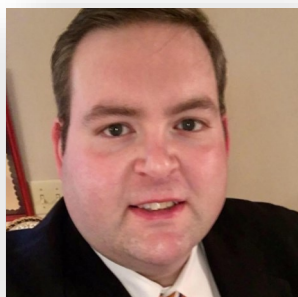
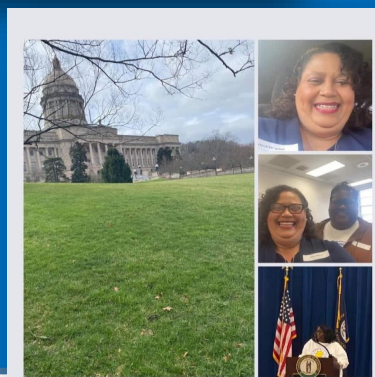


Advocacy Day

Frankfort

March 8, 2022



A Warm Welcome to T.J. Litafik, NAMI KY's Advocacy Coordinator

T.J. Litafik isn't a stranger to NAMI Kentucky any longer, but we still want to give him a warm welcome for some of you who may not still know him. He began as NAMI Kentucky's Advocacy Coordinator 7 months ago on 12/1 of last year, and hit the pavement running. We appreciate all of our time we spent with Sarah Kidder, as NAMI Kentucky's Advocacy Coordinator, who started with us in December of 2018! Thank you so much Sarah! We wish you the best!

We are looking forward to everyone meeting T.J. and learning all about advocacy. T.J. shares a little about himself with us..... T. J. Litafik has over 20 years of experience in Kentucky politics and government as owner/principal of Solon Strategies, LLC. He is a native of Pikeville in the mountains of Eastern Kentucky. T. J. has managed and/or been a consultant for dozens of political campaigns from local offices to governor, and he has successfully lobbied for clients in the Kentucky General Assembly. T. J. holds a Bachelor of Arts Degree in Political Science from Eastern Kentucky University and a Juris Doctor degree from Western Michigan University Thomas M. Cooley Law School. He has worked in the legislative, executive, and judicial branches of Kentucky state government. T. J. lives in Lexington with his 10-year old cat, Louie. He enjoys reading, history, travel, jazz, and UK sports.

T.J. states, "I fully believe in the mission of NAMI Kentucky, and am committed to helping this organization as an advocate for some of our most vulnerable Kentuckians—those grappling with mental illness. We have many important goals we will be fighting for in the 2023 session of the General Assembly. I look forward to helping achieve them as we continue to work for those who benefit from NAMI Kentucky's services and partnerships.

2022 NAMI Kentucky Updates on Legislative Priorities by T.J. Litafik

The 2022 Regular Session of the Kentucky General Assembly was a very successful session for mental health policy in the Commonwealth. NAMI Kentucky held a well-attended Advocacy Day at the Capitol on March 8th, followed by a luncheon in the Annex that was attended by a large number of Legislators.

To view the Advocacy Day program, hover the link and tap Ctrl and click: [\(20+\) Facebook](#)

To read the story published by W.K.Y.T. about this year's Advocacy Day, click on this link: [Mental health organization holds rally at Ky. State Capitol \(wkyt.com\)](#)

Significant accomplishments in this year's legislative session include the passage of:

Senate Joint Resolution 72, which directs the Cabinet for Health and Family Services to apply for a Medicaid waiver targeting individuals with severe mental illness to provide for supported housing, including respite care, and supported employment. This measure is broadly reflective of recommendation #1 from the 2021 Severe Mental Illness Task Force's overall recommendations.

House Bill 269, which amends K.R.S. 532.130, 532.135, and 532.140 to add a diagnosis of serious mental illness to the disabilities which prevent execution for persons convicted of capital offenses. This was a major win, making Kentucky one of two states (the other is South Dakota) that bars the death penalty for those diagnosed as severely mentally ill.

House Bill 44, which requires schools recognize mental and behavioral health as an additional reason for excused absences. Prior to the COVID-19 pandemic, there was a need to acknowledge student mental health more affirmatively, and that need has only been exacerbated over the last three years. Mental healthcare is healthcare and should be treated as such.

Senate Bill 90, which creates a pilot program in 10 counties to provide alternative forms of sentencing to individuals who suffer from behavioral health issues. A defendant would have the ability to participate in a behavioral health condition release program.

Senate Bill 102, which changes the requirement to report school-based mental health providers, in addition to school counselors, annually to the Kentucky Department of Education. KDE will report annually to the Interim Joint Committee on Education.

