

FROM THE DESK OF THE EXECUTIVE DIRECTOR, SHARON MCCARTHY

During this “**season of giving**,” I hope you will think about giving to NAMI Westchester. It has been through the generosity of our community that we have been able to grow and become more viable to our community. No amount is too small to help us achieve our mission and goals in community education and in providing support to families and those living with mental illness.

Here are two gift ideas:

Giving Tuesday – this is our year-end campaign. See information below as to best ways to make a gift this month.

The Gift of Membership – What better way to let friends and relatives know you are thinking of them and that you support them than to present them with membership to NAMI Westchester? This is a great time to welcome new people to our “NAMI Family.” A membership in NAMI Westchester provides them the opportunity to be aware of the work we do, become involved in programs and learn how to advocate while helping us demonstrate to legislators that we have a dedicated group who cares about mental health.

I wish you, your families and close ones very **Happy Holidays!**



GIVING TUESDAY IS OUR YEAR-END CAMPAIGN

Thanksgiving Weekend is wrapping up – we’ve spent time with family and friends, feasted, shopped till we’ve dropped, and maybe gained a few pounds. We’ve given thanks to the good things in our life, and toasted our health and our relationships.

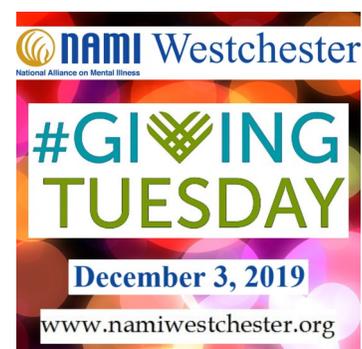
Do you know for what we at NAMI Westchester are most thankful? YOU, our NAMI family. We appreciate your dedication, inspiration and support every day.

Giving Tuesday is our year-end campaign and we hope you choose to support mental health and NAMI Westchester tomorrow.

- ◇ Please donate online at <https://www.namiwestchester.org/donate-1>.
- ◇ Consider creating a Facebook fundraiser to further support our reach and mission – go to <https://www.facebook.com/fund/NAMIWestchester.org/>.
- ◇ Checks are always welcome. Please send to: NAMI Westchester, 100 Clearbrook Road, Suite 181, Elmsford, NY, 10523, Attn. Giving Tuesday.

The first \$1,000 in donations will generously be matched by Frank Cerbone of All State Air Control, www.allstateair.com.

Thank you for giving, and thank you for our relationship. Please call Marie Considine, Director of Development, with questions at (914) 592-5458.



ART EXPRESSIONS AND HOLIDAY CELEBRATION

Join us for Art Expressions, our annual holiday event that celebrates the talents of those living in recovery with a mental illness. This event is always moving, funny and inspirational. Refreshments will be provided.

Wednesday, December 4 at 6:30 p.m.
St. Vincent's Hospital, Conference Room
Harrison, NY, 10528

ART EXPRESSIONS ANNUAL HOLIDAY CELEBRATION



Registration ends Monday, December 2. Please click on link to register for this event:

<https://artexpressionsnamiwestchester.eventbrite.com>

FILM SCREENING—"CRAZY"

NAMI Westchester with Human Development Services of Westchester (HDSW) will present a documentary screening of "Crazy" at the Showcase Cinema De Lux in White Plains on February 26, 2020 at 6 p.m.

Film Synopsis: In 2011, Eric, diagnosed with Schizophrenia, faced a critical choice – whether to comply with traditional mental health treatment or follow his own path to wellness; this documentary explores both sides. Eric, his father and his attorney argue passionately for Eric's rights to make his own decisions while his psychologist and social worker show us how and why they feel forced treatment is necessary. "Crazy" closely follows Eric's journey from his court appeal to being taken to a psychiatric hospital involuntarily to his being graduated from college and claiming the recovery he so desperately deserved. The screening will be followed by a discussion with the producer, Lise Zumwalt and Tony Breur. For more information and to purchase tickets (available December 2) click on link:

<https://namiwestchestercrazy.eventbrite.com>.

NAMIWALKS 2020: SPONSOR & SAVE THE DATES

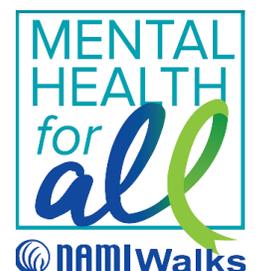
Sponsorship is a critical piece to a successful NAMIWalks Westchester, and it comes with benefits. Sponsors contributed a total of more than \$60,000 for our 2019 walk, and we are hoping to raise at least the same in 2020.

