Meet the NAMI Kentucky Executive Board Team

Kelly Elizabeth Ruff-Chair

Kelly Ruff is a Licensed Clinical Counselor; prior to her current work within Mental Health and Substance Abuse Recovery, Kelly served clients with Severe and Persistent Mental Illness as well as those with Traumatic Brain Injuries. She has experience empowering youth and adults in a variety of environments including, outpatient, acute inpatient, and residential service facilities.

As an advocate, a counselor, a teacher, a trainer, and lifelong student, Kelly's motto "A heart for people, a passion for restoration, and a spirit to serve." illustrates her ever growing desire to support, revive, and rebuild those underserved and marginalized within her community.

Kelly is a Louisville, KY native but now resides in Lexington. She graduated from the University of Kentucky and graduated Lindsey Wilson College with honors. She is a Licensed Professional Clinical Counselor and a Nationally Certified Counselor.

Kelly joined the NAMI Kentucky Board, September 23, 2017, and was voted Board Chair in March of 2021.

Peter Taylor-Vice Chair

I’m both honored and pleased to be a NAMI Kentucky board member and I currently hold the position of Vice Chair. I’m originally from Whitley County and I’ve lived most of my life in the Lexington area.

I’m a three-time graduate of UK. I’ve held a variety of specialized jobs over the years including working as an information specialist for a federal grant at UK to produce continuing education for medical professionals about Acquired Immunodeficiency Syndrome, and then later in same capacity for a federal grant at Sanders-Brown to produce continuing education for medical professionals on Geriatrics. I worked as a librarian at the Lexington Public Library for several years before becoming a mental health resource at the county jail again, here in Lexington.

Over the years I worked in that program, I held a variety of clinical and administrative positions including two intervals of being the program’s Director. During that time the program grew from two positions to eleven as the county jail became a primary community resource for homeless persons dealing with mental illness. The LFUCG Detention Center was cited one of the 5 safest jails in the country in 2015.

While working in my primary profession as a Licensed Clinical Social Worker, I became very familiar with the personal challenges and systemic barriers that people and families dealing with mental illness often face when trying to obtain treatment for themselves and their loved ones. This has given me a strong personal interest in promoting public education and client advocacy in order to help eliminate barriers to recovery and better meet the needs of the persons and families who are struggling to manage this challenge on a daily basis.

Peter was formerly the Co-Vice Chair, and was voted in as Vice Chair in March of 2021.
Meet the NAMI Kentucky Executive Board Members

Nicole Champion - Secretary

I'm so very pleased to serve as the NAMI Kentucky Secretary. I am from Mayfield, KY and I am proud to represent those living with mental disabilities throughout the Western KY region.

As a new board member here at NAMI KY, I am so grateful for the opportunity to meet many new and interesting people. I have already been able to meet and work with people that I would have otherwise never had contact with. As a member of the board, I believe I will have opportunities and experiences that have been very different from my experiences thus far and I can't wait to get started.

In the past, I have worked as the Nursery Coordinator within my church & volunteered in many positions such as the Jail Ministry and Family Care. I also have experience in the healthcare field as a state registered nurse aid working with seniors and adults with mental disabilities. Within NAMI, I am a facilitator for the NAMI Mayfield Connection Support Group and the Family Support Group.

In my leisure time, I enjoy spending time with my animals, quiet time, and helping others when I can. I read a lot of psych articles to satisfy my curiosity and occupy my mind now that I've finished my Bachelor's in Psychology & Counseling. My next goal (because I always have one!) is to further my education and become a psychiatric nurse.

I have a deep desire to help and encourage others. Seniors and those with mental disabilities have a spot in my heart. Mental health and substance abuse has not only affected my life and the lives of my children, but my work with mentally disabled adults has shown me the great need for advocates in our area, far more than people realize.

Judge Jon Larson-Co-Vice Chair

I’m pleased to serve as the NAMI Kentucky Co-Vice Chair. I have lived in Lexington since 1971, shortly after serving as an Army Field Artillery Officer from 1966-1968 in South Korea. I have served as the Fayette County Judge-Executive and the Mayor of Jeffersonville from 2003-2007.

I am ready to bring my years of experience within government to the table. I am the former head of the Fayette County Environmental Commission and am currently running for the Kentucky House of Representatives for the 79th District.

