



Southeast
Indiana

UPDATE

August 2022

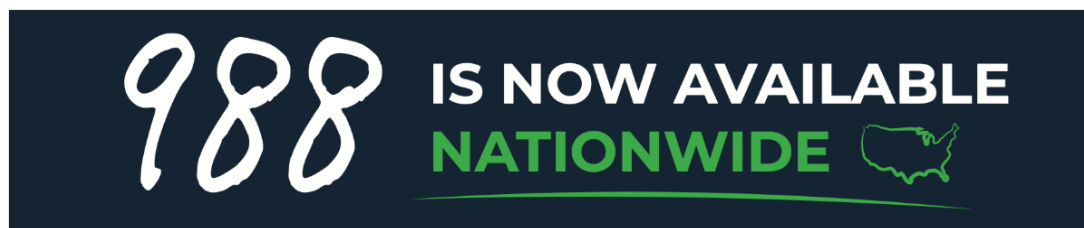
Hello NAMI Friends!

988 Update

The 988 phone & text line to help people in crisis is now active. It will take time for 988 to attain all the goals the government has established. While you can call 988 for support, the SE IN pre-existing CMHC Psychiatric Crisis line and Mobile Crisis Unit staff are more informed on our local resources and options. As a reminder the numbers are:

812-537-1302 or 877-849-1248

988 is available from 3 Indiana locations, Gary, Muncie & Lafayette. The crisis specialists provide support as will the Be Well Crisis Helpline 211. Of course, in a true emergency you should call 911. By the way, if you have a phone number with a 513 or 859 area code, your call will go to the Cincinnati or Northern KY responders, respectively. This is NAMI Indiana's description of 988 below:



988 – the new three-digit number for mental health, substance use and suicide crises – became available this past Saturday, July 16, across the country to call or text during a crisis.

When you call or text 988, you will be connected to the National Suicide Prevention Lifeline network, made up of around 200 crisis call centers and national backup centers, including several right here in Indiana.

That means anyone, anywhere in the country can contact 988 during a mental health crisis and be connected with a trained crisis specialist who can listen, provide support, deescalate the situation and connect you to additional resources that might help. The Lifeline can respond to any type of mental health crisis or emotional distress. It is free, confidential and open to a person in crisis or someone calling on behalf of another.

The availability of 988 will help save lives, but there is more work to be done. Efforts to build the system's local capacity in our state will continue in the weeks, months, and years to come, so that we can help everyone in crisis. In Indiana, the Division of Mental Health and Addiction (DMHA) has been designated with responsibility for overseeing and coordinating 988 centers. NAMI Indiana is at the table with DMHA and other partners from across the state as we meet this challenge and opportunity.

[NAMI has more information available here about what is and is not changing with the new availability of 988.](#)

It took two years of dedicated work leading up to this day. The availability of 988 is a great step to helping people in crisis and their families – but the work to improve our full crisis response system is only beginning.

Indiana has passed legislation to establish a statewide 988 trust fund, and DMHA plans to add two additional 988 call centers, bringing the total to five, in order to meet the needs of Hoosiers in crisis. Our policymakers must continue to act to build and invest in local resources so that everyone in crisis has someone to talk to (local 24/7 crisis call centers), someone to respond (mobile crisis teams consisting of mental health professionals instead of law enforcement) and somewhere to go (short term crisis stabilization options rather than emergency departments). Here in Indiana, we will be advocating for a cell phone fee, similar to 911, to help fund and sustain this resource.


988 IS:

- ✓ The first step to ensuring mental health, substance use and suicide crises receive the response they deserve
- ✓ A life-saving resource for people in crisis
- ✓ Answered by mental health professionals, not police

988 IS NOT:

- ✗ A complete mental health crisis response system

**988 is now available nationwide
But there's more work ahead.**

 **NAMI**
National Alliance on Mental Illness

While we are excited about the launch of the new easier-to-remember number, it is just the first step on the journey as we transform crisis response over the next seven to ten years. Learn more about [this vision here](#).

Today, getting connected to help became easier for people during a mental health crisis. Now, we need to build and expand resources so everyone in a crisis can receive the help they need and deserve.

NAMI Indiana | namiindiana.org



NAMI SE IN Business Card with Crisis Resources on the Back

<file:///C:/Users/Owner/Documents/NAMI/Advertising/Business%20card/NAMI%20SE%20IN%20Business%20Card%20w%20Resources.pdf>

Check out the link to the new NAMI SE IN Business card with handy crisis resource contacts on the back. You will be seeing these cards throughout our community. It's also attached in the email.

NAMI IN State Conference

The annual NAMI Indiana State Conference will be held in-person (not hybrid or online) on Friday, September 30th, 2022 at the Marriott Indianapolis North. Mark your calendars. This is always a great educational experience and opportunity to meet mental health leaders in our state. There will be numerous scholarships available to cover the cost of the conference, provided by DMHA.

