Tuesday, December 4, 2012

Support Group Leader Karen Safford Receives Lifetime Achievement Award

Our beloved Karen Safford was recognized for 25 years of devotion to NAMI and her NAMI friends with a Lifetime Achievement Award at the NAMI Mass Convention, October 20. Karen and her late husband Rick worked tirelessly for NAMI Cambridge Middlesex, facilitating the monthly support group, rain or shine. Karen has been a cheerful, caring presence at practically every Steering Committee meeting and program all these years. They took a personal interest in other family members and helped show that, yes, there is life after a mental illness diagnosis in the family, and, no, it’s not your fault.

Save the dates

2012 - 2013

Tuesday, Dec. 4, 2012
Education Program
Hearing from the Experts
Treating Dual Diagnosis
- Dr. Mark Albanese, Harvard Medical School
- Woody Geissmann, Right Turn
- Britney Cross, Westbridge Community Services
- Dr. Martha Kane, ARMS Program for young people and their families, Massachusetts General Hospital

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

Tuesday, March 5, 2013
Education Program
The Promise of CET
COGNITIVE ENHANCEMENT THERAPY
- Matcheri S. Keshavan, M.D., Stanley Cobb, Professor and Vice-Chair for Public Psychiatry, Harvard Medical School

Both programs presented at Macht Auditorium
Cambridge Hospital
1493 Cambridge St., Cambridge
6:30-7:00 pm...... Refreshments/social time
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For more information, check our phone: 617-984-0527 or website at:

www.nami-cambridgemiddlesex.org

Dual Diagnosis

People with dual diagnosis suffer from a drug or alcohol addiction and a co-occurring psychiatric illness. Dual diagnosis is estimated to affect over 50 percent of people with serious mental illness. Effective treatment requires an integrated approach, where the same team treats both the addiction and psychiatric disorder simultaneously.

Hearing from the Experts
Treating Dual Diagnosis
(Addiction/Mental Illness)

- Dr. Mark Albanese
  Harvard Medical School
- Woody Geissmann
  Right Turn
- Britney Cross
  Westbridge Community Services
- Dr. Martha Kane,
  ARMS Program for young people and their families, Massachusetts General Hospital

www.nami-cambridgemiddlesex.org
Free Family to Family Class to Start Feb. 7, 2013.

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

PREREGISTRATION IS REQUIRED and classes fill quickly. See www.namimass.org for details and registration or contact: areti@nami-cambridgemiddlesex.org
— or —
joyce@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 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-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)

Steering Committee

Jane Martin
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

NAMI Walks, Website, Programs
Secretary-Clerk
John Sharp
john@nami-cambridgemiddlesex.org
Refreshments, NAMI Walks
Sara Sharp
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Programs, Greeters
Cathy Treco
cathy@nami-cambridgemiddlesex.org
Alan Shepp
alan@nami-cambridgemiddlesex.org
Elizabeth Haines
elizabeth@nami-cambridgemiddlesex.org

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
Area Family Support Groups

Support/West—NAMI Central Middlesex

Acton/Littleton This new support group for family/friends is just starting up in its new home, the Congregational Church of Littleton, UCC, 330 King St, Littleton, MA on the 2nd and 4th Tuesdays of each month, 7-9PM. Contacts: Susan McDougal at mcdougalletal@aol.com or 978-263-8830; Marilyn at malg1230@verizon.net or cell 978-502-0128.

Bedford This support group for family/friends meets last Tuesday of each month, 7:30-9:30pm, First Church of Christ, 25 Great Road (Route 4/62/225). Call ahead to use the elevator for handicap access (Susan Wingfield 781-275-9389). Questions: Call the NAMI of Central Middlesex affiliate helpline 781-982-3318.

Dorchester A new NAMI Family Support Group is meeting the 2nd Thursday of each month at Carney Hospital, cafeteria conference room, 6-7:30 pm. 2100 Dorchester Ave. Contacts: Monica, 857-342-2796 or Mpomare28@gmail.com; Mark, 617-522-7439 or mzanger@comcast.net

Stow This family/friends support group meets the third Saturday of the month starting at 10:00am Fellowship Hall, First Parish Church in Stow near the intersection of Rt. 117 and Rt. 62. Call Trish Woods at 978-897-2962 for more information and directions.

