A heart-felt thanks to all of our donors!

Monetary gifts and other donations made to Nia are vital to the life of the program. We are grateful to our Nia supporters:

- We greatly appreciate donors who have donated items to our upcoming Silent Auction Fundraiser. To date, some of our corporate donors are: LiveWell Massage, Peaches Patties, Jamaican Catering Company, La’Teeze Hair Studio, High Quality Organics, Callanwolde Fine Arts Center, High Museum of Art, Cobb Energy Performing Arts Center, W Hotel in Midtown, Alpha Kappa Alpha Sorority, Inc. Phi Tau Omega, Positive Energy Solutions in Buckhead, Atlanta Zoo, Topaz Jewelry, The Botanical Gardens, TaylOrganics Farm, the Atlanta Ballet, and Dr. Carolyn Meltzer.

- For several months, Nia participants benefited from a MARTA card program funded by the Solstice Foundation, which helped those with financial and transportation challenges participate in programs more regularly. Sadly, the program has ended, but we are very thankful for the Solstice Foundation’s generous support!!!

TO MAKE A DONATION to The Grady Nia Project, please see this newsletter’s last page or go to: http://www.gradyhealthfoundation.org/ and donate to the “Grady Nia Project”
Research Updates

Congratulations to Lilian Shin, MAT and Kamilah Jones, MSW on their research achievements:

**Lillian Shin, MAT** presented a poster entitled, *Spiritual well-being and psychological adjustment: The role of interpersonal needs in African-American females* at the Counseling Psychology Conference, Division 17 of the American Psychological Association, Atlanta, GA on March 16. The poster was co-authored by Kristin Walker, MA and Nadine J. Kaslow, PhD.

**Kamilah Jones, MSW** (pictured right) presented research on *The Relationship between Intimate Partner Violence and Suicide among Low Income African American Women* during a poster presentation at HealthSTAT’s 2014 Leadership Symposium. The presentation was hosted at Morehouse School of Medicine on April 5th.

Spotlight on MaryBeth Andrews: Helping Nia Participants to Engage in Self-Care

Our wonderful Mary Kay donor, **Ms. MaryBeth Andrews**, has generously donated numerous Mary Kay lotions and other products consistently for almost a year. Most recently, she donated her time and products to host makeovers for Nia women during group meetings. Prior to this initiative, she graciously provided Easter baskets of goodies for Nia women program-wide, which were distributed during Nia group meetings, and she held a pamper event for Nia staff (pictured here L to R: MaryBeth, Flora Hightower, Larisa Niles-Carnes, and Bena Kuruvilla, MA). Nia sincerely appreciates Ms. MaryBeth Andrews for her support and dedication that help remind Nia participants about the importance of self-care.
Dr. Chervin Guest Lectures to the Nia Team

Doryn Chervin, DrPH, the Executive Secretary of the National Action Alliance for Suicide Prevention, gave a guest lecture at one of our April team meetings on the public health and private industry initiatives for suicide prevention. She reminded us that suicide is the 10th leading cause of death in the U.S., but that many important efforts are going on to study and reduce the risks. She discussed the most recent research agenda, which includes transforming healthcare to attend better to suicide risk, healthcare reform to improve parity for suicide interventions, improvements in data and surveillance, and changing the conversation about suicide from one that is stigmatizing to one that instills hope. We discussed reducing risk by limiting access to lethal means (e.g., storing a firearm out of the home if one is feeling suicidal, changes in opiate drug formulations and prescription procedures) and ways to promote protective factors such as the way Nia’s support groups help participants feel more connected to others.

Welcome New Nia Team Members

Shannon King, BA, Graduate Practicum Student
Mercer University

Sayon Cooper, MPH, Graduate Practicum Student
Walden University

Emily Runyan, Undergraduate Practicum Volunteer,
Georgia Gwinnett College

Resource Tip

The Suicide Prevention Resource Council (SPRC) offers resources on evidence-based practices on their Best Practices Registry, webinars on suicide prevention, and other relevant information on their website.

QPR Gatekeeper Training for Suicide Prevention is one evidence-based practice. This spring, Nia intern Kristin Walker, MA provided Nia Team members with this training, which prepares lay people to Question, Persuade, and Refer suicidal individuals for treatment.

**Miss Spelman’s Outstanding Initiatives**

“Sisters Supporting Sisters” is a partnership between Spelman College, the Miss Spelman Court, and the Nia Project.

Miss Spelman College 1st Attendant, Marissa Robinson and Joy Beckwith (Nia Member), continue to spearhead outstanding initiatives in support of Nia. The most recent initiative was a large donation drive that provided Nia participants with toiletries and numerous encouraging notes written to Nia participants. Nia salutes Miss Spelman for her dedication and support that truly make a difference in the lives of Nia participants!

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**Nia Groups**

**Monday**

- *Interpersonal~ 12-1pm*
- Suicide Support~ 1-2pm
- Spirituality Support~ 2-3pm

**Tuesday**

- Compassion & Meditation~ 11-12pm
- Domestic Violence Support~ 3-4pm
- *Lightshine~ 4-5pm*

**Wednesday**

- *Trauma & Recovery (ACT)~ 10-11:15am*
- *DBT~ 3-4:15pm*

**NEW GROUP**

- *Survivors ~ 3-4:00pm (Childhood Sexual Abuse)*

**Friday**

- *DBT~ 10-11:15am*

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*Please note that groups with the * can only be attended through referral from a Nia Team member. All other groups are open to new members.*
Donate Money to Support Nia

We welcome monetary donations. Your ongoing support is instrumental to the life of this program!

Donate Online: Make a donation to the Nia Project through the Grady Health Foundation Website
2. Click initiatives and go to Nia Project for more information.
3. Click donate now.

Donate by Check:
Make your check payable to “Grady Health Foundation” and write “Grady Nia Project” in the memo line and send to Dr. Nadine Kaslow, Emory Department of Psychiatry and Behavioral Sciences, Grady Health System, 80 Jesse Hill Jr Drive, Atlanta, GA 30303.

Tax Deductible: All donations made to the Grady Nia Project are tax-deductible; we are a 501-C3 organization (Tax ID # 58-2130437).

About the Grady Nia Project

“Nia” is a principle of Kwanzaa, and means “Purpose.” It is our hope that through involvement in our program, women will find a new sense of purpose and make a new commitment to living.

The Grady Nia Project started in the early 1990s and has served well over 500 abused and suicidal, low-income African American women between the ages of 18 and 64, at Grady Hospital.

The project has been funded by the Centers for Disease Control and Prevention (CDC) and the National Institute of Mental Health (NIMH).

Our culturally competent services include,
- Psychoeducational empowerment-based group therapy
- Support groups
- Individual/couples/family therapy
- Psychiatric medication consultation
- 24 hour/365 days crisis services
- Resource room
- Consultation with the Grady Health System Crisis Intervention Service and the Medical Emergency Care Center

Visit us at http://psychiatry.emory.edu/niaproject/About%20Us1/index.html

Nia Staff

Nadine Kaslow, PhD, ABPP
Principal Investigator

Sarah Dunn, PhD, ABPP
Clinical Director

Larisa Niles-Carnes
Program Coordinator

Dorian Lamis, PhD
Post-doctoral Fellow

Sarah McMurtry, PhD
Post-doctoral Fellow

Sara Pollard, PhD
Post-doctoral Fellow

Kristin Walker, MA
Pre-doctoral Intern

Huaiyu Zhang, PhD
Post-doctoral Fellow

Contact Us at Nia
Phone: 404.616.2897
Location: Grady Hospital—13th Floor
Room 13D001

Nia

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