



National Alliance on Mental Illness of Massachusetts, Inc.

NEWSLETTER

Cambridge - Middlesex Affiliate

EDUCATION • SUPPORT • ADVOCACY

Affiliated with the National Alliance on Mental Illness

January 2012

Tuesday, March 6, 2012 - 6:30 pm - Macht Auditorium - Cambridge Hospital



Employment Works - The Role of Employment in Recovery

A full panel of experts will share the latest practices in successful employment of people with serious mental illness.

Karen Moore, CPRP - Employment Services Director, Vinfen

Deborah Becker, M.Ed., CRC - Associate Professor, Dartmouth Medical School, Dartmouth Psychiatric Research Center

Eloise Newell - Director, Restoration Project, Vocational Rehabilitation Project, Concord, MA

Amy Gelb, MS, CRC, CAGS, CPRP - Training Associate, Institute for Community Inclusion, UMassBoston

BU/CPR Joan C. Rapp, M.Ed., CAGS - Training Associate, Boston University Center for Psychiatric Rehabilitation

NAMI Walks May 12

This is a day of celebration and fundraising—a fairly easy three-mile walk at Artesani Park along the Charles River in Boston. 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 NAMI-Mass through 55 walkers. Our affiliate and NAMI Mass 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.



What Can I Do?

“With each person you can get to donate, even a small amount of money, you raise awareness and get more people to develop a feeling of alliance with the NAMI cause,” Walk Team Captain John Sharp points out. “For

that reason it is helpful to contact as many people as possible to support you as you walk.”

You can donate money (you don't have to walk), sponsor a walker, join a walk team, or form your own Walk team. Our goal this year is to form several new teams under the Cambridge-Middlesex umbrella. You could help spread the word

about the importance of NAMI while increasing our revenues by putting a small team of your own together and specifying that the proceeds should go to Cambridge-Middlesex.

Email John Sharp
john.d.sharp@verizon.net
for more information.

We'll see you there.

Save the dates 2012

Tuesday, February 7, 2012

*NAMI Cambridge-Middlesex
Fundraiser - Dine for a Cause
5:30 PM to 9:00 PM
Bertucci's Restaurant
Alewife MBTA Station*

Tuesday, March 6, 2012

*The Role of Employment
in Recovery
6:30 pm
Macht Auditorium,
Cambridge Hospital*

March 9 - April 5, 2012

*Next to Normal (see page 3)
SpeakEasy Stage Company
Boston
617-933-8500 to tickets
Use NAMI12 code.*

Monday, April 2, 2012

*Advocacy Day
State House, Boston*

Saturday, May 12, 2012

NAMIWalks

For more information,
check our phone:
617-984-0527 or website at:

NAMI Cambridge/Middlesex
National Alliance on Mental Illness

Dine for a Cause

You are invited to
An Evening of Celebration, Fund Raising* and Dinner
 to benefit NAMI Cambridge-Middlesex

Bring your family, friends, neighbors
 Gather with old friends and make new ones

Tuesday February 7, 2012
5:30 PM to 9:00 PM

Bertucci's Brick Oven Restaurant
Alewife MBTA Station
 Free Parking @ Bertucci's lot

For Questions:
 Sharon@NAMI-CambridgeMiddlesex.org

*Bertucci's will contribute 15% all direct proceeds to support the Advocacy Programs of NAMI Cambridge/Middlesex
 The Cambridge-Middlesex Affiliate offers support groups and education programs for family members and friends of the mentally ill.

Education and Support Support Groups For Family Members

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-cambridgемiddlesex.org or 781-646-0397. The support groups are drop-in, FREE and conveniently located in Cambridge. 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

Steering Committee

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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**

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

you would like more information or to attend. Janel can be reached at tanj@vinfen.org or 617-863-5388. 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



Advocacy starts with you-Save the Date

Monday, April 2, 2012, 10 am, Hall of Flags, State House

Add your voice to the fight for DMH FY13 Budgetary Priorities and NAMI legislative initiatives.

We always have a good turnout for this event and numbers matter, but nothing moves a legislator like our personal stories of struggle to get proper care for our loved ones in an increasingly gutted service system. Come and stay for as little or as long a time as you can. Please put it on your calendar.

NAMI Mass will be advocating for the following budgetary and legislative priorities. More information to follow in advance of Advocacy Day.

Restore Department of Mental Health Budget to FY 2009 Levels

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.

Working toward jail diversion for the mentally ill
House bill 1424, "An Act Establishing a Crisis Intervention Training Working Group," would establish a working group to study Crisis Intervention Training (CIT), jail diversion, and mental health courts to recommend necessary legislation to most effectively train state and local public safety personnel. The bill was reported favorably by the Joint Committee on Mental Health and Substance Abuse

and was referred to the Joint Committee on Health Care Financing (Rm. 236, State House).

