathered at The State Capital for the Annual Coalition Rally on January 17, 2011*



## Legislative Update



The 2011 General Assembly adjourned on Sunday, February 27, 2011, one day late, adopting revisions to the Virginia's two-year 2010-2012 budget. The General Assembly adopted a Conference Committee budget which represents a compromise of Governor McDonnell's Introduced Budget, and the House Appropriations and Senate Finance Budget Reports that were issued in early February.

The vote to accept the Conference Committee report on the budget was unanimous 97-0 in the House of Delegates and 40-0 in the Senate. It is believed to be the first time in recent history that there was unanimous approval of a budget bill.

### Here are the highlights of the budget and related information that is known at this time:

- \$2 million in funding for mental health crisis stabilization. The amount proposed in the Governor's Introduced Budget was \$4 million. *Item 305 #1c.*
- \$1.9 million in funding for community services in the Tidewater region to address needs related to the downsizing of Eastern State Hospital. The amount proposed in the Governor's Introduced Budget was \$2.4 million. *Item 305 #2c.*
- Development and implementation of care coordination services in Medicaid for individuals in need of behavioral health services. Language requires the development of a blueprint for behavioral health services, detailing funding, populations served, services, time frame, etc., and inclusion of 18 principles for care coordination. *Item 297 #21c.*
- \$2 million in funding to maintain inpatient capacity for the SWVMHI Geriatric Unit. The \$2 million was the amount proposed in the Introduced Budget.
- Restoration of funds for non-mandated CSA populations. *Item 274 #1c.*
- A new amendment requiring the Department of Medical Assistance Services to develop five regional pilot programs in coordination with community services boards to improve care, utilization, outcomes, and cost effectiveness of community mental health rehabilitative services for children enrolled in the Medicaid or FAMIS programs. *Item 297 #c.*
- Restoration of Medicaid provider rates. *Item 297 #13c.*
- Reporting Requirement for changes to the drug formulary for offenders who are transitioning from incarceration in the criminal justice system to treatment in the community. *Item 304 #3.*

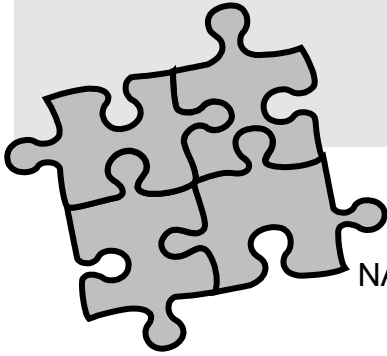
### For additional information:

- To read these amendments go to <http://leg2.state.va.us/webData/11/amend.nsf/Conf+List/?OpenForm> From there you can scroll through the items or go to a particular items in the search box on the left. You can also search by agency.
- To review the NAMI Legislative Bill Chart please visit [www.namivirginia.org](http://www.namivirginia.org), click on "Get Involved", then "Advocacy" and then the Legislative Issues and Priorities" tab.

Over the coming weeks and months we will work to learn more about what many of these items mean, what they will mean for adults and children with mental health disorders, and how they will impact communities and the mental health care system. Please stay tuned to our website, our Facebook page, action alerts, and our e-newsletters to learn more. And please keep us in the loop about what you are experiencing and hearing in your local communities and stay or get connected to your local affiliates. It's the best way to keep our voice strong on policy issues that affect all of us! Thank you for your advocacy, input, and actions on behalf of adults and children affected by mental health disorders!

## Better Together

### NAMI Standards of Excellence: A collaborative initiative



The NAMI Standards of Excellence were launched in 2010 as a collaborative effort aimed at enhancing the strength and effectiveness of NAMI—NAMI, NAMI State Organizations and NAMI Affiliates.

The initiative consists of four strategies targeted to improve the health of the NAMI organization and better equip us to improve the quality of life of individuals and families affected by mental illness.

This is important because NAMI is a vital link for people in need. The NAMI Standards of Excellence will help us ensure NAMI's future through the establishment of agreements to manage risk, minimize conflict and better define our shared expectations as we establish our Standards of Excellence together.

**Strategy 1** Establish benchmarks and work together to define the future. Through a renewed spirit of cooperation and shared accountability, strengthen NAMI to build better lives for the millions of Americans affected by mental illness.

**Strategy 2** Initiate and secure chartering and affiliation agreements. Recognizing that organizational integrity precedes improvement, complete a formal process for affiliation and chartering.

**Strategy 3** Develop and promote leadership and organizational tools for success. Enhance and expand the NAMI brand through Standards of Excellence. Provide handbooks that include outlines, guides, templates and other tools to streamline our efforts.

**Strategy 4** Expand leadership development and coaching opportunities. Provide assistance and support to ensure our future and increase skill development opportunities. Tools, templates and handbooks will be available to make standards easy to apply.

