



National Alliance on Mental Illness

nami | DeKalb

COMMUNITY HELP BOOK



Services for People Living with a Mental Health Condition and Their Friends and Family

**P.O.Box 2180
Decatur, GA 30031
404-604-2350**

Sixth Edition
Completely revised and updated
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The latest version of this Help Book is available at
www.namidekalb.com

This Help Book is dedicated to Jean Pajuelo

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Introduction

Mental Illness is a devastating disease, not only for those who have it, but also for the families and friends who love them. When a family is first confronted with the reality of mental illness, they usually experience shock and bewilderment. What comes next is the often a confusing search for help and guidance. Though the burdens and discouragement can be overwhelming, many others have also faced these same issues. You are not alone.

If you have a family member with a medical condition join our Family Support Group. If you have a mental illness join our Connection Support Group. Members' combined experiences can serve as a stabilizing influence and can provide you with the support and guidance to make your living less desperate and confused. Check out mental illness symptoms and up-to-date information at our website- [Www.namidekalb.com](http://www.namidekalb.com). This Help Book is set up in the order of situations in which you will probably go through a crisis, stabilization, recovery and relapse.

The following are examples of actions or problems where you should seek emergency psychiatric help:

- Expressing serious thoughts about attempting suicide.
- Hearing very disturbing voices.
- Experiencing uncontrollable anxiety.
- Feeling uncontrollable anger.
- Exhibiting manic or otherwise bizarre behavior, severe depression, disorientation, or extreme confusion

Our hope is that this resource guide will provide people dealing with mental illness in their lives with information that will assist them and contribute to their well-being.

Crisis

Phone Numbers

Emergency Medical Services	911
Georgia Crisis & Access Line (mygcal.com)	1-800-715-4225
National Suicide Prevention Hotline	1-800-273-TALK (1-800-273-8255)
Veteran's Crisis	1-800-273-8255 (press 1)
GA Statewide 24-hour Domestic Violence Hotline	1-800-334-2836
Alcoholics Anonymous	404-525-3178
Teen Suicide Hotline	1-877-968-8454
The Trevor Lifeline	1-866-488-7386
NAMI Help Line (Not for emergencies)	1-800-950-NAMI (1-800-950-6264)
Wellness Center Warm Line (Not for emergencies)	404-371-1424
Eating Disorders Helpline Monday-Friday, 9:00am-5:00pm	630-577-1330
SAMHSA National Helpline Monday through Friday from 8 a.m. to 8 p.m.	1-800-662-HELP (1-800-662-4357)
Dekalb County Jail Mental Health:	404-298-8330
Dekalb County Jail Health Services Coordinator:	404-298-8531
YP 24/7 is a 24 hour helpline for youth 13-24.	404-449-5406

Guidelines for Family Members in Emergencies

Don't threaten – the ill person may interpret this as a power play and increase fear or prompt “assaultive” behavior.

Don't shout – If the mentally ill person seems not to be listening, it isn't because he/she is hard of hearing. Other “voices” are probably interfering or predominating.

Don't criticize – It will only make matters worse.

Don't bait the ill person into acting out wild threats; the consequences could be tragic.

Good Advice For Families

- Learn all you can about the illness.
- Avoid guilt and placing blame.
- Find out about benefits and support systems when things are going well; don't wait for a crisis.
- Learn to recognize warning signs of impending relapse, such as changes in sleeping or eating habits, social withdrawal, and signs of irritability.
- Anticipate troublesome situations. If someone can't handle being with a mentally ill person, try to help them understand. If they fail to understand you may want to avoid any more encounters.
- Do not agree with stopping medications because the situation is “cured” or because the medication “makes me feel sick.” Refer these decisions to the doctor who prescribed the medication. Settling on the right doctor and the most effective medication is very important and may take time. Don't give up!
- Have reasonable expectations.
- Do not suggest that the patient “pull himself together.” If he/she could, he/she would. Not being able to do this is part of the illness. Remember that his/her suffering and distress are even greater than yours.
- Do not expect and insist that all unusual habits be corrected at once. Focus on what is accomplished, not on what is not accomplished.
- At times people with neuro-biological brain disorders suffer from memory loss or the inability to concentrate. This is frustrating and frightening. Do not insist that the person with mental illness try harder to concentrate; just repeat the information in a nonjudgmental way.
- The person with mental illness needs someone who understands that illness and is aware of what is happening. Acknowledge their feelings. Do not support their illusions.

Rights and Responsibilities

Psychiatric patients have certain rights and responsibilities, which play an essential role in the management of their illness. So do their families. The families' rights and responsibilities play an essential role in managing and coping with the patient at home.

Families have the right...

- Not to be blamed for the illness.
- To be free from certain social obligations.
- Not to be abused, yelled at – or hit.
- To seek treatment for the ill family member.
- To seek information regarding diagnosis, symptoms and treatment for the ill family member.

Families have the responsibility of...

- Contributing to the prevention of relapse.
- Helping the ill family member get to appointments.
- Giving honest feedback to the ill family member.
- Tolerating non-tyrannical behavior (i.e., allowing the patient all rights and no responsibilities).
- Observing the patient closely; setting limits on behavior.
- Learning as much as possible about the illness.
- Becoming involved in the patient's treatment and healthy lifestyle.
- Communicating honestly and assertively.
- Maintaining the family network by meeting the intellectual, spiritual and emotional needs of the well family members

Patients have a right to...

- Safety, security and decreased stress while ill.
- Protection from harm and ridicule.
- Protection from hurting oneself.
- Exemption from social obligations and other responsibilities.
- Dignity and freedom from abuse.
- Adequate treatment for the illness.
- Medication
- Medical treatment as needed.
- Social and work skills rehabilitation.
- Therapy and counseling
- A realistic placement and/or discharge plan.
- Individualized treatment plan.
- Information on one's illness, treatment and prognosis.
- Hospital orientation
- Education classes
- Informed consent is necessary for psychiatrist to give a diagnosis to your family (HIPAA Law).
- Confidentiality

Patients have the responsibility of...

- Accepting and recognizing the illness.
- Not denying the illness.
- Learning the warning signs that the illness is returning.
- Seeking treatment and collaborating with treatment givers.
- Listening to their doctor's advice and discussing it with the doctor.
- Giving open and honest information about symptoms.
- Learning as much as possible about the illness and treatment.
- Asking questions; listening to the answers.
- Attending education classes and trying to learn.

Dr. Cynthia Bisbee – Patient Education in Mental Illness

- Attending support groups

Violation of Rights:

If you believe the rights of a person with mental illness have been violated in the areas of *education, employment, housing or treatment*, contact the Georgia Advocacy Office at 404-885-1234 or 1-800-537-2329

DeKalb Mobile Crisis Unit

If you or your loved one is violent or suicidal, you can call 911 and ask for the DeKalb Mobile Crisis Unit. Tell them you want a CIT (Crisis Intervention Team) trained police officer, not the Fire Department or ambulance. The police are the ones who will call the Mobile Unit. You also can call the Georgia Single Point of Entry Crisis Line at 1-800-715-4225. A counselor will answer your call 24 hours a day and advise you on what to do. The DeKalb Regional Crisis Center Mobile Crisis Unit has experienced psychiatric nurses from DeKalb Community Service Board (CSB) who ride with police 7 days a week in the afternoon and evening. They respond to crisis calls through the above numbers. The person must be convinced, not forced, to go to the hospital.

