



National Alliance on Mental Illness

**nami**

**Memphis**

**MARCH-APRIL 2017**

**NAMI Memphis NEWSLETTER**

**NAMI Memphis 29<sup>TH</sup> Annual  
CIT Awards Banquet  
June 22, 2017  
6 PM  
Faith Baptist Church  
Tickets**

**\$20 for NAMI Members;  
\$25 for General Public**

NAMI Memphis is proud to have been instrumental in the development of the CIT program here in Memphis. In the past, NAMI Memphis advocated to local government and law enforcement for the implementation of training among law enforcement officers about mental illness and specialized approaches which might be used in situations involving mentally ill individuals for the purposes of improving outcomes, and ensuring greater safety for law enforcement officers, the mentally ill individual, and the community as a whole. When the time came to develop the CIT program NAMI Memphis was there at the table to assist with the development of the CIT model. NAMI Memphis remains involved in CIT training to this day and is happy to serve the community through its participation in the initial and ongoing training of the officers selected for the CIT program.

Each year NAMI Memphis hosts an awards banquet to recognize those CIT officers who have stood out as being outstanding in some way in the performance of their CIT duties. Many officers have gone above and beyond that which is expected of them in the performance of their job. NAMI Memphis offers this program as a way to express our thanks on behalf of the many mentally ill individuals and their families who have contact with CIT trained officers here in Memphis and Shelby County.

We would like to encourage you to seek input from your CIT officers regarding who they think is doing an outstanding job or who has performed an amazing act as a CIT officer of which you might not be aware. Nominations should be for some action/behavior performed specifically in their role as a CIT officer and involving a mentally ill consumer and/or their family. We encourage you to participate in this year's program and take this opportunity to recognize from among your own CIT officers the men and women whose service means so much to so many.

## EDUCATION UPDATE

**BRIDGES:** (Building Recovery of Individual Dreams and Goals through Education and Support)

For anyone with a mental health diagnosis

**WHM:** (With Hope In Mind)

For family members, friends and caregivers of individuals who have a mental health diagnosis

**WHM Basics:**

For families with children diagnosed with a mental illness under the age of 18.

**Beginnings:**

For families/caregivers with children diagnosed under Age 25

### **NEW CLASSES:**

**Basics :**

Location: must pre-register

Please call to get locations and times

Call to Register: (901) 725-0305

**WHM : Please call to register**

**901-725-0305**

**NAMI Homefront**

Free 6 week educational program for families, caregivers and friends of military service members and veterans with mental health conditions

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For anyone with a mental health diagnosis

**WHM:** (With Hope In Mind)

individuals who have a mental health diagnosis

Pre-registration required for classes  
(901) 725-0305

## SUPPORT GROUPS

### **ONGOING SUPPORT GROUPS**

**BRIDGES**

Location: Lakeside Hospital, Room 7, Cresthaven Bldg

Date & Time: 7 – 8:00 pm

2<sup>nd</sup> Tuesday of the month

Call for information: (901) 725-0305

**S.O.S. Group**

Schizophrenia/Schizoaffective Disorder Support Group

NAMI Memphis Office

3<sup>rd</sup> Thursday monthly, 6:00 pm

901-725-0305

**WHM**

Location: Germantown Presbyterian Church

2363 South Germantown Rd, 38138

Date & Time: 6:45 p.m. to 8:45 p.m.

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays (901) 725-0305

Location: Lakeside Hospital, Cresthaven Bldg., Room 1

Date & Time: 7:00 p.m. to 8:30 p.m.

2<sup>nd</sup> Tuesday of the month

Call for Information: (901) 725-0305

Educational Speaker Meeting -

4<sup>th</sup> Tuesday of the month, Ridgeway Baptist Church 6:30pm

2500 Ridgeway Road, Fireside Room

Contact (901) 725-0305

March 28<sup>th</sup> at 6:30 PM

April 25<sup>th</sup> at 6:30 PM

## NAMI Memphis Day on the Hill 2017

The NAMI-Tennessee Grass-Roots Training Program and Day on the Hill were excellent opportunities for developing one's self as an advocate for the mentally ill in Tennessee. Marcus Boyd and I participated in both of these programs in Nashville on March 7 and 8.

The Grass-Roots Training Program was held on Tuesday night March 7 at the Club Hotel. It consisted in an educational seminar focused on legislation concerning mental health coming before the Tennessee House and Senate, and on how to approach a state legislator concerning one's story.

