

Depression is more than being sad,
Schizophrenia is more than just talking to yourself,
Bipolar is more than just mood swings,
Anxiety is more than being paranoid.
Mental Illnesses are more than what you think.

March 2018

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FRESH START

Next Membership Meeting

March 15, 2017

INTERVENTION



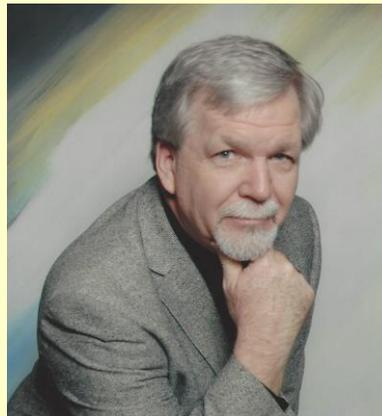
Dr. Brian Moore, founder of The Intervention Group, is a licensed psychologist who provides psychological and addiction-related services. He has facilitated over 1000 interventions and has presented at conferences and professional groups. Dr. Moore will speak about mental illness, dual diagnosis and the use of interventions to interrupt an individual's destructive life patterns. The goal of Intervention is healing the family system and helping the individual accept treatment

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NAMI Cobb Education Meeting
Thursday, March 15, 2018 from 7-9 p.m.
Turner Chapel Marietta, GA

Meet The Speaker: **Dr. Brian Moore**



Dr. Brian Moore has over twenty years of experience providing psychological and addiction-related services. He is the founder of The Intervention Group and a licensed psychologist. Among the most experienced interventionists in the Southeast, Dr. Moore has facilitated over 1000 interventions with family and corporate clients. Dr. Moore promotes the use of intervention for addiction and dual diagnosis clients as well as process addictions.

Dr. Moore has served in the past as Director of Psychological Services at Ridgeview Institute and has been recognized as Corporate Community Educator of the Year. He has served the community as Coordinator of the Georgia Disaster Response Network, a voluntary professional division of the American Red Cross and the Georgia Psychological Association.

He has presented at conferences and professional groups, sharing his experience, knowledge and passion for helping others. Dr. Moore received his B.A. in Psychology from Olivet College, his M.S. in Counseling Psychology from Illinois State University and his Ph.D. from the University of Kansas. He is married and has two sons.

President's Message Shevander Dykes

Great News! Our growth as an organization has blossomed within the last quarter, which has resulted in some changes that will not impact the quality of our services or the work we do consistently in local communities to increase awareness and provide essential and free education, advocacy, and support group programs. Since re-affiliation is required for non-profit organizations across the United States, we are simply complying with requirements to remain in good standing at the local, state, and federal levels. We have asked for permission from both the State of Georgia and Internal Revenue Service (IRS) again to be fully recognized as an affiliate. Directors will be available to answer questions during our next regularly scheduled meeting, or you may email Paul Wiser at wim1paul@comcast.net.

Our Structure

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities to raise awareness and provide essential and free education, advocacy and support group programs.

NAMI is a 501(c)3 nonprofit membership organization governed by a board of directors elected by the membership. Learn more about our structure, vision and performance at the following pages:

Board Of Directors

NAMI's board is governed by [national bylaws](#) and [operating policies and procedures](#). In addition, NAMI's [2015-2019 strategic plan](#) helps to shape goals, priorities and activities. (Retrieved on March 6, 2018 from <https://www.nami.org/About-NAMI/Our-Structure>)

FOUR BASIC MODELS OF NONPROFIT AFFILIATION

1. **Contractual Relationship.** Organizations remain independent, agree by contract to a collaborative effort (joint funding proposal or program, contract for combined administrative services).
2. **Strategic Alliance.** Organizations remain independent, but may have overlapping board or shared staffing arrangements. Close organizational coordination to provide complementary programs, eliminate duplicative services and administrative redundancy, and/or to conduct joint fundraising, public relations.
3. **Consolidation.** Legal combination of organizations resulting in organization with new name, combined board and staff, one CEO.
4. **Nonprofit Merger.** Legal absorption of one organization into another. Surviving organization's name remains the same, the board of the other dissolves or is subsumed, along with its assets, liabilities, and obligations, into surviving organization. Usually involves significant downsizing of staff. (Retrieved on March 6, 2018 from <http://www.hurwitassociates.com/mergers-affiliations-re-organizations/four-basic-models-of-affiliation>)

Good afternoon:

NAMI issued a statement earlier today in response to the continuing public dialogue following last week's Florida school shooting. Please find the statement here on our website and pasted below.

