



National Alliance on Mental Illness

NAMI

**Central
Virginia**



The photo above is the Walk Team from Our Lady of Lourdes: Filipino Festival. Bill is on the far left.

VOLUNTEER SPOTLIGHT: Bill Schmidt

This month we are featuring long-time volunteer Bill Schmidt. Bill has been involved with our organization since the early 1990's. Bill, among many other volunteer duties, served on our Board of Directors from 2012 to 2015 (two years as treasurer and one as 2nd VP/Membership Chair). He will soon be stepping down as the Coordinator for Ray's Friends after 5 years of dedicated service to the group. In 2018, Bill received our Members' Choice Award at the NAMI-CVA Annual Awards Banquet. We couldn't be more grateful to his service to our group as a whole!

In addition to his involvement with NAMI - Central Virginia, Bill worked for twelve years at Central State Hospital and an additional 12 years with Henrico Mental Health. His career was in Occupational Therapy, specifically in the area of mental health services.

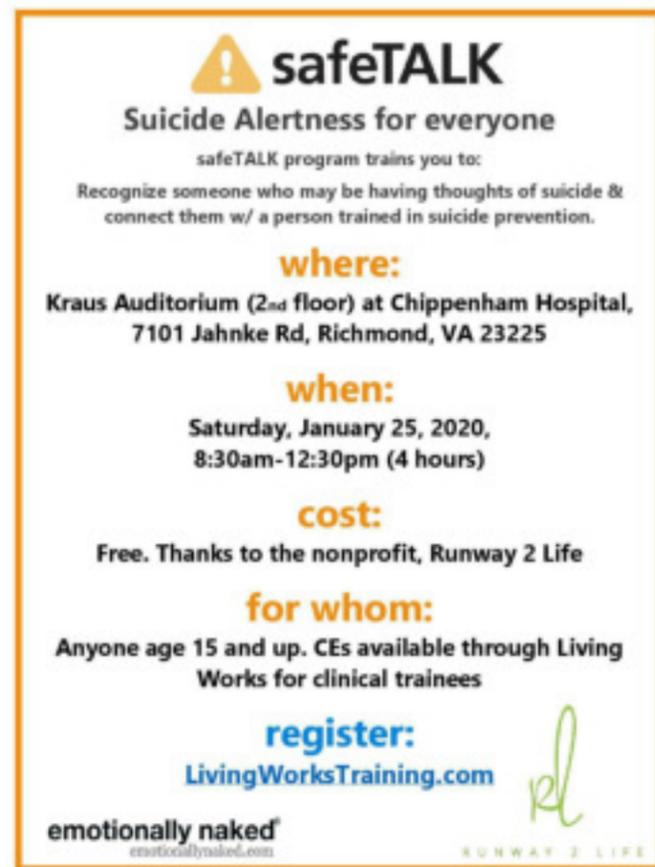
Region IV Consortium Continues Support of NAMI CVA

In the last quarter, the Region IV Consortium has generously awarded NAMI CVA with funds that will be used to sustain our community-based mental health efforts across the region. These efforts include presentations for area C.I.T. trainings, In Our Own Voice presentations

at the Richmond City Justice Center, Peer-to-Peer Education, Family Support Groups, and Mental Health 101 workshops. We are grateful for the support from all of the area CSBs!

UPCOMING TRAINING: safeTALK

SafeTALK is a half-day (4-hour) training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. An ASIST-trained resource or other community support resource will be at this training. The 'safe' of safeTALK stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and KeepSafe.



The poster for safeTALK training features a yellow warning triangle icon with an exclamation mark. The text is organized into sections: 'where:' lists Kraus Auditorium (2nd floor) at Chippenham Hospital, 7101 Jahnke Rd, Richmond, VA 23225; 'when:' lists Saturday, January 25, 2020, 8:30am-12:30pm (4 hours); 'cost:' lists Free. Thanks to the nonprofit, Runway 2 Life; 'for whom:' lists Anyone age 15 and up. CEs available through Living Works for clinical trainees; and 'register:' lists LivingWorksTraining.com. Logos for emotionally naked and Runway 2 Life are at the bottom.

[Click here](#) to learn more + register.

MONTHLY GENERAL MEETING: Save the date for January!

Our next monthly general meeting will take place on Thursday, January 9, 2020, beginning at 7 o'clock. This gathering will take place at the Weinstein JCC (5403 Monument Avenue, Richmond, VA 23226). Our speaker will be announced shortly. To RSVP, please email info@namicentralvirginia.org.



CHILDREN'S CHALLENGING BEHAVIORS: November 2, 2019

Our last Children's Challenging Behaviors Workshop of the year was held last month at the Virginia Treatment Center for Children in Richmond, VA. This workshop covered information to help parents understand typical behaviors versus challenging behaviors that require intervention, when and how to seek help, parenting strategies and more! CCB is taught by parents who have been on similar journeys. The photo above features participants from this workshop.

Stay tuned for future messages on when this free workshop will be offered by NAMI-CVA in 2020!



GIVINGTUESDAY: Thank you from NAMI-Central Virginia!

NAMI - Central Virginia wants to thank everyone who donated (or shared!) our fundraiser for GivingTuesday on December 3, 2019.

Thanks to our generous supporters, **we raised a total of \$1,085** to go to the programs and services we offer. Proceeds from this day will be used to promote free community based mental health education, support and advocacy programs in the community through NAMI - Central Virginia.

Creative Meetup Returns January 13th!

Coping skills come in many forms. NAMI

Central Virginia is pleased to announce the return of the weekly Creative Meetup - a group for peers to explore coping skills related to art. Come sculpt, draw, paint, create, and socialize with others! Whether you are a seasoned artist or someone starting new, all skill levels are welcome. This group will meet on Mondays from 2:30-4 p.m. at the NAMI CVA Meeting Room: 1904 Byrd Ave. Suite 205, Richmond, VA 23230. It's free to participate! To reserve a seat in the group, please call 804-285-1749 or [email](#) to RSVP.



AMAZON SMILE: An easy way to give back!

Did you know we have Amazon Smile? That means, you continue to shop on the same Amazon.com site you already do (same prices & delivery!) but NAMI-Central Virginia gets 0.5% of your purchase. All you have to do is select us as your nonprofit of choice! Click this [link](#) to get signed up.



NOVEMBER MONTHLY MEETING: Recap

Many thanks to Dr. Ananda Pandurangi, Chief of Inpatient Psychiatry at MCV, for serving as the November General Meeting speaker. Dr. Pandurangi gave updates on research in psychiatry and mental health treatments and graciously stayed for an informative question & answer session with our meeting's members and guests. He has served as our speaker previously and we were delighted to have him back!



END OF YEAR CONTRIBUTIONS: Donations, memberships and more!

There are a variety of ways to support NAMI Central Virginia. You can join us as a [paying member](#), [provide financial support](#) or sign up with one of our new programs. To make a contribution before the year is up, please visit [this link](#).

OFFICE HOURS: December 2019

NAMI-Central Virginia will be closed December 24-26, 2019 in observance of the Christmas holiday. Additionally, our staff will be out of the office December 31, 2019 -January 1, 2020 for New Years.

If you have any questions please feel free to send us an [email](#) and we will make sure to get back to you when we return!

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

"[When Mental Illness Is Severe](#)" by Jane Brody. The New York Times. November 19, 2019.

"[Instagram tests hidden 'likes' to boost teens' mental health](#)." (video). MSNBC. November 14, 2019.

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

Get social with with NAMI Central Virginia!: Click any icon below to begin the conversation with us + our online community.