T.J. has been very busy this year and getting a lot of media coverage on behalf of NAMI Kentucky.

On 04/03, T.J. was interviewed by WLEX about inmates and lack of mental health attention. Click on the link below to read more about the interview:

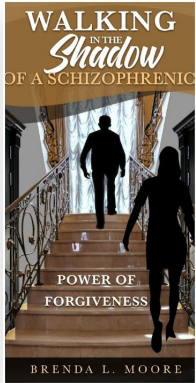
<https://www.lex18.com/news/mother-of-inmate-calls-attention-to-mental-health-in-kentucky-jails>

On May 2nd, T.J. was interviewed about Naomi Judd's passing, by WKYT. Click on the link below:

<https://www.wkyt.com/2022/05/02/nami-kentucky-shedding-spotlight-mental-health-following-death-naomi-judd/>

The next NAMI Kentucky Advocacy Committee meeting will be hosted virtually, on June 28, from 2:00PM to 3:00PM, E.S.T. If you would like to attend, please email T.J. at tjlitafik@namiky.org. At this meeting, T.J. will share about legislator changes, review the NAMIKY 2022 legislative priorities and have discussions around the proposed 2023 legislative priorities. Let your voice be heard today! Share with us your mental health concerns!

NAMI Kentucky Authors



“Walking in the Shadow of a Schizophrenic / Power of Forgiveness” By

Brenda L. Moore

ABOUT AUTHOR:

Brenda L. Moore is a native of Louisville, Kentucky. She is a Christian mother, grand/grandmother whose loyalties and devotion are to her Lord and Savior, to family, and the service of people.

Brenda worked for Jefferson County Public Schools and Saint Joseph Children's Home / Child Development Center for twenty-five years as an Interdisciplinary Early Childhood Educator. Brenda holds a Master of Education, a Bachelor of Science in Education, and a Christian Education Associate degree. She endured mental illness for twenty-seven years, which inspired her to write, "Walking in the Shadow of a Schizophrenic / Power of Forgiveness," her first book. The book was published June 23, 2021.

Following the publication of WISOS / POF, I felt compelled to do more than just write the book. I want to keep telling my story to help people and families who are dealing with schizophrenia or any mental illness: Someone who can resonate with their story and to create a welcoming environment where people feel at ease and safe in communicating their story.

Brenda is a member of NAMI Louisville and a NAMI Sharing Hope Ambassador. To purchase Brenda's book, visit: [Walking in the Shadow of a Schizophrenic Power of Forgiveness: Moore, Brenda L.: 9781955063135: Amazon.com: Books](https://www.amazon.com/Walking-in-the-Shadow-of-a-Schizophrenic-Power-of-Forgiveness-Moore-Brenda-L-9781955063135/dp/B09HWQNVBD/). One can learn more about Brenda the book at her website: [First time author | Brenda L. Moore \(wisos-pof.com\)](http://www.wisos-pof.com)

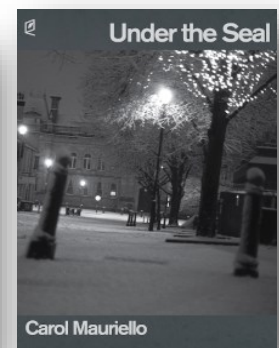
Carol Mauriello

“Under the Seal” by Carol Mauriello

About Author

Carol Mauriello lives near The Daniel Boone National Forest in Olive Hill, Kentucky with her husband, Joe. She is a native of Kentucky who returned to her home state after living in New York and New Jersey for 25 years. She is retired from teaching English at Morehead State University. Her stories, poems, essays, and novels expand over a wide variety of experiences and locales. She has written one unpublished novel and is currently at work on a novel about a young man in recovery from a schizoaffective illness, and who has chosen to live in a New Jersey Beach town.

Carol is the Chair of NAMI Morehead and a NAMI FSG Facilitator. Under the Seal is about a mysterious murder that takes place in a small Kentucky river town. Carol's book can be purchased at Accents Publishing in Lexington or Amazon at <https://www.amazon.com/Under-Seal-Carol-Mauriello-ebook/dp/B09HWQNVBD/>.



Volunteering state-wide with NAMI Kentucky



NAMI KENTUCKY is pleased to announce we are accepting NAMI members and friends to join our Board Ad-Hoc Committees. These committees serve as volunteers for projects and work across the whole state and not for a particular affiliate or region. There are many from which to choose. If you are interested, please email us and let us know which committee (s) is/are the best fit for you at: jessie.powell@namiky.org. The committees will host their first initial introductory meetings this

spring and summer virtually.

