



National Alliance on Mental Illness

nami | **Memphis**

September – October 2017

October is Mental Health Month

NAMI WALK FOR MENTAL HEALTH AWARENESS

Overton Park, East Parkway Pavilion

Saturday, October 14th

Registration at 9 am

Walk at 10 am

Hamburgers & Hotdogs



NAMI Memphis NEWSLETTER

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 veterans and military service members with mental health conditions

UPCOMING CLASSES

WHM: (With Hope In Mind)

Please call to register 901-725-0305

Class starting September 12th

BASICS

BASICS teacher training Oct. 20nd – 22nd in

Jackson, TN

Please contact Denise Stewart at 615-361-6608

Or 800-467-3589

Upcoming WHM and Homefront Classes coming September 14th

Pre-registration required for classes

(901) 725-0305 or email

mboyd.namimemphis@gmail.com

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

2ND & 4TH 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.

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

September 26th at 6:30 PM

Ms. Trea Campbell, CFSS BSW with LifeCare Family Services

October 24th at 6:30 PM

Sita Diehl and Bonnie Hanna with NAMI Tennessee

Will be speaking on Parity Laws

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NAMI TENNESSEE BASICS TEACHER TRAINING

Would you be interested in becoming a BASICS Teacher?
There is a teacher training class coming up October 20-22, 2017
In Jackson, TN
Please contact Denis Stewart at NAMI TN

(615) 361-6608 or (800) 467-3589

NAMI TENNESSEE STATE CONVENTION
Celebrating 31 Years
September 28-29th

What is PTG?

What is *posttraumatic growth*? It is positive change experienced as a result of the struggle with a major life crisis or a traumatic event. Although we coined the term *posttraumatic growth*, the idea that human beings can be changed by their encounters with life challenges, sometimes in radically positive ways, is not new. The theme is present in ancient spiritual and religious traditions, literature, and philosophy. What is reasonably new is the systematic study of this phenomenon by psychologists, social workers, counselors, and scholars in other traditions of clinical practice and scientific investigation.

What forms does posttraumatic growth take? Posttraumatic growth tends to occur in five general areas. Sometimes people who must face major life crises develop a sense that new opportunities have emerged from the struggle, opening up possibilities that were not present before. A second area is a change in relationships with others. Some people experience closer relationships with some specific people, and they can also experience an increased sense of connection to others who suffer. A third area of possible change is an increased sense of one's own strength – "*if I lived through that, I can face anything*". A fourth aspect of posttraumatic growth experienced by some people is a greater appreciation for life in general. The fifth area involves the spiritual or religious domain. Some individuals experience a deepening of their spiritual lives, however, this deepening can also involve a significant change in one's belief system.

Some Clarifications:

Most of us, when we face very difficult losses or great suffering, will have a variety of highly distressing psychological reactions. **Just because individuals experience growth does not mean that they will not suffer.** Distress is typical when we face traumatic events.

We most definitely are not implying that traumatic events are good – they are not. But for many of us, life crises are inevitable and we are not given the choice between suffering and growth on the one hand, and no suffering and no change, on the other.

Posttraumatic growth is not universal. It is not uncommon, but neither does everybody who faces a traumatic event experience growth.

Our hope is that you never face a major loss or crisis, but most of us eventually do, and perhaps you may also experience an encounter with posttraumatic growth.

From UNC Department of Psychology

Post Traumatic Growth

Interest in how trauma can be a catalyst for positive changes began to take hold during the mid 1990's when the term *posttraumatic growth* was introduced by two pioneering scholars Richard Tedeschi and Lawrence Calhoun.

The term posttraumatic growth proved to be popular and has since developed into one of the flagship topics for **positive psychology**.

In 2011 Tedeschi was in Wilmington, N.C., to speak to about 150 veterans, military family members and social workers. He explained the dynamics of post-traumatic growth. Only a seismic event — not just an upsetting experience — can lead to this kind of growth. By that Tedeschi means an event that shakes you to your core and causes you to question your fundamental assumptions about the world. Survivors of such severe trauma inevitably confront questions about existence that most of us avoid, and the potential for growth comes not from the event itself but from the struggle to make sense of it. Tedeschi calls this rumination, and he argues that it can happen alongside P.T.S.D., after P.T.S.D. or in its absence. “The challenge is to see the opportunities presented by this earthquake,” Tedeschi says. “Don’t just rebuild the same crappy building you had before. Why not build something better?”

In the book *What Doesn't Kill Us* by **Stephen Joseph PhD**, Dr. Joseph describes how after experiencing a **traumatic** event, people often report three ways in which their psychological functioning increases:

1. Relationships are enhanced in some way. For example, people describe that they come to value their friends and family more, feel an increased sense of compassion for others and a longing for more intimate relationships.
2. People change their views of themselves in some way. For example, developing in **wisdom**, personal strength and **gratitude**, perhaps coupled with a greater acceptance of their vulnerabilities and limitations.
3. People describe changes in their life **philosophy**. For example, finding a fresh appreciation for each new day and re-evaluating their **understanding** of what really matters in life, becoming less materialistic and more able to live in the present.

Importantly, and this just can't be emphasized enough, this does not mean that trauma is not also destructive and distressing. No one welcomes adversity. But the research evidence shows us that over time people can find benefits in their struggle with adversity. Indeed, across a large number of studies of people who have experienced a wide range of negative events, estimates are that between 30 and 70% typically report some form of positive change.

We can all use this knowledge to help us cope when adversity does strike, be it **bereavement**, accident or illness. We can seek to live more wisely in the aftermath of adversity, and subvert suffering.

To find out more about this book on posttraumatic growth: <http://www.profstephenjoseph.com>

SEPTEMBER 2017

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

OCTOBER 2017

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