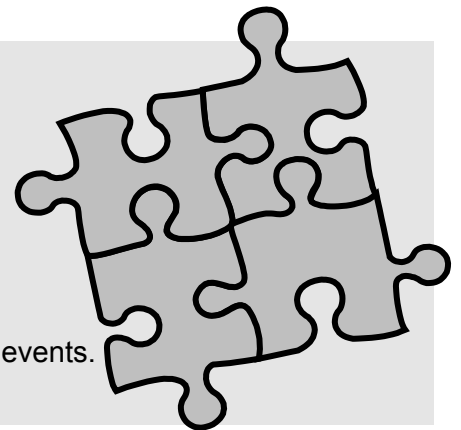
### GET READY, GET SET, GET CONNECTED!

#### E-mail

Weekly updates in NAMI's leadership newsletter, Friday Facts.  
Sign up at [www.nami.org/subscribe](http://www.nami.org/subscribe).

#### Website

Log onto [www.nami.org/excellence](http://www.nami.org/excellence) for complete information, downloads and events.



*For more information on standards and governance issues, contact [governance@nami.org](mailto:governance@nami.org), visit [www.nami.org/excellence](http://www.nami.org/excellence) or call the NAMI HelpLine at 1 (800) 950-NAMI.*



## National Institute of Mental Health ( NIMH ) Updates

### **RARE GENE GLITCH MAY HOLD CLUES FOR SCHIZOPHRENIA – NIH-FUNDED STUDY: A NORTH STAR AMID “A CONSTELLATION OF MULTIPLE RARE DISEASES”**

Scientists are eyeing a rare genetic glitch for clues to improved treatments for some people with schizophrenia – even though they found the mutation in only one-third of one percent of study participants. In the study, funded in part by the National Institutes of Health (NIH), people with schizophrenia were 14 times more likely than people without schizophrenia to harbor multiple copies of a gene on Chromosome 7. The mutations were in the gene for VIPR2, the receptor for vasoactive intestinal peptide (VIP) – a chemical messenger known to play a role in brain development. An examination of participants' blood confirmed that they had overactive VIP activity.

Press release: <http://www.nimh.nih.gov/science-news/2011/rare-gene-glitch-may-hold-clues-for-schizophrenia-nih-funded-study.shtml>

### **10 X 10 WELLNESS CAMPAIGN: THE EIGHT DIMENSIONS OF WELLNESS**

As part of a wellness campaign, this fact sheet lists the eight dimensions of wellness: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. <http://store.samhsa.gov/product/SMA10-4568>

### **SAMHSA'S NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY- MAY 3, 2011**

Join communities, organizations, and individuals nationwide in raising awareness that positive mental health is essential to a child's healthy development. This year, the national event in Washington, DC, on the evening of May 3, will focus on building resilience in young children dealing with trauma. [http://www.samhsa.gov/children/save\\_date\\_2011.aspx](http://www.samhsa.gov/children/save_date_2011.aspx)

### **PREVENTION OF SUBSTANCE ABUSE AND MENTAL ILLNESS VIDEO PSA CONTEST**

SAMHSA's Center for Substance Abuse Prevention is launching a PSA video contest that embraces the theme, "We are the ones. How are you taking action?" This contest highlights the efforts made by young adults to make a difference in their communities to prevent substance abuse and promote emotional well-being. Submissions are due April 15, 2011.

<http://challenge.gov/SAMHSA/128-prevention-of-substance-abuse-and-mental-illness-video-psa-contest>

*The Outreach Partnership Program a nationwide outreach initiative of the National Institute of Mental Health (NIMH) that enlists state and national organizations in a partnership to help close the gap between mental health research and clinical practice, inform the public about mental illnesses, and reduce the stigma and discrimination associated with mental illness.*

## **SAMHSA Offers Consumer Scholarships for MHA Annual Conference and NAMI Annual Convention**

A limited number of consumer scholarships, provided by the Substance Abuse and Mental Health Services Administration, are available for Mental Health America's annual conference, to be held June 9-11, 2011, in Washington, D.C., and NAMI's Annual Convention, to be held July 6-9, 2011, in Chicago.

The MHA scholarship application form can be downloaded at <http://www.mentalhealthamerica.net/go/conference>. (For the MHA conference, book a hotel reservation before May 18, 2011, to receive the discounted group rate at the Hyatt Regency on Capitol Hill.) MHA scholarship applications must be postmarked by March 8, 2011.

The NAMI scholarship application is available at the following link:

[http://www.nami.org/Template.cfm?Section=Convention\\_FAQ](http://www.nami.org/Template.cfm?Section=Convention_FAQ). NAMI scholarship applications must be postmarked by April 8, 2011.

