

Newsletter

September 2016

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Advocacy Updates

I have been very engaged in developing our legislative platform for the upcoming session in January. Currently, there are so many needs in our city such as housing, access to psychiatrists, affordable medications and reduction of San Antonio State Hospital Beds. Several mental health organizations will be meeting later this month so that we can agree on our top three legislative concerns. Working together as a collaborative coalition will enable us to share the same message consistently with our representatives in the Texas Congress. Once our legislative platform has been approved by the board it will be posted on our web page.

NAMI-SAT also continues to be very involved with jail diversion and CIT training at both BCSO and SAPD academies. NAMI members give presentations "In Our Own Voice" and "Family Perspectives" at these trainings to help law enforcement officers see the person, not the illness.

Greetings!

NAMIWALKS is coming! Join us on October 1, 2016 at Morgan's Wonderland for our 10th annual NAMI WALKS- San Antonio. Join a team and help fight the stigma against mental illness!

Pathways to Hope: Breaking the Stigma of Mental Illness

I hope you were able to join us last week at the Pathways to Hope Conference at the Tobin Center. Around 1,400 people came to hear the message that mental health and the faith community need to work together to meet the needs of our community. Our keynote speaker was Kay Warren, Co-founder, Saddleback Church. She lost her son over 3 years ago to suicide. Along with her husband, Pastor Rick Warren, they began a mental health ministry in their church and developed resources to help other churches begin their ministries.



NAMI's role in reaching out to the faith community is needed now more than ever in our city. Bridging the gap between faith based services and NAMI's evidenced based classes is one way to meet the growing needs in our city.

Joining the fight to eliminate stigma is one of the reasons that our walk is critical. Our walk event raises awareness and unites people everywhere.

This year's walk will be held at Morgan's Wonderland on October 1, 2016. Registration starts at 6:30 am. We will have a great day walking to end the stigma of mental illness and stand together for recovery.

The 2016 NAMI Annual meeting will be held October 11, 2016 at 6:30 p.m. NAMI San Antonio members who have an active membership as of July 1, 2016 are eligible to vote. Each membership is one vote. Board nominations will be accepted Thursday, September 1st - Friday, September 23rd, 2016. To request a board application please contact our office at (210) 734-3349.

All candidates must be current members in good standing. We are currently seeking board candidates who have an expertise in law, accounting, public relations and have a loved one with a mental diagnosis or they have a diagnosis. Candidate biographies will be sent out after September 23rd after the ballot is approved by our nominating committee. If you have questions about voting eligibility, please contact the office at (210) 734-3349.

Quick Links

**:: 510 Belknap Place
San Antonio, TX 78212**

210-734-3349

Upcoming Events:

Mental Illness Awareness Week:

The first week in October is Mental Illness Awareness Week and NAMI will be launching our stigmafree initiative on campus campaign. The goal of this campaign is to get students and faculty in colleges and universities across the country to take the pledge to be stigmafree by:

1. Learning about mental health,
 2. Seeing the person, not the illness, and
 3. Taking action against stigma
- join this event:

<https://www.nami.org/stigmafree>.

Candlelight Worship Service:

Sunday, October 2nd, 2016, a citywide ecumenical candlelight worship service will be held at a local church. This service focuses on the Christian faith and its impact on those affected by mental illness. Stay tuned for more details.

World Mental Health Day: The Bexar County Mental Health Department is hosting the World Mental Health Day event on Monday, October 10th from 11am-1pm at Hemisphere Park. The theme for this year's event is "Dignity in Mental Health-Psychological & Mental Health First Aid for All" Call the Bexar County Mental Health Department at (210) 335-0763 for more information.

Memorial Donations:

Losing a loved one is never easy. The family is grieving and often hurting. This past year many family and friends have given generously in lieu of flowers to honor a loved one. It is our hope that each family who loses a loved one will take comfort in knowing that NAMI-SAT will celebrate their life by continuing to provide free mental health education to others through the gifts in his honor.

In June, Fred Schellenberg joined our board. Fred is a volunteer advocate who has a son living with bi-polar disorder. He learned about NAMI through the Masters Leadership program which coordinates & trains retired professionals who want to continue serving the community by pursuing board service. Fred also volunteers with Caritas Legal Services, Catholic Charities and is on the advisory board for the Guadalupe Community Center. Fred also is a docent with the Briscoe Western Art Museum. Since joining NAMI, Mr. Schellenberg has become very active in the NAMI Walk and looks forward to continued service.

Proposed Amendment to the By-Laws:

On October 11th during our annual meeting an amendment revision will be submitted for members approval. The amendment is to move the annual meeting from October to November. Currently, the walk and the annual meeting are held during the same month which has been challenging to manage. Since the newly elected officers do not take office until January 1st each year, the board is recommending moving the annual meeting to November. The proposed amendment change is underlined below:

Section 4.2 Annual Meeting. The monthly meeting in November shall be referred to as the annual meeting. Elections shall be held for vacant director positions by totaling the number of members who voted electronically, mailed in ballots and members casting ballots at the annual membership meeting. This meeting will also be for the purpose of reporting on the operating condition of the corporation and to adopt amendments or revisions to the bylaws.

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**A Cowboy Kick Off!
2016 NAMIWalks**

Thank you all who attended the NAMIWalks Kick-Off Lunch: "A Cowboy Kick Off" on Thursday, July 28th. What an incredible event! Our walk manager Kima, pictured, did an amazing job creating a wild, western celebration. We honored the 2015 top fundraising teams and had a terrific presentation by Ms. Michelle Mata. Michelle shared her darkest days and hopes for the future. She shared with the audience her recent homelessness journey and how she is using the coping skills she learned through NAMI to remain positive and stable. We also heard some great music from Mr. Tommie Young, soloist from San Antonio First Church of the Nazarene.



If you missed the Kick Off there's still time to get involved!! Here is what you can do to support NAMI:

1. **Recruit sponsors**
Take brochures (available via the NAMI SAT office) to local businesses and ask them to sign on as a supporter of the walk - electronic versions also available
2. **Consider becoming a Team Captain**-We can help you learn what it takes to be a Team Captain
3. **Join the Planning Committee**
We're always looking for energetic folks passionate about making the walk bigger and better.
4. **Learn more** about the walk now by visiting our website: www.namiwalks.org/sanantonio or contact our office at (210) 734-3349.

NAMIWalks 2016 Corporate Sponsors

The Gordon Hartman Foundation	Methodist Specialty & Transplant Hospital	Hagendorf Construction
The Center for Health Care Services	Laurel Ridge Treatment Center	Focus and Balance Research
University Health System	Clarity Child Guidance Center	The Wood Group
Nix Health	Heard & Smith, LLP	Richard E. Goldsmith
The University of Texas Health Science Center	La Paz Community Health Center	Amerigroup Corporation
NuStar Energy	McDougal Properties	Episcopal Diocese
Bonnie Furner, MD	Family Endeavors	Genesis Psychiatry Center
Hon. Polly Jackson Spencer	Ramon V. Sanchez, MD	The Health Collaborative
Enlightened Behavioral Health Care Center		