



# NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS OF MASSACHUSETTS, INC. ■ CAMBRIDGE-MIDDLESEX AFFILIATE

EDUCATION • SUPPORT • ADVOCACY

## HERE COMES CAMBRIDGE!



The winning NAMI-CM Team from of 2015!

**13TH ANNUAL  
NAMI WALK**  
SATURDAY, MAY 14, 2016 • 11 AM

Walk  
with us  
for...  
**RECOVERY  
EDUCATION  
SUPPORT  
ADVOCACY**  
... and  
bring  
a friend!

REGISTER at [www.namiwalks.org/team/6089](http://www.namiwalks.org/team/6089)  
Or contact team captain John Sharp at 781-646-6381  
or [john@nami-cambridgemiddlesex.org](mailto:john@nami-cambridgemiddlesex.org)



► **Saturday, May 14, 2016, 11 am**  
**13th ANNUAL NAMI WALK**  
Artesani Park, Soldiers Field Road, Cambridge



► **July 6-9**  
**NAMI NATIONAL CONVENTION**  
**Act. Advocate. Achieve.**

Denver, Colorado  
Register now for early-bird savings  
[www.nami.org/convention](http://www.nami.org/convention)

► **Thursday, Sept. 1- Nov. 19, 2016**  
**6:30-9 pm**  
**Free Family to Family  
Education Program  
for Family Caregivers**

Advance Registration is required.  
Contact Sharon or Carolyn by email .  
Give phone number and best time to call  
to complete registration.  
[Sharon@nami-cambridgemiddlesex.org](mailto:Sharon@nami-cambridgemiddlesex.org)  
[Carolyn@nami-cambridgemiddlesex.org](mailto:Carolyn@nami-cambridgemiddlesex.org)

► **Sunday, September 25, 2016**  
**3-6 pm**  
**5TH ANNUAL AUCTION EVENT**  
77 Lakeview Avenue, Cambridge

For more information, check our phone:  
617-984-0527 or website at:  
[www.nami-cambridgemiddlesex.org](http://www.nami-cambridgemiddlesex.org)

# RESOURCES

## EDUCATION AND SUPPORT

### ► Support Groups for Family Members

Call Elizabeth at 781-646-0397 for more information.

NAMI Cambridge-Middlesex offers three support group meetings per month for family members and friends of people with mental illness. Trained NAMI volunteers who are also family member caregivers facilitate the support groups. 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. She can be reached at [Elizabeth@nami-cambridgemiddlesex.org](mailto:Elizabeth@nami-cambridgemiddlesex.org) or 781-646-0397.

The support groups are FREE and conveniently located in the 3rd floor Conference Center of the Cambridge Health Alliance, 1493 Cambridge St., Cambridge. On-site and on-street parking are available and the location is T accessible.

**First, third and fourth Mondays, 7:30-9:30 pm**

For more information and updates on Cambridge-Middlesex programs: [www.nami-cambridgemiddlesex.org](http://www.nami-cambridgemiddlesex.org)

### ► Family-to-Family Education Program

Sept. 1-Nov. 17, 2016, Thursdays, 6:30-9:00 pm in Cambridge  
Advance Registration is required. Contact Sharon or Carolyn by email and please give phone number and best time to call to complete registration. ([Sharon@nami-cambridgemiddlesex.org](mailto:Sharon@nami-cambridgemiddlesex.org); [Carolyn@nami-cambridgemiddlesex.org](mailto:Carolyn@nami-cambridgemiddlesex.org))

### ► Area Family Support Groups

**ACTON** Contact Susan McDougall at [mcdougalletal@aol.com](mailto:mcdougalletal@aol.com) or 978-263-8830; Clare Cooper at [ccooper@westfordconsulting.com](mailto:ccooper@westfordconsulting.com) or cell 978-692-8994.

