

FROM THE DESK OF THE EXECUTIVE DIRECTOR

Sharon McCarthy

Our annual Educational Event will be held on Wednesday, October 16 at St. Vincent's Hospital. For full details and to register, see the flyer on page 5.



Nyna Giles will be the event's keynote speaker. Nyna authored *The Bridesmaid's Daughter*. The book is about her relationship with her mother who had schizophrenia. Nyna's mother was a Ford model and close friend of Grace Kelly, and was a bridesmaid at Grace Kelly's wedding to Prince Rainer. Nyna's mother's symptoms started to appear after Nyna was born. Nyna talks about the impact this had on her childhood and how she was able, through acceptance and understanding, to remain in her mother's life until her passing. The presentation will be followed by a panel discussion. We are fortunate to have a mother and daughter as part of our panel: Kimrita and Ailena Hill. Kimrita has schizophrenia and her daughter Ailena will share the journey she had to take to build a relationship with her mother. Additionally, Jennifer Amar, LSCW will provide a professional perspective. Jennifer is the Treatment Care Coordinator at New York Presbyterian Hospital – Westchester Campus.

We are excited to feature more than 15 exhibitors that are providers in the Westchester area. Attendees will be given time to visit the tables and discuss with the representatives the services they provide in our community.

This will be an interesting and enlightening event and we hope you will join us.

Know a business owner?
Help NAMIWalks Westchester 2020
by asking them to be sponsor.

Become a
SPONSOR!

**DECEMBER 3 IS
GIVING TUESDAY**

More information about
our Giving Tuesday
campaign will be in our
November Newsletter.



Stay tuned!

#GIVINGTUESDAY



NAMIWalks

National Alliance on Mental Illness

2020

**8th Annual
NAMIWalks Westchester
May 16, 2020**

For more information, contact
Marie Considine at (914) 592-5458.

SAVE THE DATE

ART EXPRESSIONS AND HOLIDAY CELEBRATION



We are already planning for Art Ex-pressions, our annual holiday celebration that celebrates the talents of those living in recovery with a mental illness. Please save the evening of Wednesday, December 4 at 6:30 p.m. at St. Vincent's Hospital, Harrison.

All artists who are in recovery are welcome to submit entries. We are looking for painters, photographers, musical performers and poetry readers. This event is always moving, funny and inspirational.

An audience is needed to witness and enjoy the performances as well, so save the date. Refreshments will be provided.

If you would like to submit your work, fill out the application on page 6 of this newsletter. If you have any questions, please email sophia@namiwestchester.org. We hope to see you there.

*Success is not final,
Failure is not fatal:
it is the courage to
CONTINUE THAT COUNTS*
— Winston S. Churchill

HAVE YOU SEEN OUR NEW WEBSITE?

We recently revamped our website with a goal making it easier to navigate and to process memberships and donations. Please visit www.namiwestchester.org.

If you are not a member or need to renew, see how easy the process is. Call the office at (914) 592-5458 if you need assistance.

**THE GOV. MARIO M. CUOMO (TAPPAN ZEE) BRIDGE
LIT GREEN ON SATURDAY, SEPTEMBER 14, 2019
IN RECOGNITION OF SUICIDE PREVENTION AWARENESS MONTH**

