

Walk for Suicide
Prevention
Awareness Month
October 3rd in
Central Park pg.6



PO Box 974, Schenectady, New York 12301

NAMI Schenectady E-News

September 1, 2021 issue

Brand new!!!
Our very own
phone #
518-986-9114
M-F 9 am-5 pm

Acting Editor*: Cynthia Seacord Send address changes, requests to discontinue and comments to: namischenectady@gmail.com
or leave a brief message at our new phone #518-986-9114

*** Please NOTE: We need one or two members to take on the editorship of this newsletter!**

SEPTEMBER IS GOING TO BE ONE BUSY MONTH!

from the Editor

September is not only National Suicide Prevention Awareness Month (see page 6) but also National Recovery Month. In this issue is news that we hope will raise your awareness, and get you excited and involved in, programs related to these topics, and other mental health happenings too. Catch local happenings throughout, especially on pages 2-3.



RECOVERY IS FOR EVERYONE:
Every **Person**, Every **Family**, Every **Community**

<https://rm.facesandvoicesofrecovery.org/>

National Recovery Month (or simply, Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live healthy and rewarding lives.

Recovery Month celebrates the gains made by those in recovery, just as health improvements made by those who are managing other health conditions such as diabetes, asthma, and heart disease are recognized. This observance reinforces a very positive message, namely that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Millions of Americans' lives have been transformed through recovery. These successes often go unnoticed by the broader population, so Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month, and speak about the strides that have been made by those in recovery. Success stories are shared with their neighbors, friends, and colleagues to help increase awareness and foster a greater understanding about mental and substance use disorders and treatment.

Each year, a new focus and theme is chosen to spread the message and share success stories of treatment and recovery. The 2021 Recovery Month observance aims to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery possible.

The 2021 theme "Recovery is For Everyone: Every Person, Every Family, Every Community," reminds us that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together. Recovery Month is also about educating others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, have experienced peaks and valleys, both big and small, throughout our lives. But with strength, support, and hope from the people we love, we are resilient.

LOCAL PROGRAM FOR NATIONAL RECOVERY
MONTH SET FOR WEDNESDAY, 9/29
WELL WORTH YOUR ATTENDANCE

We are pleased to share with you the following invitation from Schenectady County Office of Community Services:

Our 11th Annual Recovery Celebration will be held on Wednesday, 9/29/21 from 10:00 AM -11:00 AM! This is an event we enjoy holding every September for our community, during which we celebrate local mental health and substance use disorder recovery efforts. Last year we held the event in a virtual capacity due to COVID-19 restrictions. In an effort to continue to keep our community safe, we will be holding our event virtually again this year.

The E-News editor attended last year's event, and found it very inspirational. **If you would like to receive the ZOOM link to this event,** request an invitation by 9/20 from: cwseacord@hotmail.com.



NAMI New York State holds its second **Off the Mask** fund-raising event on 9/10/2021 at 60 State Place in Albany from 6-9 pm. This is an in-person “cocktail attire” fund-raising event, devoted to spreading mental health awareness and ending the stigma. Some two dozen ambassadors will take to the cat-walk to model fashions, and share their mental health connections. Benita Zahn is master of ceremonies for the event which will be topped off by an art show and silent auction. Tickets go for \$100 and may be purchased on line.

Go to: <https://www.naminys.org/offthemark/>

NAMI Schenectady Happenings

by President Cindy Sood

Even though the Covid-19 pandemic has continued to be a challenge, we are trying to move forward. Here is a list of some of the things our board has been working on (let us know if you can help!) :

- Finding spaces where regular meetings and classes can be held beyond the library.
- Establishing a point of contact to efficiently get the word out to providers of services regarding social activities for peers.
- Planning peer social activities beyond the hikes led by Art and Roy.
- Establishing a relationship with the relevant persons concerning the mobile crisis team and crisis intervention training in Schenectady so that our voices and concerns will be heard and can help shape how these efforts operate in our communities.
- Purchasing a dedicated cell phone line (518-986-9114) and creating procedures to follow so that anyone calling NAMI Schenectady looking for help or information receives a timely response.*
- Investigating how to get the Ellis family support group restarted or starting one of our own.

