



NAMI Blue Ridge Family Alliance Newsletter Update

September 2006

Upcoming Meetings Visitors Welcome

Informal Support Group Meetings

First Thursdays from 5:30pm – 7:00pm

- September 7 • October 5 • November 2
- December 7 • January 4

Speaker Meetings

Third Thursdays from 5:30pm – 7:00pm

*EXCEPTION: The December speaker meeting will be on the **SECOND** Thursday of the month.*

Thursday, September 21, 5:30pm – 7:00pm
Ask the Doctor

Dr. Barbara Haskins is a psychiatrist at Western State Hospital. She has many years experience working with a wide variety of individuals suffering from serious mental illnesses. This is your opportunity to meet with Dr. Haskins in a small, informal group setting and ask her all those tough questions you have been struggling with.

Thursday, October 19, 5:30pm – 7:00pm
Who we are: NAMI Local, State and National

Our local NAMI chapter has been active with support group and speaker meetings. Let's step back and understand what else we could be doing. We will review opportunities at the NAMI state and national level. More importantly, we will explain what we have been trying to accomplish locally, and then explore ideas on what else we should be considering.

Thursday, November 16, 5:30pm – 7:00pm
Mentally Ill People and the Law

Janet Warren, D.S.W. is Professor of Psychiatric Medicine and Associate Director of the Institute of Law, Psychiatry and Public Policy at the University of Virginia. Dr. Warren will explore issues that are significant in the legal handling of people with mental illness by the courts, including competence to stand trial and legal sanity.

Thursday, December 14, 5:30pm – 7:00pm
Services and Housing for Mentally Ill People in C'Ville

Reed Banks is Director of Mental Health Services at Region Ten. Region Ten is the major provider of services to mentally ill people in Charlottesville and surrounding counties. Mr. Banks will not only explain those services, but also talk about housing options for mentally ill people in our area.

***** 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.

OFFICERS

Sally Rinehart
President

Mike Kelley
Vice President

Irene Hagerty
Secretary

James Scott
Treasurer

BOARD MEMBERS

Virginia Germino
Clyde Gouldman
Margaret Grove

Irene Hagerty
Pat & Ted Keats
Mike Kelley

Sally Rinehart
Shelah & James Scott

HONORARY BOARD

Julie Curry
Millie Shor

Treasurer Jim Scott's address:
250 Pantops Mountain Rd., Apt. 5323
Charlottesville, VA 22911

NEWSLETTER

Editor: April Ballard

Circulation: James and Shelah Scott

This newsletter is published bi-annually. Persons wishing to contribute an original article are asked to contact the editor

(continued on back)

New Books at the Charlottesville Library

<http://jmrl.org/>

A MIND APART: TRAVELS IN A NEURODIVERSE WORLD

by **Suzanne Antonetta**

Susanne Antonetta draws on her personal experience with manic depression, as well as interviews with people with multiple personality disorder, autism, schizophrenia, and other "neuroatypical" conditions, to construct a fascinating portrait of how the world shapes itself in minds that are profoundly different from the norm. (From Amazon.com reviews)

ISBN: 1585423823

50 SIGNS OF MENTAL ILLNESS: A GUIDE TO UNDERSTANDING MENTAL HEALTH

by **James Whitney Hicks M.D.**

This volume presents fifty signs that may – or may not – signal mental illness. Dr. Hicks outlines available clinical treatments and medications that may be helpful, and he provides practical strategies for coping with each symptom. Nearly one in three individuals experience psychiatric symptoms each year. (From the introduction)

ISBN: 0300116942

LINCOLN'S MELANCHOLY: HOW DEPRESSION CHALLENGED A PRESIDENT AND FUELED HIS GREATNESS

by **Joshua Wolf Shenk**

Abe the Emancipator, argues *Washington Monthly* contributor Shenk, struggled with persistent clinical depression. The first major bout came in his 20s, and the disease dogged him for the rest of his life. That Lincoln suffered from "melancholy" isn't new. Shenk's innovation is in saying, first, that this knowledge can be illuminated by today's understanding of depression and, second, that our understanding of depression can be illuminated by the knowledge that depression was actually a source of Lincoln's greatness. (From Publisher's Weekly)

ISBN: 0618551166

MY DEPRESSION: A PICTURE BOOK

by **Elizabeth Swados**

The multitalented Swados now presents a cartoon memoir in which she chronicles her struggles with severe depression, a condition made all the more alarming by the fact that both Swados' mother and brother committed suicide. The jangled, even manic energy of her drawings and text plays in effective counterpoint to the "black hole" of depression as Swados' candid, seemingly simple tale conveys a wealth of helpful information and dispels the gloom a bit by making readers laugh. (From Booklist)

ISBN: 1401307892

AMERICAN MANIA: WHEN MORE IS NOT ENOUGH by **Percy C. Whybrow M.D.**

The indictment of American society offered here – that America's supercharged free-market capitalism shackles us to a treadmill of overwork and overconsumption, frays family and community ties and leaves us anxious, alienated and overweight – is familiar. What's more idiosyncratic and compelling is the author's grounding his treatise in political economy (citing everyone from Adam Smith to Thorstein Veblen) as well as in neuropsychiatry, primatology and genetics. (From Publishers Weekly)

ISBN: 039332849X