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 concerns include hospital discharge planning. Stay tuned for further information.

➔ Research and Resources

"Finding purpose after living with delusion" (Nov. 25) is the latest in a *New York Times* series of profiles about people living successfully with severe mental illness. <http://treatmentadvocacycenter.org/about-us/our-blog/115-oh/1970-lives-restored-finding-meaning-in-delusion>

Others in the series Lives Restored *Managing Severe Mental Illness*

- **Lives Restored: A High-Profile Executive Job as Defense Against Mental Ills** (October 23, 2011)
- **Lives Restored: Learning to Cope With a Mind's Taunting Voices** (August 7, 2011)
- **Expert on Mental Illness Reveals Her Own Fight** (June 23, 2011)

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 _____

(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.

NAMI-Cambridge/Middlesex Offers 4th Free Family to Family Class - Starting Thursday, February 9, 2012



Sharon and Carolyn will teach the February 9 - April 26 class

NAMI's Family-to-Family Education Program has been helping families care for loved ones with mental illness for 20 years. This year's Cambridge class will be taught again by Carolyn White and Sharon DeVos on Thursday nights from 6:30-9 p.m., February 9 - April 26,

2012. Classes fill quickly and class size is limited, so sign up as soon as possible. Preregistration is required.

The NAMI Family-to-Family (F2F) Education Program is a FREE 12-week course for family caregivers of individuals with a severe brain disorder, i.e. mental illness. The course is co-taught by trained family member volunteers. It meets in weekly sessions of 2 ½ hours for 12 consecutive weeks. The Family-to-Family curriculum includes:

- Information about major depression, schizophrenia, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, & borderline personality disorder

- Basic information about medications and side effects
- Coping skills; handling crisis and relapse
- Listening and communication techniques
- Problem solving and limit setting
- Rehabilitation; community services
- Advocacy; fighting discrimination and stigma

For more information about this FREE Family-to-Family education program and to pre-register, please contact **Sharon** at Sharon@nami-cambridgemiddlesex.org; or **Carolyn** at Carolyn@nami-cambridgemiddlesex.org.

Research Study Concludes Family-to-Family "Significantly" Improves Life for Family Members

A landmark National Institute of Mental Health-supported research study has concluded that NAMI's Family-to-Family Education program "significantly" improves coping and problem-solving abilities of family members of individuals living with mental illness.

Family-to-Family is a free 12-week self-help course offered by the National Alliance on Mental Illness (NAMI) in which trained instructors who have family members living with mental illness teach coping and

supportive skills to other persons with family members diagnosed with major depression, bipolar disorder, schizophrenia or other conditions. During the 20 years NAMI has offered the course, an estimated 250,000 family members have taken it.

Led by Lisa B. Dixon, M.D., M.P.H., of the University of Maryland School of Medicine, the study found that the NAMI classes increase knowledge about mental illness and "empowerment within the family, the service system and the community."

NAMI's Family-to-Family program offers "concrete practical benefits" and demonstrates the value of free, community-based self-help programs as a "complement" to professional mental health services, the study noted. The classes combine an instructional curriculum with a support group environment.

More than 3,500 trained volunteers teach classes in the United States and Puerto Rico. In some communities, classes are offered to families of veterans through local Veterans Affairs (VA) facilities.

Special Needs Attorneys in Massachusetts

The following attorneys are members of the Special Needs Alliance www.specialneedsalliance.org

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Additional attorneys who have spoken at Cambridge Middlesex or other NAMI-sponsored programs.

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All of the individuals on this page are members of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. If you have worked with a special needs attorney that you can recommend to others, we would welcome your addition to this list.

Financial Planning for Your Loved One - Dec 6, 2011

By John Sharp

Almost 100 people packed the auditorium at Cambridge Hospital for a powerhouse panel on Financial Planning for a Family with Special Needs. **Neal Winston**, a very experienced special needs attorney from Moschella & Winston, LLP spoke about Special Needs Trusts (SNT), pointing out that attention must be paid to several matters before deciding how to proceed.

- Do you have a Will naming a disabled person? You may need a new Will to restrict access to funds going to heirs if they receive public benefits because some programs are sensitive to available funds or income.
- Do you have a Durable Power of Attorney for your disabled family member? It could save a court-ordered Conservatorship for a competent and compliant individual.
- Do you have a Health Care Proxy? It can save a court-ordered guardianship for a competent and compliant individual.
- Do your documents contain a HIPPA clause to allow your trustee access to medical records?
- Do you have a medical directive?

These are just some of the questions that must be addressed before one can know how a Special Needs Trust should be set up. Mr. Winston spoke about several other aspects of SNT:

- How to set up the trust to avoid any residual funds going to Medicaid.
- Selection of the trustee. Avoid placing undue burdens on the trustee. Often a partnership between a family member and a professional trustee is a good arrangement.