If a person refuses hospitalization, the family may file for a lay affidavit from the DeKalb Probate Court office at the DeKalb Courthouse in Decatur. The office is open from 8:00 A.M. to 5:00 P.M. The law requires that the subject must pose a substantial risk to self or to others or be unable to care for self. The subject must be seen in the past 48 hours by the two adults initiating the request. The Mobile Unit nurse can also assist you and be a second witness when applying for a lay affidavit (See pg.37). Explain the medical problems, bringing photos of damage to the house, injuries and messy room to help reinforce your case. The name of your chosen psychiatric hospital appears in the affidavit.

The second situation occurs when the ill person is willing to come to an Outpatient Center, but refuses to go to a Psychiatric Hospital. There, a qualified mental health professional may decide that the person's current condition constitutes a substantial risk of immediate harm to self or others, or the inability to care for self. A form can then be signed that allows for the person to be involuntarily transported to a Psychiatric Hospital you choose for further evaluation and possible admission.

DeKalb Regional Crisis Center

450 Winn Way

Decatur, GA 30030

404-294-0499

-DeKalb Regional Crisis Center serves residents of DeKalb, Fulton and Clayton Counties. Patients usually stay only for seven to ten days, according to federal regulations. They do not accept patients who have any insurance, including Medicare or Medicaid. Psychiatric Emergency Services are available for all residents of these counties.

Psychiatric Crises

NAMI Georgia continues to sponsor Crisis Intervention Team (CIT) voluntary training of police officers in all areas of the state. When you call the police for help, please insist that the policeman be CIT certified to insure your loved one will be hospitalized and not jailed. Including, avoiding the Justice System if at all possible.

Have a plan and put it on paper.

Because mental illness crises are unpredictable and can lead to “out-of-control” behavior, it is critical that the family of the ill member have a plan in place beforehand. This plan should be in writing and all family members should have participated in the development of this plan, including the person with mental illness when he/she feels well. Distribute the plan to the people who may be involved in resolving the crisis. As a minimum, include the following in your plan:

Name and phone number of his/her therapist and or psychiatrist

- Medications- type, strengths; Pharmacy- dates began each medication and symptoms the medicine is treating.
- Medications that haven't worked.
- Medications that have worked.
- Treatments that have helped in the past. Treatments (if any) that should be avoided. Have your loved one write down what will make him/her feel calmer.
- What people, or actions, make the situation worse?
- In advance, learn how to optimize safety for yourself and your ill loved one – from the therapist and from law enforcement.

Mentalhealthrecovery.com

- The Wellness Recovery Action plan (or WRAP) is a strategy that using self-help skills and strategies that complement other treatment scenarios, they are achieving levels of wellness, stability, and recovery they always hoped was possible.

Missing Persons Support¹

What To Do / What Steps To Take:

If you have a missing loved one with serious mental illness, the following steps and information may be helpful:

Step 1.) Notify your local police immediately of your missing loved one and provide them with all the information you can. If the person remains missing more than three (3) days, ask the police to place them on the FBI's National Computer (NCIC) list as an "endangered adult". This computer network provides information nationwide. The network will give you a police number to use when searching for your relative.

Step 2.) When missing persons with mental illness over age 21 are located, the **police and other agencies cannot hold or ask that they be held against their will** if they have not committed a crime. No one has the authority to force the person to seek aid or medical care against his or her will unless there is a medical guardianship or court order specifying what action to take when the individual is found.

Step 3.) Prepare a one-page flyer including a picture of the missing person, along with his or her vital statistics (age, height, weight, hair color, eye color, clothes last seen wearing, last known location, etc.).

Online Resources for Families of Missing People

The National Health Care for the Homeless Council - <https://www.nhchc.org/>

Opening Doors for Recovery - <http://www.namiga.org/index.php/odr>

Outpost for Hope National Center for Missing Adults - <http://www.outpostforhope.org/>

Project Jason National Center for Missing & Exploited Children - <http://www.projectjason.org/>

Voluntary vs. Involuntary Hospitalization

Georgia, like every state, has its own civil commitment laws that establish criteria for determining when **court-ordered treatment** is appropriate for individuals with severe mental illness who are too ill to seek care voluntarily. The state authorizes both inpatient (hospital) and outpatient (community) treatment, which is known in Georgia as "involuntary outpatient treatment."

Laws vary from State to State.

For inpatient treatment, a person must meet the following criteria:

¹ http://www.nami.org/Template.cfm?Section=Missing_Persons

-be in need of involuntary treatment AND
(1) imminent danger to self/others, evidenced by recent overt acts or
expressed threats of violence
OR

(2) unable to care for physical health and safety so as to create an imminently life-endangering crisis and in need of involuntary treatment.

For outpatient treatment, a person must meet the following criteria:

based on treatment history or current mental status, requires outpatient treatment in order to avoid predictably and imminently becoming an inpatient AND unable to voluntarily seek or comply with outpatient treatment.²

Procedures For Psychiatric Hospitalization

Voluntary Hospitalization

The ill person seeking treatment may contact their own mental health provider, their local Community Service Board, or the nearest behavioral health hospital. In any of those settings, a mental health professional will evaluate the person. If the illness is severe enough, hospitalization may be recommended. If the person has insurance, the mental health professional will assist with finding an approved provider. If the person does not have insurance, they would be referred to Georgia Regional Hospital - Atlanta (GRH-A). That hospital requires the person first to be "medically cleared" at a local medical hospital emergency room. If the person is willing to go to the psychiatric hospital, a family member or friend usually provides transportation.

Involuntary Hospitalization

There may be times when the person with mental illness is experiencing severe symptoms but is unwilling or unable to seek help. There are two ways to have someone involuntarily hospitalized.

1. Family or friends can request an Order to Apprehend from the County Probate Court. This document is designed for concerned parties to request that the mentally ill person be picked up and brought in by the sheriff's deputies for an evaluation. To do this, two adults who have observed the mentally ill person within the past 48 hours go to Gwinnett County Justice Administration Building at 75 Langley Drive in Lawrenceville.
2. A qualified mental health professional, physician, or advanced practice behavioral health nurse may decide that the person's current condition constitutes a substantial risk of immediate harm to self or others, or the inability to care for self. A 1013 form is signed and the person is involuntarily transported to a Psychiatric Hospital for further evaluation. Transportation may need to be provided by trained professionals like police officers or paramedics. You may request that a Crisis Intervention Team (CIT) police officers be called to the scene. Do not attempt to transport your loved one by yourself when he or she is in crisis.

² <http://www.treatmentadvocacycenter.org/legal-resources/georgia>

Psychiatric Advance Directives

PADs are relatively new legal instruments that may be used to document a competent person's specific instructions or preferences regarding future mental health treatment, in preparation for the possibility that the person may lose capacity to give or withhold informed consent to treatment during acute episodes of psychiatric illness.³

National Resources Center for Advance Directives has state by state legal information.
www.nrc-pad.org/

Hospitals

Public Hospitals

Grady Hospital
www.gradyhealth.org
80 Jesse Hill Jr. Drive SE
Atlanta, GA 30303
404-616-1000

Georgia Regional Hospital
<http://www.dbhdd.georgia.gov>
3073 Panthersville Rd.
Decatur, GA 30034
404-243-2100

DeKalb Medical Center
www.dekalbmedical.org
2701 North Decatur Rd.
Decatur, GA 30033
404-501-1000

Private Hospitals

Unless otherwise stated, these facilities accept most insurance plans, including Medicare and Medicaid. Always confirm this when you call a facility.

