



NAMI
National Alliance on Mental Illness

Central
Virginia

October 2019 e-newsletter



Over 150 students participated in the Out of the Darkness Walk for Suicide Prevention at Virginia State University. NAMI CVA participated as an event vendor and provided free mental health resources. The event featured the VSU Gospel Choir and several compelling speakers.

NAMI CVA October General Meeting

Our next meeting will be held at 7 o'clock on Thursday, October 10 at the Weinstein JCC (5403 Monument Avenue).

Our speaker for the evening is **Dr. Kent McDaniel**, Medical Director of Henrico Area Mental Health & Developmental Services. We are thankful for his services to the community and his willingness to speak with us next week about *In S.T.R.I.D.E.* and First Episode Psychosis. To learn more about our speaker, [click here](#). **To RSVP, call 804-285-1749.**



November 21st: Talk with Dr. Ananda Pandurangi

NAMI CVA is excited to continue the tradition of having Dr. Ananda Pandurangi, Chief of Inpatient Psychiatry at MCV, as the November General Meeting speaker. 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.



NAMI-WALKS Virginia: October 5, 2019

NAMIWalks Virginia is this weekend, Saturday, October 5. NAMIWalks is the nation's largest mental health awareness and fundraising event. NAMIWalks is a fun, family-friendly event and there is no cost to register. Supporters of NAMI Central Virginia have already raised thousands of dollars, and the funds keep coming in as we speak!

To join the NAMI - Central Virginia team, [click here](#). We'll look forward to seeing you this weekend!

UPCOMING PROGRAMMING: Children's Challenging Behaviors

Children's Challenging Behaviors



A Class for Parents who have Children and Youth with Mental Health Needs

Saturday, November 2nd, 2019
10:00am – 4:00pm
Virginia Treatment Center for Children
1308 Sherwood Ave.
Richmond, VA 23220

***Please use the entrance which faces Sherwood Ave.*



To register or for more information, contact Jeff at 804-285-1749, or email jeff.conley@namicentralvirginia.org

The Children's Challenging Behaviors program provides information to help parents understand typical behaviors versus challenging behaviors that require intervention. From this course you will also learn when and how to seek help, develop parenting strategies, learn the ins and outs of special education and other educational supports and discover community resources available to families and youth.

A comprehensive manual will be provided with relevant resources and information - all in one place! This course is taught by parents who have been on similar journeys and can provide firsthand experience and knowledge.



Family-to-Family: We will be offering a session of this program at the Chesterfield Library - Enon Branch, beginning on September 30. Classes begin at 6:30 p.m. [Click here for the flyer which contains additional details.](#) To register, email jeff.conley@namicentralvirginia.org

Peer-to-Peer at District 19: Peer-to-Peer training will be offered by NAMI-CVA starting on October 1. These sessions will meet from 11 a.m. to 1 p.m. at the District 19 Community Services Board. [The flyer can be found here.](#) Please register to receive the full schedule of classes - some weeks will vary slightly.

NOTE: *While these programs have started, registration is still open through the third session of each group.*

Family Support Group: NAMI-CVA launched its Tri-Cities Parent Support Group on September 28. It will occur the last Saturday of each month at 10:30 a.m. [Click here for more information.](#)

VOLUNTEER SPOTLIGHT: John and Sue Wiggins

John and Sue Wiggins have brought us together with their hospitality, making conversation easy for new visitors and long time members since they became involved with NAMI - Central Virginia in 2006.

Their successes of welcoming the new members, thanking the speakers, soothing the stressed, and invigorating the long time members with meeting refreshments, holiday parties, special events & picnics, have allowed us to become a stronger group!

Sue and John have also participated in other groups. Sue has attended the Community Criminal Justice Board, Mental Health Subcommittee Meetings at RBHA. Together, they have participated with the Richmond CIT Training at the Police Academy by following the "In Our Own Voice" presentation with the family point of view. Thanks for all that you do, John and Sue!



UPCOMING EVENTS: Mark Your Calendars!

"If You Could See Me": The mission of the #IfYouCouldSeeMe Movement is to eliminate the stigma associated with mental illness. **This event will be held from 7-9 p.m. on Thursday, October 10.** We're delighted to share a speaker for this event is Tammy Ozolins, a NAMI Connection facilitator and In Our Own Voice presenter! To learn more and purchase tickets, [click here](#).



ANNOUNCEMENT: Partnership with Richmond City Sheriff's Office

NAMI Central Virginia is pleased to announce our partnership with the Richmond City Sheriff's Office. Starting this fall, we will begin bringing our "In Our Own Voice" presentation to both male and female residents of the Richmond City Justice Center. The presentations will consist of group facilitation for up to 25 participants.

The goal of this presentation would be to offer the residents encouragement to speak openly about mental illness, how it impacts their life, and how to employ effective and appropriate

coping skills. Residents acknowledge that there is a stigma that is attached to mental illness, and feel that it is not something you can discuss with most people. It would serve the purpose, for the residents, of seeing and hearing the peer presenters tell their story, while being able to relate to the same struggles and challenges that affect individuals with mental illness.

To learn more about "In Our Own Voice", [click here](#).

NAMI - CVA ANNUAL FRIENDS AND FAMILY PICNIC: Thank you!

Thank you to all who attended this annual event held last Thursday, September 26.

We were pleased with the turnout of approximately 60 NAMI members and their friends and family, NAM - CVA board members and staff and other supporters of our organization's mission and vision! A great time was had by all.

NAMI - CVA looks forward to hosting this event each year. Details for next years event will be announced in early 2020.



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

["NAMI Applauds 3-Digit Suicide Hotline Legislation"](#). NAMI. September 25, 2019.

["More states requiring mental health education by law"](#). TODAY Show. September 28, 2019.

["Program to give alternative transportation to Virginians under detention during mental health crisis"](#). WAVY. September 24, 2019.

["Coming Out About Mental Health On Social Media"](#). Kaiser Health News. August 26, 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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