



National Alliance on Mental Illness

nami | **Memphis**

MARCH-APRIL 2018

**May 19th, 2018 NAMI Member Picnic
Shelby Farms 10 am – Noon**

**4th Tuesday Speaker Meetings moving to
St. Francis Hospital, 5959 Park Ave.
St. Claire's Room, 7-8:30 PM**

**NAMI Memphis 30th Annual CIT Awards
Banquet
Saturday June 16th, 2018
6-8:00 PM
Bellevue Baptist Church**

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

April 5th - May 24th

Christ United Methodist Church, 6-8 pm

WHM:

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

BASICS –

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

Educational Speaker Meeting

4th Tuesday of the month

St. Francis Hospital, 5959 Park, St. Claire's Room
(Behind Women's Health Bldg at back)

7-8:30 pm

Contact (901) 725-0305

March Speaker

Janice Williams with Caregivers Respite

April Speaker To Be Announced

NAMI MEMPHIS MEMBERS PICNIC
For NAMI Members
Saturday, May 19th, 10 AM – Noon
Shelby Farms
Must RSVP



Behavioral Health Day on the Hill 2018

On a sunny **Tuesday** morning March 6, fellow NAMI-Memphis member Ray Sechrengost and I headed on I 40 East to Nashville, along the way picking up NAMI-Madison County member Michael Butler. We arrived at the Club Hotel in Nashville in the mid-afternoon. We were eager participants in NAMI-Tennessee’s annual Grass Roots Training and Day on the Hill.

Grass Roots Training was held **on Tuesday** evening at the hotel. It was hosted by Jeff Fladen, executive director and Roger Stewart deputy director of NAMI-Tennessee. Also representing Memphis at Day on the Hill were June Winston and Bartholomew Allen, both with Lowenstein House. At the seminar, lots of valuable information was conveyed on how to advocate. Each of us has a story of mental illness and recovery to tell, and this story is valuable and can influence legislators. Sita Diehl, retired director of state policy and outreach for NAMI, helped to teach us how to present our stories to legislators. We each wrote notes on our story and rehearsed it with a fellow NAMI-member. We learned how important it is at the conclusion of our story to ask the legislator/ listener for support for mental health care. Then Bill Dobbins, NAMI legislative lobbyist and advocate, discussed several bills that were under consideration by the state legislature, including a bill to provide better enforcement of mental health parity, a bill that proposes exclusion of people with serious mental illness to be excluded from consideration of the death penalty when accused of capital crimes, as well as a bill to support Medicaid expansion, all of which are strongly supported by NAMI Tennessee.

We were up bright and early **on Wednesday** morning, had breakfast at the hotel and drove to Capitol Hill. We convened at the War Memorial Auditorium. We were addressed by Marie Williams, commissioner of the Tennessee Mental Health and Substance Abuse Administration, who gave us an update of mental health-care initiatives in our state, as well as State Senator Richard Briggs, MD and Speaker of the House Beth Harwell. Linda O’Neal, from the Tennessee Commission on Children and Youth, gave us an interesting presentation on Adverse Childhood Events (ACEs) and their effects on mental health in adulthood. At 1100 AM Ray, Michael and I made our way to the Legislative Office Building. In the afternoon, we met with Vivian Hughbanks, assistant to state Senator Brian Kelsey and with State Representative Johnnie Turner. We presented our stories and advocated for measures to improve mental health care in our state. Both Ms. Hughbanks and Representative Turner were avid listeners and very receptive to our concerns. While Michael and I met with Representative Turner, Ray had a productive meeting with Rep Mark White, House Chair on Education Administration and Planning.

We drove back to Memphis **on Wednesday** afternoon, inspired and energized by this event. I would recommend participation in Behavioral Health Day on Hill to anyone interested in advocacy for people with mental illness. It is held yearly in early March.