If you have any questions, please feel free to contact me or Lauren Gleason, NAMI's Director, Public Relations & Media (lgleason@nami.org).

Best, Hannah

NAMI's Statement Regarding President Trump's Recent Comments On Mental Health Care 2/22/2018

In recent days, there has been a lot of rhetoric by the President and the NRA about "crazy people" and a desire to return to the days of the "institutions." These comments reinforce inaccurate and negative stereotypes and create barriers to having real conversations about how to improve the mental health services that lead to recovery and participation in American society by people experiencing mental health conditions.

The National Alliance on Mental Illness fights for a more understanding and accepting world for the millions of Americans affected by mental illness, and for a mental health system that provides the care and support they need to do well in school, work and life. All Americans should have coverage for mental health care and access to treatment when needed.

Psychiatric institutions were closed historically for many reasons, including unsafe treatment of patients and deplorable conditions. Today, we see many youth and young adults languishing in emergency rooms and law enforcement officers are forced to respond to crises because mental health services are frequently not available. There is a need for high-quality inpatient care, including as a last resort, court ordered treatment.

Solutions to this crisis also require more than inpatient care. There are many common sense approaches that we know are effective and that can be implemented now to improve access to mental health services along a continuum of care for youth who are at risk. These include:

- Implementing intensive community-based mental health interventions for youth and young adults with the most serious mental illnesses.
- Integrating mental health in primary care and in schools so that mental health treatment is readily available.
- Increasing access to high-quality inpatient treatment through repealing the exclusion in Medicaid for paying for these beds and increasing reimbursement along with required outcomes.
- Ensuring a well-funded and strong mental health system through fully funding the Medicaid program and requiring private health insurance to provide adequate coverage for mental health and substance use treatment.

NAMI would welcome the opportunity to meet with President Trump and work with his administration on steps for improving mental health services in America. We were proud to participate in the Interdepartmental Coordinating Committee for Serious Mental Illness. This report provides the Administration with a blueprint for fixing our nation's broken mental health system, including improving services for children and youth who are at risk.

Hannah Wesolowski
Director of Field Advocacy
Advocacy & Public Policy

NAMI, National Alliance on Mental Illness
[3803 N. Fairfax Dr., Suite 100](#)
[Arlington, VA 22203](#)
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IMPORTANT MESSAGE

NAMI Cobb Members

In July of 2017, many of you attended three called meeting to discuss the required transition of NAMI Cobb from an unincorporated (semi independent) affiliate of NAMI Georgia to an independent duly qualified Non-Profit Charitable Corporation under the State of Georgia Non-Profit Code and United States Internal Revenue Code Section 501(C) (3).

Pursuant to the substantial majority of NAMI Cobb members in attendance, your leadership team voted to begin the transition process. As we followed the guidance and recommended transition procedures, the Internal Revenue Service revised their application forms, imposed new language in documents already completed, filed and accepted by the Georgia Secretary of State and NAMI Cobb members.

Attached is a summary of changes identified by our attorney to assure compliance with Georgia Official Code and changes required by the Internal Revenue Service, to help you see what was originally approved but now must be revised. If you prefer to have a complete "Restated" Copy of the full Bylaws of NAMI Cobb, Inc., please send and email request to Paul Wiser, Reaffiliation Committee, Chair at wim1paul@comcast.com.

If you are unable to attend the called meeting and wish to vote by Proxy Ballot, please complete and return the following information to: The NAMI Cobb Board of Directors at: namicobbmail@gmail.com

(Printed)

NAME _____ I Vote [] Yes - [] No
to Adopt the "Restated" Bylaws of NAMI Cobb, Inc.