Anchor Hospital
<http://www.anchorhospital.com/>
5454 Yorktowne Drive
Atlanta, Georgia 30349
Phone Number
770-991-6044/ 1-866-667-8797

The continuum of services includes 24/7 confidential assessments at no charge, Inpatient Hospitalization, Partial Hospitalization and Intensive Outpatient Services for Adult and

³ <http://pad.duhs.duke.edu/>

Older Adults. All services are multi-disciplinary and led by a Psychiatrist or Addictionologist.

Atlanta Center for Eating Disorders

<http://www.eatingdisorders.cc>

4536 Barclay Drive
Dunwoody, GA 30338
Main: 770.458.8711
Fax: 770.458.8640

Emergency Answering Service: 770.928.5057

-Day program (partial hospitalization), Intensive Outpatient and Aftercare program

Emory University Hospital

Mental Health Services
1441 Clifton Road, NE
Atlanta, GA 30322

Inpatient Admissions 404-728-6222

www.emoryhealthcare.org

Inpatient Services - comprehensive evaluative and treatment services with a multi-disciplinary approach

Outpatient Services – counseling

- Adult Day Hospital
- Partial Hospitalization

- *Research Center* - Several on-going research projects relating to mental illness diagnosis. Contact 404-778-5000 for details.

Fuqua Center for Late-Life Depression

Emory Health Center at Wesley Woods, 4th floor
1841 Clifton Road
Atlanta, GA 30329
404-728-6302

<http://fuqua.emoryhealthcare.org>

Contact: HELPLINE at 404-778-7710

Or Crisis Line: 404-712-7103

Services:

- Outpatient - Individual, Group and Family Therapy. Medication Management
- Inpatient - Partial hospitalization program specifically designed for older adults with mood disorders
- Education and Outreach Services

Talbot Recovery

www.talbottcampus.com

1-800-445-4232

Atlanta, Columbus, Dunwoody locations
Alcohol, Drug Abuse, Young Adult and Professionals Program

Wesley Woods Hospital Psychiatric Unit (geriatric)

1841 Clifton Road
Atlanta GA 20329
404-728-6222

Services:

- Long term Acute Care

- Neuropsychiatry
- ECT Treatment Program
- Horticulture Therapy
- Music Therapy
- Speech Pathology

Skyland Trail

www.skylandtrail.org

Most insurance plans accepted.

Medicare or Medicaid not accepted.

Partial scholarships offered.

1903 N. Druid Hills Road

Atlanta GA 30319

404-315-8333

Adult Services:

- Residential Facilities and Treatment
- Day Treatment and ½ Day Treatment offered
- Art, Horticulture, Music, Drama, Recreation
- Family Support: Training and Education Program
- Case management and supervision for clients living independently
- Vocational Services: job readiness, vocational testing and job placement.

Ridgeview Institute

www.ridgeviewinstitute.com

3995 South Cobb Drive

Smyrna, GA 30080

770-434-4567

Accept most insurance plans, including Medicare, but Not Medicaid.

Services:

- Adult in-patient and out-patient services for psychiatric and dual diagnosis
- Adult Addiction Therapeutic Matrix combines 5 levels of ongoing treatment
- Impaired Professionals Program for physicians, nurses, pharmacists, executives, college professionals, attorneys, and ministers with alcohol or drug addiction, or dual diagnosis.
- Children's day treatment program for ages 6-12.
- Women's Center for adolescent and adult women to deal with eating disorders or trauma survival

Peachford Hospital

www.peachfordbhs.com

2151 Peachford Road

Atlanta, GA 30338

770-455-3200 or 1-866-897-3224

Fax: 770-454-2362

Free Assessment Service: 770-454-2302

Services (Child & Adolescent and Adult Programs):

- Acute Care
- Partial Hospitalization/Partial Care
- Intensive Outpatient Program

- Outpatient Therapy

To access service: 24 hour/7 days per week needs assessment and referral center - FREE assessment. For Appointment: call 770-454-2302

Laural Heights Hospital

www.lauralheightshospital.com

934 Briarcliff Road

Atlanta GA 30306

404-888-7860

Individualized treatment for children and adolescents with autism or severe behavioral problems

The Marcus Institute

www.marcus.org

1920 Briarcliff Road

Atlanta GA 30329

404-419-4000

Early intervention assessment and treatment of children with behavioral and cognitive disorders, including autism

Stabilization

Counseling Centers

Care and Counseling Center of Georgia

www.cccgeorgia.org

1814 Clairmont Road

Decatur, GA 30033

404-636-1457

A group of licensed therapists from a variety of clinical families and couples who provide professional counseling services to those seeking assistance. They serve people of every age, gender, race, sexual orientation, creed, and ethnic background and seek to make the services affordable with a standard fee that is discussed and agreed upon between the therapist and his or her client.

The Link Counseling Service

The Link Counseling Center is a nonprofit community counseling center serving the Atlanta area by providing quality, affordable, confidential counseling, psychotherapy, and support groups to all ages. Psychotherapy and counseling are provided for individuals, couples, families and groups. The Link also offers three specialized programs: The National Resource Center for Suicide Prevention and Aftercare, Marriage and Family Therapy Training Institute, and Children and Adolescents in Crisis and Grief.

348 Mount Vernon Hwy NE, Atlanta, GA 30328

(404) 256-9797

View Point Health

We are one of 27 agencies created by the state of Georgia to provide a safety net of care for behavioral health and developmental disabilities. View Point Health provides individual

and group counseling, medication management, recovery and crisis stabilization services.
Phone: 678-209-2530 Address: 1435 McLendon Drive, Suite A Decatur, GA 30033
<https://myviewpointhealth.org/>

DeKalb Community Service Board

The DeKalb CSB is the county government service for mental health open to all DeKalb County Residents

Mental Health, Developmental Disability, and Addictive Diseases Services are provided to children, adolescents, adults, and older adults. These may include:

- * Medical/psychiatric assessment
- * Medication administration
- * Individual, family, group counseling
- * Crisis stabilization/Detox
- * Outreach support and intervention including home, community and schools
- * Dual diagnosis groups
- * Family education and training
- * Community residential placement

For appointments and referrals,
Call Central Access at 404-892-4646

DeKalb Community Service Outpatient Service Centers

North DeKalb Mental Health Center

3807 Clairmont Road, 2nd floor
Chamblee, GA 30341
770-457-5867

Clifton Springs Mental Health Center

3110 Clifton Springs Road, Suite B
Decatur, GA 30034
404-243-9500

Winn Way Mental Health Center

Richardson Health Center
445 Winn Way
Decatur, GA 30030
404-508-7700

DeKalb CSB Kirkwood Center

23 Warren Street SE
Atlanta GA 30317
404-370-7474

DeKalb Addiction Clinic- DAC

445 Winn Way
Decatur GA 30030 -- 404-508-6430

ACT Teams

Assertive Community Treatment is a team treatment approach designed to provide comprehensive, community-based psychiatric treatment, rehabilitation, and support to persons with serious and persistent mental illness such as schizophrenia.

Assertive Community Recovery employs a team of professionals, whose backgrounds and training include social work, rehabilitation, counseling, nursing and psychiatry provide community based treatment and recovery services throughout the Atlanta Metropolitan Area. Among the services Assertive Community Recovery ACT teams provide are:

- case management
- initial and ongoing assessments
- psychiatric services
- employment and housing assistance
- family support and education
- substance abuse services

Other services and supports critical to an individual's ability to live successfully in the community. To identify an ACT Team in your area, call the Georgia Crisis & Access Line at 1-800-715-4225 or visit www.mygcal.com.

