Xavier Amador Is Coming to Cambridge
A Special Meeting for Parents, Siblings, Family members, Peer specialists, and Practitioners

The author of the best-selling book, I'm Not Sick, I Don't Need Help, Dr. Xavier Amador will show us how to quickly gain the trust of someone we are in conflict with, such as a mentally ill family member, peer, or patient who does not believe he/she needs help. A professor at Columbia University, Dr. Amador created his highly effective LEAP Program (Listen-Empathize-Agree-Partner) to address the problem of anosognosia, the inability to perceive that one is ill.

Tuesday, October 2, 2012
6:30-8:30 pm (6 pm refreshments/social time)
Cambridge Public Library
449 Broadway, Cambridge, MA
Free and open to the public
(Limited, metered underground parking with access off Broadway) See back cover for directions.
◆ Come early – limited seating.

Other Cambridge Middlesex meetings are scheduled for Tuesday, Dec. 4, 2012 and Tuesday, March 5, 2013 and will address dual-diagnosis programs and Cognitive Enhancement Therapy.

Advocacy Works... DMH Budget Increased
Thanks to your efforts and the hard work of FundMentalHealth.org, with NAMI as a member, the new state budget restored some prior cuts in funding for adult and children’s community-based mental health services by more than $16 million. Due to your advocacy, the governor and legislators received more than 3,000 emails and 5,000 postcards encouraging them to increase the DMH budget.

Please take ONE MORE MINUTE and use the following link to thank the Governor and the State Legislature for their support for this critical funding increase. Thank you. https://www.votervoice.net/ABH/Campaigns/29241/Respond

Save the dates 2012

Thursday, Sept. 20-Dec. 13, 2012
Family-to-Family Class
Cambridge (See p. 2)

Tuesday, Oct. 2, 2012
Education Program
Xavier Amador, Ph.D.
Author, I'm Not Sick, I Don't Need Help
6:30-8:30 pm
Cambridge Public Library
449 Broadway, Cambridge, MA
Come early – limited seating

Thursday, Oct. 6, 2012
National Depression Screening Day
Boston University
12:00-3:30 pm
Fitness and Recreation Center

Wednesday, Oct. 10, 2012
Family-to-Family dinner
Bertucci’s at Fresh Pond
6:30 pm

Saturday, Oct. 20, 2012
NAMI State Convention
Royal Plaza/Best Western Hotel
Marlborough, MA

Sunday, November 4, 2012
Wine Tasting Event
Cambridge

Tuesday, Dec. 4, 2012
Dual Diagnosis Panel
(addiction/mental illness)
Macht Auditorium
Cambridge Hospital

For more information, check our phone: 617-984-0527 or website at: www.nami-cambridgemiddlesex.org
Family-to-Family Reunion Dinner

Family-to-Family graduates and current students are invited to come together at Bertucci’s at Fresh Pond Wednesday, Oct. 10, 2012 at 6:30 pm. These get-togethers, organized by F2F teacher Sharon DeVos, have been a big hit for two years now. Come one, come all!

Education and Support

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)

Support Groups For Consumers

NAMI Connections offers support groups for consumers in the Cambridge-Somerville area. Please contact Janel Tan if you would like more information or to attend. (617-863-5388 or tanj@vinfen.org) Or contact Karen Reedy at the NAMI Massachusetts office at 781-938-4048.

The support groups are drop-in, FREE and conveniently located at the Cambridge-Somerville Recovery Learning Center, 35 Medford St, Ste. 201, Somerville.

- Wednesdays and Fridays: 10:30-noon

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

NAMIWalks, Website, Programs
Secretary-Clerk
John Sharp
john@nami-cambridgemiddlesex.org

Refreshments, NAMIWalks
Sara Sharp
sara@nami-cambridgemiddlesex.org

Website
Larry Ouellette
larry@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 +781-382-1609 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

Free Family to Family Class to Start Sept. 20

Veteran teachers Sharon and Carolyn are offering the free 12-week Family to Family class again this fall, starting on Thursday, September 20 in Cambridge from 6:30-9 pm.

PREREGISTRATION IS REQUIRED and classes fill quickly. Contact Carolyn at Carolyn@nami-cambridgemiddlesex.org or Sharon at Sharon@nami-cambridgemiddlesex.org.
Area 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 McDougall 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, at 1:00-2:30pm 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, 2nd floor of 153 South St., Somerville. Please contact Janel Tan (tanj@vifen.or 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 • Tuesdays: 7-8 pm • Wednesdays: 10:30-noon • 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.dbسابoston.org or call the DBSA office, Tuesday through Thursday, 11 am to 4 pm (617-855-2795) or email: office@dbsабoston.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: 617-855-3298 or Email: coleresourcecenter@yahoo.com. www.coleresourcecenter.org

Family to Family Courses

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. It is being offered this fall in Cambridge (Sept. 20), Bedford (Sept. 11), and Lexington (Sept. 6), and other communities. See www.namimass.org for details and registration.

