



Columbus

With more than 1,200 affiliates, NAMI is America's largest grassroots mental health organization dedicated to improving the lives of all individuals affected by mental illness.



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NAMI Columbus

P.O. Box 8581
 Columbus, GA 31908
 (706) 320-3755 (leave a message)
 Website: namicolumbusga.org
 E-mail: info@namicolumbusga.org



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Georgia Crisis & Access Line

Single Point of Entry to access mental health, addictive disease and crisis services 24/7/365
 Adults, Children & Adolescents
 1-800-715-4225



Peer Support "Warm Line"

1-888-945-1414 (toll-free)
 The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day



Columbus ACT Team

AmericanWork, Inc.
 706-641-9663

Families and Peers Meeting in the Middle

Monthly Education Meeting

Lutheran Church of the Redeemer,
 4700 Armour Road, Col., GA 31904
 October 21, 2019 -- 6:00 P.M.



Please join us for a new type of monthly meeting. We'll be engaging everyone from both the NAMI Connection peer group and the Family/Friend support group to have an interactive session with **Open Discussion** and **Role Playing** covering topics often discussed by both groups, including:

- ❖ **Stigma**
- ❖ **Medication**
- ❖ **Effective Communication**
- ❖ **Transitioning from Jail/Hospital/ Treatment facilities**
- ❖ **Other Topics You Care About**

Come and join us to share your views – or just listen to others - at our monthly meeting at 6:00 pm on October 21, 2019 at our Monday night's location, Lutheran Church of the Redeemer, 4700 Armour Road, Columbus, GA.

If you are able, please bring an item for the refreshment table.

Upcoming Events

(Below are chances for you to get involved)

October 2019

Oct 21 – Monthly Education Program, 6:00-7:30pm – Families and Peers: Meeting in the Middle

November 2019

Nov 9 – NAMI In Our Own Voice Presenter Training – Atlanta, GA*

Nov 18 – Monthly Education Program, 6:00-7:30pm – TBD

**If you are interested in attending a training session, a letter of recommendation from a member of the NAMI Columbus Board of Directors is required. Please secure this recommendation prior to submitting the application for the training.*

“Open” Support Groups:

Every Monday night, 6-7:30 pm

Family/Friend and NAMI Connection Recovery Support Groups

Both groups meet at Lutheran Church of the Redeemer, 4700 Armour Rd.

Every Saturday, 1-2:30 pm

NAMI Connection Recovery Support Group

***Meets at The Bradley Center’s Multipurpose Room
(Use 22nd St. Parking Lot for easier access)***

Every Thursday night, 6:30-8 pm

NAMI Connection Recovery Support Group

Meets at Pierce Chapel United Methodist Church, 5122 Pierce Chapel Rd.

The NAMI Columbus Mission

We will use **Support**, **Education** and **Advocacy** to throw out lifelines of hope and help to families and consumers seeking recovery. Our vision is to create an effective and active affiliate which delivers what consumers of mental health services and families need. We work to build an area where leaders and citizens work well together to create a caring, compassionate and educated public that realizes mental illness is a biological illness and is not a character flaw or due to bad upbringing.



NAMIWalks Georgia

NAMIWalks Georgia took place on Oct. 5 in Atlanta and was a big success! 1,225 participants and 168 teams took part in the annual fundraising walk this year. The NAMIWalks Georgia goal is \$250,000 and \$218,880 has been raised so far. That's 88% of goal. There's still time to help NAMIWalks Georgia cross the finish line, though. Donations can be made until December. To donate via NAMI Columbus' team, Steps for Change, please visit:

www.namiwalks.org/team/columbus32319stepsforchange

Thank you to everyone who walked, volunteered, or donated! The walk would not have been successful without you. You are all HEROES!!



Georgia State Faculty to Investigate Neural Markers of Mental Illness

https://news.gsu.edu/2019/09/09/georgia-state-faculty-to-investigate-neural-markers-of-mental-illness/#new_tab

ATLANTA—Psychology researchers at Georgia State University are using large-scale imaging analysis to study how symptoms associated with schizophrenia, bipolar disorder and major depression relate to changes in the brain. The researchers say they hope to yield new diagnostic classifications, uncover potential new treatment targets in the brain and identify which patients may benefit from those treatments.

The team, led by [Jessica Turner](#), professor of psychology and neuroscience, and [Vince Calhoun](#), Distinguished University Professor of Psychology and director of the [Center for Translational Research in Neuroimaging and Data Science \(TReNDS\)](#), will examine two so-called “negative” symptoms, anhedonia (loss of pleasure) and asociality (loss of interest in social engagement), in patients with schizophrenia, major depression and bipolar disorder. The work is supported by a five-year, \$5 million grant from the [National Institute of Mental Health \(NIMH\)](#).

