MAY IS MENTAL HEALTH AWARENESS MONTH

MENTAL HEALTH TOWN HALL MEETING
Thursday, August 3rd, 6-8 PM
Benjamin Hooks Library, Room C
Open to Public

29TH ANNUAL CIT AWARDS BANQUET
June 22ND, 6-8-PM
Faith Baptist Church

Statewide Call for Poetry & Essays (Pages 8-9)
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.

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

UPCOMING CLASSES

WHM: (With Hope In Mind)
May 6th - June 10th, 12 pm – 3 pm
Please call to register 901-725-0305

Upcoming WHM and Homefront Classes coming At the Vet Center
Pre-registration required for classes
(901) 725-0305

ANYONE WISHING TO HELP WITH HEALTH FAIRS FOR MONTH OF MAY PLEASE CONTACT OUR OFFICE WE HAVE SEVERAL COMING UP IN MAY AND NEED HELP COVERING THEM ALL THANKS!

SUPPORT GROUPS

ONGOING SUPPORT GROUPS

BRIDGES
Location: Lakeside Hospital, Room 7, Cresthaven Bldg
Date & Time: 7 – 8:00 pm
2nd Tuesday of the month
Call for information: (901) 725-0305

S.O.S. Group
Schizophrenia/Schizoaffective Disorder Support Group
NAMI Memphis Office
1st & 3rd Thursday monthly, 6:00 pm
901-725-0305
May group meeting on Wednesday May 24th at 6 pm only

WHM
Location: Germantown Presbyterian Church
2363 South Germantown Rd, 38138
Date & Time: 6:45 p.m. to 8:45 p.m.
1st & 3rd Tuesdays (901) 725-0305

Location: Lakeside Hospital, Cresthaven Bldg., Room 1
Date & Time: 7:00 p.m. to 8:30 p.m.
2nd Tuesday of the month
Call for Information: (901) 725-0305

Educational Speaker Meeting -
4th Tuesday of the month, Ridgeway Baptist Church 6:30pm
2500 Ridgeway Road, Fireside Room
Contact (901) 725-0305

May 23rd at 6:30 PM
June 27th at 6:30 PM
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.
NAMI MEMPHIS HOSTS MENTAL HEALTH TOWN HALL MEETING Thursday, August 3rd, 2017 6 PM – 8 PM At Benjamin Hooks Library 3030 Poplar Ave, Memphis TN 38111 Room C Join us for a discussion of ways to improve mental health services in Memphis
NAMI National Convention
Washington D.C.
June 28th – July 1st, 2017
Visit NAMI.ORG for Registration Information
Or Call (703) 524-7600

NAMI 2017 National Convention will feature:

- Attendee visit to Capitol Hill to advocate for mental health.
- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- People living with a mental illness and their families providing their own important perspectives on recovery.
- The country’s keenest minds and most savvy policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families.
- Inspiration, innovation and an exhilarating four days in Washington, DC.

Convention Headquarters:

Washington Hilton Hotel
1919 Connecticut Ave. NW
Washington, DC 20009
(All convention sessions and activities will take place at the Washington Hilton. The NAMI special attendee room rate is $165/night plus tax for a single or double occupancy. For more information, visit our Plan Your Trip page.

- See more at: https://www.nami.org/convention/#sthash.uYHt1MJW.dpuf
National mental health survey finds widespread ignorance, stigma

Less than half of Americans can recognize anxiety. Most people don't know what to do about depression even when they spot it. And nearly 8 in 10 don't recognize prescription drug abuse as a treatable problem. Those are just some of the findings of a new national survey on issues surrounding mental health literacy by Michigan State University scholars.

“Our work is designed to help communities think about how to address behavioral health challenges as they emerge, whether that's drug abuse, anxiety or other issues, and the challenges such as suicide that can accompany them,” said Mark Skidmore, an MSU professor and co-investigator on the project.

