Third Winetasting/Auction Breaks All Records

Thanks to the 75 auction donors, 150 attendees and bidders, our ever-generous hosts, Lori and Eric Lander, our wine masters, and all of you who helped make our Third Annual Wine Tasting & Silent Auction the feel-good, fun event and smashing success it was.

More and more enticing auction items, more people in attendance, and more funds raised for the Recovery U Drop-in Center and other innovative new mental health programs at the Cambridge Health Alliance made this a very successful event.

Our host Eric Lander, founder and CEO of the Broad Institute in Cambridge, announced that the Broad received a commitment of $650 million from philanthropist Ted Stanley in July of this year to support the work on schizophrenia, bipolar disorder, autism, and ADHD being done at the Stanley Center for Psychiatric Research.

Dr. Miriam Tepper of the Cambridge Health Alliance announced that, with the help of NAMI-Cambridge/Middlesex, her team has “big plans,” including bringing medical services directly into their clinic and establishing a dedicated program for young adults with psychosis. “The funding from NAMI has enabled a transfer of hope from all of you in the NAMI community to us as clinicians, working in an under-funded public hospital setting, to the people with whom we work,” she told the large crowd.

Governor-Elect Baker Names NAMI Leader to Key Position

Marylou Sudders, MSW, Health and Human Services Chief

Governor-elect Charlie Baker has named veteran mental health administrator, child protection advocate, and long-time NAMI leader to take charge of the state’s $19.4 billion health and human services secretariat.

Marylou Sudders, MSW, a member of the NAMI-Cambridge/Middlesex Affiliate and long-time NAMI Mass board member, was the commissioner of the state Department of Mental Health from 1996 to 2003 before taking over as president of the Massachusetts Society for the Prevention of Cruelty to Children and most recently has led Boston College’s health and mental health graduate program at Boston College.

“There is no stronger advocate for mental health parity than Marylou Sudders,” declared NAMI Mass Director Laurie Martinelli.
Support Groups for Family Members

NAMI Cambridge-Middlesex offers bi-monthly support group meetings 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.

- 1st Monday of each month, 7:30-9:30 pm
  (Facilitated by Lisa and Larry)
- 3rd Monday of each month, 7:30-9:30 pm
  (Facilitated by Karen and Doris)
- 4th Monday of each month, 7:30-9:30 pm
  (Facilitated by Rae and Jane)

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

Area Family Support Groups

SUPPORTWEST—NAMI CENTRAL MIDDLESEX

**ACTON** Contact Susan McDougall at mcdougallatal@aol.com or 978-263-8830; Clare Cooper at ccooper@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 Information: bosejo222@yahoo.com.

For Consumers

**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 Janet Tan (tanj@vinfen.org) or 617-863-5388, or Judith 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, coleSRCcenter@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 medical 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.”
New Offerings from NAMI

3RD SUPPORT GROUP

NAMI-CM has added a third monthly support group, one on the 4th week of every month. The new group will be led by Rae Simpson and Jane Hester, starting Monday, January 26, 2015, 7:30-9:30 pm. The other groups are at the same time on the first and third Mondays of the month and are held in the 3rd floor Conference Center of the Cambridge Health Alliance, 1493 Cambridge St., Cambridge.

To attend, contact Elizabeth at Elizabeth@nami-cambridgemiddlesex.org or 781-646-0397.

FAMILY-TO-FAMILY CLASS

The free, 12-week education course, Family to Family, for family caregivers of individuals with a severe mental illness, will run on Thursdays, Feb. 5 to April 23, 2015, at Cambridge Hospital.

NAMI’s Family-to-Family Education Program has been helping families care for loved ones with mental illness for more than 20 years. This spring’s Cambridge class will be taught again by Areti Yergatian and Joyce Calogero. Pre-registration is required and class size is limited. Classes fill quickly, so sign up as soon as possible.

For more information about the course and to pre-register, please contact: Areti at 774-571-0160 or areti@nami-cambridgemiddlesex.org or Joyce at 617-957-2019 or joyce@nami-cambridgemiddlesex.org

NAMI-CM Supports Film Festival

NAMI-Cambridge/Middlesex will participate in the 4th Annual ReelAbilities Disabilities Film Festival in Boston as a Community Partner for the film “Here One Day,” a documentary about a woman with Bipolar Disorder and her daughter’s discovery of her notebooks and journals about her struggles with the illness after she commits suicide. Her daughter, Kathy Leichter, is the director of the film “Here One Day,” a documentary about a woman with Bipolar Disorder and her daughter’s discovery of her notebooks and journals about her.