Below are the committees and the NAMI Kentucky Board Members who chair them:

Education/Conference: Sharon Parsons; Nicole Champion

Advocacy: Peter Taylor

Veteran Affairs: Judge Jon Larson; Eddie Coleman

Affiliate Development and Relations: Ralph Hoskins; Suzanne Fryman

Tardive Dyskinesia (TD) Education: Terra Durbin

Multicultural Diversity and Inclusion: Promod Bishnoi

BIPOC and Youth Initiatives: Melanie Sisson; Michelle Carter; Jana Wilson

Dual Diagnosis: Suzanne Fryman; Johnathan Gay

Fundraising: Melanie Sisson; Nathan Coleman

Fall Virtual NAMI Kentucky Education Conference

Gazing into the Future of Mental Health -2022 Virtual NAMI Kentucky Education Conference This year NAMI Kentucky will host a virtual Education Conference. The date to save is Saturday, October 22, 2022. We are super excited to host this conference as it has been 2 years since the last conference. By it being virtual, everyone from across the state can attend from the comfort of your home via Smart phone, laptop, desktop or tablet. The second great news is that the conference will be free! Stay tuned in the future about sessions, times, and virtual invitations.



At this time, we are seeking presenters. If you are passionate about mental health and would like to present on a topic that resonates with you, please apply for consideration by June 23rd. Visit our website and fill in online survey.

Click where it says "Presenter Application" -

[2022 NAMI Kentucky Conference "Gazing Into the Future of Mental Health" - Nami Kentucky \(namiky.org\)](https://www.namiky.org/2022-NAMI-Kentucky-Conference-Gazing-Into-the-Future-of-Mental-Health)

May 1st -7th is Tardive Dyskinesia Week



May celebrates both mental health awareness month, and the first week, May 1st-7th, T.D. (Tardive Dyskinesia) week. A special thanks to Governor Andy Beshear and Representative Josh Bray, who were both fundamental in making T.D. a recognized and integral part of mental health in the state of Kentucky this year on April 20th, 2022. Click here to read more about the Proclamation in Kentucky:

[22RS HR 147 \(ky.gov\)](https://legis.ky.gov/lrs/2022/22RS/22RS%20HR%20147.htm).

Tardive Dyskinesia is an involuntary movement disorder that is associated with taking certain medications (antipsychotics) to treat bipolar disorder, depression, schizophrenia, or schizoaffective disorder. T.D. is estimated to affect 600,000 people. Click on this link to learn more about T.D. from the NAMI Kentucky website: [Learn About Tardive Dyskinesia \(TD\) - Nami Kentucky \(namiky.org\)](https://www.namiky.org/learn-about-tardive-dyskinesia)

If any members or friends of NAMI Kentucky suffer from T.D. and would like to share your story, NAMI Kentucky will be hosting a virtual podcast next month. To participate, email jessie.powell@namiky.org

NAMI Kentucky has a Tardive Dyskinesia committee, Chaired by Terra Durbin, of NAMI Madison County. The committee is extending T.D. awareness beyond May by hosting a fun event on July 25th, at Champs Entertainment Complex, called the T.D. Awareness Skate-A-Thon. Come out and have a great time by skating, dancing, eating, and learning more about T.D. We'll have an informational booth to include both T.D. and NAMI Kentucky information. We will have fun prizes for those who want to participate in the fundraiser! Pledges or donations of \$30.00 or more earns one a T.D. T-Shirt and the \$5.00 cover charge waived. The event is from 5:30pm to 8:30pm, E.S.T. Check out our flyer and registration. We hope to see you there! Thirteen laps around the roller drome equals one mile. The more one earns in pledges, the more opportunities for prizes! There will be the opportunity to purchase raffle tickets as well. We have over 20 prizes!

Check out our T.D. Skate-A-Thon flyer and registration form. Download the registration form from our website [Flyer - Nami Kentucky \(namiky.org\)](https://www.namiky.org/flyer) , and bring it to the Skate-A-Thon. We hope to see you there!

