



Brainstorm

New face to NAMI Mid-Carolina

Welcome to the new and improved NAMI Mid-Carolina Brainstorm. In each issue of the Brainstorm you can expect information as to NAMI Mid-Carolina’s specific presence in the Midlands, advocacy tips and opportunities, as well as upcoming support and educational meetings.

In addition to the Brainstorm, we hope you will take a moment to look at our updated website at www.namimid-carolina.org. The website contains easy to access and updated information regarding support groups, community resources, and upcoming educational opportunities. The website will allow you to make a secure donation directly to NAMI Mid-Carolina.

You can also access information by way of social media. Please consider following us on Facebook and Twitter for up-to-date information on NAMI Mid-Carolina’s activities in the community as well as any changes in any regularly scheduled event or support group.

NAMI Mid-Carolina in Washington DC

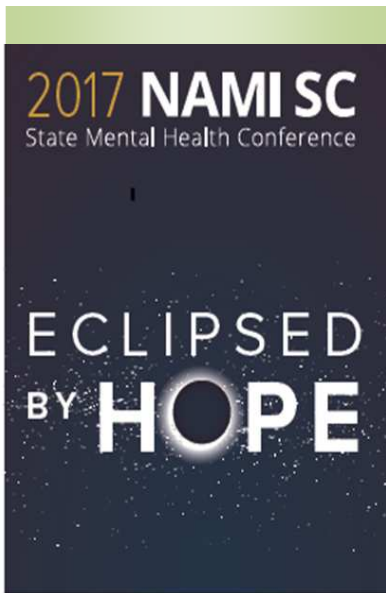
On June 29, 2017 thousands of NAMI members from all over the country ascended to the Capital in Washington DC to speak to their Senators and Representatives. Thirty of the thousands came from South Carolina and of those from South Carolina 10 NAMI Mid-Carolina members made the trip. Thank you to Senators **Lindsey Graham** and **Tim Scott** as well as for Congressman **Jim Clyburn** for allowing us to speak to your staff.

Inside this issue

- New Face 1
- Washington DC..... 1
- NAMI SC Convention..... 2
- Changes in Dues..... 2
- NAMIWalks 2017 3
- Weekly Support Groups 3
- Surviving to Thriving..... 4
- Education Meetings..... 4

Thank You Sponsors

<p>Gold Sponsor</p> <p>National NAMIWalks Elite Sponsor Alkermes</p> <p>South Carolina <small>Division of Health Services</small></p> <p>Start/Finish Line Sponsor</p> <p>Columbia Star <small>RETAILER</small></p> <p>five points <small>RETAILER</small></p> <p>Kick-Off Sponsor</p> <p>CORRECT CARE <small>RECOVERY SOLUTIONS</small></p> <p>LONG'S <small>RESTAURANT</small></p> <p>THREE RIVERS <small>BEHAVIORAL HEALTH</small></p> <p>Companion <small>BENEFIT ALTERNATIVES</small></p>	<p>Silver Sponsor</p> <p>Chris's Mom <small>Signon Family Foundation</small></p> <p>five points <small>RETAILER</small></p> <p>AMAR</p> <p>THREE RIVERS <small>BEHAVIORAL HEALTH</small></p> <p>Diane & Buddy Wir</p>
<p>Bronze Sponsor</p> <p>Genoa a QOL Healthcare Company Jimmy Riddle, MD Rhythmlink International, LLC Southeastern Freight lines</p> <p>Supporter Sponsor</p> <p>St. Joseph Knight's of Columbus Abacus Planning Group Atkins Law Firm Crossroads Counseling Center, Inc. First Choice by Select Health of SC Gregory Electric Company, Inc. Jack & Stormy Balling Lawyers Helping Lawyers Lighthouse Care Center of Conway Lizards Thicket Restaurants Loveless Commercial Contracting Inc.</p>	<p>Palmetto Health SC Psychiatric Association SCANA St. Joseph Catholic Church</p> <p>Kilometer Sponsor</p> <p>Whole Foods American Foundation for Suicide Prevention - SC Chapter Bill W. Gene & Lois Green James Patrick - MBS Fitness LRADAC MIRCI Nelson Mullins Riley & Scarborough,LLC Palmetto Citizens Federal Credit Union SC SHARE</p>



NAMI SC Convention

NAMI SC will be hosting their 2017 NAMI Convention here in Columbia SC on August 26, 2017 at the Marriott Hotel on 1200 Hampton Street.

The conference will contain sessions that will include a discussion on SSI, SSDI, and the Able Act as well as sessions discussing current federal legislation, housing for the mentally ill, and breaking stigma

barriers, among various other sessions pertaining to Mental Illness in South Carolina.

Registration for the conference can be done online at: <https://www.2017namisouthcarolinaconference.eventbrite.com> or by contacting NAMI SC at 803.733.9591.

We hope to see you there!

“NAMI Mid-Carolina is grateful for all our NAMIWalks sponsors, volunteers and participants who helped raise awareness about mental illness.”

Changes in Annual Dues

The following changes went into effect on July 1, 2017.

Household Membership: \$60

Household memberships provide benefits to everyone in a single household.

Individual Membership: \$40

Individual memberships apply to one person. The price is increasing from \$35 to \$40 in 2017.

Open Door Membership: \$5

An Open Door membership is an individual membership at a reduced cost. The price is increasing from \$3 to \$5 in 2017. An Open Door membership is available to anyone with any type of financial limitation.