**BEDFORD** Call the NAMI of Central Middlesex affiliate helpline 781-982-3318.

**DORCHESTER** Contact Monica, 857-342-2796 or [Mpomare28@gmail.com](mailto:Mpomare28@gmail.com); Mark, 617-522-7439 or [mzanger@comcast.net](mailto: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](mailto:Dianeh23@yahoo.com)

**CARING FOR THE SOUL-CAMBRIDGE** Info: [bosejo222@yahoo.com](mailto:bosejo222@yahoo.com).

### ► For Peers

**NAMI CONNECTIONS** Support Group for peers/consumers: Vinfen/Cambridge-Somerville Recovery Learning Center, 35 Medford St, Ste. 111, Somerville. Press 1R and go through elevator; walk up ramp, enter first suite on the left. Contact Janel Tan ([tanj@vinfen.org](mailto:tanj@vinfen.org)) or 617-863-5388, or Judi Maguire [jmaguire@namimass.org](mailto:jmaguire@namimass.org).

**DBSA-MCLEAN HOSPITAL** Visit [www.dbsaboston.org](http://www.dbsaboston.org) or call the DBSA office 617-855-2795 (email [info@dbsaboston.org](mailto:info@dbsaboston.org)).

**THE COLE RESOURCE CENTER**, Belmont 617-855-3298, [coleresourcecenter@yahoo.com](mailto:coleresourcecenter@yahoo.com).

## 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., Ste. 1M17  
Boston, MA 02129 . . . . . **617-580-8541**

### Psychiatric Emergencies - Cambridge Hospital

The Psychiatric Emergency Service (PES) of the Cambridge Health Alliance is located in the Emergency Department at the CHA Cambridge Hospital campus, 1493 Cambridge St., Cambridge. The PES serves people of all ages from across the Greater Boston region. Psychiatrists and clinical social workers are on duty 24-hours a day to help manage all acute mental health emergencies. Call 911 for immediate medical help or PES . . . . . **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](http://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"



This Newsletter is published quarterly by the National Alliance on Mental Illness of Massachusetts, Inc./Cambridge-Middlesex Affiliate for its members and others interested in our education, support, and advocacy work on behalf of the mentally ill. You can find back issues at [www.nami-cambridgemiddlesex.org](http://www.nami-cambridgemiddlesex.org).

# NAMI CAMBRIDGE/MIDDLESEX NEWS

## Advocacy Day at the State House

BY CAROLYN WHITE

APRIL 8 WAS ANOTHER SUCCESSFUL DAY of advocating for our loved ones. The Great Hall of Flags at the State House was filled to the brim as we listened to Congressman Joe Kennedy III ask us that when we have finished lobbying our State Reps (we are never finished!) that he needs our help down in DC. He plans to introduce more legislation to continue the Mental Health Parity work of his cousin Patrick and his uncle Ted Kennedy. NAMI has a strong ally in Joe, so let's keep track of what he is doing and support his efforts.

June Binney, director of the NAMI Criminal Justice Diversion Program, spoke about some "pockets of excellence" and Ashland Police Chief Craig Davis continued with that theme, enthusiastically

endorsing the Centers of Excellence that NAMI is proposing: a state-wide resource to provide six 40-hour Crisis Intervention Team trainings per year across the state. He said we need to "connect the dots" and get everyone working together: law enforcement officers working with the first responders who are the gatekeepers to the Criminal Justice System." He has an unwavering commitment to ensure that people with a mental illness get the help they need.

We couldn't help but be infected by the enthusiasm and energy of NAMI MASS Executive Director Laurie Martinelli and Board Member Steve Rosenfeld who deserve much credit for all the great NAMI MASS initiatives: CEOs Against Stigma, Diversity Training, and Jail Diversion project.



NAMI-Cambridge/Middlesex turned out in force for Advocacy Day 2016 at the State House. Left to right are Jim Kobler, Jory Agate, Jane Hester, Carolyn White, Cathy Haines, Larry Ouellette, Rae Simpson, Stephanie Palmer, Sharon DeVos, and Maureen Donovan. At right: Congressman Joe Kennedy III listened carefully while a participant in the NAMI-CM fall 2015 Family to Family class expressed concern for her brother and the difficulty she has in getting help for him.

