



Southeast
Indiana

UPDATE

March, 2019

Hello NAMI Friends!

NAMI Leaders from Madison, IN Interviewed by PBS TV!

Many of our local NAMI members have met Pastor Jeff Pflug and Rodney Sellers. They were interviewed recently on the problems they have faced with their family members' mental illnesses and working with law enforcement to get treatment for their loved ones rather than jail. Below is a link to Bloomington's PBS channel program "IN Jail Overcrowding Exacerbates Problems for Those with Mental Illness." The segment looks at concerns in Madison, Evansville and Marion Co. IN. The video is about 7 minutes long. <https://www.youtube.com/watch?v=YUA16B7WWFo>

NAMI SE IN Membership Drive

We continue to accept new or renewed memberships to NAMI SE IN. To join on-line go to www.nami.org or you can send a check to NAMI SE IN treasurer, Donna Griffin, @ 121 Oakmont Ct. Unit B, Lawrenceburg, 47025. The application is attached. You can choose between a \$5 membership and a \$40 membership. The application has a detailed list of benefits. But it's not only about what you get out of NAMI, membership is also a means to expand the reach of NAMI to others. Please help support our shared mission of helping those with mental illness and their loved ones through support, education and advocacy.

Strengthening Families Education Program

The World Health Organization named the Strengthening Families Program as the **No 1 prevention program out of 6,000 programs analyzed** for long-term substance use and misuse. Studies also showed fewer conduct problems in school and that the results continued 6-10 years after completing the program. Parents learn to build a positive relationship with their youth, set appropriate limits and follow through on consequences. The Strengthening Families Program by Purdue Extension will be at the Dearborn Adult Center, 311 W. Tate ST, Lawrenceburg, April 3, 10, 17, 24, and May 1, 8, & 15 on Wednesdays, 6-8 PM with a meal serviced at 5:30. Babysitting included. The handout I have says it's free but the leaders said they charge \$35 and refund it to those who attend all 7 classes. They will help those who can't afford it. Need to register at 812-926-1189. Or email Marcia Parcell mparcell@purdue.edu or Liz Beiersdorfer at ebeiers@purdue.edu.

Bipolar & Depression Support Group

NAMI SE IN would love to see a NAMI Support Group in our area; but so far, we haven't succeeded in getting the required 3 leaders to be trained in the NAMI program, Connection. An alternative option is starting soon. Kim, a leader I have high regard for, is looking for a co-leader who has lived understanding

of mental illness. If you or your family member are interested in helping co-lead or interested in attending, her phone number is below. It starts Wednesday, March 20:

Bipolar and Depression

Support Group

For Adult Men and Women 18 years and up

- *Do you struggle with feelings of guilt and hopelessness?*
- Do you feel like you can't ever measure up?
- Is your family supportive; do they think you just don't try?
- Do you have little energy or constant lethargy?
- Or do you have tons of energy and require little sleep?
- Have you had thoughts of suicide or attempted?
- What has your "head-med" journey been like?
- Have relationships been difficult for you?

These are just some of the issues we'll discuss. This group is not led by professionals. Rather it is guided by "seasoned peers" who know first-hand your struggles.

Starts.....

Wednesday March 20 6-8p.m.

(weekly every Wed.)

Lawrenceburg Community Center

Conference Room

423 Walnut St.

To register Call Kim 513-284-9408

Electronic Cigarettes

NAMI IN recently sponsored a program on Smoking Cessation and Vaping. It was all interesting. Common thinking on the benefits for smoking with mental illness was dispelled. In addition, I became alarmed at the skyrocketing misuse of electronic cigarettes by our youth. I got a call from a local middle school very concerned about the growth of vaping. Kids think it is harmless and the JUUL flavor's taste good. They are even used as a means to lose weight. While they don't contain tobacco, the nicotine remains addictive. The risk for children to start smoking cigarettes is high. Adult use of e-cigarettes can

help reduce regular tobacco smoking but most of the time adults end up using both, “dual use.” The below article is a good summary: “Electronic Cigarettes What’s the Bottom Line:”

<file:///C:/Users/Owner/Documents/NAMI%20SE%20IN%20Update/2019/March%202019/Electronic-Cigarettes-Infographic-508.pdf>

If you’re interested in more alarming details, the below link takes you to “Flavorants and Propylene Glycol From e-Cigarettes Form Harmful Irritants When Combined.” This article is from the American Journal of Managed Care, Nov 2, 2018. Our lungs are fragile. Unlike the food we consume, our lungs don’t have a liver to protect us from the chemicals. The long-term effects of these irritants have not been studied.

