



NAMI  
National Alliance on Mental Illness

Central  
Virginia

## September 2019 e-newsletter

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### **NAMI: Suicide Prevention Awareness Month**

"**September is National Suicide Prevention Awareness Month** — a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services.

It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide

prevention. **NAMI is here to help.**" ([NAMI.org](http://NAMI.org)).

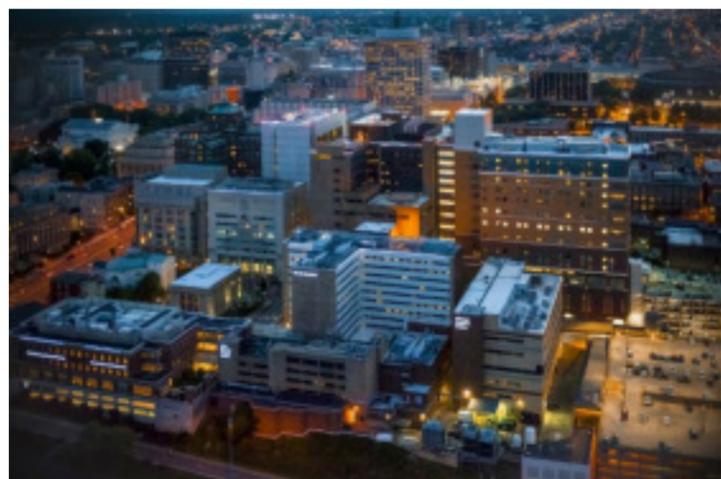
[Click here](#) for additional information and resources to use this month, and year round!

**If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.**

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### **IN OUR OWN VOICE: Coming to VCU Health System's Psychiatric Department!**

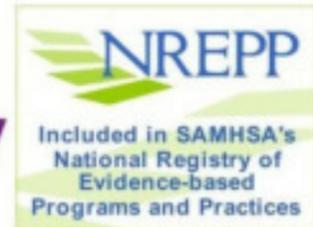
NAMI CVA is pleased to be bringing the "In Our Own Voice" program to VCU Health System's Psychiatric Department this fall! The North Hospital has two behavioral health wings where NAMI presenters will engage audiences twice a week with a compelling message of hope - that recovery is possible for many people with mental health concerns.



Presenters distribute information on other programs like NAMI Connection Support Group, and Peer to Peer, along with information to join as a NAMI CVA member.

**Are you interested in telling your story to patients and staff at Virginia Commonwealth University?** Join the In Our Own Voice presenter team by attending the December training. Contact the office for more information: 804-285-1749 or email [jeff.conley@namicentralvirginia.org](mailto:jeff.conley@namicentralvirginia.org).

**UPCOMING PROGRAMMING: Family-to-Family, Family Support Group & Children's Challenging Behaviors and More**



**What is the NAMI Family-to-Family Education Program?**

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

NAMI Central Virginia will offer Family-to-Family Education Program, beginning September 30<sup>th</sup>. It will be held on Monday and Tuesday evenings at 6:30 P.M. at **Chesterfield Library – Enon Branch**, 1801 Enon Church Rd. Chester, VA 23836. Please register to get complete schedule of classes.



**Participant Perspectives**

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

**Contact us to register for this NAMI Family-to-Family class!**

**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. *See the above flyer for details.*

**Family Support Group:** NAMI-CVA will launch it's Tri-Cities Parent Support Group starting September 28. It will occur the last Saturday of each month at 10:30 a.m. Click here for more information. Additional information can be found [here](#).



**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. Please [register](#) to receive the full schedule of classes.



### **Children's Challenging Behaviors:**

Our next workshop will be held at the Petersburg YMCA (120 N. Madison Street, Petersburg, VA 23803) on Saturday, September 14 from 10 a.m. to 4 p.m. [To register, please call 804-285-1749.](#)

**required.**

**This is a free program. Registration is**

To view our complete list of upcoming programs, please the [Programs & Groups](#) page of our website.



### **NAMIWALKS VIRGINIA: NAMI-CVA Team**

NAMIWalks is the nation's largest mental health awareness and fundraising event. We invite you to join us for any of our close to 100 community walks. NAMIWalks is a fun, family-friendly event and there is no cost to register - however, individual and group fundraising is encouraged!

To join the NAMI - Central Virginia team, [click here](#). We'll look forward to seeing you on October 5!

## **Join or Renew Your Membership**



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

[Become a part of the NAMI!](#) There are three levels of memberships and all receive the following benefits:

- Subscribe to content of interest to you, such as NAMINow!
- Connect with others in our discussion groups.
- Receive the NAMI Advocate magazine.
- Attend the National Convention at a discount rate.
- Online access to member-only content.



This annual event is coming up on **Thursday, September 26 from 4-8 p.m.** at the Roslyn Conference Center - Picnic Pavilion (8727 River Road, Richmond, VA). This event will have food, fun and fellowship! Please bring a side dish to share. **RSVP's are due by Sept. 19 by phone or email.**

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### **VOLUNTEER SPOTLIGHT: Lu Clark**

This month, we are featuring Lu Clark as our volunteer of the month!

Lu first got involved with NAMI CVA after taking Family-to-Family in 2005. Almost immediately, she began attending the monthly general meetings. Around that same time, she helped Sue Wiggins with her responsibilities as hospitality chair - refreshments at general meetings, service at the annual picnic & holiday party, etc. She was trained in Family to Family in 2006, and has been active in that program ever since. In fact, she will be teaching again this month! Lu also spent 6 years on the Board of Directors,

serving in the roles of Recording Secretary, and Member Services chair.

Lu retired last summer from Richmond Public Schools, where she worked for 34 years as a school nurse. She still occasionally volunteers for various nursing events and substitutes at her school. When she isn't volunteering, she enjoys working in the yard, visiting relatives, and cruising around in her jeep!

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### **UPCOMING EVENTS: Title here**

**Tuesday, September 17:** The 2019 Suicide Prevention & Substance Use Disorder Conference is coming up! To view the entire flyer with additional details (to include registration information), please visit [this link](#).

**Saturday, September 21:** Shop Evolve is hosting a fashion show at the Boulevard Burger and Brew and we would love to see you there! NAMI - Central Virginia is included as a nonprofit partner and will receive a portion of the proceeds. To purchase tickets, [click here](#).

**Monday, October 21:** Come out for Art for Recovery - a collaborative, community event showcasing the creative expression of individuals in recovery and individuals affected by



substance use and mental illness. This event is free and open to all members of the community from 5:30-8 p.m. at Art Works Richmond (320 Hull Street, Richmond, VA 23224).

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### **PROGRAMS & GROUPS: NAMI Connections Support Groups**

The NAMI Connections Support Group is a free, bi-monthly recovery support group for adults living with mental illness, facilitated by trained peers. Groups are confidential and anonymous. To view our current schedule of these peer led meetings, [click here](#).

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

[Why you should learn Mental Health First Aid](#): **June 2019, CNN.**

[Why Storytelling Is At The Heart Of Shifting Attitudes About Mental Health](#): **June 2019, MSN.**

[Coming Out About Mental Health On Social Media](#): **August 2019, KHN.**

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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### **GET INVOLVED: Volunteer Opportunities**

**The Evolution**: Saturday, September 21 at Boulevard Burger & Brew from 12-2 p.m. and 2-4:30 p.m. Two volunteers per shift are needed (if you serve at this event, you'll receive a VIP ticket to attend before/after!).

**Family Fun Fest**: Saturday, September 28th at St. Joseph's Villa from 10 a.m. to noon or 12-2 p.m. Two volunteers per shift are needed.

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## **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.