Support Groups

Support groups are important for Individuals Living With Mental Illnesses (ILWMI) to know about others with similar problems, get an understanding of what is happening to them and find a way to deal with it. **This won't happen until the person is ready, physically, mentally, and psychologically to move towards recovery.**

NAMI DeKalb Support Groups

NAMI DeKalb Connection- North

Shallowford Presbyterian Church
2375 Shallowford Road - Room 308
Atlanta GA 30345
Wednesdays, 6:30 – 7:30
Eric 404-368-2715 or
NAMI DeKalb @ 404-604-2350 info@namidekalb.com

NAMI DeKalb Connection- Decatur

DeKalb Addition Clinic
455 Winn Way, Decatur, GA 30030
Monday, 6:15-7:45
Edi 404-378-1221 or
NAMI DeKalb @ 404-604-2350 info@namidekalb.com

NAMI DeKalb Connection- West DeKalb

Holy Comforter Church Library
737 Woodland Avenue SE
Atlanta, GA 30316
Thursdays from 1:00-2:00p.m.
Contact: Liz 404-627-6510 wellness@holyccomforter-atlanta.org

Atlanta DBT Center

5635 Peachtree Parkway, Suite 250
Peachtree-Corners, GA 30092
Minal's cell for New Inquiries: 770.833.0227
emails for new inquiries and established patients:
Minal: pinkshrink@atlantadbtc.com
emails for established patients:
Lisa: lisa@atlantadbtc.com
<http://www.atlantadbtc.com/>

Codependents Anonymous
www.northgeorgiacoda.org/

Depression & Bipolar Support Alliance (DBSA)
www.dbsalliance.org
1-800-826-3632

DBSA metro Atlanta
www.atlantamoodssupport.com
Contact: Stephen Propst 404-355-8815
info@atlantamoodssupport.com

Atlanta (Emory) Support Group
1841 Clifton Road (Wesley Woods) 4th floor
2nd and 4th Thursday 7:30 – 9:30

Dunwoody Support Group
Peachford Hospital Dining Room
2151 Peachford Road, Dunwoody
1st and 3rd Tuesday

Peachtree DBT

We are Atlanta and Georgia's largest Dialectical Behavior Therapy (DBT) practice with twelve Intensively Trained clinicians and clinical associates. Peachtree DBT also provides DBT skills training and classes as well as other therapy, counseling and support services.
Peachtree DBT
3520 Piedmont Road, Suite 350
Atlanta, GA 30305
Directions
Phone: 404.809.3324
Fax: 404.351.0243
<https://peachtreedbt.com>

Double Trouble Support Groups

Double Trouble in Recovery is a twelve-step fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from their particular addictions and mental health problems.
Georgia Mental Health Consumer Network (GMHCN) Runs Double Trouble support

meetings statewide
(404) 687-9487

Emory University

<http://www.womensmentalhealth.emory.edu>

State-of-the-art care for mental illness in women with an emphasis on pregnancy, the postpartum period, and breast-feeding

Emotions Anonymous –EA

www.emotionsanonymous.org

Based on the Alcoholics Anonymous 12-Step Program

Weekly meeting held in Midtown, Emory, Dunwoody, and Peachford Hospital gymnasium.

Check day and time with map direction at:

Grief Support

<http://www.GriefShare.org>

Grief Support Meetings within local area. Enter your zipcode for a list of groups meeting in your area. Phone: 800-395-5755 I

Recovery, Inc.

Teaches coping techniques for anxiety, depression, anger, feelings, of helplessness or hopelessness

Chamblee

Holy Cross Catholic Church
3773 Chamblee-Tucker Road
Tuesdays at 7:00

Rock of Ages Lutheran Church
5135 Memorial Drive- near Stone Mountain Park
Saturdays at 10:30 am
404-292-7888

Family Support Groups

NAMI- National Alliance on Mental Illness

National Office: 1-800-950-6264 www.nami.org

Georgia Office: 770-234-0855 www.namiga.org

NAMI DeKalb: 404-604-2350 www.namidekalb.com

NAMI DeKalb Family Support – Decatur

DeKalb Addition Clinic
455 Winn Way, Decatur, GA 30030
Mondays 6:15 – 7:45 pm

For information on these offerings

Visit www.namidekalb.com, Call (404) 604-2350 or email info@namidekalb.com

Alanon/Alateen 1-888-425-2666

www.al-anon.alateen.org (national)

www.ga-al-anon.org (Georgia)

For parents, spouses, relatives, and friends

**Emory Autism Center
Parents of Adult children with Autism**

Contact: Toni Thomas at the
Emory Autism Center

404-727-8350 or tthoma2@emory.edu Meets the 3rd Thursday of every month from 7:00-9:00pm at the Emory Autism Center, 1551 Shoup Court, Decatur, GA 30033

Children & Adults with Attention Deficit/Hyperactivity Disorder-CHADD

CHADD Atlanta Georgia Satellite
404-633-2040
www.CHADD.org

DeKalb Family Policy Council- Stone Mountain

Support for caregivers of children under age 18
949 N. Hairston Rd. Stone Mountain GA 30083
3rd Tuesday of each month
(Access Resource Center) Kroger Parking Lot
Contact: Ramona Deshield 404-860-5909
dekalbfamilypc@gmail.com
NAMI support – 1:1 support & recommendations

Emotions Anonymous –EA

Based on the Alcoholics Anonymous 12-Step Program
Weekly meeting held in Midtown, Emory, Dunwoody, and Peachford Hospital gymnasium.
www.emotionsanonymous.org

F.O.C.U.S. (Families of Children Under Stress)

Lucy Cusick at 770-234-9111

Georgia Childhood Bi-polar Foundation (GCBF)

www.gcbf.org
<http://www.bridges4kids.org>

Georgia Parent Support Network GPSN

For parents of children/adolescents with mental illness
<http://www.gpsn.org>

NarAnon Family Group

Narconon of Georgia
<http://www.naranonga.com>

Parent to Parent of Georgia (P2P)

770-451-5484 www.p2pga.org
P2P on Facebook & Twitter
1-800-229-2038

PFLAG Atlanta

2484 Briarcliff Rd. NE Suite 22-252

Atlanta, GA 30329-3011

(678)-561-7354 (Please leave us a voicemail.)

-Parents, Families and Friends of Lesbians And Gays. We are a national support, education and advocacy organization for lesbian, gay, bisexual and transgender (LGBT) people, their families, friends and allies. - See more at: <http://www.pflagatl.org/about-pflag-atlanta/#sthash.sonihtr3.dpuf>

This is not a 24-hour staffed helpline so if this is an emergency or a suicide risk, please call the Trevor Project Hotline at 1.866.488.7386. Thank you!

- See more at: <http://www.pflagatl.org/contact/> - sthash.4jPiDg3L.dpuf

Housing

DeKalb CSB Residential Services

Supportive living only for those considered homeless

Dir. Marilyn McCreary 404-508-7965

marilynm@dekcsb.org

Housing Authority of DeKalb County HADC

750 Commerce Drive Suite 201, Decatur 30030

HUD tenants must recertify here yearly

Website used by county officials & property owners

www.dekalbhousing.org

Shelter Plus Care (S+C)

-A HUD funded rental assistant program started April 2011, brings together permanent housing and mental health services for people who are both homeless and disabled. Program participants must have some form of case management to be on this program.