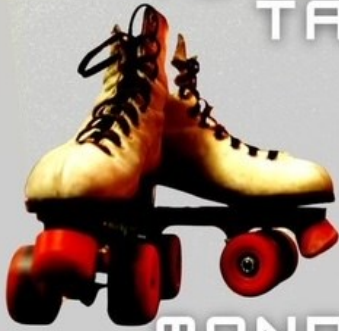
SAVE THE DATE



NAMI Kentucky
National Alliance on Mental Illness

SKATE-A-THON

TO RAISE AWARENESS ABOUT
TARDIVE DYSKINESIA



COME JOIN US FOR A FUN
CAUSE AND FUNDRAISER AT
CHAMPS ENTERTAINMENT
COMPLEX



MONDAY, JULY 25TH, 2022
5:30PM-8:30PM, EST
297 RUCCIO WAY
LEXINGTON, KENTUCKY 40503

WANT TO LEARN MORE ABOUT
TARDIVE DYSKINESIA? SCAN:



neurocrine
BIOSCIENCES



NAMI KENTUCKY
201 MECHANIC STREET SUITE 219 LEXINGTON, KENTUCKY 40507
TOLL FREE: 888-338-4164 | WWW.NAMIKY.ORG
MCUNNINGHAM@NAMIKY.ORG



NAMI | **Kentucky**

National Alliance on Mental Illness

201 MECHANIC STREET SUITE 219 LEXINGTON, KENTUCKY 40507

TOLL FREE: 888-338-4164 | WWW.NAMIKY.ORG

MCUNNINGHAM@NAMIKY.ORG

TARDIVE DYSKINESIA SKATE-A-THON

REGISTRATION FORM MONDAY, JULY 25, 2022

NAMIKY T.D. SKATE-A-THON PARTICIPANT

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

THE COVER CHARGE IS \$5.00 TO SKATE. RAISE \$30.00 OR MORE IN PLEDGES AND GET A T-SHIRT!

SHIRT SIZE (CIRCLE): S M L XL XXL 3XL 4XL 5XL

	NAME	PLEDGE AMOUNT	LAPS/MILES 13 LAPS=1 MILE	AMOUNT COLLECTED
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IN PARTNERSHIP WITH



neurocrine
BIOSCIENCES





WELCOME TO THE NEW SHARING HOPE PIONEER AMBASSADORS



Yolonda Kelsor, MS, APSS Lead Ambassador and Trainer

The new Sharing Hope and Compartiendo Esperanza Initiatives are the brainchild of Tanya Ryder, former Director of Cross-Cultural Innovation and Engagement for NAMI National. Since March of 2022, Dawn Brown is the new Director of Cross-Cultural Innovation and Engagement Task Force Of and Impact for NAMI National. Ms. Brown worked previously as the National Consultant for Sharing Hope and NAMI FaithNet. NAMI KY launched the Sharing Hope Initiative in the fall of 2021 with a training led by Yolonda Kelsor, MS, APSS who was contracted to work with

NAMI KY. The new Sharing Hope Community Conversations has been designed to unite people of color through dialogue, storytelling and a guided discussion. It is designed to inspire local, state, and national community conversations. Sharing Hope is specifically for the African Ancestry community and Compartiendo Esperanza is specifically for the Hispanic/Latino community. On the horizon are Community Conversations for Indigenous and Asian American Pacific Islander (AAPI) communities.

The first group of NAMI Sharing Hope Pioneer Ambassadors who completed their training in December of 2021 are:

SHARING HOPE PIONEERS

Melony Cunningham, Mary Sims, Andrea Vasser-White, Carcile Thacker, LaTanya Ford, Jessie Laine Powell, Robin Harrington, MSSW, Ashanti O'Neal, Wilmett Ennis-Barnett, Chesika J. Crump, MD, and Tara Ferguson

The second group of NAMI Sharing Hope Pioneer Ambassadors who completed their training May of 2022 are:

Brenda Lee Moore

Tara Sullivan

Matthea Little-Smith

Carcile Thacker*

Andrea Vasser-White*

Lisa Miller

Chesika J. Crump, MD*

Larry Bryant

LaQuetta Walker, MSSW

Candace Dickson

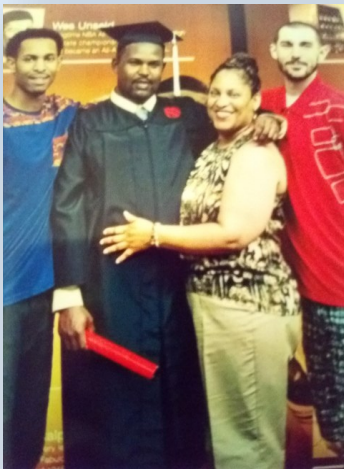
Cameroon Lawson

Cynthia Dockens

*The * denotes that the participant attended both training sessions in December and May.*

The response from the Pioneers has been very favorable. They feel prepared and equipped now for the community conversations since these will be closed discussions to people who only identify as a person of African American descent. The struggles faced in our community are unique and we need a sacred space to have these conversations. One Pioneer Ambassador shared that the presentations, especially the materials used to support her work, is very professional in nature.