Go to http://reelboston.org/films/ for the full Boston schedule and to watch trailers of the movies. Call 617-957-2019 or visit our website at www.nami-cambridgemiddlesex.org for ticket information, starting in January.

Corporate Matching Can Help NAMI

NAMI-Cambridge/Middlesex recently received a generous donation from member Eric Haines’ employer Autodesk. The company had matched Eric and his wife Cathy’s donation so that NAMI-CM received a total of $840.

Eric and Cathy gave through 4Charity, but some of you may work for companies that participate in the Matching Gifts or other programs. Another member reports that his employer, Hewlett Packard, matches employees’ gifts though another program.

And for all the shoppers among us, there is AmazonSmile, a simple and automatic way for you to support NAMI-Cambridge/Middlesex or NAMI Massachusetts. Amazon will donate a portion (0.5%) of the sale price to the charity of your choice and will remember your choice for all eligible purchases you make through AmazonSmile!

To shop at AmazonSmile simply click on the “get started” button or enter http://smile.amazon.com in your internet browser. On your first visit to AmazonSmile, you will be prompted to select a charitable organization (AMI Cambridge-Middlesex).

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BU Offers Program for College Students on Mental Health Leave

The Niteo Program is a mental health and resilience program for college students on leave from school for mental health challenges. Applications are being accepted now for the spring semester, beginning January 19, 2015. Students on leave from any college attend classes at Boston University’s Center for Psychiatric Rehabilitation for one semester. Working closely with college coaches, students develop the academic and wellness skills needed to thrive and successfully complete a postsecondary education.

See cpr.bu.edu or contact Courtney Joly-Lowdermilk at cjoly@bu.edu or 617-358-7334.

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www.nami-cambridgemiddlesex.org
The First 100 Days: A Message to the Governor-elect

Based on results of a new survey of Massachusetts voters, NAMI Mass has presented a five-point plan to the Charlie Baker administration for making improvements in mental health services a priority for the new governor’s agenda over his first 100 days in office.

The survey revealed that two-thirds of Massachusetts voters think government is not doing a good job and 92% call mental illness a ‘serious issue.’ The plan calls on the Governor-elect to create a Mental Health and Addiction Transition Committee of proven, effective, credible advocates and experts to propose a multi-year policy action plan.

NAMI Mass Outlines Advocacy Goals at State Convention

- Increased Funding to the Department of Mental Health, including expanded community-based services for individuals with serious psychiatric conditions.
- Jail Diversion for people with mental illness.
- Increased MassHealth Reimbursement Rate for Private Inpatient Psychiatric Care, an increase that would help stop the loss of private inpatient psychiatric beds throughout the state.
  
  This need is driven by extremely high demand for Inpatient Acute services; more difficult, highly acute patients; an average hospitals payer mix of 39% Medicare, 29% MassHealth, and 27% private; the almost complete inability of hospitals to offset underpayments for psychiatric units and hospitals.

- Increasing the Number of Specialty Courts (drug, mental health, homelessness, and veterans courts)
- Legislation ensuring parity for mental health and substance abuse treatment
  
  Ensures accountability in the system by allowing legal action to be initiated by individuals who have experienced violations of the state mental health parity law.
- Increased Funding for Police Training through an automobile insurance surcharge.
- Legislation Requiring Health Care Coverage by commercial insurance companies for Emergency Psychiatric Services
- Legislation requiring that all Long Term Disability (LTD) policies sold in Massachusetts cover mental illness the same way that physical illnesses are covered.

Make Your Voice Heard: Advocacy 101

Advocacy specialist Miriam Stein MSW, urged NAMI members at the NAMI Mass Convention to recognize the power they have to influence lawmakers. Her key points:

- One email/call/letter to their lawmaker can draw his/her attention to an issue.
- Many lawmakers don’t know enough about mental illness and the importance of services.
- Residents of a lawmaker’s district (constituents) are one of their most important influences.
- Positive comments help.
- Negative comments don’t.
- Develop an “elevator pitch” and practice it.

