



National Alliance on Mental Illness

NAMI

**Central
Virginia**

August 2019 e-newsletter



NAMIWALKS VIRGINIA: Saturday, October 5, 2019

This October, thousands of Virginians will come together to celebrate NAMIWalks! **NAMIWalks** brings together individuals and supporters to celebrate mental illness recovery, honor those who have lost their lives to mental illness, help raise funds, combat stigma, and promote awareness.

There is no registration fee, however, all participants are encouraged to collect donations. NAMIWalks is the largest fundraiser of the year, and proceeds go to support NAMI-CVA's free mental health support programs. To read more, please visit [this page](#) of our website.

Sponsorship Opportunities

There are numerous ways corporations and organizations can partner with NAMIWalks to help build better lives for families and individuals in the Commonwealth of Virginia affected by mental illness.

Individuals and groups interested in sponsoring NAMIWalks in 2019 can [click here](#) to learn about the benefits that come with different levels of sponsorship, and where your dollars to NAMI-CVA go!



VOLUNTEER SPOTLIGHT: Marie Parker

Marie has been with NAMI-CVA since 1984, back when the affiliate was known as the Richmond Area Schizophrenia Foundation. **This means that Marie is NAMI-CVA's longest-standing active member!** After taking up some work in Hawaii, she came back to the area and rejoined the affiliate in 1992, when the name had changed to AMI - the Alliance on Mental Illness. To learn more about Marie's experience, [click here](#).



SAVE THE DATE

The Region IV Community Services Boards Prevention Division in partnership with the Substance Abuse Addiction Recovery Alliance (SAARA) of Virginia, is pleased to invite you to the 2019 Suicide Prevention & Substance Use Disorder Conference.

September 17, 2019
10:00 AM - 3:00 PM

Delta by Marriott
555 East Canal Street
Richmond, VA 23219

- Voices of Recovery Presentation
- Breakout Sessions
- Suicide Prevention Take-Away Resources
- Substance Use Disorder Take-Away Resources
- Wellness Breaks
- Door Prizes and More

UPCOMING EVENT: 2019 Suicide Prevention & Substance Use Disorder Conference

To view the entire flyer with additional details + to register online, please visit this [link](#).

PROGRAMMING: Children's Challenging Behaviors

A class for parents who have children and youth with mental health needs.

Saturday, September 14, 2019
10 a.m. to 4 p.m.
Petersburg YMCA
120 N. Madison Street
Petersburg, Virginia 23803



To learn more + register, contact [Jeff Conley](#) at (804) 285-1749.



STAFFING CHANGES: Welcome, Alison!

We are pleased to announce that our team is growing! **Alison Carlin began as our Administrative Assistant** last month. Please join us in welcoming her to our organization - and be sure to stop by the office to introduce yourself. You may

also connect with her by reaching out to alison.carlin@namicentralvirginia.org.

To learn more about Alison, visit the "about" page on our [website](#)!

RECENT HAPPENINGS: Peer Specialist Training at NAMI Central Virginia HQs

Jim Kochany, a Certified Peer Recovery Specialist (CPRS) with Henrico Mental Health, is now wrapping up his third 72-hour CPRS training course in partnership with NAMI CVA. He has now trained 20 individuals in the NAMI CVA meeting room. Here is what Jim has to say about the program:

"In today's world, practically everyone suffers from some mental health or substance use challenges. Peer Recovery Specialists walk alongside people on their journey with hope, recovery, and advocacy.", Jim Kochany



The most recent graduating class of the CPRS training course, July 2019.

GET INVOLVED: Volunteer Opportunities

We Care Festival: Saturday, Aug. 17 - 10:00 A.M. to noon and 12-2:00 P.M. (two shifts). @ Hotchkiss Community Center (701 E. Brookland Park Blvd., Richmond VA 23222).

Suicide Awareness Prevention Walk: Thursday, September 19th @ Virginia State University, 5 -6:30 P.M.

Henrico ReEntry Council Family Fun Fest: Saturday, September 28th @ St. Joseph's Villa 10:00 A.M. to noon and 12-2:00 P.M. (two shifts).



All events are health fairs where volunteers work a table and hand out literature, sign people up for our newsletter, and assist visitors with mental health questions. We are in need of two volunteers per shift.

If you are interested in representing our organization in this capacity, **contact contact Jeff Conley**, Program Coordinator at 804-285-1749 or jeff.conley@namicentralvirginia.org.

FAMILY PICNIC: Save the Date!

September 26, 2019 from 4-8 p.m. at the Virginia Diocesan Center at Roslyn (8727 River Road, Richmond, VA) in the picnic pavilion.

This event is for friends + family of NAMI-CVA.

Additional details will be sent out soon - stay tuned!



Join or Renew Your Membership



JOIN US: Become a Member of the National Alliance on Mental Illness

To receive the latest mental health updates, participate in a member-only discussion group, learn how to advocate in your community and add your voice to the mental health movement, become a member of the National Alliance on Mental Illness.

To join, visit our website. We have different membership options, which all include being a part of the organization on all three levels: national, state and affiliate.

As a reminder, existing members of NAMI may access their account by logging in [here](#).

DONATE: Your Gift Matters!

With your generous support, NAMI Central Virginia can continue to deliver assistance to individuals and their families.

Online contributions to NAMI Central Virginia's programs and services can be made by clicking the [donate](#) button. To make your gift over the phone, or if you have any questions, please call our office at 804-285-1749.

[DONATE](#)

MENTAL ILLNESS IN THE NEWS: Recent Matters That May Be of Interest to You

[Oregon passes law letting students take mental health days: July 2019, Today Show.](#)

[Why Is It Still So Hard For Young People Of Color To Get Therapy?: June 2019, VICE.](#)

[Why It's Important to Unplug Sometimes: May 2019, National Alliance on Mental Illness.](#)

[Virginia experts seek to 'normalize' conversations about mental health: April 2019, NBC12.](#)

If you have found content to share with us, please [email](#) Alison so we can include it on our next monthly e-newsletter for the rest of our community.



CONNECT WITH US: Social Media

Connect with and follow us at NAMI Central Virginia. Click any icon below to begin the conversation with us + our online community.



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