Positive Growth Incorporated

Positive Growth Inc. (PGI) a premier residential and community based mental health multi-service agency servicing the state of Georgia. PGI is a non-profit organization accredited by the National Council on Accreditation (COA). We offer comprehensive and holistic services within our residential care program and community based mental health and education center.

945 N. Indian Creek Dr., Clarkston GA 30021

Referral Line (404)919-8652 Office (404) 298-9005 Fax (404) 298-0046

Website www.positivegrowthinc.org Email cbs@positivegrowthinc.org

PROMOVE Apartment Finders

They help find rents discounted from official rates

Ask for a Property Specialist

2941 Buford Highway

Atlanta GA 30329 404-320-9696

Georgia Housing Search GHS

Affordable rentals- many individual property owners

GeorgiaHousingSearch.org 1-877-428-8844

Office of Regulatory Services: Facility Location & Information Guide- <http://167.193.144.216>

Transition Z

Helps young adults learn skills associated with a successful transition into adulthood and to provide supportive and affordable housing.

1. Between the ages of 17-24;

(Exception: If applicant is under age of 18, a legal guardian is required to sign a lease.)

2. Willing to complete a mental health assessment;
3. Willing to submit to a criminal background check;
4. Employed and working at the minimum, 30 hours per week; or
5. In an educational program and working a minimum of 20 hours per week; and
6. Willing to participate in services.

Young People Matter

Safe temporary housing for young people under 18. Restrictions apply

(770) 744-4050 Main - Non-Emergency

(770) 912-2972 -Emergency shelter Call/Text 24 hours

Just People Inc.

For those with developmental disabilities, learning disabilities and those with Mental Illness

Office: 770-441-1188

Address: 1412 Oakbrook Drive

Norcross, GA 30093

Email: Contact@justpeople.org

Financial Planning

If your adult child is on SSI and is expecting an inheritance or legal settlement, you will need to have a properly prepared legal document called a “**Special Needs or Supplemental Needs Trust**” so benefits are not lost. Only non-necessities can be paid from the monies in the Trust. You need an attorney experience in creating such Trust in order to protect their entitlements. These are attorneys have been used in the past by members:

Ruthann P. Lacy CELA

3541 E. Habersham- Northlake

Tucker GA 30084

770-939-4616

www.elderlaw-lacey.com

Mark Biernath

3617 Shallowford Road

Atlanta GA 30340

770-455-0535

www.biernathlaw.com

Member of www.specialneedsplanner.org

David Pollan

1801 Peachtree St.

Atlanta GA 30309

678-510-1358

The Georgia Community Trust

3995 South Cobb Drive

Smyrna, GA 30080

Robert Fink, Executive Director at 770-431-7070

Laurie Mote- manager 770-431-7071

Fax-770-431-7072

-The Georgia Community Trust located at Ridgeview Institute was established by its former director to prevent the disabled from losing SSI benefits because of inherited monies or legal settlements. No lawyer needed. There is a quarterly fee

PLAN of Georgia, Incorporated

2200 Century Blvd. Suite 510

Atlanta, GA 30345

404-634-0094

Larry Goodman- manager

-What happens when you are suddenly unable to care for your loved one? PLAN can fill in the gaps in care when you're gone. Plan ahead for a smooth transition and avoid a relapse. They provide solutions for present and future care.

Guardianship

Adult Guardianship is advised for the parent of a disabled child 18 or over, who is unmanageable, has risky behavior or simply unable to deal with legal matters. Having guardianship of your adult child gives you the right to make decisions pertaining to the child. Otherwise you have no say in his/her decisions.

At probate court fill out the petition form and pay a \$480 filing fee. A psychiatric assessment is usually given. The duty of the guardians, usually the parent, is to file a yearly report about his/her condition.

Dekalb County Probate Court Office

556 N McDonough Street, Room 1100-Annex

Decatur, GA 30030

404 371 2601

Hours: 8-5pm M-F

Legal Assistance

If your loved one is in jail you have a million questions. The first question is probably, how to get medications over to him or her at the jail. [Vital information is listed below.](#)

A good strategy is to contact the Diversion Treatment Court (DTC) instead of immediately posting a bond to get the person out of jail. Call 404-371-2241. You don't need a lawyer; however, if a lawyer is assigned, ask them to explore a referral to DTC. This will be the best chance for his or her true recovery. Since the program is voluntary, the detainee must be willing to participate. The criminal case will be dismissed upon graduation from the program. The program is considered one of the best in the country.

DeKalb County Jail Information

Confidential phone line to leave health information 404-298-8525

Health Services Coordinator at Jail 404-298-8531
Mental Health Department 404-298-8330

How to alert/send medications to DeKalb County Jail

- 1- Send prescription bottles with police and arrestee.
- 2- Call Medical Confidential Phone line and leave medical information.
- 3- Bring prescription bottles to jail. Request medical assistance from nurse on duty.

DeKalb County Felony Mental Health Court

PRO GRAM OVERVIEW

The DeKalb County Felony Mental Health Court (DCFMHC) is a two-year judicially supervised treatment/alternative sentencing program to assist felony offenders who present with severe and persistent mental illness or co-occurring disorders. The program will serve offenders with an extensive history of non-compliance with treatment and multiple risk factors, including significant criminal and/or housing issues. The DCFMHC will formally start operation in January 2016. The program will target and engage moderate to high-risk (recidivism) and high-needs (service needs) participants in intensive outpatient treatment services.

ELIGIBILITY

To be eligible a defendant must be:

1. Charged with a felony (except as excluded below, matters will be evaluated on a case by case basis);
2. The current charge/crime (or a criminal history) is linked to a mental disorder; and
3. The mental health issue caused (is the nexus of) the criminal behavior (as opposed to an individual who commits criminal behavior and has ancillary or collateral mental health issues).

EXCLUSIONS:

Notwithstanding the above, a defendant is NOT eligible for the Mental Health Court if:

1. The mental health issue involves:
 - a. A borderline personality disorder, or a similar disorder, or
2. The pending charge consists of, or there is a criminal history which contains:
 - a. Murder/Homicide;
 - b. Rape;
 - c. Aggravated Child Molestation;
 - d. Aggravated Sodomy;
 - e. Kidnapping with Bodily Injury;
 - f. Armed Robbery;
 - g. Aggravated Sexual Battery;
 - h. Felony Sexual Battery; or
 - i. A sex crime, defined as any crime requiring sex-offender registration.

PROGRAM CAPACITY

The current funding-level census of the program is approximately 15 active participants and will scale-up to capacity by Fall 2016. The program will begin the referral and assessment process in late November/early December 2015 to formally start the program in January 2016.

Contact Information:

Presiding Judge: Asha F. Jackson
Accountability Court Director: Fredericka S. Dent – 404.371.2906
Program Coordinator: Elouise Lamar – 404.371.5880

DeKalb County Misdemeanor Mental Health Court

DeKalb County Courthouse
Magistrate Court of DeKalb County
Suite 1200, First Floor, Courtroom 1200D
www.dekalbmisdemeanormentalhealthcourt.org

Judge Berryl A. Anderson, Chief Magistrate
Magistrate Rhathelia Stroud, Presiding Judge
Magistrate Judge Lindsay Jones, Assistant Judge
Magistrate Judge September Guy, Assistant Judge
Retired Judge Winston Bethel, Acting Director
Bedford “Chip” Forte, Coordinator
Dr. Vickie Jester, LCSW, Ph.D., Clinical Evaluator
Ingrid Hall George, Administrative Assistant
404-371-2241 (O)
404-371-2683 (F)

Mission Statement: MMHC seeks to decriminalize mentally ill offenders by offering treatment instead of incarceration. Treatment in conjunction with judicial oversight of pending cases is intended to reduce recidivism, enhance public safety and help mentally ill defendants recover and reclaim their lives.

