

# The Consumer & Family Advocacy Council

Consumer & Family  
Advocacy Council  
447 East Broad St.  
Columbus, OH 43215  
614.224.1057

## Meeting Minutes April 5, 2010

**Present:** CFAC 41 Members in attendance

**Staff:** Phil Hedden, Consumer and Family Advocate, Netti and Carla ADAMH,

### News, views, announcements, and CFAC sharing

- **Katie has t-shirts for sale for NAMI walk Mighty Marchers Team just \$5. Fliers and sign up sheet.**
- **Gabe Howard- NAMIFC- NAMI walk fliers and posters. Please e-mail [gabe@namfc.org](mailto:gabe@namfc.org) or call (614) 501-6264 with questions or to pass out posters.**
- **Betsy Nofziger- COVA- (614) 291-0405 orientation every Tues. & Thurs. 1:30pm – 2:30pm, job readiness, and job club.**
- **Ingrid- Coalition for the Homeless Annual Meeting April 7<sup>th</sup> 9am – 11am at Salvation Army 966 E. Main St**

Minutes approved Ingrid moved, Ann seconded

### Special guest speaker: Bernard Williams, Suicide Prevention Coordinator, Veterans Administration—Suicide Prevention in the Veterans Population.

- Been with the V.A. 2-3 years; mental health filed 30 years
- 33,000 people each year lose their lives to suicide
- A suicide occurs every 16 minutes
- More men than women complete the act even though more women try
- Older adults die by suicide every 90 minutes
- Most people who die by suicide weren't in the mental health system
- All V.A. staff trained on suicide issues
- Myth: talkers aren't going to do it
- Myth: suicides are never preventable.
- ALWAYS take some one seriously who is talking about suicide!
- Warning signs: changes in a person's behavior , giving things away such as prize possessions, anxiety, stressful situations, depression, isolation, sudden upswing in mood after depression, engaging in risky behaviors uncharacteristically
- Ask a question, save a life: say you've noticed a change and are concerned
- Seem calm even though you may feel fearful, helpless, or just don't understand
- Acknowledge the person's feelings and don't pass judgment
- Treatment is available
- V.A. has walk-in clinic
- Survivor's of Suicide support groups
- Suicide hotline 1-800-273-Talk(8255) Press 1 for Veterans



Ron Walters  
President



TK Smith  
Vice President



Christy Murphy  
Secretary



Ingrid Silvian  
Treasurer



Phil Hedden  
ADAMH Consumer  
and Family Advocate

*A volunteer advocacy group that promotes education, support, empowerment and activism of consumers and families within the mental illness and addiction recovery services in Franklin County.*

[www.adamhfranklin.org/consumers](http://www.adamhfranklin.org/consumers)

## COMMITTEE REPORTS:

**Education Committee – Phil-** Mighty Marcher shirt \$5 each, now taking orders, NAMI Walk June 5th, Fred Friese Ph.D. will be the speaker for Saturday June 19<sup>th</sup> 1pm – 3pm seminar, any suggested resources for Solutions fliers, Please add The PEER center to flier. Team 57 wears red t-shirts Ann's NAMI walk team

**Executive committee – Ron**—discussed future speakers, action committee meeting at 3:00pm before full council meeting

**Action Committee**—Laura/Ingrid- mentally ill being put in jail or a nursing home, mental health laws, support mental health court, oust patient commitment, olmstead act available online.

**Marketing Committee** – NAMI Ohio has NAMI Walk posters available to hang up in the community, CFAC library getting Bipolar Network News and various articles, Betsy will send Phil and Juliet templates for survey for NAMI, Mrs. Harriet Shetler article in the New York Times 4/4/10

**THE P.E.E.R. Center – Juliet-** address signage now up, more signage coming , [www.thepeercenter.org](http://www.thepeercenter.org) website now working,, brochure printed, Battelle Darby Park outing (sign up on list at The PEER Center), taking donations of books(any kind; be appropriate please!)

**Partner-** Ellen- going strong

**CIT Training – Neal and Phil** there will be a meeting next week to determine future trainings, request a CIT officer for situations involving a mental health consumer. Neal and Phil will take both a family and consumer panel out to the state highway patrol training

**Sunshine – Phil-**Rosemary and Tom got cards, Ralph Applegate, Rosemary and Katie needs cards

**Volunteer Assessment Committee—Phil-** Vanessa is now chair, volunteer surveys have been passed out, if you haven't received one please ask Phil. Also, keep track of your volunteer hours. New member volunteer interest forms.

**Clinical Directors – Laura-** next month discussion will be held on how to handle the lack of funding

**Collaboration Committee –Laura** – Still working with NAMI Ohio, NAMIFC, MHA, THE P.E.E.R. Center and have developed a relationship with (Ohio Wellness Network- CFAC members Durrie and Vanessa and will establish a relationship with Ohio Empowerment Coalition to establish an Action Committee Network to address our legislators and upcoming bills.

**Coordinating Committee** – No report

**ADAMH Involvement Committee—Phil**— strengthen coalitions working with NAMI OHIO and NAMI Franklin County etc.

**Member Tracking Committee – Laura-** Megan has taken over phone numbers. Working on list of people who will allow their phone number shared for CFAC business.

**Liaison committee-** Neal – no report

**ADAMH/Consumer Stat – Ron** – will try to keep from cutting services

**LIBRARY COMMITTEE.** Laura- CFAC library now ready to check out books before the full council meeting 4pm – 4:30pm , list of library rules.

6:00p.m. Ron asked for a movement for adjournment. Laura moved and Phil seconded. Socialization occurred with new members for the next 25 minutes.

**NEXT MEETING: MONDAY, APRIL 5, 2010 FROM 4:30-6 P.M.**

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