Join us at NAMIWalks 2016!

Help change minds with a second line at the 7th annual NAMIWalks New Orleans on Saturday, October 15th at 9:00 am

We invite you to join us on Saturday, October 15th, at Audubon Park as we raise funds and awareness at the 7th annual NAMIWalks New Orleans. Enjoy a 1.8 mile “second line” walk through the park led by the New Birth Brass Band; special appearances by the Pussyfooters and Mardi Gras Indians Queens; children’s activities, free food, and more! Plus, we will be giving the first 1,000 registered participants free passes to the Audubon Zoo!

Your support is needed more than ever. The Walk is our opportunity to connect as a community to end the stigma that prevents so many living with mental illness from seeking the help they need. NAMI New Orleans’ signature support groups, education courses, and community presentations are funded solely by the generous NAMIWalks supporters – like you!

You can help keep our programs going strong by joining NAMIWalks.

Start or join a team today, sponsor the event, or volunteer. Visit www.namiwalks.org/NewOrleans to register or use the registration form inside this newsletter. We look forward to seeing you there!

- Your Friends at NAMI New Orleans

“I am honored and excited to serve as Honorary Chair for NAMIWalks New Orleans. As someone who believes strongly in mental healthcare and removing the stigma of mental illness, I’ve found NAMI New Orleans to be a great partner and the walk is always a fun and communal way to break down barriers.

- David Hammer, WWL-TV’s Investigative Reporter & NAMIWalks Team Captain

We need your help to make NAMIWalks 2016 a success! If you are interested in starting or joining a team, sponsoring, or volunteering, contact Meghan Goldbeck via email at walks@namineworleans.org or call 504-896-2345.
A Message From the Board President - Vince Petreikis

Autumn is in the Air and that means lower temperatures and humidity. It also means that the 7th Annual NAMI New Orleans Walk is rapidly approaching. The Walk is NAMI New Orleans’ primary fundraiser of the year. The funds raised go to support the advocacy, support and educational programs and services that NAMI New Orleans provides. Being a family member and having participated in the monthly support groups and the Family-to-Family course, I know the benefit that participants receive from these most worthwhile programs. This year I have named my Walk team “All Aboard” in an effort to get everyone on board to reduce the stigma of mental illness and support NAMI New Orleans’ efforts. I encourage all the readers of this message to join us in our cause and to respect the dignity of all mankind. Join us in the Walk to exercise, listen to some music, enjoy some good food and beverages, and support your community.

See you on the track…. All Aboard!

Registration Form

Saturday, October 15, 2016 at 9:00 a.m.  
Audubon Park Shelter #10 and Newman Bandstand

Yes! I’ll walk with NAMI New Orleans

Name:_________________________________________
Address:_______________________________________
City, State, Zip:_________________________________
Phone:_____________ E mail:_____________________
Team Name:____________________________________
Team Captain:___________________________________

Team captains: To ensure accurate credit to your team’s total, we encourage you to fill in the team name and team captain lines on all registration forms and walker donor forms before you distribute them to your walkers. Thank you.

☐ Individual walker
☐ Walker on a team
☐ Team captain
☐ Walk day volunteer.
☐ Unfortunately, I cannot attend the walk. I have enclosed my donation in the amount of $ __________ to support NAMI New Orleans.

Each Participant must sign below.

Signature:______________________________________
Parent or Guardian:______________________________
(If walker is less than 18 years of age)

Register Online: All walkers and team members can go to www.namiwalks.org/NewOrleans. Create your own Walk website and sign up for your own personal fundraising link. You can send emails to ask others to join your team or support you as a walker.

Please bring form on Walk Day or mail to:
NAMI New Orleans
1538 Louisiana Avenue
New Orleans, LA 70115

NOLA Saints Stay-Cation Raffle!

Enter for a chance to win a trip to the happiest place on earth - the Superdome!

We’re sending one lucky winner and their guest on a spectacular weekend in New Orleans. This deluxe package includes two (2) tickets to the New Orleans Saints vs. Rams game on Sunday, November 27th at noon; two-night stay at the Omni Royal Orleans Hotel; $100 gift certificate to the Court of Two Sisters; and two (2) passes to the New Orleans Original Cocktail Tour.

Raffle Tickets are $5/ticket or $20 for 5 tickets. Contact Meghan G. to purchase your chance to win today!

Tickets will also be sold at our upcoming fundraisers (see page 3) and at NAMIWalks on October 15th.
**Ongoing Support Groups**

**Family Support Groups**
A monthly group for loved ones of people living with mental illness offered at three locations:

- **Every first Wednesday**
  6:30 p.m. - 8:00 p.m. at NAMI New Orleans’ Uptown Office, 1538 Louisiana Ave. in New Orleans

- **Every third Tuesday**
  6:30 p.m. - 8:00 p.m. at NAMI New Orleans’ Westbank Office, 2051 8th St. in Harvey

- **Every fourth Thursday**
  6:30 p.m. - 8:00 p.m. at Congregation Beth Israel, 4004 West Esplanade Ave. in Metairie

**NAMI Connection Peer Support Groups**
A weekly peer-led recovery support group. Anyone living with a mental illness is welcome. It is offered at two locations:

- **Thursdays** 1:30 - 3:00 p.m. at NAMI New Orleans’ Uptown Office, 1538 Louisiana Ave. in New Orleans

- **Fridays** 10:30 a.m. - 12:00 p.m. at NAMI New Orleans’ Westbank Office, 2051 8th St. in Harvey

**Survivors of Suicide Loss Support Group**
A peer-led support group for adults whose lives have been impacted by the loss of a loved one to suicide, whether recently or in the past. The group meets 6:30 - 8:00 p.m. on the second and fourth Wednesdays of each month at NAMI New Orleans’ Uptown Office, 1538 Louisiana Ave. in New Orleans. Please contact the volunteer facilitators before attending your first group at 504-410-7025 or survivors.nola@gmail.com.