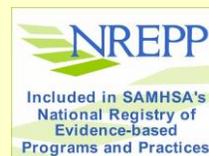
Residence
Address _____ Date _____

City, State _____ ZIP _____

2018 NAMI Georgia Annual Conference And Meeting

Join NAMI members and friends at Mercer University, Atlanta Campus, for two days of education, special events, and networking with people like you who are interested in mental health recovery and advocacy. Register now for early-bird-pricing!

April 20-21, 2018
Mercer University-Atlanta Campus, AACC Building
(Atlanta Administration And Conference Center)
2930 Flowers Road South
Atlanta, GA 30341



What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

NAMI Cobb, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family-to-Family Education Program for the spring, beginning April 24, 2018. It will be held on Tuesdays from 6:00-8:30 PM at NorthStar Church, 3413 Blue Springs Road, Kennesaw, GA 30144.



Participant Perspectives

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

Contact us to register for this NAMI Family-to-Family class!

Teachers/Facilitators:

Arrealia Allison
arrealiaallison@yahoo.com
 404-337-1129

or

Donna Hook
donnagibbshook@gmail.com
 770-851-4544

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential

For Family & Friends

Supporting Someone Close to You

If you have a family member or friend who has been diagnosed with a serious mental illness, you are probably wondering what you can do to help. Although new forms of therapy, medications and community services have enabled many individuals to lead full, independent lives, support from family, friends and peers remains an essential element in the recovery process.

There are many ways you can help someone with a mental illness navigate the treatment system and work towards recovery. As in any relationship, emotional and practical support is always needed. Occasionally, family and friends participate in someone's recovery by offering transportation, financial and housing assistance. Whatever form it takes, your support, compassion and respect matter.

Knowing when and how to give support can be difficult to figure out, however. Though you may want to protect your family member or friend, remember that learning to manage one's own affairs, pursue goals and become independent are important aspects of an individual's recovery from mental illness.

Medication Issues

Many individuals with mental illness take some type of medication to help control their symptoms. For those with a serious mental illness, such as schizophrenia or bipolar disorder, this may involve taking antipsychotic medications. Although antipsychotic treatments have improved over the past 10 years, they still can cause side effects that lead to other problems that can make your friend or family member feel even worse. As a result, they may stop taking their medication.

Individuals with serious mental illness may not feel comfortable discussing their symptoms, feelings or medication side effects with family members and friends. However, a key element in recovery is productive, two-way communication between patient and doctor - what Mental Health America calls a *Dialogue for Recovery*. A *Dialogue for Recovery* that is based on mutual respect with a team of health care professionals can make a big difference in helping your family member or friend recover.

Support Strategies

Here are some tips for supporting someone close to you:

- Educate yourself about the diagnosis, illness symptoms and side effects from antipsychotic treatments and other medications. Local Mental Health America affiliates, public libraries and the Internet are good resources to learn about mental illnesses and treatment options.
- Recognize that your family member or friend may be scared and confused after receiving a diagnosis. Though some people are relieved to receive a diagnosis and actively seek treatment, it may feel devastating to others and bring on stressful feelings.
- Listen carefully to your family member or friend and express your understanding back to him or her. Recognize the feelings he or she is experiencing and don't discount them, even if you believe them to be symptoms of the illness.
- Encourage your family member or friend to become an active member with his or her treatment team to gain knowledge about what treatments and services will help with recovery.

- Recognize that it may take time for your family member or friend to find the proper medications and dosages that work.

Understand that recovery from mental illness isn't simply a matter of "just staying on one's medications." Self-esteem, social support and a feeling of contributing to society are also essential elements in the recovery process.

- Encourage your family member or friend to speak immediately to his or her healthcare provider about any problems related to medications. Your support in encouraging an ongoing [Dialogue for Recovery](#) can benefit your loved one's recovery.
- Obtain the Antipsychotic Side Effects Checklist (ASC) and help your family member or friend fill it out. Only do so, however, if they have indicated that your help is desired. Encourage them to bring it to the next doctor's appointment. A copy of the checklist is available on Mental Health America's web site, on the [Dialogue for Recovery](#) fact sheet.
- Offer to accompany your family member or friend to medical and other appointments and, if he or she wants you to, discuss medication and side effects with the doctor and the treatment team of social workers, counselors, nurses or other professionals.
- Always respect the individual's need for and right to privacy. A person with a mental illness has the same right to be treated with dignity and respect as any other person.

