Saturday, May 12
The sun will shine, no matter what the weather!

The Annual NAMI WALKS is a day of celebration AND fundraising for NAMI—an easy three-mile loop along the Charles River in Boston, starting at Artesani Park. (driving/T directions, page 6)

This is how NAMIMass raises at least half of its annual operating budget—for programs, consumer and family support groups, newsletters, Family to Family and Basics classes, and Advocacy.

Cambridge-Middlesex had the top affiliate team in the state for the second year in a row last year, raising more than $20,000 for NAMIMass through 55 walkers. Our affiliate and NAMIMass each receive 45 percent of that to cover annual expenses and 10 percent goes to NAMI national. The state raised a total of $439,523, which provides the largest part of its operating budget.

Come help us celebrate that Recovery Is Possible!
Join us to Fight Stigma!

What Can I Do?
• Donate money.
• Join our Walk Team at www.nami.org/namiwalks12/MAS/CAM.
• Form Your Own Walk Team with family, friends, or co-workers.

Email
Walk Team Captain
John Sharp
at john.d.sharp@verizon.net
for more information.

We’ll see you there.

Walk in style with your colorful Cambridge-Middlesex Team t-shirt, available at cost—$15. Email Walk Team Captain John Sharp: john.d.sharp@verizon.net to order.
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

Psychiatric Emergencies - Cambridge Hospital
On-site (PES) Psychiatric Emergency Services, Cambridge Hospital, on the main campus of Cambridge Health Alliance, 1493 Cambridge St, Cambridge. Staffed with psychiatrists and nurses 24/7. ........................................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.

NAMI State Office (9am-5pm, M-F) ...... 781-938-4048

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

Education and Support
Support Groups For Family Members Will Run All Summer
NAMI Cambridge-Middlesex offers bi-monthly support group meetings for family members and friends of people with mental illness. The support groups are facilitated by trained NAMI volunteers. 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. Elizabeth can be reached at elizabeth@nami-cambridgemiddlesex.org or 781-646-0397.

The support groups are drop-in, FREE and conveniently located at Cambridge Hospital. On-site and street parking are available, and the location is T accessible.

• First Monday of the Month: 7:30-9:30 pm (Facilitated by Lisa and Larry)
• Third Monday of the Month: 7:30-9:30 pm (Facilitated by Karen and Doris)

Support Groups For Consumers
NAMI Connections offers support groups for consumers in the Cambridge-Somerville area. Please contact Janel Tan if you would like more information or to attend. (617-863-5388 or tanj@vinfen.org). Or contact Karen Reedy at the NAMI Massachusetts office at 781-938-4048.

The support groups are drop-in, FREE and conveniently located at the Cambridge-Somerville Recovery Learning Center, 2nd floor of 153 South St., Somerville.

• Tuesdays: 7-8 pm • Wednesdays and Fridays: 10:30-noon

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Treasurer
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Sharon Devos
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Programs, Multicultural Liaison
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Programs, Greeters
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Alan Shepp
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Elizabeth Haines
elizabeth@nami-cambridgemiddlesex.org

Coming in June: “stigMAAAA!! The Play”
New York playwright and NAMI member Nancy Parker is bringing her one-woman show, “stigMAAAA!! The Play,” to Lexington, Massachusetts Monday, June 18. The author will read this heart-warming, dark comedy about the 12-year journey of a mother and her young daughter through the mental health system. Follow her as she fights for services for her child and against stigma. The play was performed at the NAMI National Conference last summer.

The talented Parker has written for the American Comedy Network, the Rosie O’Donnell Show and the Tonight Show with Jay Leno. Sponsoring the Central Middlesex Affiliate, the play will be followed by a discussion. This one-night event will be held at the Lexington Flick/Venue, 1794 Massachusetts Avenue, Lexington—refreshments at 6:45 and the show at 7:15. Check www.nami.org/sites/ Nami CentralMiddlesex for additional information closer to the date. Bus lines 62 and 76 go to Lexington from Alewife.
We had a very successful Advocacy Day at the State House on April 2, but the fight for Department of Mental Health (DMH) FY13 Budgetary Priorities and NAMI legislative initiatives is far from over. The House version of the budget will be finalized by the end of April and the Senate version in May, with both going to the Ways and Means Conference Committee in June for a final vote expected before July 1. During this entire time period we encourage you to contact your legislator to vote for a budget that will allow for proper care for our loved ones in an increasingly gutted service system. Remember, nothing moves a legislator like our personal stories. Watch www.namimass.org for updates.

