



National Alliance on Mental Illness of Massachusetts, Inc.

NEWSLETTER

Cambridge - Middlesex Affiliate

EDUCATION • SUPPORT • ADVOCACY

Affiliated with the National Alliance on Mental Illness

October 2013

Tuesday, October 8 – Macht Auditorium



Presents

ROAD TO RECOVERY I: JOBS, HOUSING, HEALTH AND EDUCATION

A Panel of Experts from the Massachusetts Clubhouse Coalition, Waverley Place in Belmont and The Center for Psychiatric Rehabilitation at Boston University Will Show Us the Way

- Reva Stein, MSW, executive director, Massachusetts Clubhouse Coalition
- Erica Lindner, LicSW, social worker, Waverley Place, the Community Support Program of MacLean Hospital
- Dori Hutchinson, Psy.D., director of services, BU Center for Psychiatric Rehabilitation

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

Save the dates 2013

Tuesday, October 8, 2013
Education Program - ROAD TO RECOVERY I: JOBS, HOUSING, HEALTH, AND EDUCATION
A Panel of Experts from the Massachusetts Clubhouse Coalition, Waverley Place in Belmont and The Center for Psychiatric Rehabilitation at Boston University Will Show Us the Way—Macht Auditorium, Cambridge Hospital, 1493 Cambridge St., Cambridge—6:30 pm

Saturday, October 19, 2013
NAMI Massachusetts Annual Convention
Keynote, David Henderson, MD
Ten morning and afternoon workshops—Lombardo's in Randolph—8am-4pm
Register on www.namimass.org

Sunday, October 27, 2013
2ND ANNUAL WINETASTING & SILENT AUCTION
We're off to Italy
A Benefit for Cambridge Health Alliance Drop-in Center—74R Fayerweather Street, Cambridge—Call 617-984-0527 to reserve in advance-\$40

Saturday, November 16, 2013
*LEAP Workshop—**SOLD OUT***



Tuesday, DECEMBER 3, 2013
Education Program
ROAD TO RECOVERY II: PERSONAL STORIES
Mark Vonnegut, pediatrician and author of the memoir Just Like Someone Without Mental Illness Only More So, and Lisa Halpern, director of recovery services, vinfen, share their experiences about recovery from mental illness.

Also check: 617-984-0527
Or

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 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 mcdougalletal@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.

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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) 781-938-4048

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



nami

National Alliance on Mental Illness

**Cambridge/
Middlesex**

Welcomes you

*...to the spectacular home of Lori and Eric Lander
74R Fayerweather Street, Cambridge, MA 02138*

For A Taste of Italy

Wine Tasting

*& Silent
Auction*

*A benefit for Recovery U drop-in center
at Cambridge Health Alliance for
persons recovering from mental illness.*

*Sample many wonderful wines of Italy, guided by
the very knowledgeable and entertaining Bob Kaplan
from Atlas Liquors and Helen Gallo of Winebow while...*

- *Bidding on exciting Silent Auction items:*
 - A week in Tuscany, on Marco Island, FL, or on the Cape
 - Overnight at the Charles Hotel, Harvard Square
 - Tickets galore – Huntington Theatre, SpeakEasy Stage, Patriots, Celtics, BSO, etc.
 - Gourmet dining at The Harvest, Stellina's, Bistro 5, East Coast Grill, Russell House Tavern, and more
 - Get beautiful at Elizabeth Grady or Corbu Spa and Salon
 - Catered meal for 8 in your home--by Rebecca
 - Oriental rug, original art, and hand-made jewelry
- *Enjoying delectable treats by Rebecca Caras*
- *Visiting with old friends and new*

Suggested donation: \$40 in advance; \$45 at the door.

Non-alcoholic beverages available. Ample on-street parking.