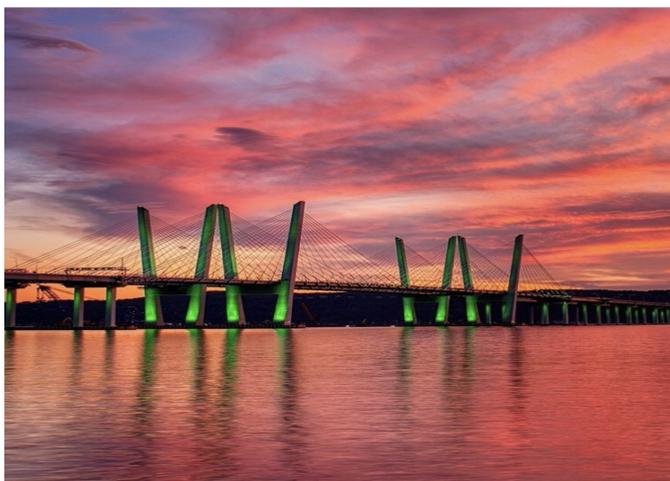


Photo courtesy of Fernando Rojas, @frojas3440

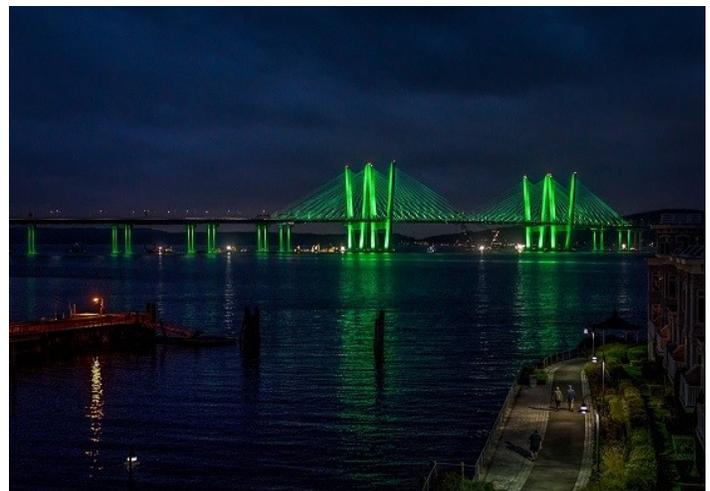
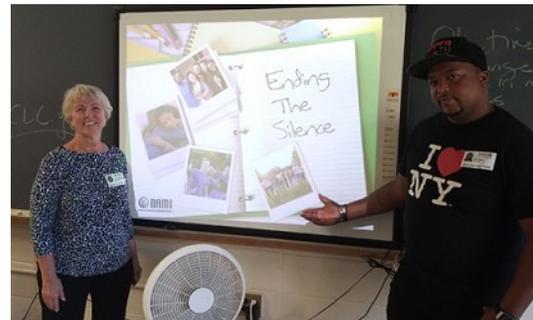


Photo courtesy of Jeffrey Friedkin

NAMI WESTCHESTER IN THE COMMUNITY



59th Annual Alpha Kappa Alpha Zeta Nu Omega Luncheon, Sept. 21 Marie Considine and Vice President Audrey McInerney joined board member Allison Corbie and her mother Helen



Ending the Silence presentation, Sept. 21 at White Plains High School led by Sharon McCarthy and Presenter Ian Gray



MHA Community Conversation – Life After Suicide: Finding Courage, Comfort & Community After Unthinkable Loss, Sept. 26, with Jennifer Ashton, ABC News Chief Medical Correspondent, board member Nyna Giles, Sharon McCarthy and Marie Considine



Run for Recovery 5K co-hosted by Search for Change and Drug Crisis in Our Backyard, Sept. 21 Marie Considine and Ashley Brody, CEO of Search for Change at FDR Park, Yorktown Heights



In Our Own Voice Presenters at NAMI's In Our Own Voice Suicide Prevention Awareness event, Sept. 25, with Laura DeToia and David Rabadi at St. Vincent's Hospital



HDSW Greek Taverna, Sept. 25, with Kathy Pandekakes CEO, Board President Louise Ellis, board member Michaele Rizzuto, Sharon McCarthy



2019 White Plains Day of Wellness Festival, Sept. 14, board members Michaele Rizzuto and Nyna Giles



2019 White Plains Day of Wellness Festival, Sept. 14, board member Julie Minter

SUICIDE AND MENTAL HEALTH CRISIS HOTLINE LEGISLATION

NAMI fully supports the introduction of H.R. 4194, the *National Suicide Hotline Designation Act*. This proposed legislation directs the Federal Communications Commission (FCC) to designate 9-8-8 as the three-digit phone number for a national suicide prevention and mental health crisis hotline. This would make it easier for Americans experiencing a mental health crisis to receive immediate and appropriate mental health support and referral. The bipartisan bill is currently awaiting a vote in the House Energy and Commerce Committee.

A 24/7 crisis hotline is the gateway to any crisis system and is a core service that should be available in every community. Tell your member of Congress to support making it easier for people to receive mental health support and referral.
<https://nami.quorum.us/campaign/22884/>.



YOUNG ADULT PRESENTERS NEEDED

It is new school year and we are receiving requests every week for *Ending the Silence* presentations. We are currently limited in how many we can commit to providing, as we do not have enough presenters, especially young adults ages 18-35. If you are interested in volunteering as a presenter for this program, please call Sharon at (914) 592-5458.

