



NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS OF MASSACHUSETTS, INC. ■ CAMBRIDGE-MIDDLESEX AFFILIATE

EDUCATION • SUPPORT • ADVOCACY

Bidding For Good

Our Biggest Auction Yet!

Get Ready to Bid!

BID ONLINE

STARTS
Wednesday, Oct. 14, 8 am

ENDS
Friday, Oct. 23, 11:59 pm

www.biddingforgood.com/oletasteofspain

ATTEND EVENT

Ole! Sunday, Oct. 25, 3-6 pm
A TASTE OF SPAIN

TAPAS, WINE, MUSIC, AND LIVE AUCTION

77 Lakeview Ave, Cambridge

Register for event now at

www.biddingforgood.com/oletasteofspain

\$50 ADVANCE | \$60 AT THE DOOR

A benefit for CHA's new Health Integration Program and NAMI-CM's Social Inclusion Fund, which helps people with mental illness overcome and avoid the social isolation that makes it very hard to recover.

RIGHT NOW

SEE ALL AUCTION ITEMS AT www.biddingforgood.com/oletasteofspain

GOLF Fly off to the Cape for a day of golf on Pleasant Bay.

ESCAPE To Aruba, Plum Island, Provincetown, Costa Rica, or Cape Cod

RELAX With an overnight at the Charles Hotel or massage at the Corbu Spa

DINE At Harvest, Craigie on Main, Sofra, Emma's Pizza, or Full Moon

GO SHOPPING OR GO RED SOX . . . CELTICS . . . NE REVOLUTION!



► Sunday, October 25, 2015, 3-6 pm

OLE! A TASTE OF SPAIN Tapas, Wines of Spain, and Silent Auction

At the lovely home of Claire Laporte,
77 Lakeview Avenue, Cambridge



*Online bidding opens on October 14
at biddingforgood.com/oletasteofspain*

\$50 in advance; \$60 at the door.

Online Event Registration at
biddingforgood.com/oletasteofspain
Or send checks (For NAMI-CM) to Areti Yergatian,
7 Crestwood Dr., Franklin, MA 02038

► October 27-28, 2015, 8 am-4:30 pm

Work Without Limits ANNUAL CONFERENCE

Four Points Sheraton, Norwood, MA
Visit <http://www.workwithoutlimits.org/> for details

► Saturday, October 31, 8 am-4 pm

NAMI Mass State Convention

DoubleTree by Hilton Hotel
99 Erdman Way, Leominster, MA

► Monday, November 9, 6:30-8:30 pm

EDUCATION PROGRAM/ PERFORMANCE

Hearing Voices (Speaking in Tongues)



Michael Mack

Michael Mack returns to Cambridge with his moving, often humorous, multi-character, one-man show of a family navigating mother's schizophrenia and eventual recovery. Called by the *Boston Globe* "Transcendent art that reaches out with unblinking honesty." You won't want to miss it!

Macht Auditorium, Cambridge Hospital
1493 Cambridge St, Cambridge
Performance starts promptly at 7 pm. No intermission.

► Brief business meeting at 6:45 for NAMI-Cambridge/Middlesex members to elect the board of directors.

For more information, check our phone:
617-984-0527 or website at:
www.nami-cambridgemiddlesex.org

NAMI-CM Establishes Social Inclusion Fund

Based on the success of the new programs Cambridge-CM has supported at CHA—the Drop-in Center, early psychosis program (RISE), and the new Health Integration Program, the affiliate launched a Social Inclusion Fund this year in order to support more programs designed to help those living with serious mental illness overcome their social isolation. NAMI-CM has raised more than \$35,000 for the CHA programs over the last three years and has gotten the Social Inclusion Fund off the ground with the help of the following corporate and personal sponsors. The Fall Auction Fundraiser will also benefit the Fund and the CHA program.

Thanks to our generous sponsors:

Cambridge Health Alliance • Riverside Community Care • Vinfen
Margot Botsford and Steve Rosenfeld • Mary Cassesso • Judith Downes and David Davis
Paulette and Henry Fownes • Cathy and Eric Haines • Deborah L. Levy • Jane and Tom Martin
Mary Pat Prado • Ellen Semenoff • Sara and John Sharp • June Ellen and Donald Wexler
Carolyn White • Areti and Vernon Yergatian

RESOURCES

EDUCATION AND SUPPORT

► Support Groups for Family Members

Call Elizabeth at 781-646-0397 for more information.

NAMI Cambridge-Middlesex offers three support group meetings per month for family members and friends of people with mental illness. Trained NAMI volunteers who are also family member caregivers facilitate the support groups. Conducted in a confidential atmosphere, the purpose of the support groups is to help provide mutual support and coping strategies. Many families find NAMI support groups helpful.