Members—Watch for renewal date on the mailing label of your newsletter—envelope enclosed.
Cambridge-Middlesex had the top affiliate team in the state for the third year in a row in this year’s NAMI-Walk, raising more than $26,000 for NAMI Mass with 60 walkers. Our affiliate and NAMI Mass each receive 45 percent of that to cover annual expenses and 10 percent goes to NAMI national.

The state also exceeded its goal of $500,000, 25 percent more than last year, and beating out its nemesis, New York City, which raised $450,000. The Walk provides the largest part of the state’s operating budget.

And a big thanks to Bertucci’s for providing all of the food—and we mean all—for the post-Walk picnic at Mary Pat Prado’s house. It was delicious and so much appreciated.

Cambridge/Middlesex Makes Donations to Service Organizations

With our successful 2012 Walk team netting more than $12,000 for NAMI Cambridge Middlesex, we are again in the position of being able to help consumer groups. This has become especially important with public funds so drastically cut. Our affiliate is resuming its practice of making donations to organizations that provide much-needed services to the mentally ill. To date, the list includes the following. They have all served our families.

**Cambridge-Middlesex Makes Donations to Service Organizations**

- **Tunefoolery in Cambridge**
  - Professional music group for consumers
  - $1,000 for a retreat

- **Right Turn in Arlington**
  - Substance abuse rehabilitation program
  - $1,000 towards Saturday Night LIVE Performance series in a safe and sober environment

- **Potter Place in Waltham**
  - Clubhouse that offers social activities and temporary and supported employment
  - $1,000 for refrigerator and juicer for café

*Thanks to all for helping us support consumer organizations.*
Listening, Laughing, and Learning at NAMI’s National Conference

NAMI Cambridge Middlesex Support Group facilitator Larry Ouellette attended his third national NAMI conference last June and he cannot say enough about how great these conferences are. “You get so much cutting-edge mental health research in one place in this compact, five-day forum,” he reports, “everything from fascinating genetic research to the very latest discoveries in cognitive therapies, to the most current books.” And there’s always time for fun, site-seeing, and sharing, he adds.

The 80+ sessions at this year’s conference covered the latest in genetics research, childhood mental illnesses, criminal justice issues, advocacy, and estate planning. Two of Larry’s favorites were Dr. Matcheri Keshavan’s presentation on Cognitive Enhancement Therapy, brain plasticity, and recovery in mental illness and Dr. Jill Bolte Taylor’s description of her massive stroke and recovery, based on her book, My Stroke of Insight – A Brain Scientist’s Personal Journey.


Mental Health News & Resources

The Anatomical Basis of Anosognosia
Here is interesting background for Dr. Amador’s talk Oct. 2. The Treatment Advocacy Center summarizes a growing body of scientific study confirming that anosognosia results from structural damage to the areas of the brain involved in self-awareness. http://www.treatmentadvocacycenter.org/about-us/our-reports-and-studies/2143

Hear Elyn Saks’ TEDTalk
Yale Law School graduate and mental health scholar Elyn Saks, author of The Center Cannot Hold: My Journey Through Madness, described her struggle with schizophrenia and how society treats people with mental illness in this 15-minute TEDTalk. TED is a nonprofit organization devoted to “Ideas Worth Spreading.” See the video at www.ted.com.

Survivors of Suicide may be interested in conferences scheduled in Lawrence, Lowell, and Newton on Saturday, Nov. 17, International Survivors of Suicide Day. http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=00000000-0000-0000-0000000000023

“No Room at the Inn” - State Hospital Bed Numbers Drop 14% in Five Years
The Treatment Advocacy Center has released “No Room at the Inn: Trends and Consequences of Closing Public Psychiatric Hospitals 2005-2010,” reporting the most current information available about public hospital bed closures in America. http://tacreports.org/index.php

Thoughtful responses to and questions about the Aurora, Colorado shootings
Massacres No Excuse to Stigmatize the Mentally Ill, by Pete Earley http://www.usatoday.com/news/opinion/forum/story/2012-07-29/move-theater-shooting-mental-health/56575432/1

Discharge Planning—Know Your Rights
Every patient of a locked psychiatric unit in Massachusetts, regardless of coverage, has a right to effective and proper discharge planning. See the following link on the NAMI Mass website for complete details. http://www.namimass.org/know-your-discharge-planning-rights-from-massachusetts-licensed-psychiatric-units

Architecture, therapy merge at new Worcester State Hospital

Check out the BringChange2Mind website for a good reading list. http://bringchange2mind.org/pages/reading-list
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In Celebration of Mental Health Awareness Week

Come early – limited seating.
Free and open to the public.
Public Transportation to Cambridge Library
6:00 Refreshments/social time
6:30 - 8:30 pm

I’m Not Sick, I Don’t Need Help
Hear Xavier Amador, the Celebrated Author of
Tuesday, Oct. 2, 2012, 6:30 pm - Cambridge Public Library