



NEWSLETTER

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

EDUCATION • SUPPORT • ADVOCACY



► **Wednesday, April 26, 2017 6:30-8:30 pm**
EDUCATION PROGRAM • DMH SERVICES
Ask the Commissioner

DMH Commissioner Joan Mikula will discuss DMH 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

► **Tuesday, June 6, 2017 6:30-8:30 pm**
EDUCATION PROGRAM
Schizophrenia & Genetics

Enter the lab with **Dr. Steve McCarroll**, Director of Genetics, Broad Institute Stanley Center for Psychiatric Research, who led the research team responsible for a study that examines a set of genes that helps us understand the biology underlying schizophrenia.

Cambridge Public Library, 449 Broadway, Cambridge *(On-street and garage metered parking available)*

FREE AND OPEN TO THE PUBLIC

► **June 28-July 1**
NAMI NATIONAL CONVENTION
Washington, DC

Go to NAMI.org for information

► **Sunday, September 24, 2017 3-6 pm**
NAMI-Cambridge/Middlesex
AUCTION EVENT

To benefit our Social Inclusion Fund
 77 Lakeview Avenue, Cambridge, MA

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



For more information go to 617-984-0527 or www.nami-cambridgemiddlesex.org



NAMI-Cambridge/Middlesex
Welcomes You and Your Friends Back to its
Annual Garden Party and Auction

Sunday, September 24, 2017, 3-6 pm

Enjoy fine wines & delicious food by Rebecca Caras. Get ready to bid for vacations in Paris, on Cape Cod, Plum Island, or Marco Island. Celebrate with the Red Sox, Celtics, Patriots, theatre, or concert tickets.

A benefit for our Social Inclusion Fund that brings hundreds of mentally ill people out of the shadows and into a healthy social environment critical to recovery.

More info at www.nami-cambridgemiddlesex.org

SAVE THE DATE
NAMI WALK
 SATURDAY, MAY 13, 2017 • 11 AM

Join the
NAMI-Cambridge Walk team at
www.namiwalks.org/team/NAMI-CM

RESOURCES

EDUCATION AND SUPPORT

► Family Support Groups (FSG)

For family members and friends of people with mental illness
First, third, and fourth Mondays, 7:30-9:30 pm
Cambridge Hospital, 3rd Floor Learning Center
1493 Cambridge Street, Cambridge.
Free and confidential
See www.nami-cambridgemiddlesex.org for more information.

► Family-to-Family Education Program (F2F)

For family members and friends of people with mental illness
Twelve-week comprehensive education program offered in fall and spring.
Advance Registration is required. Contact Carolyn at Carolyn@nami-cambridgemiddlesex.org with your phone number and best time to call.
Free and confidential

► Area Family Support Groups

ACTON Contact Susan McDougall at mcdougalletal@aol.com or 978-263-8830; Clare Cooper at 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; 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

Cambridge Hospital
Contact Judi Maguire at jmaguire@namimass.org for schedule and registration.

NAMI CONNECTIONS

Support group for peers/consumers
Wednesdays and Fridays 10:30-Noon
Cambridge/Somerville RLC, 35 Medford St., Ste. 111, First Floor, Somerville
Contact Janel at 617-863-5388 or tanj@vinfen.org

VISIT OUR WEBSITE

WWW.NAMI-CAMBRIDGEMIDDLESEX.ORG

IMPORTANT PHONE NUMBERS

NAMI Cambridge-Middlesex 617-984-0527

Recorded information about education meetings, family support groups, and membership. You can leave a message.

NAMI Mass COMPASS

for help navigating the mental health system in Massachusetts: 9 am-5 pm, Mon-Fri. 617-704-NAMI (6264)



NAMI MASS Office

(9am-5pm, M-F) 617-580-8541
The Schrafft's Center, 529 Main St., Ste. 1M17
Boston, MA 02129

Psychiatric Emergencies

Call 911 for immediate medical help.

Cambridge Hospital 617-665-1560

The Psychiatric Emergency Service (PES) of the Cambridge Health Alliance (CHA) is located in the Emergency Department at Cambridge Hospital, 1493 Cambridge St., Cambridge. Psychiatrists and clinical social workers are on duty 24 hours a day.

BEST Team

(Boston Emergency Service Team) 800-981-4357

Primary emergency service team that serves Boston, Cambridge, and Somerville. In-person behavioral health crisis assessment, intervention, and stabilization service in the community or at their two centers, 24 hours a day for individuals of all ages covered by MassHealth (Medicaid) plans, Medicare, and the uninsured.

