The NAMI 2016 Walk Team was the top affiliate team for the seventh year in a row and the second highest team overall, bringing in $40,892, with the help of 10 other individuals and teams, including Cambridge Health Alliance, Katelyn’s Klan, and Mt. Auburn Hospital. Our expected share (at 45%) is $18,401. NAMI Mass also did very well, coming up only $341 short of their $650,000 goal. Almost 2200 people walked, including 40 from Cambridge/Middlesex. Our Number One recruiter was Carolyn White who had 59 donors.

Enjoy the Charms of Chile

Sunday, September 25, 2016
3-6 pm
THE CHARMS OF CHILE
The food and wines of Chile,
Online, silent, and live auction
A benefit for our Social Inclusion
Fund to help people overcome
the isolation of mental illness...
77 Lakeview Avenue, Cambridge
Ample on-street parking
Register for event, review auction offerings,
or bid, from September 18-23 at:
www.biddingforgood.com/NAMICambridge/ thecharmsofchile

Thursdays-Sept. 8- Nov. 17
6:30-9 pm
FAMILY-TO-FAMILY
Veteran teachers Carolyn White
and Sharon DeVos will teach
the free Family-to-Family class again this fall.
Advance registration required.
Contact:
Sharon@nami-cambridgemiddlesex.org or
Carolyn@nami-cambridgemiddlesex.org.
Leave phone number and best time to call.

Saturday, October 29, 2016, 8 am-4 pm
NAMI MASS ANNUAL CONVENTION
Sturbridge Host Hotel & Conference Center
Keynote Speaker
Ken Duckworth
NAMI Medical Director
http://namimass.org/event/
2016-nami-mass-convention-in-sturbridge
For more information, check our phone:
617-984-0527 or website at:
www.nami-cambridgemiddlesex.org

We Did It Again!
**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.
  Please contact Elizabeth if you would like more information or to attend. She can be reached at 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

- **Family-to-Family Education Program**
  Veteran teachers Carolyn White and Sharon DeVos will teach the free Family-to-Family class again this fall, Thursdays, Sept. 8 - Nov. 17, 2016, 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; Carolyn@nami-cambridgemiddlesex.org)

- **Area Family Support Groups**
  **ACTON** Contact Susan McDougall at mcdougalletal@aol.com or 978-263-8830; Clare Cooper at cooper@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 Mpmare28@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** Info: bosejo222@yahoo.com.

- **For Peers**
  **FREE PEER-TO-PEER CLASSES** Saturdays, Sept. 24-Dec. 17, 2:30-5 pm. At the Cambridge Hospital Learning Center, 1493 Cambridge St., Cambridge. Peer-to-Peer is an 11-week recovery-focused educational program for adults. Contact Megan at 617-580-8541 or mwiechnik@namimass.org to register.
  **NAMI CONNECTIONS** Support Group for peers/consumers: Cambridge/Somerville RLC 35 Medford St., Ste. 111, First Floor 02143. Wednesdays & Fridays 10:30 am-Noon Contact: Janel at 617-863-5388 or tanj@vinfen.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)
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 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”
THE DESPERATE AND THE DEAD: COMMUNITY CARE

Final installment in three-part *Boston Globe* Spotlight series on the collapse of mental health services in Massachusetts


Key points in the article included:

• Nearly a third of community mental health providers in Massachusetts reported closing clinics from 2013 to 2015, according to one study.

• For over 60 years, as state leaders cut the mental hospital population from more than 23,000 to less than 700, they, along with federal leaders, walked away from their promised investments in community treatment.

• Massachusetts slashed spending on inpatient mental health care by more than half — or nearly $161 million — from 1994 to 2013, including inflation. But a Spotlight analysis shows that over the same period, per-capita spending on outpatient care by the state Department of Mental Health barely budged.

• A 2013 study showed that the Massachusetts Department of Mental Health spent less money per capita than the national average despite the high cost of living here.

• A leaked 1995 memo from the DMH reported a 79 percent surge in annual deaths of people in the state mental health system from 1990 to 1994 as well as alarming increases in suicides, injuries, and patients walking away from mental health care facilities.

• Today, the Department of Mental Health directly serves less than 10 percent of the estimated 238,000 Massachusetts adults who struggle with serious mental illness — a much smaller share than the agency once managed.

• What has followed is a revolving door of emergency room visits (snd) frequent run-ins with police.

• Under Governor Baker, the state has pumped an additional $41 million into MassHealth reimbursement rates, which providers say is a promising start toward rebuilding critical mental health services, but the underfunding of mental health care also affects people who rely on private insurers for their treatment.

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**DMH directly serves fewer than 10 percent of the estimated 238,000 Massachusetts adults who struggle with serious mental illness.**

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**NEWS YOU CAN USE**

- **A GOOD WEBSITE**
  from the VA, helpful to all caretakers
  http://www.caregiver.va.gov/support-line/handouts.asp

- **RUNS IN THE FAMILY**
  New findings about Schizophrenia rekindle old questions about genes and identity
  By Siddhartha Mukherjee
  *The New Yorker*
  http://www.newyorker.com/magazine/2016/03/28/the-genetics-of-schizophrenia

- **WHEN THE BODY ATTACKS THE MIND**
  A Physiological Theory of Mental Illness
  By Moises Velasquez-Manoff
  *The Atlantic*

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**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*

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(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-CM Awards 11 Social Inclusion Fund Grants

The NAMI-Cambridge/Middlesex Social Inclusion Fund got off to a great start in 2015 with the support of sponsors and participants in the annual NAMI-CM Auction. We funded 11 innovative programs to bring hundreds of seriously mentally ill people out of the shadows and into a healthy social environment.

- **Bay Cove Human Services**
  An evening out to the Boston Pops for 40 members of Center Club Clubhouse.