In addition to serving within government roles, I am the former President of the Kentucky Women's History Museum as well as the former Chair of the Fayette County Human Rights Commission. I am experienced in counseling services; I was the Vice Chair for the Family Counseling Service and have served as a treasurer for a variety of political campaigns and organizations.

In my leisure time, I enjoy engaging in competitive sports for seniors- including basketball, tennis, and softball. I am a prolific reader and enjoy solving puzzles. I always enjoy walking with my dogs around the neighborhood.

I come to NAMI Kentucky with a deep and earnest desire to get to work helping uplift all of those who struggle with mental illness and the stigma too often associated with that. I am prepared to put my best towards improving the welfare of all of our most vulnerable, and am excited to be on the team with everyone!

Judge Jon Larson was voted in as Board Co-Vice Chair in March of 2021.
Meet the NAMI Kentucky Executive Board Members

**Eddie Coleman - Treasurer**

Eddie Coleman is a seasoned entrepreneur having spent 32 years with Coleman Oil Company. He retired in 2002 after spending 18 years as CEO. Coleman Oil was one of the largest petroleum distributors in Kentucky and Mr. Coleman was also a past President of Kentucky Petroleum Marketers Association. In addition, Mr. Coleman serves on the board of directors for the Appalachian Chapter of the National Association of Royalty Owners and is a Managing Member of American Heartland Energy, LLC. Mr. Coleman also served on the board of directors for the U.S. Department of Energy's Clean Cities program, Kentucky Clean Fuels Coalition. Mr. Coleman studied Business and Commerce at Morehead State University.

Executive Director, Melony Joy Cunningham, Celebrates Four Years at NAMI Kentucky!

NAMI Kentucky is pleased to announce that June 19th 2021 was a special day for NAMI Kentucky, and our NAMI Kentucky Executive Director, Melony Joy Cunningham. Time flies and she has been at the agency for four years now. She has very much enjoyed her work time at NAMI Kentucky and looks forward to working every day. Here are a things Melony wanted to share:

Tell us a little about you Melony:

I’m a native of Lexington and a graduate of the University of Kentucky. I have one daughter and two puppy daughters. When I’m not working, I like to window shop, travel, and spend time with friends.

Tell us about one or two challenges you have tackled at NAMI Kentucky.

Well, I try to problem solve looking at the glass half full at all times and give challenges 150%. We have worked diligently to keep all of our affiliates and programs running smoothly. Virtual services have allowed us to provide all of our affiliates with support group coverage even when they are in re-org status. I’m very proud of our affiliates covering for one another when an affiliate may have been in re-org status or lacking in a program area. I’ve seen our family bond really grow during these times of the pandemic. Virtual services also allow unlimited frequency of support group usage. Also, we utilized many our extended NAMI family trainers from other states when we did not have a Trainer of Trainers in a given program. We have formed great partnerships with NAMI in California, Colorado, Iowa, Minnesota, Tennessee, South Carolina, and Florida, to name a few. We also opened our trainings to other states. We’ve had NAMI participants from California, Oregon, and Louisiana.

What is your favorite memory or engagement about NAMI Kentucky?

I have had many good times at NAMI Kentucky. I think one of my most favorite experiences was the 2018 Education Conference. I look forward to our 2022 Conference. Also, I was very happy when we decided to acquire NAMI Quorum about two years ago. I love meeting participants at the trainings and fellow-shipping with them either face to face or virtually when my schedule allows.

How is NAMI Kentucky under your leadership?

I am very proud of the agency and its growth. There have been challenges and growing pains no doubt, but the agency is growing and impacting the communities in Kentucky and other states positively. We transitioned wonderfully from face to face services to all virtual when the pandemic hit us in February of 2020. All events, trainings, and support groups and meetings are held virtually. This has allowed us to eliminate barriers, such as transportation and lack of teachers/facilitators or trainers in a certain region, and offer all services in the comfort of one’s home via smart phone, laptop, desktop, or tablet. We have grown in size with our affiliates and programs. We have fifteen programs and approximately thirty affiliates. We are volunteer based so this is amazing that people want to share their time, knowledge and resources with us. We appreciate you! Some of our newer affiliates include NAMI Pike County, NAMI Butler County, NAMI Mayfield, NAMI Floyd and Gallatin Counties.
What's new with NAMI Kentucky?