Please contact Elizabeth if you would like more information or to attend. She can be reached at Elizabeth@nami-cambridgemiddlesex.org or 781-646-0397.

The support groups are FREE and conveniently located in the 3rd floor Conference Center of the Cambridge Health Alliance, 1493 Cambridge St., Cambridge. On-site and on-street parking are available and the location is T accessible.

First, third and fourth Mondays, 7:30-9:30 pm

For more information and updates on Cambridge-Middlesex programs: www.nami-cambridgemiddlesex.org

► Family-to-Family Education Program

Sept. 3-Nov. 19, 2015, Thursdays 6:30-9 pm in Cambridge
Preregistration required. Contact Sharon at 914-960-9072 (sharon@nami-cambridgemiddlesex.org); Carolyn at 917-375-1980 (carolyn@nami-cambridgemiddlesex.org).

► Area Family Support Groups

ACTON Contact Susan McDougall at mcdougalletal@aol.com or 978-263-8830; Clare Cooper at cocooper@westfordconsulting.com or cell 978-692-8994.

BEDFORD Call the NAMI of Central Middlesex affiliate helpline 781-982-3318.

DORCHESTER Contact Monica, 857-342-2796 or Mpomare28@gmail.com; Mark, 617-522-7439 or mzanger@comcast.net.

STOW Call Trish Woods at 978-897-2962.

WAKEFIELD Contact Kay at 781-438-1851, or Diane at 978-658-3567 or email: Dianeh23@yahoo.com

CARING FOR THE SOUL-CAMBRIDGE Info: bosejo222@yahoo.com.

► For Peers

NAMI CONNECTIONS Support Group for peers/consumers: Vinfen/Cambridge-Somerville Recovery Learning Center, 35 Medford St, Ste. 111, Somerville. Press 1R and go through elevator; walk up ramp, enter first suite on the left. Contact Janel Tan (tanj@vinfen.org) or 617-863-5388, or Judi Maguire jmaguire@namimass.org.

DBSA-MCLEAN HOSPITAL Visit www.dbsaboston.org or call the DBSA office 617-855-2795 (email info@dbsaboston.org).

THE COLE RESOURCE CENTER, Belmont 617-855-3298, coleresourcecenter@yahoo.com.

IMPORTANT PHONE NUMBERS

Information on NAMI Cambridge-Middlesex

Affiliate Programs For up-to-date recorded information about educational meetings, support groups, or membership. You can leave a message **617-984-0527**

NAMI State Office (9am-5pm, M-F)

The Schrafft's Center, 529 Main St., Ste. 1M17
Boston, MA 02129 **617-580-8541**

Psychiatric Emergencies - Cambridge Hospital

The Psychiatric Emergency Service (PES) of the Cambridge Health Alliance is located in the Emergency Department at the CHA Cambridge Hospital campus, 1493 Cambridge St., Cambridge. The PES serves people of all ages from across the Greater Boston region. Psychiatrists and clinical social workers are on duty 24-hours a day to help manage all acute mental health emergencies. Call 911 for immediate medical help or PES **617-665-1560**

BEST Team (Boston Emergency Service Team)

This is the primary emergency service team in the Boston area. Serves Boston, Cambridge, and Somerville). . . **800-981-4357**

For other communities, call **877-382-1609**

and enter your zip code

In-person behavioral health crisis assessment, intervention, and stabilization services 24 hours a day for individuals of all ages covered by MassHealth (Medicaid) plans, Medicare, and the uninsured. Clients can be seen in the community or at their two centers. They provide assessment, treatment planning, and hospitalization, if necessary. There is also respite care at their two centers in Boston and Cambridge.

Or call 911.

Additional Hotlines

SUICIDE PREVENTION

National Suicide Prevention Lifeline 1-800-273-TALK
Free, confidential 24-hr. emotional distress line

Samaritans of Massachusetts 1-877-870-HOPE
24 hour Crisis Intervention/Hotline

Samaritans of Massachusetts 1-800-252-8336
Teen Line (statewide)

Samaritans of Massachusetts 1-617-247-0220
24 hour Helpline

SUBSTANCE ABUSE HELP

Mass Substance Abuse HELPLINE 1-800-327-5050
Free, confidential information and referrals

OTHER RESOURCES

NAMI National Legal Center (namimass.org under "Resources")
Among other useful information is a comprehensive "Road Map through the Massachusetts Criminal Justice System for Persons with Mental Illness and Their Family"



This Newsletter is published quarterly by the National Alliance on Mental Illness of Massachusetts, Inc./Cambridge-Middlesex Affiliate for its members and others interested in our education, support, and advocacy work on behalf of the mentally ill. You can find back issues at www.nami-cambridgemiddlesex.org.