Magistrate Court Pretrial Services

Braddye Smith, Coordinator, MMHC Case Manager
404-371-3027

DeKalb CSB Criminal Justice Programs & Court

Offer services for individuals arrested and/or convicted of alcohol or drug offences.
Programs are on outpatient basis. 404-508-6445 Fax- 404-508-6446

Apply for Lay Affidavit or Guardianship Here

DeKalb County Probate Court Office
556 N. McDonough Street, Room 1100-Annex
Decatur GA 30030
404-371-2601
Hours are 8:00-5:00 pm

Free Legal Services for Indigent Criminally Accused

Georgia Justice Project- for Fulton & DeKalb
438 Edgewood Avenue
Atlanta GA 30312
Dell Pearce- Director of Development
404-827-0027 ext. 231 for intake
email: info@GJP.org -- www.gjp.org

Legal Services for Forensic Trails

Kathleen Flynn- forensic attorney
315 W. Ponce de Leon Ave., Suite 940
Decatur GA 30030
404-479-4431
Flynn_Kathleen@msn.com

Report Mistreatment

Georgia Advocacy Office
150 E. Ponce de Leon Ave., Suite 430
Decatur GA 30030
404-885-1234

Office of Mental Health Advocate OMHA

Provides attorney services to represent cases involving pleas of Not Guilty by reason of insanity
225 Peachtree St. NE, Suite 900- South Tower
Atlanta GA 30303
404-739-5151
www.qpdsc.com

Financial Benefits

Mental illness is a serious neurobiological condition that very often leads to an inability to successfully support oneself in gainful employment. Consequently, the illness may qualify as a disability and the ill person may be eligible for cash benefits from the Social Security Administration (SSA). There are two kinds of cash benefits available: Social Security Disability (SSDI) and Supplemental Security Income (SSI).

- SSDI** is for a person who has worked and paid into the Social Security system enough time to qualify. There is no limit on bank accounts or what you own.
- **RSDI** based on a parent's work history. If a parent is deceased, disabled, or retired and receiving benefits, a child who has a disability that is documented before age 22 may qualify.
- SSI** is based on the ill person's financial need. Eligibility is determined through an interview process. You cannot have more than \$2000 in cash, checking, savings, etc. You can own a house and a vehicle.

Benefits are handled through the SSA. Apply at any Social Security Office or by calling 1-800-772-1213. The office hours are 7:00 a.m. to 7 p.m. and the best time to call is close to the beginning hour or close to closing hour.

Social Security Offices

401 West Peachtree St. NW
Suite 2860 (28th floor)
Atlanta GA 30308

Northeast SSA Office

4365 Shackelford Rd.

Norcross, GA 30093
1-800-772-1213
8:30 AM – 3:30 PM (Monday through Friday)

Information To Secure Benefits:

Call Social Security's toll free number 1-800-772-1213. Tell them you want to apply for disability benefits. They will take information from you on the phone. They will send you a package of forms to complete. They will schedule an interview, either by phone or one on one at your local office. Complete all forms requested. Send all material back to Social Security by the requested date. If you are denied benefits, you have the right to appeal. It is in your interest to follow through with the appeal. If you are denied a second time, appeal the decision. Again, it is in your interest to appeal. If you are denied again, appeal the decision. This will be your opportunity to go before an Administrative Law Judge with Social Security to make your case. You may want to consider an Attorney for this appeal. *(This information courtesy of Sally Atwell)*

Disability Consultant Bruce Johnson available at
404-297-4107 Bruce999@bellsouth.net.

Food Stamps:

The food stamp program is a federal program designed to help families with low income buy the food they need to maintain good health. Your income level determines eligibility. To apply for Food Stamps go to DeKalb County Department of Family and Children Services (DFCS) Office located at 178 Sams Street, Decatur. Phone: 404-370-5000.

You can now apply online at <http://compass.ga.gov/>.

Health Benefits

Provided by CMS- Centers for Medicare & Medicaid Services

Medicaid

Medicaid is a medical assistance program, funded by both the federal and state governments. The county's Department of Family & Children's Service (DFCS) operate it in each county. The address is 178 Sams Street, Decatur GA (Phone: 770-638-5790).

For people with a disabling mental illness, it is probably the most important resource for both mental health care and medical services. For those who qualify, Medicaid pays for doctor's services, lab fees, clinics, medical equipment, emergency dental care and medical transportation. Apply first at Social Security for a disability decision if you are under age 65.

Since Medicaid is run by each state, new residents from out of state must re-apply for this benefit at the local DFCS office.

For those having difficulty getting Medicaid approval, Bruce Johnson offers her services at reasonable rates for providing assistance with Social Security and SSI Disability claims, call 404-297-4107 or bruce999@bellsouth.net.

Medicare

Medicare is a federal insurance program that helps pay hospital and medical bills and discounted prescription drugs. It is for almost everybody 65 or older, regardless of income, as well as disabled people under 65 who have been entitled to Social Security Disability Insurance (SSDI) for 24 months. If you have received SSDI benefits for a total of 24 months, you are eligible to enroll in Medicare.

Part A of Medicare (hospital insurance) covers inpatient hospital care, skilled nursing facility care, home health care, and hospice care.

Part B (medical insurance) covers doctors' services, outpatient hospital services, and some other services. When you become eligible for Medicare, you will receive Part A automatically. To receive Part B of Medicare, you must enroll in the program and pay a monthly charge that is deducted from your Social Security benefit.

Part D provides prescription drug benefits for those on Medicare and/or Medicaid. To enroll, contact Medicare (1-800-633-4227). Low income persons may qualify for "extra help" to reduce your cost. When accepted, you must select a drug plan provider that meets your needs. Pharmacies offer help in this selection.

Health Warehouse (website)

This is an online source for cheap meds if you have a prescription. healthwarehouse.com,

Oakhurst Medical Centers & DeKalb CSB Partnership

This partnership is to provide primary healthcare service to the community. They accept virtually all insurance plans or ask for sliding scale programs. They have a team of Board certified physicians and staff dedicated to meeting patients at their point of need to be able to live healthier, more productive lives.

Oakhurst Medical Main Office- Stone Mountain
770 Village Square Dr. Stone Mtn. 30083
404-248-8998

Decatur Location
1760 Candler Rd. Decatur 30032
404-286-2215

Kensington Location
4151 Memorial Dr. – 100-C, 404-941-2116

Money Management

Many people with mental illness need help managing money. ILWMI can have a credit card or access to someone else's credit card with monitoring and limits on the amounts. Sit down with him/her to work out a plan together, such as weekly ATM withdrawals, writing down all purchases.

Emmaus House

www.emmaushouseatlanta.org

Assistance applying for benefits and help with basic needs.

Dee Williams 404-523-2856

Credibility

www.credibility.org

1 West Court Square Decatur GA 30030

404-527-7630

Debt management, counseling and financial advice.

PLAN of Georgia offers a *representative payee service*

for SSI and SSDI clients for a small monthly charge. Call PLAN at 404-634-0094 for information.

Safelink Wireless

www.safelinkwireless.com

Government supported phone service

Recipients of Medicaid and food stamps qualify.