NAMI Kentucky started six new NAMI signature programs in 2021 and they have all been launched. They are Peer to Peer, Faithnet, Share Your Story With Law Enforcement, Sharing Hope, Compartiendo Esperanza, and NAMI Provider. Check out our website for upcoming training dates at namiky.org for our new programs as well as our traditional signature programs. We are working on our 2022 Policy Priorities with our Advocacy Coordinator, Sarah Kidder, and utilizing our wonderful tool to connect with Senators/Representatives, NAMI Quorum. We have a wonderful upcoming writing class and we just had a very nice chair yoga and mindfulness class. We are hosting a series from June to September with Faithnet, and in July, we will have training for certification for Sharing Hope and Compartiendo Esperanza. Check out our website or email namikyed@gmail.com to get on the list serve for constant contact and Quorum to receive our announcements and alerts. We are excited to host our first virtual walk in October, and are currently working on this fundraiser! We will be sure to get you engaged next month for this exciting event.

Where do you see NAMI Kentucky in five years?

I see NAMI Kentucky in five years with continued growth, assisting families and individuals affected by mental illness, and being a mental health leader with advocacy, education, and training in Kentucky. I envision continued growth with staff, programs, affiliates, social media, and partnerships/collaborations.

Be sure to congratulate Melony, if you can catch her! NAMI National jokes with her about being on “roller-skates”!

NAMI Kentucky Programs

Bringing support, education, advocacy and training … our mission statement to you!

NAMI Kentucky is now offering 15 programs to support our mission statement. We added 6 this year starting in January 2021, and all have been launched. Go to our website, FB and Constant Contact for alerts about service dates and free trainings. Email Namikyed@gmail.com to be put on the Constant Contact & NAMI Quorum list serves. Check out our website to download a brochure today!

NAMI Carpartiendo Esperanza/Sharing Hope: Lack of information and misconceptions surrounding mental health issues prevent many members of both the Latino & African American communities from getting the help and support they need. NAMI Compartiendo Esperanza and Sharing Hope are a 90-minute presentation that can help increase mental health awareness in both communities by addressing a number of important topics: • The signs and symptoms of anxiety disorders, bipolar disorder, schizophrenia and depression • How to talk about mental health and decrease stigma • An overview of recovery and how it’s possible • The types of mental health services and supports available, including NAMI education and support programs. (Note: The 90 presentation with Compartiendo Esperanza is bilingual.)

NAMI Peer to Peer-NAMI Peer-to-Peer is a free, eight session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

NAMI Sharing Your Story with Law Enforcement (SYSLE) is a presentation program that prepares individuals and family members to share their stories of lived experience with mental illness to a law enforcement audience, such as during Crisis Intervention Team (CIT) training, or other events where mental illness and related topics are featured. SYSLE Presenters provide an opportunity for officers to hear about someone who experienced being in crisis and may have interacted with law enforcement as a result, but is now living well with mental illness. The powerful and unique stories shared by NAMI presenters help increase officers’ understanding and empathy, improving crisis response in communities. These presentations are consistently popular with officers who attend CIT training and NAMI’s goal is to ensure that every law enforcement officer has this opportunity.
Family-To-Family (F2F) is a 12 week course (2 ½ hours per week) for families of adults with mental illness. F2F is taught by trained NAMI family members who have relatives with mental illness. The course provides communication and problem-solving techniques, coping mechanisms, local resources, and the self-care skills needed to help their loved ones and manage the impact on the family.

Basics is an educational program for parents and other primary caregivers of children and adolescents with mental illness. Basics is taught by trained parents and caregivers who have lived similar experiences with their own children. Basics provides learning and practical insights and resources for families.

Family Support Groups (FSG) offer a non-judgmental and confidential setting where family members share experiences, learn from listening to others, and have support and understanding. Groups are led by trained family members.

Connections is recovery support groups for adults with mental illness, regardless of their diagnoses. Trained individuals in recovery who understand the challenges others face with mental illness lead Connection groups.

