The Charms of Chile

NAMI-CM went south of the border this year to feature the “Charms of Chile” for our 5th Annual Auction event. The results were spectacular—the usual delicious food and wine in a beautiful private home, the annual last-minute clamor to get bids in, and a very spirited live auction in the afternoon sunshine that drew record bids on a Paris apartment, New England summer homes, vintage wine, ethnic, home-cooked dinners, tennis on the grass at Longwood, a taping of America’s Test Kitchen, and those beloved Red Sox tickets. Inspiring comments by Deborah Becker of WBUR and a grateful client being helped by this benefit wrapped up a beautiful day.

All proceeds go to NAMI-CM’s Social Inclusion Fund to support innovative programs that bring hundreds of mentally ill people out of the shadows and into a healthy social environment critical to recovery. They thank you. We thank you.

MANY THANKS TO OUR SOCIAL INCLUSION FUND SPONSORS
Cambridge Health Alliance
Riverside Community Care
Vinfen
Autodesk
Mary Cassesso
Cathy and Eric Haines
Deborah Levy
Jane and Tom Martin
Nina Marlowe, MD
Mary Pat Prado
Steve Rosenfeld and Margot Botsford
Ellen Semenoff
Sara and John Sharp
Carolyn White

Save the date!

Thursday, Jan. 26- April 13, 2017  6:30-9 pm
FAMILY TO FAMILY EDUCATION PROGRAM
Cambridge Hospital
Pre-registration required. Send your phone number to: Carolyn@nami-cambridgemiddlesex.org
Bill@nami-cambridgemiddlesex.org

Tuesday, February 21, 2017  5:30-8:30 pm
EDUCATION PROGRAM
Pack Up Your Sorrows
The personal story of singer-songwriter Meg Hutchinson who will be available for questions
The film includes revealing conversations with Kay Redfield Jamison, Ph.D., Nassir Ghaemi, MD, MPH, Steve McCarroll, Ph.D., and Richard J. Davidson, Ph.D.
Film maker Rob Stegman and Deb DiMaasi, from Samaritans will also be at the screening.
Cambridge Public Library, 449 Broadway, Cambridge
(On-street and garage metered parking available.)
Refreshments/Social Hour: 5:30- 6 pm
Film: 6-7:30 pm | Discussion: 7:30-8:30 pm

Tuesday, March 7, 2017  6:30 pm
EDUCATION PROGRAM | Ask the Doctor
Dr. Edgardo Trejo, Interim Chief, Department of Psychiatry, CHA
Macht Auditorium, Cambridge Hospital
1493 Cambridge St., Cambridge
(Vouchers available for garage parking)

Monday, April 3, 2017
ADVOCACY DAY at the State House

Tuesday, April 4, 2017  6:30 pm
EDUCATION PROGRAM | DMH Services
DMH Commissioner Joan Mikula will discuss plans and answer questions.
Macht Auditorium, Cambridge Hospital
1493 Cambridge St., Cambridge
(Vouchers available for garage parking)

Saturday, May 13, 2017  11 am
NAMI WALK
Artesani Park, Soldiers Field Rd

For more information go to 617-894-0527 or www.nami-cambridgemiddlesex.org
**RESOURCES**

### EDUCATION AND SUPPORT

**Support Groups for Family Members**

Check our website [www.nami-cambridgemiddlesex.org](http://www.nami-cambridgemiddlesex.org) 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 us at email@nami-cambridgemiddlesex.org, if you would like more information or to attend. You can also call our phone line to leave an inquiry at 617-894-0527 and leave a message. Someone will call you back.

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.

**Family-to-Family Education Program**

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)

**Area Family Support Groups**

- **ACTON** Contact Susan McDougall at mcdougilletal@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.
- **DOVER** Contact Monica, 857-342-2796 or Mpomare28@gmail.com; Mark, 617-522-7439 or mzanger@comcast.net.
- **STEUX** Call Trish Woods at 978-879-2962.
- **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

**Call NAMI Mass COMPASS** for help navigating the mental health system in Massachusetts. You’ll talk with a real, trained person.

