



Southeast  
Indiana

# UPDATE

July 2019

**Hello NAMI Friends!**

**1. NAMI Family-to-Family Education Program in Madison IN**

NAMI's Family-to-Family Education Program will be offered in Madison IN starting on Tuesday, August 27, 2019, from 5:30 PM to 8 PM. It's FREE for family members and friends of people with mental illness. A series of 12 weekly classes are structured to help caregivers understand and support individuals with serious mental illnesses: major depression, bipolar disorder, schizophrenia, schizoaffective disorder, borderline personality disorder, panic disorder, obsessive compulsive disorder, and co-occurring brain disorders with substance use disorders. The course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. Participants gain knowledge, hope and empowerment while learning to maintain their own well-being. You will be comforted in knowing you are not alone. Registration is required. This is an evidenced based program. Please see the attached handout for details.

**2. NAMI Family-to-Family Teacher Training**

NAMI Indiana is holding the annual Family-to-Family Teacher Training on August 2, 3, and 4, 2019 in Indianapolis for loved ones of those with mental illness. Food and hotel lodging are included. Let Kathy Barnum know you are interested and she will help you register. 812-577-9297.

**3. Bipolar Rock N Roller**



Showtime's [Bipolar Rock N Roller](#), is now available for personal viewing! The voice of WWE and Showtime Championship Boxing, Rinaldo has called some of the biggest sports events in history—all the while fighting his own epic battles with mental illness. A raw and unflinching account of Mauro Rinaldo's decades-long struggle with bipolar disorder, this film follows his life as he combats the stigma and sheds light on what it is like to be at the top of his industry despite seemingly unsurmountable odds. NAMI partnered with Showtime, a NAMI contributor, on the release of the film. Rinaldo is a NAMI Ambassador.

Click here to [Watch the film](#) This availability is limited and due to expire this fall.

**4. Think Inside Out for Mental Health**

Think Inside Out is a new NAMI program in the development phase to address the rise in youth suicide. This multi-year campaign will launch in 2020 to help teens and young adults bring the feelings they have “inside” out into the open and talk, to encourage help seeking and help giving. The campaign will include modular content that can be used by NAMI Affiliates of all sizes and capacities, including:

- Action Kits
- Conversation Encouragers
- Think Tanks
- Strategic Partnerships
- Influencers
- *A Think Inside Out Day* in May

Learn about it below.

[https://www.youtube.com/watch?v=AMpEV62J6\\_k&feature=youtu.be](https://www.youtube.com/watch?v=AMpEV62J6_k&feature=youtu.be)

### **5. Your Language Matters**

The words you use matter. You can better reach youth, break down negative stereotypes and give teens hope by choosing words that are more relatable and promote understanding. Below is a link to a handout used to train speakers in the NAMI Program for youth, “Ending the Silence.”

[file:///C:/Users/Owner/Documents/NAMI/Ending%20the%20Silence/Language\\_Matters\\_Handout.pdf](file:///C:/Users/Owner/Documents/NAMI/Ending%20the%20Silence/Language_Matters_Handout.pdf)

### **6. July is Minority Mental Health Month**

**Mental health conditions do not discriminate based on race, color, gender, or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.**

#### **Minority Mental Health Facts**

- Mental health treatment differs among racial/ethnic identity groups and other minority communities. These disparities point to significant social and structural barriers to care.
- The highest prevalence of mental illness is among mixed/multiracial adults—nearly 1 in 3 reported that they experienced a mental illness in 2017.
- The lowest rate of treatment use is among Asian adults. Only 1 in 5 Asian adults with a mental illness reported that they received treatment in 2017.
- Gay, lesbian, or bisexual adults are more than 2x as likely to experience a mental illness compared to their heterosexual peers.