John Tetzeli
President, NAMI Memphis



nami | **Memphis**
National Alliance on Mental Illness

Annual CIT Awards

June 16th, 2018
Banquet - 6:00 p.m.
Awards Ceremony – 6:45 p.m.

Bellevue Baptist Church
2000 Appling Road
Memphis, TN 38016

NAMI Memphis is a grassroots, self-help organization dedicated to improving quality of life for individuals with mental illness, their families and communities. Our mission is accomplished through mutual support, education, and advocacy by providing family and consumer education and support, serving as an information resource and referral center, educating mental health professionals about the lived experience of mental illness from the perspective of family members and consumers, advocating for quality institutional and non-institutional care and recovery oriented individualized treatment for people living with mental illness, promoting community support including appropriate housing linked with social and vocational rehabilitation and employment programs, promoting research (preventative, alternative treatments, rehabilitation, and cure), promoting adequate funding for mental health care facilities and services.

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.

CIT is not always the exciting, adrenalin pumping action that officers may encounter in other aspects of their daily routine as law enforcement officers. Often the officer selected may have done something of which his supervisor is unaware. It may be the officer who takes time out of his schedule to stop in and check on “Jane and John Doe” at the end of each month to see how they are doing, knowing they are usually out of money the last few days of the month and bringing a sack of groceries to tide them over until check day. It may be the officer who knows that “Mary Smith” recently got out of the hospital and stops in to check to see if she kept her appointment to get her prescription refilled. It may be the officer who stopped when he saw a naked man on the wrong side of the bridge railing and talked to him, slowly gaining his trust and engaging him in conversation until he could safely invite him to go somewhere with him to get some help.

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.

One in four Americans has a diagnosable mental illness. Someone you love has a mental illness. That’s why there is NAMI. That’s why there is CIT.



Annual CIT Awards

June 16th, 2018
Banquet - 6:00 p.m.
Awards Ceremony – 6:45 p.m.

Bellevue Baptist Church
2000 Appling Road
Memphis, TN 38016

Additional Ticket Cost: \$25.00 general public/\$20.00 NAMI-Memphis members
(all tickets will be on "Will Call" at the reception desk when you enter the church)

- Verbal acknowledgement of Gold Level Sponsors during evening opening remarks

Sponsors:

- Gold Level Sponsor \$2,600.00
 - ✓ Reserved Table Seating for 20
 - ✓ 20 tickets at will call desk
 - ✓ Sponsorship Listing on Program and NAMI Memphis website for 1 year
 - ✓ Logo included on Website for event sponsorship
 - ✓ NAMI Memphis tote bag for each guest at reserved table seating
- Silver Level Sponsor \$1,600.00
 - ✓ Reserved Table Seating for 10
 - ✓ 10 tickets at will call desk
 - ✓ Sponsorship Listing on Program and NAMI Memphis website for 1 year
 - ✓ Logo included on Website for event sponsorship
 - ✓ NAMI Memphis tote bag for each guest at reserved table seating
- Bronze Level Sponsor \$900.00
 - ✓ Reserved Table Seating for 10
 - ✓ 10 tickets at will call desk
 - ✓ Sponsorship Listing on Program and Website for event sponsorship for 1 year

Individuals Sponsoring a CIT Officer:(sponsor is responsible for notifying the Officer)

- \$25.00 will sponsor a CIT Officer
- \$120.00 will sponsor a CIT Officer and his/her family

Deadline for Names and Ticket Numbers: May 1st for Law Enforcement Award Recipients and Command Staff
May 15th for Sponsors

Photos: Officers receiving awards should be present at 5:00 p.m. for photos to be taken

NAMI Memphis will provide free tickets for:

- Each Officer receiving an award and their immediate family members (head count will be needed)
- 3 tickets for Command Staff for each Law Enforcement Agency/MPD Precinct (excluding the Chief/Sheriff)
- The Chief of Police/Sheriff for each Law Enforcement Agency
- County and City Mayors

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 901.725.0305 your Kroger Plus Card number and your name and she will get you linked.

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](#).

