

JULY 2024

# VIM VOICE



## KINDNESS IN THE CLINIC

If I wasn't here tomorrow, would anybody care? Would anybody notice? Orly Wahba in her Ted Talks promised herself that she would be there for people the way she wished somebody would be there for her. "For those who embrace kindness as a lifestyle may never ask what's in it for me. Those who embrace kindness do it because it is the right thing to do." Being kind makes us happy and makes those around us happy as well. This is a win-win situation for everyone. It is easy to see acts of kindness here at the clinic.

Staff & volunteers take on extra duties when we have holes in schedules, staff and volunteers rework schedules when clinics are cancelled, someone picks up the phone when no one is at desk two, people refill the paper drawers, volunteers leave treats in the break room. I could go on and on. Sometimes we forget the kindness our patients share with us. The donation box recently has been overflowing with generous donations. One patient always brings in a pineapple upside down cake and baklava when he has his six-week appointment. Patients have painted and installed cabinets throughout the clinics and a patient got a group together to power wash the Ridgeland clinic.

Patients are always grateful for the services they receive at the clinic. Random acts of kindness help us to manage our busy days.

Thank you for your kindness!

Pam

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# COMMUNITY COLLABORATION

Resource Development Director Andrew delivered a check with funds donated by our staff and volunteers during Mental Health Day to Island House. Thank you for your donations and helping to promote the need for Mental Health programs in our community.



## BJVIM BEHIND THE BAR!

Recently staff, volunteers and board members participated in the June Oyster Park Party in Bluffton. This was a great night to work together and raise funds for the clinic. This is the second year that Lynn Stanley and Carol Giorello have volunteered their time.







# RIDGELAND RENOVATION



I am very excited to tell you that work has finally begun on remodeling the Ridgeland Clinic! Coastline Construction based in Ridgeland was selected to expand the clinic. Five new exam rooms, a pharmacy, breakroom, expanded admin station and an office will be part of the remodeling. Electrical and HVC work will also be updated. We hope to have the clinic completed sometime in the Fall. Palmetto Electric Foundation is helping to provide funds for this project.

## DENTAL LAB UPDATE

The dental lab is almost finished. Funding from a golf tournament, private donations and funding from the Magro's has turned the bathroom into a lab for the dental staff. We will now be able to take steps to provide dentures for our patients. Currently there are 30 patients on the waiting list for either full or partial dentures. This lab will be busy for sure!



## NAMI LUNCH & LEARN



Recently Michelle Casey, ED of our local NAMI presented an overview of the NAMI program to our staff. Michelle has been with NAMI for the last three years. Through the help of her staff and volunteers they provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI information has been placed in the waiting rooms and exam rooms. Please read over the material and share the information with patients in need of mental health support.

**2023 Mental Health By the Numbers**

**42** VOLUNTEERS actively providing mental health services at the local Family Matters, volunteer fairs and other outreach events to educate our community and further our mission.

**4,045** PARTICIPANTS SERVED

**11** FACILITIES where we have been invited to lead support groups.

**615** COMMUNITY OUTREACH events held

**706,000** adults with a mental health condition

**811** lives lost to suicide

**56.2%** of suicides occur between ages 12-17

**YOU ARE NOT ALONE**

NAMI Lowcountry has programs of education and support for people living with mental illness, and for their families and caregivers. All our programs are offered free of charge.

**SUPPORT GROUPS**

- NAMI Family Support Group**: A support group for family members, significant others, and friends of people with mental health conditions. Gain insight from the challenges and successes of others living under similar experiences.
- NAMI Connections Support Group**: A support group for people with mental health conditions. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who have had their own mental health challenges.

**OUR EDUCATION PROGRAMS**

- NAMI Family to Family**: NAMI Family to Family is a 8-week educational program for family, significant others and friends of people with mental health conditions.
- NAMI Basics**: A class for parents, grandfathers and other family caregivers. Also provide care for youth age 13 or younger who are experiencing mental health concerns.
- NAMI Peer-to-Peer**: An age-relevant educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.
- NAMI Live! Resilience**: Introduces techniques that emphasize the unique capabilities of people with mental health conditions and their caregivers. You will discover practical strategies for their daily challenges and recognize the importance of living free in all aspects of life.
- NAMI Mindfulness**: A 6-session educational program for families, caregivers and friends of individuals with mental health conditions and experience with mental health conditions.
- NAMI Basics 101**: An 8-session educational program for family, significant others and friends of people with mental health conditions. Gain insight from the challenges and successes of others living under similar experiences.



## SECURITY UPDATE

Recently we had a security issue at the Bluffton Clinic. An unfamiliar person entered the backdoor after hours. As you can imagine this was most unsettling to staff still working. We now have a coded lockbox on the door. The code is available at desk 2. You will need the code to enter the clinic. Please be sure the door is completely closed after you enter. Just a reminder, if you are working one of the evening shifts please do not leave anyone in the clinic alone, please leave in groups.



## GRANTS GRANTS GRANTS

We have recently received grants from:

BlueCross BlueShield Foundation  
Coastal States Bank  
Dominion Energy  
Leon Levine Foundation  
St. Francis Thrift Shop

With more applications in process!

## DATES TO REMEMBER

Tuesday, November 5 Election Day - Clinic closed

November 27, 28, 29 - Closed for Thanksgiving

Thursday December 12 - Annual Volunteer Meeting

Dec. 23 – Jan. 3rd - Closed for Christmas - Staff to return on January 2

Thursday, May 15th, 2025 - Bourbon & Bubbly



BLUFFTONJASPERCOUNTYVOLUNTEERSINMEDICINE