Wakefield This Caring & Sharing support group for family/friends meets on the 2nd Monday of the month, 1:00-2:30 pm at the Beebe Memorial Library, 345 Main St., for the winter. If school in Wakefield is closed, we do not meet. For information contact: Kay at 781-438-1851, or Diane at 978-658-3567 or email: Dianeh23@yahoo.com

Caring for the Soul-Cambridge This group meets at St. Paul’s Church in Harvard Square, Rm. 202, the 2nd Monday of the month, from 5:30-7 pm. Information: laura.garcia604@gmail.com

For Consumers

Cambridge-Somerville NAMI Connection offers FREE support groups for persons in recovery at the Cambridge-Somerville Recovery Learning Center, 35 Medford St, Ste. 201. Please contact Janel Tan (tan@vinfen.org) or 617-863-5388, if you would like more information or to attend. Or contact Karen Reedy at the NAMI Massachusetts office, 781-938-4048

- Wednesdays and Fridays: 10:30-Noon.

DBSA-McLean Hospital DBSA (formerly MDDA), Depression, Bipolar Support Alliance, hosts several support groups and meetings for people suffering from depression and bipolar disorder, their families and friends. Meetings are held on Wednesday evenings, 7-9 pm, at McLean Hospital, 115 Mill St., Belmont in the Demarneffe Building. For more information, visit www.dbsaboston.org or call the DBSA office, Tuesday through Thursday, 11 am to 4 pm (617-855-2795) or email: office@dbsaboston.org.

The Cole Resource Center, Belmont The Cole Center, “A Consumer to Consumer Education and Recovery Community,” is dedicated to helping mental health consumers achieve a full and healthy life by responding to their concerns with the compassion and pragmatism necessary to alleviate their hardship and aid in their recovery.

Open Tues., Weds., and Thurs., 10 am-4 pm Demarneffe Building, McLean Hospital, 115 Mill Street, Belmont, MA 02478. Phone: 617-855-3296 or Email: coleresourcecenter@yahoo.com. www.coleresourcecenter.org

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.
Coming March 5, 2013:
Cognitive Enhancement Therapy

Dr. Xavier Amador Answers the Questions about Denial of Illness

Why do so many people suffering from mental illness refuse treatment and deny that they are sick? Dr. Xavier Amador answered that question very clearly to a packed auditorium at the October 2 meeting of Cambridge Middlesex. Dr. Amador, a clinical psychologist and author of I’m Not Sick, I Don’t Need Help, has been researching the problem of poor insight among the mentally ill for almost 25 years and has personal experience with an ill brother. He explained that it is not denial that we are seeing in these patients; rather, it is unawareness. Denial is a coping strategy to deal with painful knowledge. What we see in the mentally ill is anosognosia, (AH-no-sog-NO-sia), the neurological syndrome that leaves patients unaware that they are ill. This condition is even documented in stroke victims. Research shows that about 50 percent of people with schizophrenia do not know they have an illness. This poor insight is linked to executive (or frontal lobe) dysfunction.

Using role play with audience members, he illustrated how to communicate with someone who cannot appreciate that he or she has a mental illness, and how to help them deal with that illness. Dr. Amador has developed a very effective approach to communication called LEAP (Listen-Empathize-Agree-Partner). “First, don’t try to convince the person that he is ill, but rather help him find his own reasons to be in treatment,” he wrote in SZ Magazine. “The decision to accept treatment will have nothing to do with being ill, but instead will hinge on his relationship with you. The key is to build a trusting relationship in which the ill person feels listened to and respected.” He laid out the following tips:

- Never give your opinion about the illness or treatment unless it is asked for.
- Learn how to listen to delusional beliefs with respect and without telling the person it could not possibly be true.
- Don’t rush to give your opinion about such beliefs, if asked.
- Use the “A-tools” to give your opinion—Apologize, Acknowledge you could be wrong, and Agree to disagree.
- From there, look for areas where you agree and partner on the things you can work on together. Your goal is to become a true ally.

