



We Need You!

Inside this issue:

- We Need You
- Executive Director's Report
- Spotlight
- A NAMI Story
- Membership Update
- Poetry With A Purpose
- Events Calendar

NAMI Howard County currently has "vacancies" for some very important volunteer positions:

Restaurant Night Coordinator: In this fundraising effort we are striving to build relationship with local restaurants and build awareness of NAMI Howard County and what our programs offer. It is a great opportunity for these businesses to give back to the community, and we have raised \$3,888 since restaurants nights began. The coordinator is responsible for visiting restaurant managers to coordinate a date and time, along with the percentage of sales, coordinating with the NAMI HC office as to whether or not we need to develop a flyer, and sending follow-up e-mails to the restaurant as a reminder for staffing purposes. Advertising, thank you letters, and other administrative duties are done by our NAMI HC staff. The Coordinator should expect to spend approximately two hours per month working on these tasks.



NAMI Connection Facilitator: Sadly, we have had to cut our NAMI Connection Support Group down to every 2nd and 4th Monday due to lack of facilitators. We hope to be able to resume the weekly meetings as soon as possible. NAMI Connection Recovery Support Group Program is a peer-based, mutual support group model. Wanting to support other consumers in their recovery is the ultimate qualification

for becoming a facilitator. Connection facilitators are guides and sympathizers. Trained consumers (Connection Facilitators) co-facilitate a 90-minute session in a 2-person facilitation team.

Qualifications of Connection Facilitators:

- Be a member of NAMI
- Have a serious mental illness
- Strong commitment to NAMI and supporting other consumers dealing with the mental illness
- Responsible and good organizational skills
 - Desire to facilitate and committed to fidelity to the support group model as it is written
 - Comfortable leading groups from 1 to 20
 - A willingness to dig in and approach the major topics of the group
 - A willingness to share one's own lived experience

Sunday Supper Drivers: Sunday Suppers is a social opportunity for adults living with mental illness. Beginning in 2014, the gathering will begin at 2:00 p.m. on the third Sunday of each month at the Florence Bain Senior Center. Drivers are needed to transport participants to and from the Sunday Supper each month. Gas expenses will be reimbursed.

There are many other opportunities available for volunteering at NAMI Howard County. Check out the [Volunteer page](#) on our website for details. Or call the office at (410) 772-9300 to find out more!

advocacy support recovery cure
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National Alliance on Mental Illness

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From the Executive Director

GREETINGS!

Fall or autumn represents the ending of summer and the beginning of winter. As we watch leaves fluttering to the ground in the fall, we are reminded that nature's cycles are mirrored in our lives. Autumn is a time of:

- letting go and releasing things that have been a burden to us
- acknowledging impermanence; when we contemplate fall's changes, we grow more appreciative of all the beauty that surround us
- challenging ourselves to live each day to the fullest.



Beverley Francis-Gibson
Executive Director

Well, at NAMI HC we've been doing just that! In October we celebrated Mental Illness Awareness Week. Our activities included:

1. a Hubcaps Concert and Raffle at Ten Oaks Ballroom and danced the night away to Rock-n-Roll music from the 60's and 70's.
2. a poetry contest on mental illness in area high schools and received several winning entries
3. a partnership with Howard County Library System which agreed to display NAMI Howard County brochures and information
4. art work from Maryland Art Therapists Association on display all week at On Our Own
5. a community screening and discussion of the documentary, *Here One Day* with filmmaker, Kathy Leichter
6. an In Our Own Voice presentation which afforded our guests an opportunity to learn about recovery from two fabulous volunteers who shared their stories
7. a blog on Depression on Howard County General Hospital's website
8. an article on mental illness and the impact on businesses in the Business Monthly

Additionally, our Board of Directors held an all-day board retreat and began the process of developing our new strategic plan for the next three years. We hired new staff that quickly acclimated to coordinating our programs and upgraded our computer systems. With all of these activities happening simultaneously, we look back now and realize we couldn't have done it without your time, talent and treasure. So, to everyone that attended an event, donated items, volunteered, provided a venue, made a contribution or sponsored an event for NAMI Howard County: ***Thank you!***



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Spotlight

When Beth Goodwin joined NAMI Howard County in 2010, she dove in headfirst! As she volunteered for more and more tasks, it quickly became apparent what an asset she was going to be to the organization.

