



Southeast
Indiana

UPDATE

August 2020

Hello NAMI Friends!

NAMI Family and Friends

NAMI SE IN is offering a new education that will be presented virtually on Wednesday, September 16th, 6:30 PM- 8 PM. See the attached handout for details.



What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a **free** seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. It is a 90-minute presentation. The program is led by trained people with lived experience supporting a family member with a mental health condition. They will walk you through the following topics:

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI programs and community resources

Pathways to Hope

The 2020 PATHWAYS TO HOPE Conference on Mental Health will be presented for the fifth year, now virtually. Here's the link: <https://www.pathwaystohope.net/>. The conference is sponsored by NAMI San Antonio in collaboration with NAMI FaithNet. This will be the fifth year for the conference and this year it will be virtual and, as in the past, it is FREE.

The conference is intended for anyone who works in the mental health field, for educators, faith leaders, criminal justice and judiciary, caregivers, and those who are living with a mental health

diagnosis. There will be plenary speakers and then four tracks; Mental Health, Peers, Therapy/Counseling, and Faith Communities.

Some of our outstanding speakers will include Dan Gillison, Jr., CEO of NAMI; Dr. Ken Duckworth, NAMI CMO; Judge John Specia, Jurist in Residence for the Texas Judicial Commission on Mental Health; Vicky Coffee of the Hogg Foundation for Mental Health; John Petrila of the Meadows Mental Health Policy Institute; Rev. Dr. John Swinton, King's College of Aberdeen Scotland; Dr. Matt Stanford, CEO of the Hope and Healing Center, Houston Tx.; and Dr. Dan Morehead, Adjunct Professor at Tufts Medical School.

Indiana's Be Well Crisis Helpline 211



Indiana launches Be Well Crisis Helpline to support Hoosiers during COVID-19 pandemic and recovery

Counselors and resources now available 24/7 at Indiana 211

INDIANAPOLIS – The Indiana Family and Social Services Administration today announced the launch of the Be Well Crisis Helpline, a confidential resource available through Indiana 211 that will allow Hoosiers to call and speak with a trained counselor 24/7. The free Be Well Crisis Helpline was established by FSSA's Division of Mental Health and Addiction in direct response to the elevated levels of stress and anxiety Hoosiers are experiencing due to the COVID-19 pandemic.

COVID-19 has caused a rise in mental health-related issues across Indiana and the entire country, including new stresses brought on by social isolation and the lack of traditional support systems such as family, friends, schools, religious and other community organizations. For many Hoosiers, anxiety regarding financial stress, grief and loss over bereavement and the loss of one's "normal routine," along with all of the unknowns regarding COVID-19, is overwhelming.

"With the Be Well Crisis Helpline, our intent is to provide easy and free access to counselors who can listen and help by simply calling 2-1-1," said Jennifer Sullivan, M.D., M.P.H., FSSA secretary. "As Hoosiers continue to cope with the 'new normal' of life during a pandemic, with massive disruptions in their everyday lives, and with emotions ranging from bored to terrified, it was imperative to build a helpline that could literally be a lifeline for many."

Indiana 211 is a free service that connects Hoosiers with assistance and answers from thousands of health and human service resources across the state — quickly, easily and confidentially. Earlier this month, [Indiana 211 officially became part of FSSA](#), helping enable specialized programs such as the Be Well Crisis Helpline as needed.

“By calling 2-1-1 (and selecting 3), callers will connect with an experienced and compassionate counselor specially trained to help with issues triggered or worsened by COVID-19,” said Jay Chaudhary, J.D., DMHA director. “The trained counselors will be able to listen, provide support and promote personal resiliency.”

The Be Well Crisis Helpline is funded by a [Crisis Counseling Assistance and Training Program](#) grant from the Federal Emergency Management Agency. In Indiana the program becomes part of the state’s new Be Well Indiana initiative. Additional information about the mental health resources available to Hoosiers is available at [BeWellIndiana.org](#).

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This service is provided to you at no charge by [Family and Social Services Administration](#).

This email was sent to kathbb@comcast.net using GovDelivery Communications Cloud on behalf of: FSSA - 402 W. Washington Street P.O. Box 7083, Indianapolis, IN 46207-7083 800-403-0864



Tips about Returning to School from the Dearborn County Health Dept. Health Officer & Medical Director Dr. Stephen Eliason

There are many questions and concerns being expressed about children returning to school during Coronavirus. Here is a local produced video with helpful reminders. Pretty sweet!

<https://youtu.be/3zjTqFP9rlo>

Transcending Depression

Larry Goodwin has just published a book on Amazon. It is described as one man’s personal narrative that chronicles his mental illness over a span of 49 years. In concise entries from his journals, the author narrates his story, hoping to encourage others who grapple with either chronic depression or occasional bouts. Goodwin’s book provides an unguarded window into his experience, with refreshing, brutal honesty and sincerity. The style comprises a blend of the narrative, the emotional, and the quasi-scientific. His message is uplifting without being sentimental. This book can help family members and

friends of the mentally ill find compassion and enable them to understand the struggle. His goal is to save lives. Here's the link on Amazon:

https://www.amazon.com/Transcending-Depression-Quest-Without-Compass/dp/0578694913/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1591833544&sr=1-1

Rethink Tobacco Indiana

The CARE initiative, Community Action Recovery Effort, sponsored a webinar on nicotine and its' effects on us. Many interesting points are made about people with mental health conditions:

- People with mental health conditions are 3-5 times more likely to smoke
- They smoke more cigarettes per month. 326 vs 284
- They die 10-25 years earlier from heart disease, cancer and lung diseases
- If the cost per day of one pack of cigarettes is \$6.64, the cost per one pack per day over a year is \$2423.60.

