



NAMI Savannah News

www.nami-savannah.org

November 2009

NAMI-Savannah, Inc. is a member of the National Alliance on Mental Illness
7805 Waters Ave., Suite 2B, Savannah, Georgia 31406
Mail to: NAMI-Savannah P. O. Box 13731 Savannah, Georgia 31406

2009 General Meetings

Our next General Meeting will be held on Sunday December 20, 2009 at 3:30pm at the Armstrong Atlantic State University (AASU) Sports Education Complex. We will be holding our annual Christmas Party.

NEXT FAMILY SUPPORT GROUP

Will be held on Tuesday, November 17th 6:30p.m., at the Serendipity Bldg., Georgia Regional Hospital.

NAMI CONNECTION

Talk to someone who understands...someone just like you. NAMI Connections is a recovery support group program for people living with mental illness. It provides a place that offers respect, understanding, encouragement, and hope. Reservations may be made by contacting Jodi Whitaker at the NAMI-Savannah Office at 912-353-7143. Please call on Tuesdays to reach Jodi or leave a message anytime.

Peer Support "Warm Line" at 1-888-945-1414

The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day.

CRISIS HOTLINE

The 24-hour Georgia Crisis and Access Line, operated by Behavioral Health Link and also sponsored by the state, is 1-800-715-4225.

If you can receive e-mail and are currently receiving this newsletter via postal mail please contact the NAMI-Office so that we can add you to our e-mail list. This will save us a large amount of money for postage each month.

912-353-7143

Arm yourself with the facts, then use your knowledge to educate others and reach out to those around you with mental illness. Understanding and support are powerful, and they can make a real difference in the life of a person who needs them.

Annual Georgia Regional Christmas Party

NAMI-Savannah will hold our annual Georgia Regional Hospital Christmas Party on December 3rd at 6:30pm on Unit 6. We are asking that volunteers bake or purchase cupcakes instead of cookies this year. We also need volunteers to help us serve the treats. This party is a wonderful opportunity to get into the Christmas Spirit and bring some cheer to our friends at Georgia Regional. It has become the high point of my Christmas and for me is truly what Christmas is about. Please call the NAMI-Savannah office if you can provide cupcakes and/or volunteer to serve them at the party. 912-353-7143



CIT AWARDS BANQUET

On October 15, the fourth annual CIT Award banquet was held at the Manders Conference Center in Stockbridge GA. Hosted by NAMI Georgia, with CIT advisory board president Bill Kissell serving as master of ceremonies, CIT officers, faculty, and state leadership celebrated another year of advocacy and support for those who have a mental health diagnosis.

Receiving an award for leadership in the state and for his contribution to the very successful CIT program was Savannah-Chatham Metropolitan Police Officer Andy Arnsdorff. Andy was presented the award for being the "Most Creative Role Player". This honor is awarded to the CIT role-player who generates the most creative role player scenarios which aid in the instruction of de-escalation techniques presented at various CIT classes in this area and around the state of Georgia.

Also presented with an award was Savannah's Recovery Place, which won the "Choice Site Visit Award". This honor is awarded to the facility that provides exemplary service to consumers, has consistently hosted site visits for local CIT classes and has promoted an environment for positive and constructive dialogue between law enforcement officers, consumers and providers.

Accepting the award for Savannah Recovery Place is Leslie Backus, Chief Operating Officer, and Clint Decker, Clinical Director.



Savannah-Chatham Metropolitan Police Officer Andy Arnsdorff (left) is presented his award by Vernon Keenan, GBI Director.



Accepting the award for Savannah Recovery Place is Leslie Backus, Chief Operating Officer, and Clint Decker, Clinical Director.

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P. O. Box 13731
Savannah, GA 31406

Phone: 912-353-7143

**The Nation's Voice on
Mental Illness**

With more than 230,000 members, NAMI is the leading grassroots advocacy organization solely dedicated to improving the lives of persons with severe mental illness including schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder, and severe anxiety disorders.

Website: <http://nami-savannah.org>
Email: nami@nami-savannah.org

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FAX: 912-353-7195

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**STATEWIDE CRISIS AND
ACCESS LINE**

1-800-715-4225



Help For Members of the Military

Members of the military are now being offered local confidential counseling that is free and off post. It is available for all military: active duty, retired, children, adolescents, and couples. Because of the increase in suicides among the military, as well as the stress caused to families due to frequent deployment, the Department of Defense has made special arrangements with military experienced therapists in private practice to see service members off post, and at their convenience (day and evening hours).

There is no billing for this and no papertrail. So no one but the client and the therapist know who is being seen. The hope is that more people will come forward for help.

The two therapists in this area are Suzanne M. Baroody, LPC (Hinesville) and Sybil Dudley, LCSW, (Richmond Hill).

Contact information is:

Suzanne M. Baroody, LPC: 912-884-3007, or
suzanneblpc@hotmail.com.

Sybil Dudley, LCSW, 912 756-7136 x3401, or
sybil@LCSWSolutions.com.

Assertive Community Treatment Team

The Assertive Community Treatment Team (ACT) is now operating under the direction of Dr. Charles Li at the Georgia Regional Hospital in Savannah. They have formed the start of a "ACT Stakeholders Group", that is scheduled to meet once a month. The first meeting was held on November 2, 2009 at GRHS. Future meetings may be scheduled at a different location and time based on the needs of the group and the relocation "off campus" of the team but within Savannah. Currently Diane and Jimmy Reeder and John Richards are attending as family members or consumers along with Jodi Whitaker as our 'Connections' facilitator and a consumer. Based on the "ACT Model", it is required that this group be made up of 51% family members and consumers for proper representation of the needs and concerns of the community they serve. NAMI is asking for participation from our affiliate and community supporters to volunteer to serve on this group. As this is a new ACT Team in our area, it will be important for us to support and assist this team in maintaining fidelity to the model of operation, advocate for resources the team might need, and insure that the citizens of our community are being served appropriately. As many of our provider partners, both public and private, have a stake in the successful operation of this team, we are encouraging their participation also. We anticipate that beginning with the next meeting we will begin to develop our structure and method of operation as a group with the intent of active advocacy for their needed resources and operation. Please contact the director, Jamie Flanagan, at Georgia Regional Hospital or NAMI-Savannah **912-353-714** of your intent and willingness to serve.