Emergency Psychiatric Services

for other communities call 877-382-1609

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."



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.

MENTAL HEALTH *in the* NEWS

***Table for Three: Glenn Close and Patrick Kennedy on the Weight of Mental Illness**

Glenn Close: [discrimination in the treatment and coverage of mental illness and addiction] "is the last great frontier in civil rights".

<https://nyti.ms/2mwJMRz>

***A depleted state system fails many with serious mental illness**

[Recent] incidents raise questions about whether the department is doing enough to ensure the safety of its clients and the public."

<http://bit.ly/2nF6Koz>

***Reader Responses to Above**

<http://bit.ly/20yMmoV>

***Mass. mentally ill wait longer in ER, study says**

Medical patients awaiting a bed, spend 4 hrs in the emergency room. Mental illness patients awaiting a bed, spend 16-21 hours in the emergency room.

<http://bit.ly/2nhOJOOr>

***A Lifeline for Troubled Veterans**

"Starting this summer, the [VA]... will provide emergency mental health care to some veterans who received less than honorable discharges."

<https://nyti.ms/2mxOwq7>

***Mandate treatment, funding for mentally ill**

Closing the gaps left by the legacy of deinstitutionalization is, front and center, an essential job of government.

<http://bit.ly/2j4m2PW>

***Exercises in Empathy: Hearing Voices**

Anderson Cooper tries a schizophrenia simulator

<https://www.youtube.com/watch?v=yL9UJVtgPZY>

***Mental Illness, Untreated Behind Bars**

Denying inmates ... care is both inhumane and more costly to taxpayers in the long run.

<https://nyti.ms/2ILngUq>

***A Less Than Honorable Policy**

"...between 2009 and 2015, the Army separated more than 22,000 combat soldiers for misconduct after they had received diagnoses for mental health problems or traumatic brain injury."

<http://nyti.ms/2hyH9Mn>

***Neighborhood Health to shrink MassHealth business**

Neighborhood Health Plan (owned by Partners HealthCare), has 65% membership on Medicaid. They have frozen enrollment of new MassHealth members through the end of 2017, and plan to "[push] aggressively into the more lucrative business of selling health insurance to employers."

<http://bit.ly/2p1VOvT>

"The best thing about the future...
Is that it comes one day at a time."

Abraham Lincoln

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.

Find Your Legislator

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

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

NAMI CAMBRIDGE

February: Meg Hutchinson "Packs Up Her Sorrows" in Moving Film

Successful singer-songwriter Meg Hutchinson took us on her 18-year journey of understanding and recovery from bipolar disorder through her film, "Pack Up Your Sorrows" at our February program. Meg knew by age 8, living an idyllic life in the countryside of western Massachusetts, that she wanted to be a folk singer. She suffered her first major bout of depression at age 19, but, afraid to ask for help, she struggled along, undiagnosed, for nine more years. After a performance tour of England in 2006, during which she reported she hardly slept, she returned home exhausted, unable to sleep, and tortured by racing thoughts.

Neither she nor her parents knew much about mental illness. Meg saw it as a "character weakness." At one point, her parents thought she could be healed with poetry.

In extended conversations with some of the most important people studying and writing about mental illness today, Meg explored different aspects of mood disorders, the biology of these diseases of the brain, and the effects of traditional and alternative therapies like medication and meditation, which Meg has found essential.



Meg Hutchinson (left) and Deb DiMasi answer questions after the film.

Interviews were with:

• Scott Stossel, editor of "The Atlantic" and author of "My Age of Anxiety," who discussed how he has managed his own illness.

• Kevin Briggs, Sgt (ret.), the California Highway Patrolman who talked 100 people out of jumping off the Golden Gate Bridge during his career with his extraordinary empathy and questions like, "What are your plans for tomorrow?"

• Kay Redfield Jamison, Ph.D., Professor of Psychiatry Johns Hopkins University School of Medicine

• Steve McCarrroll, Ph.D., Director of Genetics, Broad Institute's Stanley Center for Psychiatric Research, who will speak about his research at a NAMI-CM meeting June 6.

• Richard J. Davidson, Ph.D., Founder of the Center for Investigating Healthy Minds; University of Wisconsin, Madison.

• Nassir Ghaemi, MD, MPH, Professor of Psychiatry, Tufts University School of Medicine & Director of the Mood Disorders Program at Tufts Medical Center.

• Lama Migmar Tseten, Harvard Buddhist Chaplain & Director of The Sakya Institute for Buddhist Studies, Cambridge, MA.