We are pleased to bring this training to NAMI KY and excited to have completed the most recent training during Mental Health Awareness Month. The Pioneer Ambassadors are from KY, OH, TN, MS, IA, WA, and MD. If you are interested in hosting a Sharing Hope Community Conversation, please contact Yolonda Kelsor at ykelsor@namiky.org.



Sharing My Story

~by Andrea White

My oldest son was 22 when he first started having mental health issues. He has been diagnosed with psychosis, delusional disorder, severe depression, schizoaffective disorder and bipolar. His symptoms vary depending on the trigger. Symptoms can go anywhere from hallucinations, with both seeing and hearing things that are not there, to uncontrollable crying and hopelessness. These symptoms started from the beginning of his illness at age 22 till currently off and on. We believe this all started due to the overwhelming thing called life for a young man going off to college. He was his own worst critic, which caused him to push himself hard to be successful in life. He literally stressed himself into a mental health crisis and in addition to everything, had a major break up with the love of his life. This was a lot for him and it didn't make anything better for the fact that he tried to deal with all this on his own. Once we realized what was going on and got the right help, my son took all the bad and used that energy to get his life back. He is currently doing well and is now focusing on helping others who have gone through similar life experiences.

NAMI F2F, was the answer for my youngest son and myself. This course helped us not only understand what it was like for my son to experience mental health conditions, but it taught us what we could do to support him as well. Major thank you to NAMI of Lexington.

Celebrating 5 Years at NAMI Kentucky



NAMI Kentucky is pleased to announce that June 19th, 2022 signifies a day of multiple celebrations. June 19th recognizes both Father's Day and Juneteenth nationally, but it is also a special day for the agency. Our NAMI Kentucky Executive Director, Melony Joy Cunningham celebrates her 5th year at NAMI Kentucky as E.D. 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 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 since last year:

One of the challenges I have tackled this past year is building infrastructure and maintaining.

In the past year, we have acquired a new NAMI Kentucky Board, consisting of 16 members from across the state. They all bring diversity and various skill-sets. I look forward to working with all of them. The



Board Members all chair or co-chair our Ad-Hoc committees, which allows them to engage with NAMI Kentucky members and work on short and long-term projects. We are currently recruiting members to join the various committees so be sure to check that out in the newsletter. We also

have new staff members. We have T.J. Litafik in a dual position as Advocacy Coordinator and Strategic Planner. We also have Letaurus Jefferson, who is our I.T. Specialist. We recently hired Jessie Powell, as our Administrative Assistant. We have a feature story on her as well in the newsletter. Rebecca Coursey, Chair of NAMI Bowling Green, is our Lead Family Advocate and produces our newsletter. We have a really good team now, and making things happen at NAMI Kentucky.

What is your favorite memory or engagement about NAMI Kentucky?

There's never a dull moment at NAMI Kentucky. Every day is different, and we've brought a lot of different services to NAMI Kentucky in the past year. I'm super excited about a lot of things we are doing at NAMI Kentucky! We have 16 NAMI signature programs, and have offered virtual trainings for the whole year. We have a new partnership with Chase Bank, and they will be providing our first ever virtual Financial Fitness series this fall. We



have a lot of youth registered for this already, which is great to see! Also, we have a new partnership with Neurocrine Biosciences, and are hosting our first ever Tardive Dyskinesia Awareness Skate-A-Thon Fundraiser this summer. This will be a great activity for children and families and Champs Entertainment Complex is very excited to collaborate with us. We have a new NAMI on Campus at K.S.U. We have been working on this for four years and finally created this club, under the leadership of Michelle Carter, PHD, at K.S.U. We have a story in the newsletter on the new club. We have our first virtual conference coming up in October. We are soliciting presenters, so if interested, go to our website, www.namiky.org and fill out an application. Two of our new programs we acquired last year are doing well. We have had two trainings already with Sharing Hope, and another one this fall. This month, we are hosting a Compartiendo Esperanza orientation training. We are excited about both programs, which focus on minority mental health & wellness. We also have an upcoming training for NAMI Provider in September & NAMI Faithnet, in August. They are both new as well. We have an upcoming winter surprise to end the year with a bang. Stay tuned to the website, FaceBook, and Constant Contact for this upcoming event!