The ultimate goal is to enhance the availability of and accessibility to mental health care. Bills before the state legislature include the Mental Health Parity Bill, which has as its goal to provide mental health care on a par with physical health care; bills to decriminalize mental illness including a measure to provide diversion of non-violent offenders to treatment centers instead of incarceration; a measure that would make patients with chronic mental illness found guilty of capital offenses exempt from the death penalty; the Reliable Coverage Act, which will forbid the substitution of medications that are less expensive by health insurers and managed care organizations; and a bill that would expand Individual Placement and Support (IPS) programs to help people with mental illness find employment.

On Wednesday morning March 8 we convened in the War Memorial Auditorium on Capitol Hill and there saw presentations by Dr. Kellye Hudson, Director of Nursing at the Helen Ross McNabb Center in Knoxville, who discussed integrated approaches to outpatient mental health services; Amber McDonald, the Director of Government and External Affairs at the Tennessee Emergency Communications Board; Andrew Sperling, the Director of Federal Legislative Advocacy for NAMI; and Bethany Morse, who spoke of her own inspiring story of recovery from depression and addiction as a single mom; and Mary Shelton, MA, Director of Behavioral Health Organizations for TennCare.

On Wednesday afternoon, Marcus and I met with our state representative Johnnie Turner, to discuss mental health legislation. Representative Turner is a dedicated public servant who strongly supports mental health legislation, and our meeting with her was very positive and productive.

NAMI Grass Roots Training and Day on the Hill is held yearly. I would recommend participation in these programs for anyone interested in becoming an advocate for people with mental illness. I would also say that all of us should become familiar with our state representatives and senators and let them know how much we care about mental health legislation.

----- John Tetzeli, NAMI Memphis, President



## NAMI Tennessee Legislative Agenda 2017

### **System Adequacy for Crisis & Emergency Care**

Tennessee's state hospitals appear to be overflowing, which results in patients waiting in ER's or local jails for a bed to become available.

**Recommendation: Increase funding for more Crisis Stabilization Units for adults, as well as for children and adolescents.**

### **Mental Health Parity**

Under federal law, mental health must be provided fairly and equally to other medical services. Only 4% of the population is familiar with this right and fewer still know how to file a complaint. Acquiring data from insurers will also help identify the greatest areas of need.

**Recommendation: Support parity education and compliance via bills introduced by Sen. Briggs, Rep. Clemmons, and Rep. Pitts.**

### **Funding NAMI Homefront**

NAMI Tennessee seeks support for a budget amendment of \$25,000 to expand NAMI Homefront, a state-wide peer-taught program that assists family members and caregivers of veterans and service personnel that have severe mental illness. The General Assembly's Caucus has voted to support this budget amendment.

### **Mental Illness & the Criminal Justice System**

The issue of mental illness and the criminal justice system continues to make headlines nationally. An estimated 25%-60% of inmates have mental illness. Nationally, there is support for correction reform and efforts to decrease incarceration. There are multiple opportunities to intervene: training of police officers (CIT), diversion of non-violent offenders, increase of recovery courts, training of correction officers, and better re-integration of mentally ill inmates upon release.

**Recommendation: Approve \$15 million allocation in the Governor's budget. Advocate for prison reform which includes policy changes for mentally ill inmates.**

### **Employment for Persons with Mental Illness**

Individual Placement and Support (IPS) is an employment service that helps more people with mental illness obtain employment than any other type of vocational program. Studies have shown that IPS participation gets individuals with mental illness back to work. Only a small number of mentally ill Tennesseans have access to IPS.

**Recommendations: Expand IPS to additional TN communities.**

### **Tennessee Coalition for Mental Health and Substance Abuse Services**

TCMHSAS is comprised of more than 30 statewide and local organizations that promote mental wellness and substance abuse recovery through advocacy, education and service. NAMI TN supports the Coalition's goal of ensuring mental health and alcohol & drug treatment and support services available to all individuals and are maintained at a funding level that assures quality of care for those in need.

### **Tennessee Alliance for the Severe Mental Illness Exclusion**

TASMIE is a coalition of mental health advocates and other organizations that are educating Tennesseans about their concerns with sentencing those who have a severe mental illness to death.

NAMI TN **supports SB378/HB345**, prohibiting the death penalty as a punishment for defendants suffering from severe mental illness at the time of the offense.

### **Tennessee Patient Stability Coalition**

Our coalition of 18 patient and provider groups believes Tennesseans deserve the pharmacy benefits they are sold.

