Coming March 5, 2013

Cognitive Enhancement Therapy

A Presentation by Matcheri Keshavan, M.D.
on Evidence-based CET

Explore the promise of Cognitive Enhancement Therapy (CET) with Dr. Matcheri S. Keshavan, the Stanley Cobb Professor and Vice-Chair for Public Psychiatry at the Beth Israel Deaconess Medical Center and Massachusetts Mental Health Center, Harvard Medical School, and his colleague Kristen Woodberry, MSW, Ph.D. Dr. Keshavan will address “Cognitive Enhancement and Brain Plasticity.” CET improves cognitive skills and social cognition for persons in recovery from mental illness. He will explain why CET is so important in treating cognitive deficits in persons with schizophrenia, bipolar disorder and depression and how CET can support vocational success.

Macht Auditorium – Cambridge Hospital – 6:30-8:30 pm

NAMI Walk Scheduled for May 11

By John Sharp

Hear ye, hear ye! The 10th Boston NAMI Walk will take place on a SUNNY DAY May 11, 2013 at Artesani Park along the Charles River. On this glorious day, we celebrate all aspects of recovery and stigma takes a beating. This is the primary fundraiser for NAMIMass. Join us in May and support our effort by donating. Cambridge-Middlesex has set an ambitious goal this year of $30,000, to be raised by our Cambridge Team and our new Family-to-Family and Cambridge Health Alliance Teams.

Join to walk with us or donate to our NAMI Walk Team at http://namiwalks.nami.org/cambridge. Contact me, our team captain John Sharp, at john@nami-cambridgemiddlesex.org with any questions. More details to come.
**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: laura.garcia604@gmail.com

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**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-McLean Hospital** Visit www.dbsaboston.org or call the DBSA office 617-855-2795 (email office@dbsaboston.org).

**The Cole Resource Center, Belmont**


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**Steering Committee**

**President, Programs**

jane@nami-cambridgemiddlesex.org

**Vice President, Programs**

June Mendelson

june@nami-cambridgemiddlesex.org

**Treasurer**

Tom Martin

tom@nami-cambridgemiddlesex.org

**Newsletter**

Mary Pat Prado

marypat@nami-cambridgemiddlesex.org

**NAMIWalks, Website, Programs**

**Secretary-Clerk**

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Cathy Treco

cathy@nami-cambridgemiddlesex.org

Alan Shepp

alan@nami-cambridgemiddlesex.org

Elizabeth Haines

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

**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

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**Free Family to Family Class to Start Feb. 7**

Cambridge Middlesex is offering the free 12-week Family to Family class again in Cambridge from 6:30-9 pm starting Thursday, Feb. 7. The course is designed to educate family members, care givers and friends about all aspects of major mental illnesses.

PREREGRISTRATION IS REQUIRED and classes fill quickly. See www.namimass.org for details and registration or contact: areti@nami-cambridgemiddlesex.org joyce@nami-cambridgemiddlesex.org
Dual Diagnosis Panel of Experts Reveals Best Practices

Several of the foremost experts in the treatment of co-occurring drug or alcohol addiction and mental illness shed light on why integrated treatment of these conditions is so critical at our December 4 meeting. Led by Mark Albanese, MD, director of Addictions Treatment Services at Cambridge Health Alliance and medical director at Right Turn in Arlington, Massachusetts, the panel included Woody Geissmann, CEO and founder of Right Turn, Britney Cross of Westbridge, and Martha Kane, Ph.D., clinical director of the Addiction Recovery Management Service (ARMS), an outpatient treatment and recovery support service for families and youth ages 15-25 at Massachusetts General Hospital (MGH).

Woody Geissmann, who founded his organization after conquering his own issues with substance abuse, describes Right Turn as “an innovative program that offers intensive outpatient treatment and supportive housing in a uniquely creative environment, integrating art and music into treatment. “It is very important for a patient to be greeted in a warm and welcoming way that inspires a sense of belonging and connection,” he pointed out. “This boosts enormously the chance of the patient staying with the program.” The program puts emphasis on engagement with the patient, rather than focusing on demanding abstinence.