NAMIWalks Mid-Carolina 2017 – Thank You

More than 500 people turned out on April 1, 2017 for the return of NAMIWalks to the Midlands. Those of you who have been involved with NAMIWalks and other special events know that it takes a lot of work to organize an event, and we are so grateful that we had so many people step up to ensure that this year’s walk was a success.

NAMI Mid-Carolina is grateful for all our NAMIWalks sponsors, volunteers and participants who helped raise awareness about mental illness. Special thanks go to Walk Manager, **Hillary Johnson**, Executive Director, **Zenethia Brown**, as well as the entire NAMIWalks Mid-Carolina 2017 planning committee.

Additionally, special thanks to several people: **Carol Rudder** and **Kathy Van-Halem**, two of our 36 team leaders, deserve a special thank you for raising over \$2,000 this year. Finally, we appreciate all the work of **Buddy Wier** who found time in his busy schedule to procure the majority of our sponsors!

Thanks also to **James Patrick** from MBS Fitness and **Deon Guillory** of WLTX, who warmed up the group and kept everyone entertained. We are grateful that they gave freely of their time and expenses to participate.





Exercise Before Work

By: Jessica L. Burton

For anyone of us who has ever been entangled in the stress and tedium of searching for employment, we all know that the wait can seem longer than sitting through rush hour traffic on Labor Day weekend. But, we can still do something that will keep us active in the event that a great opportunity in a thriving industry becomes available. We can do the impossible by getting in shape or staying healthy for our journey into finding a career.

The sadness of being without a job can be brutal on us mentally, physically, and emotionally. Sometimes our method for handling the process is running to a restaurant or refrigerator, or watching television to drown out the noise of having to start our careers over from scratch. But as long as we put in 30 minutes of exercise daily and opt for fruits and vegetables, we may save ourselves from the path leading to self-destruction simply because we oftentimes feel it would be easier than starting over.

I am not able to predict the longevity of the job attainment. I am not a hiring manager so I cannot tell you when the next position will become available, or when the organization will make their decision. However, if we keep ourselves at bay from detrimental decisions for our health, we will automatically be ready for work before the opportunity is actually acquirable.

Here are a few tips for staying in good physical health for your career acquisition:

- **Seek medical advice.** It is always best to talk with the doctor or treatment team about starting a wellness program, whether it is to lose weight, or to make any modifications.
- **Drink plenty of water.** Even looking online for a job requires us to be hydrated to complete outstanding applications. When in the sun pounding the pavement for work, definitely have cool water nearby.
- **Get plenty of rest.** While waiting for employment, it is best to keep yourself asleep on a workable schedule and at a decent hour.
- **Self-congratulate. Always.** Looking for work—especially something meaningful— could last a few weeks or even an entire year or longer. Praising even the smallest accomplishments can make the difference in the perception of the outcomes for job attainment.

We can give this career search experience the enjoyment that it has the potential to be, and work hard at the one thing we knew that we can control: our health.

Weekly Support Groups

NAMI Connections: For individuals living with a mental illness.

- Every Tuesday (except for the 2nd Tuesday) from 6-7:30pm at Trenholm Road United Methodist Church located at 3401 Trenholm Rd.
- Every Thursday (except for the 2nd Thursday) from 6-7:30pm at Redeemer Lutheran Church located at 525 St. Andrews Rd.
- Every Wednesday from 3-4:30 at Dorn Veterans Affairs Medical Center, located in Building 106, Room A-201
- Second Saturday from 10-11:30 at Three Rivers Behavioral Health, located at 2900 Sunset Blvd in the Private Dining Room

NAMI Caregiver Support: For those supporting a individual living with a mental illness.

- Every Tuesday (except for the 2nd Tuesday), from 6-7:30pm at Trenholm Rd. United Methodist Church located at 3401 Trenholm Rd.
- Every Thursday (except for the 2nd Thursday), from 6-7:30pm at Redeemer Lutheran Church located at 525 St. Andrews Rd.
- Fourth Saturday from 10-11:30 at Three Rivers Behavioral Health, located at 2900 Sunset Blvd in the Private Dining Room

From Surviving to Thriving

Let's Have some Fun!!!

In an effort to promote Thriving and Living as opposed to just surviving, NAMI Mid-Carolina has planned some fun social activities that will get us up and out and having fun. This is not a support group, but rather a support "activity," and everyone is invited; family members and people living with a mental illness. Come on out and mingle with others going through the same things you are experiencing.

August 28, 6-8pm - Free Bowling at AMF Columbia on Bush River Road (Limited to the first 30 people to call and reserve a spot.)

September 25, 6-8pm - Free Pizza and Board Games at Trenholm Road UMC

Education Meeting

On the Second Tuesday, of every month, NAMI Mid-Carolina hosts a speaker to educate the community about various subjects connected with mental health. We hope to see you at our next education meeting at 6:00 pm at Trenholm Road United Methodist Church located at 3401 Trenholm Road.

Join us on:

- **August 8, 2017** when Jennifer Wolff of Wolff Counseling will speak on *Recovering from Trauma*
- **September 12, 2017** when Dr. Debbie Bjork will do a presentation on *Genetic Testing for Diagnosis and Treatment*

NAMI Mid-Carolina
PO Box 2526
Columbia, SC 29202

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
COLUMBIA, SC
PERMIT #737