



National Alliance on Mental Illness of Massachusetts, Inc.

NEWSLETTER

Cambridge - Middlesex Affiliate

EDUCATION • SUPPORT • ADVOCACY

Affiliated with the National Alliance on Mental Illness

May 2014

Tuesday, May 6, 2014

HOMELESSNESS AND MENTAL ILLNESS

Hear the experts: Kelly Turley, Massachusetts Coalition for the Homeless; Janet Marsden, DNH Metro Boston Homeless Outreach Team, Department of Mental Health; and NAMI parent and author of *Fighting Mad: My Son's Wild Ride through the Mental Health System*. Moderated by Miriam Stein, advocacy trainer and consultant; author of *Make Your Voice Matter With Lawmakers: No Experience Necessary*. Macht Auditorium, Cambridge Hospital, 6:30 pm



Our eleventh annual
NAMI Walks 2014

**Let's Walk Together Saturday, May 10, 10 am...
For Recovery, for Health, to Fight Stigma**



Cambridge had the largest affiliate walk team in 2013 with 114 walkers and raised \$47,288.

Let's do it again. Join NAMI Cambridge-Middlesex for this easy three-mile walk along the Charles River.

The NAMI WALK is a national event and our primary source of operating funds. People love to help. Friends and relatives are always willing to donate to this special cause – you just have to ask. If you walked with our Family-to-Family (F2F) team in 2013, be assured Carolyn, Sharon, Areti, and Joyce will be leading the charge again this year. Just sign up for one of the three teams using the links below. All proceeds will go to NAMI-Cambridge/Middlesex.

NAMI CAMBRIDGE: <http://namiwalks.nami.org/cambridge>

CAMBRIDGE HEALTH ALLIANCE: <http://namiwalks.nami.org/cha>

KATELYN'S KLAN: <http://namiwalks.nami.org/katelynsklanteam>

With a goal of \$40,000 for the Cambridge Team, \$6000 for the Cambridge Health Alliance Team, led by Drop-in Center Director Miriam Tepper, M. D., and \$1,000 for the Katelyn's Klan Team, we should have another very good year. We recommend signing up online because some people prefer to donate that way. You can still collect donations "offline" and turn them in before or at the Walk.

For information or help signing up, email or call our Walk Team Captain John Sharp: (john.d.sharp@verizon.net or 781-646-6381).

Save the dates 2014

Tuesday, May 6, 2014

Education Program

HOMELESSNESS AND MENTAL ILLNESS

How Easily It Happens and What Can Be Done

Of the roughly 6500 homeless adults in the metro Boston area, 30% are mentally ill, their numbers growing every day, as hospitals increasingly discharge psychiatric patients to the streets and government cuts back on funding for housing and community services. Come hear Kelly Turley, Massachusetts Coalition for the Homeless; Janet Marsden, DNH Metro Boston Homeless Outreach Team, Department of Mental Health; and NAMI parent and author of *Fighting Mad: My Son's Wild Ride through the Mental Health System*. Moderated by Miriam Stein, advocacy trainer and consultant; author of *Make Your Voice Matter With Lawmakers: No Experience Necessary*.

Macht Auditorium
Cambridge Hospital
1493 Cambridge St., Cambridge
6:30-8:30 pm

Saturday, May 10, 2014

10 am

NAMI Walk

Artesani Park

Soldiers Field Road

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-cambridgемiddlesex.org.

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)

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

Area Family Support Groups

Support/West—NAMI Central Middlesex

Acton/Littleton Contact Susan McDougall at mcdougallatal@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

617-855-3298, coleresourcescenter@yahoo.com, www.coleresourcecenter.org.

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

NAMI State Office (9am-5pm, M-F)

The Schrafft's Center

529 Main St., Dte. 1M17

Boston, MA 02129 617-580-8541

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

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](#)"

Members Share Their Favorite Websites

Send your favorites to marypat@nami-cambridgemiddlesex.org.