In Our Own Voice (IOOV) is a public education/awareness presentation that enriches audiences’ understanding of how individuals with mental illness cope, recover, and reclaim rich and meaningful lives. Presented by trained speakers who have mental illnesses, the presentation includes a brief video and personal stories and includes audience questions and discussions. Daniel Essek, member of NAMI Southeastern, is the Producer.

NAMI Family Advocates are regional positions that promote Kentucky’s IPS Supported Employment program in various ways. Supported employment is a program in which people with disabilities, including intellectual, mental illness, and traumatic brain injury, among others, are assisted with obtaining and maintaining employment. Call or email us to find out about supported employment.

NAMI Ending the Silence is a free, 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative power point and short videos. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Additionally, the presentation includes personal testimony from a young adult living with a mental illness about his/her journey to recovery.

NAMI Homefront is a free, six-session program for family, friends and partners of military service members and veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

NAMI Smarts is a free training to teach you how to effectively communicate with your legislators. NAMI Smarts for Advocacy is a popular advocacy training program that helps people living with mental illness, friends, and family members transform their passion and lived experience into grassroots advocacy. Whether you're new to advocacy or have years of experience, the step-by-step, skill-building design of NAMI Smarts will help make you a stronger mental health advocate. Participants often share that they've never been able to condense their story or make a clear "ask." NAMI Smarts provides the tools to do just that. You will come out of the course confident and able to share your story in a way that moves policymakers.

NAMI FaithNet NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy, and congregations of all faith traditions. They wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. NAMI FaithNet strives to encourage welcoming, caring congregations as well as to promote the vital role of spirituality in the recovery journeys of many who live with mental health conditions, those for whom faith is a key component. Through this website and through efforts nationally and in local communities, NAMI and NAMI Affiliates encourage an exchange of information, tools, and other resources which will help educate and inspire faith communities about mental illness and the vital role spirituality plays in recovery for many. NAMI FaithNet is not a religious network but includes an effort to outreach to all religious organizations.
The Kentucky General Assembly adjourned the 2021 Legislative Session on March 30th. It was a short, 30-day session, as is constitutionally prescribed for odd-numbered years, but even with its brevity considerable work was done.

In total, nearly 900 bills were filed and analyzed, a number rivaling most long sessions, 1,969 bill drafts were requested and researched, and many more were explored, studied, and discussed. Bills passed became law June 29, 2021, unless it contained an emergency clause making it effective upon the Governor’s signature or it is a constitutional amendment in which case it must be ratified by the voters of Kentucky during the 2022 election before becoming effective.

A number of bills had potential to impact individuals with mental health conditions, substance use disorders, and other disabilities, either directly or indirectly, and many of those became law including some of NAMI Kentucky’s 2021 Policy Priorities!

**FUNDING FOR MENTAL HEALTH:** Funding for the mental health system was protected and there were no cuts to essential programs and services!

**MENTAL HEALTH PARITY:** HB 50 passed and is now law, which will fully implement the federal Mental Health Parity and Addiction Equity Act in Kentucky, ensuring equal coverage of mental health and substance use conditions as for physical conditions!

**HOUSING & EMPLOYMENT:** The Serious Mental Illness Task Force was established and is already hard at work studying issues facing adults with severe mental illness, particularly supportive housing and supported employment!

**MENTAL HEALTH WELLNESS EXAMS:** HB 77, which would have required coverage of annual mental health wellness exams, similar to annual physical exams, did not pass but will be back again next session.

**MENTAL HEALTH FIRST RESPONDERS:** Work is still underway on reforming emergency response protocols so mental health professionals are first responders to crises situations – at the federal level through proposed legislation, at the state level through planning for implementation of the 988 crisis hotline, and through partnerships at the local level.

The General Assembly has begun their interim work, which will continue until the next legislative session begins in January of next year. The interim will bring many more opportunities to advocate for change and make our voices heard as we lay the groundwork for next session. This includes the work of the NAMI Kentucky Advocacy Committee to discuss, debate, and propose the 2022 Policy Priorities. If you are interested in joining the Advocacy Committee, please reach out!

The demand for our advocacy work never slows, but our drive and dedication to making positive change never tires! If you would like to connect to NAMI Kentucky or your local affiliate, please reach out at 859-225-NAMI or email: namikyed@gmail.com. You can also obtain the roster on our website: www.namiky.org.
In the Spotlight!