A Special Welcome to our New Administrative Assistant



NAMI KENTUCKY is excited to announce Jessie Laine Powell is our new Administrative Assistant. She will be reaching out to many of our NAMI affiliates, facilitators and teachers and presenters in the weeks to come. She would like to share a little about herself:

Jessie Laine Powell is deemed a timeless vocalist and recording artist. Performing gospel jazz, jazz, R & B music for over 40 years, Jessie has graced the stage through performing for private concerts, festivals and venues in over 20 states throughout the United States. She has appeared in countless television, theatrical and radio spots and continues to bring healing through the music of JLPMusic.

Being a trauma survivor and addressing mental health issues from trauma, Jessie found healing and wanted to give back. Jessie's passion to help others find that same healing led her in 2021 to launch the premier podcast, "From Trauma to Triumph. Each month, Jessie invites experts on to help the many suffering from trauma find solutions, help and healing.

Jessie is looking to broaden her reach, in this area of mental health in her community, and has accepted a position with the national grassroots nonprofit NAMI National Alliance for Mental Illness. Jessie is honored to serve as the Administrative Assistant to the Executive Director, Melony Cunningham. Her goal is to help people from all walks of life suffering from mental health issues find help, healing and wholeness.

Fall/Winter 2021 & Spring 2022 NAMI Signature Program Graduates

Congratulations are in order at NAMI Kentucky to many members who participated in training of our NAMI Signature Programs. Because we are virtual now, our technology allows us to embrace our entire NAMI family in the United States, and learn and teach together. We look forward to our new facilitators and teachers serving!

Fall/Winter 2021 Graduates

NAMI Basics Teacher Training

NAMI Kentucky hosted a virtual NAMI Basics Teacher Training on October 15th, 16th, and 17th of 2021. Congratulations to the following new NAMI Basics Teachers:

Molly Sullivan of NAMI Louisville, KY, Dante Murry of NAMI Louisville, KY, Chastity Murry of NAMI Louisville, KY, Lauren Bolster of NAMI Colorado Springs, CO and Catherine Schofield of NAMI New Hampshire, NH

A special thanks to our teachers: Anita Herron of NAMI National, and Denise Stewart of NAMI TN. A special thanks to IT Producer of the class, Roger Stewart, of NAMI TN!

NAMI Homefront

NAMI Kentucky hosted a virtual NAMI Homefront Teacher Training Oct 21st, 22nd & 23 of 2021. Congratulations to the following new NAMI Homefront Teachers:

Barry Mauldin of NAMI Hopkinsville, KY, Diedra Burke of NAMI Washington, WA, Colleen Stephens of NAMI South Central Iowa, IA, Michael Stephens of NAMI South Central Iowa, IA, David Kendrick Jr of NAMI Dekalb County, GA, Reed Eckstrom of NAMI Skagit Washington, WA, Janelle V. Hampden of NAMI Durham, NC, Charlie Gibson of NAMI Blair County, PA

A special thanks to our NAMI Homefront Teacher Trainers: Ruan Frenette of NAMI San Mateo in California and James Ramirez of NAMI Southern Oregon in Oregon!

NAMI Sharing Hope

NAMI Kentucky hosted our first virtual NAMI Sharing Hope Presenter Orientation on 12/04 & 12/11 of 2021. Congratulations to the following Sharing Hope Ambassador Presenters:

Melony Cunningham, Mary Sims, Andrea Vasser-White, Carcile Thacker, LaTanya Ford, Jessie Laine Powell, Robin Harrington, MSSW, Ashanti O'Neal, Wilmett Ennis-Barnett, Chesika J. Crump, MD, & Tara Ferguson

A special thanks to our NAMI Sharing Hope Ambassador and Lead Coordinator, Yolonda Kelsor of NAMI Ohio.

NAMI Sharing Your Story with Law Enforcement (SYSLE)

NAMI Kentucky hosted our first virtual NAMI SYLE training on 12/15 & 12/16 of 2021. Congratulations to the following SYSLE Presenter graduates:

Ellen Gray of NAMI Morehead, Kentucky and Doug Crowdus of NAMI Mountain, Kentucky

A special thanks to trainer Nikki Rashes of NAMI National for teaching this class to our members!

Spring 2022 Graduates

NAMI BASICS TEACHER TRAINING

NAMI KY hosted a virtual NAMI Basics Teacher Training April 29th, April 30th, and May 1. It was awesome and so packed with incredible information and learning tools!