Beth was the pioneer of the restaurant night program and since it began she has partnered with 29 Howard County restaurants, raising a phenomenal \$3,888. “Coordinating this program is a great way to get involved in the community and bring awareness to our organization. It has given me a great opportunity to use my gifts. I feel like I made a significant contribution to the fundraising committee, while fulfilling part of my wish to make a difference in the lives of individuals and their families living with mental illness.”

Beth also organizes the holiday gift wrapping at Barnes & Noble. While the first year was quite successful, last year we doubled the proceeds thanks to Beth negotiating a more desirable timeslot. This year she has outdone even herself and NAMI Howard County has procured the prime days and times. And with her usual efficiency, she is making arrangements

for 2014 holiday season contract to be signed!

For the last few years, Beth has been a familiar face to the Sunday Supper attendees, where she volunteers as a driver. If that’s not enough, Beth

also sits on the Fundraising and Public Policy Committees and rarely misses a meeting or event.

Beth describes herself as a “behind the scenes person”. She never expects any notoriety from her hard work and sometimes it seems she is unaware of how important she is to NAMI. When she was recently asked if featuring her as a “spotlight volunteer” was ok with her, she said “It’s ok to spotlight me, but make sure you do the same for those really important volunteers in the future.”

As Beth “retires” from her volunteering duties at the end of the year, we have some really big shoes to fill. From the entire NAMI Howard County family, THANK YOU BETH for all you have done for us.



*From All Of Us At
NAMI Howard County
HAVE A HAPPY AND
HEALTHY THANKSGIVING*



National Alliance on Mental Illness

NAMI Howard County



A NAMI Story

PETER WAS LOOKING forward to college. He'd carefully selected a university that was far enough away from home to allow him independence, yet close enough to visit his family. He was excited about attending classes and meeting new friends. College was a big step toward adulthood, and Peter was ready.

But in the spring of Peter's sophomore year, something went terribly wrong. Inexplicably, he began hearing voices inside his head; they seemed to call down to him from the sky. He saw demons and angels. He could not discern what was real and what was imagined.

He dropped out of school. Pressured by his parents, he reluctantly agreed to see a doctor, who put Peter on medication. His condition improved over the summer, and in the fall he resumed his studies at a college close to home.

The next few years brought ups and downs. Peter earned his bachelor's degree, but was unable to sustain employment because of his illness. His mental state deteriorated sharply when his doctor took him off medication. Again, he heard voices in his head. He saw things that were not there. He felt like he was crossing a dimension between heaven and hell. "I thought God was punishing me," Peter said.

One day, out of the blue, he decided to drive across the country.

His car ran out of gas in California. A police officer found Peter wandering along a road and took him to a hospital. His parents bought him a plane ticket back home.

Peter was diagnosed with schizoaffective disorder, a severe mental illness characterized by the hallucinations and delusions of schizophrenia and the mood disorder symptoms of manic-depressive psychosis. People with schizoaffective disorder are less able to show feelings and speak and think clearly. They become isolated and lose interest in activities. They may have trouble handling stress and holding down a job. Schizoaffective disorder usually begins in early adulthood and is thought to have genetic links. It is a chronic illness that can be controlled with medication and psychosocial intervention.

A DOCTOR told Peter that it would take him ten years to feel like his old self. Peter has turned that corner and is optimistic about his future. "I am committed to staying alive and making the most of my life," he said. "I can still be happy.

"Bookish and soft-spoken, Peter has learned to cope with the everyday challenges posed by his illness. He is busily pursuing interests in library science, and spends his free time reading, hiking, watching college basketball, and hanging out with friends. Whatever the future may hold for Peter, he wants to live it with a sense of

purpose.

As part of his recovery from mental illness, Peter gives back to the community by volunteering at NAMI Howard County. He turned to NAMI during a difficult time in his life, when he'd lost many friends and connections due to his illness. His mother had researched NAMI and suggested it as a place where Peter could meet people who shared his challenges. At first, he participated in online discussion groups, then, feeling the need for human contact, attended support groups.