RED FLAG LAW

The Red Flag Law, also known as the Extreme Risk Protection Order (ERPO) Law, is effective in New York State as of August 24, 2019. The law prevents individuals who show signs of being a threat to themselves or others from purchasing or possessing any kind of firearm. Under the ERPO law, a family member (as well as friends and teachers) could also petition to remove guns from the homes of people they believe to be a threat to themselves or others.

PROGRAM VOLUNTEERS NEEDED

The success of our support groups and education programs rely on the volunteers who teach and lead. They give of their time to help families and those living in recovery. Our support group facilitators take a two-day training to become certified by NAMI to lead groups. We presently have three Family & Friends support groups, two Parents/Caregivers of Adolescents & Young Adults groups and three NAMI Connection groups.

We are seeking individuals who have attended groups for at least three months and who would be interested in becoming facilitators. Unfortunately, if we cannot maintain a group with two facilitators, we may have to disband the group.

Our two education programs, *Family-to-Family* and *Peer-to-Peer*, both require two teachers who have also taken a two-day training to be certified. We presently run one *Family-to-Family* course two times a year and a *Peer-to-Peer* course once a year. In order to continue this pace and possibly offer more classes, we need people to get trained. If you have taken either of these courses, please consider becoming trained. For more information, call (914) 592-5458.



ANNUAL EDUCATIONAL EVENT

They Accept It, And That Makes Me Healthier

Wednesday, October 16, 2019

6 to 8 p.m. (Doors open 5:30 p.m.)

St. Vincent's Hospital, 275 North Street, Harrison, NY 10528

Keynote Speaker: Nyna Giles

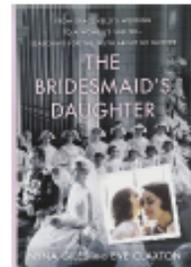
Author of THE BRIDESMAID'S DAUGHTER

Ms. Giles will discuss how entering her mother's world enabled her to maintain a positive relationship with her mother.

Panel Discussion to follow.

There will be Exhibitor tables with agencies and hospitals.

Light dinner will be served.



**Ticket cost: \$10 members (NAMI Westchester), \$15 non-members
\$3 Student/senior citizens members, \$5 Student/senior citizens non-members
Scholarships available upon request. Call (914) 592-5458.**

For tickets, please go to: <https://namiwestchestereducationevent2019.eventbrite.com>.

WE THANK OUR SPONSORS



George Latimer, County Executive
Michael Orth, Commissioner
Department of Community Mental Health



**NewYork-
Presbyterian**



**St. Vincent's Hospital Westchester
A Division of Saint Joseph's Medical Center**



Search for Change
Promoting Growth, Independence & Recovery



NAMI WESTCHESTER, INC. 100 CLEARBROOK ROAD, ELMSFORD, NY 10523 (914) 592-5458 www.namiwestchester.org

Art Expressions



An Evening Showcasing Art, Music, Poetry, Essays and Photography
from the

**Talented Minds
of Persons in Recovery***



**Wednesday, December 4, 2019
6:30 p.m. – 8:30 p.m.
St. Vincent's Hospital
275 North Street, Harrison, NY**

For additional information contact:
Sophia de Prado at (914) 592-5458, sophiad@namiwestchester.org

**Recovery from mental illness* Program sponsored by NAMI Westchester



SUBMISSION GUIDELINES:

- Up to two submissions per person. Please attach an application form with each submission.
- All work must be appropriate for the public and "g" rated. *Please keep your performance upbeat, this is a holiday celebration.*
- Poetry can be no longer than one 8 1/2 by 11 page.
- Short stories and personal essays can be no longer than 500 words each. A chosen selection from a long work is fine.
- Art work includes paintings, drawings and photographs and should be no larger than 11 by 14 inches. Work must be matted.

Submissions are due November 22, 2019. Early submissions are encouraged. If you have any questions, please feel free to call (914) 592-5458.

NAME _____ PHONE # _____ EMAIL _____

I AM SUBMITTING:

Painting Drawing Photography Indicate size: _____

Musical Performance: Two songs per performer are allowed

Two readings are allowed

Poetry Short Story Personal Essay



Please submit the application along with a copy of your work to sophiad@namiwestchester.org, or mail to:

NAMI WESTCHESTER,
100 CLEARBROOK ROAD, ELMSFORD, NY 10523

