



National Alliance on Mental Illness

nami

Memphis

JANUARY-FEBRUARY 2018

Mental Health Day on the Hill

March 7, 2018

NAMI Tennessee Grassroots Training will be

March 6, 2018, 5-9 pm

Please contact us at 901-725-0305

Our state office is currently soliciting scholarship applications for the NAMI Tennessee Grassroots Training, set for **Tuesday, March 6,**

5-9 PM at the Club Hotel, located at 2435 Atrium Way in Nashville, ZIP 37214. This training session will help participants develop advocacy skills for use in many areas of their lives, including the next day's Day on Capitol Hill legislative visits.

BRIDGES Instructor/Facilitator Training

Sponsored by Tennessee Mental Health Consumers' Association

Funded by The Tennessee Dept. of Mental Health & Substance Abuse

June 4-8th; 8:30 AM to 5 PM

Lowenstein House, 821 S. Barksdale, Memphis TN 38114

Please contact Lori Rash at TMHCA at (731) 499-1308

Or email at lrash@tmhca-tn.org

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

January 4, 2018

Christ United Methodist Church

Another class to begin in February in Midtown

WHM: (With Hope In Mind)

Class starting February 5th – March 26th, 6-8 pm

St. John's United Methodist Church

Please call to pre-register (901) 725-0305

BASICS – January 15th, 6 weeks, The Healing Center

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

Please check in March for any possible location changes

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

Please check in March for any possible location changes

Educational Speaker/ NAMI Business Meeting -

4th Tuesday of the month, Ridgeway Baptist Church 6:30pm

2500 Ridgeway Road, Fireside Room, January 23rd

These meetings may be moving to St. Francis, 5959 Park

St. Catherine's Room in March

Contact (901) 725-0305

Dying with Your Rights On: Mental Illness, Civil Rights and Saving Lives

Article by Lloyd I. Sederer, MD published in 2011 in New York City

I am including portions of this write up especially in memory of the recent death of

Shelley Thompson, who was found frozen to death the

morning of January 17, 2018 in front of City Hall

she was 44 years old

The care home at which she was staying is now being investigated by the state



The following article is not about Shelley Thompson, but it could just as well have been

I am a psychiatrist who has treated patients for over 35 years, run all varieties of psychiatric services and worked in city and state government. But I still cannot bear to read or hear a story of a fatal outcome for a person with a serious mental illness who dies from neglect or some form of self-harm. I was especially distressed to read an article in *The New Yorker* (Rachel Aviv, May 30, 2011, Annals of Mental Health) called "God Knows Where I Am: What should happen when patients reject their diagnosis?" The article deeply troubled me because of the outcome for the person it profiled: Linda Bishop was found dead, presumably from starvation and hypothermia, in a home she had broken into in New Hampshire several months after she had a two-year psychiatric hospitalization. Her last journal notation was in January 2008, and her body was accidentally discovered in May.

Neither Bishop's sister, a longtime advocate for her (who works in the justice system) whom a court years earlier declined to make Bishop's legal guardian, nor Bishop's daughter were informed of her condition during her extended stay in New Hampshire's state hospital -- nor were they told when she was discharged. Instead, a fantasy relationship that Bishop had for years in her head, with no contact with the man, was her plan for support, even marriage, upon leaving the hospital.

The story of Linda Bishop's multiple psychiatric hospitalizations, her misdemeanor (non-violent) offenses and time in jail, her abandonment of her teenage daughter, her assertion that she was not mentally ill and her refusal to follow any treatment plan, the lack of evidence that she could care for herself, and the self-imposed distance from her family was all too familiar to me and my colleagues working in public mental health, even if the details of her situation may vary in some ways from others. Recognized experts (and longtime colleagues) Drs. Tom Gutheil and Paul Appelbaum in 1979 aptly called this type of tragedy "rotting with their rights on."

Our laws stipulate that Bishop had to consent to provide information to her family, which she did not. Privacy violations would have been the consequence of the hospital contacting her family during the hospital stay or at the time of discharge. Bishop's "right" to live where (and how) she wanted derives from legal rulings that stipulate a person's right to live in what is called "the least restrictive setting." The letter of the law had been met. And the patient died.

Arguments have been made on the polar extremes of this dilemma. On one side are patient rights advocates who are stalwart about privacy and self-determination. In fact, legal organizations are present to defend these rights in state hospitals throughout this country. Considerable legal rulings now protect individuals from involuntary hospitalization and involuntary treatment by requiring court action to achieve both, with the exception of emergency situations. On the other side are advocates calling for increasing commitments of people with serious mental illness, including outpatient commitment (and requiring that those committed take psychiatric medications for their disorders), and longer hospital stays.

Never having been one for extremes, except maybe when it came to my playing sports, I believe there are viable middle grounds -- even if difficult to reach.