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NAMI Butler meets virtually the second and fourth Tuesday of each month at 7 p.m. Central time. To find out more email chavens4295@gmail.com or rcoursey@NAMIKentucky.onmicrosoft.com

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My name is D.K. Sharma and I am a member of NAMI Louisville. I am a certified FSG Facilitator. We host our support groups on the 3rd Thursdays of the month from 7pm. EST, to 8pm, EST, virtually on Zoom. We welcome you to attend our support group meetings.

Thanks, DK Sharma

Email us to obtain our ZOOM link: dksharma9814@gmail.com

Pictured above is Christy Havens, NAMI Butler Chair and Connections Facilitator

Pictured above is Anne Head of NAMI Louisville, Family to Family State Trainer

DO NOT GIVE UP, THE BEGINNING IS ALWAYS THE HARDEST.

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A program that has been in existence for over eleven years is being revamped and reorganized. With strategic recruitment this spring, NAMI Kentucky has recruited successfully 1 or more Family Advocates in each of the 15 Community Mental Health Center's Regions for a total of 36 Family Advocates.

The advocates help recruit and support people living with mental illnesses, substance use disorders, or intellectual disabilities, and help them find meaningful, fulfilling employment. The Individual Placement and Support (IPS) Employment Program is evidenced-based supported employment which helps clients in Community Mental Health Centers (CMHC) to become a part of the competitive labor market. NAMI IPS Family Advocates advocate for their respective CMHC supported employment programs, and other programs. This program is for clients of the CMHC (Community Mental Health Centers), who express a desire to work. The CMHC participating in the IPS Program has an IPS Supervisor, along with two or more Employment Specialists. Services are coordinated within the CMHC Case Managers, Therapists, and a Vocational Rehabilitation Counselor and the IPS Team all work with the client to determine what type of job they would like, etc. The Employment Specialists conduct visits with employers in their respective communities explaining this program and the benefits it can have for them as well as the client.
When a NAMI affiliate Family Advocate receives an inquiry about employment for an individual, they refer this individual to the appropriate CMHC in their area. The Family Advocate also refers families and individuals to other programs and services the CMHC’s offer as well as other human services in the locality or region of the inquirer. A list of IPS sites and contact information for the CMHC is updated monthly and sent to NAMI KY and the NAMI KY IPS State Lead Contact. It would not be NAMI’s responsibility to say if the individual qualifies; the CMHC IPS Employment Supervisor and Team decides this.

THE NAMI IPS FAMILY ADVOCATES’ ROLES are as follows:

Bring community awareness and education to reduce stigma

Educate NAMI members and community about IPS

NAMI IPS Advocates need to invite the CMHC IPS Supervisor and Employee Specialists to speak at a NAMI Meeting

Promote NAMI & IPS on Social Media

Provide NAMI & IPS handouts at local events, each CMHC IPS Program will have their own brochures to hand out

Work with the CMHC IPS Supervisor to write news articles for local papers within respective areas for publicity

Participate with CMHC IPS Supervisor &/or Employment Specialists to attend local Chamber of Commerce

NAMI Family IPS Advocates need to communicate with CMHC IPS Team to discuss how they can help

Educate IPS Staff on NAMI

The Supported Employment Program has Eight Principles which each CMHC abides by:

1. Every person who wants to work is eligible
2. Competitive jobs are the goal
3. IPS Supported Employment services are integrated with mental health treatment
4. Personalized benefits counseling is provided
5. The job search starts soon after a person expresses interest in working
6. Employment Specialists build relationships with employers
7. Individualized job supports are time-unlimited
8. Individual preferences are honored

To learn more about the IPS program and NAMI Family Advocates, contact your local community mental health center, email Rebecca Coursey, Lead Family Advocate for NAMI KY at rcoursey@namikentucky@onmicrosoft.com, or email Melony Cunningham, Executive Director of NAMI Ky at namikyed@gmail.com.

To contact or see a list of the 2021 Family Advocates, visit the website at: Become a NAMI Family Advocate for IPS Supported Employment in 2021! - NamiKY
Hidden Me
Waltr Lane

Abuse is like a cloud holding the rain.
The sun is blinded by the pain unfelt, unnoticed by the plants waiting to be watered.

I share faith, hope and love messages while trying to convince myself.

