



# Lexington

**namilex.org**

## NAMI Lexington eNews

June 10, 2014

### In This Issue

[NAMI Lexington News](#)  
[Upcoming Events!](#)  
[Volunteer Opportunities](#)  
[Participation Station](#)  
[NAMI KY Annual Conference](#)  
[Donate to NAMI Lexington or Become a Member](#)  
[Free Support Groups](#)  
[Family Support Groups](#)

### Follow us!

Like us on Facebook 

Follow us on  **twitter**

[Join Our Mailing List](#)

### NAMI Lexington News

#### NAMI Lexington Board Spotlight

[Click Here](#) to read Past President Theresa Walton's story

#### Volunteer Positions Available at Eastern State Hospital

[Click Here](#) to find out more

#### NAMIWalks - [Click Here](#) for the latest information

Congratulations to Tracy Jacobson!

She won our first NAMIWalks 2014 prize! [Click for more](#)

#### "..powerful, timely and informative"

Just some of the nice things we heard from our participation in Mental Health and the African American Church at Bracktown this past Saturday. [Click here](#) if you would like to request NAMI Lexington representation at your mental health event.

#### Medicaid Open Enrollment May 5, to June 18, 2014

[Click Here](#) for an overview

#### Congratulations NAMI Lexington Family-to-Family Graduates!

[Click Here](#) for the Photo of the LARGEST Family-to-Family Graduating Class in NAMI Lexington History!

### Help NAMI Lexington

[Donate Online](#)

[Become a Member](#)

Or mail your payments to:

NAMI Lexington  
498 Georgetown St. Ste. 201  
Lexington, KY 40508

### Free Support Groups

NAMI Lexington offers FREE Support Groups to people who suffer with a Mental Illness and Family Members who live with someone with a Mental Illness.

[Click Here](#) for details

## Upcoming Events!

---

### **NAMI Lexington Events at the Eastern State Hospital**

NAMI Lexington Bake Sale May 30th

[Click Here](#) for more details on these events

**Shop at AmazonSmile** and Amazon will donate a percentage of your purchase to NAMI Lexington - [Click Here to Get Started](#) In honor of Dad, the AmazonSmile Foundation will donate an extra \$5 to your organization for each customer who makes an eligible purchase through 6/15/2014!

**Family Programs Workshop** will be Sunday, June 29th from 2:30pm-4:30pm with Dr. Glaser at Participation Station.

[Click here](#) for more information.

**Art in Unlikely Places** The Door is on display at Participation Station from May 6 - June 24 on June 25th the door will be auctioned [Click Here](#) to learn more about the Artist and The Door!

**Recovery Mall at ESH updated events**

[Click to learn more](#)

**7th annual Mental Health and Aging** training for community service providers and caregivers June 19, 2014 [Click here to learn more](#)

## Volunteer Corner

---

Click the links for the newest information to Volunteer!

[New Dates for Volunteer Orientation and QPR Training](#)

[New NAMI Lexington Volunteer Opportunities](#)

[Need Volunteers for Visitation Assistance at Eastern State](#)

[Volunteers Needed for Information Booth at the Woodland Art Festival August 16-17, 2014](#)

## Participation Station

---

## Free Family Support Groups

---

Family Support Group offers support to family members, caregivers and loved ones of individuals with mental illness. For more information click on the links provided for your area:

Paris, KY [Click Here](#)

Versailles, KY [Click Here](#)

Lexington, KY [Click Here](#)

## Are you struggling with Mental Health and Substance Abuse issues?

---

Now you can talk with a trained, caring and supportive individuals who will not judge you. You can call the [Warm Line at \(877\) 840-5167](#)

## Contact Us

---

NAMI Lexington  
859-272-7891  
[www.namilex.org](http://www.namilex.org)

Participation Station  
859-309-2856  
[www.psapoc.org](http://www.psapoc.org)

## KYSTARS

---

**KYSTARS** is a state-wide group consisting of consumers, professionals, administrators and family members working together to promote the reality of recovery throughout KY. We are dedicated to assisting people with incorporating recovery based

**Participation Station is a Peer Run, Peer Support Center** that is run by consumers, for consumers. It has lots of educational tracks, opportunities to participate in many activities and a place to socialize when other services are unavailable. It is open to the public and is free of charge. [Click Here for PS Schedule](#)

**Get on the Track of Recovery!**

Participation Station is located at 869 Sparta Court, Lexington, KY  
Hours - Mon-Fri 10:00am - 4:00pm Phone - 859-309-2856

[Click Here for Participation Station Website](#)

**Important Announcement**

Effective April 17th NAMI Introductions will begin meeting on Thursday's at 3:30pm at Eastern State Hospital in the NAMI Classroom.

**NAMI Introductions:** An overview of NAMI services and programs, general information on mental illness, and opportunity for support and questions. Program is for family members and individuals managing symptoms.

**From NAMI Kentucky**

**2014 NAMI Kentucky Annual Conference**

"Advocating for Change Together"

Christ Lutheran Church Saturday, July 26, 2014

[Registration now open](#)

Car pooling opportunities available at Participation Station

Scholarships available for NAMI Lexington Participants. Application required. You must RSVP to Julie 859-272-7891 [Julie@namilex.org](mailto:Julie@namilex.org)

principles into all facets of our behavioral healthcare system.

[Learn More about KYSTARS](#)

**Double Trouble in Recovery (DTR)**

is a twelve-step program designed to meet the needs of people with dual-diagnosis for those having substance use/abuse problems as well as having been diagnosed with a mental illness.

[DTR State-wide Schedule](#)

**UK Survivor of Suicide (SOS) Support Group**

The SOS support group is open to those who have lost a loved one to suicide.

Group meets every Monday from 5:30pm-7:00pm

Good Shepherd Episcopal Church 533 E. Main St.

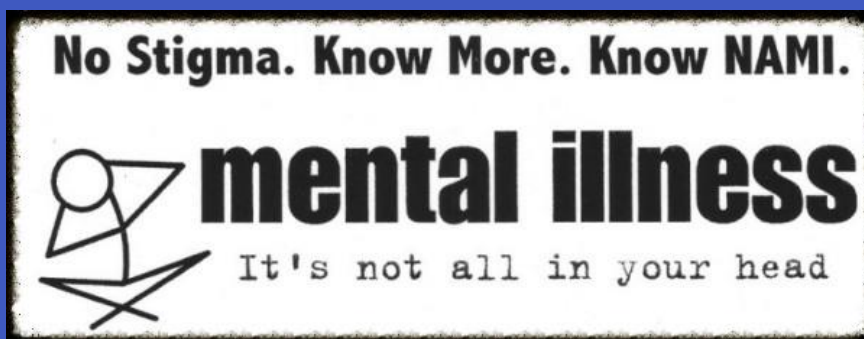
Lexington, KY 40508

You must contact Rebecca Sanford before attending first meeting at (216) 410-3724

or [Rebecca.sanford@uky.edu](mailto:Rebecca.sanford@uky.edu)

For more information about this weekly support group

[click here](#)



NAMI Lexington  
498 Georgetown St. Ste. 201  
Lexington, KY 40508  
(859) 272-7891 [namilex.org](http://namilex.org)