Currently, the board is meeting on the second Thursday of the month from 6:30 or 7 to 8 pm. We do not have a permanent meeting location yet so if you are interested in attending a board meeting, please contact us for details. (Note: while we would love to have non-board members attend and provide us their thoughts, some locations may not be able to accommodate additional people.) We welcome your ideas with respect to our planning efforts! E-mail or telephone us!

**see article on Hannaford donation page 4 for more information about our dedicated phone “warm line.”*

Looking for Leaders and Participants Activities for Peers

NAMI Schenectady has long promoted wellness through its sponsorship of nature hikes and sporting events, aimed for peers. When good weather returned, board member Art Collins and Roy Neville organized weekly beginners'-level hikes to a number of the area's lovely nature spots. They would like more peers and members to join in. A formal schedule of outings will be planned only if we have enough interest in terms of hikers and attendees to provide transportation. Hikes are weather permitting usually on Sunday afternoons. Participants meet between noon and one at the Schenectady County Public Library parking lot. Interested? Contact Art Collins at 518-372-0960.

We recently appealed to members of our community for ideas for additional activities for peers in recovery in our community, and will report on our progress in future newsletters.

PLANNING FOR NOVEMBER NAMI SCHENECTADY ANNUAL MEETING *By President Cindy Sood*

In accordance with our by-laws, we are planning to hold the annual meeting of our members the evening of November 18, 2021. While a portion of the annual meeting is devoted to business such as a treasurer's report, we want to include a speaker on a topic of interest to our members. To help us plan, would you:

- Join the planning committee?
- Attend a meeting if held in-person?
- Attend a virtual meeting if necessary?
- Be more likely to attend a meeting where you could also eat dinner?
- Be interested in hearing from NAMI-NYS on advocating for mental health needs?
- Be interested in hearing about current state of mental health services in Schenectady?

To respond to these questions or to suggest a topic, please contact us as soon as possible either by email (namischenectady@gmail.com) or by phone (518-986-9114).



The agenda for NAMI New York State's Education Conference, once again, due to COVID 19, being held "virtually," has been set. There are a number of great sessions planned. Friday's opening session, entitled "*Thank You Recovery for Saving My Life*" is a presentation by Dr. Patrick McElwaine, not only a mental health professional, but a peer. His presentation will be followed by "*Looking Back, Moving Forward*" with -Dr. Christine Crawford & Wilfred Farquharson. These two presentations will be followed by two break out sessions, the first on "*Exploring Trauma and Healing in Different Communities and Settings*", and the second on "*Education to Action (Advancing Mental Health in the LGBTQ community, in schools, in employment issues, and in multicultural communities; and cutting through the red tape for veterans and military families.)*" There will also be opportunities to take in "virtual" exhibits and to view posters.

On Saturday, in addition to more chances to view posters and exhibits virtually, an award for Excellence in Research will be presented. There are a number of "*Wellness Breakout Sessions*" planned that will explore such topics as moving past the diet culture, addressing the implications of loneliness, sleep hygiene, different coping mechanisms and journaling. The major topic breakout sessions will cover crisis response, zero-suicide, integrated care and self-harm vs. suicide. The conference will conclude with "*Where Are We Going, Shaping Our Future Breakouts*" covering research, advocacy issues, the next waves in research and treatment, making NAMI programs more relatable, and how to access various services. To register visit:

www.naminys.org

Support Group Meetings

The Ellis Hospital Mental Health Department has not resumed the Wednesday evening weekly family support group meetings that many of our members found so helpful. It is not clear if or when these meetings will resume. We are working on a Plan B, and will let our friends and members know via e-mail when this is resolved. Meanwhile, we recommend you give virtual support meetings via NAMI Capital Region a try:



Virtual Support Through NAMI Capital Region: Our friends at NAMI Capital Region are running on-line family and peer support groups. You can take part in these groups that meet “virtually” using ZOOM. To attend, log on their website <https://namicapitalregionny.org>. In the upper right hand corner of their home page look for a block containing the words “ONLINE SUPPORT GROUPS”. Underneath, you’ll see:

[Click here for online Support Groups](#)

Put your cursor on the “Click here...” and click, to get to the Support Group page. Pick the support group you want to attend. NOTE: You will need to link up to the meeting **on the day and time listed**, at about 10-15 minutes prior to the start times noted. Follow Zoom prompts to connect to either Peer or Family Support.