For more information or to obtain additional *Dialogue for Recovery* materials, please contact [your local Mental Health America affiliate](#). You can also find useful tips on our website by accessing the "Mental Illness and the Family" series [here](#).

<http://www.mentalhealthamerica.net/family-friends>

Prioritizing these three things will improve your life — and maybe even save it

By [Colby Itkowitz](#) April 28, 2017

VANCOUVER — Want to live longer, enjoy life more and actually find that elusive happiness?

Among the dozens of big ideas shared this week at [the international TED conference](#) — from a robot that could outperform students on college exams to an ultraviolet light that could kill superbugs — were some simpler, almost obvious, life improvements we should all prioritize to live better lives. While the ideas themselves might not be all that surprising, the explanations for how and why they better your life served as powerful reminders that we might be prioritizing the wrong things, and undervaluing that which makes life worth living.

- **Face-to-face social interaction leads to a longer life**

Smoking, drinking, exercise and even heart problems are not predictors of a person's longevity — a person's close relationships and social integration were. That's what [psychologist Susan Pinker has discovered](#) in researching the impact that our human connections have on all aspects of our well-being, including our physical health. Those with intimacy in their lives, those with support systems and frequent face-to-face interactions were not only physically and emotionally healthier, but they also lived longer.

It's why women, who tend to prioritize spending time with their friends more than men, live an average of six years longer, Pinker said. And it's not enough to text or email. The actual health benefits of socializing are only achieved through in-person contact, she said.

"Face-to-face contact releases a whole cascade of neurotransmitters and, like a vaccine, they protect you now in the present and well into the future," she said.

And it doesn't even have to be long, close interactions to have an immediate effect. Making eye contact, shaking someone's hand, giving someone a high-five lowers your cortisone levels and releases dopamine, making you less stressed and giving you a little high, she said. Pinker showed two images of the brain, one of someone

conversing in person and another of someone watching a video of a person discussing the same subject. In the brain of the person interacting, regions associated with social intelligence and emotional reward lit up.

“This face-to-face contact provides stunning benefits, but a quarter of the population says they have no one to talk to,” Pinker said. “We can do something about this. It’s a biological imperative to know we belong. ... Building in-person interactions into our cities, into our workplaces, into our agendas, bolsters our immune system, sends positive hormones surging through our bloodstream and brain and helps us live longer. I call this building your village, and building it is a matter of life or death.”

- **Knowing when to turn off your smartphone enriches your life**

Adam Alter, professor of marketing and psychology at New York University, told a room full of some of the most successful entrepreneurs, scientists and tech innovators in the world about a German company that gives employees the option when they’re on vacation to set their out-of-office response to tell the sender that their email will never be seen because it’s been automatically deleted. The sender can email when the person is back from vacation, or, if it’s a work emergency, contact someone else at the office. The TED audience burst into applause. The idea of a vacation without interruption felt novel.

Alter has studied the impact all our screen time is having on our lives. People who spend time on social networks, dating apps and even online news sites reported being less happy. And the technology has taken away what Alter calls our “stopping cues.” Most things we do for pleasure, like reading a book or watching a movie, have an end. But scrolling on the phone is endless and we don’t know when to break away.

Using a bar graph to illustrate this, Alter showed that in 2007, technology took up a sliver of our precious personal time in a day. In 2017, it took up almost all of it.

Alter found that those who did set finite rules for their technology use — like never using it at the dinner table or putting it on airplane mode when you’re out on the weekends (so you can access the camera but not the Internet) — were able to enjoy life more.

“Life becomes more colorful, richer, you have better conversations, you connect with the person who is there with you,” he said.

- **Chasing meaning, not happiness, is what really matters**

The quest for happiness doesn’t make us happy. In fact, Emily Esfahani Smith realized that constantly evaluating our own happiness is actually contributing to feelings of hopelessness and depression. Happiness is a fickle emotion, fleeting, based on a moment or an experience. What’s really making us feel sad is not a lack of happiness, it’s lack of meaning, she said.