NAMI TN **supports the Reliable Coverage Act (HB 960/SB991)**, which will ensure consumer fairness and patient safety. The unfair insurance practice known as "non-medical switching" occurs when insurers reduce coverage of medications after the consumer has already signed on to the original plan terms. These mid-year benefit changes are fundamentally unfair to all consumers. Even worse, mid-year coverage changes are actually unsafe.

### **Great State Project: Tennesseans United for Health Care**

Our mission is to ensure that every Tennessean has access to affordable, accountable, and sustainable quality healthcare. NAMI TN supports the Project's efforts, including advocating for ACA revision & replacement, including Medicaid expansion.

# **FUND RAISING- HAVE YOU REGISTERED YOUR KROGER REWARDS CARD IN NAMI MEMPHIS' NAME? – TIME TO RENEW FOR THE NEW YEAR!**

The Kroger Gift Card Fundraising program has ended. If you have a reloadable gift card which you obtained through the NAMI Memphis office you can continue to use the money that is already loaded on the gift card but you will be unable to continue to re-load the card in future. The NEW fund raising program is even simpler and we are hoping that ALL NAMI Memphis Members, and friends will support us.

## **KROGER COMMUNITY REWARDS PROGRAM**

### **How does the Kroger Community Rewards Program Work?**

NAMI Memphis can earn 5% of Kroger purchases by linking your Kroger Plus Cards to NAMI Memphis.

*Exclusions* include: alcohol, tobacco, government-assisted pharmacy expenses, postage stamps, Kroger gift cards, Green Dot Prepaid Cards, gift certificates, bottle deposits, lottery tickets, promotional tickets, fuel, fuel center purchases, office services and Sales Tax.

*Eligible Pharmacy* purchases includes "out-of-pocket" co-pays for non-government-assisted pharmacy programs.

### **How do I register my Kroger Plus card on-line to link to NAMI Memphis?**

- Simply register online at [krogercommunityrewards.com](http://krogercommunityrewards.com)
- Be sure to have your Kroger Plus card handy and register your card with your organization after you sign up.
- If a member does not yet have a Kroger Plus card, please let them know that they are available at the customer service desk at any Kroger.
- Click on Sign In/Register
- Most participants are new online customers, so they must click on SIGN UP TODAY in the 'New Customer?' box.
- Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
- You will then get a message to check your email inbox and click on the link within the body of the email.
- Click on My Account and use your email address and password to proceed to the next step.
- Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- Update or confirm your information.
- Enter NPO number (NAMI Memphis NPO number is 80370) or name of organization, select organization from list and click on confirm.
- To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- REMEMBER, purchases will not count for your group until after your card(s) are registered.
- Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number.
- Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger Plus card when shopping for each purchase to count.

### **What if I do not have access to a computer or have an email account?**

Call Veronique Black in the office with your Kroger Plus Card number and your name and she will get you linked. 901.725.0305

# AmazonSmile

## **What is AmazonSmile?**

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

## **How do I shop at AmazonSmile?**

To shop at AmazonSmile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

## **Which products on AmazonSmile are eligible for charitable donations?**

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

## **Can I use my existing Amazon.com account on AmazonSmile?**

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

## **How do I select a charitable organization to support when shopping on AmazonSmile?**

On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

## **Can I change my charity?**

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to [smile.amazon.com](https://smile.amazon.com) on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

## **What charities can I choose from?**

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

## **How much of my purchase does Amazon donate?**

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

## **Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?**

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

**How can I learn more about AmazonSmile?** Please see complete AmazonSmile [program details](#).

**MARCH 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u>	8	9	10	11
12	13	14 BRIDGES Support (Lakeside- Cresthaven Bldg, Room 7) <u>7 pm</u> WHIM Support (Lakeside, Room 5) <u>7 pm</u> 901-725-0305	15	16 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:00 PM 901-725-0305	17 St. Patrick's Day	18
20	21	22 WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u> WHM Support	23	24	25	26
27	28	29 Educational Speaker Meeting Ridgeway Baptist Church 6:30	30	31		

**APRIL 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u>	5	6	7	8
9	10	11 BRIDGES Support (Lakeside- Cresthaven Bldg, Room 7) <u>7 pm</u> WHIM Support (Lakeside, Room 5) <u>7 pm</u> 901-725-0305 Valentine's Day	12	13	14 Good Friday	15
16 Easter	17	18 WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u>	19	20 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:00 PM 901-725-0305	21	22
23	24	25 Educational Speaker Meeting Ridgeway Baptist Church 6:30	26	27	28	29
30						