**NAMI Mass is advocating for the following budgetary and legislative priorities.**

**Restore Department of Mental Health Budget to FY 2009 Levels**

As part of a powerful coalition (see fundamentalhealth.org), NAMI is requesting an increase of $30 million in last year’s DMH budget of $651 million to $681 million. The DMH budget has been cut 8.1 percent or $55 million since FY 2009, forcing the elimination of entire programs, including the Support, Education and Employment (SEE) program, day rehabilitation treatment programs, social clubs, two PACT teams, and the loss of 156 hospital beds. A March, 2011 report by the New England Center for Investigative Reporting painted a vivid and frightening picture of the state of the mental health system in Massachusetts. (www.necir-bu.org/investigation)

**Working toward jail diversion for the mentally ill**

NAMI is advocating for a new $3 million program to fund competitive grants for Massachusetts cities and towns to establish Crisis Intervention Training for first responders designed to divert the mentally ill from the criminal justice system.

**Protecting hospital beds and essential services**

Senate Bill 1103, “An Act Relative to the Closing of Hospital Essential Services,” gives the Department of Public Health more discretion to deny or delay the elimination of beds at hospitals that are making a profit of five percent or more. This legislation was heard by the Joint Committee on Public Health (Rm. 130, State House) and is still being considered by the committee.

Other legislative initiatives include hospital discharge planning. For your legislator go to www.whereidoivote.com.

**Election Year NAMI Policy**

NAMIMass plans to send questionnaires to Massachusetts candidates for federal offices regarding their knowledge of and positions on mental illness and mental health services. Also see www.nami.org and click on Legislative Action Center.

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**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

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| 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.
Xavier Amador, Ph.D., author of the best-selling book, *I Am Not Sick, I Don’t Need Help!*, is bringing his highly effective program, LEAP (Listen-Empathize-Agree-Partner) to our affiliate October 2, 2012. Dr. Amador will show his listeners how to quickly gain the trust of someone they are in conflict with, such as a mentally ill family member who does not believe he/she needs help.

Dr. Amador, a professor at Columbia University, applies his LEAP program to the problem of anosognosia, the inability to perceive that one is ill. Anosognosia has been identified as the single biggest reason that more than 50 percent of people living with schizophrenia and bipolar disorder refuse treatment or stop treatment shortly after beginning. Dr. Amador will provide practical communication tools to help participants lower tension with the individual they are trying to help and strategies for engaging the person in treatment.

LEAP tools can help you to:
• diffuse anger and lower defenses;
• get past stubbornness and even denial (or anosognosia);
• make your opponent ask for your opinion, instead of argue against it;
• get stalled negotiations moving again;
• turn adversaries into allies;
• create positive and productive relationships that get you what you need.

Lisa Fownes Threw a Party for NAMI

Support group leader Lisa Fownes decided to mark an important birthday with a party benefiting NAMI-Cambridge/Middlesex. Lisa treated her guests to an elegant buffet, live music and dancing, and a spectacular birthday cake donated by Vicki Lee’s in Belmont (see below).

The event raised $7,700 for the affiliate in memory of her brother Chris who suffered from mental illness.

A portion of these proceeds will help secure prepaid parking vouchers for NAMI programs at Cambridge Hospital. Other financial support will be for events benefiting consumers. Please show our appreciation and treat yourself to the delicious cakes and pastries at Vicki Lee’s!