Meg was joined by Deb DiMasi of the Samaritans in answering questions from the audience after the film.

2016 AUCTION WINNERS



LEFT: Kathy and Peter Feinmann enjoyed "Hand to God" at the Speakeasy Stage Company after making the winning bid for tickets at the NAMI-CM Auction Event last fall. Thanks to Speakeasy for this great donation.

RIGHT: Hockey enthusiasts Tom Martin and his son Thomas enjoyed the Harvard-Princeton game, thanks to the tickets they won at the NAMI-CM Auction Event. Harvard won.



Advocacy: Boston Globe Outlines Failures of Depleted State Mental Health System

The following is taken from a Boston Globe article, published on March 25, 2017

"I'm ashamed of the treatment we provide some of our most vulnerable, forgotten neighbors," said one veteran Department of Mental Health (DMH) employee.

This *Boston Globe* Spotlight Team article traced several recent deadly incidents to seriously ill DMH clients living in the community without proper supervision.

DMH client James Boyd, Jr. 49, was struck and killed by a car hours after DMH admitted him to an insecure residential program where he was able to walk out.

Chad Kirby, 36, was living in an apartment, under the care of South Shore Mental Health, when he allegedly attacked a man leaving a movie theater. Kirby reported being off his meds for weeks and going days without eating, walking aimlessly around Newton.

Community treatment has been outsourced to private vendors, whose staffs are often underpaid and have limited training. State budget cuts have decimated the ranks of case managers, who oversee treatment for individual clients.

Once back in the community, these patients get little oversight, despite a DMH pledge to actively monitor clients at risk of harming themselves or others. One client, for example, who was supposed to be monitored for suicidal behavior, fell or

“The level of care is just not adequate to the degree of the problem. The whole thing is a circus.”
*Dr. Charles Carl
 Former psychiatrist with DMH for 15 years*

jumped out of a group home window, broke his neck, and was not found until the following morning.

Part of the problem, employees say, is the continuing pressure to move patients from inpatient units into the community. Managers are even evaluated on how many people they divert from psychiatric hospitals,

reflecting a top goal of the state since it began closing hospitals in 1973.

Two recent incidents involved people living in group homes, a key part of the community care system that allowed Massachusetts to close so many public psychiatric hospitals over the last 40 years. Two days after being discharged from the Solomon Carter Fuller Mental Health Center into a group home, a 24-year old man was making threats with knives. After police arrived he was taken to a hospital.

More than 50 times statewide since 2005, the Spotlight Team found, police involved in similar confrontations have shot people who were suicidal or mentally ill.

Dr. Charles Carl, who was a psychiatrist at the Department of Mental Health for 15 years, sees the problem this way: DMH, which once specialized in direct treatment, has grown too removed from the mental health care system to manage it effectively.

"The level of care is just not adequate to the degree of the problem," Carl said. "The whole thing is a circus."

NAMI Mass Response to Globe Article

Excerpts from letter to the editor by Laurie Martinelli, executive director of NAMI MASS

THANK YOU for your recent article ("As patients leave state care, safety a concern"). The mental health system we have is a result of well over a decade of neglect, where the Department of Mental Health budget was slowly eviscerated.

It's time to rethink our collective priorities in Massachusetts. Though progress has been made recently, it is evident that the DMH budget is still woefully inadequate. Only with a substantial and sustained funding commitment from our leaders that overhauls the entire mental health system will we be able to realize the systemic change we want and desperately need in Massachusetts.

KAY REDFIELD JAMISON ▼



LEFT: Kay Redfield Jamison signs her latest book, *Robert Lowell, Setting the River on Fire: A Study of Genius, Mania, and Character*, for NAMI board member Mary Pat Prado at a reading at the Harvard Book Store. Board member Jim Kobler was also there.

CAMBRIDGE-CM AT ADVOCACY DAY 2017 ▼



KAREN SAFFORD ▼



Long-time Support Group Leader Karen Safford, seen here preparing name tags for a Monday-night group, has been having health problems that are keeping her away from this, her favorite NAMI work, but she would love to receive notes from all of you. Send to: 661 Lowell St., Unit 2, Lexington, MA 02420.

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

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nami | Cambridge/Middlesex
National Alliance on Mental Illness

EDUCATION PROGRAM

Ask the Commissioner

DMH Commissioner Joan Mikula will discuss DMH plans and answer questions.

6:30-7:00 pm coffee hour
7:00-8:030 pm presentation/questions

Macht Auditorium, Cambridge Hospital
1493 Cambridge St., Cambridge

WEDNESDAY
APRIL 26
2017

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