For example, nine years ago the first Mental Health Court was established in New York City, under the remarkable (and continued) leadership of Judge Matthew D'Emic. There are now seven such courts in NYC, about 25 in New York State and approximately 200 around the country (not counting drug and domestic violence courts). A mental health court accepts referrals from other courts where there appears to be a mental illness complicating the crime. Court mental health specialists evaluate the person for a mental illness, and if present, the defendant can plead guilty (in New York State) and be "sentenced" to court ordered treatment under the supervision of the judge; other states may divert the person from jail, have charges held in abeyance pending completion of the treatment program, or other procedures according to local statute. This form of supervised treatment is typically for a year (the maximum sentence for a misdemeanor). More recently, there are mental health courts working with felons where the court ordered treatment can go on for years.

For example, outpatient commitment already exists in almost every state (this has been the case in New York State for over 10 years, instituted after Kendra Webdale was pushed before an oncoming subway train by a man with a psychotic illness). The law, Kendra's Law, has been renewed twice, each time for five years. We don't need more outpatient commitment (though some state statutes warrant updating); we need more outpatient treatment that works.

Which brings me to my main point: outpatient mental health services in this country don't work very well, despite the dedicated people who work for them. The result is that early intervention and the provision of comprehensive, continuous, proven (evidence-based) treatments is being delivered to less than 20 percent (!) of people who need it. That means more than four out of five people are not getting what they need for their illness and recovery. Lack of good care coupled with lack of housing are the principal drivers for the clinical deterioration, chronic homelessness, use of jails and prisons as institutions to contain people with mental disorders, and suicidal and violent behaviors among those who are mentally ill. This country is in need of a mental health overhaul, as candidly portrayed in the President's New Freedom Commission on Mental Health (December 2002; disclosure: the Commission's chair was Michael Hogan, Ph.D., now Mental Health Commissioner for the state of New York, and my boss).

Mental health has treatments that work. It has mission-oriented professionals and provider organizations. But it lacks organization, accountability and financing that pays for what is accomplished rather than what is simply done. Sounds familiar? That's because mental health care is part of health care, where the same issues apply in capital letters.

As this country grinds its way to a more responsive, and hopefully affordable, health care system, what can be done now? For one, mental health clinics can be held to specific standards of care and their licenses made dependent on delivering those standards. Measurement-based care can be introduced (and required) where improvement from mental illness is tracked just like we track blood pressure, blood sugar and lipids. Incremental financing reforms can better support evidence-based practices as well as outreach and engagement of those hardest to reach and retain in care. People in recovery from mental illness (called peers or consumers) can be made a part of the public mental health system so they serve as navigators and trusted persons for those wary of mental health care. And no one stands a decent chance of getting better from a serious mental illness without safe and reliable housing with access to quality health and mental health services.

Indifference is cruel and costly. We can make a difference. People can have their rights and their lives -- and their families, too. That's what health care, including mental health care, is really all about.

----- Taken from Article by Lloyd I. Sederer, MD published online in 2011

**NAMI Memphis 3rd Annual Prayer Breakfast at
The Hilton Memphis
“Widening the Thin Blue Line”
Was a wonderful event! Here are some highlights**



Attorney Stephen Bush (L); Debra Dillon, Director NAMI Memphis;
John Tetzeli, President NAMI Memphis (R)



Attorney Stephen Bush, Shelby
County Chief Public Defender and
The Jericho



Mr. Charles Thompson, MidSouth
HealthNet and NAMI Memphis Board
of Directors



Lt. Colonel Vincent Beasley,
Director of MPD CIT Program,
and NAMI Memphis Board of
Directors



Debra Dillon, Director
NAMI Memphis



Sharon Gartrell, NAMI Memphis
teacher and Board of Directors

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
- 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, 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 towards 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."

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](#).



NAMI Memphis T-Shirt Drive

Approximately **1** in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious **mental illness** in a given year that substantially interferes with or limits **one** or more major life activities. Someone you love has a mental illness. Help fight stigma against mental illness. 100% of the profits go to support NAMI Memphis, a non-profit organization which provides support, education, and advocacy services at no cost to individuals and families who live with mental illness.

T-shirts start at \$21.99 plus shipping & Handling

Please visit <https://teespring.com/ficht-mental-health-stigma>

JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2 WHM Support Germantown Presbyterian Church 6:45 PM 901-725-0305	3	4 Basics Class 6 weeks training	5	6
7	8	9 BRIDGES Support (Lakeside- Cresthaven Bldg, Room 7) <u>7 pm</u> WHIM Support (Lakeside, Room 5) <u>7 pm</u> 901-725-0305	10	11 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:00 PM 901-725-0305	12	13
14	15 Martin Luther King, Jr. Day	16 WHM Support Germantown Presbyterian Church 6:45 PM 901-725-0305	17	18	19	20
21	22	23 Educational Speaker Meeting Ridgeway Baptist Church	24	25 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:00 PM 901-725-0305	26	27
28	29	30	31			

FEBRUARY 2018

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