**Depression and Bipolar Support Alliance (DBSA)**
For people living with these disorders and their loved ones. Adults only. Meets first and third Tuesdays of each month, 7:30 - 9:00 p.m. at Tulane-Lakeside Hospital, 4700 South I-10 Service Road in Metairie.

Enter via the main hospital entrance, cafeteria to the left. Contact Eileen or John evenings or weekends, 504-286-1916. www.dbasaneworleans.org

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**Upcoming NAMIWalks Fundraisers**

- Enjoy sips, sweets, and jewels at the **Kendra Scott Gives Back Happy Hour on Thursday, Sept. 29th, from 5:00 pm - 7:00 pm** (5227 Magazine St., Suite C, NOLA). Hosted by Team Brett and the Brett Thomas Doussan Foundation. Free champagne and 20% of sales from the event will be donated to NAMIWalks.

- Join us at **Second Line Brewing on Friday, Sept. 30th, from 4:00 pm - 9:00 pm** (433 N. Bernadotte St., NOLA). $1 from every beer sold will be donated to NAMIWalks New Orleans. NOLA Saints Stay-Cation Raffle tickets available!

- Celebrate the end of snoball season at **Hansen’s Sno-Bliz on Saturday, Oct. 1st, from 1:00 - 7:00 pm** (4801 Tchoupitoulas St., NOLA). A portion of each sale will be donated to NAMIWalks New Orleans.

- Fun at **Finn McCool’s on Friday, Oct. 7th from 5:00 pm - 7:00 pm**. Purchase NOLA Saints Stay-cation Raffle Tickets!

- Support NAMI New Orleans during Taco Night at **Phillip’s Bar and Restaurant on Thursday, Oct. 13th at 4:00 pm - 7:00 pm** (733 Cherokee St., NOLA).

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**NAMI National Convention Highlights**

- July 6th-9th mental health advocates from across the nation convened in Denver, CO, to learn about cutting-edge research, best practices in treatment, and how we can do our part to “Act. Advocate. Achieve”.

- Former US Representative Patrick Kennedy gave an empowering speech during the opening plenary session about the continuing fight for mental health parity and his own family’s experiences with mental illness.

- NAMI New Orleans delegates attended a screening of the powerful movie **Touched With Fire**. The film is written and directed by Paul Dalio, who drew upon his own experiences living with bipolar disorder.

- Throughout the four-day convention, delegates participated in research symposiums and sessions about a wide array of topics affecting people living with mental illness and their families. Visit [www.nami.org](http://www.nami.org) for videos, photos, and presentations from this year’s convention.

- Pictured right, NAMI New Orleans Executive Director Lisa Romback and NAMI New Orleans Board Governance Committee Chair Susan Norwood display NAMI New Orleans’ re-affiliation certificate, received at the 2016 convention in Denver, CO.

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**Did You Know?**

The NAMI New Orleans Mental Healthcare Navigation Team (MHNT) is here to help individuals and families find the resources they need. Contact our MHNT Coordinator Debbie at 504-896-2345 or debbie@namineworleans.org.

NAMI New Orleans publishes a Resource Guide for individuals living with mental illness and a Family Guide for their loved ones. These guides are roadmaps to resources and support in the Greater New Orleans Area. They are offered at no cost to the community and are available in print and online at [www.namineworleans.org](http://www.namineworleans.org).
Surviving and Thriving After a Suicide Attempt: The Kevin Hines Story

Observe Mental Illness Awareness Week (October 2nd - 8th) by attending this wonderful presentation!

Kevin Hines is a suicide prevention and mental health advocate with a story of unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder, he attempted to take his life by jumping from the Golden Gate Bridge. Kevin will share his story as well as the coping skills and supports he uses to live a happy and healthy life today. The presentation will be followed by a Q&A.

Thursday, October 6, 2016
6:00 - 8:00 p.m.
Trinity Episcopal Church
1329 Jackson Ave., New Orleans, LA 70130

This event is free and open to the public but space is limited. Please RSVP to Shannon at 504-896-2345 or education@namineworleans.org.

Sponsored by NAMI New Orleans with support from the Holley Pavy Deblois and John M Deblois Foundation.

NAMI New Orleans is now offering Mental Health First Aid Training for Business and Community Members of the Greater New Orleans region.

Mental Health First Aid helps you assist someone developing a problem or crisis related to mental illness or substance-use. Course participants learn risk factors, warning signs, and strategies on how to help someone in both crisis and non-crisis situations.

For a nominal fee, NAMI New Orleans’ trained facilitators conduct an 8-hour course. Participants will be certified in Mental Health First Aid for three years.

Contact Shannon for more information or to register for MHFA at education@namineworleans.org or 504-896-2345