Here is a link to the webinar if you'd like to view it:

<https://drive.google.com/file/d/1fRW7O5hFe0cYQ572U3WFRRe68fkdHhMYw/view?usp=sharing>

Indiana's Tobacco Quitline is **1-800-QUIT NOW**

Community Perception Survey of Substance Misuse Issues

CARE, the Community Action Recovery Effort, would like to know more about the community's perception of substance abuse related issues. They have worked with Indiana University's Center for Collaborative Systems Change to create a survey to attempt to measure community perceptions within Southeastern Indiana.

Below is a survey that will take 10-15 minutes to complete and it is intended for any adult to complete, not just providers. So, we are asking if you would consider taking it yourself, but also ask you to consider sharing it within your professional and personal networks. For example, agency directors could send it to their entire staff. It could be put on Facebook pages. You could share it with your neighbors. Our hope is that we can get a good understanding of the community's perception of substance abuse. So, please click on the link below to take the survey. Thank you for your time.

https://iu.co1.qualtrics.com/jfe/form/SV_8ijs05n9H2vqkxm

Support Groups

West Central Indiana's NAMI Support Groups Virtually

There are high praises being expressed about NAMI West Central Indiana's support groups. Since they meet virtually, this may be an easy time to check them out. They have a **Connection** group that meets twice a week, or you can select which time of day you prefer. A more unique offering is a **Writing Group!** Plus, a **Family Support Group** is offered. If these groups inspire anyone to want to start such a group in SE IN, please call Kathy at 812-577-9297. Here's the link with details:

<http://www.nami-wci.org/>

Lawrenceburg NAMI Family Support Group -VIRTUALLY

The Lawrenceburg Family Support Group is held the **first Wednesday** of every month (except for holidays). The group is for family members of those living with mental illness. The monthly meetings are now virtual. In case of an emergency, NAMI requires you to first register by email to Kathy at

kathbb@comcast.net or call 812-577-9297. She needs your full name, email address, physical address, your phone number and emergency contact phone number. Meetings are open and newcomers are always welcome. The next meeting is **Wednesday, August 5, 6:30 PM-8 PM**. Those who are registered will receive a link prior to the scheduled meeting.

Madison NAMI Family Support Group Has Resumed Face-to-Face Meetings!

The Madison Family Support Group meets at **The Clearing House**, 100 E. 2nd St., Madison, IN 47250 on the **second Thursday** of each month, **6-7:30pm**, in the Board Room. During the pandemic participants must socially distance and wear a mask. Masks are available at the welcome desk if needed.

Questions call 812-292-1047. The group is for family members and loved ones of those with living with mental illness. The next meeting will be **Thursday, August 13, 2020**.

South Central Indiana NAMI Family Support Group, Columbus, Temporarily Postponed

The South-Central Family Support Group meets at the First Christian Church at 4th and Lafayette, Columbus, IN on the **1st Tuesday** of each month from **7 to 8:30 p.m.** Meetings are open to families and those who have a family member suffering from a mental illness. Confidentiality is treasured. Contact: Annette Kleinhenz, 812-344-1588, akkleinhenz@yahoo.com The next meeting is **temporarily postponed**.

July



Southwest Ohio

news & updates

Upcoming Events

- [Connection Support Groups](#)
- [Coping with COVID for Parents](#)
- [Family Support Groups](#)
- [Family-to-Family](#)
- [Hope for Recovery](#)
- [Local Research Studies](#)



NAMI Resolution Against Racism

- [NAMI Homefront](#)
- [NAMI Walks Your Way](#)



NAMI Blog Spotlight

Managing Anxiety: Becoming Aware of What I Can Control

"With empathy, understanding and patience, we will make it through this together. Do not measure your own progress against someone else's progress. Dealing with anxiety and panic is difficult in normal times, and these are far from normal. Be kind to yourself. You are doing the best you can."

[Click to read more](#)

Local News Spotlight:

Research is important to NAMI

WHEREAS NAMI represents the interests of all people with mental health conditions, regardless of age, gender, race or ethnicity, national origin, religion, disability, language, socio-economic status, sexual orientation or gender identity;

WHEREAS people with mental health conditions frequently encounter attitudinal and policy barriers resulting from negative stereotypes, prejudice and discrimination;

WHEREAS NAMI condemns all acts of prejudice and discrimination whether individual, institutional or structural, and regardless of whether by intent, ignorance, or insensitivity;

WHEREAS racism and racial discrimination are pervasive and persistent, can result in toxic stress and trauma, negatively impact mental health and lead to mental health disparities;

WHEREAS people of color often experience pain, trauma and disrespect at the hands of our nation's health care, criminal justice and other systems that can result in fear and distrust;

WHEREAS NAMI is strongly committed to the principle that all individuals, including communities of color and people with mental illness, should be treated with

Take a look at the many research studies going on right here in the Cincinnati area! Our participation is one of the keys to advances in mental health care.