**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](http://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.*

## Find Your Legislator

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

### SENATE

#### Sal N. DiDomenico

**DISTRICT:** Middlesex and Suffolk  
State House Room 218 Boston, MA 02133  
Phone: 617-722-1650 Fax: 617-722-1323  
Email: Sal.DiDomenico@masenate.gov

#### Patricia D. Jehlen

**DISTRICT:** Second Middlesex  
State House Room 513 Boston, MA 02133  
Phone: 617-722-1578 Fax: 617-722-1117  
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#### Anthony W. Petrucci

**DISTRICT:** First Suffolk and Middlesex State House Room 424 Boston, MA 02133  
Phone: 617-722-1634 Fax: 617-722-1076  
Email: Anthony.Petrucci@masenate.gov

### HOUSE

#### David M. Rogers

**DISTRICT:** 24th Middlesex  
State House Room 134 Boston, MA 02133  
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#### Marjorie C. Decker

**DISTRICT:** 25th Middlesex  
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Email: Marjorie.Decker@mahouse.gov

#### Jonathan Hecht

**DISTRICT:** 29th Middlesex  
State House Room 22 Boston, MA 02133  
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Fax: 617-626-0199  
Email: Jonathan.Hecht@mahouse.gov

#### Timothy J. Toomey, Jr.

**DISTRICT:** 26th Middlesex  
State House Room 238 Boston, MA 02133  
Phone: 617-722-2380 Fax: 617-626-0668  
Email: Timothy.Toomey@mahouse.gov

#### Jay Livingstone

**DISTRICT:** 8th Suffolk  
State House Room 146 Boston, MA 02133  
Phone: 617-722-2011  
Email: Jay.Livingstone@mahouse.gov

#### Sean Garballey

Arlington  
State House Room 540 Boston, MA 02133  
Phone: 617-722-2090 Fax: 617-722-2848  
Email: Sean.Garballey@mahouse.gov

#### Jay R. Kaufman

Lexington  
State House Room 34 Boston, MA 02133  
Phone: 617-722-2320 Fax: 617-722-2415  
Email: Jay.Kaufman@mahouse.gov

Your representative  
and senator want to hear  
from you. Write or call.

## Recovery Is Real

APRIL 12, 2016 EVENT

We heard inspiring stories at our second recovery event from four courageous people who shared how they are living successfully with mental illness.

**Leonard Mulcahy**, BA, CPT, CPS, CPRP is a certified peer specialist at the Boston University Center for Psychiatric Rehabilitation. During college he became confused and began to feel isolated. Afterwards he suffered from depression and paranoia, could not keep a job, and even hid in a closet at one point. He was always active and exercised, but it took him 20 years to find a profession in fitness training at BU, which he enjoys to this day. His advice: "Get all the support you can and take one step at a time."

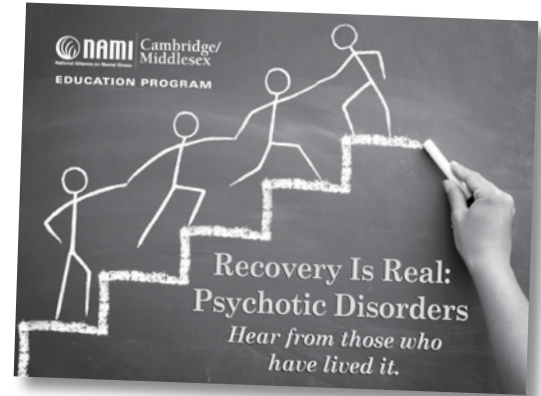
**Ewa Pytowska** has a bachelors degree in philosophy, and a masters degree in education. She is a peer-to-peer instructor, and a member of the NAMIMass board of directors. Ewa wanted to focus her work on psychosis. She was thrilled with her daughter's birth in December, 1982, but just three months later, she became depressed, could not focus, and eventually quit eating, sleeping, and talking. Everything she did seemed useless. She even considered suicide. Finally, Lithium was a godsend for her, controlling her mood swings, but she eventually had to stop lithium because of side effects. During a hospitalization, she discovered the Cole Center and NAMI GB CAN, which have been very helpful.

