



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)
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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

CARS & Coffee Rally for Mental Health Awareness



Columbus native Chris Hubbard, offensive tackle for the NFL Cleveland Browns, will once again host a Cars and Coffee Rally event in support of mental health awareness.

This year's event is this **Saturday, July 17th**. The event will start in Atlanta and end in Columbus.

Staging time: 8am

Location: The parking lot of Ari Korean BBQ
 9700 Medlock Bridge RD
 Johns Creek, GA 30097

Departure time: 9am SHARP

Destination:

Columbus Civic Center
 400 4th Street
 Columbus, GA 31901

Activities at the Civic Center run from noon until 3 p.m. Antique, muscle, and luxury cars will be on display. Entrance fee to see the cars is a \$5 donation, with all proceeds supporting NAMI-Georgia, NAMI-Atlanta, and NAMI-Columbus.

Upcoming Trainings

August 2021

Aug 7-8 – NAMI Family Support Group Facilitator Training

[Family Support Group Facilitator Application](#)

Aug 7-8 – NAMI Connection Recovery Support Group Facilitator Training

[Connection Support Group Facilitator Application](#)

Aug 14 – NAMI In Our Own Voice Presenter Training

(Candidates must complete an online training session before attending an in-person training)

[In Our Own Voice Presenter Application](#)

Aug 28-29 – NAMI Smarts for Advocacy Teacher Training

[NAMI Smarts Teacher Application](#)

September 2021

Sept 18-19 – NAMI Peer to Peer Mentor Training

(Candidates must complete an online training session before attending an in-person training)

[Peer to Peer Mentor Application](#)

Sept 18-19 – NAMI Family to Family Teacher Training

[Family to Family Teacher Application](#)

Trainings are delivered online through the Zoom platform

Please note that all applicants must meet the following requirements:

1. Applicants must be current NAMI members.
2. Applicants must be actively involved in their local NAMI Georgia affiliate.
3. Applicants must be endorsed and approved by a NAMI Georgia Affiliate Board leader. A letter of recommendation from a NAMI affiliate leader must accompany your application.



NAMICon 2021, NAMI's annual national convention, will be held **virtually July 27-28, 2021**.

[REGISTER NOW!](#)

<https://na.eventscloud.com/ereg/newreq.php?eventid=585902&reference=Website>

Anyone interested in and impacted by mental health should [attend this event](#) dedicated to uplifting, empowering and informing communities with resources, research, support and programming.

NAMI Columbus Virtual Support Group Meetings

NAMI Columbus **Family Support Group** meetings are now being held virtually. These meetings are on Monday evenings from 6:00 PM to 7:30 PM via Zoom. We're happy to be able to once again offer facilitated support meetings for family members and friends of an individual with a mental health issue.

We hope you will join us for these Monday night FSG Zoom meetings. If you would like a meeting invitation to be sent to you, simply send your email address and cell phone number to:

Teresa O'Donnell, tblankenbeker@gmail.com or Tawana Farley, farleytawana@yahoo.com.

NAMI Columbus **Connection Recovery Support Group** meetings will continue to be held virtually at the following times:

- Saturdays 1:00pm – 2:30pm
- Thursdays 6:30pm – 8:00pm

Email **Vanessa Vivas**, Vanessa.M.Vivas@gmail.com or Teresa O'Donnell, tblankenbeker@gmail.com for an invite/link to either group.

Please email at least 24 hours prior to the session.



Answer: \$194,851

Question: What is the amount of money donated to NAMI from Mayim Bialik's guest hosting time on *Jeopardy!*?

Exciting news for NAMI!

Actress Mayim Bialik was recently a guest host on the game show *Jeopardy!*. Each guest host has the opportunity to pick a charity to receive a donation matching the cumulative winnings during a star's turn as guest host, and she picked NAMI as her charity. As a result, a donation of \$194,851 was made on her behalf. Not only is the donation itself important, but the recognition of NAMI and the work the organization does is wonderful!

Click here to see her introduce NAMI as her charity and share that her family has a history with mental illness: <https://www.facebook.com/Jeopardy/posts/4349224425128440>

You can also read an interview with her in which she discusses her association with NAMI.

<https://www.nami.org/Press-Media/In-The-News/2021/Jeopardy-guest-host-Mayim-Bialik-on-the-dream-job-biggest-challenge-Alex-Trebek-s-legacy>



Thank you, Mayim Bialik!



The Stigmatizing Word Hidden in Mental Health Conversations

By Betsey O'Brien

Have you noticed that stigma seems to burn inside certain words and expressions? It shows up when someone chooses the word “insane” to dismiss an individual they disagree with or a behavior they don’t understand. We hear it when someone uses a serious diagnosis to label something that isn’t very serious at all. Perhaps you’ve heard someone describe themselves as “OCD” about housekeeping — when really, they just love a clean home. The misuse of the term, while not an intentional slight, doesn’t show much understanding of what it’s actually like to live with this condition.

I’ve noticed that hints of stigma can lurk in the smallest corners of our conversations. Recently, I was surprised to hear one particular word popping up in chats with friends who are caring for people with mental health conditions. My friends, tired, exasperated or distrustful of their loved ones, would say something like:

“She just needs to take her meds!”

“He’s just feeling off-balance right now.”

“If they would just get into counseling, I think they’d be fine.”

I started wondering what “just” really meant in the context of a conversation about someone’s mental health.

What Does This Word Reveal About Our Thinking?

Wanting to know more, I tuned into writing and conversations outside of my inner circle. Often, I’d notice that “just” hovered right in front of a judgment someone was making about an individual who was struggling. I noticed that the speaker was often:

1. **Prescribing.** “If she could *just* get out of bed in the morning and take a shower, her day would go better.”
2. **Dismissing.** “He’s *just* not trying hard enough.”
3. **Minimizing.** “It’s *just* a mood swing.”

I’m not suggesting we call the Word Police every time we hear something like this. Among caregivers especially, there must be space for the anger and frustration that often comes with the role. We need to offer ourselves at least as much compassion as we extend to our loved ones.

Still, I think we should pay close attention to the ways in which we use word “just.” It’s worth checking to see if our casual comments are giving credence to the notion that:

- Solutions to mental health problems are straightforward and obvious.
- We know better than people who actually live with mental health conditions.
- One simple step or approach will solve everything.
- The person we're talking about is actually making a choice — or deliberately making things harder than they have to be.

I believe that compassion and mindfulness are the best ways to ease any lingering bits of stigma (and self-stigma) out of our hearts and our conversations. It takes practice and patience. Noticing the words we choose — and the thoughts that might hide behind our choices — can help us become better champions for ourselves and others.

When we forget (which we will inevitably do), we can simply say: “Oh gosh, I just said something I’m not sure I actually believe. Let me put that a different way.”



Additional Articles of Interest

<https://www.newsmax.com/health/health-news/morning-walk-health-benefits/2021/05/20/id/1022143/>

<https://www.cnn.com/2021/05/26/health/sleep-hygiene-tips-wellness/index.html>

<https://www.cnn.com/2021/05/14/health/fit-men-cook-kevin-curry-wellness-human-factor/index.html>

<https://www.ajc.com/life/study-pandemic-causes-depression-anxiety-for-1-in-5-health-care-workers/HYTOSOAGA5ALDNIOHYGN4GRO5E/>

<https://www.nbcnews.com/news/us-news/police-response-mentally-ill-people-under-scrutiny-denver-may-offer-n1273035>

<https://www.foxnews.com/health/sleep-cycle-depression-risk-study>



The NAMI Columbus Mission

We will use **S**upport, **E**ducation and **A**dvocacy 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.



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 .