Get Ready to Bid!

Winetasting & Silent Auction Scheduled for October 26 at the Landers

The NAMI Cambridge/Middlesex Winetasting and Silent Auction, a benefit for the Cambridge Health Alliance drop-in center, will take us to California this year. We will meet again at the beautiful home of Eric and Lori Lander Sunday, October 26, from 3-6 pm.

Auction items will include vacation weeks on Marco Island, Florida and the Cape, harbor cruises, sports, theater, and concert tickets, gift certificates at the very best Boston and Cambridge restaurants, and a whole new category of unique experiences.

Building on the success of its Recovery U program of weekly groups, funded partly by NAMI-CM since 2012, CHA’s Ambulatory Community Services outpatient psychiatry team (ACS) is embarking on a pilot program to better integrate medical care into its mental health care setting at its Somerville location. Miriam Tepper, MD, the medical director of ACS and the driving force behind Recovery U and the new Mental Health Home, was recently given the Rising Star Award by her CHA colleagues.

Save the dates

FALL 2014

Tuesday, September 30, 6:30 pm
Education program
WHERE HAVE ALL THE BEDS GONE? The State of Psychiatric Hospitals Today
Speakers:
• Dr. Jay Burke, director of psychiatry, Cambridge Health Alliance
• David Matteodo, executive director, Massachusetts Association of Behavioral Health Systems
• Marylou Sudders, associate professor, Boston College Graduate School of Social Work and former Commissioner of Mental Health for Massachusetts
Macht Auditorium, Cambridge Hospital 1493 Cambridge St., Cambridge

Sunday, October 26, 3-6 pm
3RD ANNUAL WINETASTING AND SILENT AUCTION
A Benefit for the Cambridge Health Alliance Drop-in Center
At the beautiful home of Eric and Lori Lander 74R Fayerweather St. Cambridge

Tuesday, December 2, 6:30 pm
Education Program
THE CRIME OF MENTAL ILLNESS Why are the Mentally Ill in Jail?
Boston Globe reporter Michael Rezendes, author of the groundbreaking series on Bridgewater State Hospital, James Pingeon of Prisoners Legal Services, and Criminal Justice Diversion Project Director at NAMI Mass June Binney will explore incarceration of the mentally ill and use of restraints and solitary confinement.
Macht Auditorium, Cambridge Hospital 1493 Cambridge St., Cambridge

Also check: 617-984-0527

**Cambridge Named Top Affiliate Walk Team 5th Year in a Row**

NAMI-Cambridge/Middlesex earned the top spot among affiliate teams for this year’s NAMI Walk, with its three teams and 55 walkers bringing in $39,271.

The NAMI-Cambridge/Middlesex Affiliate brought in $30,768, under the indomitable Captain John Sharp; the Cambridge Health Alliance, $7,683 under Dr. Miriam Tepper; and Katelyn’s Klan, $820, under Maureen Riley. Forty-five percent of funds raised by Cambridge are returned to the affiliate to cover its expenses throughout the year. An equal amount goes to NAMI Mass and 10 percent to National.

Thanks to Eric and Cathy Haines for once again hosting our annual post-Walk picnic at the beautiful Cambridge Cohousing Community.

Also check: 617-984-0527

**www.nami-cambridgemiddlesex.org**
Education and Support

Support Groups For Family and Friends
NAMI Cambridge-Middlesex offers bi-monthly support group meetings for family members and friends of people with mental illness. The 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)

Area Family Support Groups

Support/West—NAMI Central Middlesex
Acton/Littleton Contact Susan McDougall at mcdougalletal@aol.com or 978-263-8830; Marilyn at malg1230@verizon.net or cell 978-502-0128.
Bedford Call the NAMI of Central Middlesex affiliate helpline 781-982-3318.
Dorchester Contact Monica, 857-342-2796 or Mpmomare28@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
Information: Carol Menkiti: bosejo222@yahoo.com

For Consumers

Cambridge-Somerville Contact Janel Tan (tanj@vinfen.org) or 617-863-5388, or Karen Reedy at the NAMI Mass office, 781-938-4048.
DBSA-Boston Visit www.dbsaboston.org or call the DBSA office 617-855-2795 (email office@dbsaboston.org)
The Cole Resource Center, Belmont
617-855-3298, coleresourcescenter@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) ........ 781-938-4048
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.

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

Steering Committee

**PRESIDENT, PROGRAMS**
Jane Martin
jane@nami-cambridgemiddlesex.org

**TREASURER**
Tom Martin
tom@nami-cambridgemiddlesex.org

**VICE PRESIDENT, NEWSLETTER**
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**REFRESHMENTS, NAMIWALKS**
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**WEBSITE**
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Cambridge Makes Advocacy Top Priority in 2014

The Cambridge Affiliate made its voice heard in state budget negotiations this year, helping increase Adult Mental Health and Support Services in the DMH budget by $3.428 million. Here is the breakdown:

- Restores $1.638M for Community Based Flexible Supports (CBFS) services for 249 individuals
- Provides an additional $100K for Project Interface
- Provides an additional $250K to develop and implement a pilot AOT program
- Provides an additional $300K for Heywood Hospital Suicide Prevention program
- Provides an additional $150K for Immigrant and Refugee mental health services
- Provides an additional $1M for Designated Forensic Professionals to perform forensic evaluations.

“This outreach has allowed us to form much stronger relationships with city councillors and state legislators,” says NAMI President Jane Martin, “and increases our influence in improving the budget for mental health care and services. Because there is strength in numbers, we encourage all of our members to actively participate in advocacy.”