617-704-NAMI (6264) 9 am–5 pm • Monday-Friday

### 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 Schnurff’s Center, 529 Main St., Ste. 1M17 Boston, MA 02129 ................. 617-580-8541

**Massachusetts Attorney General Hotline** To report incidents of bias-motivated threats or harassment. ................................. 800-994-3228

**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-br. 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”

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*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).*
MENTAL HEALTH in the NEWS

THE BOSTON GLOBE 12/27/16
This lead editorial advocates for mental health reform in Massachusetts, based on the findings of the most recent Spotlight series, reflecting the same views—and quoting Laurie Martinelli
http://www.bostonglobe.com/opinion/editorials/2016/12/27/mandate-treatment-funding-for-mentally-ill/kCtGEj7NhLHKnmx5ynFaO/story.html?__s_campaign=email_BG_TodaysHeadline&x_campaign=

GENERAL SPEAKS OF SON’S SCHIZOPHRENIA

YOUNG ADOLESCENTS AS LIKELY TO DIE FROM SUICIDE AS FROM TRAFFIC ACCIDENTS — http://nyti.ms/2f7EeHk

TED TALKS
The playlist (of 7 talks) includes:
- Depression, the secret we share
- Confessions of a depressed comic
- How electroshock therapy changed me
- The voices in my head
- A tale of mental illness – from the inside
- Break the silence for suicide attempt survivors
- The bridge between suicide and life
https://www.ted.com/playlists/175/the_struggle_of_mental_health

FINALLY... 
Although we're deep into the New Year and have long since left Halloween behind, that holiday produced a raft of protests on the inappropriate connection between costumes and amusement park rides and mental illness, led by NAMI-CM Board Member Rae Simpson's piece on WBUR's Cognoscenti.

Over The Line: Halloween Fun At The Expense Of The Mentally Ill — http://wbur.fm/2faQSJM

Mental Illness Is Not a Horror Show — http://nyti.ms/2h1yjan
Halloween attractions use mental illness to scare us. Here’s why advocates say it must stop. — http://wapo.st/2gGFZvF

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.
Stressed Caretakers Learn to Calm Down at December 6 NAMI-CM Program

As the crowd gathered at Macht Auditorium, first came the homemade cookies and other munchies, then sound advice from two very experienced therapists and support group leaders, and, lastly, joyous music, led by ADJUSTUS, a gospel choir associated with Lesley University. By the time it wrapped up, 40 people were on their feet, swaying and clapping to the strains of “This Little Light of Mine.” No one wanted to leave, it seemed, when it came time to give up the room.

All felt more at peace after Lisa Fownes, R. N., C. S., NAMI-CM board member, co-facilitator of a NAMI-CM Support Group, and a very experienced psychiatric nurse, and her colleague Dana Zaiss, LICSW, shared their collective wisdom on reducing stress and enjoying life as the caretaker of a family member with mental illness.

Both staff members at Wayside Youth and Family Support Network in Framingham at Wayside Youth and Family Support Network, Lisa and Dana tag teamed a series of coping skills, stress reduction, 15 minutes of self-care, and an audience exercise in life balance. Outlining the many challenges of supporting someone with mental illness— isolation, confusion and fear, grief and uncertainty, guilt and anger—Lisa and Dana shared coping skills such as:

- Taking 15 minutes a day to nurture yourself with a walk, creative activity, reading, finding humor—anything that relaxes or comforts you.
- Coping physically with diet and exercise, getting enough sleep, and setting SMALL goals every day
- Coping socially by nurturing friendships, resisting isolation, advocating for change, and joining a NAMI Support Group!
- Effective communication: listen, empathize, agree, partner (as recommended by Dr. Xavier Amador)
- Consider the things you can control and cannot control.
- Find the Present: stay focused in the present, not the past
- Find the Positive: Every night think of three things that happened during your day that were positive, pleasurable, or made you laugh or feel grateful.
- Don’t forget Gratitude: Gratitude allows celebration of the present, blocks toxic emotions, creates more resilience to stress, and strengthens social ties and self-worth.
NAMI-CM Applying for Certification

NAMI-CM, one of the largest and most active NAMI affiliates in the state, expects to complete its application for affiliate certification by NAMI National in the near future. The process includes new by-laws, a restructured board of directors, and meeting financial and insurance regulations. A bonus of this challenging process was the addition of several new active board members and the creation of new committees. Committee chairs include:

• Jim Kobler (jim@nami-cambridgemiddlesex.org), Programs
• Rae Simpson (rae@nami-cambridgemiddlesex.org), Advocacy
• Mary Pat Prado (marypat@nami-cambridgemiddlesex.org) is in charge of promotion and the quarterly newsletter

They would all welcome your questions, input, and help in any of these areas.