No faxed or e-mailed applications will be accepted for either conference.

*Please do not contact the NAMI Virginia office about this- we are helping to spread the word but do not have any further information.*

**2010 Contributors****Friends**

S. Parames Adie	Tamara Fennell	Helen Palmer
Willa Mae Alderman	David Forrest	Ella and Elmo Pascale
Joyce Allan	Nancy Giannasi	Dorothy Piper
Joan Allison	Adrienne Gibson	Alejandro Posada
Claire Ashby	Janis Goodman	Gail Purvis
Peter Barcellona	Bruce Gray	Rappahannock United Way
Lillian Barnett	Dorothy Hanger	Deborah Reed
Grace Bascetta	Pat Harvey	Judy Lee Reynolds
Charles Belanger	Joanne Hawley	Joan Richards
Randall Betz	Oscar Hines	Jamie Robinson
Melanie Bodrog	Yvonne Holsclaw	Eva Ross
Alfred Bogren	Eric Hosek, D.D.S.	Emma Saxe
Booker Bullock	Sylvia Iwler	Lizabeth Schuch
Stanley Burger	R. L. Jack, Jr.	Eileen Service
William Buterbaugh	George Johnson	Grace Spart
Ruby Butler	Kevin Krantz	Lynne Talley
Carol Carbaugh	James Laster	Mary Lou Taylor
Elizabeth Caughman	Blair and Robert Lawrence	United Way of Rhode Island
Linda Christen	Donald Lewis	Naomi Verdugo
Jeanne Comeau	Joseph Lipari	Andrea Vinlaun
Martha Cotter	David Lofgren	Virginia Virkler
Doris Cross	Brenda Lovan	Michael Vopatek
Judith and William Dent	Barry Marten	Robert Weigel
Walker Duka	Jill Mayo	Suzanne Wiltshire
Philip Enroughty	Paulette McElwain	Sara Zimmerman
Ross Farnham	Joyce Miller	Anonymous

**100-199**

Joseph Bowden	Mattie Harms	Patricia Ryan
Jeanne Bradley	Jane Hundley	Glenn Schneck
Ronald Brascome	Sabina Joe	Daniel Uzelac
Grace Brewer	Donna Lettmann	David Vaughn
William Davis	Jeffrey Levin	Patricia Victorson
Carol Evans	Bettina McWhirt	Thomas Weaver
Susan Garrett	John Orrock	John Evans
Emma Givens	Gerriann Piazza	Lacy Whitmore

**200-499**

Douglas Bevelacque	Robert Williams	Mary Jo Whelan
R.S. Shenoy, M.D.	Heidi Allen	Susan Maiello
Mira Signer	Constance Samuels	Martin Lichtenstein

**500-999**

Fuzz and Peggy James Charitable Fund of the River Counties Community Foundation

Ronald Esteridge	Katherine and Barry Harkey	Shelah Scott
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**1000-4999**

Charlotte Fullerton	Andrew Ewell and Mary Woodstock	Betsy Greer
Susan and John Wynne	Eleanor and William Farrington	Eli Lilly and Co.

**5000 and above**

Stanley Family Foundation	Community Health Charities of Virginia	Johnson and Johnson
Constance and Linwood Lacy Foundation		

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**National Alliance on Mental Illness of Virginia**

**Join or Contribute to NAMI Virginia TODAY!**

**NAMI Virginia Membership and Contribution Form**

- Membership in the local affiliate, state organization, and NAMI national organizations
- Eligibility to vote in NAMI elections
- A subscription to *The Advocate* – NAMI National’s quarterly magazine, and state/local publications
- Member discounts on brochures, videos, promotional items, and registration at the NAMI National annual convention
- Satisfaction knowing that you are an official part of the largest grassroots mental health organization in the country!

<input type="checkbox"/> Individual/Family .....	\$ 35
<input type="checkbox"/> Professional .....	35
<input type="checkbox"/> Professional Organization.....	100
<input type="checkbox"/> Open Door Member (for people w/ limited income).....	3
<input type="checkbox"/> Additional tax-deductible contribution.....	_____
<b>Total Enclosed .....</b>	<b>\$ _____</b>

Name (First, Last) \_\_\_\_\_  
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Phone + Area Code \_\_\_\_\_  
Email Address \_\_\_\_\_  
Check Enclosed (make payable to “NAMI Virginia”) \_\_\_\_\_ Credit Card Payment  
Credit Card Number (MasterCard or Visa only) \_\_\_\_\_  
3-digit security code \_\_\_\_\_ Expiration Date (mo/year) \_\_\_\_\_  
Signature \_\_\_\_\_

**Return to: NAMI Virginia: PO Box 8260; Richmond, Virginia 23226. Fax: (804) 285-8464**