[Local Research to Help Build Better Lives for All Affected by Mental Illness](#)

respect and dignity and deserve equitable health outcomes and full inclusion.

THEREFORE, BE IT RESOLVED that NAMI strongly denounces racism, in all its forms, for its negative psychological, social, educational, economic effects and supports public policy to eliminate the mental health disparities perpetuated by racism and racial discrimination.

NAMIWalks New Date Announcement



Kathleen, Thank you so much for your continued support of NAMI Southwest Ohio!

We are thrilled to announce **our new date for NAMIWalks Your Way Southwest Ohio: A Virtual Event on October 3rd, 2020.**

So far, **you've helped us to raise \$74,561** in support of NAMI-SWOH's programs and services. We cannot say THANK YOU enough. The outreach you do makes accomplishing our mission possible. **Together, we can reach our 2020 goal of \$240,000 for mental health for all!**

REGISTER FOR OCTOBER 3

Upcoming Classes & Programs - Now Virtual!

SUPPORT GROUP SCHEDULE & ZOOM GUIDE

Family Support Groups

For adult family and friends of individuals living with mental illness, led by trained family member facilitators. *Ages 18 and older.*

Mondays - 2nd Monday

7:00 PM - 8:00 PM

Lindner Center of HOPE

Meeting ID: 939 2298 9617

Wednesdays - 3rd Wednesday

6:30 PM - 7:30 PM

Mt. Carmel Christian Church

NAMI Connection Support Groups

Peer-facilitated recovery support groups for adults living with mental illness.

Ages 18 and older.

Sundays - Weekly

6:30 PM - 7:30 PM

Child Focus Meeting Room

Meeting ID: 396 651 516

Thursdays - Weekly

6:00 PM - 7:00 PM

Meeting ID: 984 4376 8792

Thursdays - 2nd Thursday

6:00 PM - 7:00 PM

~~Knox Presbyterian Church~~

Meeting ID: 996 5261 2738

~~Knox Presbyterian Church~~

Meeting ID: 977 690 138

All support groups now offered via Zoom.

Enter Meeting ID or click for links.

No Registration Required



A no-cost, 8-week course for family, caregivers, and friends of individuals living with mental illness. *Ages 18 and up.*

The course is taught by trained family members who also have loved ones living with mental illness. They get it. They know what you are going through. **They've been there.**

Mondays, July 14 - September 1, 2020:

6:30 PM - 9:00 PM*

**Held virtually via Zoom - link will be emailed after registration is processed.*

[REGISTER FOR F2F](#)



A no-cost, one-day course for individuals living with mental illness, family members, and friends. *Class sizes are limited to 18, so register early!*

Spend a Saturday obtaining information, hope, and strategies for dealing with the complexities of mental illness. Learn about treatments, the mental health system, and local resources.

Next Available Class:

Saturday, July 14, 2020

9:00 AM - 3:00 PM

**Held virtually via Zoom - link will be emailed after registration is processed.*

[REGISTER](#)

nami **Coping With COVID**

National Alliance on Mental Illness

Southwest Ohio

a virtual workshop
about mental health and situational anxiety

offered at no-cost to participants

Updated for Back-to-School!

- **50-minute interactive virtual presentation** designed for parents.
- With the new school year looming, **kids will need help adjusting to their new normal**, whatever that may be. This workshop will **build on the foundation of May's presentations** of CWC for Parents.
- One presenter shares their **lived experience and coping strategies** for a child with anxiety.
- Dr. Helen Asbury, PsyD, will offer **insight on supporting kids through the transition back to school**.
- Why now? Anxiety and depression are more prevalent than ever due to the pandemic, and many individuals with no prior history of mental health challenges may experience them for the first time. **Youth may be particularly susceptible to anxiety** in a world where they have little control. **Now is the time to equip kids with real world strategies.**
- **[Learn More!](#)**



Helen Asbury, PsyD

[REGISTER - AUGUST 2](#)

[REGISTER - AUGUST 5](#)



A free, 6-session program for family & friends of military Service Members and Veterans. *An application process is required to ensure this program is a good fit. Space is limited.*

The class helps families understand what the Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions.

4 New Online Classes Beginning in August. *Click below for more information or to register.*

[REGISTER](#)

"I Want to Join NAMI!"

Join the thousands of Americans dedicated to improving the lives of people affected by mental illness in our community.

NAMI SOUTHWEST OHIO
namiswoh.org | 513.351.3500
info@namiswoh.org

[DONATE](#)



NAMI Southwest Ohio | 4055 Executive Park Drive, Suite 450, Cincinnati, OH 45241

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Wishing you peace and health!
Kathy Barnum
812-577-9297