



# NAMI

National Alliance on Mental Illness

# NAMI

# Navigator

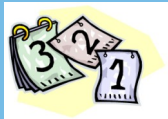
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### What is Happening at the VA with Connection?

So what is happening at the VA hospital with Connection?

Well, we are having great success with the Veterans Connection program at the VA hospital and out in the community as well. We have six groups a week going on at the hospital and at the vet center in Norfolk. We also have had a spinoff group in the community thanks to a Veteran facilitator named Walt Nunnery.

We were also fortunate to have been recognized by NAMI National as a program that has the potential to be duplicated in other communities around the country. As I am writing this we are scheduled to have a Webinar that will be broadcast across the country to highlight the achievements that we have made in our program.

All this could not have taken place without the cooperation of Dr. Deborah Vick, the VA

hospital community liaison, (also our Veteran Connection Champion) and the wonderful veteran facilitators.

So what is on the horizon?

We are anticipating starting an all women's veteran group at the hospital and strengthening our facilitator base so no one gets tired or burned out. Also, we are looking forward to moving our service to more community groups.

We certainly want to recognize all those in the Hampton/Newport News affiliate that makes all this possible, as well as Sarah Eisenman at the state level and Bob Williams in his capacity as President of NAMI Virginia. I should also mention Virginia Wounded Warrior Program (VWWP) who has helped with funding for training and also outreach.

-Chris Cox



### Contact Us:

President: Linda Gurley  
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Check out our calendar of events  
on Page 5 of this newsletter!

## NAMI Walks 2011

Hundreds of people gathered at Innsbrook in Richmond on Saturday, October 8th for NAMI Walks Virginia 2011. It was a beautiful 75 degree day with not a cloud in sight. Our team, the Hampton/Newport News Visionaries were represented there by Jenn Abrams, Gail Auman, Ann Catherine Braxton, Vanita Chavis-Banks, Barbara Collins, Cheryl DeHaven, Amy and Curtis Fox, Casey Gilbert, Linda Gurley, Amanda Hackney, Cathy, Elyse and George Hunt, David Jackson, Lillie Ray, Evelyn Steward and Bob Williams.

De DeHaven couldn't be at the Walk, so on September 29th he walked a half marathon (13.2 miles) with the finish line at the Hampton/Newport News Community Services Board. So far, our team has raised \$4,850.00—100% of our goal accomplished! Do not give up on getting donations now that the Walk is over, because donations will be accepted until December 8th. Half of all raised monies come back to our affiliate to help cover the expenses of all our ongoing programs.



### NAMI Walks 2011 Pictures

**Left:** De DeHaven and his daughter, Cheryl DeHaven, at the Hampton/Newport News Community Service Board after De's Half-Marathon through Hampton (9/29/2011).

**Bottom Left:** A view of the lake at Innsbrook in Richmond that the Walk takes place at.

**Bottom Right:** Hampton/Newport News Visionaries Team Members (from L-R) Evelyn Steward, Lillie Ray, and Gail Auman at the start of the Walk.



## Family Programs News

- On October 14-16th, 2011, Evelyn Steward provided along with a co-facilitator, a Family Support Group training to 12 participants at the Doubletree Hotel in Richmond. She reports that the group was “awesome for the most part and was very cooperative; willing to ‘go for it’ in terms of willingness to provide training to keep the momentum moving in the right direction.
- The Family-to-Family class at the VA Hospital is moving forward nicely. There are 14 participants in the class and they are “so willing to help each other” and the facilitators (Char Cate and Evelyn Steward) can “see the relationships building which is great!”
- The weekly Family Support Group continues to go well and they have a good turn-out every week. The group meets every Wednesday evening from 6:00 PM—7:30 PM at 100A Medical Drive, Hampton, VA 23666.

