



NAMI

Brazos Valley, Inc.

National Alliance on Mental Illness

Brazos Valley's Voice on Mental Illness

P.O. Box 10895, College Station, TX 77842

Fall 2011

NAMI-BV

Elects New Officers:

Members of the National Alliance on Mental Illness of Brazos Valley elected officers for the 2011 calendar year.

Karen Garber of Bryan/College Station was elected President for a second term.

Yolin Oliver Magee of Caldwell was elected Vice-President.

Marilyn Smith of Bryan/College Station was elected Treasurer.

Amy Buchanan of Bryan/College Station was elected Secretary.

Continuing as at-large members of the Board were Jody Schulz and John Tatum of Brenham and Judy Hassebrock was elected as a new board member.

Susan Dennis of Bryan/College Station was appointed Membership Coordinator for the affiliate.

SPONSORS NEEDED!

NAMI-BV 5 K Rock the Mind Run

Individual or business sponsors are still needed for NAMI-BV's 5 K Rock the Mind/2 mi. Walk fund raiser on Saturday, October 28th at Wolf Pen Trail in College Station.

Sponsorship levels are:

\$500 and up-Gold Medal Sponsor

\$200 - \$499- Silver Medal Sponsor

\$75- \$199- Bronze Medal Sponsors

All sponsorship donations are fully tax deductible.

Checks should be made payable to NAMI-BV, and be mailed to P.O. Box 10895, College Station, TX 77842.

Online registration for the run and sponsor contracts are available at :

<http://www.active.com/donate/N1NAMIBV123>

National Alliance on Mental Illness

Helping you connect with others in your community
whose lives are affected by mental illness



National Alliance on Mental Illness of Brazos Valley



Bringing hope and help to those suffering
from mental illnesses and their families.
Breaking the Stigma of Mental Illness.

National Alliance on Mental Illness

Of Brazos Valley

2011 Scheduled Events

September:

Family Support Group meetings:

Tues. Sept 6th & 20th - 6:30-8:00 p.m.

3141 Briarcrest Drive, **Suite 513**

Bryan, TX 979-777-9455

Peer Support Group meetings:

Tues. Sept. 6th & 20th - 6:30 - 8:00 p.m.

3141 Briarcrest Drive, **Suite 501**

Bryan, TX 979-777-9455

NAMI-BV 5K Rock the Mind

meeting:

Tues. Sept 6th- 8:00 – 9:30 p.m.

BVCIL office, 1869 Briarcrest Dr.

Bryan. 979.777.7727

NAMI-BV Board /Fund Raising

Meeting

Tues. Sept. 20th 8:00 – 9:00 p.m.

3141 Briarcrest Drive, **Suite 513**

Bryan, TX. 979-777-9455 **RSVP**

Open to all NAMI members

KORA, 98.3 FM Radio- NAMI spots

Thurs. Sept. 8th, between 8:45-9:00 a.m.

Thurs. Sept. 22nd, between 8:45 – 9:00 a.m.

Sponsored by Brazos Valley

Communications and BVCAA, Inc.

October – December 2011:

Family Support Group :

6:30-8:00 p.m. Suite **513**

Tues. Oct. 4nd & 18th

Tues. Nov. 1st & 15th

Tues. Dec. 6th & 20th - Social

Peer Support Group :

6:30-8:00 p.m. Suite **501**

Tues. Oct. 4th & 18th

Tues. Nov. 1st & 15th

Tues. Dec. 6th & 20th - Social

Contact persons:

Family Support- Bryan

Karen Garber, 979-777-9455

Yolin Magee, 979-777-7727

Susan Dennis 979-764-7932

Peer Support- Bryan

Amy Buchanan- 979-220-5665

Washington County Contacts

Family and Peer Support-Brenham:

Jody Schulz- 979-277-4646

John Tatum - 979-251-1750

Judy Hassebrock- 979-277-8406



ROCK THE MIND

5K RUN/2 MILE WALK

SATURDAY, OCTOBER 29, 2011

8:30 AM

WOLF PEN CREEK Plaza

**1015 COLGATE DRIVE
COLLEGE STATION, TX 77840**

REGISTRATION

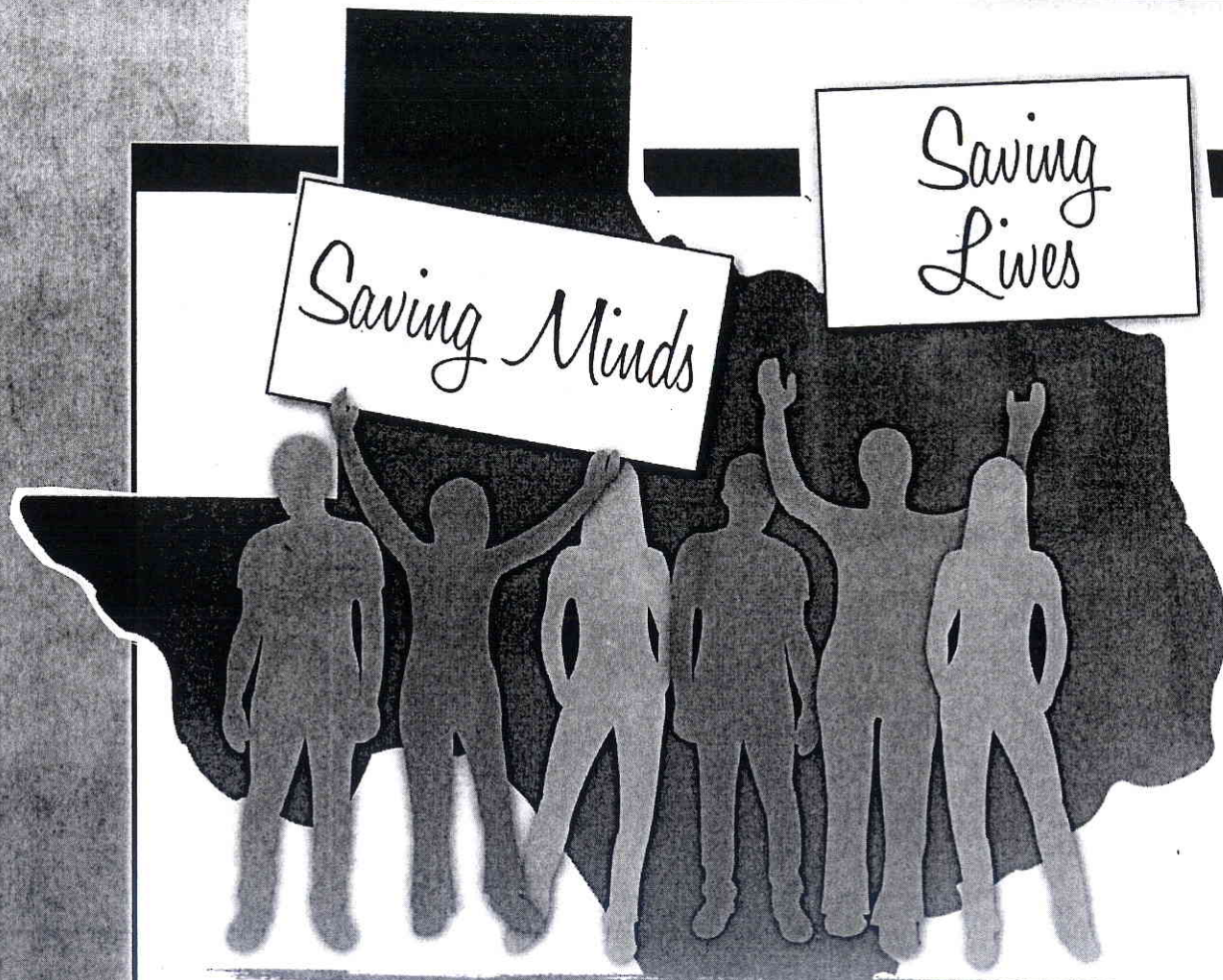
http://www.active.com/event_detail.cfm?event_id=1944055

DONATIONS

<http://www.active.com/donate/NINAMIBV123>

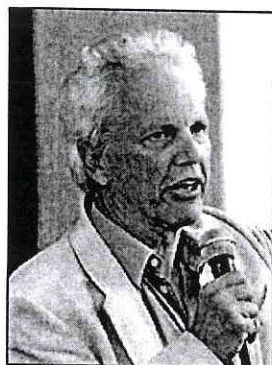
**BENEFITS NAMI BRAZOS VALLEY
(NATIONAL ALLIANCE ON MENTAL ILLNESS)**





2011 NAMI Texas Conference
Austin, TX ★ October 21-22, 2011

Go to www.namitexas.org for registration information.



