Auction Event

To benefit our Social Inclusion Fund
To bring hundreds of mentally ill people out of the shadows and into a healthy life
Sunday, September 24, 2017
3-6 pm
237 Brattle St, Cambridge
617-354-6644

After eight years as the top affiliate Walk team in the annual Massachusetts Walk, NAMI-CM led all 100 teams this year with 45 enthusiastic walkers and $37,432 in donations. Forty-five percent of funds raised by Cambridge are returned to the affiliate to cover its expenses throughout the year. An equal amount goes to NAMMass and ten percent to National. Many thanks to our "sister teams:" CHA, which contributed $4,745 and Katelyn’s Klan, $1,350.

Mailed donations will be accepted up to June 30 and online donations until July 11. Send a check made to “NAMI MASS” to NAMIMass, The Schraffts Center, 529 Main Street, Ste. 1M17, Boston, MA 02129 and be sure to mark it “For Team NAMICambridge.”

To donate online, team links are:
NAMI-CM: https://www.namiwalks.org/team/NAMI-CM
CHA: https://www.namiwalks.org/team/12881
Katelyn’s Klan: https://www.namiwalks.org/team/12288

Tuesday, September 19, 2017
6:30-8:30 pm
EDUCATION PROGRAM
Ron Powers Presents
No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America
Cambridge Public Library,
449 Broadway, Cambridge
(On-street and garage metered parking available)
FREE AND OPEN TO THE PUBLIC

Sunday, September 24, 2017
3-6 pm
NAMI-Cambridge/Middlesex
Auction Event
To benefit our Social Inclusion Fund
237 Brattle Street
Cambridge
For more information: call 617-984-0527 or go to www.NAMI-Cambridgemiddlesex.org

FREE Family-to-Family
EDUCATION PROGRAM (F2F)
Thursdays, Sept. 7-Dec. 7, 2017
6:30-9:00 pm
(Exceptions: Sept. 21, Nov. 23)
Preregistration required: Contact Sharon (sharon@nami-cambridgemiddlesex.org; 914-960-9072) or Ann (ann@nami-cambridgemiddlesex.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 Mon-Fri

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

www.nami-cambridgemiddlesex.org

John Sharp
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
mcdougalleral@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
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
Cambridge Hospital
Contact Judi Maguire at jmaguire@naminmass.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.
NAMI-CM PROGRAMS

What you should know about mental health care in Massachusetts

APRIL 26, 2017

Department of Mental Health (DMH) Commissioner Joan Mikula gave a comprehensive overview of the public mental health system in Massachusetts at our April meeting. DMH serves 29,000 individuals in Massachusetts out of an estimated 200,000 with serious mental illness.

Thirty-seven percent of the DMH $773 million budget goes to the department’s five state hospitals with 671 beds. DMH also has access to 2,720 acute (short-term) beds in care centers it licenses. DMH has had extensive budget cuts since 2008.

These centers admit 70,000 patients per year. She reported that adults admitted to these acute-care hospitals sometimes stay only four-five days, but are often admitted three to five times per year into various hospitals. They should be going to the same hospital each time, she noted, to provide better outcomes.

Community Based Flexible Support (CBFS), the program designed to provide community services through vendors, takes up the largest part of the DMH budget, $283 million, and serves 11,500. Group homes house 3,600 of these. Housing and employment are anchors for recovery, Commissioner Mikula stressed, because they give clients a sense of purpose.

She listed these as the state’s biggest challenges:
- Housing.
- Treatment capacity. Fewer than half of the 1,900 practicing psychiatrists in Massachusetts accept insurance, the lowest rate in the country and schools of social work are not graduating enough people. People cannot afford to live on a clinician income, she pointed out.
- Little consistency in programs across MA
- Medical co-morbidity—clients are not always getting the best medical care available.

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 |

☐ I would like to become a NAMI-CM member. Please send $40 for Individual Membership
☐ 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.

Schizophrenia: From Genetics to Physiology

JUNE 6, 2017

Dr. Stephen McCarroll, director of genetics at the Broad Institute Stanley Center for Psychiatric Research, laid out the latest discoveries in the biology underlying schizophrenia to a spellbound crowd at NAMI-CM's June 6 education program and made it clear that he has no doubt schizophrenia is a biologically based disease.

First, rapid advances in DNA sequencing are allowing detailed comparison of DNA from affected and related but unaffected family members. This makes it possible to pinpoint genes that are likely to be involved. But genes are not destiny, he pointed out. The genetic composition of a person with mental illness is thought to make that person more likely to become mentally ill, rather than to make it inevitable.

Early in life, Dr. McCarroll explained, a very large number of neural connections are made and then are “pruned” to remove the connections not found useful. The model that has emerged is that the C4A gene, unraveled by Dr. McCarroll’s team, is a factor in driving the pruning process and damaging the brain. If not adequately controlled, it could result in the dearth of dendritic spines seen in schizophrenia.

