

## About Mental Illness Awareness Week

Mental Illness Awareness Week began nationally in 1983, when the U.S. Congress established it by Congressional Resolution. To obtain this legislation, many organizations urged their senators and representatives to co-sponsor MIAW resolutions. Over the years since the first MIAW, mental health service providers; advocacy groups, such as NAMI; consumer and family groups; behavioral health professional organizations; and other healthcare providers frequently have come together during the week to sponsor a number of events and other activities to help the community learn about and gain a better understanding of mental illness.

## About mental illness or brain disorders

One out of every five families in Louisville, as well as elsewhere in our nation, will be affected directly by a severe mental illness (a brain disorder such as schizophrenia, bipolar disorder, major depression, panic disorder or obsessive-compulsive disorder) in their lifetimes.

Left untreated, brain disorders can disrupt a person's ability to think, feel and relate to others and the environment. However, thanks to research, diagnosis, treatment, and community supports such as housing and employment, persons once held prisoner by their illnesses are claiming full and productive lives today.

## Mental Illness Awareness 2005 Calendar of Community Events and Activities

### Pre-MIAW events

#### Saturday, Sept. 24

#### The 7<sup>th</sup> annual walk to "Stamp Out the Stigma" of Mental Illness

Registration at 9 a.m.; Rally at 10 a.m.; Walk begins at 10:30 a.m.

Louisville's Central Park, between 3<sup>rd</sup> and 4<sup>th</sup> streets and between Park and Magnolia streets.

Sponsored by NAMI Louisville  
Registration fee is \$20

Proceeds go to NAMI Louisville to help provide consumer and family education classes, and public awareness materials and events.

The walk (approximately 5K or 3.1 miles) includes a T-shirt and lunch for the first 400 people registered. Scheduled speakers include: Joan Riehm, Deputy Mayor, Metro Louisville; Pat Wear, Ky. Dept. for Medicaid; State Rep. Joni Jenkins; State Sen. Dan Seum; and Metro Louisville Police Chief Robert White.

Register or receive more information by calling NAMI Louisville at 245-5287.

#### Monday, Sept. 26-Thursday, Sept. 29

#### The 16<sup>th</sup> Mental Health Institute

The Galt House

Convened by the Ky. Division of Mental Health and Substance Abuse

More than 1,000 professionals, family members, and consumers attend the institute's workshops, exhibits, and meetings for professional organizations.

For information, go to <http://mhmr.ky.gov/conferences/MHI2005/>.

### Mental Illness Awareness Week October 2-8

Metro Louisville Mayor Jerry Abramson has proclaimed Oct. 2-8, 2005, Mental Illness Awareness Week in Metro Louisville.

#### Throughout entire week

A display of books about mental illness and books by authors with a mental illness at all branches of the Louisville Public Library.

#### Sunday, October 2

#### Production of "Psychobabblish," a play written by David Block.

Alec Volz, Director, and Clint Gill, Actor  
7 p.m.

The Clifton Center, 2117 Payne St.

Sponsored by NAMI Kentucky

Open to the public. Admission \$10.

#### Monday, Oct. 3-Saturday, Oct. 8

#### A consumer art exhibit of works created by members of Bridgehaven and residents of Wellspring.

The Higgins Maxwell Gallery  
1200 Payne St.

Free public reception for exhibit opening is 5-8 p.m., Monday, October 3

Galley hours for the run of the exhibit are 1-5 p.m., Monday-Friday and Saturday, 10 a.m.-6 p.m.

Sponsored by Bridgehaven and Wellspring, with support from the Metro United Way Women's Initiative (WINGS)

Free and open to the public.

#### Tuesday, October 4

#### Depression and anxiety screenings

9 a.m.-7 p.m.

U of L Psychological Services Center,  
Davidson Hall, Room 210, Belknap Campus  
Free and open to the public.

#### Mental Health Curbside Outreach for Smoketown community residents

2-4 p.m.

Outside the Presbyterian Community Center  
701 S. Hancock St.

Sponsored by the University of Louisville School of Nursing, Harambee Nursing Center. Developed and conducted by the Integrated Mental Health Project Team (funded by the Foundation for a Healthy Kentucky).

This program is tailored after cartoonist Charles Schulz's "Lucy" model of a curbside booth, lemonade and balloons as depicted in "Peanuts," combined with staffing by mental health experts to provide information.

Free and open to the public.

#### Central State Hospital public open house

3-6 p.m.

Central State Hospital, 10501 LaGrange Rd.

Open house will showcase services offered at the hospital and focus on the continuum of care it provides.

Free and open to the public.

#### Wednesday, October 5

#### Depression Screenings and Older Adult Memory Screenings

10 a.m.-2 p.m. and 6-9 p.m.

CARITAS Peace Center, 2020 Newburg Rd.

Free and open to the public.

#### Thursday, October 6

#### Showing of "Out of the Shadow," with a brief panel discussion following.

6-7 p.m. hors d'oeuvre reception

7-9 p.m. film presentation/panel discussion  
The Clifton Center, 2117 Payne St.

This very personal documentary chronicles the filmmaker's mother, Millie, and her family through Millie's battle with schizophrenia.

Sponsored by NAMI Louisville and Janssen Pharmaceutica, Inc.

Free and open to the public.

Noon

Film showing at Grand Rounds

U of L Dept. of Psychiatry, U of L Hospital  
By invitation only.

#### Friday, October 7

#### Mental Health Screenings

10 a.m.-2 p.m.