NAMI Schenectady Benefits from Hannaford Donation

We announced back in May that Hannaford Supermarkets made a \$100,000 donation to NAMI New York State to help fund mental health support and awareness.

NAMI-NYS allocated a portion of these funds to those New York affiliates that are served by Hannaford’s markets. The rest of the funds are being used for special programs such as NAMI-NYS’s Wellness Wednesdays video programs that were made in May for Mental Health

Awareness Month. NAMI-NYS is so grateful to Hannaford for its incredibly generous donation, and for its commitment to raising mental health awareness in the community it serves.

NAMI Schenectady received funding from this donation, with plans to use the funding towards outreach, education and peer and family support.

Our first use of this funding was setting up a dedicated telephone for contacting the NAMI Schenectady affiliate. Our phone is mobile, so in addition to live calls, someone from our affiliate should be able to respond to both texts and voice-mail messages. We will screen out “robo-calls.” **Be sure to speak clearly and remember to leave us a call-back name and number.**

Our “warm line” number is:

518-986-9114

Monday-Friday 9am – 5 pm

Funds from Hannaford were used in part by NAMI NYS, towards the production of several insightful on-line series that were run earlier this year for Mental Health Awareness Month and BIPOC (Black, Indigenous and People of Color) Mental Health Awareness Month. See YouTube listing on page 5.

NAMI-NYS provides **free mental health** support, education, advocacy, and public awareness.

@NAMI_NYS
@NAMINEWYORKSTATE
@NAMINEWYORK
#NOTALONE

NAMI Helpline:
1-800-950-NAMI (6264)
Open M-F from 10 am - 6pm ET
Text: "NAMI" to 741-741
Open 24/7

NAMI NYS VIDEOS ON “YOU TUBE”

NAMI NYS has prepared and recorded informational series that you can now access on “You Tube.” For Mental Health Awareness Month (May 2021) four “Wellness Wednesday” programs were prepared. NAMI NYS’s “BIPOC (Black, Indigenous, People of Color) Mental Health Series,” consists of four sessions, the first three of which have already aired this summer. If you missed them, no problem; you can now stream the recordings of these insightful programs at your leisure on *You Tube*. Here are the names of the sessions and their *You Tube* addresses:

Wellness Wednesdays Series:

Part 1 – Youth Mental Health:

<https://youtu.be/5K1JRFtGutA>

Part 2 – Mental Health in the Workplace:

<https://youtu.be/ZUskJ2nrgWs>

Part 3 – Crisis Response:

<https://youtu.be/ZBErINsBJIk>

Part 4 – Multicultural Mental Health:

<https://www.youtube.com/watch?v=HmAEEmpH7iE>

BIPOC Mental Health Series:

Part 1 - The History of BIPOC Mental Health, Treatment and Research:

<https://youtu.be/Wim9Gi4JFkY>

Part 2 – Black Mental Health and Ending the Stigma:

<https://youtu.be/BZiy71jLc7U>

Part 3 – Indigenous Mental Health and Recovery:

<https://youtu.be/eGvHZ3ti3O0>

(Part 4 is “coming soon.” Find it on: naminys.org under “events” menu.)



Our friends at Mid-Hudson are offering the NAMI Education Program **Peer to Peer** for 8 weeks this fall. Class will meet EVERY Friday on Zoom from 2:00 pm – 4:00 pm beginning Friday, October 1, 2021 and running to November 19th. Those peers interested in registering must make a commitment to attend all sessions.

Peer to Peer is a free class for adults with mental health conditions who are looking to better understand themselves and their recovery. The 8 Sessions, taught by trained NAMI peer leaders in a safe, relaxed and confidential and accepting setting, will include activities, discussions and informative videos. During the course, participants will experience acceptance, mutual support and most importantly, compassion and understanding. Class topics include but are not limited to mental health treatment options, sharing your story, enhancing communication skills, setting a vision and goals, partnering with health care providers, and strengthening relationships.

NAMI Schenectady would like to offer **Peer to Peer** someday. We encourage our peer members to take **Peer to Peer**. Completion of the class then makes you eligible to receive training to be certified by NAMI to lead a **Peer to Peer** group.



