



## **NEWS for OCTOBER 2017**

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### **UPCOMING NAMI** **Mobile**

### **EVENTS**

**NAMI MOBILE - NO GENERAL MEETING THIS MONTH**

**Family Support Groups**

**NAMI Connections**

**Support Group will not meet for the next few months.**

**Mental Health First Aid for YOUTH**

**Spring Family To Family Course**

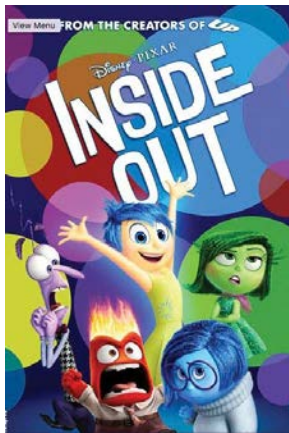
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## NAMI Alabama's Rogene Parris Family Member of the Year Award!

Congratulations to long time NAMI member, Elaine Dorgan, who currently serves as Secretary on the NAMI Mobile Board of Directors.

Elaine is seen here (right) with the plaque presented to her at the NAMI Mobile October meeting. The NAMI Alabama award was presented to Elaine by NAMI Mobile President, Allison Smalley.

Elaine has been a devoted member of NAMI Mobile for over 15 years. She has dedicated many hours to fundraising and mental health awareness efforts over the years and is a tremendous asset to NAMI. She volunteers regularly with our Probate Court program, helps man our NAMI booths at health fairs and exhibits, assists with the annual NAMI Consumer Christmas party and her team "**The Walkie Talkies**" has raised thousands of dollars the last few years for NAMIWalks Mobile.



## Fun Time Had by All!

NAMI Mobile hosted "Family Movie Day" at the Crescent Theater on Saturday, September 30th to kick off Mental Illness Awareness Week.

The film takes place in two worlds: real life, where 11 year-old Riley is struggling to deal with her family's move to the bright lights of San Francisco, and "Headquarters" - the area inside Riley's brain controlling all of her thoughts and emotions, populated by five diverse characters (emotions).

At first, Joy is the dominant leader, but as Riley struggles to adjust to the challenges of a new city, home and school, other emotions - Anger, Fear, Disgust and Sadness - increasingly come to the fore. As well as being hugely entertaining, the film came with a poignant message, helping us to understand our own emotions and face up to some of the challenges involved in growing up.

Thanks to everyone who came out and supported this event!

## Youth Mental Health First Aid

NAMI Mobile hosted a Youth Mental Health First Aid Training on Tuesday, October 3rd at Springhill Baptist Church Activity Center.

Our thanks to instructors Cory Wornell and Barbara Caddell who did a fabulous job.



## *NAMI* Mobile Monthly Meeting

**Monday, October 16, 5:30 pm**

**Spring Hill Baptist Church Activity Center  
11 S. McGregor Avenue  
Room 220**

### **No Meeting In October**

*(Family Support Group meets immediately after the General Meeting at 6:30 in Room 240)*



Will not meet for the next few months. Thank you for your patience while we are in transition.

**SOMI Club (Survivors of Mental Illness)**  
**4351 Midmost Drive**  
**Mobile, AL 36609**

Call 251-342-0261 for more information

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**1st Monday (October 2)**

**5:30-7:00 pm**

**Dauphin Way United Methodist Church -  
Room 208**

**1507 Dauphin Street (corner of Dauphin and Catherine St.)  
Mobile, AL 36606**

**3rd Monday (October 16)**

**6:30 - 8:00 pm**

**Spring Hill Baptist Church Activity Center  
11 S. McGregor Avenue - Craft Room (Room 240)**

For more information call 251-461-3450 or 251-709-3044

**SPRING 2018 FAMILY TO FAMILY CLASS**

**Save the dates:**

**Tuesdays, February 20-May 8  
at Dauphin Way United Methodist Church**

**NAMI: Disaster and Emergency Resources**

The disastrous hurricanes of Harvey and Irma have taken lives, destroyed homes and separated families. Our hearts and prayers go out to the thousands of people affected by these disasters. The stress and devastation of such an event can have a profound emotional impact on the people affected and those who respond to help. Many of our clergy and faith

communities are on the front lines in their neighborhoods and at the evacuation centers. They will be there to offer hope as these communities come together to recover and rebuild.