The national survey examines mental health literacy on four major issues: anxiety, depression, alcohol abuse and prescription drug abuse. The work is funded by the U.S. Department of Agriculture and the Substance Abuse and Mental Health Services Administration, an agency within the U.S. Department of Health and Human Services, and administered by the National Institute of Food and Agriculture, within Agriculture Department.

Skidmore said the web-based survey -- which involved nearly 4,600 total participants -- aims to give health officials and policymakers a better understanding of where to target education and prevention efforts for major societal issues such as prescription drug abuse. Public health officials are calling the opioid epidemic -- which killed more than 33,000 people in 2015 -- the worst drug crisis in American history.

According to the survey, 32 percent of all respondents were unable to identify the signs of prescription drug abuse (taking higher doses than prescribed, excessive mood swings, changes in sleeping patterns, poor decision-making and seeking prescriptions from more than one doctor). Those percentages were even more concerning for people aged 18-34 (47 percent) and among all men (44 percent).

“Although great strides have been made in the area of mental health literacy in recent decades,” the authors write, “the discrepancies in mental health knowledge, helping behaviors and stigma show the importance of continuing to educate the public about mental health issues.”

Source: Michigan State University

You are NOT your illness. Do not let it DEFINE you.
Ten Common Myths About Mental Illness

Myth #1: Mental illnesses aren’t real illnesses.
Fact: The words we use to describe mental illnesses have changed greatly over time. What hasn’t changed is the fact that mental illnesses are not the regular ups and downs of life. Mental illnesses create distress, don’t go away on their own, and are real health problems with effective treatments. When someone breaks their arm, we wouldn’t expect them to just “get over in”; nor would we blame them if they needed a cast, sling, or other help in their daily life while they recovered.

Myth #2: Mental illnesses will never affect me.
Fact: All of us will be affected by mental illnesses. Researchers estimate that as many as one in five people will experience a mental illness at some point in their life. You may not experience a mental illness yourself, but it’s very likely that a family member, friend, or co-worker will experience challenges.

Myth #3: Mental illnesses are just an excuse for poor behavior.
Fact: It’s true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviors. No one chooses to experience a mental illness.

Myth #4: Bad parenting causes mental illnesses.
Fact: No one factor can cause mental illnesses. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences. Family members and loved ones do have a big role in support and recovery.

Myth #5: People with mental illnesses are violent and dangerous.
Fact: Some people try to predict violence so they know what to avoid. However, the causes of violence are complicated. Researchers agree that mental illnesses are not a good predictor of violence. In fact, if we look at mental illnesses on their own, people who experience a mental illness are no more violent than people without a mental illness. It’s important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

Myth #6: People don’t recover from mental illnesses.
Fact: People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. The fact is, people who experience mental illnesses can and do lead productive, engaged lives. They work, volunteer, or contribute their unique skills and abilities to their communities. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals.

Myth #7: People who experience mental illnesses are weak and can’t handle stress.
Fact: Stress impacts well-being, but this is true for everyone. People who experience mental illnesses may actually be better at managing stress than people who haven’t experienced mental illnesses. Many people who experience mental illnesses learn skills like stress management and problem-solving so they can take care of stress before it affects their well-being. Taking care of yourself and asking for help when you need it are signs of strength, not weakness.

Myth #8: People who experience mental illnesses can’t work.
Fact: Whether you realize it or not, workplaces are filled with people who have experienced mental illnesses. Mental illnesses don’t mean that someone is no longer capable of working. Some people benefit from changes at work to support their goals, but many people work with few supports from their employer. Most people who experience serious mental illnesses want to work but face systemic barriers to finding and keeping meaningful employment.

Myth #9: Kids can’t have a mental illness like depression. Those are adult problems.
Fact: Even children can experience mental illnesses. In fact, many mental illnesses first appear when a person is young. Mental illnesses may look different in children than in adults, but they are a real concern. Mental illnesses can impact the way young people learn and build skills, which can lead to challenges in the future. Unfortunately, many children don’t receive the help they need.