<https://www.ajmc.com/newsroom/flavorants-and-propylene-glycol-from-ecigarettes-form-harmful-irritants-when-combined>

Community Action Recovery Effort (CARE)

Lawrenceburg Mayor Kelly Mollaun has been conducting meetings to find solutions to our drug challenges in Dearborn County. Very active sub-committees have been meeting with a lot of enthusiasm. The committees are addressing: Recovery housing, Peer recovery, Screening, Stigma and Awareness, Transportation, and Recovery Hub. This could benefit our greater community of SE IN. We are especially hopeful that we can find some solutions to housing. Ivy Tech is video taping the quarterly meetings for community review. The below link is from our January quarterly meeting summarizing our current status:

[ROSC Quarterly Stakeholder Meeting 1.29.2019](#)

Free Rides for Substance Use Treatment (I copied the below announcement)

With the assistance and support of FSSA, Indiana 211 is doing a soft launch with our new ***STATEWIDE (yes, this includes rural areas)*** Lyft program. This will offer ***COST FREE*** rides to and from substance use treatment and certified recovery support programs.

Who is eligible for a ride through IN211?

Any individual who displays a current, past, or history substance use and is not insured by Medicaid or HIP is eligible for a ride. Again, these rides must be to or from substance use treatment or certified recovery support programs. If the individual is a juvenile (under the age of 18), they are required to have a guardian ride along. IN211 will also provide rides home for guardians and/or caregivers if requested.

How do I request a ride?

To request a ride, dial 2-1-1. The automated system will ask callers to press 2 to continue in English or press 3 to continue in Spanish (For languages not listed in these options, please dial 2 and request a translator later in the call). Once the language has been selected the following message will be played, “If you are calling for information about substance use treatment or transportation to and from treatment please press 9.” At this point the caller will press 9 and be directed to speak with a trained Lyft Community Navigator.

(A further note: This also includes transportation to Drug Court. If your 211 rings to Cincinnati, you can call IN211 directly for this program by calling 1-866-211-9966. So, if your cell phone is a 513-area code, it is probably best to just call this toll-free number. Lyft drivers can come here from Ohio and Kentucky, they do not have to be Indiana Lyft drivers. Indiana residents can get rides to and from Ohio and Kentucky for treatment and support groups as well).

Can I request a ride on behalf of the client?

Yes. However, IN211 will require the following information: First and last name, pick-up and drop-off locations, and a phone number for drivers to communicate with passengers if they are unable to locate them.

Is the client's information protected?

Lyft drivers will only have access to the first name of the passenger, and the pick-up and drop-off location. A phone number is provided to the driver, but it is a randomized and hidden number. Drivers lose access to all past rides once they are completed.

Budget?

The current budget is \$4,500 per month. Once that funding source is absorbed, we will be required to discontinue rides for the remainder of that month. We are hoping to find ways to subsidize that budget in the future.



Hot Topics in Mental Health

Outstanding Speakers on Issues that Matter

March 2019

March: Child Focus, Inc. Training Center

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!

***My Loved One/Client Just Got Arrested in
Clermont County-- Now What?***

Presenter:

Renae Butcher, M.Ed, LSW



You are invited to hear Renae Butcher present "My Loved One/Client Just Got Arrested in Clermont County-- Now What?"

