



## NAMI Dekalb Family Forum

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February/2012

**EDUCATIONAL MEETING February 9, 2012**

**The February and March programs will include viewing and discussing the movie, "MINDS ON THE EDGE: Facing Mental Illness."**

The movie connects the dots between the personal dilemmas facing individuals and families living with mental illness, medical practices that can be obstacles to treatment, and public policies that too often fall short in providing support that could make a positive difference.

The PBS program uses wrenching and confounding situations that are played out daily in homes, hospital ERs, courtrooms and jails and on city streets and school campuses. The scenes poignantly depict Americans struggling with the challenges of severe mental illness.

Moderator Frank Sesno, unfolds this story and asks the program panelists to put themselves in the shoes of these hypothetical characters and talk about what they would do if faced with this situation. The distinguished panel includes U.S. Supreme Court Justice Stephen Breyer, Nobel Prize winning neurologist Eric Kandel, along with attorneys, doctors, legislators and other experts in the field. Several of the panelists have personal, as well as professional experience, in living with mental illness.

MINDS ON THE EDGE also provides a glimpse of innovative solutions that are currently being implemented across the country. These innovations, many shaped by the guidance and expertise of people

**CONNECTIONS  
NORTH MEETINGS  
EVERY WEDNESDAY**

**6:30-7:30 pm**

**AT Shallowford  
Presbyterian Church**  
2375 Shallowford Road  
Atlanta, GA 30345  
Room 308

Contact Eric Roberts for  
more information:  
404-368-2715 or  
eroberts77@bellsouth.net

**CONNECTIONS  
CENTRAL MEETINGS  
EVERY MONDAY**

**6:30-8:00 PM**

**AT Trinity House  
of Holy Trinity  
Episcopal Church**  
531 East Ponce de Leon  
Avenue,  
Decatur, Ga 30030  
Parking is in the church  
parking lot on Sycamore;  
walk from the lot to the  
house located on East  
Ponce de Leon Avenue

Contact Edi Guyton  
for more information  
emg2248@gmail.com

**FAMILY SUPPORT  
MEETINGS  
FIRST AND THIRD  
MONDAYS**

**6:30-8:00PM**

with mental illness, offer promising solutions and hopeful direction to transform the mental health system.

We will meet on the 2nd floor at the Dekalb Addiction Clinic 455 Winn Way, Decatur, GA. 30033

**FAMILY TO FAMILY COURSE  
STARTING**

**JOIN NOW**

Family to family is a free 12-week course on mental illness conducted by qualified NAMI educators. The course and all materials are given at no charge. The course covers all mental illnesses as well as medications and communication skills. Family to family graduates report a greater understanding of their relative's illness and improved relationships.

Class Starts: February 7, 2012

Tuesday 6:30 - 9:00 PM

Location: Trinity House  
531 East Ponce De Leon Ave.  
Decatur, GA 30030

Contact: Janice Ross: email  
janicegreeneross@msn.co

her  
m

**2012-2013 NAMI Dekalb Officers Slate**

The offices of President, Vice-president, Treasurer, Recording Secretary and Treasurer are up for election in April 2012. We are looking for a Recording Secretary.

Any NAMI Dekalb member can run for these offices. Call Trudy Caruso at 770-414-1360 or Evelyn Duvall at 404-633-8752, if you are interested.

AT Sunrise Assisted Living

920 Clairemont Ave.  
3rd Floor  
Decatur, Ga 30030  
Contact Liz Roderick for  
more information  
elizabeth.roderick  
@gmail.com

**2nd and 4th  
MONDAYS**

**6:30-8:00 PM**

AT Trinity House of Holy Trinity Episcopal Church

531 East Ponce de Leon  
Avenue,  
Decatur, Ga 30030  
Parking is in the  
church parking lot on  
Sycamore; walk from  
the lot to the house  
located on East Ponce  
de Leon Avenue

Contact Janice Ross  
janicegreenross@msn  
.com

**NAMI DeKalb  
Board  
Meeting Dekalb  
Addiction Clinic**

455 Winn Way  
2nd Floor  
Decatur, Ga

**Thursday  
February 9th**

**5:30-6:15 PM**

**Educational  
Meeting**

We vote at the April Educational Meeting for the 2012-2013 Officers. All current member can vote at this April 12 meeting.

Presently, the following have agreed to run for these offices:

John Caruso, President  
Edi Guyton, First Vice President  
Janice Ross, Second Vice President  
Shirley Tollison, Treasurer  
\_\_\_\_\_?, recording secretary.

Other board members serving as committee chairs will be Steve Vickery, Liz Roderick, and Vivica Brown. Vivica is our membership chairwoman, Steve will assist Vivica, and Liz will be doing various assignments.