Recovery

Rehabilitation & Recovery Services

Recovery begins with awareness. Self-denial leads nowhere. Once a person realizes he/she has a problem, recovery can begin with the help of programs listed below. Essentially the person with mental illness leads the process of recovery by defining goals and a path to those goals based on the person's unique strengths, needs and preferences.

Physical health is very important. That is why the CSB has partnered with Oakhurst Medical to check out hidden illnesses. As one's attitude improves, nerve endings reconnect and reorganize.

You will develop supportive trust with counselors. By attending Peer Support Groups, one can feel accepted and not alone. There you can learn new strategies to achieve the goals set. Gradually you will achieve acceptance and appreciation and with that self respect. With that comes responsibility for self-care.

Recovery is a message of hope and understanding. Peers, friends and family can help foster that hope.

The ingredients of rehabilitation programs that lead to recovery are:

- * a safe and stable environment
- * good medical treatment
- * an educated and supportive family
- * something to get involved in -- work, community, advocacy
- * education about effective management of the illness
- * focus on ILWMI strength and self-determination

Plus a caring counselor or therapist can make tremendous improvement. There are many private counselors who take clients on a “sliding scale”, meaning on ability to pay. There are many websites listing local counselors, such as:

***DeKalb CSB Psychosocial Rehabilitation
(PSR) Programs***

Adult PSR Day Program

North DeKalb Health Center
3807 Clairmont Road 2nd Floor
Chamblee GA 30341
770-457-5867

DeKalb Addiction Clinic (DAC)

*12-Step Programs meet here:
AA, NA, Double Trouble for Dual Diagnosis, Detoxification Services and DUI Services*
455 Winn Way
Decatur GA 30030
404-508-6430

Other Recovery Services

Community Friendship, Inc. (CFI)

85 Renaissance Parkway
Atlanta GA 30308
404-875-0381
www.comfriend.com

Skyland Trail Day Program- Adults

1903 N. Druid Hills Rd.
Atlanta, GA 30319
404-315-8333

Jewish Family & Career Services JF&CS

4549 Chamblee Dunwoody Road
Atlanta GA, 30038
770-677-9300

Peer Support & Wellness Center

444 Sycamore Drive
Decatur GA 30030
Mon.- Fri. 10- 6 PM, Sat. & Sun. 11- 3 P.M.
Warm line: 1-888-945-1414

Auburn Avenue Recovery Center

10 Park Place
Atlanta GA 30303
404-616-4444
8:00- 4:30 PM

Program is sponsored by Grady and run by Emory doctors. Fulton and DeKalb residents only are eligible for this program. Medicare, Medicaid or no insurance all accepted.

Integrated Life Center Inc.

910 N Hairston Rd
Stone Mountain, GA 30083
Dennis O'Brian MD, CEO
404-377-5556

www.integratedlifeservices.org

*-Forensic psychiatry and co-occurring substance abuse
-Residential treatment services
-Community based housing*

My Strength

MyStrength uniquely personalizes and delivers wellbeing resources to cultivate the mind, body and spirit, continually innovating a consumer experience designed to engage and create meaningful outcomes improvement. MyStrength is a mobile- and web-based application that offers a range of resources to improve mental health and overall well-being. Using their smart phones, tablets or personal computers, clients are now taking advantage of eLearning programs and personalized resources to support mental health and addictive disease recovery. <https://www.mystrength.com/solutions>

New Joshua's Circle of Hope

- Mental Wellness & Recovery- offers full community health out-patient services, including ACT team, since 2008. Helps transition to supportive employment and transition into homes. Ken Lay CEO Shawn Cain Dir. of Core
2799 Lawrenceville Hwy. Suite 201
Decatur, GA 30033 (just inside the perimeter)
770-491-1335
www.njch4mw.com

Samaritan Counseling Center

First Presbyterian Church at 16th Street
Sponsored by Coalition for the Homeless Mentally Ill:
404-201-6441
-Counsels homeless to be acceptable for housing

Recovery Through Arts And Activities**Painting and Drawing**

www.awakeningsproject.org

Photography

<http://brokenlightcollective.wordpress.com/>

Writing

www.time-to-change.org.uk/

Vocational Assistance

“The number one dream of people with mental illness in terms of breaking free from the bonds of their illness, the poverty associated with it, and the embarrassment and stigma of it, is to be able to go to work,” said Ralph Bilby, Program Director of the International Center for Clubhouse Development. Too often people in recovery face barriers to finding and maintaining a good job -- barriers created by themselves as much as others.

Common feelings include:

- * A serious lack of confidence
- * The fear of recurring episodes of illness
- * A sense of being too far behind to catch up
- * A stigma regarding mental illness that still exists in the workplace
- * Government Regulations, which sometimes create unnecessary obstacles

While these barriers are real, they can be overcome.

Important Ideas For Finding And Maintaining Meaningful Employment

1. Don't be afraid to try.
2. Find and actively work with a “Rehabilitation Partner”.
3. Position yourself for the best chance at getting meaningful work i.e. training, education, or volunteer work.
4. Optimize your health.
5. Develop excellent work habits.
6. Be persistent.
7. Look at your employment search as a long-term learning process.
8. Be willing to trust. *“It's about trust, which must be earned.”* (Ralph Bilby)
9. Take it *one step at a time*. Patience is one of your best allies.

Agencies That Provide Work Assistance And Support

Briggs & Associates Inc.

2300 Holcomb Bridge Rd. Suite 103
Roswell, GA 30078
770-993-4559
www.briggsassociates.org

Community Friendship

85 Renaissance Parkway
Atlanta, GA 30308
404-875-0381
www.comfriend.com
Supported employment, competitive job placement, on-site job coaching

Department of Labor- Vocational Rehabilitation VRP

2187 Northlake Parkway
Suite 112
Tucker GA 30084
770-414-2602
vrpcustomer-service@dol.state.ga.us

Disability Link

755 Commerce Drive
Decatur GA, 30030
404-687-8890
www.disabilitylink.org

First Step Staffing

302 Decatur Street SE
Atlanta, GA 30312
404-577-3392
www.firststepstaffing.com

-Connects people experiencing homelessness to temporary jobs that lead to permanent employment and if needed can assist in securing Social Security Disability income and Medicaid

Jewish Family & Career Services JF&CS

4549 Chamblee Dunwoody Road
Atlanta GA 30338
770-677-9358
www.jfcs.org

-Gives supported employment, competitive job placement, and on-site job coaching, regardless of religion

North Georgia Goodwill-Decatur Career Center

1295 Columbia Drive
Decatur, GA 30032
404-728-8600
www.goodwillng.org

Computer use, faxing, job listings and training programs.

Skyland Trail Vocational Services Program

1961 North Druid Hills Rd.
Atlanta, GA 30329
404-315-8333

www.skylandtrail.org/OurPrograms/PhilosophyResults/VocationalServices.aspx

Offers group and individual coaching to prepare clients for the job market.

Certified Peer Specialist

A Certified Peer Specialist is a person with mental illness that has been trained to help peers in the recovery process. The two week training is given by the Georgia Mental Health Consumer Network. After completing the training there are employment opportunities for the graduates. For more information please visit: www.gmhcn.org or call (800) 297-6146

Advocacy

NAMI DeKalb

NAMI DeKalb offers teacher training and supplies for these Free Educational Courses.

Family-to-Family Educational Course

12-Week course. For family caregivers covers the major brain disorders, medications, problem solving, communication skills and self-care.

Peer to Peer Educational Course

10- Week course. For people with brain disorders. The course gives them knowledge and coping skills. The course is taught by people who are dealing with similar problems.