Dr. Amador learned much of what he now teaches from his struggles with his ill big brother, Henry. They were very close as children, but when Henry became ill, he learned an important lesson, he explains. “My natural instinct to confront denial head-on didn’t help and more often led to disaster….With every dose of reality I tried to give him, Henry countered with more denials.”

Finally after some experience with other patients Xavier came to understand that someone like his brother Henry will never be able to understand that he has a mental illness, so a solution must be found that is separate from the concept of his mental illness. With time Xavier developed the LEAP method that helps one find a way to make a loved one’s life better. It could be the realization that taking medicine would help him stay out of the hospital, for example.

For Dr. Amador this approach worked and his brother returned to being his best friend. Eventually Henry had a stable life, a girlfriend, and did things every day that he enjoyed. He died in 2007, not from any effect of his illness, but from a traffic accident that happened while he was helping someone in need, showing his true character, unaffected by mental illness.

For more information...

- I’m not Sick, I Don’t Need Help
- www.leapinstitute.org (more on LEAP)
- tinyurl.com/97begaz (great summary of Dr. Amador’s approach)

Dr. Matcheri S. Keshavan, the Stanley Cobb Professor and Vice-Chair for Public Psychiatry at Harvard Medical School at our March 5, 2013 education meeting.

CET is an evidence-based treatment that improves cognitive skills and social cognition for persons in recovery from schizophrenia and other mental illnesses. Dr. Keshavan will explain how CET promotes recovery and why it so important in treating cognitive deficits in persons with schizophrenia, bipolar disorder and depression and how CET can support vocational success.
NAMI Cambridge-Middlesex News

Cambridge-Middlesex Earns $12,740 from Walk Proceeds

Cambridge Middlesex had the top affiliate team in the state for the third year in a row in this year’s NAMIWalk, raising more than $26,000 for NAMIMass with 60 walkers. We received a check for $12,740.40 from NAMIMass for our efforts, funds that cover most of our expenses for the year and have allowed us to resume donations to consumer service organizations.

NAMI-CM Teaming with Cambridge Health Alliance on Pilot Drop-in Center

NAMI Cambridge-Middlesex is collaborating with the Cambridge Health Alliance (CHA) on an effort to create a safe and accepting place for persons with mental illness to come together at least twice a week. NAMI-CM has committed $5,000 to the effort and applied on behalf of CHA for another $10,000 from the Cambridge Community Foundation (CCF). CHA will provide $10,000 in in-kind staff services and space at the Central Street Outpatient Psychiatry department in Somerville. The grant application to CCF is currently under consideration. The Wine Tasting event scheduled for November 4 is also a benefit for this effort.

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.

In Memoriam

NAMI-Cambridge/Middlesex offers its sincerest condolences to the family of Katelyn Riley who died at the tender age of 22 in September after a mighty and courageous struggle with mental illness. She was particularly determined to do her part to wipe out stigma against mental illness and joined the 40-person team her parents Maureen and Ed Riley put together for the 2012 NAMIWalk to this end.

According to her parents, Katelyn “gave to others so much more than she took. If she were still with us, you can be sure she would be an advocate for all who suffer silently with the stigma of mental illness,” they added.

Memorial contributions in Katelyn’s memory may be made to NAMI/Cambridge (National Alliance on Mental Illness) 174 Appleton St., Cambridge, MA 02138 or the Katelyn M. Riley Memorial Fund for her son Calvin Robinson c/o Eastern Bank 25 Melrose St., Melrose, MA 02176.

Affiliate Review

Over the next nine months our affiliate, along with other affiliates, will be undertaking a review of our business organization, by laws, and operating procedures as part of a national effort to assure that all affiliates are properly organized to fulfill their non-profit support, education, and advocacy missions. Tom Martin, treasurer, will be reporting back to the membership periodically on the progress of meeting the goals of this review process.
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Macht Auditorium — Tuesday, December 4, 2012
Cambridge/Middlesex

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Dual

Treating Dual Diagnosis
Hearing from the Experts

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