MEMBERS—Watch for renewal date on the mailing label of your newsletter—envelope enclosed.
Mental Health in the News

- Families trusted this hospital chain to care for their relatives. It systematically failed them. The Arbour Health System operates seven hospitals “which Massachusetts relies on to treat many of its sickest and most fragile mentally ill children and adults. The state Medicaid program pays the company more than $100 million a year, fueling its growth into an indispensable provider of mental health care in a system desperately short of psychiatric beds.” After repeated citations “the company promises fixes…but there seems to be little lasting improvement for patients.”
  http://bit.ly/2sZLDCF

- Mired in a pattern of poor mental health care “…there is no question that there is a stunning shortage of services — hospital beds and community resources — and that people are suffering daily, even dying, as a result.”
  http://bit.ly/2tzlIRc

- Officers who killed Seattle woman in her home had mental health crisis training
  Even with CIT training, the worst can happen.

- A new emphasis on mental health for cops, other officers
  “Suicides, post traumatic stress disorder and other mental-health problems that afflict corrections officers as well as police officers are an underreported sector of the criminal justice system.”
  https://usat.ly/2s0MNSS

- Facilitating Access to Mental Health Services: A Look at Medicaid, Private Insurance, and the Uninsured
  “Medicaid expansion has enabled many low-income individuals with mental health conditions to obtain coverage and access treatment.”
  http://kaiserf.am/2tzo4c7

- Search for mental health care for children is often fruitless
  In a Harvard study, “after two attempts, [researchers] were able to get an appointment with a pediatrician 40 percent of the time and with a psychiatrist a meager 17 percent…”

- Study: Americans want police to stop using force on the mentally ill, as long as they’re white
  A study shows for white suspects, mental illness functioned as a protective factor to decrease public support for police force… Conversely, when the suspect was black, participants showed relatively more support for police force used against him when he was mentally ill than when he was not mentally ill.”
  http://bit.ly/2s1vLuuN

- A Shot against Post-Traumatic Stress Disorder
  “Alternating the immune system to help build resilience to … fight PTSD”

- NAMI releases video series on college and mental health
  https://www.nami.org/collegeguide

To The Globe

The ills of the system cannot be neglected any longer
THE GLOBE’S front-page story about failures at Arbour Health System psychiatric hospitals (“Pushing for profit, failing at care,” June 11) is one of an impressive number of Globe reports recently documenting the shocking gaps and abuses in Massachusetts mental health care for those with serious illnesses. While advocates disagree on the details, there is no question that there is a stunning shortage of services — hospital beds and community resources — and that people are suffering daily, even dying, as a result. Three generations of cherished members of my family are among them.

When I was young, there was a longer list of conditions for which this level of shunning and neglect were common, including child sexual abuse, alcoholism, even cancer. Victims were avoided, discussion veiled, diagnoses unspoken.

But we have largely stopped stigmatizing many of these conditions, setting a standard for care in which people are expected to get effective and compassionate treatment. It’s past time to add serious mental illnesses to that list.

Rae Simpson
Cambridge

The writer is a mental health writer and consultant.
The CHA Health Improvement Program (HIP), which NAMI-CM has supported for several years, welcomed the season at its spring luncheon for patients and guests. Here Dr. Nina Marlowe offers a potted pansy to first year psychiatry resident Jennifer Okwerekwu at the garden table. Tunefoolery entertained. HIP clients are also enjoying a therapeutic gardening program over on Central Street, growing tomatoes, vegetables, and herbs, thanks to volunteer and NAMI-CM member Cathy Haines.

NAMI-CM Family-to-Family teacher Carolyn White and Family Support Group leader Rae Simpson flank documentary filmmaker Frederick Wiseman at the Disability Law Center event honoring him for his film Titicut Follies, which exposed the horrors of Bridgewater State Hospital 50 years ago.

The NAMI-CM table at the CHA’s annual fundraiser, Art of Healing, included (standing, l-r): Bill and Lisa Lahey, Jane Martin, Mary Pat Prado, Carolyn White, and John Sharp and (seated): Liz Haines and Sara Sharp.

2016 AUCTION WINNERS

Birding at Mt. Auburn Cemetery with expert John Sharp.

Paella dinner at Mary Pat and Gerry Prado’s home.
Save the Date FOR THIS YEAR'S EVENT!
Sunday, September 24
1-6 PM

WWW.NAMI-CAMBRIDGEMIDDLESEX.ORG
(On-street and garage metered parking available)
Cambridge Public Library, 449 Broadway, Cambridge, MA
Tuesday, Sept. 19, 2017 6:30-8:30 PM

Porter Square Books will provide books for purchase after the talk, to be signed by Mr. Powers.

His advice: “When symptoms occur in a loved one, assume the worst until a professional confirms you otherwise. Act quickly and keep acting.”

Mental Health in America: The Chaos and Heartbreak of No One Cares About Crazy People

Ron Powers presents

Presents