Bertucci’s “Dine for a Cause” Event Big Success

More than 40 members and friends enjoyed friendship and food at our first Bertucci’s event, February 7. The restaurant gave back 15% spent by NAMI diners to NAMI Cambridge-Middlesex for our Advocacy programs—a total of more than $200. Thanks to Sharon DeVos for organizing this event. We will do it again.

30 Family Members Take Free Family to Family Class in Cambridge

NAMI’s Family-to-Family (F2F) Education Program has been helping families care for loved ones with mental illness for 20 years. This spring’s large Cambridge class, our fourth, was taught again by Carolyn White and Sharon DeVos. More volunteer F2F teachers are needed to meet the demand. A weekend training class will be offered again this June. Email Karen McGravey-Gajera at kgajera@namimass.org for information.
“Employment Works” was the message of an all-star panel of employment specialists at the March meeting of Cambridge-Middlesex. After decades of treating mentally ill clients as too fragile to work, the speakers reported on how service providers are now putting more emphasis on employment as an important element in recovery.

Deborah Becker’s studies at Dartmouth Medical School on long-term participation in supported employment programs concluded that when a person makes the choice of whether and when to seek employment and works with an integrated team of a psychiatrist, case worker, vocational rehabilitation specialist, and employment specialist, he or she can expect to find and keep a market-rate job. Part-time work is usually more manageable and a rapid job search (30 days) is more effective, she added. Deborah pioneered the Individual Placement and Support (IPS) approach to supported employment, currently accepted as best practice in the field.

The BU Center for Psychiatric Rehabilitation employment programs are designed to lift the mentally ill out of poverty, Joan Rapp explained. Keys to successful employment are knowing the where the jobs are, considering self-employment, getting correct information on protecting benefits while employed, and getting professional support while working.

Joan also pointed out that universities are beginning to create better environments so that students can recognize problems and seek help during the years that often mark the onset of illness. She cited Worcester Polytechnic Institute and Boston University as two such schools in the local area.

Eloise Newell’s Restoration Project in Concord takes a slightly different approach to employment. It pairs the learning of furniture restoration skills with the recovery or “restoration” of its students, who stay in the program an average of nine months. The clear goal of the program is market-rate employment. The keys to success, Eloise reports, are reclaiming your self-esteem; taking care of your environment—getting a car, decent housing, and advocating for your own health; getting a job; and developing relationships with people in the community.

Other speakers included Karen Moore, employment services director at Vinfen, which counsels approximately 400 clients, and Amy Gelb, from the Institute for Community Inclusion at UMassBoston.
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For Cars:
- From I-93 North or South and Boston:
  - Follow signs for Storrow Drive West. The Charles River will be on your right the entire way.
  - Follow signs to “Newton/Arlington.”
  - Go through the Western Avenue traffic light 1/2 mile ahead.
  - Go under the Massachusetts Avenue Bridge (not the High St. Bridge)!
  - Continue on all lanes, keeping to the left.
  - Continue past the finish line until you come to the 3/10 mile marker.

For T:
- From Harvard Square T, take the #86 bus (towards Brookline).
- From Central Square (Cambridge), take the #70 bus (outbound to Waltham).
- From Cleveland Circle (Brookline), take the #86 bus (towards Cambridge).

For Cars:
- From the Massachusetts Turnpike (I-90 East or West):
  - Take the “Allston/Cambridge” exit to Cambridge.
  - Go through the traffic light at the Doubletree Guest Suites.
  - Just after the next traffic light 20 yards ahead, and before crossing the River Street Bridge (which spans the Charles River) turn left onto the service road which parallels Storrow Drive (on the left) and the river (on the right).
  - Follow the signs for “Newton/Arlington.”
  - Go through the Western Avenue traffic light 1/2 mile ahead.
  - Go under the Massachusetts Avenue Bridge (not the High St. Bridge)!
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Auxiliary Parking (limited parking)

Shuttles will be available from Soldiers Field Place to the WALK start.

From Artesani Park to the WALK finish (Publick Theatre), directly across from WBZ and the Days Hotel.

For T:
- Take the #70 bus (outbound to Waltham).