“How do these symptoms relate to issues in the brain? How do they relate to the circuitry, the physiology, the structures? Scientists are looking at those kinds of questions within the context of a particular disorder, but we want to measure and assess these symptoms across disorders,” Turner said.

Researchers will look at the symptoms through the lens of the [Research Domain Criteria \(RDoC\)](#) matrix, which was developed by the NIMH as a way to study mental health disorders by integrating many types of data, from genetic data to brain imaging to reported symptoms. RDoC reflects a dimensional approach to mental illness, which recognizes the limitation of using symptoms to slot people into diagnostic categories. Because the experience of mental health disorders varies, two people with the same condition may have different symptoms, or two people with the same symptoms may have different underlying conditions.

The researchers will analyze patient data using COINSTAC, a software tool built by Calhoun and his group that allows researchers around the world to participate in extensive brain imaging analysis without sharing protected patient data. Using the software, scientists can perform the analyses locally at participating sites, aggregating only the results.

They will start by analyzing structural MRI and functional MRI data from schizophrenia patients, looking at brain changes that may be associated with these symptoms, and examining how well they predict the severity of the symptoms. They will then work to translate their findings to patients with bipolar disorder and major depression.

“If we look at bipolar disorder, can we distinguish what’s happening in those individuals from what’s going on in depression and schizophrenia, in terms of social interactions or withdrawal or response to reward and the underlying circuitry?” Turner said.

“We are starting with very detailed questions in schizophrenia, using massive amounts of data located around the world and applying sophisticated analytic approaches to extract information about various aspects of brain structure and function,” Calhoun said. “We will then extend our work into bipolar disorder and then major depression, so that the symptoms and causes of these underlying disorders can be elucidated.”

The Difference Between A Disorder And A Feeling

By Luna Greenstein | Oct. 10, 2019



Most people have experienced anxiety at some point. Running late for an important meeting, getting ready before a date, speaking publicly for the first time—*anxiety* is within the scope of the human experience. In fact, it's a perfectly normal reaction to stressful situations. This fact is both positive and negative for people who live with anxiety conditions.

It's beneficial because most people have some understanding of what anxiety feels like, and may be more sympathetic to someone who experiences daily symptoms. But because anxiety is "normalized," it can often be downplayed as a feeling *everyone* experiences rather than a serious health condition. Example: "Oh I know exactly how you feel. I had a panic attack last week when I thought I lost my wallet." These comments can make individuals experiencing an *actual* anxiety disorder feel dismissed. So, it's important to learn the difference between anxiety, the feeling, and Anxiety, the condition (capitalization used for distinction).

What Does An Anxiety Disorder Feel Like?

It's easy to assume that because we all experience anxiety, we have an idea of what living with Anxiety might feel like. But that's simply not the case. Experiencing anxiety includes being nervous or stressed out in situations that naturally create those feelings, like a job interview. Living with an Anxiety condition makes you feel overwhelming fear and distress constantly—even in everyday situations. There are many types of [Anxiety disorders](#), but they all share these symptoms:

Emotional:

- Feelings of apprehension or dread
- Feeling tense and jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

Physical:

- Pounding or racing heart and shortness of breath
- Upset stomach
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea

A friend of mine who lives with Anxiety once described her condition like this: Imagine your mind as a typical four-burner stove top. At all times, there's a small pot at a rolling boil on the back burner. That's Anxiety. Every possible thing you could ever be anxious about is floating around in this pot, churning all day long. Depending on what happens throughout the day, a thought can pop up out of the pot and intrude your thinking—"Oh God...did I lock the front door?" Then it goes back down—"Yes, of course." Then other thoughts pop up—"Why did my boss give me that look the other day?" "Am I saying the right things?" "Do I look okay?" "Do I smell bad?" The churn is constant.

If something goes *wrong*, the churn worsens. And the small pot might even be replaced with a medium-sized pot. More water. More pressure. More thoughts. On days when Anxiety is severe, a large pot will slam onto a front burner—your anxious thoughts taking center stage on the forefront of your mind.

Panic attacks? Those things so many people joke about having? Here's what those really feel like... Your heart beats with an increasing pace. Your chest tightens around your pounding heart—creating a painful tension. It hurts to breathe. You gasp for air, as if trying to breathe in high-altitude where oxygen is sparse. Your thoughts are racing as quickly as your heart is pounding. Your stomach is in knots. You feel nauseous and dizzy and afraid. You feel trapped. You start to cry. Then you cry so hard you give yourself a headache. All of this happens within minutes, but it feels like years.

