



Charleston Area (SC)

OCTOBER, 2019

<https://www.namicharlestonarea.org>

<http://www.facebook.com/namicharleston>

<https://twitter.com/namichsarea>

<https://www.instagram.com/namichsarea>

Meetings and Events Schedule

NAMI Board Meeting

Board meeting will be held on Tuesday Oct. 7th at 6:00 PM.

Lonnie Hamilton Building, Rm. B349,
4045 Bridge View Rd., North Charleston.

Board members unable to attend in person can still attend via teleconferencing.

First Thursday of the Month

Support: 6:00 PM Oct. 3rd.

Family Support Group: Nursery Room 11

Connections: Nursery Room 12

Seacoast Church
750 Long Point Road, Mt. Pleasant

Enter from Long Point Road

Second and Fourth Thursday of the Month

NAMI Connections Support Group
Oct. 10th and 24th: 1:30 to 3:00pm

Berkeley Mental Health Center
403 Stoney Landing Road
Moncks Corner, SC 29461

Second Monday of the Month

Support: 6:00PM-7:15 PM Oct. 14th

Consumer and family member support groups meet.

Seacoast Church (West Ashley)
2049 Savannah Hwy, Suite H, Charleston.

The receptionist inside the main entrance will direct you to the proper room.

Education 7:30-8:30 PM

The educational speaker for October is Dr. Mark De Santis, Suicide Prevention Coordinator with Ralph H Johnson VAMC. He will talk about suicide prevention.

Third Monday of the Month

Support: 6:00 PM Oct. 21st

Consumer and family member support groups meet.

Bethany United Methodist Church
118 West Third South Street, Summerville

Call Toni at 843-870-6506 or email info@namicharlestonarea.org for more info.

NAMI Charleston Area (SC) Newsletter is published monthly by: NAMI Charleston Area (SC), PO Box 2251, Mount Pleasant, SC 29465. Phone (843) 872-5080.

Comments or suggestions for articles may be sent to the editor at pmjroddy@aol.com.
Newsletter Editor: Martha Roddy

Website: www.namicharlestonarea.org
Webmaster: Larry Debevec

NAMI Charleston Area (SC) Board of Directors

Officers

President	Toni Smallwood
Vice President	Kelly Troyer
Treasurer	Robert Taylor
Secretary	Joan Gaetke

MYRTLE BEACH AREA FAMILY SUPPORT GROUP

First Thursday of the Month

Family Support: Oct. 3rd: 6-8 PM

Our Lady Star of the Sea Catholic Church

1100 8th Avenue North
North Myrtle Beach, SC 29582

Facilitators: Ken and Karen (843-281-0245)

AMAZON SMILE

NAMI Charleston AREA will receive a donation when you shop with Amazon Smile and choose NAMI Charleston Area as your charity of choice.

CRISIS INTERVENTION TRAINING (CIT) SCHEDULE

October 3-4 Charleston County Sherriff's Office

October 10-11 North Charleston PD

October 24-25 Georgetown PD

Charleston Area: If you want to volunteer for this valuable training for our law enforcement and other first responders, contact us at info@namicharlestonarea.org.

NAMIWALKS CHARLESTON

The walk is just two weeks away!

If you haven't signed up already, please go to www.namiwalks.org/charleston. It is free to register. This walk is our chance to show the community that it is important to talk about mental health and that those dealing with issues related to mental health are not alone. YOU can be a NAMIWalks Hero! This is going to be a fun, family- and pet-friendly event. There will be a giant Jenga game, corn hole sets, ring toss, a warm up coach for before the walk and a yoga session to cool down after the walk.

Several organizations will be on-site to offer information about their resources, such as Charleston County Recycling, Charleston Dorchester Mental Health Clinic, Berkeley Mental Health Center, and the James Island Fire Safety Vehicle.

We will have prizes at the walk for the following categories: the walk individual who raises the most money, the walk team who raises the most money, and the largest walk team. Every individual who raises \$100 will receive a NAMIWalks Hero t-shirt. Please check Facebook and Instagram for other prizes. (See flyer on page 5)

WHY WE WALK

A NAMIWalks event is more than a fundraising event. It is a community event, a family event, a friend event, and an empowerment event. "A [NAMIWalk](#) is made up of people living with a mental illness, their families, friends, caring professionals and members of the community who all join forces to celebrate and further NAMI's mission.

At our NAMIWalk ..., we are all strengthened by the courage, enthusiasm, compassion, admiration and inspiration that swells through the crowd as we march for mental health advocacy, support and education.

Together we energize and encourage one another to keep our eyes on the two-fold prize of destroying stigma and finding a cure." *Jill and Simon Shute,*

<https://nami.org/Blogs/NAMI-Blog/September-2015/Helping-Create-a-World-Without-Stigma>



NAMI BASICS AVAILABLE ONLINE!

NAMI created NAMI Basics OnDemand in response to the outpouring of requests by parents and caregivers for a program option that doesn't require in person attendance. It's available to register now at basics.nami.org.

OUT OF THE DARKNESS COMMUNITY WALK-

The American Foundation for Suicide Prevention will have a Community Walk on October 20th at Riverfront Park North Charleston from 1:00PM to 3:00PM. For more information and to register, please go to

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6461> or go to their Facebook page- <https://www.facebook.com/AFSPCharleston> /.

