Tuesday, October 8 – Macht Auditorium

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 Fayweather 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

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-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 mcdougalltext@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

Steering Committee

President, Programs
Jane Martin
jane@nami-cambridgemiddlesex.org

Treasurer
Tom Martin
tom@nami-cambridgemiddlesex.org

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NAMIWalks, Programs, Website
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Rae Simpson
rae@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

NAMI State Office (9am-5pm, M-F) ….. 781-938-4048

Psychiatric Emergencies – Cambridge Hospital
On-site (GES) 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
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 sensa vino e como un giorno sensa sole.
(A meal without wine is like a day without sunshine.)
NAMI Mass News

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.

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

David Henderson, MD

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

www.nami-cambridgemiddlesex.org
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.

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.

Fifty Years of Failing America's Mentally Ill
By E. Fuller Torrey

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.

Two items on food stamps and hunger

Mindlessly Gutting Food Stamps
New York Times

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

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.
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ROADS TO RECOVERY SERIES

October 8 & December 3, 2013

THE ROAD TO RECOVERY I: PERSONAL STORIES

New Date

Tuesday, December 3, 2013
Macht Auditorium

Robyn Bart is a Massachusetts Clubhouse Coalition grant coordinator at the de Blau Center for Psychiatric Rehabilitation at Waverley Place, a community support program of McLean Hospital. She is a mother of a person living with schizophrenia.

NEW DATE

Tuesday, October 8, 2013
Macht Auditorium

Mark Vonnegut is a pediatrician and author of the memoir Just Like Someone Without Mental Illness Only More So.

THE ROAD TO RECOVERY II: PERSONAL STORIES

October 8 AND December 3

CAMBRIDGE/HYANNIS
NAMI-MASSACHUSETTS
174 Appleton Street
Cambridge, MA 02138