*For reservations contact 617-984-0527, 617-354-6644, or
marypat@nami-cambridgemiddlesex.org and leave your name and contact information.*

Sunday, October 27, 2013, 3-6 pm

*Una cena senza vino é como un giorno senza sole.
(A meal without wine is like a day without sunshine.)*

NAMI Mass 31st Annual Conference Offers Something for All Featuring David Henderson, MD from MGH

The always-stimulating NAMI Massachusetts Conference will be held on Saturday, October 19, 2013 at Lombardo's, 6 Billings Street, in Randolph, right off Route 128. Running from 8 am (registration) to 4 pm, the Conference, "Recovery: Many Faces, One Goal," features MGH psychiatrist Dr. David Henderson as the keynote speaker and ten morning and afternoon workshops for people in recovery, the mental health community, caregivers, and friends.



David Henderson, MD

Morning Workshops

11am-12:30 pm

- No More Cuckoo's Nest: Exploring ECT
- Mass Clubhouse Coalition: Employment Options
- Cognitive Enhancement Therapy
- Diversity Workshop: Many Faces of Mental Illness
- Help with Challenging Children

Afternoon Workshops

2:15-3:45 pm

- NAMI Connection Support Group
- Solitary Confinement and Mental Illness
- Affordable Care Act and Parity: How These Laws Protect People with Mental Illness
- Self-care Tips for caregivers
- Careers in Mental Health Peer Services

Exhibit Hall and Arts Marketplace

For more information: 800-370-9085 • info@namimass.org • www.namimass.org

NAMI Mass Is On the Move

New Home NAMI Mass has moved its offices much closer to Boston and accessible by public transportation, both bus and subway. Their new address: **The Schrafft Center, 529 Main Street, Suite 1117, Boston, MA 02129, 800-370-9085**

➔ **Open House and Reception – Tuesday, October 29, 4-7 pm**

NAMI Advocacy Boost DMH Budget NAMI advocacy helped secure an additional \$32.4 million for the Department of Mental Health in FY2014, including increased funds for children and adolescent mental health services, adult mental health and support services, and inpatient facilities.

NAMI Helps Increase CIT Training The Crisis Intervention and Diversion Project (CIDP) got a boost when the Commonwealth approved a new mental health curriculum for all police recruits. This 12-hour updated and expanded course on mental illness and emotional disturbances will be incorporated into the training schedules of all Municipal Police Training Academies throughout the state.

NAMI to Study AOT NAMI Mass has set up a committee under the direction of June Binney, criminal justice project director, to study court-ordered outpatient treatment, also known as assisted outpatient treatment or AOT. The Joint Committee on Mental Health and Substance Abuse of the Massachusetts legislature has filed a bill (H.1792/S.906) to create such a law in Massachusetts and will have a hearing on Wednesday, October 22 at 1 pm.

Expansion of Emergency Services Program NAMI Mass has made Bill HB840 to expand ESP services to individuals with private insurance a priority bill. A hearing on the bill will be held at the State House, hearing room A1, before the Joint Committee on Financial Services, October 16, 2013 at 1 pm.

NAMI National News

Missed the national convention? You can order audio tapes of conference talks, workshops, and other proceedings at: <http://vwtapes.com/nationalallianceonmentalillness2013.aspx>

Mental Health in the News

Staff Failures Cited in Three Deaths at Arbour

The Boston Globe reported recently on three questionable deaths within 18 months in the Arbour Health System that involved staff failures identified by state or federal health regulators. The health care company, which operates Arbour-Fuller, six other inpatient psychiatric facilities, and a chain of mental health clinics in Massachusetts, has been repeatedly cited for violating patient-care standards before and since the three deaths, including citations for staffing too few nurses or relying too much on lesser-trained or temporary workers.

Advocates for the mentally ill say Arbour's track record raises questions about the standard of care and management of a hospital system that operates more than 1 in 5 licensed psychiatric beds (535) in Massachusetts and serves a large number of low-income patients.

There is broad consensus that mental health providers are not paid enough by government or private insurers. And, as some nonprofit and academic providers cut psychiatric beds, Arbour hospitals have become an important component of the inpatient system.