## NAMI DEKALB BYLAW CHANGES

On April 12, 2012 the officers and membership of NAMI Dekalb will vote on the following changes to its present bylaws:

### VII. Board of Directors

PRESENTLY:

The Board of Directors will have not more than nine members,  
including five elected officers: president (or two co-presidents), vice president, treasurer and secretary. The officers may elect by majority vote a membership of as many as four other committee chairs to serve as well.

### CHANGE TO:

**The Board of Directors will have no more than nine members, including five elected officers: president, first vice president, second vice president, treasurer and secretary. The officers may elect by majority vote the membership of as many as four committee chairs to**

**Dekalb Addiction  
Clinic**

455 Winn Way  
2nd Floor  
Decatur, GA

**Thursday  
February 9th  
7:00- 8:00 pm**

**For Directions click  
on a location**

**CONTACT NAMI  
I DEKALB AT  
404-604-2350**

**Link to List of  
NAMI Dekalb Library  
Books  
Available for loan at  
Educational Meetings**

**LIBRARY BOOK LIST**



*Featured Article*

**Saul Sherr**

**UNFLAGGING  
DEDICATION TO NAMI'S  
MISSION**

Saul Sherr, who passed away on January 25, will be remembered as a mainstay in the functioning of NAMI DeKalb since its founding in the mid 1980s. His wife Alice started the affiliate and was the first president. When their son

**serve as well.**

**V. Membership Meetings**

PRESENTLY:

Program meetings of membership will be held monthly with the possible exceptions of summer vacation month and/or end of year holidays.

**CHANGE TO:**

**Program meetings of membership will be held monthly or quarterly with the possible exceptions of summer vacation month and/or end of year holidays.**

**IX. Duties of Officers**

PRESENTLY:

A. The President presides at all meetings of the members and of the Board of Directors. The President appoints chairs for all committees, with the approval of the Board, and supervises their work. The President acts as the executive director and, in general, performs the duties usually associated with the office of president.

B. The co-President, if there is one, divides responsibilities with the President and performs the duties of the President in his/her absence or disability.

**CHANGE TO:**

**IX. Duties of Officers**

**B. The First Vice President divides responsibilities with the President and performs the duties of the President in his/her absence or disability.**

**C. The Second Vice President assumes the duties of the First Vice President in case of a vacancy in that office. The Second Vice President undertakes other responsibilities assigned by the President.**

Neil died at GMHI Hospital on Briarcliff Road, the family was devastated. Saul became a crusader for the mentally ill. He coped by blocking out the past and looking to a better tomorrow. He was an extrovert, a charmer, and persistent advocate.

Alice and Saul ran their monthly family support meetings for decades. Saul called members to remind them of the next meeting. He would use those calls to encourage and advise others. He was known to go to people's houses to help calm a mental health crisis; today we have CIT officers who help control a mental health crisis.

For years Saul and Alice advocated, educated, and supported others through NAMI DeKalb. Their example and words gave many hope and the tools to help a loved one suffering from mental illness. They gave us a path to help those with mental illness at a time when society rejected and stigmatized what it feared and failed to understand.

Many modernizations have occurred for NAMI DeKalb.

Alice and Saul parented those changes and the present volunteers in NAMI.

## **FAMILY CONNECTION COURSE ON BORDERLINE PERSONALITY DISORDER**

**STARTS FEBRUARY 11, 2012**

Borderline Personality Disorder (BPD) is characterized by intense and stormy relationships, low self esteem, self-sabotaging acts, mood fluctuations and impulsivity. The hallmark of BPD is emotional dysregulation (severe difficulty managing emotions under stress).

### **INTENDED AUDIENCE:**

Family Connections is designed by the National Education Alliance for Borderline Personality Disorder (NEABPD) specifically for family members who have a loved one with BPD. The primary purpose of the course is to help improve family members' quality of life with education and family skills. Modeled after the highly successful National Alliance on Mental Illness (NAMI) Family-to-Family course, Family Connections covers current research on BPD; evidence based therapy skills; relationships and communication; validation skills; problem management skills, and social support.

### **COURSE SPONSORS:**

NAMI-Georgia and NAMI-DeKalb

### **DATES AND TIMES:**

Saturday, February 11 - April 28, 2012

10:00 AM - 12 NOON

(Please note: on February 18, & March 17, 2012, classes will meet from 9:30-10:30 AM.)

### **LOCATION:**

DeKalb Wellness Center's classroom  
2665 North Decatur Road  
Decatur, GA 30033

### **REGISTRATION:**

There is

**no cost to participate in the Family Connections course**

. All instructional materials are free.  
Registration is limited to no more than 2 family members from the same family.

To register, contact: Dot Keith @ 404-636-4549  
Register early. Enrollment is limited to 20 people.

**COURSE LEADERS:**  
Dot Keith and John Caruso

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