Today, Peter is a NAMI Howard County support group facilitator, presentation speaker, and mentor. Belonging to the NAMI community has given Peter self-acceptance and a better perspective on how mental disorders affect people. He plans to continue his involvement with NAMI, working to end stigma and prejudice and advocate on issues related to mental illness.

"I am grateful for the support and help NAMI has offered me," Peter said. "I feel very fortunate to have come this far."

"Peter" is an alias.

Article By: Marsha Nathanson



Membership Update

My wife, Tina, and I (with a lot of help from Chris Schaffer) work to collect dues, provide membership cards and generally keep track of the membership status of NAMI Howard County. We do this as volunteers assisting the Executive Director.

We send out dues notices, second notices when needed, and letters of thanks and membership cards to those who renew their memberships. We include renewal invoices and self-addressed envelopes with the dues notices. We know who our members are and credit their accounts promptly when a check arrives, especially when that check is accompanied by a completed renewal invoice. While you can send us a renewal without receiving a renewal notice, the system tends to work better if you wait.

Regular Memberships can be renewed on-line using NAMI360 and a credit card. Log onto <http://www.nami.org/> and follow the logon instructions. This method is not available for Open Door members to renew at this time. NAMI National does not normally process renewals that are paid by cash or check

and I've been told that **their policy is to treat all checks addressed to them as donations.**

No matter which system you use, your membership is valid at the National, State, and local levels and a portion of your dues goes to each of those organizations.

Some of you may have wondered about the expiration date on your card. Under the old system NAMI memberships expired on the last day of a quarter - in March, June, September and December. We had latitude in determining expiration dates so that someone who renewed in January would retain the December date, but someone who renewed in February might be assigned a March date. Under the new system (NAMI360) membership expires one year from the date of renewal. So if you join or renew on 14 February, your membership will expire on 13 February of the following year.

By Pete Dinwoodie

Poetry With A Purpose

In recognition of Mental Illness Awareness Week, NAMI Howard County asked Howard County's 9th graders to write a poem related to the theme of mental illness. Some wonderful poems were submitted and we are pleased to announce that Natalia Jesus of Oakland Mills High School was chosen as the winner for her poem "All Alone". Madison Gee was the runner up, and Ashley Ramirez took third place.

All Alone

I'm alone, solitude, isolated...

What reason do I have to live?

What reason do I have to be alive?

Why should I keep living?

No, I shouldn't.

The voices are too loud, they're overpowering my mind.

They're consuming my physical flesh.

I hope they don't take over my mind; my precious thoughts and prayers.

The only evidence I have of being human, being real, like him, like her, like them, like you.

Just because I'm not perfect by society's standards doesn't mean I'm not normal.

I'm... just like you.



Events Calendar

2014 WINTER CLASSES

Peer-to-Peer starts Monday, January 6th
NAMI Basics starts Wednesday, January 8th
Family-to-Family starts Thursday, January 9th.

Call the office to register

EDUCATION FORUM

Tuesday, November 19, 2013, 7:00 p.m.

Art Therapy in Mental Health
Presented by Elizabeth Hlavek

Come and hear what Art Therapy is, its various uses and benefits, as well as how to connect with an art therapist in your area

GIFT WRAPPING AT BARNES & NOBLE

NAMI will be manning the gift wrapping table at Barnes and Noble on Thursday, December 19, Friday, December 20, and Monday, December 23 from 9:30 a.m.—4:00 p.m.

If you can help with a two hour shift, please contact Beth Goodwin at goodwinbeth1@gmail.com or 443-812-0802 Or stop by and get your gift wrapped!

