



Southeast
Indiana

UPDATE

November 2020

Hello NAMI Friends!

NAMI Walks Your Way on Lawrenceburg Riverfront

We want to thank many of you for your support of NAMI SE IN in our annual fundraiser. We had a beautiful walk on our own Lawrenceburg Riverfront. Seriously, if you haven't walked some of it, you are missing a close to home treasure. You can see part of our group below. Donations are still being accepted. Please direct your donations to Southeast Indiana Walkers:

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=904>



Peer-to-Peer Education Program

NAMI IN will be holding a Peer-to-Peer (P2P) education program starting Nov 9th, 2020. from 6-8 pm. The class will be held weekly and is 8 weeks long. The program is for people who live with a mental illness. NAMI IN does not usually hold P2P classes, but this statewide class is being held to enable affiliates to get P2P started or energized again in their area.

NAMI Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth. Participants will benefit from the compassion and understanding of people who relate to your experiences. This is a place to learn more about recovery in an accepting environment and it's free.

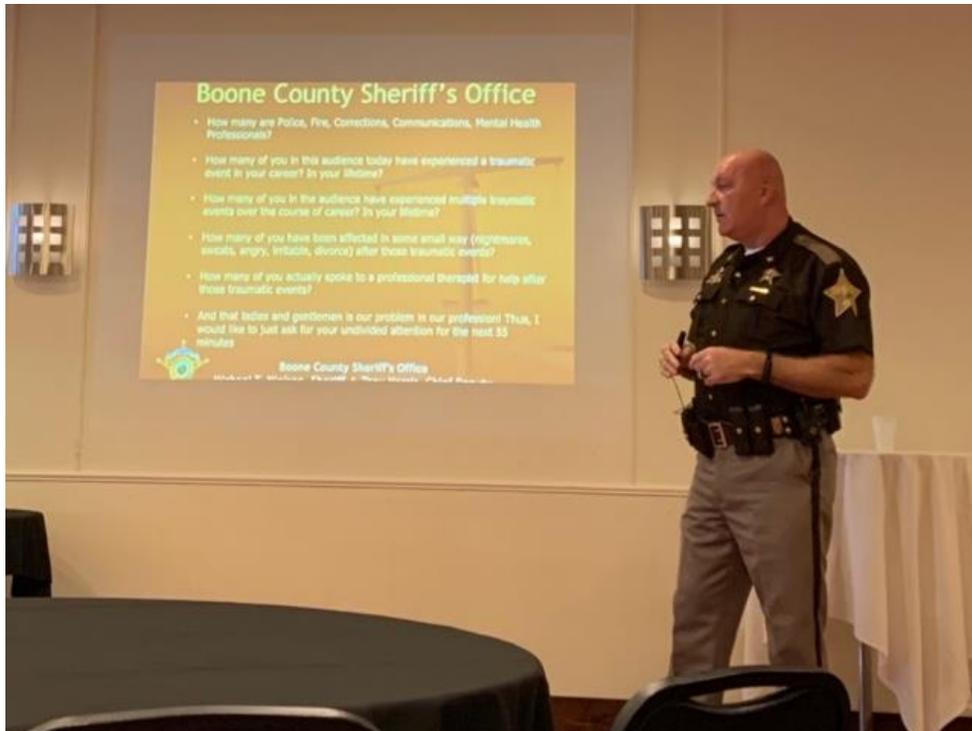
NAMI Peer-to-Peer helps you:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

Individuals that would like to become leaders of P2P need to take the class before becoming leaders. If you aren't sure or just wish to attend the class, you should email, info@namiindiana.org to sign up (include name, address, phone, and email) for the class as soon as possible. If individuals have any questions please have contact Joanne below. For those interested, P2P leader training will be offered soon after the class has finished.

Joanne Abbott
NAMI IN Director of Education & Affiliate Support
921 E. 86th St., Suite 130
Indianapolis, IN 46240
phone:[317-925-9399](tel:317-925-9399) or [800-677-6442](tel:800-677-6442) ext 107

CIT Sponsored First Responder Crisis Training



Boone County Indiana Sheriff Mike Nielsen spoke to local first responders at their First Responder Crisis Training sponsored by CIT, Crisis Intervention Team of Dearborn and Ohio Counties. Sheriff Nielsen described his personal journey of traumatic events as Sheriff in his career, including the loss of Deputy Jacob Pickett in 2018. He is a passionate advocate of officer mental health as they face repeated traumatic events over their careers. Sheriff Nielsen is a founding member of the Indiana Fallen Heroes Foundation. He also established an officer wellness program in his department and hired a mental health counselor.

The First Responder Crisis Training was a collaborative community effort to address how to manage the mentally ill in a crisis. This free training was also offered virtually and recordings will be made available to first responders throughout Southeast Indiana. Thank you to the speakers and organizers: Sheriff Mike Nielsen; Marianne Halbert, JD, Director of Criminal Justice, NAMI IN; April Poole, RN, ER Unit Manager High Point Health; Dale Lambing, Security Supervisor, High Point Health; Jennifer Schultz, Coordinator of ER Services, CMHC; Tracy Mock, Director CCBHC Grant, CMHC; Amanda Sheeley, CMHC Program Manager of Outpatient Services South; Lawrenceburg Assistant Chief Brian Miller; Lawrenceburg Lieutenant Morgan Hedrick; Dearborn County former Sheriff and Trainer, Manager of Hidden Valley Lake POA, David Wismann; Kathy Watkins, JD, Retired Magistrate Hamilton Co, OH, Chair, Ivy Tech Criminal Justice, Paralegal & Human Services; and Kathy Barnum, CIT Coordinator and President NAMI SE IN, the National Alliance on Mental Illness. Plus, a special thank you to CASA and the Executive Director of CASA, Bevin Van Wassenhove, for sponsoring the venue, food and managing registrations and technology for the event.

