



NAMI Blue Ridge Family Alliance Update September 2009

Upcoming Meetings Visitors Welcome

Informal Support Group Meetings

First Thursdays
5:30pm-7:00pm

September 3 • October 1
November 5 • December 3
January 7

Speaker Meetings

Third Thursdays
5:30pm-7:00pm

Thursday, October 15, 5:30-7:00pm
Mental Illness in the Criminal Justice System

Juanita Morris, Ph.D., is a licensed clinical nurse with more than 20 years experience providing evaluation and services to Albemarle County Regional Jail inmates with mental illnesses. Tom von Hemert is criminal justice planner for the Thomas Jefferson area. Dr. Morris and Mr. von Hemert will discuss all aspects of mental illness in the criminal justice system.

Thursday, November 19, 5:30-7:00pm
Ask the Doctor

Dr. David Moody is Medical Director for Region Ten. Dr. Moody has many years experience working with people with serious mental illnesses. This is your opportunity to meet with Dr. Moody in a small, informal setting and ask him all those tough questions that you have been struggling with.

Thursday, December 17, 5:30-7:00pm
New, Modern Western State Hospital

Plans are well underway for a completely new, state-of-the-art Western State Hospital in Staunton. John Beghtol is Director of Community Relations at Western State. Mr. Beghtol will tell us what to expect, update us on current psychosocial programs at Western State, and answer your questions about their program.

***** Location *****

BRFANAMI meetings are held at the new Region Ten location at 500 Old Lynchburg Rd. From I64 Exit 120, take 5th Street Extended south (away from Charlottesville) for about a mile to Old Lynchburg Rd on the right. (You passed the new county office building on your left.) Turn right on Old Lynchburg Rd and then right again at the first driveway. The new Board Room is in the administrative building at the rear of the property.

NAMI-Blue Ridge Family Alliance

[a 501(c)(3) organization]

Charlottesville, VA 22903

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NEWSLETTER

Editor: April Ballard

ANNOUNCEMENTS

Brain Function Seminar

"The Brain that Changes Itself", a six-hour seminar for health professionals, will be offered in Charlottesville on Friday 25 September at the Double Tree Hotel. The seminar is based on the book by Norman Doidge, M.D. Topics covered are: developmental issues; stress, depression and sleep; injury and the recovery process; pain and addiction; and the healthy aging brain. For more information, go to www.ibpceu.com or call 1-866-652-7414.

NAMI Walks

Once again, the annual NAMI Walks for the Mind of America will take place in Richmond on Saturday 3 October. Last year, under the able guidance of Marjie, the Blue Ridge Family Alliance gathered a team, and received roughly \$4000 in donations and support for this event, and went to Richmond to join the

walkers at the Innsbrook Picnic area. We are gathering another team this year and hope that many of you will join us. If you are interested in going to Richmond as a walker, please get in touch with me so we can be sure everyone is registered.

There is no walker registration fee, but all participants and our members in general are encouraged to collect donations from family members, friends, co-workers and etc. The total amount of donations that we raise is divided in half with NAMI/VA since they do all the work in preparing for the walk, so the more we raise, the more we receive. All donations are tax deductible, and the checks should be made out to NAMI (NAMI Walks) and sent to me. The walkers will need to be there at 9:30 and the walk starts at 10:30. We can meet somewhere in Charlottesville

earlier that morning and follow each other to Richmond. The total distance of the walk is 5K (3.1) miles, but you can certainly walk shorter distances, or just be there to cheer us as we cross the finish line.

For those want to go, we will be painting our logo on white t-shirts

(BRING YOUR OWN T-SHIRT) at the BRFA picnic on September 17th which will be held at the Blue Ridge Clubhouse 5:30 - 7:00.

To quote Mira Signer, Executive Director of NAMI/Virginia, "the walk is fundraising effort for NAMI/VA and its affiliatesand also serves as an awareness raising event - giving people an opportunity to reach out to their communities and spread awareness about mental illness and NAMI. Our hope is that each step that the walkers take on their 3-mile walk is one step closer to an improved mental health care system that Virginians need and deserve. Virginia has been moving in the right direction by reinvesting resources into the community, and we need to see this continue if we are going to have a truly effective system. This is a walk for hope, change, and recovery". Knowing that 1 in 5 people are affected by mental illness, the Walk and NAMI's mission touches the hearts of many. So I encourage you to come join us, and send many thanks to those who started us off last year for our first involvement in the Walk: Marjie, Mike Kelley, Gail McDermott, Katherine Tolton, Ruth Woods, Jean Scanlon, Meindert Bloemers, Christine Brennan and Isabel Brennan.

BRFA/NAMI Picnic

We are looking forward to our annual BRFA picnic which will be held on September 17th at the Blue Ridge Clubhouse on Elliott Avenue - 5:30 - 7:00. This is a very casual event and we hope that we will we have a big crowd. So please call your friends and family members and come join us. If you need a ride, please give me a call - 434-296-2519, or email me at srinehart0945@comcast.net.

As before, we will provide the soft drinks/water, etc. and ask that you bring a dish that you can share with others - i.e. salad, fried chicken, casseroles, desserts,

etc. It would help, but is not necessary, if you could email me to let me know how many there will be in your group so we can plan on enough soft drinks, and paper plates, etc. Shannon Wright, the Director of the Clubhouse, will give us a brief talk about the new direction and philosophy for the members of the Clubhouse.