Participants will:

- Have a better understanding of the criminal justice process from arrest to arraignment to incarceration to community integration
- Learn of available resources to effectively advocate for their client/loved one when they are arrested
- Have a better understanding of how the mental health and criminal justice system work together to identify those individuals who may have mental health needs and to offer available treatment, both during incarceration or in lieu of incarceration
- Have a better understanding of the mental health services provided in jail and follow up services
- Have a better understanding of the interface between the criminal justice system and mental health system
- Be able to experience a virtual tour of the Justice Center campus

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

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

1.5 hours CPEs Submitted

Ohio Counselor, Social Worker, and Marriage and Family Therapist Board

Date and Location

Tuesday, March 12, 2019

**Child Focus, Inc. Training Center
Conference Room B**

555 Cincinnati-Batavia Pike

Cincinnati, OH 45244



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

Sincerely,

NAMI of Southwest Ohio

info@namiswoh.org

(513) 351-3500

NAMI Southwest Ohio | 513-351-3500 | info@namiswoh.org | www.namiswoh.org

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

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Lawrenceburg NAMI Family Support Group

The Lawrenceburg Family Support Group is held the first Wednesday of every month at CMHC, 401 W. Eads Pkwy, Suite 450, in the Millhouse Market retail area behind Fifth Third Bank off US 50. The group is for family members of those living with mental illness. Meetings are open and newcomers are always welcome. The next meeting at CMHC is **Wednesday, March 6, 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, March 14, 2019.**

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

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. The next meeting is **Tuesday, March 5, 2019.**

Kathy Barnum
513-478-0457



TOP STORY



Growing Up Without Mental Health Support

"It's baffling, as a mental health advocate now, that no teacher, no adult or anyone close to me had noticed the warning signs. I had no therapy, no one asking me how I was doing. There were no questions about my wellbeing. I was just labeled as a shy child."

[READ MORE »](#)

FEATURES ON MILLENNIAL MENTAL HEALTH



Being a Parent When You Have Anxiety

For someone who has an anxiety disorder, becoming a parent can significantly impact symptoms. Here are the ways Vanna has learned to cope with her increased anxiety after having kids.

[READ MORE »](#)



How the Digital Age Has Impacted Mental Health Care

"Despite what the Internet tells you, how many self-care apps you have or what your social media following suggests—there isn't any replacement for professional mental health treatment."

[READ MORE »](#)



Discussing Mental Illness with the Person You're Dating

Telling a new partner about your mental illness can be scary, but it is a necessary step to have a healthy relationship. If you're unsure when

and how to bring it up, here are a few tips.

[READ MORE »](#)



Maintaining Healthy Friendships with Mental Illness

While friendships can be challenging when you have mental illness, they are ultimately worth the effort.

[READ MORE »](#)

2019 NAMI National Convention

Our Movement,
Our **Moment**

JUNE 19-22 • SEATTLE

REGISTER TODAY

Early Bird registration ends Feb. 28

MENTAL HEALTH + NAMI NEWS

NAMI Ask the Expert: Supporting a Loved One with Psychosis

Register Today for NAMI's Ask the Expert Webinar: Skills You Can Use to Support a Loved One Experiencing Psychosis on Friday, March 22 from 4:00–5:30 p.m. EST.

[REGISTER TODAY »](#)



Advancing Discovery for New, Better Treatments

NAMI is proud to share our new white paper: “Working Together to Advance Discovery and Reignite Hope: Advocacy, Academia, Industry and Government Push for New Mental Health Treatment Options.”

[LEARN MORE »](#)



Spread the Word About the NAMI Blog

The NAMI Blog is our way of getting tips, research, information and messages of hope to you. Coming up, we're sharing stories of discrimination. Stay tuned!

[EXPLORE THE NAMI BLOG »](#)



NIH RESEARCH STUDY #17-M-0147

Depression & Brain Function

This study seeks depressed participants to test the effects of the combination of repetitive transcranial magnetic stimulation (TMS) and psychotherapy on brain function.

1-877-646-3644



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National Alliance on Mental Illness
3803 N. Fairfax Dr. - Suite 100
Arlington, VA 22203

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