**Ben Boone** has a degree in poetry & writing from Emerson College. He is an author and life coach. Sixteen years ago, on the day after his college graduation, he found himself in McLean Hospital, the first of nine hospitalizations. He was depressed, and moved into a halfway house three weeks later. He had auditory hallucinations, and went back to live with his parents. He experienced strange sensations, odors, etc. Over the years he had many hospitalizations and continuing hallucinations. He began writing and running daily, activities he feels have saved his life. Helping others, such as raising money for underprivileged families, has also been very helpful to him. The need to belong, contribute, listening to others' stories has helped him see the universality of struggle.

**Lisa Halpern** is director of recovery services at Vinfen. Lisa became fearful at Duke in her sophomore year, paranoid but able to continue with studies and graduate summa cum laude. She experienced a full cognitive breakdown while starting graduate studies at the Kennedy School at Harvard. Lisa credits her family for much of her success in recovery, especially her mother and brother. Memorization was a technique for improvement in cognition. She was back to school at Harvard by second year. She thinks of her doctor like a running coach, as there are many parallels. One key element for her recovery was high expectations. Her doctor had her thinking she was going back to Harvard when she could not even read. There have been many decent people in her life, such as the Washington DC friend who helped her move to Boston, packing everything and unpacking for her once there. To get back on track toward her graduate degree, she worked with professors during the summers and took on a reduced course load during the regular year. Working as an assistant to Mary Lou Sudders, beginning in 2001, Lisa ended up working with people traumatized by the 9/11 terrorist attacks. She still struggles with paranoid thoughts, so she will call her mother or support people and tell them her thoughts and get feedback. She has been on the same meds for six years. Satisfying work is a key element for her. She is trying to effect a culture change at Vinfen.

### RESOURCES

- Niteo Program, Boston University, <https://cpr.bu.edu/living-well/services/niteo-program>
- Cole Center
- NAMI GB CAN
- Psyche Skype: Social Networking for Mental Health, 617-504-1500 or [benbostdorf@comcast.net](mailto:benbostdorf@comcast.net)



# NAMI CAMBRIDGE/MIDDLESEX NEWS

## Getting Your Loved One into Treatment A Step-by-Step Plan

At the NAMI-CM Education Meeting on March 13, psychiatrist Mark Komrad took us through his very helpful book, *You Need Help!* Here are the basics:

Is there a mental health problem? The key thing to watch for is a “change from baseline” problems functioning at work, school, or home.

“**Diagnosis is  
half the cure.**”  
*Hippocrates*

Your Goal: getting an evaluation is the first and hardest step. Offer to make the appointment, pay or pre-pay, and/or go along, even just to sit in the waiting room.

Approaching the subject:

- Prepare the way; designate a special time in advance.
- Find a place that is emotionally neutral.
- If feeling unsafe, find a semi-public place.
- Ask to be listened to and taken seriously.
- Do not do by mail, email, or text—must be in person.

Tips for success:

- Acknowledge that this is uncomfortable.
- State the importance of preserving your relationship.
- Assure them of your love and concern.
- Share your own feelings of love, fear, helplessness.
- Describe specific thoughts, feelings, behaviors that concern you.
- Avoid words like crazy, sick, abnormal.
- Don't suggest a specific diagnosis.
- Be prepared to tolerate anger without getting defensive.
- Ask for an evaluation as a gift to you or children.
- If you have a history, share your own treatment experience.

Remember, this may take some time and a few tries.

Be sure you're not enabling. It is often mistaken for helping.

For much more information, *You Need Help! A Step-by-Step Plan to Convince a Loved One to Get Counseling* is available at [www.komradmd.com](http://www.komradmd.com) or Amazon.