NAMI CAMBRIDGE/MIDDLESEX NEWS

SEPTEMBER PUBLIC EDUCATION MEETING

Pete Earley Shares His Son's Mental Health Journey from Despair to Recovery to Determination

PETE EARLEY BROUGHT HIS WIT AND WISDOM back to NAMI-Cambridge/Middlesex September 8, entertaining and informing a large crowd in the Cambridge Public Library auditorium. He told a familiar story of a bewildered father thrown into the hurricane that is mental illness when his son Kevin had his first breakdown in 2002 and the uplifting story of his stabilization seven years ago.

Pete shared what he had learned about resilience and recovery. He has visited 48 states, five foreign countries, and more than 100 treatment programs since his son got sick, has learned about the hundreds of thousands of mentally ill people in jails, the lack of adequate community services, the man in Virginia who died while waiting for a bed, and the myriad of other problems facing the mental health community. Despite all this knowledge, he said, he believes the real secret to recovery is engagement.

Like so many family members, Pete tried everything with his son. "I told him I'll pay you every time you take your meds. I tried putting pills into his cereal. I tried threatening him that he couldn't live with us unless he took his meds." Despite five hospitalizations, the psychiatrist telling him he was killing part of his brain, and being cut off from some of his family, nothing worked until Kevin himself had what Pete calls an "aha moment."

Engagement is the first step to recovery, he reported, and only with



acceptance can there be recovery. This seems to be lost on the mental health system, he pointed out. Pete has concluded that we must create a mental health system that is more "user-friendly," that treats the first break as a critical opportunity to engage the person as quickly as possible to prevent further damage.

His advice about treating and overcoming mental illness:

1. The ill person must be engaged in his/her recovery—must be hopeful
2. These are cruel illnesses and it's a long journey.
3. Accept a new normal and look forward
4. Learn to trust your own judgment as a parent
5. Educate yourself about the law and available services and become an advocate.
6. Realize that mental illness impacts the entire family, including your other children.
7. Understand your own limitations. We blame ourselves for what we cannot do.
8. While you love a person who is ill you hurt, but that person hurts more.
9. Tell your story. Get involved in fixing our system.
10. We're lousy at judging who is going to make it and who isn't, but no one will make it without hope.

Follow Pete on petearley.com/blog.

MEMBERS—Watch for renewal date on the mailing label of your newsletter—envelope enclosed.

Join NAMI Cambridge-Middlesex:

Please print clearly and mail to the address below with your check or visit www.nami.org to join online

NAME

STREET

CITY

STATE

ZIP

TELEPHONE NUMBER

EMAIL ADDRESS

(Enter your address, if you want to receive occasional affiliate updates by email.)

I would like to become a NAMI-CM member. Please send \$35 (or \$3 for Open Door membership). This includes CM, state and national membership and newsletters. Thank you for your support.

I want the Cambridge-Middlesex NAMI newsletter only, since I am already a member of another affiliate. Please send \$10.

Make checks payable to: NAMI-CM Mail to: NAMI-CM, 174 APPLETON ST., CAMBRIDGE, MA 02138

This is not an office, but a mailing address only. NAMI-CM is a volunteer organization; we do not maintain an office.

Find Your Legislator

<http://www.wheredoivotema.com/bal/MyElectionInfo.aspx>

SENATE

Sal N. DiDomenico

DISTRICT: Middlesex and Suffolk
State House Room 218 Boston, MA 02133
Phone: 617-722-1650 Fax: 617-722-1323
Email: Sal.DiDomenico@masenate.gov

Patricia D. Jehlen

DISTRICT: Second Middlesex
State House Room 513 Boston, MA 02133
Phone: 617-722-1578 Fax: 617-722-1117
Email: Patricia.Jehlen@masenate.gov

Anthony W. Petrucci

DISTRICT: First Suffolk and Middlesex State
House Room 424 Boston, MA 02133 Phone:
617-722-1634 Fax: 617-722-1076
Email: Anthony.Petrucci@masenate.gov

HOUSE

David M. Rogers

DISTRICT: 24th Middlesex
State House Room 134 Boston, MA 02133
Phone: 617-722-2400 Fax: 617-626-0275
Email: Dave.Rogers@mahouse.gov

Marjorie C. Decker

DISTRICT: 25th Middlesex
State House Room 236 Boston, MA 02133
Phone: 617-722-2430 Fax: 617-626-0337
Email: Marjorie.Decker@mahouse.gov

Jonathan Hecht

DISTRICT: 29th Middlesex
State House Room 22 Boston, MA 02133
Phone: 617-722-2140
Fax: 617-626-0199
Email: Jonathan.Hecht@mahouse.gov

Timothy J. Toomey, Jr.