Ten Broeck Hospital, 8521 LaGrange Rd.  
Free and open to the public

#### TalentFest and Candlelight Vigil

6-9 p.m. (rain or shine)

Iroquois Amphitheater, Iroquois Park

Sponsored and presented by Seven Counties Services' staff and friends.

A night of music and fun to help stamp out the stigma of mental illness and raise community awareness.

Free and open to the public.

#### Saturday, October 8

#### First statewide NAMI walk

8 a.m. registration; 9 a.m. walk begins  
(rain or shine)

Kentucky Horse Park, Lexington;

4089 Iron Works Pkwy. Exit 120 off I-75.

Hosted by NAMI Lexington

This 5K (3.1 miles) walk includes refreshments, exhibits, music and fun. Walk proceeds benefit NAMI. Walkers who raise \$100 or more will receive a NAMI Walk T-shirt. All walkers must register for the walk. There is no registration fee. For more information or to register, contact NAMI Lexington at 859-272-7891 or e-mail [namilex@insightbb.com](mailto:namilex@insightbb.com).

### Post-MIAW events

#### Monday, October 10

#### NAMI Louisville monthly membership meeting

7 p.m.

Beargrass Christian Church,  
4100 Shelbyville Rd.

Free and open to all interested.

## About Mental Illness Awareness Week sponsoring organizations

### Bridgehaven

Bridgehaven provides the highest quality community-based psychiatric rehabilitation and recovery services for adults with severe and persistent mental illness. Members are encouraged to achieve the skills to live, learn, work and socialize in their chosen environment.

### CARITAS Health Services

Celebrating 131 years of care, CARITAS Health Services includes a wide array of physical and behavioral inpatient and outpatient health services. Caritas Peace Center is one of the largest private, non-profit psychiatric hospitals in the country, and treats persons with emotional/behavioral and psychiatric disorders and/or chemical dependencies.

### Central State Hospital

The current Central State Hospital was constructed in 1986. Central State Hospital's mission is to provide quality in-patient psychiatry care for adults that facilitates their return to community life.

### Higgins Maxwell Gallery

This gallery, formerly the Anonymous Artist Gallery, is celebrating its 10<sup>th</sup> anniversary this year. The gallery specializes in vintage American paintings. It also welcomes organizations with events that need a venue, as well as artists without a gallery home.

### Janssen Pharmaceutica

Janssen develops and markets a variety of prescription drugs for its parent, Johnson & Johnson. Janssen's offerings include the antipsychotic Risperdal.

### Ky. Division of Mental Health and Substance Abuse

Helps prevent disability, build resilience in individuals and communities; and facilitates recovery for those affected by mental illness and other disabilities.

### Louisville Free Public Library

The library system includes 17 branches across the Metro Louisville area. The library seeks to provide residents with the broadest possible access to knowledge, ideas and information, and to support them in their pursuit of learning.

### Metro United Way Women's Initiative (WINGS)

This program encourages major giving among women in our community. Goals include leading the way and being a catalyst for change in our community and nation-wide, and involving our community's most powerful women.

### NAMI

The National Alliance for the Mentally Ill's mission is to support, educate and advocate for those with mental illness and their families, friends and the public. Today, NAMI is the nation's largest grassroots organization dedicated to improving the lives of all people with severe mental illness. The statewide organization, NAMI Kentucky, has 20 affiliated chapters throughout the state, including NAMI Louisville and NAMI Lexington.

### Seven Counties Services, Inc.

Seven Counties Services is a private, non-profit corporation that plans for and provides services in the areas of mental health, developmental disabilities, and chemical dependency/abuse. It is the largest community mental health center in the state, with approximately 1,400 staff members serving about 28,000 persons each year in Jefferson, Bullitt, Henry, Oldham, Shelby, Spencer and Trimble counties.

### Ten Broeck Healthcare

Ten Broeck offers individualized treatment services in a safe, private setting for children, adolescents, adults and seniors with addictions and mental illness. It manages two hospitals in the Louisville area.

### U of L Psychological Services Center

The center is a psychology clinic, training and research facility staffed by doctoral students in clinical psychology who are supervised by licensed clinical psychologists. Operated by the clinical psychology program of U of L.

### U of L School of Nursing, Harambee Nursing Center

Harambee is an African tribal term that means "a community coming together to form a better society." The U of L School of Nursing Harambee Nursing Center's mission is to improve the quality of health of residents of the Harambee neighborhood (Smoketown and Phoenix Hill communities) by increasing access to community-based, affordable, accessible primary health care services.

### Wellspring

Wellspring was founded in 1982 through the collaborative effort led by parents, physicians, and civic leaders concerned with the needs of persons with psychiatric disabilities. Wellspring boldly promotes the recovery of persons who have a severe and persistent mental illness through leadership in the development of affordable housing and rehabilitative services.

**Special thanks to the Archdiocese of Louisville and Greater Louisville, Inc. (Small Business Forum) for publicizing these events within their organizations.**

**NAMI Louisville  
10510 LaGrange Rd Bldg 103  
Louisville KY 40223-1228**

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
LOUISVILLE, KY  
PERMIT NO. 1458

**Mental Illness Awareness Week**  
(MIAW)  
**October 2-8, 2005**

**A calendar of community activities in the Louisville area coordinated by  
NAMI Louisville (the National Alliance of the Mentally Ill)  
The nation's voice on mental illness**

**Bernie Block, Board Chair, NAMI Louisville**

**Howard Bracco, NAMI Louisville Board Member and Coordinator of 2005 MIAW Community Events**