Started by parents desperate to find help for their son, Westbridge is a private non-profit organization offering family-centered treatment for co-occurring mental illness and substance use disorders. Intensive outpatient services are available in Manchester, NH, Boston, MA, and Brooks-ville, FL. They use CBT, cognitive behavioral therapy, and work on daily living skills. They work for an authentic relationship with a team approach.

Dr. Martha Kane who works with young people ages 13 to 26 at MGH explained that standard treatment for adults does not work well for young people, since they are developing and not yet complete adults. She also pointed out that substance abuse interferes with brain development in young people. The program tries to meet its young patients on their terms, using social media and responding to the need for spontaneous sessions at any place and time, and using social networking and media. Autonomy and individuation are very important to the success of treatment, she pointed out. Stressing flexibility, there is no penalty for dropping out of the program and returning later.

Dr. Mark Albanese, who has spent his entire career in addiction treatment, says he was “bothered” by the wall he encountered during his residency between treatment for addiction and treatment of mental illness for patients with dual diagnosis. Co-occurrence is so high, he pointed out, that it is actually less common to have mental illness without drug or alcohol addiction than with it. He added that experience has clearly shown that it is not necessary to wait months for progress on mental illness to begin treatment for addiction.

As for the question of requiring sobriety before starting medication for a mental illness, the MGH program usually waits only five days before beginning a drug such as SSRI. Then you have a chance to see the effect more clearly. But young people need to see results quickly, Dr. Kane pointed out. They don’t have patience to look forward to many weeks or months of treatment before seeing improvement.

Resources

• www.challiance.org
• www.addictionanswers.com
• www.right-turn.org
• www.westbridge.org
• www.ma-al-anon-alateen.org


In this book Mark Albanese, MD and Edward J. Khantzian, MD, take an honest look at the underlying emotional or mental issues which illuminate not only the cause of addiction, but also the cure.

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 News

NAMI CM Helps Fund Cambridge Health Alliance Center

Cambridge Health Alliance (CHA) has received a $3,500 grant from the Cambridge Community Foundation for their new Drop-in Center with the help of the NAMI Cambridge-Middlesex Affiliate. Cambridge-Middlesex has also contributed the $5,000 raised through the November Winetasting to the Center. CHA is opening the Center in an effort to create a safe and accepting place for persons with mental illness to come together at least twice a week. CHA is providing $10,000 in in-kind staff services and space at the Central Street Outpatient Psychiatry department in Somerville.

CHA has long partnered with NAMI-CM, providing free regular meeting space for our programs, Family-to-Family classes, and our two support groups, often with free parking. Despite its own financial challenges in today’s health care environment, Cambridge Hospital has continued to demonstrate its commitment to NAMI and to quality mental health services.

Celebrating the CHA Drop-in Center’s very successful first event, a holiday lunch, are CHA staff member and organizer Miriam Tepper (2nd left) with NAMI CM representatives (l-r) Mary Pat Prado, Jane Martin, and Carolyn White.

Family-to-Family Reunion Dinner

Family-to-Family graduates and current students are coming together once again at Bertucci’s at Fresh Pond Thursday, Jan. 24 at 6:30 pm. These get-togethers, organized by F2F teacher Sharon DeVos, have been a big hit for more than two years now. Come one, come all!

Mentors Needed for Children With Mentally Ill Family Members

Did you grow up in a family with mental illness? Share your knowledge, experience, and compassion with a child in the Boston area who is struggling with the same experience. The Cambridge Family & Children’s Service (CFCS) Heads Up Mentor Program needs adult volunteers to build a strong, healthy relationship with one youth, age 8-22. Mentors take their mentees on three-four outings per month, act as positive role models, and provide perspectives, understanding, support and guidance.

If you would like to make a difference in a child’s life, contact Yelena Tsiker at 617-876-4210, Ext141 or ytsilker@helpfamilies.org or Sophia Gardner at 617-876-4210, Ext142 or sgardner@helpfamilies.org.

How You Can Help

The drop-in center is looking for the following corporate or personal donations:

- food in bulk for ongoing social group meetings
- gift cards in $5-25 increments to use as prizes, incentives, rewards, and $25 gift cards for emergency groceries
- games, playing cards, checkers, “Apples to Apples”
- art supplies
- museum, theater, and other admissions
- individual pedometers to encourage and track exercise

Email Miriam Tepper, if you can help: mtepper@challiance.org
Thoughts from the Newtown Tragedy

We were flooded with opinions about mental illness and violence in December. Following are some of the more thoughtful comments on this and other issues.

