Thank you Santa Nia!

Nia celebrated the holidays this year by holding parties in our weekly therapy groups. All Nia and Grady CAMP participants were given a stocking of presents, including a $20 gift card to Kroger. Our sincerest thanks to our generous anonymous donor, Santa Nia, without whom these festivities would not have been possible. In the words of one participant, “Santa Nia and the elves have really outdone themselves. I opened my stocking and took out a few items and was so thankful because they were things I really needed. Then, I kept digging in the stocking and found more and more items! I proudly hung my stocking on the wall this year. It was my only Christmas decoration in years, and it made me really happy.”

Pictured above: Leaders of the Trauma & Recovery (ACT) group distribute stockings to ACT group members.

JOIN US IN CELEBRATING FOR A CAUSE!

The 5th annual Nia fundraiser will be held on Sunday, May 3rd at The Establishment in Buckhead. If you have items you would like to donate for the silent auction, please contact the Nia office at (404) 616-2897.
Nia Welcomes New Project Coordinator

This December, Nia said goodbye to our long-time project coordinator Larisa Niles-Carnes (above right). Though we were saddened to see Larisa leave, we are happy that she is pursuing her passion in sexual health education. We thank Larisa for her 2½ years of outstanding service and wish her the best in her new role as HIV Program Director at the Grady Infectious Disease Program.

We are also excited to introduce Sallie Mack (above left) in her new role as Project Coordinator! Sallie, a volunteer with the Nia Project since January 2014, was actively recruited for this position, having distinguished herself by demonstrating excellence in every aspect of her work. We are delighted to welcome her to the Nia Project full-time!

Toastmasters SpeechCraft: Excerpts from an Interview with Pauline Mansfield

What is SpeechCraft?
SpeechCraft is a Toastmasters outreach program designed to improve public speaking and leadership skills by providing guidance on how to present effectively in front of others. Participants give speeches in various forms (for example, introducing other participants, participating in Table Topics to develop extemporaneous speaking skills, giving prepared speeches) in each session.

What are the goals of SpeechCraft?
Increase awareness of the speaking skills needed for every form of communication (general conversations, formal presentations, responding to questions asked by others); Learn the techniques of preparing a good speech; Increase comfort speaking before an audience.

How many sessions are typical? 4-6 weekly sessions
How many people per group? 4-10
What are the benefits of participation?
It is our hope that, following completion of the program, participants will be able to respond, without hesitation, in an organized and thoughtful manner, see themselves in a more confident light, and be able to step forward as leaders in their community.

What else would you like to share about SpeechCraft?
The participants in the first Nia SpeechCraft program did an awesome job and set a tone of excellence for those to follow. SpeechCraft offers the opportunity for participants to stretch themselves beyond even their own expectations.

Are there upcoming groups? Yes! We are in the process of recruiting interested participants for our next SpeechCraft group. Notify the Nia office if you are interested in participating.

Pictured above: Pauline Mansfield (left) and Janice Andrews (right) of Toastmasters International
ReliefLink Featured at Mental Health Day at the State Capitol

We are pleased to report that ReliefLink was featured at the 2015 Mental Health Day at the Capitol! Service providers were given the opportunity to try the app firsthand and learn about how to incorporate it into treatment. According to Stephanie Gantt Johnson, MA, this event was an important step in building ReliefLink’s reputation and influencing policymakers to include provisions for technology like ReliefLink in mainstream clinical practice. Follow ReliefLink on Twitter: https://twitter.com/relieflink

National Multicultural Conference and Summit

Ashly Gaskin, MA, Jalika Street, MA, Sara Pollard, PhD, Lindsey West, PhD, and Nadine Kaslow, PhD, ABPP presented a symposium entitled ‘Low-Income African American Individuals’ Resilience in the Face of Relational Trauma and Suicidality’ at the National Multicultural Conference and Summit. Dr. Kaslow and Telsie Davis, PhD also conducted a well-attended workshop on the Nia intervention, and Sarah McMurtry, PhD presented her work on the Nia Community Advisory Board. Pictured below: Drs. Kaslow (left) and McMurtry (right).

Nia Participates in Panel on Help-Seeking Behavior In African American Women

Nia was excited to partner with Glenda Wrenn, MD in presenting the findings of her pilot study on help-seeking behaviors among African American women who have experienced trauma. Many thanks to Ashly Gaskin, MA (pictured with microphone) and Community Advisory Board member and Nia participant Viveca W (not pictured) who discussed the interpretation and implications of the study findings during the panel discussion portion of this event.
NIA STAFF

Nadine Kaslow, PhD, ABPP
Principal Investigator

Sarah Dunn, PhD, ABPP
Clinical Director

Sallie Mack, BS
Program Coordinator

Ashly Gaskin, MA
Predoctoral Intern

Teri Preddy, MA
Predoctoral Intern

Martha Calamaras, PhD
Postdoctoral Fellow

Brittany Remmert, PsyD
Postdoctoral Fellow

Corinn Elmore, PhD
Postdoctoral Fellow

Jackie Engebretson, PhD
Postdoctoral Fellow

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 2000 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 (Suicide, Domestic Violence, and Spirituality Support)
- Coping skills groups (DBT, ACT, Lightshine, and Survivors)
- Individual/couples/family therapy
- Psychiatric medication consultation
- 24-hour/365-day 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

Congratulations Employees of the Month!

Ashly Gaskin, December 2014
Carolyn Kay, January 2015
Irene Daboin, February 2015
NIA GROUPS

**Monday**
*Relationship Group 12-1pm
Suicide Support 1-2pm
Spirituality Support 2-3pm

**Tuesday**
Suicide Support 11am-12pm
Domestic Violence Support 3-4pm
*Lightshine (Dual Diagnosis) 4-5pm

**Thursday**
*Survivors (Childhood Sexual Abuse) 9-10am
*Trauma & Recovery (ACT) 10-11:15am
*Dialectical Behavior Therapy (DBT) 3-4:15pm

**Friday**
*Dialectical Behavior Therapy (DBT) 10-11:15am

*Note: Groups with an * can only be attended through referral from a Nia team member. All other groups are open to new members.

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**Nia Events Continued**

Larisa Niles-Carnes (top) and Martha Calamaras, PhD (bottom) presented a talk on intimate partner violence and suicide as part of the Emory University Urban Health Initiative Medicine and Society Lecture Series.

Nia’s symposium proposal ‘Examining African American Mental Health Outcomes: Cultural and Contextual Influences’ was accepted for presentation at the 168th annual meeting of the American Psychological Association! Thank you to Martha Calamaras, PhD for organizing the submission.

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**CONTACT US**

Phone: (404) 616-2897
Location: Grady Hospital– 13th Floor
Room: 13D001

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**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.

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