SAVE THE DATE: ADVOCACY DAY IS FEBRUARY 5th IN ANNAPOLIS

FAMILY SUPPORT GROUP

Holy Trinity Lutheran Church, Music Room
7607 Old Sandy Spring Road, Laurel, MD 20707
2nd Mondays, 7:30—9:00 p.m.
November 11, December 9, January 13, February 10

FAMILY SUPPORT GROUP

Harmony Hall, The Parlor
6336 Cedar Lane, Columbia, MD 21044
2nd Tuesdays, 7:30 – 9:00 p.m.
November 12, December 9, January 14, February 11

FAMILY SUPPORT GROUP

Celebration Church, Music Room
6080 Foreland Garth, Columbia, MD 21045
3rd Fridays, 7:30 – 9:00 p.m.
November 15, December 20, January 17, February 21

FAMILY SUPPORT GROUP

First Evangelical Lutheran Church, Counseling Office
3604 Chatham Road, Ellicott City, MD 21043
4th Mondays, 7:30 – 9:00 p.m.
November 25, December 23, January 27, February 24

PARENTS OF CHILDREN UNDER 18 SUPPORT GROUP

First Presbyterian Church, Room 204
9325 Presbyterian Circle, Columbia, MD 21045
2nd Mondays, 12:00 – 1:30 p.m.
November 11, December 9, January 13, February 10

PARENTS OF CHILDREN UNDER 18 SUPPORT GROUP

First Presbyterian Church, Room 252
9325 Presbyterian Circle, Columbia, MD 21045
Last Wednesdays, 7:30 – 9:00 p.m.
November 21, December 19, January 29, February 26

NAMI CONNECTION RECOVERY SUPPORT GROUP

Wilde Lake Interfaith Center, Music Room 6
10431 Twin Rivers Road, Columbia, MD 21044
6:30 – 8:00 p.m.
Meets every 2nd and 4th Monday

SUNDAY SUPPERS

Florence Bain Senior Center
5470 Ruth Keeton Way, Columbia, MD 21044
3rd Sundays, 4:00 p.m.
November 17, December 15



National Alliance on Mental Illness

NAMI Howard County

THE BENEFITS OF MEMBERSHIP

Please Join Us (if you haven't already done so)!

When you join NAMI Howard County, you will belong to a network of people like yourself, individuals and families who understand the daily challenges people with mental illness face, and who are working to meet those challenges.

Your membership helps to ensure that life saving information, support, and education programs are available for the people in our community who need NAMI.

You may join on-line at NAMI National's safe and secure registration site (at NAMI.org, click on "Join NAMI") or complete and return the form below.

YES! I want to support NAMI. I understand that by joining NAMI Howard County, I will automatically become a member of the state and national levels of NAMI and receive three quarterly publications:

- ✦ NAMI Howard County Newsletters
- ✦ NAMI Maryland newsletter, *Connections*
- ✦ NAMI National magazine, *The Advocate*

Annual membership dues are:

- \$35 Individual or Family Membership
- \$ 3 Open Door Membership

Please make checks payable to NAMI Howard County. SEND TO: NAMI Howard County, 9151 Rumsey Road, Suite 150, Columbia, MD 21045

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

HOME PHONE _____ OTHER PHONE _____

EMAIL ADDRESS _____

Enclosed is my tax deductible membership fee of: \$ _____

I have also enclosed an additional tax deductible contribution of: \$ _____

Total Enclosed: \$ _____

I am interested in volunteering. (Please indicate your area/s of interest)

- | | | |
|--|--|---|
| <input type="checkbox"/> Advocate for public policy changes | <input type="checkbox"/> Help at Sunday Suppers | <input type="checkbox"/> Teach <i>NAMI Basics</i> |
| <input type="checkbox"/> Assist with fundraising | <input type="checkbox"/> Help prepare mailings | <input type="checkbox"/> Teach <i>NAMI Family-to-Family</i> |
| <input type="checkbox"/> Work or walk as a volunteer at <i>NAMIWalks</i> | <input type="checkbox"/> Publicize NAMI within Faith Communities | <input type="checkbox"/> Teach <i>NAMI Peer-to-Peer</i> |
| <input type="checkbox"/> Captain a <i>NAMIWalks</i> team | <input type="checkbox"/> Speak to community groups | <input type="checkbox"/> Write a book or movie review |
| <input type="checkbox"/> Deliver information and marketing materials | <input type="checkbox"/> Submit an essay, poetry or visual art to <i>Inkwell</i> | <input type="checkbox"/> Write an article for the newsletter and/or website |
| <input type="checkbox"/> Facilitate a support group | <input type="checkbox"/> Help in another way | |

BOARD OF DIRECTORS

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