DISTRICT: 26th Middlesex
State House Room 238 Boston, MA 02133
Phone: 617-722-2380 Fax: 617-626-0668
Email: Timothy.Toomey@mahouse.gov

Jay Livingstone

DISTRICT: 8th Suffolk
State House Room 146 Boston, MA 02133
Phone: 617-722-2011
Email: Jay.Livingstone@mahouse.gov

Sean Garballey

Arlington
State House Room 540 Boston, MA 02133
Phone: 617-722-2090 Fax: 617-722-2848
Email: Sean.Garballey@mahouse.gov

Jay R. Kaufman

Lexington
State House Room 34 Boston, MA 02133
Phone: 617-722-2320 Fax: 617-722-2415
Email: Jay.Kaufman@mahouse.gov

Your representative
and senator want to hear
from you. Write or call.

MENTAL HEALTH IN THE NEWS

DMH FY2016 Budget Inches Slightly Higher

The final FY 2016 Massachusetts State Budget for mental health was finalized at \$740.5 million, \$26.8 million, or four percent, higher than the FY 2015 budget. However, since mental health services were cut by more than \$22.7 million mid-year, the FY 2016 figure is only slightly above the restoration of those 2015 cuts.

The Department of Mental Health serves approximately 21,000 adults and children who have severe and persistent mental illness. The vast majority of persons receiving mental health services receive them in the community rather than in inpatient facilities. Highlights are:

Restoration of proposed cuts in Individual Family Flexible Supports. These funds allow clients to access programs and supports such as youth groups, family systems intervention, and case management, and support such family needs as scholarships, direct assistance, and respite.

The budget specifies that the state will maintain the same number of inpatient beds as in FY 2015 (671) and requires at least 260 beds at the Worcester Recovery Center. It also limits changes to Taunton State Hospital, pending the development of a comprehensive long-term use plan.

Adult Community-Based Services were cut from \$10 million in 2015 to \$6 million and Emergency Services from \$31,402,705 to \$24,258,428, a reduction of more than \$7 million.

Mental Health Reform Act of 2015 Introduced in US Senate

Senators Bill Cassidy (R-La.) and Chris Murphy (D-Conn.) recently introduced The Mental Health Reform Act of 2015 (S. 1945), legislation to “comprehensively overhaul and strengthen America’s mental health care system.”

The bill addresses many of the same issues as the “Helping Families in Mental Health Crisis Act” (HR 2646) introduced by Representatives Tim Murphy (R-Pa.) and Eddie Bernice Johnson (D-La.) in the House of Representatives, although there are differences between the two bills as well.

It also includes proposals to clarify the circumstances in which HIPAA permits health professionals to communicate information to family members or other caregivers, support training of health care providers about the circumstances in which information can be shared with caregivers.

It also includes a provision that would extend authority to support Assisted Out-patient Treatment (AOT) pilot programs for an additional two years through 2020. This program was first authorized in 2014 but has not been implemented, due to lack of funding.

See more at: <http://www.nami.org/About-NAMI/NAMI-News/Two-Major-Mental-Health-Bills-Introduced-in-US-Sen#sthash.624fc79K.dpuf>



Stand up and be counted

Join NAMI-Cambridge-Middlesex by going online or filling out the membership form on page 3 of this issue and mailing it in with your check. Thank you.

NAMI CAMBRIDGE/MIDDLESEX NEWS

NAMI Cambridge Increases Support for Community Groups

As part of its continued outreach to the community for 2015, the NAMI-Cambridge/Middlesex Board voted unanimously at its August meeting to make donations to the following organizations and programs: :

- **MGH Schizophrenia Day** (Nov. 7) for video tape of the program for their website
- **NAMI GB/CAN** and area Recovery Learning Centers for community meals, outings, and activities
- Peer instructor stipends for the new **Cambridge Peer-to-Peer Program** and coffee hour
- **Riverside Community Care** for community activities and meals at Tremont Street Group Home and other area group homes
- **Tunefoolery**, organization of more than 50 professional musicians in recovery, who play and perform music as a way towards healing and recovery

NAMI-CM Brings Peer-to-Peer Program to Cambridge

In addition to its three monthly support groups and twice-yearly Family-to-Family classes for family members, NAMI-Cambridge Middlesex is offering this fall (Sept. 23-Dec. 11) its first Peer-to-Peer education program for those with mental illness. The program will be held at the Cambridge Hospital and is taught by a trained team of individuals living in recovery. Peer-to-Peer gives adult participants (18 and over) a varied selection of tools and strategies designed to improve decision-making skills, identify and overcome triggers, and recognize the impact of emotions on actions—all in a confidential setting. Peer-to-Peer provides a solid foundation for the recovery process and helps each participant create a guide for staying well.

