ROAD TO RECOVERY SERIES — Macht Auditorium

ROAD TO RECOVERY II: PERSONAL STORIES
Tuesday, December 3, 2013

- **Mark Vonnegut**, pediatrician and author of the memoir *Just Like Someone Without Mental Illness Only More So*
- **Lisa Halpern**, director of recovery services, Vinfen
- **Lenny Mulcahy**, fitness/nutrition coordinator at the BU Center for Psychiatric Rehabilitation

_The panel will share their experiences about recovery from mental illness._

Macht Auditorium — Cambridge Hospital
1493 Cambridge St., Cambridge
6:30-7:00 pm Refreshments/social time
7:00-8:00 pm Presentations.
8:00-8:30 pm Time for questions

Get in the holiday spirit and bring a much-needed unwrapped gift to the December 3 Recovery program for Cambridge Health Alliance’s inpatient Unit or Recovery U Drop-In Center.

New magazines, books, or games will be greatly appreciated to help make hospital stays more bearable.

Watch this space for spring 2014 programs on March 4 and May 6.

Also check: 617-984-0527
Or

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 mcdougalltal@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 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**

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


**Steering Committee**

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Rae Simpson
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Elizabeth Halines
elizabeth@nami-cambridgemiddlesex.org

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**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
2nd Annual Winetasting/Silent Auction Is Big Success

Almost 150 people poured into Lori and Eric Lander’s beautiful house on a crisp October Sunday to sample eight fine Italian wines and Rebecca’s scrumptious offerings while they met with old and new friends and bid on trips to Italy, Florida, and Cape Cod, dinners, tours, and other experiences in the silent auction.

The event, a benefit for the Cambridge Health Alliance (CHA) Recovery U Drop-in Center, grossed more than $16,000 for NAMI Cambridge. Frenzied bidding on 42 items brought in $11,000 alone. Scientists, providers, consumers, and family members were all present, including a sizable CHA contingent. Thanks to all who supported the event and the many volunteers who made it happen. This every successful event will provide $12,000 for Recovery U.

Full House for LEAP Training

NAMI Cambridge/Middlesex sponsored its first LEAP Training on Saturday, November 16, 2013 to a sold-out crowd. Due to a sudden illness Dr. David Schaich, a clinical psychologist who works with LEAP founder Dr. Xavier Amador, took his place. Participants were mostly family members. Dr. Schaich explained how problems with insight in people with schizophrenia or bipolar illness often stem from brain dysfunction [anosognosia] rather than defensiveness or denial. Anosognosia was discovered about 100 years ago in connection with stroke victims.

The goal of treatment, he explained, is not for the patient to gain insight, but rather to achieve goals agreed upon by the consumer and the trusted provider, friend or relative. Workshop participants practiced using the LEAP tools (Listen, Empathize, Agree and Partner). Dr. Schaich emphasized that apologizing often establishes trust, particular after an involuntary hospitalization. He cautioned participants to be patient with their loved ones. Some changes can take months or even years. Family support is very important for treatment success.

From the Cambridge Health Alliance

I am writing to extend our deep appreciation for your support of Cambridge Health Alliance’s Recovery U center. The Ambulatory Community Services (ACS) team at Cambridge Health Alliance provides essential services to individuals with serious mental illness, regardless of their ability to pay. It is all too common in such a situation for providers to feel like isolated clinicians battered by the vicissitudes of public funding. Events such as the recent fund-raiser go a long way to connecting our services to a larger constituency of community members who care deeply about the quality and comprehensiveness of services available in the public mental health systems.

We were deeply touched by the community support for community mental health evident at the event. The enthusiasm we left with on October 27 has been passed on to members of our team, and has enabled ever more creative thinking about how we might continue to offer engaging, accessible services to the individuals with whom we work.

In addition, the individuals we serve often do not have support from their families of origin, so it is particularly meaningful to be able to view the NAMI community as extended family for them.

Miriam Tepper, M.D.
Medical Director, ACS

NAMI Cambridge Wins $1000 grant from NAMI Mass

NAMI Cambridge/Middlesex is one of 12 affiliates in Massachusetts to be awarded a $1,000 grant from NAMI Mass. These funds will be used to increase awareness and participation in educational programs such as Family-to-Family and support groups for people with mental illness and their families in Cambridge and eastern Middlesex County.
Education Meeting Oct. 8, 2013: Road to Recovery I: Jobs, Housing, Health, and Education.

Panel members at our October 8 Road to Recovery I meeting provided us with a rich set of stories of their work on rehabilitation as it takes place at their facilities. Reva Stein, executive director of the Massachusetts Clubhouse Coalition, led off with some history of the clubhouse model in the Boston area built on the New York Fountain House model. With funding from then-governor Dukakis, 18 clubhouses were started in the Boston area. Although funding has been a serious problem over time, clubhouses like Genesis and Potter Place have thrived here with dedication from their staffs.

Waverly Place is the community support program at McLean Hospital, explained by Erica Lindner, LicSW, who said they are not a clubhouse but there are similarities. Each member sets their individual goals and the program does not include clinical treatment or therapy. Their staff includes three peer counselors, an occupational therapist, vocational counselor, and service coordinator. There are about 100 members and about 30 attend on a given day. They are funded by an endowment allowing for a sliding fee schedule based on affordability. There is a social program and there are no specific requirements for members other than to actively work on their own established goals.

Also from Waverley Place, Yale Hicks told his story of recovery and how he moved from place to place, eventually being hired as an intern at Waverley Place, and finally as a member of the staff. His testimony was most effective as people can easily realize that a person with lived experience can establish strong communications with people in their own recovery process. Dale told us that finding he had the ability to help others was also a help to him, helping him realize his place as a contributing member of the group.