We will have a table there to give out information and show our support.

MENTAL ILLNESS AWARENESS WEEK- OCTOBER 6TH THROUGH 12TH

From NAMI National: There are too many myths surrounding mental illness. And with these myths comes stigma, misunderstanding and discrimination. As a leading voice, NAMI should be helping break down myths and increase understanding. So, for this year's MIAW campaign, we will be dispelling a myth a day. The following is a daily rundown of the topics we will cover:

- Oct. 6: Prevalence of mental illness
- Oct. 7: Obsessive-compulsive disorder
- Oct. 8: Post-traumatic stress disorder
- Oct. 9: Children and mental illness
- Oct. 10: Anxiety and depression
- Oct. 11: Borderline personality disorder
- Oct. 12: Mental health treatment

Check out NAMI social media and the blog each day at

<https://www.nami.org/Blogs/NAMI-Blog>

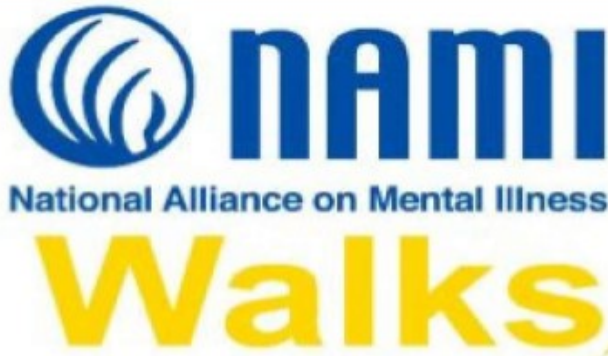


Mental Illness Awareness Week

“I may not have broken bones or visible scars, but that does not mean my illness is any less relevant. Each day brings its own battles, and I face them as they come. Each day I try my best.”

– Yasaman Gheidi

nami.org/miaw



Come Join Us!

Saturday, October 12th, 2019

Wannamaker Park, Tupelo Shelter

North Charleston, SC

9:00 am – 12:00 pm



Walk-Day Events Include:

95sx Radio Live Stream, Vendors, Ask-a-Doc/Pharmacist, Face Painting, Warm-Up Exercises, Post-Walk Yoga, Games/Activities, Fire Safety Vehicle, Healthy Snacks & more....

For More Information Contact Colleen Vaughn:

678-767-2361 or cpvaughn94@gmail.com

Walk Website: www.namiwalks.org/charleston

Twitter: Nami Charleston Area @namichsarea

Instagram: @namichsarea



Charleston Area



Charleston Area (SC)

I Want to Volunteer

Name: _____ Phone: _____

Address: _____ Cell: _____

_____ Fax: _____

Email: _____

Days and hours you are available: _____

Check below the areas of interest to you.

Events or Fundraising: assist from your home or at the event site:

- NAMI Walk: (annual event)**
- Soliciting donations and bequests**
- Soliciting auction items**
- Grant research & application writing**
- Volunteer Coordinator**

Support Groups: Attend meetings as needed **or** train to facilitate:

- Connections** for adult individuals with a mental health issue
- Family Support** for caregivers of adult consumers or children with a mental illness

Presentations: train to present to churches, businesses, and other community organizations:

- Ending the Silence-** given in middle and high schools for teens, parents, and teachers to learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.
- In Our Own Voice-** presenters with lived experience provide a personal perspective of what it's like to have a mental health condition

Education Courses: Attend meetings as needed **or** train to teach:

- Basics** for parents of school-age children
- Family-to-Family** for caregivers of adult consumers
- Provider Education-** a 15-hour program that introduces mental health professionals to the unique perspectives of people with mental health conditions and their families.
- Peer to Peer-** an eight-session educational program to adults with mental health issues

Other Programs and Services: Assist in office work and in the community:

- Membership renewals and recruitment**
- Outreach:** occupy display booths at events, hand out brochures, and inform public about NAMI programs
- Crisis Intervention Team training:** for first responders, involves sharing your story and/or role playing
- Office Operations:** telephones or research
- Accounting or Treasurer duties (light work)**
- Website design and maintenance**
- Newsletter editing or mailing**
- Advocacy:** letters to editors or community leaders; pamphlets to doctors and therapists

If you have some special interest, education, experience, or skill that you would like to utilize or pursue, please let us know:

Date: _____

Please return this form to:

NAMI Charleston Area (SC) • P.O. Box 2251, Mount Pleasant, SC 29465
(843) 870-6506 or info@namicharlestonarea.org



Charleston Area (SC)

Application for Membership Includes membership to National NAMI organization, NAMI SC, and NAMI Charleston Area (SC).

Please make check payable to **NAMI Charleston Area (SC)** and mail to the address shown below. **If you prefer you may utilize the secure website at www.nami.org.**

Please check one of the following: Household \$60.00 Individual \$40.00 Open Door* \$5.00

*Annual membership fee for individual/families/consumers with limited means.

I am a: Family member Sibling Parent New Member
 Consumer Spouse Professional Renewing Member

Name _____ Organization _____

Address _____

City/State/Zip _____

Home Phone (_____) _____ Work Phone (_____) _____

Email Address _____



PO Box 2251

Mt. Pleasant, SC 29465

www.namicharlestonarea.org