What is NAMI IN FaithNet?

Mission - We exist to empower faith leaders to improve the lives of people and families affected by mental health conditions.

Values - Connecting faith leaders, mental health providers, and people with lived experience strengthens the community's support network. Educating faith leaders and the public about mental health and the role of faith reduces stigma and encourages recovery. Advocating for compassionate policies improves the well-being of all people with mental health conditions.

NAMI Indiana FaithNet has a bi-monthly newsletter that is distributed via email. If you are interested in being on the email list, please send Linda an email at lwilliams@namiindiana.org.

The Partnership of NAMI Indiana and CIC has been around for approximately 4 years. Prior to the pandemic, there were monthly lunch & learns. During the pandemic, they were held on zoom. Here is some information about the partnership. You can follow this [link](#) to learn more and view previous and upcoming events.



Please Join Our Upcoming Pathways To Hope Conference

NAMI FaithNet is excited to announce its upcoming Pathways To Hope Conference August 26-27. The conference is a chance for awardees to build grass roots movement to help engage faith communities, mental health providers, NAMI members, and other community partners in building a sustainable community coalition. It will be a mix of nationally produced plenary sessions on Friday and Saturday mornings and then locally developed in-person workshops on Friday and Saturday afternoons.

The following 19 affiliates were awarded a Pathways To Hope mini-grant and will be participating in this year's inaugural Pathways To Hope Conference. Congratulations to our awardees!!

- NAMI Alaska
- NAMI Clackamas County, OR
- NAMI Delaware
- NAMI IA/NAMI Dubuque, IA
- NAMI Greater Houston, TX
- NAMI Kansas
- NAMI Kent County, MI
- NAMI Metro Baltimore, MD
- NAMI Miami Dade County, FL
- NAMI Mississippi/NAMI Central Mississippi
- NAMI Nevada (in partnership with NAMI Northern NV & NAMI Southern NV)
- NAMI North Texas, TX
- NAMI Palm Beach County, FL
- NAMI Pinellas County, FL
- NAMI Sacramento, CA
- NAMI San Antonio, TX
- NAMI Ventura County, CA
- NAMI Washington
- NAMI Yakima, WA

Visit our website to learn more and register for the conference:

<https://www.nami.org/Get-Involved/NAMI-FaithNet/Pathways-to-Hope>



NAMI Support Groups Overview Video

Click this link to view the video: <https://www.youtube.com/watch?v=Xi6QFK3N7tQ>

Aurora NAMI Family Support Group

The Aurora Family Support Group is held the **first Wednesday** of every month, **6:30-8 PM**, at the Aurora Recreation Community Center (ARCC), Activity Rm, 404 Green Blvd. The group is for family members of those living with mental illness. Meetings are open and newcomers are always welcome. For questions, contact Kathy at 812-577-9297 or kathbbarnum52@gmail.com. The next meeting is **Wednesday, August 3, 2022**.

Madison NAMI Family Support Group-Face-to-Face

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**. 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 11**.

South Central Indiana NAMI Family Support Group

The South-Central Family Support Group meets the **third Wednesday** of the month at **6:30 PM- 8 PM** at the **Rockford UMC** 1934 N. Ewing St. Seymour, IN 47274. Meetings are open to families and those who have a family member suffering from a mental illness. Confidentiality is treasured. For questions contact Carol at carolokumc@gmail.com or Sonja at sonja.scott.76@gmail.com. The next meeting will be **August 17th**

NAMI Connection Support Group

NAMI Connection Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. We don't have a group in SE IN, but we would like to have a group. There are groups available virtually (see below). Contact Linda at NAMI Indiana 317-925-9399 or Kathy locally 812-577-9297 if you are interested in leading a group in southeast Indiana. Learn more:

<https://nami.org/Support-Education/Support-Groups/NAMI-Connection>

Find Additional Family Support Groups and Connection Support Groups for those with Mental Illness at the Links Below:

NAMI Indiana

NAMI Indiana's website addresses NAMI activities across the state. For now, you have some virtual options:

<https://www.namiindiana.org/>

NAMI Greater Indianapolis

Offers a virtual Connection Support Group every Tuesday evening at 7 PM. Registration is required to get the virtual link to the meeting. Click [NAMI Greater Indianapolis \(google.com\)](#)

NAMI Southwest Ohio

There are many resources available at NAMI SW OH. Below is a link to their support groups:

[Support - NAMI Southwest Ohio - NAMI Southwest Ohio \(namiswoh.org\)](http://namiswoh.org)

Wishing you peace and health!

Kathy Barnum

812-577-9297



<http://namisein.com/>

[f https://www.fb.NAMISEIndiana](https://www.fb.NAMISEIndiana)