College years are often the time when mental illness emerges. Dori Hutchinson, Psy.D, described the various programs of the Boston University Center for Psychiatric Rehabilitation. They view their clients as students, not patients. Case management is an important part of the program, as it reduces withdrawal from the program. The program Active Minds has several features to combat suicide, such as the student support network.

NOTE: OUR SECOND EDUCATION MEETING ON RECOVERY (PART II) WILL BE HELD DECEMBER 3 AT THE MACHT AUDITORIUM. IT PROMISES TO BE EQUALLY INFORMATIVE.

Annual Meeting and Election of Board Members and Officers Slated for Dec. 3 Education Meeting

As part of the NAMI National Recertification process, NAMI Cambridge/Middlesex will elect a board of officers at the December 3 meeting at Macht Auditorium at Cambridge Hospital. The Steering Committee voted unanimously at a recent meeting to pursue an affiliation agreement with NAMI Mass. The Affiliate now has liability and property insurance, as well as directors and officers insurance, as required by NAMI Mass. We are in the process of updating our bylaws.

NAMI Cambridge Increases Support for Consumer Groups

As part of its continued outreach to the community, the NAMI Cambridge Steering Committee has voted to make the following donations to consumer and service groups:

- $2000 to NAMI GBCAM and Boston and Somerville Recovery Learning Center for community meals, outings, and activities
- $4000 for a fully-serviced treadmill for the Cambridge Health Association’s Cahill 4 Inpatient Psychiatric Unit
- $2000 for Riverside Community Care for community activities and meals at Tremont Street Group Home and Norwood Respite Center
- Other donations are being considered.

NAMI National News

Missed the national convention? You can order audio tapes of conference talks, workshops, and other proceedings at: http://vwtapes.com/nationalallianceonmentalillness2013.aspx
Comfort Food, by Larry M. Lake, appeared on Slate.com on Nov. 8 — Smith shares a familiar story of stigma and shame as he compares the outpouring of support (and lovingly-prepared food) his family received when his wife was diagnosed with breast cancer to the revelation later that their daughter was admitted to a psychiatric hospital and diagnosed with bipolar disorder, following years of secret alcohol and drug abuse. http://www.slate.com/articles/life/family/2013/11/families_dealing_with_mental_illness_need_support_too2.html

CNN Panel Explores Stigma of Mental Illness (Video)
A panel of experts including: Dr. Drew Pinsky, Host of HLN’s Dr. Drew on Call, Dr. Gail Saltz, Psychiatrist & Author, Dr. Jeffrey Lieberman, Psychiatrist and Director of New York State Psychiatry, and Doris Fuller, Executive Director of Treatment Advocacy Center explore the stigma of mental illness with CNN’s Brooke Baldwin. (video) http://newsroom.blogs.cnn.com/2013/11/07/the-mental-illness-examination/

The Boston Globe Takes a Closer Look at Universal Health Services Problems in Several States
It’s Arbour Health System in Massachusetts
Individual states censure centers, but don’t consider operator’s national record.
By Chelsea Conaboy
November 11, 2013

Gubernatorial Candidate Martha Coakley Pushes Mental Health Care
Boston Globe, Nov. 14, 2013
Attorney General Martha Coakley opened up about the 1996 suicide of her mentally ill brother in a powerful speech before the Massachusetts Association of Health Plans’ annual conference in Boston. “It is why I know first-hand—as many of you do—that behavioral health care is as vital to the treatment of many patients as physical health care,” she said.

Take a Look at the New Memoir, Speaking to My Madness by Roberta Payne. Dr. Deborah Levy of McLean Hospital highly recommends this story of perseverance, redemption, and overcoming all odds. It takes us through Stanford, Harvard, Italy, mental institutions, a hurricane, a drug house, Mensa, friendship with a renowned psychiatrist, reunion with a sister after 45 years, and a life well-lived.

NAMI Mass News

Legal Issues? Check out the NAMI National Legal Center on the NAMI Mass website (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 (PDF).”

NAMI Mass Moves to Boston NAMI Mass headquarters is now located in The Schrafft’s Center in Boston. Not only do they have much more room, but the office is accessible via public transportation, the Orange Line to the Sullivan Square t-stop. There is a shuttle that runs from the t-stop to the building. There is also plenty of free parking.
• NAMI Mass,
  The Schrafft’s Center, 529 Main Street,
  Suite 1M17, Boston, MA 02129-1125
  • P: 617-580-8541
  • F: 617-580-8673

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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(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.
Inside this issue:

Save these dates....................p. 1
Road to Recovery II..............p. 1
Important Numbers.............p. 2
NAMI Cambridge-Middlesex News ......................pp. 3-4
NAMI National News ....p. 4
NAMI Mass News..........p. 5
Mental Health in the News .................p. 5
Road to Recovery II..............p. 6

Road to Recovery II Series
Macht Auditorium — October 8 & December 3, 2013

Macht Auditorium  — October 8 AND December 3, 2013
Macht Auditorium
Cambridge Hospital
1493 Cambridge Street
Cambridge
6:30-7:00 pm
....
Refreshments/
social time
7:00-8:00 pm
....
Presentations
8:00-8:30 pm
....Time for questions

Mental Health in the News

The Road to Recovery II: Personal Stories

December 3

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Rehabilitation share their experiences about recovery from mental illness.

Mark Vonnegut, pediatrician and author of the memoir Just Like Someone Who Never Was

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