Myth #10: Everyone gets depressed as they grow older. It’s just part of the aging process.
Fact: Depression is never an inevitable part of aging. Older adults may have a greater risk of depression because they experience so many changes in roles and social networks. If an older adult experiences depression, they need the same support as anyone else. These myths—and many more—exclude people with mental illnesses from our communities and create barriers to wellbeing. If we want to reduce the impact of mental illnesses on our communities, we need to learn the facts and start with our own assumptions and behaviors.

What can I do about it?
Changing attitudes and behaviors takes time, and it might seem like one person can’t possibly make a difference. Actually, we can all find small ways to help.
STATEWIDE CALL FOR POETRY, PERSONAL ESSAYS, SHORT STORIES FROM TENNESSEE CONSUMER WRITERS “Faith, Hope and Recovery in Letters 2017”

Share your thoughts on resiliency, recovery, hope, success in the face of adversity and life experiences. Your writing can be as a poem or personal essay. Our theme this year is "Triumphs of Life" about celebrating your success on your journey of recovery, what faith and hope mean to you, or other life experiences reflecting your own journey you wish to share. Drawings to illustrate the writings will also be accepted.

Contributions are welcome from persons in mental health and addiction recovery, as well as family members, counselors, advocates, and professionals.

Poems and personal essays may be up to 400 words in length. There is a limit of two entries per person. Please send a completed 2017 Writings Receipt with the writings you submit.

Deadline for email, fax or mail entry is Wednesday, June 28, 2017.

Submit your entry attached as a Word document and the 2017 Writings Receipt to healingartsproject@gmail.com.

Or print or type your entry on white 8 l/2 x 11 inch paper and mail with 2017 Writings Receipt to: Writings, PO Box 23584, Nashville, TN 37202, or fax to 615-665-9590.

We will choose entries to include in the booklet, and also ask some writers to read their piece during the Service of Hope in October to celebrate Mental Illness Awareness Week. Entries will not be returned.

Call Jane Baxter at 615-594-4642 if you have any questions.

Healing Arts Project, Inc. (HAPI)

(See page 9 for consent to publish form)
2017 WRITINGS RECEIPT
STATEWIDE CALL FOR POETRY and PERSONAL ESSAYS
"Triumphs of Life"
Contributions are welcome from persons in mental health and addiction recovery, as well as family members, counselors, advocates, and professionals.

Name: ________________________________
Mailing Address: _________________________________________________________
City: ______________________________ State: _____________ Zip: _________________
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How did writing this work make you feel?_____________________________________
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I, _________________________________, hereby give my consent to the Healing Arts Project, Inc. for the use of:
(Please check all that apply)

☐ my photo and my writings and agree to have these published or shared publicly
☐ my name and comments identified with my writings and agree to have these published or shared publicly
☐ if chosen, to read my writings in Service of Hope, October 2017 Nashville, TN

I also agree HAPI may edit my writings for length, clarity, style, and spelling. HAPI will make every effort to contact me regarding any editing of my work.

_________________________________________ _________________________
Signature                                                   Date

Deadline for entry is Wednesday, June 28, 2017. Poems and personal essays may be up to 400 words in length. There is a limit of two entries per person. Drawings to illustrate the writing will also be accepted with the writing. No entries will be returned. Email written work as a Word document with 2017 Writings Receipt to healingartsproject@gmail.com. Or mail entry on white 8 1/2 x 11 inch paper in ink or typed to: Writings, PO Box 23584, Nashville, TN 37202, or fax to 615-665-9590. Questions: call Jane Baxter, 615-594-4642.
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, 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 from the web browser on your computer or mobile device. You may also want to add a bookmark to 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), 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 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 toward your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select “Change your Charity” in “Your Account.”

From which charities can I choose?

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.
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