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
Sunday, Oct. 25, 3-6 pm
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!

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.

Thank you to our generous sponsors:
Cambridge Health Alliance • Riverside Community Care • Vinfen
Margot Botsford and Steve Rosenfeld • Mary Caescesso • 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 Weixel
Carolyn White • Areti and Vernon Yergatian

Save the date!

► 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 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
1483 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
**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 cooper@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 Mpmore28@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: Diameh23@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, colecenter@nami.org.
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 peteearley.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 |

☐ 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.
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 Outpatient 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.


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 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.

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.

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.
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.

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," Michael Mack’s performance "is a family navigating mother’s schizophrenia and eventual recovery."

Washington Post
"Powerful"

Minneapolis Star Tribune
"Breath-taking"

National Public Radio
"Exquisite"

"Hearing Voices (Speaking in Tongues)"

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

Michael Mack's stunning one-man performance