



National Alliance on Mental Illness

NAMI

**Central
Virginia**

November 2019 e-newsletter



Last month we were a beneficiary of Runway2Life's fashion show at the Main Street Station in Richmond, VA. This group's mission is "to encourage people to engage in conversation on mental health and suicide awareness, provide resources, and education". This annual event aims to raise awareness on mental illness. To learn more, [click here](#).



NAMI-CVA November 2019 General Meeting

NAMI-CVA is excited to have **Dr. Ananda Pandurangi**, Chief of Inpatient Psychiatry at MCV, as our General Meeting speaker this month (**November 21** at 7 o'clock in the evening). Dr. Pandurangi will give some updates on research in psychiatry and mental health treatments. This will be followed by an insightful Q & A session.

You won't want to miss it, so mark your calendars!

Please note, the location for this meeting will be in the Fellowship Hall at Monument Heights Baptist Church (5716 Monument Ave.). The Hall is located in the lower/basement level of the church. Light refreshments will be provided. To RSVP, call 804-285-1749 or send us an [email](#).

Community Event: Healthy on the Go

Jeff Conley, Program Coordinator of NAMI-

CVA, participated in an local women's health fair last month at an area Walmart (on Sheila Lane near Forest Hill Avenue).

Thank you for inviting NAMI-Central Virginia to set up an information table, "Community Clovia" Lawrence from KISS FM and Radio One.



CONGRATULATIONS!: New NAMI Family Support Group Facilitators

Four new NAMI-CVA members completed a two-day training on October 12th & 13th. Each person has experience as a caregiver of a loved one with behavioral health needs. Let's congratulate our new Family Support Group Facilitators!:

Taneka Mack, Diane Hall, Brittney White and Matthew White.

 **safeTALK**
Suicide Alertness for everyone
safeTALK program trains you to:
Recognize someone who may be having thoughts of suicide & connect them w/ a person trained in suicide prevention.

where:
Kraus Auditorium (2nd floor) at Chippenham Hospital,
7101 Jahnke Rd, Richmond, VA 23225

when:
Saturday, January 25, 2020,
8:30am-12:30pm (4 hours)

cost:
Free. Thanks to the nonprofit, Runway 2 Life

for whom:
Anyone age 15 and up. CEs available through Living Works for clinical trainees

register:
LivingWorksTraining.com

emotionally naked® 
emotocallynaked.com RUNWAY 2 LIFE

UPCOMING TRAININGS: safeTALK and "In Our Own Voice"

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. [Click here](#) to learn

more + register.



Save the date for our upcoming "In Our Own Voice" training! This training will occur on **Saturday, December 7** in Richmond (final location: TBD). Applications are due November 11, and the online portion must be completed by November 25.

This training is free and lunch will be provided. To participate, you must have lived experience with a mental health condition, must be able/willing to provide immunization records and receive updated immunization as needed. Additionally, all participants will be required to share personal experience with mental health clients, law enforcement and the general public.

To learn more, call (804-285-1749) or email Jeff Conley: jeff.conley@namicentralvirginia.org.

NAMI-CVA BOARD OF DIRECTORS: Welcome, April Spencer and TJ Gilbert!



April Spencer joined us with her ties to mental illness being the parent of a daughter who struggles with PTSD, anxiety and depression. She is employed as a Nurse with Virginia Urology. Her leisure activities include kayaking, visiting the beach, Sunday dinners after church, movies and any time with family.

April's vision for NAMI-CVA is "to help communities know, learn and access mental health services". Additionally, she wants to advocate for change in the needs of the community.



TJ Gilbert joined the NAMI-CVA board with 9 years of experience working with individuals with mental illness. His vision for the growth of our affiliate is to "promote recovery and enhancing citizen's overall quality of life".

He works at Hanover County Community Service Board. He is a Clinical Care Coordinator and Substance Use Specialist on the CIT team. In his free time, TJ enjoys running, playing basketball and being outside.

NAMIWalks Virginia 2019: Recap

NAMIWalks Virginia was held on Saturday, October 5 with an excellent turn out! Over 1,100 participants showed up to support this event. To date, over \$200,000 has been raised. NAMI-CVA thanks our affiliate members for participating. We couldn't have done it without you!



Pictured: April Spencer (board member), Kathy Lowry (volunteer), Linda McLeod (board member), Maria Carlton (board member), Dr. Mark Richardson (Executive Director, NAMI-CVA) and James Harris (board member).

VOLUNTEER SPOTLIGHT: Sarah McFarland and Sonja Hill



This month, our Volunteer Spotlight is shining on our two newest *In Our Own Voice* presenters, **Sarah McFarland** and **Sonja Hill**! They were trained as presenters in June of this year. Since then, they've been routinely presenting IOOV throughout Central Virginia.

Although **Sarah** was trained in IOOV very recently, she has been involved with NAMI CVA since 2015. She is also a Family Support Group facilitator, and a Family to Family teacher. She has a long tenure in trauma-informed services and case management, and currently works as a Youth Counselor at United Methodist Family Services (UMFS). Sarah is passionate about helping others in their mental health journey, especially in rural communities like her hometown of Blackstone, VA. In her spare time, she enjoys watching documentaries based on history and sociology.

Sonja has been a NAMI CVA member since May, after reaching out to the office about the opportunity to tell her story. She says "I'm not stopping the stigma if I'm not sharing my truths." In addition to her work with NAMI CVA, Sonja also participates in programs at Hanover's RAFT House, Friends4Recovery, and is a Board Director for Robin's Hope in Chesterfield. She is passionate about trauma-informed care and helping people process trauma in a healthy, and helpful way. Sonja is an avid reader, and loves spending time with friends & family.



October General Meeting: Thank you, Dr. Kent McDaniel!

NAMI-CVA would like to thank **Dr. Kent McDaniel**, Medical Director of Henrico Area Mental Health & Developmental Services, for serving as our speaker at last month's general meeting.

We are thankful for his services to the community and his willingness to speak with us and stay around for a question and answer session with our attendees until 9 o'clock that evening!

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

"[Mental health resources: How to get help for yourself or your loved ones](#)". CBS in the Morning. October 2019.

"[College student fights to break the stigma of mental illness](#)". CBS. October 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.



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