From Rae Simpson—

The NAMI websites-- National, state, and our very own affiliate's. www.nami.org, www.namimass.org, www.nami-cambridgemiddlesex.org. They are full of valuable information, including, as is so important now, good resources for advocacy with our legislators. Don't miss Medical Director Ken Duckworth's fabulous monthly teleconferences/podcasts on every aspect of mental illness. www.nami.org/askthedoctor

Pete Earley's blog: <http://www.petearley.com/blog/> He writes persuasive and poignant articles about the problems and need for change in the mental health care system. Sign up for email notifications of new posts.

National Institute for Mental Health (NIMH) Director's blog: <http://www.nimh.nih.gov/about/director/2014/brain-awareness.shtml>
Dr. Thomas Insel, Director of NIMH, writes less frequently than Pete Earley, but I find his articles informative and compelling, based on his knowledge of the emerging research on mental illness.

Check out this recent entry from Dr. Insel's blog highlighting the groundbreaking recognition of advocates for people with mental illness at the Research/America awards dinner in Washington, D.C. Glenn Close, recognized for co-founding the anti-stigma organization, BringChange2Mind, introduced her sister and nephew who each battle serious mental illness. They described a journey undertaken with NAMI member and McLean researcher Deborah Levy whose team found that both shared a rare genomic copy number variant that has been implicated in psychosis. <http://www.nimh.nih.gov/about/director/2014/celebrating-science.shtml>

Ted Talks: www.ted.com. There are some fantastic Ted Talks on mental illness, as you know, not to mention on stress and feeling better. Type "mental illness" in the search box for talks by Elyn Saks, Tom Insel, and others. I've also become a fan of the NPR Ted Radio Hour, which summarizes Ted Talks on a given theme. Their podcasts can be downloaded at: <http://www.npr.org/programs/ted-radio-hour/>. A recent program on "Solving It" has a segment by Bryan Stevenson about the criminal justice system that is very relevant to our interest in the criminalization of mental illness.

Evernote: www.evernote.com. I've found it more and more challenging to keep track of all the important online and print articles, films, podcasts, etc., coming out about mental illness. Evernote allows you to "clip" them, organize them in "notebooks," and search for them later.

I have also become a huge fan of the Minuteman library system for getting not just books but also DVDs on mental illness as well as CDs and ipod downloads to pass the time on long drives in the car. I love the way you can request books/DVDs/CDs online, get email notification when they arrive at your local library, and simply swing by and pick them up.

Questions from our March Meeting?

Our excellent speakers on "Financial Planning for Special Needs" have graciously agreed to take your questions. Contact them at:

Special Needs Attorney
Neal Winston
Winston Law Group,
617-841-4000
info@winstonlg.com

Pat Freedman,
attorney and executive director
PLAN of MA and RI
617-244-5552
www.planofma.org

Bob Smith,
state-wide benefits specialist,
Massachusetts Department
of Mental Health
617-626-8132
robert.smith@state.ma.us

From Carolyn White—

[Nytimes.com](http://nytimes.com)

I have an alert with the NYTimes to which I subscribe. I set my alerts to "mental illness" and thus receive articles where that is mentioned. One can set an alert for whatever you wish.

I like bbrfoundation.org which has information on research discoveries. Their Quarterly magazine tells about current research projects by their NARSAD young investigator grantees, new treatments, an "Ask the Researcher" column and feature articles around the Quarterly's theme that particular issue. Recent issues took as a focus Brain Plasticity; Stress; Early Intervention; Depression.

TreatmentAdvocacyCenter.org

This organization, started by Dr. E. Fuller Torrey, informs those who subscribe to their newsletter about what is happening in the world of mental illness as it pertains to the too common lack of good and timely care and treatment. It actively promotes AOT, Assisted Outpatient Treatment, and would like to see it available in all 50 states. AOT helps families to get treatment through a court mandate for their loved one.