Congratulations to the following new NAMI Basics Teachers:

Laurie Mulroony of NAMI Louisville, Kentucky, Nancy Brooks of NAMI Louisville, Kentucky, Susan Jackson of NAMI Bowling Green, Kentucky, and Mary A. Finch of NAMI Toledo, Ohio

A special thanks to our teachers: Anita Herron of NAMI National, and Denise Stewart of NAMI TN. A special thanks to IT Producer of the class, Roger Stewart, of NAMI TN!

NAMI FSG (Family Support Group) Facilitator Training

NAMI KY hosted a virtual FSG Facilitator Training on April 23rd & 24th. Congratulations to the following NAMI members who took the 2 day training and graduated:

Erin Phillips of NAMI Owensboro, Kentucky, Kirsten Thorstad of NAMI Wolfe County, Kentucky, and Emmaline Cochrane of NAMI Sam Miguel County (Telluride) in Colorado

A special thanks to FSG State Trainer Lynn Shull of NAMI Colorado for teaching this for NAMI KY!

NAMI Sharing Hope

NAMI Kentucky hosted our second virtual NAMI Sharing Hope Presenter Orientation on 04/25 & 05/02 of 2022. Congratulations to the following Sharing Hope Ambassador Presenters:

Brenda Lee Moore, Tara Sullivan, Matthea Little-Smith, Carcile Thacker, Andrea Vasser-White, Lisa Miller, Chesika J. Crump, MD, Larry Bryant, LaQuetta Walker, MSSW, Candace Dickson and Cameroon Lawson

A special thanks to our NAMI Sharing Hope Ambassador and Lead Coordinator, Yolonda Kelsor of NAMI Ohio!

NAMI Connection Facilitator Training

NAMI Kentucky hosted a virtual Connection Facilitator Training May 28th & 29th. Congratulations to the following Connection Facilitator graduates:

Ebony Johnson of NAMI Louisville, Kentucky, Susan Traeger of NAMI Mayfield, Kentucky, Julie Nelson of NAMI Connecticut, Connecticut and Michael Hauck of NAMI Waterbury, Connecticut

A special thank you to Connection State Trainers, J.D. Embra of NAMI Iowa and David Lange of NAMI Dubuque in Iowa.

How to get connected to NAMI Kentucky Trainings & Events

Many more trainings are coming up through December, both Signature programs and supplemental trainings. Email jessie.powell@namiky.org or mcunningham@namiky.org for a training/event roster to be emailed to you. Also check out our website, www.namiky.org and our Constant Contact listserve to obtain the roster. We also post all of our trainings and events on our FB Page: [\(20+\) NAMI Kentucky | Facebook](https://www.facebook.com/namiky.org) All trainings and supplies are free, and many do not require membership to participate!

A New Partnership with Chase Bank



NAMI Kentucky has a new partnership with Chase Bank. We are excited to partner with them for a Financial Fitness Webinar Series. We have 5 classes starting this August through December on various financial fitness topics. Financial Fitness is important in these trying economic times. Financial stability or instability affects our mental health. This is a great learning opportunity for us all. All of our classes will be taught virtually by Jennifer Hicks-Deaton of Chase Bank, and are free. Take one class, or two or all 5 of them!

FB: <https://www.facebook.com/events/326403912885556/>

Spending & Savings Plans August 4th, 6:30PM-7:30PM

Managing Debt September 1st, 6:30PM-7:30PM

Credit Reports & Scores October 13th, 6:30PM-7:30PM

Building Your Financial Future November 3rd, 6:30PM-7:30PM

Buying A Home December 1st, 6:30PM-7:30PM

If you are interested in taking any of these wonderful webinars, email: jessie.powell@namiky.org

NAMI Compartiendo Esperanza

NAMI Kentucky hosted our first class of NAMI Kentucky Compartiendo Esperanza orientation on June 21st, 2022. The participants who attended the first orientation class are as follows:

Chris Claunch, Kimberly Velasco, Lisette M, Raquel Martinez, Sadie Mathew and Virginia Cruz. A special thanks to Laura Martinez of NAMI National for facilitating this outreach orientation for us!

A Story of Inspiration



My name is Ebony Johnson. I am a 34 year old single mother of three beautiful, intelligent, and loving children. In 2019, I had a severe mental breakdown after going through a divorce and losing my job with the Department of Law Enforcement. I then found myself seeking professional help, so I wasn't dealing with my mental illness alone. Once I was in a better state of mind, and learned the causes and effects of mental illness, I decided to do several things with my life. I started my own non for profit organization called Encouraging Minds, joined NAMI, attended the NAMI Con 2021 Conference, and enrolled back into school. God has blessed me to become connected with the NAMI Louisville affiliate. I wanted to become a Connection Facilitator. I completed the Connection Facilitator training and certification in May, and I look forward to be able to lend an ear in the support group. I wanted to become an advocate, and I am registered for NAMI Smarts in September. Now, because I value challenge, love taking risk, and have an interest in helping others, I will use my motivation to advocate for people in emotional crisis, so that I can affect change in the community I serve.