#### **Minority Mental Health Month Awareness Guide and Social Media.**

**In this supplement to the Mental Health Month Awareness Guide, you will find all the communications resources you need to join NAMI State Organizations, NAMI Affiliates and the national office to come together to create the most significant impact!**

**#WhyCare about Minority Mental Health? Together, let’s show the world.**

[https://gallery.mailchimp.com/5ed5d2d79373961d7c441f5ef/files/65e2f5b9-b2a5-476f-b7e0-f55ae1fc4e05/2019MMHAMAwareness\\_Guide\\_FINAL.02.pdf](https://gallery.mailchimp.com/5ed5d2d79373961d7c441f5ef/files/65e2f5b9-b2a5-476f-b7e0-f55ae1fc4e05/2019MMHAMAwareness_Guide_FINAL.02.pdf)

### **7. NAMI Homefront**

**NAMI Homefront** is a free, six-session class for family, friends and significant others of Military Service

Members and Veterans. The class helps families comprehend what the Military Service Member/Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

**The program is designed to** help family members understand and support their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions.

**Now offered online!** We understand that attending an in-person class can be difficult for busy individuals and families. We now offer NAMI Homefront Online. Online classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes. See the attached handout for details.

## 8. NAMI Ending the Silence

# Hot Topics in Mental Health

*Outstanding Speakers on Issues that Matter*

July 2019

### July: Bethesda Arrow Springs

*To better serve the region, Hot Topics is being held at various locations throughout the region each month. Keep an eye out for an upcoming location close to you!*

### **NAMI Ending the Silence for Families**

**Ending the Silence** is a presentation about mental health for middle and high school students, parents, or teachers and school staff. The presentation gives an opportunity for audience members to ask questions and learn more about an often-misunderstood topic. The message of empathy and hope encourages people to actively care for themselves and for their peers, whether by reaching out for help, encouraging a friend or family member to seek help, or by reducing stigma.

#### **Topics include:**

- Signs and symptoms of mental illness
- Statistics on how mental illness affects youth
- Personal perspectives on the experience of living with mental illness



- Recovery and coping strategies
- Ways to seek help for themselves or for a friend
- Ways to help reduce the stigma associated with mental illness

**6:00 p.m. - 7:00 p.m. Presentation**

**7:00 p.m. - 7:30 p.m. Question and Answer**

*CEUs are not available for this presentation*



### ***Date and Location***

Tuesday, July 9, 2019  
**Bethesda Arrow Springs**  
100 Arrow Springs Boulevard  
Lebanon, OH 45036



**Register at No Cost!**



**I want to join my voice with NAMI!**

**JOIN NAMI**



***Join NAMI to make our voice even stronger in Washington, D.C. and in Columbus.***

***Join the thousands of Americans dedicated to improving the lives of people affected by mental illness.***

***Already a member? Click [here](#) to contact us to check your renewal date.***

Sincerely,

NAMI of Southwest Ohio

[info@namiswoh.org](mailto:info@namiswoh.org)

(513) 351-3500

NAMI Southwest Ohio | 513-351-3500 | [info@namiswoh.org](mailto:info@namiswoh.org) | [www.namiswoh.org](http://www.namiswoh.org)

## **9. Support Groups**

### **Reminder there is a new venue for our Lawrenceburg Family Support Group!**

You'll find us at the **Lawrenceburg Community Center**. Plus, there is a concurrent

**Bipolar and Depression Support Group**, for those with mental illness, is at Lawrenceburg Community Center. It is **every Wednesday evening, 6 PM to 7:30 PM**. The group is not NAMI sponsored, but a good option for those looking for a new and helpful resource. As the leader, Kim, told me, "The group is not therapy. When I'm in group I feel like I'm with **my people!**" Call Kim for details 513-284-9408.

#### **Lawrenceburg NAMI Family Support Group**

The Lawrenceburg Family Support Group is held the first Wednesday of every month at the Lawrenceburg Community Center, 423 Walnut St. The group is for family members of those living with mental illness. Meetings are open and newcomers are always welcome. The next meeting is **Wednesday, July 3, 2019, 6:30 p.m. to 8 p.m.**

#### **Madison NAMI Family Support Group**

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, July 11, 2019.**

#### **South Central Indiana NAMI Family Support Group (Columbus, IN)**

The South-Central Family Support Group meets at the First Christian Church at 4<sup>th</sup> and Lafayette, Columbus, IN on the 1<sup>st</sup> 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. The next meeting is **Tuesday, July 2, 2019.**

**Wishing you the best!**

**Kathy Barnum**

**812-577-9297**