Smith, author of the new book “**The Power of Meaning**,” said that after five years of interviewing hundreds of people, she discovered that meaning can be derived in four forms: belonging, purpose, transcendence and storytelling.

The first is exactly what it sounds like — prioritizing the people in your life who truly love and care about you. The second is having purpose. Most people find purpose through work because it’s how we feel like we’re adding value or contributing. But, she said, “that also means disengagement at work, unemployment, low labor force participation, these aren’t just economic problems, they are existential ones too. Without something worthwhile to do, people flounder.” So finding something to drive you forward, whether it’s work or something else, is a crucial slice of having meaning.

Transcendence is about finding something that can take you outside of yourself, that can make you feel like you’re part of something bigger. For some that’s art or church, she said. It could be walking in nature or doing yoga.

With storytelling, that’s all about our personal narratives. What is the story we tell ourselves about ourselves?

“We’re the author of our stories,” she said, “and we can change how we’re telling them. Your life isn’t just a list of events.”

https://www.washingtonpost.com/news/inspired-life/wp/2017/04/28/prioritizing-these-three-things-will-improve-your-life-and-maybe-even-save-it/?tid=hybrid_experimentrandom_with_top_mostshared_2_na&utm_term=.ace7aaf5f53f

Thank you so much for your interest in joining NAMI Cobb Affiliate! Please complete the form below, and mail this with your check made out to NAMI Cobb. (If you wish to pay by credit card, go to www.nami.org and click on "Become a Member". You will start receiving our monthly electronic newsletter within the month. You are also invited to attend our monthly education and support meetings at St. James Episcopal Church in Marietta, 161 Church St. NE, on the third Thursday of each month at 7:30pm (there is a time to look at resources and brochures at 7pm). You are not alone. Come join us.

<p>Yes, I would like to join NAMI Cobb of Georgia!</p> <p>Date: _____</p> <p>Membership is for NAMI Cobb, includes NAMI Georgia and NAMI</p> <p>Annual Dues: Individual <input type="checkbox"/> \$40.00 Open Door <input type="checkbox"/> \$5.00</p> <p>Household <input type="checkbox"/> \$60.00 - List specific persons living at the same address.</p> <p>(Please note there has been a slight increase in membership fees nationally).</p> <p>_____ Donation (I would like to give an additional donation to support NAMI-Cobb programming and outreach)</p> <p>Name(s): _____</p> <p>Address: _____</p> <p>Phone: _____</p> <p>Email: _____</p> <p><input type="checkbox"/> I am interested in volunteering. My skill is _____.</p>	<p>Monthly NAMI Cobb General Meeting</p> <p>March 15, 2017</p> <p>Turner Chapel Room 187 492 N. Marietta Pkwy Marietta, GA 30060</p> <hr/> <p>**Please mail this form along with your check to:</p> <p>NAMI Cobb, P.O. Box 999 Kennesaw, GA 30156</p> <p>Thank you for your membership!</p>
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<p>NAMI Cobb</p> <p>P.O. Box 999</p> <p>Kennesaw, GA 30156</p>	<h1 style="margin: 0;">March 2018</h1>
 <p style="font-size: 1.2em; color: #0070C0;"><i>Informing, Educating and Supporting</i></p> <p style="font-size: 0.9em; color: #0070C0;"><i>people with mental illness and their families</i></p>	
<p style="text-align: center;">Support Group Meetings</p> <p style="text-align: center;"><i>For families of those with a mental illness</i></p> <p style="text-align: center;">1st Presbyterian Church 189 Church St Marietta, GA</p> <p style="text-align: center;">MONDAYS Time: 7-8:30 PM</p> <p style="text-align: center;">Family Support Group Room 048</p> <p style="text-align: center;">Connections Support Group Room 046</p> <p>Contact Neill Blake at 770-427-5353 or nhblake@earthlink.net with questions about either support group."</p>	<p style="font-size: 1.5em; margin: 0;">TO:</p>