Basics Educational Course

6-Week course. For caregivers with children and adolescents with serious mental illness, serious disturbance, or who are experiencing symptoms but have not yet been diagnosed. This course is taught by trained family members.

NAMI DeKalb offers training of facilitators to direct:

Family Support Groups- for family caregivers

Connections- for people living with a mental health condition

NAMI Georgia handles the **Crisis Intervention Team CIT** 40 hour volunteer training of police officers to learn how to deal with calls involving people in crisis.

NAMI DeKalb promotes public policies.

With the help of the Governor and Legislators, a separate Department of Behavioral Health and Developmental Disabilities DBHDD was formed in 2009. The state was divided into 5 Regions. Region 3 is the Metropolitan Atlanta area. The goal is to coordinate all services within the Region to have early detection and the best treatment possible.

404-604-2350 www.namidekalb.com

National Organizations

Bring Change to Mind

www.bringchangetomind.org

Mental Health America

100 Edgewood Ave SE # 502

Atlanta, GA 30303

800-933-9896

<http://www.mentalhealthamerica.net/>

Treatment Advocacy Center

200 N. Glebe Road, Suite 801, Arlington, VA 22203

703-294-6001 (phone) | 703-294-6010 (fax)

<http://www.treatmentadvocacycenter.org/>

CALL NAMI HOTLINE

800-950-NAMI

info@nami.org

M-F, 10 AM - 6 PM ET

-NAMI offers an array of support and education programs that help build better lives for the millions of Americans affected by mental illness.

Find the support you need through NAMI:

NAMI HelpLine

The **Information HelpLine** is an information and referral service which can be reached by calling **1 (800) 950-NAMI (6264)**, Monday through Friday, 10 a.m.- 6 p.m., EST or by email at info@nami.org

Education, Training and Peer Support Center

NAMI State Organizations and local NAMI Affiliates offer an array of free education and support programs for individuals, family members, providers and the general public. These include Family-to-Family, Peer-to-Peer, NAMI Support Group, In Our Own Voice and more.

State and Local NAMIs

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

Discussion Groups

Browse through hundreds of NAMI's interactive group forums. With topics ranging from illness management, to job-hunting, to relationships, it's never been easier to connect with others who've shared your lived experience.

Social Networks

Connect with NAMI through Social Media Channels on **Facebook** and **Twitter** or NAMI's network for young adults, **Strength of Us**.

NAMI on Campus

NAMI on Campus provides information and resources to support students living with mental health conditions and to empower them to take action on their campuses.

Veterans & Military Resource Center

NAMI is proud to provide the following resources for veterans and active duty military members, as well as their families, friends, and advocates.

Multicultural Action Center

The Multicultural Action Center focuses on eliminating disparities in mental health care for diverse communities and offers help and hope to individuals of diverse backgrounds.

NAMI FaithNet

NAMI FaithNet is a network of NAMI members and friends dedicated to promoting caring faith communities and promoting the role of faith in recovery for individuals and families affected by mental illness.

Missing Persons Support

Resources and support for locating missing persons with mental illness.

NAMI Legal Support

The NAMI Legal Center provides lawyer referrals as a service to our members and the general public.

Youth Support and Advocacy

Active Minds

www.activeminds.org

National organization with chapters on college campuses. Committed to “changing the conversation about mental health. Offers fellowships and other student resources.

Born this Way Foundation

Lady Gaga’s foundation for creating a more inclusive and accepting society.

www.Bornthiswayfoundation.org

Chris Kids

www.chriskids.org

Jed Foundation

www.jedfoundation.org

Promotes emotional health and supports programs on college campuses. For parents, students and campus professionals.

Lost-N-Found Youth

2585 Chantilly Dr NE, Atlanta, GA 30324

(678) 856-7824

<http://lnfy.org/>

Nuci’s Space

www.nuci.org

Provides opportunities for young musicians and support for emotional well-being. Located in Athens, Georgia

OKtoTALK.org

English or Espanol

The Rainbow Center

Real Youth

real youthatl@gmail.com

Mission is to provide LGBTQ youth and allies with a safe space to be themselves.

The Trevor Project

www.thetrevorproject.org

24/7 hotline for LGBTQ young people in crisis. Text, chat or call 1-866-488-7386. Get help, find local resources and get involved.

To Write Love on Her Arms

www.Twloha.com

Nonprofit organization with the mission to provide “hope and finding help for people

struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery.

Children & Adolescent Services

Children & Adolescent Mood Program (CAMP) - *Emory Provides diagnosis and treatment for children and adolescents through the internship programs at psychiatric hospitals and foments investigative research.*

404-727-3973

<http://camp-emory.com/>

Access and Resource Center (ARC): DeKalb Family Policy Council

Daily support group for children with emotional behavior disorder; helps streamline supports and services.

949 N. Hairston Road

Stone Mountain GA 30083

678-205-0997

Ramona DeShield

The Children and Teenager Foundation

Provides programming for children and families including behavioral aides etc.

4151 Memorial Drive

Suite 204A

Decatur GA 30032

404-299-2087

Dir. Betsy Miller

Parent to Parent of Georgia (P2P)

Online support through P2P Blog, Facebook, and Twitter to connect with others dealing with a similar child disability.

770-451-5484

www.p2pqa.org

Georgia Parent Support Network (GPSN)

Trained Respite Care Providers assume the duties of caregiver for mothers a break from the strain of parenting a child with severe emotional problems.

Therapeutic Foster Care

Long term out-of-home placement for children with severe emotional challenges who have already entered the custody of a state agency.

404-758-4500

www.gpsn.org/

Covenant House Georgia

-Rescue teen runaways or those thrown out or abandoned on the street by their families.

404-627-2280

Georgia Organizations

Georgia Department of Behavioral Health and Development Disabilities DBHDD

Region Three Office

100 Crescent Centre Pkwy, Suite 900

Tucker, GA 30084

770-414-3050

www.dbhdd.georgia.gov

-State office serving Clayton, DeKalb, Fulton, Gwinnett, Newton, & Rockdale counties.

The Carter Center

453 Freedom Parkway

Mental Health Programs

404-420-5165

www.cartercenter.org

Georgia Mental Health Advocacy Division

1-800-676-4432

www.thegao.org

Georgia Mental Health Consumer Network

246 Sycamore St. Suite 260, Decatur GA 30030

404-687-9487

www.qmhcn.org

Georgia Parent Support Network

404-758-4500

www.gpsn.org

Georgia Psychiatric Association

404-298-7100

www.gapsychiatry.org

Mental Health America of Georgia

404-527-7175

www.mhageorgia.org

Office of Disability Services (Ombudsman)

The DSO investigates Consumer complaints and attempts to resolve the issues identified—acts, omissions to act, practice, or policies and procedures— that may adversely affect the safety and well-being of the Consumer.

The Omsbudman works independently of any state official or department, but attempts to work cooperatively to improve the system of care. If you feel your rights, well-being, or safety is not being protected, please call 404-656-4261. Visit www.dso.georgia.gov



nami

National Alliance on Mental Illness

DeKalb

Membership Application

Membership Registration Form

New memberships and renewals are valid for one year and expire at the end of the month in which payment is made.

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIPCODE: _____

PHONE: _____

EMAIL: _____

Choose your membership category

___ \$35 General Membership

Consumer/Open Door ___ \$3 (for Consumers with limited income.)

___ Renewal or ___ New

Make checks payable to NAMI DeKalb

P.O. Box 2180
Decatur GA 30031

Join on line at www.namidekalb.com.