For information, contact Megan Wiechnik at mwiechnik@namimass.org.

NAMI-CM Support Leads to New Medical-Mental Health Home at Cambridge Health Alliance (CHA)

The mental health outpatient program our affiliate has been supporting at CHA is moving toward the creation of an integrated physical and behavioral health care delivery system structured to overcome the systemic health disparities and care fragmentation common among populations with serious mental illness.

Called the Health Integration Program (HIP), it started modestly as a series of weekly groups to assist in patients' recovery and then moved on to a more comprehensive program (RISE) to include helping young people 16-30 recover from early psychosis, both of which NAMI-CM has supported. The new Health Integration Program is designed to test an innovative model of integrated care that aims to provide more comprehensive, coordinated care for people with serious mental illness who also disproportionately experience cardiovascular, metabolic, respiratory and other physical conditions. Data show that most of the premature morbidity among this population is due to complications with these physical illnesses.

HIP will locate primary care, individual and group psychotherapy, psychopharmacology, comprehensive care coordination and case management in one place in Outpatient Psychiatry on Central Street in Somerville. The HIP multidisciplinary team includes psychiatric nurses, psychiatrists, a primary care nurse practitioner, clinical social workers, and a care partner, most of whom are already in place.

HIP is designed to test an innovative model of integrated care that aims to provide more comprehensive, coordinated care for people with serious mental illness who also disproportionately experience cardiovascular, metabolic, respiratory and other physical conditions.

Teaching NAMI's Family to Family: Who Benefits More?

by Carolyn White

The NAMI Cambridge-Middlesex affiliate has offered a Family to Family class for many years. Currently, Sharon de Vos and Carolyn White teach in the fall; Joyce Calogero and Areti Yergatian teach in the spring, usually with full classes of 20-25 participants.

Family to Family (F2F) was conceived by Joyce Burland, Ph.D. in Clinical Psychology, in 1991 after she attended a conference at which NAMI members were asked to start an education program in their state or to find mental health professionals to help educate families. With a sister and daughter who both had schizophrenia, Joyce thought no one knew more about the problems families face than family members themselves. She got to work and now more than 300,000 people have taken F2F and been helped to understand the emotional turmoil of mental illness in the family.

We meet extraordinary people... heroes, as Joyce Burland calls both those living with a mental illness and their families. With each new class come new wisdoms, new stories, new experiences, new suggestions.

Veteran teacher Peggy Burke says, "The real gratification was in the heartfelt relief that, finally, family members learned about mental health issues and how to deal with them, where to look for help, and that they were not alone in their anguish. The bonding among the class members was all important for the grief, agony, anguish; fear needs soul mates!"

Teachers of Family to Family feel extremely privileged to teach this wonderful education course. We meet extraordinary people... heroes, as Joyce Burland calls both those living with a mental illness and their families. With each new class come new wisdoms, new stories, new experiences, new suggestions. Everyone is enriched, everyone contributes, everyone makes a difference. And Family to Family continues to make a positive impact on the lives of these family heroes.

So, who benefits more from Family to Family? We teachers think it's a tie!

NAMI-CAMBRIDGE/MIDDLESEX
174 Appleton Street
Cambridge, MA 02138

Inside this issue:

- Save the Datep.1
- Resourcesp.2
- Pete Earley Talkp.3
- Mental Health News.....p.4
- NAMI-CM News.....p.5

WWW.NAMI-CAMBRIDGE/MIDDLESEX.ORG

*Macht Auditorium, Cambridge Hospital, 1493 Cambridge St, Cambridge
75-minute performance will start promptly at 7 pm. Please arrive on time to be seated. No intermission.*

"Exquisite" *National Public Radio*
"Breathaking" *Minneapolis Star Tribune*
"Powerful" *Washington Post*

Michael Mack returns to Cambridge with his moving, often humorous, multi-character, one-man show of a family navigating mother's schizophrenia and eventual recovery. Called by the *Boston Globe* "Transcendent art that reaches out with unblinking honesty."



"Hearing Voices (Speaking in Tongues)"

MICHAEL MACK'S STUNNING ONE-MAN PERFORMANCE

Monday, November 9, 2015, 6:30-8:30 pm