2011 Keynote Speaker - Dr. Daniel Fisher

Our keynote speaker this year is Daniel Fisher, the Executive Director of the National Empowerment Center and a practicing psychiatrist at Riverside Outpatient Clinic, Wakefield, MA. Dan is a person who has recovered from schizophrenia. He was hospitalized several times prior to becoming a psychiatrist. He is one of the few psychiatrists in the country who publicly discusses his recovery from mental illness. He is a role model for others who are struggling to recover, and his life dispels the myth that people do not recover from mental illness. His recovery and work in the field were recognized by his selection as a member of the White House Commission on Mental Health. Dr. Fisher is also on the National Advisory Council of the Hogg Foundation for Mental Health.

This will be a great conference so mark your calendar now!

Texas Roadhouse to Host Fundraiser For NAMI-BV

The Texas Roadhouse Restaurant at 1601 University Drive East, College Station will be hosting a free lunch with a donation on Tuesday, October 4, 2011 from 11:00 a.m. until 1:00 p.m. Donation proceeds will be presented to the National Alliance on Mental Illness Of Brazos Valley to be used for volunteer training so that NAMIBV can continue to provide free education, Support and advocacy services to residents of Brazos Valley affected by serious mental illness.

The Texas Roadhouse Restaurant has hosted similar charity events in the past and provided sandwich luncheons to patrons in exchange for a donation. We wish to thank the owners/management of Texas Roadhouse Restaurant for their generous support to NAMI-BV.

Components of Recovery



Resources

www.samhsa.gov
National Mental Health Information Center
1-800-789-2647, 1-866-889-2647 (TDD)

Improving Lives

What is NAMI?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.



Strength of Us

Strength of Us is a website created for young adults who are looking for online mental health resources and support. They offer private forums in which you can post questions and comments and in which you can gain information from others. Strength of Us also offers interactive worksheets and online information on a wide variety of topics, including how to reach your goals and how to budget for your daily life. For more information, check out the website at StrengthofUs.org

Ask a question, save a life.

Question the person about suicide. Do they have thoughts? Feelings? Plans? Don't be afraid to ask.

Persuade the person to get help. Listen carefully. Then say, "Let me help." Or, "Come with me to find help."

Refer for help. Contact a parent or any adult who can help such as school personnel, a counselor, social worker, or psychologist, physician, clergy, coach, or any other adult you trust.

To Save A Life...

Realize someone might be suicidal. Reach out. Asking the suicide question DOES NOT increase risk. Listen. Talking things out can save a life.

Don't try to do everything yourself. Get others involved.

Don't promise secrecy and don't worry about being disloyal.

If persuasion fails, call your mental health center, local hotline or emergency services.

Warning Signs of Suicide

- Suicide threats
- Previous suicide attempts
- Alcohol and drug abuse
- Statements revealing a desire to die
- Sudden changes in behavior
- Prolonged depression
- Making final arrangements
- Giving away prized possessions
- Purchasing a gun or stockpiling pills

www.TexasSuicidePrevention.org

A product of Mental Health America of Texas and the Texas Suicide Prevention Council (2009)

Information adapted from QPR Institute materials.

Join as:

- Consumer (a person with a mental illness)
- Health Professional
- Family Member
- Friend
- Just place on mailing list

Name: _____

Address: _____

City, ST, Zip _____

Phone: _____

E-mail: _____

Membership is \$5 for those with a mental illness. For others the cost is \$35 annually.

To join complete the form on back and mail checks to:

NAMI Brazos Valley
P.O. Box 10895
College Station TX 77842
Phone: Day - (979) 777-9455



Mental Illness Affects Everyone

*Help Us
Help Those
With Mental Illness*



You Are Not Alone

NAMI -BV
P.O. 10895
College Station, TX 77842

STAMP

Membership in NAMI Brazos Valley is an opportunity to bring resources to our community and improve the present system of mental health.