Three Local Researchers Honored by NAMI National

NAMI’s 2016 Scientific Research Awards were presented in November to three Boston-area neuroscience researchers working on the biology underlying schizophrenia. The three, who collaborate closely, include Michael C. Carroll, Ph.D., professor of pediatrics, head of the Graduate Program in Immunology at Harvard Medical School and the Program in Cellular and Molecular Medicine at Boston Children’s Hospital.

Dr. Carroll will speak at the NAMI-CM June 6 meeting.

99 Faces Exhibit to Open at Boston Museum of Science

The 99 Faces photography exhibit, assembled by very active NAMI member Lynda Cuttrell, reveals in beautiful pictures that anyone can be affected by a mental health condition, regardless of race, socioeconomic status, gender or sexual orientation. It also illustrates that the viewer cannot tell which subjects are affected by a mental health condition and those who are not.

The exhibit is due to open in spring 2017 as a 1,500-square-foot display for four months where the general public can view it. It may become a larger permanent exhibit and may travel to other parts of the country.

Auction Funds Help CHA Health Integration Program for 5th Year

NAMI-CM continues to support the growing and very effective Health Integration Program (HIP) at the Cambridge Health Alliance’s (CHA) Central Street Care Center in Somerville. HIP and RISE (Recovery In Shared Experiences), its sub-program for treating young adults who have experienced a first episode of schizophrenia, grew out of the documentation that individuals with serious mental illness (SMI) experience a very large disparity in life expectancy. The programs have integrated medical and mental health care with health promotion activities in one place to improve the health of their 450 patients.

During the past year, HIP has put NAMI-CM donations to work improving socialization opportunities through an improved “Community Room,” facilitated group activities, quarterly parties with food and live music, healthy snacks to support nutrition, advanced activity trackers, free cookbooks designed for tight budgets, and gift cards for health incentives. In addition, a staff social worker recently spearheaded the launch of a family engagement program for dozens of family members of RISE participants.

HIP clients may choose from 16 weekly groups, such as Social U, Smoking Cessation, World News Focus, Healthy Together, and Life in Your Thirties. A clozapine group provides socialization and assists participants with streamlining their health care, including lab monitoring. Every HIP group embraces principles of recovery and emphasizes paths to living well with mental illness. NAMI-CM Steering Committee member Cathy Haines, a certified occupational therapist, volunteers her time two days a week facilitating activities such as games, crafts, and preparing smoothies or other healthy snacks in the Community Room.

99 Faces exhibit

Nick and Amy Ouellette, the children of NAMI-CM board member Larry Ouellette are featured in 99 Faces.

Mental illness affects 1 in 4 adults

www.nami-cambridgemiddlesex.org

NAMI-CM Creates Video

NAMI-CM board member Megan Mateer, with the help of Cambridge Community Television, created a stunning new informational video for the affiliate. Use the link below to see this 30-second “Mental Illness—Why Aren’t We Talking About It?”

https://vimeo.com/191527675/60d17fb3d1

/ Middlesex News
PACK UP YOUR SORROWS

A NEW FILM ABOUT LIVING WELL WITH MENTAL ILLNESS

THE PERSONAL STORY OF SINGER-SONGWRITER MEG HUTCHINSON WHO WILL BE AVAILABLE FOR QUESTIONS

Follow singer-songwriter Meg Hutchinson as she learns to live a healthy life with bipolar disorder. The film includes conversations with Dr. Kay Redfield Jamison, Dr. Richard Davidson, and Dr. Nassir Ghaemi. Film maker Rob Stegman and Deb DiMasi from Samaritans will also be available for the discussion.

5:30-6:00 PM Refreshments
6:00-7:30 PM Film showing
7:30-8:30 PM Discussion with Meg Hutchinson

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449 BROADWAY, CAMBRIDGE, MA
(ON-STREET AND GARAGE METERED PARKING AVAILABLE)