For Miriam’s workshop and/or book, “Make Your Voice Matter: No Experience Necessary,” call 781-648-0255 or go to stein@comcast.net or www.makeyourvoicematter.com.

NAMI Criminal Justice Diversion Project Trains 30 Police Officers

Thirty police officers from Cambridge, Somerville, Belmont, Everett, and Malden have completed an intensive, 40-hour NAMI Crisis Intervention Training on mental health. According to the trainers, the officers practiced new skills during scenario exercises and were encouraged to use their skills and knowledge to make a positive difference in the lives of people with mental illness in their communities.
Why Have our Jails Become our Default Mental Hospitals?

A panel of experts shed light on this question at our December 2 Education Meeting, moderated by Steve Rosenfeld, president of NAMI-MASS. Michael Rezendes, Pulitzer Prize-winning Boston Globe reporter and author of the groundbreaking series on Bridgewater State Hospital; James Pingeon, an attorney for Prisoners’ Legal Services; and June Binney, Criminal Justice Diversion Project Director at NAMI Mass, were our speakers.

According to June Binney, Massachusetts jails and prisons started to become the places of last resort for the mentally ill when mental hospitals were dismantled in the 1970s, with the largely unmet promise of community support. Up to 3500 prisoners in Massachusetts struggle with serious mental illness and another 3000 or so have less serious mental health issues.

Describing prison as “anything but a therapeutic environment,” June pointed out that mentally ill prisoners have a very hard time in prison, leading to longer sentences, time tacked on to their sentences when they become disruptive, and even moves from minimum to medium or maximum security prisons.

The $40,000 to $50,000 a year it costs to imprison someone would buy a lot of community support, June pointed out. “This is awful social policy,” she declared. “There are so many other options from that first 911 call to prison. NAMI is focusing through its Criminal Justice Diversion Project on the front door, training the police. It is time for us to quit asking our corrections facilities to serve as psychiatric hospitals.”

Jim Pingeon has represented incarcerated people with mental illness, from larger class actions to individual cases, for 30 years. He described two cases he had, one with a 61-year old man with bipolar disease who was doused with caustic cleaning solution by prison guards, and a class action case involving the practice of solitary confinement.

He quoted a judge who compared solitary confinement to “depriving an asthmatic of oxygen.” Half of prison suicides are committed in solitary. The settlement agreement for the solitary confinement case stipulated that mentally ill prisoners not be placed in solitary, but it was later discovered that people’s diagnoses were being changed to allow them to be placed in solitary. “We can win law suits,” he pointed out, “but that doesn’t necessarily solve the problem.”

Pingeon said that Bridgewater has been using seclusion and restraint more than 100 times more often than is done in other states. The size of the clinical staff at Bridgewater is less than ¼ what would be necessary in a clinical setting, for the number of patients they have.

When DMH has patients they can’t handle, they go to Bridgewater where they get more control, but not the treatment they need for their illness.

Although the phenomenon of jails and prisons becoming large mental institutions is a nationwide problem, Massachusetts is one of only two states that have a hospital run by a department of corrections. Part of the problem is that Bridgewater is a prison rather than a hospital, where recovery would be the main goal. After publication of Michael Rezendes’ reports, the use of restraints was reduced by 90% and solitary confinement by 50%.

The panel revealed that there is a proposal to build a new evaluation and treatment facility to be administered by DMH rather than the Department of Corrections. A study is now under way. Details are at http://www.mass.gov/eohhs/docs/press-release/strengthening-bridgewater-state-hospital.pdf

“ It is time for us to quit asking our corrections facilities to serve as psychiatric hospitals.”

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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Ask The Doctor
Everything You’ve Ever Wanted to Ask A Psychiatrist

Spend a Saturday morning with the famed Dr. Mark Komrad who will answer all your questions, particularly on the subject of how to get your loved one into treatment. Just elected to the prestigious American College of Psychiatrists and honored as an “Exemplary Psychiatrist” by NAMI, Dr. Komrad is a frequent guest on NPR, answering callers’ questions about how to get a loved one into treatment.

Visit www.komradmd.com or www.amazon.com to order Dr. Komrad’s book in advance of the program.

Saturday, Jan. 17, 2015, 10 am-12 pm
Cambridge Public Library
449 Broadway, Cambridge, MA 02138
METERED PARKING ON SITE