Pat Freedman of THE PLAN OF MASSACHUSETTS AND RHODE ISLAND ("PLAN" is an acronym for Planned Lifetime Assistance Network of MA and RI) talked about Pooled Trusts. PLAN has both a "payback" and "non-payback" pooled trust. The non-payback pooled trust is established by a family member or other third party for the benefit of the person with a disability. The payback trust is established by the person with the disability using his or her own funds. There is no required minimum for either pooled trust. PLAN is a professional trustee whose staff includes social workers who work with the beneficiaries and their families. PLAN has been administering pooled trusts since 1993 and currently manages over \$24 million in assets for more than 400 people with disabilities. At least half of these 400 people have mental illness.

Bob Smith, a benefits specialist from Department of Mental Health (DMH), told us that Social Security payments are going to rise by about 3 percent. He also said that the new Affordable Health Care law will in 2013 institute a change for "dual-eligible" persons (Medicare and Medicaid) who will be reassigned to a new dual agency that will work like an HMO (health maintenance organization). Then in 2014 services will be reduced to standardize the level of care. Mr. Smith is an excellent source of information and guidance for dealing with the Massachusetts Department of Mental Health.

Audience Questions

Some interesting points came up during the Q&A period.

Q What is the difference between a guardianship and conservatorship?

A A guardianship covers a person's health, living arrangement, wellbeing, while a conservatorship covers only financial matters.

Q Can a trustee live out of state?

A Yes. However, the best situation is for the trustee and the beneficiary to live in the same state. For PLAN it is best if the beneficiary lives in Massachusetts or Rhode Island because PLAN is familiar with resources and benefits restrictions in those states. If the beneficiary does not live in either state, there are PLAN organizations in 26 other states that can provide professional trustee services.

Q Are benefits affected if a disabled person receives money?

A For SSDI, only substantial wages received affect benefits; for SSI, all cash income and some in-kind income affects benefit eligibility.

Q When should a guardianship or a power of attorney be applied for?

A If the person is already incompetent, a power of attorney cannot be created, only a guardianship. Otherwise, a power of attorney with a compliant grantor is preferable.

Q What are the rules for making funds available by The Plan?

A The Plan sets up a spending plan for the disabled person, in consultation with the trustee.

Q Is there a good reason to set up an irrevocable trust for a mentally ill family member?

A It is good for money management, if the person can't manage money. It is also good to make sure money is managed in such a way that public benefits can be retained.

Q What happens if someone has a special needs trust and gets better so they don't need it?

A The trust with The Plan can be liquidated, but if it were a "first party" trust, Medicaid may get part or all of the remaining funds.

Q Can a SNT beneficiary own a house?

A Yes, also a house can be put into a trust.

Q What is the savings account limit for retaining public benefits?

A It varies by program. For SSDI, there is no limit; for SSI, there is a \$2,000 resource limit; for MassHealth (Medicaid), and account income can affect eligibility.

Q In choosing a trustee, should the trustee be older or younger than the disabled person?

A For an agency, there are multiple trustees and they will assign someone to take over when someone retires. For a family member trustee there should be a backup trustee listed.

Q What limitations exist for a person receiving SSI?

A A person receiving SSI should never get cash, but may only have certain needed items paid for from the trust. SSI will be reduced by up to one-third if shelter or food are paid for by the trust.

For additional information, contact:

Neal Winston, Moschella & Winston LLP, Somerville MA, 617-776-3300, www.moschellawinston.com ;

Pat Freedman, The Plan of Massachusetts and Rhode Island, 617-244-5552, www.planofma-ri.org; and

Bob Smith, benefits specialist of the Massachusetts Department of Mental Health (DMH).

The Special Needs Alliance has a comprehensive trust manual on its website at specialneedsalliance.org.

NAMI-CAMBRIDGE/MIDDLESEX
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A full panel of experts will share the latest practices in successful employment of people with serious mental illness.

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Training Associate
Institute for Community Inclusion
UMassBoston

Deborah Becker, M.Ed., CRC
Associate Professor, Dartmouth Medical School
Dartmouth Psychiatric Research Center

Joan C. Rapp, M.Ed., CAGS
Training Associate
Boston University Center for Psychiatric Rehabilitation

Eloise Newell
Director, Restoration Project
Vocational Rehabilitation Project,
Concord, MA

Karen Moore, CPRP
Employment Services Director
Vinten



6:30 - 8:30 pm

6:30 Refreshments/social time
7:00 - 8:00 pm Presentations
8:00 - 8:30 pm Time for your questions

Macht Auditorium
Cambridge Hospital
1493 Cambridge Street, Cambridge
Free and open to the public
(Free hospital parking with vouchers
obtained at the meeting)

Tuesday, March 6, 2012 - 6:30 pm - Macht Auditorium
Employment Works - THE ROLE OF EMPLOYMENT IN RECOVERY