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 for people living with mental illness. The Connection Group 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 to West Central Indiana 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, November 4, 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, November 12, 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**.

October



NAMI
National Alliance on Mental Illness

Southwest Ohio

news & updates

Upcoming Events

- [Connection Support Groups](#)
- [Ending the Silence](#)
- [Family Support Groups](#)
- [Hope for Recovery](#)
- [Local Research Studies](#)
- [Mental Health and Racism](#)
- [NAMIWalks Your Way](#)
- [#Vote4MentalHealth](#)



NAMI Blog Spotlight

Why Everything is a Mental Health Issue When You Cast Your Ballot

"COVID-19 will be on the ballot next month — and so will mental health. In fact, mental health is always on the ballot, even if not directly. Every major political issue has an impact on mental health and the needs of the mental health community. This



A Note from our Walk Manager

Kathleen, thank you so much for your support of our first ever virtual NAMIWalks Your Way Southwest Ohio!



I want you to know how much **we appreciate you navigating this new world with us**, as we pivoted to a virtual walk, and then postponed to the fall for our 17th annual NAMIWalks.

Your hard work raising funds and awareness makes a tremendous difference right here in our community, and **funds our programs for the entire year.**

Now more than ever, **we need your help**, as we respond to the pandemic-induced mental health needs of individuals and families in crisis **with no-cost services.**

Our [NAMIWalks Your Way](#) is still going strong, and **I want to encourage you to**

is why everyone must vote. We must vote for us, our loved ones and our community.

We must **#Vote4MentalHealth.**"

[Click to read more](#)

Local News Spotlight:

Research is important to NAMI

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](#)

continue fundraising and having crucial conversations about mental health.

With our stories of lived experience, we can let everyone know: **You are NOT alone.**

All my best,

Katie Sullivan



We're 55% to our goal; help us fund programs at no-cost to participants!

[DONATE NOW](#)

NAMIWalks Your Way Livestream

Missed the October 3 livestream to kick off NAMIWalks Your Way Southwest Ohio? Never fear!

The video is still available below, and is less than 30 minutes long. Don't miss out!

WELCOME TO OUR VIRTUAL 2020 NAMIWALKS SOUTHWEST OHIO



#NAMIWalksThisWay #NotAlone

Help us reach our goal of \$240,000
for mental health for all!

registration and donations:
namiwalks.org/southwestohio

**Upcoming Classes & Programs - Now
Virtual!**



MENTAL HEALTH & RACISM



A CONVERSATION IN FIRST PERSON
REGARDING DISPARITIES IN MENTAL HEALTH

Save The Date
FOR THE SECOND INSTALLMENT

**SUNDAY
DECEMBER 13**

A Conversation in First Person Regarding Disparities in Mental Health

Sunday, December 13, 3 PM - 4 PM

Save the date to continue the conversation surrounding Mental Health and Racism.

Three new panelists will join returning Moderator Eugene Blalock, Jr. to discuss:

- the stigma surrounding mental illness in the Black community
- disparities in mental health care
- the effects of racial injustice and the global pandemic on African American mental health

You don't want to miss this opportunity to hear our dynamic speakers' lived experience.

Did you miss the first installment? No problem! Click below to watch the recording.

[WATCH THE FIRST PANEL](#)

[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

[Meeting ID: 984 4376 8792](#)

[Thursdays - 2nd Thursday](#)

6:00 PM - 7:00 PM

Knox Presbyterian 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

Knox Presbyterian Church

[Meeting ID: 977 690 138](#)

All support groups now offered via Zoom.

Enter Meeting ID or click for links.

Meeting ID: 996 5261 2738

No Registration Required



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, November 14, 2020

9:00 AM - 3:00 PM

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

[REGISTER](#)



Will you
#Vote4MentalHealth?



Let your voice be heard on November the 3rd!

Now more than ever, we need to stand up together to fight for better support for everyone. Take the first step. **Pledge to #Vote4MentalHealth at the button below.**

Elected officials make decisions that affect how, when, and where you and your family can get the mental health services and supports you need.

Learn more about how elected officials impact mental health services in your community, ways to discuss mental health issues with candidates and resources to help you vote.

[#VOTE4MENTALHEALTH](#)



 **NAMI** Ending the Silence
National Alliance on Mental Illness
Southwest Ohio



A no-cost **classroom presentation designed for middle school and high school students**, families, and staff. Adapted for 2020 to address the additional stresses of the pandemic.

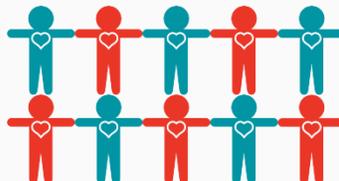
It's important that we help students, families, and staff learn more about the warning signs and symptoms of mental health conditions and suicide. [Here's Why:](#)

1 out of 5 children experience a mental health condition in a given year*



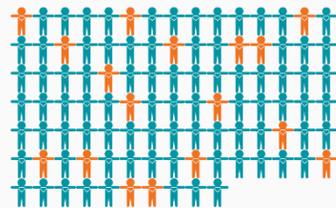
*children living in the USA

50% of children experiencing a mental health condition don't receive treatment*



*ages 8 - 15 living in the USA

17% of students seriously consider suicide*



*high school students living in the USA

[SCHEDULE A VIRTUAL PRESENTATION FOR YOUR SCHOOL](#)

["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