## Subjects Needed for McLean Study

NAMI member and friend Dr. Deborah Levy at McLean Hospital is carrying out a genetic study of psychotic disorders that focuses on de novo (non-inherited) mutations in collaboration with scientists at Columbia University and UC San Francisco. She is looking for trios (parents and one adult offspring who has a diagnosis of a psychotic disorder) to participate in the study. Participants will each be paid \$25 and need only provide a small blood sample and some basic demographic information.

Questions? Hesitations? Call Dr. Deborah Levy at McLean Hospital at 617-855-2854 or email [dlevy@mclean.harvard.edu](mailto:dlevy@mclean.harvard.edu).

## The Problem of Bridgewater Subject of Forum

BY RAE SIMPSON

More than a dozen family members from across the region shared stories of inhumane conditions at Bridgewater State Hospital at a forum Thursday, April 7, at Cambridge Public Library, co-sponsored by NAMI Cambridge/Middlesex. Within hours of the program, the death of a Bridgewater patient, following on other recent deaths, had triggered a major investigation.

The forum was convened by the Disability Law Center (DLC) to gather testimony for ongoing advocacy efforts, with co-sponsorship from NAMI CM, NAMI Mass, and the Cambridge Commission on Persons with Disabilities.

Threats and mockery by guards, fights among patients, black eyes and head injuries, food deprivation, strip searches after family visits, overcrowding, and restraints and isolation for being “uncooperative” were all reported. Typically been sent to Bridgewater for evaluation of their competence to stand trial, following charges of trespassing, domestic disturbance, or assaulting an emergency or hospital worker during a psychotic episode, these patients often spiraled into worsening psychosis, triggered by violent surroundings, abrupt changes in medications, and prolonged isolation at Bridgewater. Often they were too ill to understand why they were there.

Though historically named a hospital, Bridgewater is actually a medium-security prison. Massachusetts is one of only two states in the country where people in the criminal justice system who are under evaluation for mental illnesses are held in a facility run by the state's Department of Corrections rather than the Department of Mental Health.

**Further information:**

[http://www.bostonglobe.com/metro/2016/04/18/advocates-question-failed-promises-bridgewater-state-hospital/sBY47yxmAY3pNngq8ye11M/story.html?s\\_campaign=8315](http://www.bostonglobe.com/metro/2016/04/18/advocates-question-failed-promises-bridgewater-state-hospital/sBY47yxmAY3pNngq8ye11M/story.html?s_campaign=8315)

[http://www.bostonglobe.com/opinion/letters/2016/04/19/bridgewater-patients-deserve-appropriate-services-now/m6gH0OprIEyyzinNzaHpeJ/story.html?s\\_campaign=8315](http://www.bostonglobe.com/opinion/letters/2016/04/19/bridgewater-patients-deserve-appropriate-services-now/m6gH0OprIEyyzinNzaHpeJ/story.html?s_campaign=8315)

**Two years ago,  
Governor Deval Patrick  
proposed ambitious  
changes at Bridgewater.  
Within weeks, the  
Legislature had largely  
scrapped the plan.**



Cathy and Eric Haines (left) and Sharon DeVos and Rashid Shaikh attended the Cambridge Health Alliance Art of Healing Gala.

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

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**Mental Illness—  
It's More Normal  
Than You Think.**

**13TH ANNUAL  
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**Walk  
with us  
for...  
RECOVERY  
EDUCATION  
SUPPORT  
ADVOCACY  
... and  
bring  
a friend!**

The **NAMI Walk** is an easy three-mile loop along the Charles River in Boston, starting at Artesani Park on Soldiers Field Road.

Join the Cambridge-Middlesex Walk Team. Register at **[www.namiwalks.org/team/6089](http://www.namiwalks.org/team/6089)**

Or contact team captain John Sharp at 781-646-6381 or [john.d.sharp@verizon.net](mailto:john.d.sharp@verizon.net) for more information.

**WWW.NAMI-CAMBRIDGEMIDDLESEX.ORG**