I don’t understand so I seek answers unanswered by a therapist.
I find my answers in self help books and friendly phone conversations.

My wife says people mistreat me, but I am unsure for now.

The Bully
Waltr Lane

Realizing the stray pup was not grown up, my grandson’s Siberian husky literally sleeps nestled with the stray pup.

A neighbor’s Pit Bull started to rape the pup. "Zuke" fought like a gentleman to protect the pup from the Pit Bull.

The Pit Bull's owner arrives screaming, "Zuke" needs to be shot!
I leaned on my old man’s cane in my yard. Take your dog home mam.

The Pit Bull's owner bullied me. Being political, she was going to call her friend, the Deputy Sheriff.

That night I dreamed about being disrespected in my old age. But "Zuke" and I hang together.

After Fame
Waltr Lane

People probably have never heard of Curley Ray now. When Curley went to his hometown Nursing Home, the staff laughed about his telling of people he knew.

Knowing Porter Wagner was a figment of his old imagination. Until Curley Ray's first birthday present arrived from Dolly Parton.

L. Michael and I were never as famous as Curley. We still had limited fame being paid for conferences and festivals.

Fame rusts like iron. Old age is a blessing, even to outlive our circle of fame.
NAMI HOME FRONT CLASS- NAMI Louisville hosted our first ever NAMI Homefront class from September to November 2020 and virtually. How wonderful! A special thanks to teachers: Dante Murry of NAMI Louisville and Brittany Priddy, SW at VA in Louisville. Congratulations to all of the following graduates of the class: Hilary Waite, Ariel Edlin, Nancy Brooks, Deborah Denefeld, Molly Schoenhoff, Dr. Diane Shaffer, and Chastity Murry. Be sure to register for the next NAMI Homefront Teacher Training September 30 through October 3 if you are a leader and a member of the Veteran community.

NAMI SMARTS & Quorum Training -NAMI Kentucky hosted our first winter training on December 3rd, 2020, NAMI Smarts and Quorum. NAMI Quorum is our software tool that allows members and friends of NAMIKY to connect with their Senator or Representative and advocate with supportive letters. Sarah provides the technical assistance to learn how to utilize the Quorum Advocacy Tool. A special thanks to trainers: Sarah Kidder and Beverly Jones. Those who attended this informative training were: Mindi Peay, NAMI Owensboro, Peter Taylor, NAMI Kentucky Board Member, Beth A Young, Karen Hopkins, Nicole Champion, NAMI Mayfield Chair & NAMI Kentucky Board Member, Brenda Harrington, Chair of NAMI Winchester and Tom Ilsley Jr, NAMI Owensboro, Connection & FSG Facilitator & NAMI Smarts Teacher, and Melony Cunningham, NAMIKY E.D.

NAMI Connection Facilitator Training-NAMI Kentucky hosted our second virtual training of the winter in collaboration with NAMI Iowa, NAMI Connection Facilitator Training, on December 19 and 20, 2020. We would like to give a special thanks to instructors: Matthea Little Smith and David Lange. We want to congratulate the following participants and graduates: Cerrene Cervantes of NAMI Solano County in California; Daniel Esseck of NAMI Southeastern in Kentucky; Rachel Minehan of NAMI Dane County in Madison, WI; Tyler Santoro of NAMI Multnomah in Oregon; Melih Ozgul of NAMI Multnomah in Oregon; Brittney Thomas of NAMI Louisville in Kentucky; Kyle Mitchell of NAMI Louisville in Kentucky; Venkat Sudharshan of NAMI Lexington in Kentucky; Steven Olshewsky of NAMI Lexington in Kentucky; Rosemary Wilson of NAMI Multnomah in Oregon; and Tee Harrington of NAMI Winchester in Kentucky.

NAMI Family to Family Teacher Training- Our first training into the new year was Family to Family Teacher Training hosted virtually by NAMI Louisville. We want to give a special thanks to instructors, Anne Heard and Liz Curtis of NAMI Louisville. We want to congratulate the following participants and graduates: Nancy Brooks of NAMI Louisville; Kelly Zontini of NAMI Louisville; Peggy Chavers of NAMI Louisville, Andrea White of NAMI Louisville; Carolyn Hildebrandt of NAMI Tammany Parish in LA; Alana Ezderman of NAMI Staten Island NY; Suzanne Katschke of NAMI Huntsville in Alabama; and Michael Katschke of NAMI Huntsville in Alabama. Again, congrats!