Governor's Budget Takes Ax Once Again to Mental Health

The FY2015 state budget cycle started with a proposed 1.2 percent cut in mental health services (adjusted for inflation) in the Governor's budget, on top of 5.4 percent in cuts during the decade before. The budget is now in the hands of the House and will be taken up by the Senate in early May. NAMI members will be at the State House for Advocacy Day April 7, visiting their legislators, but personal calls, emails, and visits can be made at any time during the budget process. (See complete list below.)

House and Senate members from Cambridge and surrounding communities visit their districts on Fridays, allowing constituents to meet with them without traveling to the State House.

"Legislators want to hear what constituents think," says Miriam Stein, author of Make Your Voice Matter with Lawmakers: No Experience Necessary. "You would be surprised at how few people they need to hear from for them to take notice. Be sure to let them know you're there and watching. It really makes a difference."

"The Department of Mental Health often took larger cuts than other departments during the recession," adds NAMI-Cambridge/Middlesex President Jane Martin. "Now that the economy has improved, DMH should receive some of the benefits. Let's advocate to restore funding!"

Priorities for Restoring Funding to DMH

The cornerstone of adequate mental health services features a Continuum of Care. What is needed is an array of services in the community for people with mental illness who live in the community and inpatient services for those who need them for short or longer terms of stay.

Over time, sustained cuts to the Department of Mental Health's budget have adversely impacted the quality of services and spread thin already limited resources. Often, the difference between timely access to acute services is a critical matter, and the lack of consistent and available DMH resources is unacceptable.

The Commonwealth must expand community-based services for individuals with serious psychiatric conditions. The FY2014 Budget was a step in the right direction, providing an additional \$32.4 million to fund the Department of Mental Health. This modest gain must grow in the legislature's FY2015 budget deliberations, if we are to ensure that more children, adolescents, adults and seniors will begin the journey to recovery. Anything less is a recipe for disaster.

See details below:

5046-0000 Adult Mental Health and Support Services \$ 357,269,145

Included within the House 2 funding level is a \$1,776M reduction.

Impact: This represents a \$1,538M reduction to Community Based Flexible Supports, estimated to impact 249 clients receiving services. The remaining reduction restricts the annualization of the Law Enforcement Initiative.

Recommendation: Restore \$1,776 million to continue current Community Based Flexible Supports for roughly 249 clients and to support the Law Enforcement Initiative.

5042-5000 Child and Adolescent Mental Health Services \$ 86,284,967

House 2 recommendation decreases by \$1.32M in funding from DMH's FY2015 maintenance recommendation. This will reduce Child and Adolescent Individual and Family Flexible Support Services, a set of community based, individualized interventions that are not available through other DMH or community programs.

Impact: It is estimated that 211 DMH clients and their families currently receiving individualized community-based services will be impacted.

Recommendation: Restore \$1.32 million in maintenance funding for Child and Adolescent Mental Health Services to continue services to 211 DMH clients currently receiving these services.

Find Your Legislator:

<http://www.wheredoivotema.com/bal/MyElectionInfo.aspx>

Senate

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Mental Health in the News

Bridgewater State Hospital

The mother of a 31-year-old mentally ill Brookline man who has been held at Bridgewater State Hospital for more than a year was expected to file a lawsuit accusing prison officials of illegally keeping her son, who suffers from paranoid schizophrenia, in seclusion or strapped to a bed for days and even weeks on end, according to the mother's lawyer. The lawsuit claimed the young man's psychological condition substantially deteriorated as a result of his prolonged time in seclusion and restraints in a correction facility. Because of this, he experienced "increasing levels of auditory hallucinations as well as paranoid thinking," the suit alleges.

The lawsuit comes on the heels of the *Globe* expose on the 2009 death of Bridgewater inmate Joshua K. Messier, 23, a patient who died while guards were placing him in four-point restraints. After the *Globe* published a detailed account of Messier's death, Patrick disciplined six correction officials and the state agreed to pay Messier's family \$3 million.