The 'loudness' of our thoughts affect how we judge external sounds

From Science News, February 23, 2018, New York University

The "loudness" of our thoughts -- or how we imagine saying something -- influences how we judge the loudness of real, external sounds, a team of researchers from NYU Shanghai and NYU has found.

Its study, titled "Imagined Speech Influences Perceived Loudness of Sound" and published in the journal *Nature Human Behaviour*, offers new insights into the nature of brain activity. The research project was conducted by Tian Xing and Bai Fan from NYU Shanghai with, David Poeppel and Teng Xiangbin from NYU, and Ding Nai from Zhejiang University.

"Our 'thoughts' are silent to others -- but not to ourselves, in our own heads -- so the loudness in our thoughts influences the loudness of what we hear," says Poeppel, a professor of psychology and neural science.

Using an imagery-perception repetition paradigm, the team found that auditory imagery will decrease the sensitivity of actual loudness perception, with support from both behavioral loudness ratings and human electrophysiological (EEG and MEG) results.

"That is, after imagined speaking in your mind, the actual sounds you hear will become softer -- the louder the volume during imagery, the softer perception will be," explains Tian, assistant professor of neural and cognitive sciences at NYU Shanghai. "This is because imagery and perception activate the same auditory brain areas. The preceding imagery already activates the auditory areas once, and when the same brain regions are needed for perception, they are 'tired' and will respond less."

According to Tian, the study demonstrates that perception is a result of interaction between top-down (e.g. our cognition) and bottom-up (e.g. sensory processing of external stimulation) processes. This is because human beings not only receive and analyze upcoming external signals passively, but also interpret and manipulate them actively to form perception.

The findings are the team's latest in a series of studies using mental imagery paradigms to investigate speech monitoring and control in production process -- namely, a motor-based predictive process, which can extend and predict low-level auditory attributes such as loudness.

"Combining perception and speech production monitoring and control, this study can implicate the mechanisms of mental disorders," Tian says. "The most relevant one is auditory hallucination mostly in schizophrenia."

Story Source:

Materials provided by [New York University](#). Note: Content may be edited for style and length.

Journal Reference:

Xing Tian, Nai Ding, Xiangbin Teng, Fan Bai, David Poeppel. **Imagined speech influences perceived loudness of sound.** *Nature Human Behaviour*, 2018; DOI: [10.1038/s41562-018-0305-8](https://doi.org/10.1038/s41562-018-0305-8)

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1			1	2	3
4	5	6 WHM Support Germantown Presbyterian Church 6:45 PM 901-725-0305	7 Mental Health Day on the Hill	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 BRIDGES Support (Lakeside- Cresthaven Bldg, Room 7) <u>7 pm</u> WHIM Support (Lakeside, Room 5) <u>7 pm</u> 901-725-0305	14	15	16	17 St. Patrick's Day
18	19	20 WHM Support Germantown Presbyterian Church 6:45 PM 901-725-0305	21	22	23	24
25 Palm Sunday	26 WHM Class Graduation	27 Educational Speaker Meeting St. Francis Hospital 5959 Park St. Cliare's Room 7-8:30 PM Janice Williams Caregivers Respite	28	29	30 Good Friday	31 Passover

APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2	3 WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u>	4	5 With Hope in Mind Class Christ United Methodist Church Room 411-412 6-8 PM Please call to register 901-725-0305	6	7
8	9	10 Lakeside- Cresthaven Bldg, Room 7) 7 pm WHIM Support (Lakeside, Room 5) 7 pm 901-725-0305	11	12	13	14
15	16	17 WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u>	18	19	20	21
22	23	24 Educational Speaker Meeting St. Francis Hospital 5959 Park St. Claire's Room 7-8:30 PM	25	26 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:00 PM 901-725-0305	27 NAMI Basics Teachers Training 27 th -29 th Monteagle, TN Contact Denise Stewart at NAMI TN at 615-361- 6608	28
29	30					