



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

A Message from the Executive Director

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YES WE CAN. By the time you receive this February Newsletter, we will have a new President who has inherited an American economy that has not been seen since the Great Depression of 1929. Many of you are making changes in the way you live. **FACES** is faced with a crisis of its own. If we are to continue our Mission of supporting families whose loved ones live each day with mental illness, we need to raise \$10,000 within the next 100 days. At this time, our balance in our check book will be depleted in six months just by covering the basic expenses we have each month in keeping our **FACES** Family Center open for YOU. Our Annual Fundraiser did not achieve the success it has seen in the previous years.

I am asking you to renew your membership to **FACES** with a check for \$25.00 or more. Your check will enable us to continue our family support group meetings twice a month, our new dual-diagnosed support group meetings weekly along with our consumer group, *Friends 4 Recovery*, and the other programs offered throughout the month and year. At this time, **FACES** is currently the only entity in the Richmond mental health community with the sole purpose of assisting families of those affected by brain disorders. The short four years since **FACES** was founded, we can claim many victories. Our work needs to continue. Your commitment and support is crucial at this time.

If you have any doubts to our specific need at this time, I ask you to call me here at the **FACES** Family Center before you send us your tax-deductible check.

I look forward to hearing from you and receiving your check of support and commitment to **FACES**.

I thank you in advance,
John Ficklin

It was heart warming to receive the Thank you from the social worker at Central State Hospital where **FACES**, with the kind donations and volunteer efforts of members, hosted holiday parties for the residents and staff of two of the wards.

The social worker reported that a couple of the guys in gardening group were talking about how much it meant to them for (FACES) to do this. Others were pleased to know that there are people who care about them.

This is one of the very important activities that we will continue with your support.

The concern with the country's financial situation and local funding cuts, job losses and the uncertainty of the upcoming changes greatly add to the potential stress that everyone is experiencing.

FACES feels that the services we offer can help families survive and even prosper emotionally in these challenging times.

This month's advocacy meeting will deal with the reality of what we can expect regarding services in the State and some suggestions about what we can do to support improvement in services.

During the upcoming year FACES will offer opportunities for learning and fun as we deal with the issues and responsibilities of families living with brain disorders. We will explore issues at Advocacy meetings, Educational classes, workshops and thru newsletter articles. Some of these will include:

- What can you do if someone quits taking or refuses to take medication
- Behavioral Modification and its effective use in dealing with brain disorders
- Anger management
- ADD in children and adults
- Ways for families to care for themselves
- Bipolar disorder