



NAMI Blue Ridge Family Alliance Newsletter Update

Upcoming Meetings Visitors Welcome

Informal Support Group Meetings

First Thursdays from 5:30pm – 7:00pm

- April 6, May 4, June 1, July 6, August 3

Speaker Meetings

Wednesday, March 22, noon

Divided Minds: Twin Sisters' Journey through Schizophrenia

UVA Jordan Conference Center Auditorium, 1300
Jefferson Park Avenue

What is the experience of schizophrenia -- for someone who has the disease and for someone close to the sufferer? Sisters Carolyn Spiro and Pamela Spiro Wagner reflect on this illness, a bond between them stronger than their twinship.

Also see www.vabook.org

Thursday, March 23, 10am

The War Within: Psychological Memoirs City Council Chambers, 605 E. Main St.

Poet Pamela Spiro Wagner and psychiatrist Carolyn Spiro (*Divided Minds*) join war correspondent John Falk (*Hello to All That: A Memoir of War, Zolof, and Peace*) to discuss their strengths and struggles dealing with mental illness.

Thursday, April 20, 5:30 - 7:00

Improving Services for Mentally Ill People across the U.S.

Region Ten Board Room, 500 Old Lynchburg Rd.
Steven Buck, Director of State Policy for our National NAMI organization, and Drew McCarthy, Senior Director for Healthcare Reform at the National Mental Health Association, will provide a glimpse of the national landscape for mental health services.

Thursday, May 18, 5:30 - 7:00

Experiences from Another NAMI Chapter Region Ten Board Room, 500 Old Lynchburg Rd.

Dr. Bernard Williams, a retired psychiatrist who volunteers at the C'Ville Free Clinic, will discuss his experiences as a member of a very active NAMI chapter in Georgia. He will also talk more generally about the role of family members.

*** New Location ***

Our meetings have moved to a 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.

Our Annual Pot Luck Picnic Mark Your Calendar

Join us at our annual picnic on Thursday, June 15 from 5:30-7:00pm at the Blue Ridge Clubhouse, 100 Burnett St. Please bring a dish to share, and we will provide drinks and cookies. NAMI participants, their family members and Region Ten senior managers will join together in this informal atmosphere.

RSVP to Sally Rinehart at 296-2519 or
srinehart0945@cs.com.

National Institute of Mental Health (NIMH) Studies

NIMH asks that we announce their research on bipolar disorder and also on obsessive compulsive disorder, which focuses on possible genetic causes of these diseases. NIMH needs individuals and families to work with them on these important disorders in a variety of studies. As one specific example, the Bipolar Disorder Genetics Project invites adults who have experienced bipolar disorder to join their study. If you have any questions or interest, please contact Diane Kazuba at kazubad@mail.nih.gov or call 1-866-644-4363 (toll free).

WORLD WIDE WEB

Monticello Avenue site
<http://avenue.org/brfa>

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New Books at Charlottesville Library

- *Divided Minds: Twin Sisters and Their Journey Through Schizophrenia* by Pamela Spiro Wagner, Carolyn Spiro

This harrowing but arresting memoir—written in alternating voices by identical twins, now in their 50s—reveals how devastating schizophrenia is to both the victim and those who love her. Pamela's account details how it feels to hear voices and to suspect evil in everyone. Carolyn, who became a psychiatrist, conveys her overwhelming frustration, and occasional alienation from her sister, when she is unable to help.

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- *Hello to All That: A Memoir of War, Zolof & Peace* by John Falk

John Falk combines the story of his own depression with his experiences as a war correspondent in Bosnia.

- *72 Hour Hold* by Bebe Moore Campbell

In this novel of family and redemption, a mother struggles to save her eighteen-year old daughter from the devastating consequences of mental illness by forcing her to deal with her bipolar disorder.

- *Integrated Treatment for Dual Diagnosis* by Mueser, Drake, Noordsy & Fox

Considered by many to be the best book in its field

- *Treating Co-Occuring Disorders: A Handbook for Mental Health and Substance Abuse Professionals* by Hendrickson, Schmal & Ekleberry

Published by The Hayworth Press

NAMI - BRFA Membership Application Form

I (We) wish to join ____ or renew ____ membership in:

____ NAMI-BRFA dues \$ 5

I wish to support NAMI-BRFA's work to improve the quality of life for people with serious mental illnesses. I have enclosed my additional tax-deductible donation of \$_____.

Total dues and contribution: \$_____.

Name _____

Address _____

Telephone (optional) _____
and/or e-mail _____

Please make checks payable to NAMI-BRFA and mail : c/o James H. Scott Jr., Treasurer

250 Pantops Mtn. Road, Apt. 5325

Charlottesville, VA 22911

NOTE: We welcome everyone to our meetings, but newsletter mailings go only to dues paying subscribers. See our online website for newsletter and meeting updates if you do not wish to subscribe. See <http://avenue.org/brfa>