Choices in Recovery-A Partnership with Janssen- NAMI Kentucky partnered with Janssen to bring virtually Choices in Recovery from December 9th to February 3rd. This was a wonderful collaboration and we had participants from all over the state. A special thanks to our instructors, Angela Short, CSW and Shawn Wollman. We look forward to working with them this fall. Be sure to watch Constant Contact, FB, and the NAMI Kentucky website for dates and times.

Continued on page 12
NAMI Peer to Peer Teacher Training – NAMI Kentucky and NAMI Iowa partnered to bring a new program in 2021, NAMI Peer to Peer. A special thanks to instructors, David Lange and JD Deambra. Congratulations to the following participants and graduates: Dante Murry of NAMI Louisville; Chastity Murry of NAMI Louisville; Nicole Champion of NAMI Mayfield; Valerie Reed of NAMI Lexington; Steve Olshewsky of NAMI Lexington; Venkat Sudharshan of NAMI Jessamine County; Cerrrene Cervantes of NAMI Solano County in California; and Phillip Lange of NAMI NKY.

Microsoft Teams Infused Innovations Training- NAMI Kentucky and Infused Innovations partnered to bring Microsoft Teams training to the agency. NAMI Kentucky provides technical assistance to its affiliates, staff and Board members. This allows facilitators, teachers, presenters, staff and Board members to host virtual activities, meetings and events. This training was hosted December 16th. A special thanks to Instructor, Phil Magneszewski. In attendance was Melony Cunningham, E.D.; Suzanne Fryman of NAMI Scott County; Gary Goetz; Rob Milde, of NAMI Madison County; and Sylvia Lovely, Stakeholder Committee Member. We held this training again in January 13, 2021, and the following NAMI members attended: Sarah Kidder, NAMI Kentucky Advocacy Coordinator; Roger Stewart, NAMI TN; Denise Stewart, NAMI TN; Austin McQuistion NAMI NKY-Gallatin County; Mindi Peay of NAMI Owensboro; Melony Cunningham, NAMI KY E.D.; Beverly Jones, NAMI Pike County; Mitch Haralson of NAMI NKY Executive Director; Susan Faris, NAMI NKY President; and Venkat Sudharshan, NAMI Jessamine County.

Virtual NAMI Ending the Silence Training- NAMI Kentucky would like to give a special thanks to trainer Renee Labat, of NAMI MN, who partners with us to offer E.T.S. Congratulations to our graduates in June: Ashanti O’Neal of NAMI Louisville, Kelli Smith of NAMI Louisville, and Brice-son Jones of NAMI Louisville.

Virtual NAMI IOOV Training- NAMI Kentucky would like to give a special thanks to our IOOV trainers, Valerie Mudd and Jennifer Giles, both of NAMI Lexington. Thank you also to Daniel Essek, who served as the Producer. Congratulations to the following graduates: Robin Ratliffe of NAMI Lexington, Barry Mauldin of NAMI Hopkinsville, and Teresa Trace Parker of NAMI Lexington.

Virtual NAMI Family Support Group Training- NAMI Kentucky would like to give a special thanks to our Family Support Group Facilitator Trainers: Laura Duggan of NAMI Hillsboro, Florida, Lynn Schull and Bog Longgrear of NAMI Colorado Springs. Congratulations to our graduates from Ky and California! From NAMI Louisville, the following people graduated: Blair McBride, Gretchen McBride. Rhonda Blandford and Heather Tamadartaza. From California, the following people graduated: Stephanie McDonald of NAMI Westside Los Angeles, Gigi dePoutales of NAMI Santa Monica, Adrian C Meza of NAMI Westside Los Angeles, Cheryl Cohn of NAMI West Los Angeles and Debbie Brazil of NAMI West Los Angeles.

NAMI Quorum Advocacy Tool Training- Congratulations to the following members who took the NAMI Quorum Tool Training in June. It was a great training and we are planning another training for the fall. A special thanks to our trainer, Lee Buoy of Quorum. Chastity Murry of NAMI Louisville, Dante Murry of NAMI Louisville, Marilyn Belt of NAMI West Kentucky, Ellen Gray of NAMI Morehead, Barry Mauldin of NAMI Hopkinsville, Michelle Fowler-of NAMI Quorum (shadowing Lee Buoy-in training), Mary Trollinger of NAMI Danville and Winnie Hall of NAMI Floyd County.