<http://www.bostonglobe.com/metro/2014/03/30/mother-bridgewater-patient-files-suit-over-use-seclusion-and-physical-restraint/WVQjNM4hvVqmc6RCJekq2H/story.html>

Bridgewater Hospital Death a Disgrace

Boston Globe Columnist Lawrence Harmon brought the horrible 2009 death of Joshua Messier at the hands of guards at Bridgewater State Hospital back into the light in the paper on February 28. See this and related stories at these links:

<http://www.bostonglobe.com/opinion/2014/02/28/bridgewater-hospital-death-cries-out-for-investigation/7MsiwWW5FBGVtY0SnV33qK/story.html>

<http://www.bostonglobe.com/metro/2014/04/05/bridgewater-restraints-use-rose-even-after-patient-death/iVt77HVAplzKD5Eh3-vaF4M/story.html>

Here is an opinion piece on the subject by Adrian Walker.

<http://www.bostonglobe.com/metro/2014/04/06/bridgewater-state-hospital-prison-failing-its-patients/cQYAc4daYg6zi4RcEWN-F3L/story.html>

And in New York, Infamous Rikers Island Grows More Violent

With dry bureaucratic precision, the daily incident reports from the desperately overcrowded Rikers Island jail complex in New York chronicle a surge of violence. The proportion of inmates with a diagnosed mental illness has grown to 40 percent, from 20 percent, over the last eight years, according to the Correction Department.

The monotony, the isolation and the aggression of officers and inmates can worsen mental illness, causing inmates to lash out, said Dr. Bandy X. Lee, a professor of psychiatry at Yale University who specializes in violence at prisons and jails.

[Rikers Island Struggles With a Surge in Violence and Mental Illness - NYTimes.pdf](#)

NIMH Director Thomas Insel Reports on Promising Research at McLean Hospital

<http://www.nimh.nih.gov/about/director/2014/celebrating-science.shtml>

"Where Have All the Patients Gone?" Asks Representative Tim Murphy – Congressman Tim Murphy (D PA) points out that the number of psychiatric beds in the United States has plummeted from 559,000 in 1950 to fewer than 45,000 today and reports on the status of his "Helping Families in Mental Health Crisis Act" (H.R. 3717) and other Congressional efforts to improve mental health services.

tim.murphy@congressnewsletter.net

Science 14 March 2014 Editorial

Time for New Schizophrenia Rx

This one-page EDITORIAL explains how schizophrenia got set aside when a very large new research initiative chose Alzheimer's and several other major diseases to study, after removing schizophrenia from its list. It was written by Steve Hyman, who is director of the Broad Institute's Stanley Center about which we heard from Eric Lander and Ed Scolnick at our wine-tasting. Hyman makes an impassioned case for more focus on schizophrenia research.

In the same issue – "Talking Back to Madness"

A slightly longer article by Michael Balter discussing many facets of the debate around CBT, cognitive behavioral therapy.

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
174 Appleton Street
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Inside this issue:

Save these dates.....p. 1
Important Numbers.....p. 2
NAMI Cambridge-
Middlesex News.....p. 3
NAMI Mass News.....p. 4
Mental Health
in the News p. 5
Homelessness
and Mental Illnessp. 6

HOMELESSNESS
and Mental Illness
How Easily It Happens and What Can Be Done



- Kelly Turley, Director of Legislative Advocacy, Massachusetts Coalition for the Homeless
- Janet Marsden, Assistant Director, Metro Boston Homeless Outreach Team, Department of Mental Health
- NAMI parent and author of *Fighting Mad: My Son's Wild Ride through the Mental Health System*

No Experience Necessary.
Moderator: Miriam Stein, Advocacy Trainer and Consultant; author of *Make Your Voice Matter With Latentmakers:*

Of the roughly 6,500 homeless adults in the metro Boston area, 30% are mentally ill, their numbers growing every day, as hospitals increasingly discharge psychiatric patients to the streets and government cuts back on funding for housing and community services. A panel of experts will describe the risks of homelessness for the mentally ill, the resources that exist when it happens, and ways everyone can help make a difference.

6:30 pm 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, May 6, 2014