NAMI Cambridge-Middlesex member Nancy Rappaport, MD was interviewed on December 17 on NewsHour on PBS. She spoke about mental health treatment and especially stigma in relation to the tragedy in Newtown, Connecticut.

http://www.pbs.org/newshour/bb/social_issues/july-dec12/schools_12-17.html

NAMI Medical Director Ken Duckworth, MD joined Emily Rooney on WGBH’s Greater Boston December 17. He provided a number of enlightening facts about the need for better mental health services and reduction of stigma.


Diane Rehm shed light on the subject of mental health services under the affordable care act on her July 31 show on NPR.

http://thedianehermshow.org/shows/2012-07-31/mental-health-services-under-affordable-care-act

Our friend Pete Earley responded to the Newtown shootings in USA Today.

http://www.usatoday.com/story/pinion/2012/12/15/earley-on-shooter-and-mental-illness/1771203/

And check out Pete’s blog for several entries on the subject

http://www.peteearley.com/blog/

The Children’s Mental Health Network posted an excellent article from the New England Journal of Medicine by pediatricians Judith and Sean Palfrey calling for more education for pediatricians around gun safety and more state and local funding for effective treatment of young people who are identified by parents, schools, and law-enforcement or mental health professionals as being at high risk for committing interpersonal violent acts.


http://www.nytimes.com/2012/12/26/opinion/our-failed-approach-to-schizophrenia.html?_r=0

In the 1990s, scientists declared that schizophrenia and other psychiatric illnesses were pure brain disorders that would eventually yield to drugs. Now they are recognizing that social factors are among the causes, and must be part of the cure.

“Beyond the Brain”
By Tanya Marie Luhrmann
The Wilson Quarterly Summer 2012

http://www.wilsonquarterly.com/article.cfm?aid=2196

Newtown Tragedy: Push for Mental Health Reform
NAMI Letter to the President


NAMI MASS Statement on Newtown


Mental Illness and the Newtown School Shooting


“Prescriptions for Improved Mental Health Care”


Good Letter to the Editor

http://www.nytimes.com/2013/01/01/opinion/blaming-mental-illness-for-gun-violence.html?ref=opinion&_r=0

Guns and Mental Illness: A Balanced Look


NAMI Mass News

Continue the Fight

Make Your Voice Heard on NAMI’s Annual Advocacy Day

Support funding and services for people in recovery on NAMI Mass Advocacy Day, April 8. Nothing persuades our legislators more than hearing from their constituents and seeing a strong turnout for issues at the State House. There is strong competition for funds this year and cuts are again threatening the DMH budget. We were able to restore more than $10 million through last year’s advocacy efforts. NAMI Mass is now advocating for the restoration of the DMH budget to FY 2009 levels ($684 million), $13 million more than it is this year.

NAMI Mass has also launched an ambitious project to prevent or divert individuals with mental illness from becoming involved in the criminal justice system. This involves police training in cities and towns and the promotion of access to mental health treatment rather than arrest or jail.

The fight continues. Please add your voice on April 8.
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Explore the promise of Cognitive Enhancement Therapy

A Presentation by
Matcheri Keshavan, M.D.

Macht Auditorium — March 5, 2013
Macht Auditorium – Cambridge Hospital
Macht Auditorium – Cambridge Hospital
1493 Cambridge St., Cambridge
6:30-7:00 pm — Refreshments/social time
8:00-8:30 pm — Time for questions
7:00-8:00 pm — Presentations

Cognitive Enhancement

Therapy

on Evidence-based CET

with Dr. Matcheri S. Keshavan, the Stanley Cobb Professor and Vice-Chair for Public Psychiatry at the Beth Israel Deaconess Medical Center and Massachusetts General Hospital. He will explain why CET improves cognitive skills and social cognition for persons in recovery from mental illness. He will also explain why CET is so important in preventing relapse in persons with schizophrenia, bipolar disorder, and depression.

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