- **Cambridge Health Alliance**
  Computer tablets for Cahill inpatients; Health Integration Program; Sibling Support Group.

- **Clubhouse Coalition**
  Clubhouse members will participate in a day of wellness and educational workshops and exercise activities.

- **Employment Options**
  New equipment to support employment training for 30 members.

- **CW Potter Place (The Edinberg Center)**
  Weekend outings for members—amusement parks, camping, the beach, etc.

- **Restoration Project**
  A new thrift shop to be staffed by clients of this job-training program.

- **Right Turn Drug Addiction Treatment Center**
  Creativity is an integral part of recovery at Right Turn, including their Sober Café with live music and the making of visual art. Funding is for art supplies and musical instruments for these programs.

- **Riverside Community Care**
  Social activities, outings, and trips.

- **Tunefoolery-Professional Musicians in Mental Health Recovery**
  Support for 16 members to participate in an annual retreat in the White Mountains.

- **Vinfen**
  To mitigate the effects of social isolation through a new Cambridge/Somerville social athletic league of 24 weekly sessions per year for 25 clients.

- **Waverly Place**
  To improve communication and foster social inclusion with a new messaging system at the clubhouse in Belmont.

A recent study in Poland reinforces the need for comprehensive therapeutic programs targeting self-stigma, enhancing social support networks, and improving social skills to overcome what were found to be elevated levels of loneliness in people with psychotic disorders.
NAMI-CM at National Convention

NAMI-CM was well represented at the NAMI National Convention in Denver this summer. Pictured (L-R): Carolyn White, Jory Agate, Larry Ouellette, and Meg Mateer.

Recordings of all presentations are available at: http://vwtapes.com/nami2016.aspx. Carolyn White, a veteran of these great meetings, recommends:
21: Research Updates: Schizophrenia with Dr. Robert Freedman.
25: Research Updates: First Episode Psychosis with Dr Ken Duckworth
50: Research Plenary: Sarah Lisanby of NIMH and Steve McCarroll, director of Genetics, Stanley Center for Psychiatric Research, Broad Institute

Peer-to-Peer Class Comes Back to Cambridge

Cambridge-CM will offer the Peer-to-Peer class again this fall, Saturdays, Sept. 24-Dec. 17, from 2:30-5 pm in the Cambridge Hospital Learning Center conference area. Peer-to-Peer is an 11-week recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges. Peer-to-Peer, taught by ‘Mentors’ who are trained by NAMI, gives participants a varied selection of tools and strategies designed to improve decision-making skills, identify and overcome triggers, and recognize the impact of emotions on actions. Peer-to-Peer provides a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. See full class topics at nami-cambridgemiddlesex.org (Education and Support menu).

Contact Megan at 617-580-8541 or mwiechnik@namimass.org to register.

Family-to-Family Education Program

Veteran teachers Carolyn White and Sharon DeVos will teach the free Family-to-Family class again this fall, Thursdays, Sept. 8 - Nov. 17, 2016, 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; Carolyn@nami-cambridgemiddlesex.org)

Steering Committee Member Cathy Haines Helps HIP at CHA

Twice a week NAMI Steering Committee member and Cambridge Health Alliance (CHA) volunteer Cathy Haines, a licensed occupational therapist, can be found at CHA Central Street Health Center, in the Community Room, leading everything from chair yoga to craft projects, “balloon volleyball,” and karaoke and serving healthy snacks. Funded in part by a generous grant from NAMI-CM, the new Community Room, an initiative of the Health Integration Program (HIP), welcomes anyone who receives outpatient mental health services at CHA.

On Tuesdays, teen and young adult participants of the RISE (Recovery in Shared Experiences) Program use the space to hang out between therapeutic groups. On Wednesdays, a more mature crowd of up to 20 people might stop by for a quick cup of coffee before an appointment, or stay for a longer visit. Fifty people have participated so far.

“It is incredibly rewarding,” says Cathy, who is getting positive feedback from clinical staff and participants. She helped a 55 year-old woman use the computer for the first time in her life and celebrated a man’s 60th birthday with hummus he helped make. Another participant said she couldn’t remember the last time she laughed, which she often does in the Community Room.

“The Community Room fills a vital need in providing an affordable place for friendship and meaningful activity,” Cathy reports. “Such social connections are an important part of staying mentally healthy, and can help reduce the stigma and isolation that all too often accompany mental illness.” Many participants have lost other such homes or day programs and are very grateful to have found this happy, welcoming space at CHA.

Community Room is open every Wednesday from 10-3. On alternating Wednesdays, yoga is offered in the same space from 2:30-3, and 3:15-3:45. (On yoga weeks, Community Room ends at 2). Yoga and Community Room are offered free of charge to clients who receive outpatient mental health services at Central Street Health Center.

For more information about the Health Integration Program and the Behavioral Health Home Initiative at CHA, call Matt Ewen, LCSW at 617-591-6369, or visit http://www.challiance.org/about/behavioral-health-home.aspx
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Enjoy the Charms of Chile
Sunday, September 25, 2016, 3-6 PM
77 Lakeview Avenue, Cambridge, MA
Ample on-street parking

Register for event and order admission tickets online at www.biddingforgood.com/namiCambridge/thecharmsofchile.
or send a check, made out to NAMI-Cambridge/Middlesex, to Areti Yergatian, 7 Crestwood Dr., Franklin, MA 02038.

Great food by Rebecca Caras
with fine wines from Chile
Non-alcoholic beverages available
$50 in advance; $60 at the door

Online, silent & live auctions

Bidding For Good

2016 Auction
NAMI-Cambridge/Middlesex

And help people overcome the isolation of mental illness

www.nami-cambridge-middlesex.org
ask about sponsorship at marypatprado@gmail.com.