Save the Dates:

- ◆ NAMIWalks Westchester Kick-off Event: Wednesday, March 11, 2020 from 6:00 to 7:30 p.m., details will be announced.
- ◆ NAMIWalks Westchester: Saturday, May 16, 2020 at 8:30 a.m.

Please contact Marie Considine for a sponsorship brochure and/or to get involved:

mariec@namiwestchester.org or (914) 592-5458.



EDUCATION PROGRAMS

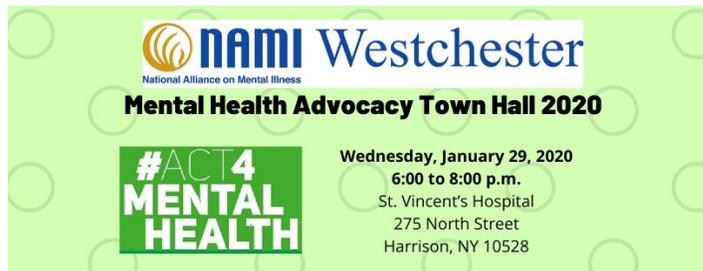


NAMI Westchester offers the *Family-to-Family* course twice a year. We may have an opportunity to offer more classes, but in order to do that we need more trained teachers. Have you taken the *Family-to-Family* classes? If yes, please consider becoming a teacher. NAMI NYS will be hold a training in June for new teachers.



NAMI now offers the *NAMI Basics* course online. This educational program is available for families and caregivers of children below the age of 13. For more information on this course, [click here](#). For more information or to register for either of these programs, please call Sharon at (914) 592-5458.

ANNUAL ADVOCACY TOWN HALL



We will be holding our Annual Advocacy Town Hall on Wednesday, January 29, 2002 at 6 p.m. at St. Vincent's Hospital, Harrison, in the Conference center. Matthew Shapiro, Associate Director of Public Affairs at NAMI NYS, will present on the 2020 NAMI NYS Action Agenda and discuss plans for the upcoming NAMI NYS Legislature Day on March 3, 2020. Michael Orth, Commissioner of Westchester County Dept. of Community Mental Health, will address what is new in our community. Please register at <https://advocacytownhallevent.eventbrite.com>.

ADVOCACY AMBASSADORS

NAMI Westchester is introducing a new volunteer program called Advocacy Ambassadors and we hope you will join us. Trained ambassadors will serve on our Advocacy Committee. As volunteers of this committee, you will meet with government representatives and learn how to effectively share your story in a short period of time. Additionally, you will work with committee chairs to make appointments with government representatives in their home offices. All Advocacy Ambassadors will be expected to attend a training on how to tell your story in February, and we hope that our Advocacy Ambassadors will participant in NAMI NYS Legislature Day on March 3, 2020. If interested in becoming an ambassador, please call Sharon at (914) 592-5458.

NAMI Westchester in The Community



In Our Own Voice

Westchester Community College- 1 presentation
New York Presbyterian – Westchester Behavioral Center- 2 presentations
Phelps Memorial Hospital- 2 presentations
Four Winds- 1 presentation
Cochran School of Nursing - 2 presentations
Westchester Medical Behavioral Center - 1 presentation



Ending the Silence for Youth

Croton Harmon High School - 3 classes
Eastchester Middle School - 5 classes
White Plains High School - 5 classes

Ending the Silence for Families

Open Door, Ossining -1 presentation

Community Presentations

Southern Westchester BOCES presentation to school district Social Workers



PRESENTERS NEEDED

Would you like to present in your school, community or business?
Call Sharon McCarthy at (914) 598-5458

2020 LEGISLATIVE ADVOCACY DAY

Share Your Story & Make Your Voice Heard

Tuesday, March 3, 2020 9a.m.-4 p.m.

Meeting Room 2

The Empire State Concourse

Key Issue NAMI-NYS is Advocating for:

- Passage of Nicole’s Law to help prevent suicide
- Support of the mental health workforce
- Mental health housing with wrap around service
- Increased Accessibility to Psychiatric Services
- Improving the Mental Illness-Criminal Justice Interface
- Investments in Psychiatric Research

“Nothing is
IMPOSSIBLE.
The word itself says
‘I’M POSSIBLE!’”

AUDREY HEPBURN