NAMI on Campus - Kentucky State University Club Affiliation

NAMI Kentucky is super excited to announce we have a new NAMI on Campus at Kentucky State University (KSU). We are growing with our campus club affiliations and are looking forward to their commu-



A few NAMI KSU Executive Board members attend Advocacy Day [left to right] Myanna Gibson, Kayla Groves, Janae Fleming, and Keniah McCants, President and Founder.

nity and campus engagement. So far, members of the KSU NAMI club, also known as Mentally Y.E.W. [Your Emotional Wellness], have attended Advocacy Day, and a few Executive Board members of the club registered for various workshops and trainings with NAMI-Con this month. We have

an upcoming financial fitness training with Chase Bank this fall, and 30+ members of KSU NAMI are registered already. We are super excited to work with this new NAMI on Campus affiliation, and are looking forward to the great things they have planned upon return to campus this fall! A special thanks to Keniah McCants who founded and serves as the president of Mentally Y.E.W. and Dr. Michelle Carter who serves as the Director of the University Counseling Center, and the advisor of NAMI KSU, dba Mentally Y.E.W., and also serves as an adjunct faculty member at Kentucky State University.



KSU NAMI's E-Board Members at their first Advocacy Day session.

In Our Own Words...

Poem by Waltr Lane,
Member of Bowling Green NAMI

Incognito

The Poet's parents were both mental hospital escapees.
From childhood, the Poet was scared of being crazy.

The Poet conformed enough
until his last semester in college.

Three days after graduation, the Poet was to start law
school.

That day, he layed in bed.

The Poet adapted the persona of a "Redneck".

"Yelp" or "Nope" was his succinct answers to ques-
tions.

Later the Poet was hired at a mental health center as a
professional.

The HR Department let it slide that his degree was in
Political Science.

The Poet became a recognized case manager.

He had awards and did trainings.

He was considered eccentric because of
where he worked, like his co-workers.

When he got old, the Poet retired to Mud Creek
and became a fashionable "creeker".

Filmmaker Works to Spread Awareness
~ by Christopher Siaens

My name is Christopher Siaens, I am a short film pro-
ducer in Bowling Green, KY. I was diagnosed with
schizophrenia years ago. Since 2015, I've mainly fo-
cused on producing awareness short films. What I
mean by "awareness", is that I mainly produce short
films about such issues as mental illness, abuse, bully-
ing, suicide awareness and more. I've now won 186
awards for my short films, most of them with interna-
tional film festivals. Many times I will produce other
people's writings/stories of what they go through
with different issues often personal to them, and it's
always an honor and rewarding to me, to not only
help bring their stories to life, but in some small way,
hopefully help them as well.

I am so proud to say I am currently collaborating with
NAMI of Bowling Green, KY, in creating a short vid-
eo titled: "Mental Illness: You are not Alone", detail-
ing what NAMI of Bowling Green, KY stands for,
while also including a couple segments of actresses I
know giving their real life stories of dealing with
mental illness daily to help inspire and give strength
and sincerity to those who struggle. We are aiming to
film our short video before Thanksgiving this year,
2021.

I'm also proud to say how far I've come. I mainly deal
with visual hallucinations of a few ladies I've lost in
tragic ways in my life such as suicide, that I saw hap-
pen. The way these hallucinations present themselves,
they look, act, talk and feel just as a real person
would. It makes things incredibly difficult and chal-
lenging, to say the least, but I am so thankful to work
with a wonderful therapist and psychiatrist at Life-
skills here in town, it definitely helps.

I strongly believe in not being defined by what I go
through, whether that branches at any moment into
depression, anxiety or other heavy issues. Many of
my short films do discuss the very real darkness of
mental illness, but I also believe in there being hope
too.

It is my sincerest hope that anyone who might be
struggling with mental illness know they are survi-
vors. Thank you for being here today, thank you
fighting, thank you beyond any words I can possibly
think of in my vocabulary. Whether or not you realize
it, you are amazing for being here today.
And I, in turn, will never give up either.

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 Coordinator, at bowlinggreennami@gmail.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.

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