



Grady NIA Project  
2005/2006

# The Grady Nia Project Newsletter

## *Greetings from the Nia Team*

We are pleased to bring you issue nine of the *Nia Newsletter*, intended to be informative, inspirational, and a source of support for women who have experienced domestic violence and suicidal thoughts, suicide attempts, etc. This issue features a note of gratitude to a benefactor who generously contributed to the Grady Nia Project, a poem written by a Nia client, an update on our fundraising efforts for the Out of the Darkness Walk 2008, and an introduction to a HUGGS program. If you have a book review, story, or poem that you would like to share with the Nia community, please let us know. Personal stories help encourage other women and let them know that they are not alone. Please submit stories to Dr. Nadine Kaslow, Grady Nia Project Director, at [nkaslow@emory.edu](mailto:nkaslow@emory.edu)



## *Special Recognition*

The Grady Nia Project would like to express its sincere and heartfelt gratitude to Tracey Wilds, the clinical nurse specialist for the Bariatric and Surgical Services at Emory Crawford Long Hospital who made a generous financial donation to Nia. Ms. Wilds worked extra to make this donation available to the Nia Project. She made a similar donation last year, which allowed our staff to give Nia clients a retail gift card and other practical and empowering gifts for the holidays. The women were extraordinarily appreciative of and touched by the gifts and for many of them it was the only gift they got during the holiday season. Ms. Wild's generosity and kindness allowed the Nia clients to have a more meaningful Christmas last year and we are tremendously grateful to her for making this a possibility this year too. On behalf of the Nia team and

**November  
2008**

## **Issue 9**

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### Nia Staff:

Dr. Nadine Kaslow,  
Principal Investigator

Ms. Kafi Bethea,  
Program Coordinator

Mrs. Meisha Rhodes,  
Program Coordinator

Dr. Jeshmin Bhaju,  
Postdoctoral Fellow

Dr. Emily Jackson,  
Postdoctoral Fellow

Ms. Meghna Patel,  
Predoctoral Intern

### Special points of interest:

- African American women with a history of domestic violence
  - African American women with a history of suicidal thoughts and behaviors
  - Supportive environment
  - Encouragement
  - Education and information
  - Resources
-



our clients we thank you Ms. Wilds!

The Nia Project provides toiletries, feminine products, snacks, and journals to our clients. We provide these items through the generous donations of donors like Ms. Wilds, as well as by Nia team members who purchase these products for the clients. The Nia clients are very grateful for these goods and many would be unable to purchase these supplies themselves. If you would like to make a tax-deductible donation to the Grady Nia Project, please call the Nia office at 404-616-2897, or contact Dr. Nadine Kaslow at [nkaslow@emory.edu](mailto:nkaslow@emory.edu).

## *Featuring the HUGSS Program*

Healing and Understanding for Grieving Suicide Survivors (HUGSS) is a 10-week family counseling intervention/research project for African American families who have lost a family member to suicide. This project is funded by the American Foundation for Suicide Prevention (AFSP). By participating in this project families will learn about suicide, coping with the loss of a loved one, dealing with difficult feelings and emotions, increasing family communication, accessing local resources that may be helpful, and honoring and remembering the loved one. Additionally, families will receive financial compensation for answering questions and attending family counseling sessions with trained professionals. If you are interested in this program or know of someone who might benefit from participating in this project please feel free to contact us. We can be reached at (404) 616-2897 and we are housed in Emory Department of Psychiatry and Behavioral Sciences at Grady Hospital.



## *Inspirational Poem by a Nia Client*

In this edition of the Nia Newsletter we present a poem by Lydia, a Nia client who has courageously shared her experience with the hopes to encourage and inspire other women.

### **Hi! My name is “Victim”**

During the years of my life  
I consider myself as been always A Victim  
A Victim of being naïve  
A Victim of being kind  
A Victim of being a workaholic  
A Victim of being a peace maker  
A Victim of being a housewife  
A Victim of being a substance abuser  
A Victim of being a battered wife  
A Victim of mental abuse  
A Victim of a Child of God  
A Victim of being raped and beat  
A Victim of always helping others before myself  
A Victim of panic and suffering  
A Victim of not setting a good example to my daughter  
A Victim of judging myself  
A Victim of crying out for help  
Now I'm not the Victim  
I'm a person who understands other victims  
Stop being the Victim because it could be hereditary to your kids and grandkids  
Now I finally found something I can depend on  
Myself and God  
Judge not, want not  
- Lydia

## *Congratulations Grady Nia Project Team !*

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### **GROUP TIMES**

SUICIDE SUPPORT GROUP  
MONDAYS  
1:00-2:00 PM  
13E CONF. ROOM

DOMESTIC VIOLENCE SUPPORT  
GROUP  
TUESDAYS  
3:00-4:00 PM  
13C021

PREVENTION INTERVENTION GROUP  
10-WEEK  
THURSDAYS  
9:30 -11:30 AM  
13C021

SUICIDE AND DOMESTIC VIOLENCE  
INTERVENTION GROUP  
10-WEEK  
TUESDAYS  
10:00-12:00 PM  
13E CONF. ROOM

The American Foundation for Suicide Prevention (AFSP) holds its national annual Out of the Darkness Community Walk every year during the fall across the country to raise money to fund suicide prevention research. Funds are also used for local educational and prevention programs in each walk community.

This year the Grady Nia Project Team members participated in the walk on November 2nd, 2008 in the Piedmont Park. The Nia Team successfully exceeded their fundraising goal and was ranked among the Top 3 teams in Atlanta! We are very grateful for the support we have received. Donations are being accepted until December 31st, 2008. You can continue to support our efforts by donating to the Grady Nia Project Team for the AFSP Out of the Darkness Community Walk by going to the following link

[http://afsp.donordrive.com/index.cfm?  
fuseaction=donorDrive.team&eventID=505&teamID=7417](http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.team&eventID=505&teamID=7417)

*Thank you to all the team members for making the Out of the Darkness Walk 2008 a great success!!*

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### **The Grady Nia Project** *Empowering Women to Find Purpose*

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