This class is offered by NAMI Mid-Hudson
Pre-Registration is required: **Space is Limited!**

To register please contact NAMI Mid-Hudson at:
(845)-206-9892 or contact@namimidhudson.org

For more information please visit:
www.namimidhudson.org

**September is Suicide Prevention
Awareness Month, and Local AFSP
Chapters Will Be Out There Walking!!!**



When it comes right down to it, nearly everyone you talk to can name at least one person they know who has successfully completed a suicide. Their loved ones who have suffered from this heartbreak don't wish this to happen to anyone else. It's a nightmare. So, in September, many people, those who either have lost, or have *nearly* lost people dear to them to suicide, will join together, not only to remember those who have died, but to bring hope that in spreading the information about suicide prevention, we can all have a hand in saving precious lives.

In our Northeastern New York region alone, four Out of the Darkness Walks are planned for early this fall to once again bring awareness to the problem, and the solution: prevention. We strongly recommend that you share with everyone the National Suicide Prevention Lifeline number (see above), which in the near future, will evolve into a simple number like 911. For more information about AFSP, see the general website for the American Foundation for Suicide Prevention, www.afsp.org.

**NAMI SCHENECTADY's Wellness Walkers
TEAM TO WALK AT
CENTRAL PARK ON SUNDAY 10/3/2021**

We are organizing a NAMI Schenectady **Wellness Walkers** team right now for the 10/3 AFSP Out of the Darkness Walk at Schenectady's Central Park. Come on out and help us raise awareness about suicide and its prevention.

Out of the Darkness Walk in Schenectady.
Date and Walk Time: **10/03/2021, noon- 4:00 pm**
Location: **Central Park Pavilion, Schenectady**
On-Site Registration: **11:00 am (no fee to register)**

Pre-register for our team, Wellness Walkers, by going to the following link and follow the directions below it:

www.afsp.org/Schenectady

At "Fundraiser Search" type in "Wellness Walkers." The team captain's name will appear, with the team name below it. Click on the team name to join and/or donate. Our team goal is \$250. As our team grows, more participants' names will be listed for our team.

Prefer to donate via the team captain? go to:
<https://supporting.afsp.org/participant/Cynthia-Seacord>.

If you can't make the 10/3 walk, here are the three other Out of the Darkness walks planned in our community that will be happy to have you join their teams to benefit AFSP.

North Country Walk – to be held on 9/19/2021
www.afsp.org/Northcountry

Capital Region Walk for R.I.T.A. – to be held 9/26/2021 -
www.afsp.org/RITA

Columbia-Greene Walk – to be held 10/2/2021
www.afsp.org/ColumbiaGreene



NAMI Schenectady works only with the help of our committed volunteers.

Here are some ways you can help:

- Want to see more issues of our E-News? We need more people to step up and produce it...writers, editors, etc. Writers can review a book or movie, advocate, share recovery and wellness-related tips, etc. Will train.
- We need someone willing to work on namischenectady.org, our website. Put your technology know-how to work today; help us redesign our site and maintain it!
- Offer to serve on one or more of our committees (e.g. planning, finance, membership, marketing, hikes & social events)

Feeling overwhelmed about COVID-19?
Help is waiting for you.

NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE
1-844-863-9314
8 AM - 10 PM, 7 days a week

NY Project Hope Coping with COVID



NAMI Schenectady Fall Calendar **(A Work in Progress)**

September board meeting: Thursday, September 9th

October board meeting: Thursday, October 14th

November board meeting: Thursday, November 11th

Annual meeting: Thursday, November 18th

December board meeting: Thursday, December 9th

Time and location of all meetings are to be determined and will be publicized to our membership. We will add topic program dates and topics when these become available.



We plan to offer a “live” NAMI **Family to Family** course once we have secured a meeting space. If you are interested in learning more about this 8-week class, or if you already know about it and want to take it, contact us at:

namischenectady@gmail.com

JOIN NAMI SCHENECTADY

Membership in NAMI Schenectady also makes you a member in
NAMI New York State and national NAMI

To join choose your annual membership dues type(x) below and
complete form to accompany your check: ___ individual \$40
___ Household \$60 ___ Open Door \$5 (limited
income)

___ Additional Donation Total enclosed _____

Name(s)

Street Address or PO Box

City, State & Zip

Cell # _____ landline# _____

e-mail address _____

NAMI Schenectady is a 501(c)3 organization.

Make your check payable to:

NAMI Schenectady,

PO Box 974, Schenectady, New York 12301