



NAMI
National Alliance on Mental Illness

Mid-Tidewater

Newsletter Vol. 3; No. 3

June 23, 2016

Communication Skills Workshop

We can all use more practice communicating effectively! So join us on July 9 at Grace Episcopal Church in Kilmarnock. A business meeting will be held at 10:00 a.m. with the workshop following.

NAMI Walks Saturday, October 15, 2016

Join our 84 Main and NAMI Mid-Tidewater Team.

<http://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=572>

We are having a NAMI Walks raffle again this year. The tickets are \$5. Contact us.

Prizes – 1st \$500; 2nd 32" flat screen TV; 3rd \$150 WalMart gift card; 4th JBL charge 2+ speaker;

5th Kindle Fire HD

NAMI Virginia Affiliate Leader Training

The recent Affiliate Leader Training was a wonderful weekend of learning and sharing. We are continuing to work on the re-affiliation process and NAMI Standards of Excellence. Changes to the By-Laws, as well as, new policies will be presented at the Annual Meeting. Members will receive these documents prior to the meeting.

Spaghetti Supper Fundraiser scheduled for July 15 in Gloucester is POSTPONED.

Recent Programs

At our April Business Meeting, we had a very interesting program and discussion about housing alternatives for persons with mental illness. The presenter was W. Corey Trench, Fairweather Lodge Virginia Campaign, CoFounder, Writer, Producer CineTree Films, Treasurer NAMI Williamsburg, & Blogger "The Trench Take." A group is being formed to further explore this topic. If you are interested in joining the dialogue, contact NAMI Mid-Tidewater.

There were 18 graduates from the Family-to-Family class held this spring.

NAMI Mid-Tidewater participated in the, Lambda Omega Chapter of the Alpha Kappa Alpha Sorority, Inc. Sharing Hope program held in Gloucester in April. For more information see: <http://www.nami.org/About-NAMI/National-Partners/Alpha-Kappa-Alpha-Sorority,-Inc>

An in-service presentation about NAMI was made to over 50 CSB Counseling Center staff members in June.

Advocacy Opportunities

<http://www.nami.org/Get-Involved/Take-Action-on-Advocacy-Issues>

Mentally Ill Offender and Treatment Crime Reduction Act

The U.S. Senate passed a bill (S. 993) reauthorizing and expanding the *Mentally Ill Offender and Treatment Crime Reduction Act* (MIOTCRA). A companion bill to S. 933, H.R. 1854, has been introduced in the U.S. House of Representatives. **Action Needed!** Please contact our U.S. Senators and thank them for passing S. 993. We need the House to pass the companion bill (H.R. 1854) to S. 933. Please contact Representative Wittman and urge him to pass H.R. 1854.

Helping Families in Mental Health Crisis

Thanks to your advocacy, H.R. 2646, the *Helping Families in Mental Health Crisis Act*, **passed unanimously (53-0)** out of the House Energy & Commerce Committee on Wednesday, June 15th.

Keep the fire going. Let your Legislators know that you appreciate the unanimous vote by the House Energy & Commerce Committee and urge them to bring a vote to the floor of the House and Senate.

Mental Health Reform Act of 2015.

Senators Chris Murphy (D. CT) and Bill Cassidy (R. LA) introduced S 1945 the *Mental Health Reform Act of 2015*. This bill contains many provisions similar to those in *Helping Families in Mental Health Crisis Act* in the House. Please urge our Senators to support this bill.

In the News

Nearly four in 10 news stories about mental illness analyzed by Johns Hopkins Bloomberg School of Public Health researchers connect mental illness with violent behavior toward others, even though less than five percent of violence in the United States is directly related to mental illness.

The findings, published in the June issue of Health Affairs, suggest that this routine linkage of mental illness with violence toward others paints an unfair portrait of those with mental illness, suggesting that most are prone to violence when numerous studies have concluded that only a small percentage actually commit violence.