NAMI Smarts Class/Training- This spring we hosted our first NAMI Smarts class for six weeks virtually. To become a certified NAMI Smarts Teacher, classes 7 and 8 have to be taken. We’d like to thank Beverly Jones of NAMI Pike County for teaching the class and training. Congratulations to Dante Murry and Chastity Murry of NAMI Louisville, who became certified NAMI Smarts Teachers.
NAMI on Campus clubs are student-led, student-run mental health organizations on college campuses. NAMI on Campus clubs:

- Raise mental health awareness with fairs, walks, and candlelit vigils.
- Educate the campus with presentations, guest speakers and student panels.
- Advocate for improved mental health services and policies on campus.

Support peers with signature NAMI programs and training from NAMI State Organizations and Affiliates.

Students living with mental illnesses or who have family members or friends living with mental illnesses can come together for support, in a time of great life changes and challenges. Students support each other and work to end stigma associated with mental illnesses. Serious mental illnesses, like schizophrenia and bipolar disorder, often appear in early adulthood, so education about the symptoms of these illnesses is essential. Jana Wilson, LPCC and Dr. S Bradley Grot, PHD, will be leading new NAMI on Campus programs this fall. Dr. Grot will develop NAMI on Campus at Lindsey Wilson College and Jana will develop NAMI on Campus at Western Kentucky Community and Technical College.

**Jana Wilson**

Jana Wilson, is a Licensed Professional Clinical Counselor and therapist at Four Rivers Behavioral Health, where she also serves as the onsite Clinician at West Kentucky Community and Technical College, Paducah, KY. Jana brings 10 years of experience to the field and works with adults and adolescents ages 18-25. Jana works with people to address a wide range of concerns including: depression, anxiety, relationship and identity issues, anger, trauma, and life transitions. Jana specializes in Cognitive Behavioral Therapy, Motivational Interviewing, Anger Management Counseling, Solution Focused, Grief Counseling, Eye Movement Desensitization and AMI, as well as Race Trauma Therapy.

Jana is a graduate of Murray State University, where she obtained a Master’s Degree in Clinical Mental Health Counseling. Her undergraduate work was completed at Mid-Continent University where she majored and obtained a Bachelor of Science degree in Missions and Evangelism.

Jana is also the Interim Chair of Nami Paducah.

**S. Bradley Grot, PhD, NCC**

S. Bradley Grot, PhD, NCC, received his doctorate degree in counselor education with a specialization in martial, couple, and family counseling/therapy from Barry University. His research interests include addressing multicultural disparities, bullying in school settings and addictions systemically. His publications include, *At Risk High School Students: Bullying, A Phenomenological Perspective* and *Appalachian Americans: Issues and Concerns for Counseling and Psychotherapy*. He has presented at several scholarly conferences and served as keynote speaker for various organizations looking to promote multicultural competence and bullying awareness. Currently, he is an Associate Professor in the School of Professional Counseling at Lindsey Wilson College.
Submissions needed!

If you have information about your affiliate or a story you’d like to share, please submit your information to Rebecca Coursey, NAMI KY Newsletter Editor, at rcoursey@namikentucky.onmicrosoft.com.

NAMI Kentucky represents more than 20 Kentucky Affiliates. It has one of the largest paid membership rosters in the country. We represent approximately 1,000 individuals who are family members, persons with mental illness, healthcare providers and mental health advocates. NAMI Kentucky is operated by a full Board, two full time employees, an Executive Director and Office Manager, and two contract employees, an Advocacy Coordinator and an Accountant.

NAMI Kentucky Mission Statement
NAMI Kentucky provides education, support, and advocacy for the well-being of all individuals affected by mental illness.

DONATE WHILE YOU SHOP!

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Kroger Community Rewards program
Donate to NAMI based on the shopping you do every day. Once you link your Card to an organization, all you have to do is shop at Kroger and swipe your Shopper’s Card.
Click here for the link!
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Or call 1-800-KROGERS, (OPTION 3)