NAMI-CM Working Closely with Cambridge Hospital

Members of the NAMI-Cambridge/Middlesex Steering Committee have been closely following proposed changes at the Cambridge Health Alliance (CHA) and the financial condition of CHA. Several members met with CEO Patrick Wardell, Dr. Jay Burke, head of psychiatry, and city and state legislators to learn more about the controversial plans to merge the Psychiatric Emergency Service at Cambridge Hospital with the Medical ER. The merger did take place on June 4. The Psychiatric Emergency Service saw 2500 patients per year and the Medical ER another 2500 psychiatric patients per year before the merger.

Dr. Burke and Mr. Wardell have encouraged NAMI-CM to put a representative on the Patient/Family Advisory Counsel of CHA. Continuing discussions on the future of Cambridge Hospital, Jane Martin, Sharon deVos and Carolyn White had a productive meeting with CHA Board President Ellen Semenoff. NAMI Mass Director Laurie Martinelli and Board President Steve Rosenfeld were also present.

CHA, a safety net provider, is a community-oriented academic institution, the last public hospital left in this area. With its world-class psychiatry training program, more than 400 of its staff serve as faculty at Harvard Medical School. Its financial issues stem from a disproportionately low reimbursement rate for a patient mix that is 85%-95% Medicare or Medicaid patients. It was determined by the Attorney General in 2013 that CHA was receiving the lowest reimbursement rate of any hospital in the state.
Mental Health in the News

Cambridge-based Broad Institute Receives $650 million for psychiatric research
www.bostonglobe.com/news/science/2014/07/21/broad-institute-receives-million-mental-research-gift/2tTpibXdbHA7m19dwCsMRJ/story.html

New Research Ties 108 genetic locations to schizophrenia
http://www.nature.com/news/gene-hunt-gain-for-mental-health-1.15602

People Are Finally Talking: The Need for Better Mental Health Services
The whole country seems to be talking at last about the sorry state of mental health services in the United States. We will start here with the important series Michael Rezendes is doing for the Boston Globe on Bridgewater State Hospital and its inhumane treatment of “inmates” who are put in restraints and confined in seclusion. Psychiatric patient Joshua Messier, who was sent to Bridgewater State Hospital for a mental health assessment, was put in restraints and died as a result five years ago.

Massachusetts Falling Way Behind in Hospital Discharge Planning
Boston Globe, May 19, 2014
By Liz Kowalczyk
More than half of mentally ill patients hospitalized in Massachusetts were sent home without a complete plan for follow-up care, newly released data show. And for patients who had plans, hospitals often did not communicate the information to the right person.

And in Colorado...
Gov. John Hickenlooper signed legislation in June ensuring that seriously mentally ill inmates will no longer be kept in solitary confinement, an issue that has come under increasing scrutiny across the country amid arguments that the practice violates constitutional prohibitions against cruel and unusual punishment.

On Radio and TV...
Debate Over Forced Treatment Of The Severely Mentally Ill
June 2, 2014: The Diane Rehm Show, WBUR
http://thedianerehmshow.org/shows/2014-06-02/debate-over-forced-treatment-severely-mentally-ill
The vast majority of people with mental illness do not commit violent crimes. But the recent Santa Barbara shooting rampage has reignited debate over how to prevent this kind of tragedy from happening again. In the absence of any meaningful gun reform, lawmakers have proposed competing mental health measures. Each has strong supporters and critics. Diane and her guests discuss balancing the rights of the mentally ill and public safety.

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April 23, 2014: The Crime of Mental Illness
An Opinion piece, followed by 41 comments

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“I Am Adam Lanza’s Mother.” A very powerful “Ted Talk” on the challenges of parenting a child with mental illness.
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USA Today, May 12, 2014
By Liz Szabo

In its series, “The Cost of Not Caring,” USA Today explores the human and financial costs of not caring for the 10 million Americans with serious mental illness.


Overwhelmed ERs

The New Asylums
Patients Re-Institutionalized in Jails and Homeless Shelters

“We have replaced the hospital bed with the jail cell, the homeless shelter and the coffin,” says Rep. Tim Murphy, R-Pa., a child psychologist leading an effort to remodel the mental health system. “How is that compassionate?”

…and on PBS with Judy Woodruff
While the number of Americans diagnosed with a severe mental illness rose by 8 percent from 7.2 million up to 9.6 million, the number of psychiatric hospital beds available decreased by 32 percent. This has left hundreds of thousands of the mentally ill on the streets, in emergency rooms or behind bars. Mental illness accounts for 6 percent of total health care costs, but the cost of treatment, disability benefits and lost productivity add up to a loss of almost $450 billion for the U.S. economy.


The Cost of Not Caring: Nowhere to Go
The Financial and Human Toll for Neglecting the Mentally Ill

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.
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To donate auction items, contact Mary Pat Prado at marypat@nami-cambridgemiddlesex.org
or send your check to: April Ziegler, 7 Crestwood Dr., Framingham MA 02023.
NEW THIS YEAR: online registration. Go to help://tinyurl.com/namicaliforniadreaming
Non-alcoholic beverages available. Ample on-street parking.

• Visit with old friends and new
• Enjoy delicious treats from Rebecca Caras
• Bid on vacation homes in Florida and on Cape Cod, sports tickets, and concerts
• Stock up for the holidays (20% of purchases go to the Drop-in Center)
• Wine connoisseur Bob Kaplan will guide you through many of the best wines of California
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74R Fayerweather Street, Cambridge
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Sunday, October 26, 2014, 3-6 pm

A benefit for the new Mental Health Home at Cambridge Health Alliance

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OUR THIRD ANNUAL WINE TASTING AND SILENT AUCTION
AT CALIFORNIA DREAMIN’

GET READY TO BID...