Read the complete article - <http://www.jhsph.edu/news/news-releases/2016/study-news-stories-often-link-violence-with-mental-health-illness-even-though-people-with-mental-health-illness-are-rarely-violent.html>

Advocacy Groups Urge Federal Investigation into Jail Death of Jamycheal Mitchell

On June 6, 2016 NAMI Virginia and six other organizations formally called on the U.S. Department of Justice to launch an independent investigation into the death of a Portsmouth man from apparent neglect in a Virginia jail. Mr. Mitchell died in custody at the Hampton Roads Regional Jail in August 2015, four months after being arrested and held for stealing \$5 worth of junk food from a local convenience store. Mr. Mitchell had on two occasions been ordered transferred to Eastern State Hospital but there was no bed available and he remained in the Regional Jail. An internal investigation cleared the jail of any wrongdoing. However, an April 2016 report from the State Office of Inspector General revealed multiple mistakes by every agency that had contact with Mr. Mitchell following his arrest. On June 22 the Virginia State Police confirmed that they have opened a criminal investigation into the death of Jamycheal Mitchell.

New NAMI PSA featuring Mayim Baalik

<https://www.nami.org/Press-Media/NAMI-PSAs>

New Meeting Format

In January we began a new meeting format. The Urbanna Family Support Group will continue to meet on the third Monday of every month. In February, March, May, June, August, September, November and December a short business meeting will precede the Support Group. In January, April, July and October the business meetings will be held on a different day and will include a program. Some of these meetings will also be held at a different location. We hope this will allow more people to participate in meetings and it also will not interfere with the Urbanna Family Support Group when we have a program. Suggestions for programs are appreciated.

Help support NAMI Virginia when you shop on Amazon!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Visit <https://smile.amazon.com/>, login, and select NAMI Virginia before you make your purchase.

CONNECTION RECOVERY SUPPORT GROUPS

These groups are for people living with mental illness and are facilitated by trained peers. Here is a great video explaining the program <http://www.youtube.com/watch?v=GEX1kr8EOPI>

These groups meet year round.

Kilmarnock Connection Group –

Bridges Counseling Center, DMV Drive – 2nd and 4th Fridays of the month – 2-3:30 p.m.

Gloucester Connection Groups –

Gloucester Public Library, 6920 Main Street – 1st and 3rd Fridays of the month – noon-1:30 p.m.

Gloucester CSB Counseling Center – 4th Wednesday of the month – 10:00-11:30 a.m.

Warsaw Connection Group – 84 Main Street – Every Friday 1:30-3:00 p.m.

Contact us for more information.

CALENDAR

July 9 – NAMI Mid-Tidewater Business Meeting – 10:00 a.m. – Grace Episcopal Church, 303 S. Main Street, Kilmarnock; Program – Communication Skills Workshop

July 18 – Family Support Group 7:00 p.m. – Urbanna Baptist Church

August 15 – Business Meeting – 7:00 p.m.; Family Support Group 7:15 p.m. – Urbanna Baptist Church

September 19 – Business Meeting – 7:00 p.m.; Family Support Group 7:15 p.m. – Urbanna Baptist Church

October 10 – NAMI Mid-Tidewater Annual Business Meeting and covered dish dinner – 6:30 p.m. – Urbanna Baptist Church.

October 15 – NAMI Walks – 10:00 a.m. to 1:00 p.m., Innsbrooke North Shore Commons, Richmond

October 17 – Family Support Group 7:00 p.m. – Urbanna Baptist Church

November 21 - Family Support Group 7:00 p.m. – Urbanna Baptist Church

December 19 - Family Support Group 7:00 p.m. – Urbanna Baptist Church

BECOMING A MEMBER or RENEWING YOUR MEMBERSHIP

Go to our website; click on Join NAMI Now. For new members, set up an account.

If you are renewing, sign in on the left side of the page. Or there is a membership form attached to this e-mail.

Individual dues are \$35 and Open Door is \$3 for persons with limited income.

KEEPING IN TOUCH

Our FaceBook page is one of the best ways to keep up-to-date about Advocacy issues. If you are on Facebook be sure to like us. You can also check out the blog section of our website for “breaking news.” Our NAMI Mid-Tidewater phone number goes to *voice mail*. Every effort is made to return calls within 48 hours. We do not return “missed calls.” If you want a response, please leave a voice message or e-mail us. See contact information below.

NAMI Mid-Tidewater welcomes contributions to the newsletter and suggestions for programs.

Contact us if you no longer wish to receive this newsletter.

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