NAMI has put together contact numbers, information and resources for disasters and emergencies including fact sheets on warning signs, risk factors for emotional stress, coping with grief after a disaster, managing stress and psychological first aid for first responders. Available on the NAMI website.

### **Video - Sadness vs. Depression - Which is it?**

Bp Magazine columnist, Melody Moezzi, discusses the distinction between clinical depression and typical sadness in a video, Sadness vs. Depression - What Is It? Moezzi writes:

"In the case of depression, a lot of cases it's more identified not so much as sadness-sadness is there in a lot of cases, but there's also an intense apathy and sort of heaviness, a feeling that like everything you're doing is walking through water. Right, like it's just everything's a little harder to do. And for me and for a lot of other folks, depression involves a lot of isolation, a lot of just not answering phone calls, not replying to emails, those kinds of things. And it also can involve a lot of physical symptoms. For me, migraines; for other folks, migraines as well, but also other aches and pains and things like that. And then there are cognitive symptoms as well in terms of depression affecting memory. And sleep, and you know, there are a lot of different symptoms. But again, the key in terms of the distinction of when you're just feeling just sad and when you're feeling [clinically] depressed is your ability to function within society"

The article and video are available on the bp Hope website. [www.bphope.com/](http://www.bphope.com/)

Mental Health Ministries also has a handout tool that allows you to compare traits of normal grief and clinical depression, Possible Distinctions Between Depressive Grief and Clinical Depression. It is available in English and Spanish. (PDF, English | PDF, Español) [www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net)

# NAMI CARES!

**NAMI Care Funds** are available to assist individuals living in Mobile County who are living with a mental illness and/or a family member with a financial need.

There are four areas of need for which you can apply:

- **General Fund** - These funds may be used only for an individual living with a mental illness to provide for clothing, personal care items, household goods, food or special needs as recommended by a clinician.
- **Dental Fund** - These funds may be used only for an individual living with a mental illness.
- **Transportation & Lodging** - These funds may be used to provide financial assistance with travel and, if needed, lodging so that family members/guardians can visit a relative receiving psychiatric treatment in an inpatient treatment facility.
- **Educational Grant** - These funds may be used for an individual living with a mental illness or a family member. The workshop/conference must be related to mental illness. The person should be a NAMI Mobile member in good standing & should be an active participant.

The [application process](#) is the first step to receiving NAMI Mobile Care Funds.

For more information email us:  
[namimobile1@gmail.com](mailto:namimobile1@gmail.com)

## **REAL TALK MONDAYS' LUNCH & LEARN**

**Location Information for 2017: 11:30 am-1:00 pm**

**Goodwill Easter Seals Center**

**Training Room 2, 2440 Gordon Smith Drive, Mobile, AL 36617**

## **OCTOBER Community Wellness and Human Trafficking**

**10/16: Creating Calm in the Middle of Chaos**

Jude Forsyth, MA, Gerontologist, Blue Willow Wellness

**10/18: Human Trafficking in South Alabama**

Sunny Slaughter, Sunny Slaughter Consulting, Washington DC

Registration: [www.eventbrite.com](http://www.eventbrite.com)

**Other area support resources:**

Click [here](#) for a list of resources for Autism

Click [here](#) for Al-Anon meeting schedule

**SOS (Survivors of Suicide) Support Group**

2nd and 4th Fridays of each month at 11:30pm

705 Oak Circle Dr. E., Mobile, AL 36609

Contact: (251) 602-0909 for more information

STAY CONNECTED:



NAMI Mobile, 501 Bishop Lane, Mobile, AL 36608