## NAMI Hampton/Newport News Members Featured in Webinar

Two of our NAMI Hampton/Newport News members, Cheryl DeHaven and Chris Cox, were featured in a Webinar that was held Thursday, October 27th, 2011, at 3:00 PM. Here is what they discussed:

*“Veterans Join NAMI Connection: A Successful Collaboration Makes it Happen!”*

*Peer support is a key component of mental health recovery and is strongly promoted by the VA. There are growing examples of the VA collaborating with NAMI State Organizations and NAMI Affiliates to provide peer support resources for veterans. Also, in*

*communities across the country, Veterans Service Organizations are stepping forward to lend a hand in connecting veterans to community resources.*

*You will not want to miss hearing about an exciting joining forces best practice model underway in Virginia. Learn how NAMI Virginia, NAMI Hampton/Newport News, the Hampton VA Medical Center (HAMVAMC), and the Wounded Warrior Program (WWWP) have collaborated to implement one of the largest NAMI Connection programs for Veterans in the nation. Hear how a key Veterans Service Organization stepped forward to support training and outreach for this successful collaboration.”*



## Partial Hospital Program Seeks Clothing Donations

We would like to let all of our members know that our monthly business meetings are open to everyone and we are always looking for input from the entire group, whether you are a board member or not.

We meet on the fourth Monday of every month at 100A Medical Drive, Hampton, VA 23666, from 5:30 PM—7:00 PM.

We would love to see YOU at our next meeting!

## Poetry

### *Does Anybody Care?*

Sometimes inside there is emptiness, despair—  
A hidden existence of no hope;  
It seems that no one else will care.

I have conditions which few seek to understand.  
Many don't offer up a helping hand.

My circle is shrinking; my friends are few.  
Many know not what to do.

Hey! Does anyone hear me?  
I hope that you can; cause all I want is for  
You to listen, love me, help and understand.

-“Uncle Kelly Boy’s Daughter”  
(Judy Anderson)

### *To Dream of Dancing*

Her legs were cocooned by braces  
But her smile was healthy and vibrant  
Invigorated by the music of a sad Tchaikovsky  
Whose immortal ballet score  
Transcended to worlds of light, dark, and make-  
believe  
In her heart, she is as graceful as Clara  
In the arms of the Nutcracker Prince  
Hope gives her fairy wings  
And the Great Choreographer of Eternity  
Extends His promise— “The blind will see  
The deaf will hear, the lame will walk.”  
Add to that— “All little girls will dance!”

-Ann Catherine Braxton



Poetry

## Calendar of Events:

Date	Event	Time	Place
MON 11/28	Business Meeting All are Welcome!	5:30 PM—7:00 PM	100A Medical Drive Hampton, VA 23666
MON 12/12	Open Monthly Meeting Potluck and In Our Own Voice Presentation	6 PM—7:30 PM	100A Medical Drive Hampton, VA 23666
MON 1/9	Open Monthly Meeting	6 PM—7:30 PM	100A Medical Drive Hampton, VA 23666
MON 1/16	Mental Health Rally & Lobby Day with the Coali- tion!	8:30 AM—3:30 PM	Richmond, VA Exact location TBA
MON 1/23	Business Meeting All are Welcome!	5:30 PM—7 PM	100A Medical Drive Hampton, VA 23666
Every TUE	NAMI Connections Veteran Peer Support Group	6:30 PM—8 PM	Hampton VA Medical Center 100 Emancipation Drive Building 36 Hampton, VA 23667
Every WED	Family Support Group	6 PM—7:30 PM	100A Medical Drive Hampton, VA 23666
Every WED	NAMI Connections Peer Support Group	6 PM—7:30 PM	100A Medical Drive Hampton, VA 23666
1st & 3rd THU of the Month	NAMI Connections Peer Support Group	7 PM—8:30 PM	Denbigh Church of Christ 205 Denbigh Boulevard Newport News, VA 23608

**Effective Immediately:**

Elyse Hunt will no longer be the newsletter editor, Ann Catherine Braxton will be taking it over.  
Please send any newsletter articles, information, and ideas to her at:  
anncatherine.braxton@yahoo.com

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<http://www.namihptnn.org>

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