This is what it's like to experience an Anxiety disorder. There are 40 million Americans who deal with this on a regular basis.

How To Show Sympathy

So, if you experience symptoms of anxiety—but never to this extent—be mindful of what these 40 million people may be going through. If a friend is having an anxiety attack, don't assume you know exactly how

she is feeling or undermine her struggle. Be understanding and supportive by consoling her in a way that's specific to the situation.

Let's say she is having a panic attack after having a fight with by her boyfriend, Tom. You may not understand why she is hyperventilating or rolled into a ball crying her eyes out. You may even think she's overreacting. But remember that someone with Anxiety cannot control this type of behavior—it is a symptom of their mental illness. And she needs your support.

You could say something along the lines of: "I know your feelings are so overwhelming in this moment. I know you feel afraid that the pain and problems with Tom are never going to stop. But they will. You will get through this, and you may even laugh about it later. A year from now, this won't matter." The key is to say something soothing and calming while still acknowledging her pain.

Sometimes it can make a world of difference just to validate another person's struggle, even if you don't fully understand what they're going through. You can be the person who makes someone feel accepted and supported during their darkest and most difficult days.

Laura Greenstein is communications manager at NAMI.



NAMI Releases First Free Online Class For Parents of Children With Mental Illness

NAMI Basics OnDemand Adapts In-Person Course to Reach Nationwide Audience

Oct 01 2019

Arlington, VA— The National Alliance on Mental Illness (NAMI) today announced the release of a free online education course, [NAMI Basics OnDemand](#). The new class format is an adaptation of the in-person NAMI Basics, a free, six-session education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. Participants can sign up at basics.nami.org.

"We're excited to offer the NAMI Basics program online for the first time for parents and caregivers of children and young adults experiencing a mental health condition," said NAMI Acting CEO Angela Kimball. "We know parents face barriers to attending an in-person class, especially when a child may be experiencing mental health challenges, but that's when this information is needed the most. We hope by providing this free, online course of NAMI Basics OnDemand we'll reach more people when and where it's easiest for them to access this vital information. We want parents to get the resources they need and to realize they are not alone."

Since 2009, NAMI Basics has been offered by NAMI Affiliates in an in-person, group setting. Since its inception, NAMI Basics has served 20,000 participants, in 43 states across the country. To meet increasing demand for more convenient access to the program, NAMI created an online version of NAMI Basics, which is offered online and available 24/7.

The program is divided into six sessions, including:

- Basic elements of coping with mental health conditions
- Brain biology and getting a diagnosis
- Communication skills and crisis preparation
- Treatment and connecting with others by sharing your story
- Navigating the mental health and education systems
- Self-care and advocacy

If you or someone you love could benefit from the in-person NAMI Basics program or NAMI Basics OnDemand, please visit <https://nami.org/basics>.



Columbus

P.O. Box 8581
Columbus, GA 31908
(706) 320-3755
Our Area's Voice on Mental Illness



Many people find their way to our classes by first attending a support group. If you are a NAMI Columbus "long timer" (we don't want to call you old), please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Newcomers can use your wisdom and hard-earned experience. Sharing a message of recovery gives the hope they are searching for. Many people tell us that the NAMI motto "You Are Not Alone" is the initial feeling they realize at their first meeting. If you are willing to train to be a support group facilitator, let us know!

I want to support NAMI Columbus and NAMI's mission.

✂ Please Cut and Mail ✂

Name _____

Address _____

City _____ State _____ Zip _____

Phone Numbers (do not enter a number if you do not want to be listed in the Membership Directory (members only).)

E-Mail (Please include so we can be green and email you our monthly newsletter.)

Please check type of membership desired:

- Individual Membership - \$40 Dues
- Household Membership - \$60 Dues
- \$5 Open Door Membership (financial hardship)**
(All dues are for 1 year and are tax-deductible.)

All memberships include NAMI National, NAMI Georgia, and NAMI Columbus membership.

I am not joining at this time, but I would like to make a contribution of \$ _____. (Thank you!!!)

NAMI National, NAMI Georgia and NAMI Columbus are dedicated to eradicating stigma and improving the lives of persons with mental illnesses thereby also benefiting their friends, family and community. Catch the wave and be a part of change.

NAMI Columbus is an affiliate of NAMI Georgia, which is a 501(c)3 non-profit charitable organization. Dues and donations are tax deductible. Membership includes a subscription to our monthly newsletter and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please make checks payable to:
NAMI Georgia & enter "**NAMI Columbus membership**" in the memo field.

Mail your check and membership form to:
NAMI Columbus
P.O. Box 8581
Columbus, Georgia 31908

You can also join safely online at www.nami.org/join .