Arbour is owned by Universal Health Services, a public for-profit company that earned more than \$443 million last year and has tied its national growth to expanding in the behavioral health business. Private companies have largely taken over inpatient care for the mentally ill as the state has closed hospitals and shifted more resources to helping people live at home or in a community setting.
<http://www.bostonglobe.com/metro/2013/08/31/arbour-psychiatric-hospitals-cited-for-staff-failures-three-deaths/baoXmioRt4G2P9UHRahMLP/story.html>

From The Treatment Advocacy Center

The criminalization of mental illness is nothing less than a national disgrace. A 2010 study by the Treatment Advocacy Center found that more than three times as many severely mentally ill persons in the U.S. are doing time in jails and prisons than receiving treatment in hospitals. See how the states stack up.

www.treatmentadvocacycenter.org

Fifty Years of Failing America's Mentally Ill

By E. Fuller Torrey

February 5, 2013, page A15 in the U.S. edition of *The Wall Street Journal*

Schizophrenic. Killer. My Cousin.

It's insanity to kill your father with a kitchen knife. It's also insanity to close hospitals, fire therapists, and leave families



to face mental illness on their own.
<http://www.motherjones.com/politics/2013/04/mental-health-crisis-mac-mcclelland-cousin-murder>

Two items on food stamps and hunger

Mindlessly Gutting Food Stamps

New York Times

http://www.nytimes.com/2013/09/09/opinion/mindlessly-gutting-food-stamps.html?_r=0

Blog on Weekend Backpack Project, Facing the Hunger Crisis in Cambridge, MA

<http://www.takepart.com/article/2013/08/26/op-ed-school-backpack-food-program-cambridge>

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.

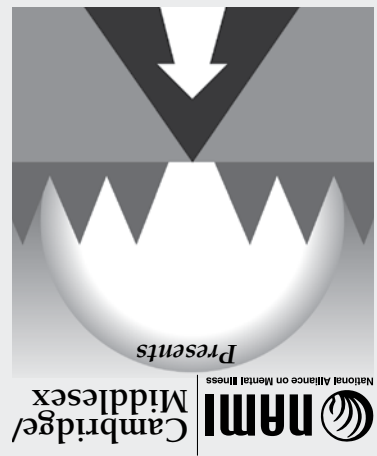
NAMI-CAMBRIDGE/MIDDLESEX
 174 Appleton Street
 Cambridge, MA 02138

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Macht Auditorium – October 8 AND December 3, 2013

Macht Auditorium
 1493 Cambridge Street
 Cambridge
 6:30-7:00 pmRefreshments/
 social time
 7:00-8:00 pmPresentations
 8:00-8:30 pmTime for questions



THE ROAD TO RECOVERY II: PERSONAL STORIES
NEW DATE! TUESDAY, DECEMBER 3, 2013

- Mark Vonnegut, pediatrician and author of the memoir *Just Like Someone Without Mental Illness Only More So*,
- Lisa Halpern, director of recovery services, Vinfen, and Lenny Mulcahy, fitness/nutrition coordinator at the BU Center for Psychiatric Rehabilitation share their experiences about recovery from mental illness.

ROADS TO RECOVERY SERIES
October 8 AND December 3

- ROAD TO RECOVERY I: JOBS, HOUSING, HEALTH, AND EDUCATION – TUESDAY, OCTOBER 8, 2013**
A Panel of Experts from the Massachusetts Clubhouse Coalition, Waverley Place in Belmont and The Center for Psychiatric Rehabilitation at Boston University Will Show Us the Way
- Reva Stein, MSW, executive director, Massachusetts Clubhouse Coalition
 - Erica Lindner, LICSW, social worker, Waverley Place, the Community Support Program of MacLean Hospital.
 - Dori Hutchinson, Psy.D., director of services, BU Center for Psychiatric Rehabilitation